

Closed Meetings are for all Al-Anon members – anyone whose personal life is or has been deeply affected by close contact with a problem drinker. **Open Meetings** may be attended by anyone interested in Al-Anon.

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 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 24,000 groups, in over 115 countries, that has been in existence since 1951.

Compatible with professional treatment. Statistics show 67% of its members received counseling after attending Al-Anon.

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.

Frederick - Hagerstown

Frederick and Washington Counties
of Maryland

Meeting Directory for Al-Anon and Alateen Family Groups



For information and help call toll free:

800-344-2666

Al-Anon Family Groups, Inc.

On-Line:

www.al-anon.alateen.org

www.marylanddc-alanon.org

November 2024

Twelve Steps of Al-Anon

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.

Twelve Traditions of Al-Anon

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
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.

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.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
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 ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Al-Anon 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.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth-Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

NEWCOMERS ARE WELCOME AT ALL MEETINGS


Al-Anon is an anonymous fellowship. Please protect the anonymity of all Al-Anon members.

When our information Service Office lists a group, at their request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep its door open to any Al-Anon member. 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.

All meeting times are subject to change. Please visit our area website: www.marylanddc-alanon.org, for the most current information.

Families, Friends, and Observers welcome at all meetings unless marked Family and Friends Only. Closed.


 Accessible



 AA Meets at same time and location unless otherwise noted


--SUNDAY--

7:00 PM Paths to Recovery Step Meeting AFG
Zoom: Meeting ID: 867 8849 9924
Passcode: 907174
This is a closed meeting (Friends & Family only). This meeting focuses on the steps - Newcomers welcome!


--TUESDAY--

7:00 PM Hilltop Serenity AFG 
First Baptist Church
7040 Bowers Road
Frederick, MD
Room 209 - Take elevator or stairway on left to second floor

7:30 PM New Market AFG  
Grace Episcopal Church
5740 Green Valley Road
New Market, MD

7:30 PM New Market AFG  
Alateen
Grace Episcopal Church
5740 Green Valley Road
New Market, MD


--WEDNESDAY--


7:00 PM Middletown AFG 
Christ Reformed United Church of Christ
12 S. Church Street
Middletown, MD
Enter the main sanctuary door with the Al-Anon spoken here sign on it

--THURSDAY--

7:15 PM Courage to Change AFG
Hybrid:
Good Shepherd Lutheran Church
1415 W. 7th Street
Frederick, MD
Zoom: Meeting ID: 846 0024 3871
Passcode: 158903


--FRIDAY--


5:30 PM Just for Today AFG 
Haven Lutheran Church
1035 Haven Road
Hagerstown, MD

6:30 PM Liberty AFG * 
Sappington Hall across the street from St. Peter Apostle Catholic Church
9190 Church Street
Libertytown, MD
**(AA Meeting in same location starts at 8:00 PM)*

8:00 PM Williamsport AFG  
Williamsport UMC
25 E. Church Street
Williamsport, MD
(AA meeting at same building also at 8pm Friday Night)

--SATURDAY--

10:00 AM The Frederick Club AFG 
The Club
205 Bucheimer Road
Frederick, MD
Next to M&M Electric

12:00 PM The Weekenders 
Hagerstown AFG
Haven Lutheran Church
1035 Haven Road
Hagerstown, MD

For more information on meetings and resources, visit the Maryland DC Area website: www.marylanddc-alanon.org