

Al-Anon Contacts

District 4 Info - 503-370-7363 [Please leave a message].

www.salemarealanon.org

District 4 Rep. [DR] - Dee 971-719-9745

Hispanic Liaison – Maria: 971-218-5679

Literature and Books - Mike: 503-562-9460

Meeting List Changes – Dawn 503-507-2335

Al-Anon U.S. Directory - 888-425-2666

M-F 8 a.m.- 6 p.m. ET

OR Area Website- www.oregonal-anon.org

World Service Office (WSO)

Website: www.al-anon.alateen.org

Email: WSO@al-anon.org

O	Open - Everyone welcome
Closed	Open only to those seeking help with a problem of alcoholism in a relative or friend
H	Handicapped access
B	Al-Anon books available
F	Fragrance-limited meeting
**	Will not sign court or treatment slips
AFG	Al-Anon Family Group

Al-Anon and A.A. Speaker Meetings

Take the Cotton Out (TTCO) Speakers (O,H)

2nd Saturday 7-9 PM

St. Paul's Episcopal Church 1444 Liberty St SE, Salem
FYI — To listen to tapes, click on Willamette Valley Inter-group Website link on Al-Anon Website (Check it out)

Alateen

(For more info about Alateen, Call (503) 370-7363 leave a message; you will be contacted by an Alateen Sponsor)

Tuesday 7:00-8:00 p.m.

Salem Alliance, Faith Annex, Rm. 10
1305 5th St. NE, Salem

Saturday 10-11:15 a.m.—starting 1/6/2018

First Christian Church, 685 Marion St NE, Room 311

AUMSVILLE

Santiam AFG

Tuesday 7:30 – 9:00 pm; O,

Mountain View Church, 111 Main St.

DALLAS

Paths to Recovery Book Study AFG

Tuesday 7:00– 8:00 pm; O, B,

St. Thomas Episcopal Church

1486 SW Levens (Nursery Back Entrance)

Hope for Today Adult Children

Wednesday 6:30 – 7:30 pm (O,H,B)

Trinity Lutheran Church, 320 S.E. Fir Villa Rd.

SALEM

Brown Bag Lunch AFG

Monday noon – 1:15 pm; O, H, B,

First Christian Church, 685 Marion St. NE

Enter at NW corner of the building, 2nd Floor

Recovery AFG

Monday 7:00 – 8:00 pm; O, H, B,

Salem Hospital

890 Oak St SE, Building A, 6th floor, Room 61-62

Please park in the visitor parking garage

Tuesday Noon Serenity AFG

Tuesday noon - 1:00 pm; O, H, B,

First Christian Church, 685 Marion St. NE

Enter at NW corner of the building, 2nd Floor

Newcomer Informational Meeting

Tuesday 6:00 - 6:45 pm

First United Methodist Church, 600 State St.

Before Women's & Men's meetings same location

Women's Tuesday Night AFG

Tuesday 7:00 – 8:00 pm; Women only, O,B, H; First Unit-

ed Methodist Church, 600 State St., Room 108

Al-Anon Men's Meeting AFG

Tuesday 7:00 – 8:00 pm; B

1st United Methodist Church, 600 State St. Rm 107

SALEM (CONT)

Wednesday Night Fireside AFG

Wednesday 7:30 – 9:00 pm; O, H, B

Salem Mennonite Church, 1045 Candlewood Dr

Primarily Parents AFG

Thursday 5:30 pm; Open, H, B,

St. Marks Lutheran Church, 790 Marion St. NE - Park in back, use outside stairs

Friday Serenity AFG

Friday 10:00 – 11:30 am; H, B

Morningside Methodist Church, 3674 12th St. SE, Use back door

Courage to Change AFG

Saturday 10:00 – 11:15 am; Open, H

First Christian Church, 685 Marion St NE,

Enter at NW corner of the building, Chk sign for floor location

SILVERTON

Paths to Recovery AFG:

Tuesday 5:30 pm; Open, H, B

Assembly of God Church, 437 N James St, Modular C

Saturday Morning Serenity AFG

Saturday 10:00 am Open, H, B

Assembly of God Church, 437 N James St, Modular C

STAYTON

Stayton AFG

Friday 7 pm; Open, H, B

New Life Foursquare Church, 1090 N. 1st St, Enter through Office Side Door on 1st St.

Spanish Language Meetings -- Salem

Esperando Un Milagro GFA

Tuesday 5:00 – 6:30 pm Open, H,

3925 State Street

Saturday 12:00 to 1:00 pm Open, H,

3925 State Street

Grupo Al-Anon en Accion GFA

Saturday - 10:00 am – 11:30 a.m.

1880 Lancaster Dr. NE Suite # 106 .. Open

District 4 AFG Monthly Meeting

(Contact District Rep for location and exact Dates; Location occasionally changes due to holidays and bldg. availability)

The Twelve Steps

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

God grant me the serenity to accept the things

I cannot change, courage to change the things

I can, and wisdom to know the difference

The Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth-Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

1/31/2018

Al-Anon Family Groups (AFG)

Families and Friends of Alcoholics

**Meetings in OR. Marion & Polk Counties
(District 4)**

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

The only requirement for membership is that there be a relative or friend with a drinking problem. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Teenage groups, known as Alateen, are a vital part of the Al-Anon Family Groups program. Attendance in Alateen is restricted to teenagers seeking help with problems that arise when a parent or other close relative or friend has a drinking problem.

When District 4 lists a group at their request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep its door open to all Al-Anon members.

Listing in this Directory does not constitute approval of any group's manner of practicing the Al-Anon program. If the group you attend is not right for you, please try another.

There is help and hope available in Al-Anon.

For further information, please feel free to contact:

Al-Anon District 4 AFG

(503) 370-7363

Please leave a message.

This meeting list is also available online at:

www.salemareaanon.org

and at www.oregonal-anon.org