

# AL-ANON Schedule

[www.CedarRapidsAreaAl-Anon.org](http://www.CedarRapidsAreaAl-Anon.org)

## SUNDAY

Al-Anon

**Serenity Sunday** 3224 - 1st Ave NE - CR  
8:00 pm Fellowship Club (AA same time)  
upstairs, end of hall, chairlift available

## MONDAY

Al-Anon

**Morning Boosters** 3224 - 1st Ave NE - CR  
9:00 AM Fellowship Club (AA same time)  
upstairs, chairlift available

### Monday West Highlands

8:00 pm - Trinity Lutheran School  
Handicap accessible (AA Same Time)  
1361 - 7th Ave SW - CR

## District Meeting - District 8

## Business Meeting

7:00 pm - The 3rd Monday of the Month  
Eastview Christian Church 727 Collins Road NE - CR

## Tuesday

Al-Anon

**Need to Feel Better** 857 - 3rd Ave SE - CR  
1:00 pm - Immaculate Conception Church  
(Meeting in Scotus Hall) Use Rear Church Entrance  
Handicap accessible

**New Attitudes** 3224 - 1st Ave NE - CR  
7:00 pm Fellowship Club (AA same time)  
upstairs, end of hall, chairlift available

### Alateen

**TGIA(Thank God It's Alateen)** 3224 - 1st Ave NE - CR  
7:00 pm Fellowship Club (AA/Al-anon same time)  
upstairs, chairlift available

## Wednesday

Al-Anon

**PrairieWoods** 120 Boyson Rd NE - CR  
7:00 pm - Prairiewoods - Hiawatha  
Handicap accessible

**After Work AFG** Gratitude Club Suite J  
5:30 PM 212 Edgewood Road NW CR  
Handicap accessible

## Thursday

Al-Anon

**New Creations** 4700 Johnson Ave NW - CR  
9:45 am - St. Marks Methodist Church  
Handicap accessible and Childcare

Al-Anon

## Friday

**Friday Morning** 3224 - 1st Ave NE - CR  
9:00 AM Fellowship Club (AA same time)  
upstairs, chairlift available

**Friday Night Hope** 2736 Bowling Str SW - CR  
7:00 pm - Hope Lutheran Church (AA same time)  
Handicap accessible

**Marion Friday Night** 8th Ave & 12th St - Marion  
8:00pm - First Presbyterian Church (AA same time)  
Handicap accessible

## Saturday

Al-Anon

**Mount Vernon AFG** 8 PM (AA Same Time)  
Mount Vernon United Methodist Church  
304 1st Street West Mount Vernon, IA  
Chapel Sunday School Room  
Handicap accessible

Updated 1/19/19

# Al-Anon & Alateen

Cedar Rapids, Marion & Hiawatha Area  
For Local information OR speak with a member

319-365-5955 (24 hours a day)

[www.CedarRapidsAreaAl-Anon.org](http://www.CedarRapidsAreaAl-Anon.org)

Iowa Site: [www.ia.al-anon.alateen.org](http://www.ia.al-anon.alateen.org)

Alateen Chat Room: <https://chat.alateen.net/>

### Al-Anon World Service Office

1-888-4ALANON Email: [wso@al-anon.org](mailto:wso@al-anon.org)

[www.al-anon.org](http://www.al-anon.org)

*God grant me the serenity to accept the things I  
cannot change, courage to change the things I can,  
and the wisdom to know the difference.*

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely & frustrated, but in Al-Anon we discover that no situation is really hopeless, & that it is possible for us to find contentment, & even happiness, whether the alcoholic is still drinking or not. The Al-Anon Family Groups are a fellowship of relatives & friends of alcoholics who share their experience, strength & hope in order to solve their common problems.

We believe alcoholism is a family illness & that changed attitudes can aid recovery.

Didn't cause it,  
can't control it,  
can't cure it.



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