MONDAY		*7:00 PM	Tuesday Night Step Study	**	520 NW 36th, Ankeny, Rm 144
*9:30 AM	Back to Basics	Childcare	Lutheran Church of the Cross	*7:00PM	Thursday Night Step Study
	Wakonda Christian Church	**	SE Entrance of Main Bldg.	Childcare	Lutheran Church of the Good Shepherd
	3938 Fleur Drive, Des Moines	***	1701 8 <sup>th</sup> St, Altoona	**, ***	3820 SW 9th St, Des Moines
	Enter on East side of church	7:00 PM	First Steps to Freedom	7:30 PM	<b>Creston Survivors Group</b>
*12:00 PM	Monday Brown Bag		Lucas County Health Center		Crosswoods Mental Health Center
	Faith Lutheran Church		1200 N 7th Street, Conf Rm A		1003 Cottonwood, Creston
	10395 University Rm 201, Clive		Chariton	FRIDAY	
	45 minute meeting		Enter east side on lower level	*7:00 PM	Courage to Change Al-Anon
*5:30 PM	Steps to Serenity	7:30 PM	Tuesday Night White House	**	Mercy Franklin Clinic So. Entrance
	Faith Lutheran Church		1400 Penn Ave., Des Moines		1750 48 <sup>th</sup> St., Rm 4,Des Moines
	10395 University Ave, Clive		Speaker Meeting-3 <sup>rd</sup> week of the month	*7:00 PM	Friday Night AFG Friends
	East Entrance, Room 201	8:00 PM	Casey Caring and Sharing AFG	**	Literature Study
*7:00PM	Grinnell Step Study AFG		United Methodist Church		St. Mark's Lutheran Church
	First Presbyterian Church		100 E 2 <sup>nd</sup> St, Casey		Disciple Center, 1105 Grand, WDM
	1025 5th Ave., Grinnell		South side, white doors	8:00 PM	Friday Night White House AFG
	Room off of church entry	*8:00 PM	Tuesday Night WDM AFG	**	1400 Penn Ave., Des Moines
*7:00 PM	Ankeny Monday Nite AFG	**	St. Mark's Lutheran Church	8:00 PM	High Hopes-Men's Group
	First United Methodist Church		Disciple Center, 1105 Grand, WDM	**	4 <sup>th</sup> floor, Iowa Lutheran Hospital
	Room 314 downstairs	WEDNESDAY	7		University at Penn, Des Moines
	206 SW Walnut, Ankeny	12:00 PM	Wednesday Noon Step Study	8:00 PM	Frisky Friday Al-Anon
7:00 PM	Keep It Simple Al-Anon		939 Office Park Rd #113,	Childcare	St. Paul's Episcopal Church
	939 Office Park Rd #113,		West Des Moines	** ***	815 High St., Des Moines
	West Des Moines		45 minute meeting	SATURDAY	
7:00 PM	Monday Night Parents	7:00 PM	Al-Anon Adult Children	10:00 AM	Saturday Serenity
	Iowa Lutheran 1 <sup>st</sup> Fl Conf, Rm 1		Unity Church of Des Moines		Lutheran Church of Hope
	University & Penn Ave		414 31 <sup>st</sup> Street, Des Moines		1335 NW Beaverbrook Blvd
	Des Moines	7:00 PM	Wednesday Night Step Study		Grimes IA
7:00 PM	Warren County AFG		939 Office Park Rd #113	8:00 PM	Saturday Night Step Study
	First United Methodist Church		West Des Moines	**	Park Ave. Christian Church
	Ashland & B Ave., Indianola	7:30 PM	Dallas Center Al-Anon		Fellowship Hall
7:00 PM	Redfield Al-Anon Book Study	**	United Methodist Church		3301 SW 9th Street, Des Moines
	Redfield Public Library		1504 Walnut St., Dallas Center	*8:00 PM	Winterset Al-Anon
	1112 Thomas St, Redfield		Back entrance – red canopy	* *	Winterset Christian Church
8:00 PM	Monday Night Al-Anon	*7:30 PM	Adult Children AFG		103 Green St., Winterset
**	Central Presbyterian Church		First United Methodist Church	SUNDAY	
	East Parking lot, 2 <sup>nd</sup> floor		308 E Robinson, Knoxville	5:00 PM	New Hope AFG (Step Study)
	39th & Grand, Des Moines	THURSDAY		Childcare	Lutheran Church of Hope
TUESDAY		10:00 AM	Fresh Start Al-Anon	** ***	925 Jordan Creek Parkway
*9:30 AM	Tuesday Morning Step Study AFG		Covenant Church		West Des Moines
Childcare	New Hope United Methodist Church		1025 28th Street, West Des Moines	6:00 PM	Норе
	4525 NW Beaver Ave., Des Moines	5:30 PM	Parents and Others		St. Stephen's Church
12 noon	Seasons of Hope		Iowa Lutheran room 481		223 E 4 <sup>th</sup> St N, Newton
	Plymouth Congregational Church		University & Penn	7:00 PM	Kiss Al-Anon
	4126 Ingersoll Ave., Des Moines		Des Moines	**	Covenant Christian Church
	South Parking Lot, West door	*6:30 PM	Finding Hope and Serenity AFG		2700 72 <sup>nd</sup> St., Urbandale
			Lutheran Church of Hope		

# ALATEEN MEETINGS

#### **TUESDAY 7:00 PM**

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

#### THURSDAY 7:00 PM

**Together Group** Lutheran Church of the Good Shepherd 3820 SW 9<sup>th</sup> 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

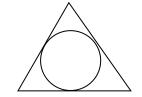
\* Wheelchair accessible

\*\* AA meeting also

\*\*\* Alateen meeting also

# Name and Phone Numbers

# Summer 2019 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

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)