

## 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 ask 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.

## AL-ANON IS:

A **FELLOWSHIP** of relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking.

A **SELF-HELP** recovery program based on the Twelve Steps of Alcoholics Anonymous (AA).

A **NON-PROFESSIONAL** fellowship where members share their experience, strength and hope to solve their common problems.

AN **ANONYMOUS** PROGRAM with the identity of all Al-Anon and AA members protected.

A **SPIRITUAL** program that is compatible with all religious beliefs or none.

A program with the **SINGLE PURPOSE** of helping families and friends of alcoholics, whether the alcoholic is still drinking or not.

A **WORLDWIDE** fellowship with more than 30,000 groups, in over 112 countries, that has been in existence since 1951.

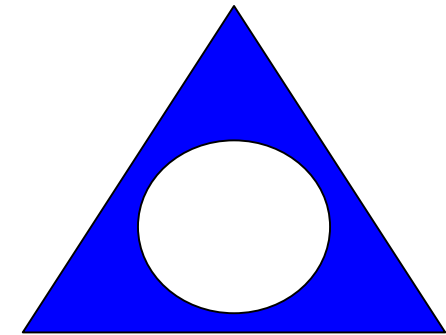
**COMPATIBLE** with professional treatment.

**FREE OF CHARGE** and self-supporting through members' voluntary contributions. There are no dues or fees for membership.

## ALATEEN IS:

A part of Al-Anon. For teenagers who have been affected by someone else's drinking.

## Lower Eastern Shore AL-ANON Family Groups



## Meeting Directory

March 26, 2008

IF **YOUR** LIFE IS AFFECTED BY  
SOMEONE **ELSE'S** DRINKING,  
AL-ANON CAN HELP

Contact our Information Service

**(410) 742-2504**

One of our members will return your call.

For meetings outside the Lower  
Shore area

**Call 1-888-425-2666**

(1-888-4-ALANON)

Or visit

[www.Al-Anon.Alateen.org](http://www.Al-Anon.Alateen.org)

**Attend** a meeting. Places and times  
are shown in this directory.

**AL-ANON / ALATEEN**

*Hope and help for families and friends of alcoholics*

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.

## SUNDAY

8:00 PM Sunday Night Serenity Group  
Ocean Pines Community Center  
White Horse Park  
Berlin, MD

## MONDAY

9:00 AM Chincoteague Al-Anon  
Christ United Methodist Church  
Fellowship Hall  
6236 Church Street  
Chincoteague, VA

8:00 PM Monday Night Step Group  
St. Alban's Episcopal Church  
St. Alban's Drive  
Salisbury, MD

\*AA meeting same time/location

Lower Eastern Shore  
AL-ANON Family Groups

## TUESDAY

Noon How Al-Anon Works AFG  
Wicomico Presbyterian Church  
129 Broad St  
Salisbury, MD

7:30 PM Atlantic AFG  
Atlantic Methodist Church  
Atlantic, VA  
Across from Atlantic Fire Department

7:00 PM Al-Anon/ACOA Group  
St. Alban's Episcopal Church  
St. Alban's Drive  
Salisbury, MD

## WEDNESDAY

8:00 PM Easy Does It Al-Anon\*  
Christ United Methodist Church  
(Education Bldg, behind church)  
211 Phillip Morris Drive  
Salisbury, MD

8:00PM Bayside Beginnings  
Ocean Pines Community Center  
White Horse Park  
Berlin, MD

## THURSDAY

7:00 PM New Hope Al-Anon  
SSACC  
720 South Salisbury Blvd.  
Salisbury, MD

8:00 PM Beginners Step Meeting\*  
Asbury United Methodist Church  
1401 Camden Avenue  
Salisbury, Maryland 21801

## FRI DAY

\*Noon Adult Child Step Study AFG  
Asbury Methodist – meets in library  
1401 Camden Ave  
Salisbury, MD  
\*beginning April 11, 2008

8:00PM Seaside Serenity Al-Anon  
St. Paul's By The Sea  
3<sup>rd</sup> & Baltimore Street  
Ocean City, MD

8:00PM Serenity Seekers AFG\*  
St. Andrews Parish House  
Church & Washington Street  
Princess Anne MD 21853  
Use back entrance from parking lot

## SATURDAY

7:00 PM Awareness/Discussion Group  
SSACC  
720 South Salisbury Blvd.  
Salisbury, MD

