

## 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.

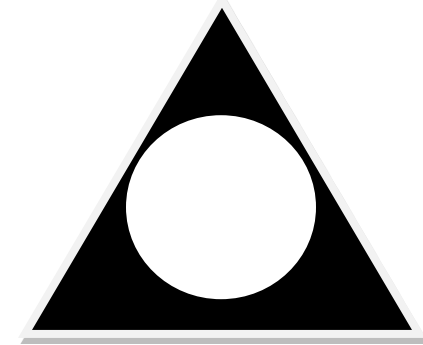
## TWELVE TRADITIONS

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 Al-Anon 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 cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth-Step work should remain forever nonprofessional, 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, TV and films. 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.

# AL-ANON & ALATEEN

## Rappahannock, VA District 19



**District 19**  
[www.al-anonfredericksburg.org](http://www.al-anonfredericksburg.org)

**District 19 meets the 2<sup>nd</sup> Monday  
of the month. Check the above  
website for time and place.**

1-888-4Al-Anon  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
[www.vaalanon.org](http://www.vaalanon.org)

Updated February 2020

## How Can Al-Anon Help?

Al-Anon and Alateen members are people just like you and me. They are parents, children, spouses, partners, brothers, sisters, other family members, friends, employers, employees, and coworkers of alcoholics. No matter what our specific experience has been we share a common bond: we feel our lives have been affected by someone else's drinking.

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

## Where and When

The Where and When for the Rappahannock Virginia area is funded and distributed by members of Al-Anon Family Groups, District 19. Changes and updates should be provided to any Group Representative (GR).

**AFG** – Al-Anon Family Group  
**AT** – Alateen meeting same time & location  
**AA** – Alcoholics Anonymous same time & location  
**New** – Newcomer orientation session available

## MONDAY

**10:00 AM Serenity Seekers**  
Salem Baptist Church, 4044 Plank Rd,  
Spotsylvania (Rt 3 West)  
Meeting upstairs in youth room  
**Attended child(ren) welcome**

**5:30 PM Serenity for Parents**  
Christ Lutheran Church  
1300 Augustine Ave, Martha Room,  
Fredericksburg 22401  
Secured building-arrive by 5:30

## TUESDAY

**8:00 PM Step by Step** (AA)  
Salem Baptist Church, 4044 Plank Rd,  
Spotsylvania, Rt 3 West  
Meeting in Children's Wing Library  
**Steps & Traditions Study Meeting**

## WEDNESDAY

**7:00 PM Over the Rainbow AFG** (AA, AT, New)  
Peace United Methodist Church, 801 Maple  
Grove Dr., Fredericksburg, 22407

**7:00 PM All Day I Dream About Serenity**  
**Alateen** (ages 7-19),  
Peace United Methodist Church, 801 Maple  
Grove Dr., Fredericksburg, 22407

## THURSDAY

**12:00 PM Serenity at Noon** (New)  
Trinity Episcopal Church, 825 College Ave,  
Fredericksburg, Admin Bldg 22401  
**Enter from College St - main floor**

## THURSDAY Continued

**7:00 PM Promises of Growth**  
St. Mathias United Methodist Church,  
426 Deacon Rd, Fredericksburg, 22406

**7:00 PM Solutions AFG**  
St. Johns Episcopal Church  
9403 Kings Hwy, King George

## FRIDAY

**7:00 PM New Beginnings** (AA)  
Trinity Episcopal Church, 825 College Ave,  
Fredericksburg 22401  
**Enter from William St parking lot**

## SATURDAY

**10:00 AM Surviving the Weekend**  
St. Mary's Catholic Church, 1009 Stafford  
Ave, Fredericksburg 22401  
**Enter from William St – far right building and go  
upstairs**

**10:00 AM Keeping it Simple**  
Stafford Hospital, 101 Hospital Center Blvd,  
Stafford, 22554  
Conference rooms 2 & 3  
**Main entrance and downstairs**

## SUNDAY

**4:00 PM Firm Foundations**  
Campus Community Christian Center  
Middle Conference room  
1213 Dandridge St, Fredericksburg, 22401

**7:00 PM Living Legacies**  
Peace United Methodist Church, 801 Maple  
Grove Dr, Fredericksburg, 22407