

## 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.

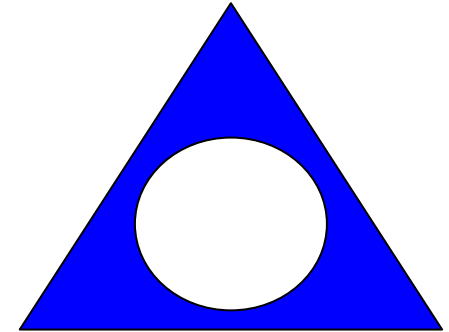
**COMPATIBLE** with professional treatment.

**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 28, 2009**

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

Contact our Information Service

**(410) 742-2504**

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

7:30 PM Sunday Night Serenity Group  
Berlin Nursing Home  
Rte.#113 to Old Ocean City Blvd.  
Turn off Healthway Drive (Hospital drive). First left into Park Lot, enter Main entrance, take elevator to bottom Floor.Mtg.Rm.

## 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

Lower Eastern Shore  
AL-ANON Family Groups

## TUESDAY

12:00 Noon How Al-Anon Works  
Wicomico Presbyterian Church  
129 Broad St  
Salisbury, MD

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

## WEDNESDAY

7:00 PM Easy Does It Al-Anon  
Christ United Methodist Church  
(Park lot is behind Church on left side, enter thru Education Bldg )  
211 Phillip Morris Drive  
Salisbury, MD

7:30 PM Bayside Beginnings  
Berlin Nursing Home  
Rte.#113 to Old Ocean City Blvd.  
Turn off Healthway Drive (Hospital drive). First left into Park Lot, enter Main entrance, take elevator to bottom Floor.Mtg.Rm.

## THURSDAY

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

8:00 PM Thursday Night \*  
Step/Discussion Mtg  
Asbury United Methodist Church  
(South Entrance)  
1401 Camden Avenue  
Salisbury, Maryland

## FRI DAY

12:00 Noon Adult Child Step Study  
Asbury United Methodist Church-  
meets in library (South Entrance)  
1401 Camden Avenue  
Salisbury, MD

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

## SATURDAY

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

\*AA meeting same time/location