

Al-Anon Contacts

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

www.salemareaalanon.org

District 4 Rep. [DR] - Dawn K 503-507-2335

Literature and Books - Phyllis 503-580-8576

Meeting List Changes – Dawn K 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

Keizer Senior Center, 930 Plymouth Dr NE

Or Zoom 413 5295 588 code: 866970

FYI — To listen to recordings, click on Willamette Valley Intergroup website

Alateen

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

Tuesday 7:00-8:15 p.m.

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

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
476 SW Levens

SALEM

Brown Bag Lunch AFG

Monday noon – 1:15 pm; O, H, B,
First Christian Church, 685 Marion St. NE

Recovery AFG

Monday 7:00 – 8:00 pm; Closed, H, B,
Online only– email
mondaynightrecoveryalanongroup@gmail.com for info

Newcomer Informational Meeting

Tuesday 6:00 - 6:45 pm
First United Methodist Church, 600 State St, Rm 110

Women's Tuesday Night AFG

Tuesday 7:00 – 8:15 pm; Women only, O,B, H;
Salem Alliance Faith Annex, 1305 5th St NE, Room 3

Al-Anon Men's Meeting AFG

Tuesday 7:00 – 8:00 pm; B
First United Methodist Church, 600 State St, Rm 108
(Use State St office entrance)

Wednesday Night Fireside AFG

Wednesday 7:30 – 9:00 pm; O, H, B, n/s
Zoom 848 7640 5964, code: alanon or in-person
Salem Mennonite Church, 1045 Candlewood Dr NE,
Keizer

SALEM (CONT)

Primarily Parents AFG

Thursday 5:30 pm; Open, H, B
Zoom: 898 4668 2249, code: 679244

From Surviving to Thriving

Thursday 7:00 pm; Closed, n/s
Sunnyslope Christian Reform Church
197 Hrubetz Rd SE

Friday Serenity AFG

Friday 10:00 – 11:30 am; H, B, Closed
Morningside Methodist Church, 3674 12th St. SE, Use back door, or
Zoom: 931 9487 0373, code: 055911

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
Online only, Zoom: 885 1134 9566, code: 12

Saturday Morning Serenity AFG

Saturday 10:00 am Open, H, B
Online only, Zoom: 885 1134 9566, code: 12

Woodburn

Woodburn Serenity AFG

Tuesday 12:30-1:30 pm; Open, N/S, H, B
Woodburn Library, 280 Garfield St
Carnegie room (2nd floor)

Spanish Language Meetings

Vivir El Presente GFA

Tuesday 7:00 pm; Closed, n/s
300 Young St, Woodburn, en el Gimnasio

Vivir El Presente GFA

Thursday 7:00 pm; Closed, n/s
300 Young St, Woodburn, en el Gimnasio

District 4 AFG Monthly Meeting

(Contact District Rep for exact dates)

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.

1/8/2024

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