

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 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.

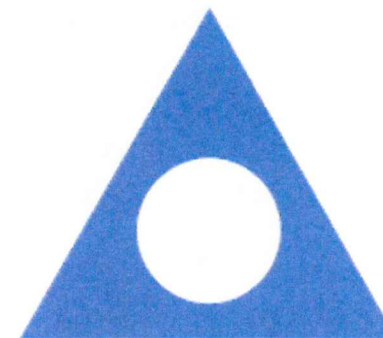
AL-ANON IS...

- A **FELLOWSHIP** of family 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.
- A **SPIRITUAL** fellowship, not a religious one. Members of any faith, or none at all, are welcome.
- A program of a **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.
- **AL-ATEEN** is part of Al-Anon. For ages 10-19 who have been affected by someone else's drinking.

Lower Eastern Shore

Al-Anon Family Groups

District 24



Meeting Directory

If your life is affected by someone else's drinking,

Al-Anon can help.

For meetings outside the Lower Eastern Shore call 1-888-425-2666

(1-888-4-AL-AANON) or visit

www.Al-Anon.alateen.org

Attend a meeting. Talk with someone.

Places, Times, and Zoom information are shown in this directory.

Sunday - No Meeting at this time

Monday - 7:30 pm hybrid

AFG Group #6015
Monday Night Step Group
St. Albans Episcopal Church
302 St. Alban's Drive
Salisbury, MD
Meeting ID #718 763 3937
Password #405833
Lynne (410) 456-9026

Tuesday - 9:00 am

AFG Group #67079
United Methodist Church
6253 Church Street
Chincoteague, VA
Barb (814) 937-3301

Tuesday - 12:00 noon

AFG Group #503754
How Alanon Works
Wicomico Presbyterian
129 Broad Street
Salisbury, MD
Terri (719) 694-6505

Wednesday - 7:00 pm hybrid

AFG Group #6014
Easy Does It Alanon
Christ United Methodist
211 Phillip Morris Drive
Salisbury, MD
Behind church on left side
Meeting ID #4644017096
Password# 12071941
Diana (443) 235-6244

Thursday - 7:30 pm hybrid

AFG Group #500622
Turn It Over Group
Salisbury Bible Fellowship
1500 Court Plaza Lane
Salisbury, MD
Meeting ID# 81049907282
Password AFG
Jen (443) 783-9603

"Keep Coming Back It works, if you work it."

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 a different meeting. There is help and hope available in Al-Anon.

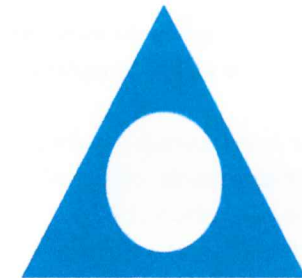
Friday - 12:00 noon

AFG Group #30519063
Paths to Recovery
Wicomico Presbyterian Church
129 Broad Street
Salisbury, MD
Barbara (410) 422-2392

Friday - 6:30 pm Serenity Hour

United Methodist Church
6253 Church Street
Chincoteague, VA
Barb (814) 937-3301

Saturday - No Meeting at this time



Al-Anon Family Groups
Help and hope for families and friends of alcoholics