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|------------------------------|---|---|---|---------|---|
| MONDAY | | | | | |
| *9:30 AM | Back to Basics Wakonda Christian Church 3938 Fleur Drive, Des Moines Enter on East side of church | *7:00 PM <i>Childcare</i> ** *** | Tuesday Night Step Study Lutheran Church of the Cross SE Entrance of Main Bldg. 1701 8 th St, Altoona | 7:30 PM | Creston Survivors Group Crosswoods Mental Health Center 1003 Cottonwood, Creston |
| *12:00 PM | Monday Brown Bag Faith Lutheran Church 10395 University Rm 201, Clive 45 minute meeting | 7:00 PM | First Steps to Freedom Lucas County Health Center 1200 N 7th Street, Conf Rm A Chariton Enter east side on lower level | | FRIDAY |
| *5:30 PM | Steps to Serenity Faith Lutheran Church 10395 University Ave, Clive East Entrance, Room 201 | 7:30 PM | Tuesday Night White House 1400 Penn Ave., Des Moines Speaker Meeting-3 rd week of the month | | *7:00 PM ** |
| *7:00PM | Grinnell Step Study AFG First Presbyterian Church 1025 5 th Ave., Grinnell Room off of church entry | *8:00 PM ** | Tuesday Night WDM AFG St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM | | *7:00 PM ** |
| *7:00 PM | Ankeny Monday Nite AFG First United Methodist Church Room 314 downstairs 206 SW Walnut, Ankeny | WEDNESDAY | Wednesday Noon Step Study 939 Office Park Rd #113, West Des Moines 45 minute meeting | | 8:00 PM ** |
| 7:00 PM | Keep It Simple Al-Anon 939 Office Park Rd #113, West Des Moines | 12:00 PM | Al-Anon Adult Children Unity Church of Des Moines 414 31 st Street, Des Moines | | 8:00 PM ** |
| 7:00 PM | Monday Night Parents Iowa Lutheran 1 st Fl Conf ,Rm 1 University & Penn Ave Des Moines | 7:00 PM | Wednesday Night Step Study 939 Office Park Rd #113 West Des Moines | | 8:00 PM ** |
| 7:00 PM | Warren County AFG First United Methodist Church Ashland & B Ave., Indianola | 7:30 PM ** | Dallas Center Al-Anon United Methodist Church 1504 Walnut St., Dallas Center Back entrance – red canopy | | *8:00 PM * * |
| 7:00 PM | Redfield Al-Anon Book Study Redfield Public Library 1112 Thomas St, Redfield | *7:30 PM | Adult Children AFG First United Methodist Church 308 E Robinson, Knoxville | | SATURDAY |
| 8:00 PM ** | Monday Night Al-Anon Central Presbyterian Church East Parking lot, 2 nd floor 39 th & Grand, Des Moines | THURSDAY | Fresh Start Al-Anon Covenant Church 1025 28 th Street, West Des Moines | | 10:00 AM |
| TUESDAY | | 10:00 AM | Parents and Others Iowa Lutheran room 481 University & Penn Des Moines | | Saturday Serenity 3060 SE Grimes Blvd #900 Grimes IA |
| *9:30 AM <i>Childcare</i> | Tuesday Morning Step Study AFG New Hope United Methodist Church 4525 NW Beaver Ave., Des Moines | *6:30 PM | Finding Hope and Serenity AFG Lutheran Church of Hope 520 NW 36th, Ankeny, Rm 144 | | 8:00 PM ** |
| 12 noon | Seasons of Hope Plymouth Congregational Church 4126 Ingersoll Ave., Des Moines South Parking Lot, West door | ** *7:00PM <i>Childcare</i> ** , *** | Thursday Night Step Study Lutheran Church of the Good Shepherd 3820 SW 9 th St, Des Moines | | 10:00 AM |
| | | | | | Saturday Night Step Study Park Ave. Christian Church Fellowship Hall 3301 SW 9 th Street, Des Moines |
| | | | | | Winterset Al-Anon Winterset Christian Church 103 Green St., Winterset |
| | | | | | SUNDAY |
| | | | | | 5:00 PM <i>Childcare</i> ** , *** |
| | | | | | 6:00 PM |
| | | | | | 7:00 PM ** |
| | | | | | New Hope AFG (Step Study) Lutheran Church of Hope 925 Jordan Creek Parkway West Des Moines |
| | | | | | Hope St. Stephen's Church 223 E 4 th St N, Newton |
| | | | | | Kiss Al-Anon Covenant Christian Church 2700 72 nd St., Urbandale |

Name and Phone Numbers

ALATEEN MEETINGS

TUESDAY 7:00 PM

Courage to Be Me

Lutheran Church of the Cross

1701 – 8th St

Altoona

SE Entrance of Main Building

THURSDAY 7:00 PM

Together Group

Lutheran Church of the Good Shepherd

3820 SW 9th St

Des Moines

FRIDAY 8:00PM

Serenity Kids

St. Paul's Episcopal Church

815 High St., Des Moines

SUNDAY 5:00 PM

New Hope Alateen

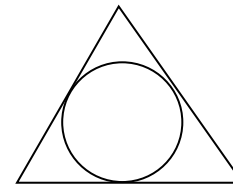
Lutheran Church of Hope

925 Jordan Creek Parkway

West Des Moines

- * Wheelchair accessible
- ** AA meeting also
- *** Alateen meeting also

Spring 2018
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 (Iowa)
www.al-anon.org (world service)
1-888-4-AL-ANON (1-888-425-2666)