

<b>MONDAY</b> *9:30 AM	<b>Back to Basics</b> Wakonda Christian Church 3938 Fleur Drive, Des Moines Enter on East side of church	*7:00 PM <i>Childcare</i> ** *** 7:00 PM	<b>Tuesday Night Step Study</b> Lutheran Church of the Cross SE Entrance of Main Bldg. 1701 8 <sup>th</sup> St, Altoona	*6:30 PM <i>Childcare</i> ** *7:00PM <i>Childcare</i> **, *** 7:30 PM	<b>Finding Hope and Serenity AFG</b> Lutheran Church of Hope 520 NW 36th, Ankeny, Rm 144
*12:00 PM	<b>Monday Brown Bag</b> Faith Lutheran Church 10395 University Rm 201, Clive 45 minute meeting	7:00 PM	<b>First Steps to Freedom</b> Lucas County Health Center 1200 N 7th Street, Conf Rm A Chariton, IA 50049 Enter east side on lower level		<b>Thursday Night Step Study</b> Lutheran Church of the Good Shepherd 3820 SW 9 <sup>th</sup> St, Des Moines
*5:30 PM	<b>Steps to Serenity</b> Faith Lutheran Church 10395 University Ave, Clive East Entrance, Room 201	7:30 PM	<b>Tuesday Night White House</b> 1400 Penn Ave., Des Moines Speaker Meeting-3 <sup>rd</sup> week of the month		<b>Creston Survivors Group</b> Crosswoods Mental Health Center 1003 Cottonwood, Creston
*7:00PM	<b>Grinnell Step Study AFG</b> First Presbyterian Church 1025 5 <sup>th</sup> Ave., Grinnell Room off of church entry	*8:00 PM **	<b>Tuesday Night WDM AFG</b> St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM	<b>FRIDAY</b> *7:00 PM **	<b>Courage to Change Al-Anon</b> Mercy Franklin Clinic So. Entrance 1750 48 <sup>th</sup> St., Rm 4, Des Moines IA
*7:00 PM	<b>Ankeny Monday Nite AFG</b> First United Methodist Church Room 314 downstairs 206 SW Walnut, Ankeny	<b>WEDNESDAY</b> 12:00 PM	<b>Wednesday Noon Step Study</b> 939 Office Park Rd #113, West Des Moines, IA 45 minute meeting	*7:00 PM **	<b>Stepping Stones AFG Step Study</b> Mercy Franklin Clinic So. Entrance 1750 48 <sup>th</sup> St Des Moines IA
7:00 PM	<b>Keep It Simple Al-Anon</b> 939 Office Park Rd #113, West Des Moines, IA	7:00 PM	<b>Al-Anon Adult Children</b> Unity Church of Des Moines 414 31 <sup>st</sup> Street, Des Moines	*7:00 PM **	<b>Friday Night AFG Friends Literature Study</b> St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM
7:00 PM	<b>Monday Night Parents</b> Iowa Lutheran 1 <sup>st</sup> Fl Conf ,Rm 1 University & Penn Ave Des Moines, IA	7:00 PM	<b>Wednesday Night Step Study</b> 939 Office Park Rd #113 West Des Moines, IA	8:00 PM **	<b>Friday Night White House AFG</b> 1400 Penn Ave., Des Moines
7:00 PM	<b>Warren County AFG</b> First United Methodist Church Ashland & B Ave., Indianola	7:30 PM **	<b>Dallas Center Al-Anon</b> United Methodist Church 1504 Walnut St., Dallas Center Back entrance – red canopy	8:00 PM **	<b>High Hopes-Men's Group</b> 4 <sup>th</sup> floor, Iowa Lutheran Hospital University at Penn, Des Moines
7:00 PM	<b>Redfield Al-Anon Book Study</b> Redfield Public Library 1112 Thomas St, Redfield	*7:30 PM	<b>Adult Children AFG</b> First United Methodist Church 308 E Robinson, Knoxville	8:00 PM <i>Childcare</i> ** ***	<b>Frisky Friday Al-Anon</b> St. Paul's Episcopal Church 815 High St., Des Moines
8:00 PM **	<b>Monday Night Al-Anon</b> Central Presbyterian Church East Parking lot, 2 <sup>nd</sup> floor 39 <sup>th</sup> & Grand, Des Moines	<b>THURSDAY</b> 10:00 AM	<b>Fresh Start Al-Anon</b> Covenant Church 1025 28 <sup>th</sup> Street, West Des Moines	<b>SATURDAY</b> 8:00 PM **	<b>Saturday Night Step Study</b> Park Ave. Christian Church Fellowship Hall 3301 SW 9 <sup>th</sup> Street, Des Moines
<b>TUESDAY</b> *9:30 AM <i>Childcare</i>	<b>Tuesday Morning Step Study AFG</b> New Hope United Methodist Church 4525 NW Beaver Ave., Des Moines	11:30 AM	<b>Thursday THINKers Lunch Bunch</b> St. Paul's Episcopal Church 815 High St., Des Moines 45 minute meeting	*8:00 PM * *	<b>Winterset Al-Anon</b> Winterset Christian Church 103 Green St., Winterset
12 noon	<b>Seasons of Hope</b> Plymouth Congregational Church 4126 Ingersoll Ave., Des Moines South Parking Lot, West door	5:30 PM	<b>Parents and Others</b> Iowa Lutheran room 481 University & Penn Des Moines, IA	<b>SUNDAY</b> 5:00 PM <i>Childcare</i> **, *** 6:00 PM	<b>New Hope AFG (Step Study)</b> Lutheran Church of Hope 925 Jordan Creek Parkway West Des Moines, IA
				7:00 PM **	<b>Hope</b> St. Stephen's Church 223 E 4 <sup>th</sup> St N, Newton
					<b>Kiss Al-Anon</b> Covenant Christian Church 2700 72 <sup>nd</sup> St., Urbandale

**ALATEEN MEETINGS**

**TUESDAY 7:00 PM**

**Courage to Be Me**  
Lutheran Church of the Cross  
1701 – 8<sup>th</sup> St  
Altoona, IA 50009  
SE Entrance of Main Building

**WEDNESDAY 5:30PM**

Alateen On-Line Chat  
Teens 13-18

<http://www.al-anon.org/try-an-alateen-chat-meeting>

**THURSDAY 7:00 PM**

**Together Group**  
Lutheran Church of the Good Shepherd  
3820 SW 9<sup>th</sup> St  
Des Moines, IA 50312

**FRIDAY 8:00PM**

**Serenity Kids**  
St. Paul’s Episcopal Church  
815 High St., Des Moines

**SUNDAY 5:00 PM**

**New Hope Alateen**  
Lutheran Church of Hope  
925 Jordan Creek Parkway  
West Des Moines, IA

**Name and Phone Numbers**

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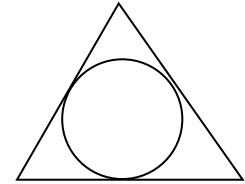
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*Autumn 2016*  
**DISTRICT SEVEN**  
**AL-ANON/ALATEEN MEETINGS**



**The Suggested Preamble to the Twelve Steps**

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 giving understanding and encouragement to the alcoholic.

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**www.al-anondesmoines.org**

24-HOUR CONTACT  
CALL: 515-277-5059

*Traductores en español disponibles.*

District 7 Al-Anon Information Service Center  
939 Office Park Rd #113, West Des Moines, IA 50265  
Office hours Tue.& Thur. 3-7, Sat 10-12



[www.iowa-al-anon.org](http://www.iowa-al-anon.org) (Iowa)  
[www.al-anon.org](http://www.al-anon.org) (world service)  
1-888-4-AL-ANON (1-888-425-2666)

\* Wheelchair accessible  
\*\* AA meeting also  
\*\*\* Alateen meeting also