

## 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.

## TWELVE TRADITIONS

The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with A.A., and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations, and anonymity.

The Traditions evolved from the experience of A.A. groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles.

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 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 co-operate 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, films, and TV. 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.

Reprinted with permission of  
Al-Anon Family Group Headquarters, Inc.

## Get In the Car

## Al-Anon and Alateen



## A Local Meeting Guide

For

## Iowa District 14

**Serenity Prayer**

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.

**Al-Anon Declaration**

*Let It Begin with Me*

When anyone, anywhere, reaches out for help,  
let the hand of Al-Anon and Alateen always be  
there, and – *Let It Begin with Me.*

**Al-Anon/Alateen Meetings**

Al-Anon-Alateen are an **Anonymous** fellowship.  
Meetings are for anyone whose life has been  
affected by alcoholism in a relative or friend. We  
meet to share our experience, strength and hope  
in order to solve our common problems. These  
meetings last approximately one hour.

**Iowa District 14**

**Sunday:** \_\_\_\_\_  
\_\_\_\_\_

Noon: **Fort Dodge**, 12 N. 7<sup>th</sup> St., Alano Club

**Monday:** \_\_\_\_\_

Noon: **Fort Dodge**, 127 N. 10<sup>th</sup> St.  
First United Methodist Church

**Tuesday:** \_\_\_\_\_

8:30 A.M. **Manning** 1621 Main St  
(use Adams Street Entrance)

5:15 P.M. **Fort Dodge**, 403 No. 8th St.  
Corpus Christi Parish Center  
St. Matthews Room, Upper Level

8:00 P.M. **Lake City**, 221 S. Center St.  
Historical School

**Wednesday** \_\_\_\_\_

8:00 P.M. **Manning**, 410 Elm St.  
McLaughlin Construction Office

**Thursday** \_\_\_\_\_

11:30 A.M. **Sac City**, 521 Park Ave.  
First Christian Church

5:15 P.M. **Fort Dodge**, 403 No. 8th St.  
Corpus Christi Parish Center  
Lower Level (Library)

5:30 P.M. **Carroll**  
1621 No. Main (enter on Adam St. side)  
First United Methodist Church

7:30 P.M. **Pocahontas**, 11 SW 2nd St  
Resurrection of Our Lord Catholic Church  
Lower Level

**Friday** \_\_\_\_\_

**No Meeting.**

**This space is waiting for a new meeting**

**Saturday** \_\_\_\_\_

8:00 P.M. **Storm Lake**, 402 Lake Ave.  
St. John’s Lutheran Church

**Alateen Meetings**

Tuesday 5:15 P.M.  
405 No. 8th St.

Corpus Christi Parish Center  
Guapalupe Room, Upper Level

Alateens are members of the Al-Anon fellowship.  
Where there is no Alateen meeting available,  
young people are encouraged to attend Al-Anon  
meetings. We encourage you to attend any  
District 14 meetings listed.

---

**Al-Anon Family Group Headquarters, Inc.  
Al-Anon Family Group Headquarters  
(Canada) Inc.**

1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
Telephone: (757) 563-1600  
Fax: (757) 563-1655

**Iowa Al-Anon Literature Depots (LDC):**

a place to purchase literature, etc

West Des Moines, Iowa 50265  
939 Office Park Road, Suite 113  
(515) 277-5059

www.al-anondesmoines.org  
NOW accepting credit/debit cards

Sioux City IA 51104  
2801 Jackson St.  
(712) 255-6724