

THE TWELVE STEPS	THE TWELVE TRADITIONS
We admitted we were powerless over alcohol – that our lives had become unmanageable.	1 Our common welfare should come first; personal progress for the greatest number depends upon unity.
Came to believe that a Power greater than ourselves could restore us to sanity.	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.
Made a decision to turn our will and our lives over to the care of God as we understood Him.	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.
Made a searching and fearless moral inventory of ourselves.	4 Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.	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 <i>ourselves</i> , by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to the families of alcoholics.
Were entirely ready to have God remove all these defects of character.	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 cooperate with Alcoholics Anonymous.
Humbly asked Him to remove our shortcomings.	7 Every group ought to be fully self-supporting, declining outside contributions.
Made a list of all persons we had harmed and became willing to make amends to them all.	8 Al-Anon Twelfth-Step work should remain forever nonprofessional, but our service centers may employ special workers.
Made direct amends to such people wherever possible, except when to do so would injure them or others.	9 Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
Continued to take personal inventory and when we were wrong, promptly admitted it.	10 The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
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.	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.
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.	12 Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

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Al-Anon/Alateen Meeting List – January 2019

24 Hour Answering Service: (541) 741-2841

Al-Anon Oregon District 6

P.O. Box 70232
Springfield, OR 97475

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 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.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

~ **The Suggested Preamble to the Twelve Steps**

Alateen, a part of Al-Anon, is designed for the younger relatives and friends of alcoholics. Alateen meetings are conducted by the teenagers themselves and guided by an Al-Anon member.

~ **From Al-Anon Fact File, Conference Approved Literature**

Beginners Meeting - Saturday First Step
Bethesda Lutheran Church, 4445 Royal Ave. 9-9:30 a.m.

Lane County Website: www.alanonlaneor.us
District 6 Business Page Password: LaneDistrict6
Oregon State Website: www.oregonal-anon.org
World Service Office Website: www.al-anon.alateen.org
On-Line Al-Anon Meetings: www.ola-is.org

LITERATURE DEPOT

The Eugene Literature Depot lost its lease effective January 5, 2019. Currently, local literature sales have been suspended until at least February while the fellowship considers options, including looking for a new location. Please check this webpage www.alanonlaneor.us frequently for the most updated information.