

### Wednesday

7:00 pm Independence:  
Downtown  
St James Episcopal Church,  
202 2nd Ave., NE  
C, RT, NS, HC

### Thursday

7:30 pm Evansdale, AFG  
St. Mark's Methodist Church  
610 Evans Rd. –  
RT, C, NS, HC

### Friday

Noon Waterloo:  
Free To Be Me  
Westminster Presbyterian  
Church, 1301 Kimball Ave  
RT, C, NS, HC

### Saturday

9:00 am Cedar Falls:  
Literature Study  
St. John's Lutheran Church,  
715 College St, West Entrance.  
RT,C,NS,HC

8:30 pm Cedar Falls:  
Miner School II, AFG  
2513 Center St. –  
RT, C, NS, HC

### Abbreviations

RT-Round Table  
O-Families, Friends & Observers  
C-Family & Friends Only  
SC-Step Class  
NS-Non-Smoking  
HC -Handicap Accessible

Information on meetings elsewhere:  
[www.al-anon.org](http://www.al-anon.org)

**Al-Anon Information Line**  
**1-888-4Al-Anon or 1-888-425-2666**



# 2019

## Al-Anon Family Groups & Alateen

### Meeting Schedule

District 4

Black Hawk, Grundy, Butler,  
Bremer, Floyd, Chickasaw,  
Mitchell  
& Howard Counties

**Al-Anon Hotline**  
**Answered 24 hours**  
**319-291-3660**

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### Alateen - Sunday

7:00 pm Waterloo:  
Covenant Medical Center,  
3421 W. 9th St., 1<sup>st</sup> floor, NS, HC

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## Al-Anon Family Groups (AFG) & Alateen

- Is open to anyone who feels his or her life has been or is being affected by close contact with a problem drinker.
- Has but one purpose: to help families and friends of compulsive drinkers.
- Is not affiliated with any religion.
- Is anonymous-anonymity is the cornerstone of the Al-Anon program. What is said in meetings and member to member must be held in confidence.
- Is entirely self-supporting through the members' own contributions.
- Is based on the suggested Twelve Steps of Alcoholic Anonymous.

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### Serenity Prayer

God grant me the serenity  
to accept the things  
I cannot change and  
the courage to change  
the things I Can and  
the wisdom to know the  
difference

### Let It Begin With Me

When anyone, any where  
reaches out for help,  
Let the hand of Al-Anon and  
Alateen always be there and  
Let it begin with me

### Sunday

7:00 pm Waterloo: Newcomers  
MercyOne Medical Center,  
3421 W. 9th St, 1<sup>st</sup> floor Room 3  
RT, O, NS, HC

7:00 pm Waterloo: **Alateen**  
MercyOne Medical Center,  
3421 W. 9th St., 1<sup>st</sup> floor Room 3  
NS, HC

8:00 pm New Hartford: Rainbow  
Al-Anon AFG, NH Library 406  
Packwaukee St. - RT, C, NS, HC

### Monday

6:30 pm Cedar Falls  
Serenity Step Study  
Cedar Heights Presbyterian Church,  
2015 Rainbow Dr.- SC, C, NS, HC

### Monday

7:00 pm Cedar Falls:  
St. Timothy's United Methodist  
Church, 3220 Terrace Dr. –  
RT, C, NS, HC

### Tuesday

10:00 am Waterloo: Morning Glory  
First Congregational Church,  
W. 4th and South Streets –  
RT, C, NS, HC

7:00 pm Grundy Center  
Orchard Hill Church, 1800 G. Ave  
RT, C, NS, HC

7:00 pm Waterloo: Friendship Group  
Kimball Ridge Center,  
2101 Kimball Ave, Room 1,  
RT, O, NS, HC

8:00 pm Charles City: Hope House  
805 Wisconsin St. - RT, C, NS, HC

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Covenant Medical Center, 3421 W.  
9th St, 1<sup>st</sup> floor conference room  
RT, O, NS, HC

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