

EUGENE

Monday, 10 – 11am

Steps for Growth AFG (64441)

St. Mary's Catholic Church, Parish Hall
1062 Charnelton Street
(Enter doors nearest Lincoln St., **HA, CC**)

Monday, 12 – 1pm

Monday Noon AFG (11801)

First Congregational Ch., 1050 E. 23rd
(Use upper entrance closest to park;
Closed major holidays)

Monday, 12 – 1pm

Gifted with Life AFG (30507034)

Literature Depot. Room 6
1376 Olive - (**HA**)

Monday, 6:30 – 7:30pm

A Gathering of Men AFG (30583374)

Literature Depot, Room 6 (**HA**)
1376 Olive St.

Monday, 7:30 – 8:45pm

Monday Night Serenity AFG (11807)

First Congregational Church
1050 E. 23rd
(Enter at Church Offices on 23rd, **HA**)

Tuesday, 6:45 – 7:45am

Sunrise Meeting AFG (63985)

Wesley United Methodist Church (Room 4)
1385 Oakway Road, at Cal Young Rd. (**HA**)

Tue./Thur., 9 - 10:30am

Steps to Change AFG (66587)

Westminster Presbyterian Church
777 Coburg Road
(Parking Harlow Rd., door at
S.E. corner, **HA,FF, CC** Thurs. only)

Tuesday, 7 - 8:15pm

Westside Courage to Change AFG (53584)

Unitarian Universalist Church
1685 W. 13th Ave. Room #6 (**HA, no CC**)

Wednesday, 12 – 1pm

Wed. Noon Discussion Group AFG (11808)

St Mary's Episcopal Church
166 E. 13th Ave. (**HA**)

Wednesday, 12 – 1pm

Recovering with Literature AFG (30556858)

Eugene Friends Church
3495 W 18th (HA)

Wednesday, 7 - 8pm

AFG Recovery: The Next Generation (30696022)

Literature Depot Room 6
1376 Olive (**HA**)

Thursday 12 – 1pm

The Three Legacies AFG (30593671)

Gilham Community Church - 3633 Gilham Rd.
(Closed Holidays, HA)

Thursday, 5:45 – 7pm

Thurs. Night New Perspectives AFG (30539362)

Temple Beth Israel - 1175 E. 29th Ave. (**HA, FF**)

Thursday, 7- 8pm

Ann & Lois's Amazing Journey (30677387)

Asbury Methodist Church
1090 Berntzen Road (**HA, FF**)

Thursday, 7:15 – 8:30pm

Thurs. Night Literature Study

(30578979)
Literature Depot, Room 6 (HA)

Friday, 12 – 1pm

Friday Noon Literature AFG (66558)

First United Methodist Church - 1376 Olive (**HA**)
Room 19

Friday, 12 – 1pm

How Al-Anon Works – (book study)

AFG (30610668)
Literature Depot, Room 6- (**HA**)

Friday, 7:30 - 8:30pm

Friday Night Step Study AFG (36337)

Center for Spiritual Living
390 Vernal St., Eugene (**HA**)

Saturday, 9 – 10:30am

Saturday First Step, 9-10:30am

AFG (51041)

Bethesda Lutheran Church
4445 Royal Ave (**HA,FF,CC**)

Beginners Meeting-Same site

Sunday, 12 - 1:15pm

Hope for Today AFG (503135)

Sons of Norway
710 McKinley St.-enter back single door, go to
end of hall, library on left (**HA, FF**)

Sunday, 7- 8:15pm

Sunday New Beginnings AFG (30975)

St. Mary's Episcopal Ch., 166 E. 13th
Ave. (corner of Pearl St.)

Sunday, 7- 8pm

River Road Recovery AFG (504139)

St. Matthews Episcopal Church
4110 River Road

SPANISH SPEAKING

Sabado (Sat.) 10-11am

“Nueva Vida” Grupo de Familia (30567151)
First United Methodist Church, 1376 Olive St.
Literature Depot, Room 6
*Acceso para discapacitados. Spanish-speaking
(HA)*

SPRINGFIELD

Monday 6:30pm

Keep It Simple Springfield AFG (30627007)

First Baptist Church – 1175 “G” St. (**HA**)

Tuesday, 12:30 – 2pm

Springfield Discussion Group AFG (11938)

Hope Lutheran Church - 1369 B St.
(**HA, FF**)

ALATEEN

Saturday, 9-10:30am

Alateen First Steps (500299)
Bethesda Lutheran @ 4445 Royal

COTTAGE GROVE

Thursday 6:30 - 7:30pm

Thurs. Night Rush Hour AFG (30640643)

Cottage Grove Comm. Center
700 Gibbs St (**HA**)

Saturday 7 - 8pm

Courage to Change AFG (30566821)

Cottage Grove Public Library
700 E. Gibbs St. (**HA**)

CRESWELL

Wednesday, 7:00-8:30pm

First Creswell AFG (501273)

St. Phillips Catholic Church
406 Holbrook St. (**HA**)

MONTHLY MEETINGS:

District 6 Business Meeting

2ND Sunday of the month, 2:30-4:30pm.
Literature Depot, Room 6
First United Methodist Church
1376 Olive St., Eugene

District 6 Breakfast Meeting

1st Saturday of the month, 9:30 - 11:30am
North Park Community Church
3484 Harlow Rd., Eugene

EVI Speaker Meeting

2nd Saturday of the month, 7:00 - 9:00pm
Bethesda Lutheran Church
4445 Royal Ave., Eugene (**HA**)

Outreach Team Meeting

4th Sunday of the month 2:00-3:30
Literature Depot – Room 6
First United Methodist Church
1376 Olive St., Eugene

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 – May 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

“NEW” LITERATURE DEPOT

HOURS: 4:30 PM – 6:00 PM MONDAY, 11:30 AM-1:30 PM, TUESDAY – THURSDAY, 4:00PM-6:00PM FRIDAY

ADDRESS: UNITED METHODIST CHURCH, 1376 OLIVE ST., RM 6, EUGENE (ENTER MAIN DOORS, TURN RIGHT, OUT INTO COURTYARD. ROOM 6 (RED DOOR) IS FIRST ON RIGHT. CASH, CHECK OR CREDIT CARD ACCEPTED -

PHONE: 541-343-1104 CHURCH PH: 541-345-8764

Please check this webpage www.alanonlaneor.us frequently for the most updated information.