

**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 or Alateen.

**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:

240-285-9831

toll free:

800-344-2666

Al-Anon Family Groups, Inc.

On-Line:

[www.Al-Anon.Alateen.Org](http://www.Al-Anon.Alateen.Org)  
[www.MarylandDC-Alanon.Org](http://www.MarylandDC-Alanon.Org)

Revised April 2019

### 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](http://www.marylanddc-alanon.org), for the most current information.

All meetings are open to the public, unless marked **CLOSED**.

**--SUNDAY--**


2:00PM Sunday Serenity AFG   
All Saints Episcopal Church  
106 W. Church Street  
Frederick, MD  
*(Park in 2nd lot from corner of Court & E. Patrick St)*


+7:30 PM Sunday Night Al-Anon  
St. John's School Library  
116 East 2<sup>nd</sup> Street  
Frederick, MD  
*(Enter in side alley)*

**--MONDAY--**

7:00 PM Progress Not Perfection Al-Anon  
Mt. Zion United Methodist Church  
603 Main Street  
Myersville, MD  
*(1<sup>st</sup> Floor, room behind office)*


**-- TUESDAY --**


1:00 PM Hagerstown Al-Anon Discussion   
Haven Lutheran Church  
1035 Haven Road  
Hagerstown, MD  
*(Use 2<sup>nd</sup> door on Haven Road side)*


7:15 PM Courage To Change Al-Anon   
Good Shepherd Church  
1415 West 7<sup>th</sup> Street  
Frederick, MD

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


**--WEDNESDAY--**


+ 12 Noon High Nooners Al-Anon   
Frederick Presbyterian Church  
115 West 2<sup>nd</sup> Street  
Frederick, MD

6:45 PM Newcomers Information Meeting   
Same location as  
Middletown Al-Anon Family Group


7:00 PM Middletown AFG   
Christ Reformed United Church of Christ  
12 S. Church Street  
Middletown, MD  
*(This meeting is downstairs)*

**--THURSDAY--**


7:15 PM Hilltop Serenity   
First Baptist Church, 2<sup>nd</sup> Floor  
7040 Bowers Road  
Frederick, MD

7:15 Thursday Night Serenity   
Tom's Creek UM  
10926 Simmons Road  
Emmitsburg, MD  
*(Use lower door then straight to youth room)*


**--FRIDAY--**


5:30 PM Just For Today   
Haven Lutheran Church  
1035 Haven Road  
Hagerstown, MD  
*(Use 2<sup>nd</sup> door on Haven Road side)*

7:00 PM Liberty Al-Anon  
St. Peter the Apostle Roman Catholic Church  
Intersection of Rts. 26 & 75  
Libertytown, MD  
*(Red brick building on left)*

+ 8:00 PM Williamsport United Methodist Church   
25 East Church Street  
Williamsport, MD 21795  
*(ramp on left to basement room, ring bell)*

**--SATURDAY--**

12 Noon Weekenders   
Haven Lutheran Church  
1035 Haven Road  
Hagerstown, MD  
*(Use 2<sup>nd</sup> door on Haven Road side)*

2:00 PM The Frederick Club   
205 Buckheimer Road  
Frederick, MD  
*(Next to M&M Electric Motor Repair, Inc)*

+ AA meeting available at the same time and location.

For more information on meetings and resources, visit the Maryland DC Area website: [www.marylanddc-alanon.org](http://www.marylanddc-alanon.org)

or Scan this QR Code to bring up the site:

