

MONDAY

*9:30 AM **Back to Basics**
Wakonda Christian Church
3938 Fleur Drive, Des Moines
Enter on East side of church

*12:00 PM **Monday Brown Bag**
Faith Lutheran Church
10395 University Rm 201, Clive
45 minute meeting

*5:30 PM **Steps to Serenity**
Faith Lutheran Church
10395 University Ave, Clive
East Entrance, Room 201

*7:00PM **Grinnell Step Study AFG**
First Presbyterian Church
1025 5th Ave., Grinnell
Room off of church entry

*7:00 PM **Ankeny Monday Nite AFG**
First United Methodist Church
Room 314 downstairs
206 SW Walnut, Ankeny

7:00 PM **Keep It Simple Al-Anon**
939 Office Park Rd #113,
West Des Moines

7:00 PM **Monday Night Parents**
Iowa Lutheran 1st Fl Conf ,Rm 1
University & Penn Ave
Des Moines

7:00 PM **Warren County AFG**
First United Methodist Church
Ashland & B Ave., Indianola

7:00 PM **Redfield Al-Anon Book Study**
Redfield Public Library
1112 Thomas St, Redfield

8:00 PM **Monday Night Al-Anon**
Central Presbyterian Church
East Parking lot, 2nd floor
39th& Grand, Des Moines

TUESDAY

*9:30 AM **Tuesday Morning Step Study AFG**
New Hope United Methodist Church
4525 NW Beaver Ave., Des Moines

12 noon **Seasons of Hope**
Plymouth Congregational Church
4126 Ingersoll Ave., Des Moines
South Parking Lot, West door

*7:00 PM

Childcare

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7:00 PM

7:30 PM

8:00 PM

*8:00 PM

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WEDNESDAY

12:00 PM

7:00 PM

7:00 PM

7:30 PM

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*7:30 PM

THURSDAY

10:00 AM

5:30 PM

*6:30 PM

Tuesday Night Step StudyLutheran Church of the Cross
SE Entrance of Main Bldg.
1701 8th St, Altoona**First Steps to Freedom**Lucas County Health Center
1200 N 7th Street, Conf Rm A
Chariton

Enter east side on lower level

Tuesday Night White House1400 Penn Ave., Des Moines
Speaker Meeting-3rd week of the month**Casey Caring and Sharing AFG**United Methodist Church
100 E 2nd St, Casey
South side, white doors**Tuesday Night WDM AFG**St. Mark's Lutheran Church
Disciple Center, 1105 Grand, WDM**Wednesday Noon Step Study**939 Office Park Rd #113,
West Des Moines
45 minute meeting**Al-Anon Adult Children**Unity Church of Des Moines
414 31st Street, Des Moines**Wednesday Night Step Study**939 Office Park Rd #113
West Des Moines**Dallas Center Al-Anon**United Methodist Church
1504 Walnut St., Dallas Center
Back entrance – red canopy**Adult Children AFG**First United Methodist Church
308 E Robinson, Knoxville**Fresh Start Al-Anon**Covenant Church
1025 28th Street, West Des Moines**Parents and Others**Iowa Lutheran room 481
University & Penn
Des Moines**Finding Hope and Serenity AFG**

Lutheran Church of Hope

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*7:00PM

Childcare

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7:30 PM

FRIDAY

*7:00 PM

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*7:00 PM

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8:00 PM

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8:00 PM

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8:00 PM

Childcare

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SATURDAY

10:00 AM

8:00 PM

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*8:00 PM

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SUNDAY

5:00 PM

Childcare

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6:00 PM

7:00 PM

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520 NW 36th, Ankeny, Rm 144

Thursday Night Step StudyLutheran Church of the Good Shepherd
3820 SW 9th St, Des Moines**Creston Survivors Group**Crosswoods Mental Health Center
1003 Cottonwood, Creston**Courage to Change Al-Anon**Mercy Franklin Clinic So. Entrance
1750 48th St., Rm 4, Des Moines**Friday Night AFG Friends****Literature Study**St. Mark's Lutheran Church
Disciple Center, 1105 Grand, WDM**Friday Night White House AFG**

1400 Penn Ave., Des Moines

High Hopes-Men's Group4th floor, Iowa Lutheran Hospital
University at Penn, Des Moines**Frisky Friday Al-Anon**St. Paul's Episcopal Church
815 High St., Des Moines**Saturday Serenity**Lutheran Church of Hope
1335 NW Beaverbrook Dr
Grimes IA**Saturday Night Step Study**Park Ave. Christian Church
Fellowship Hall
3301 SW 9th Street, Des Moines**Winterset Al-Anon**Winterset Christian Church
103 Green St., Winterset**New Hope AFG (Step Study)**Lutheran Church of Hope
925 Jordan Creek Parkway
West Des Moines**Hope**St. Stephen's Church
223 E 4th St N, Newton**Kiss Al-Anon**Covenant Christian Church
2700 72nd St., Urbandale

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

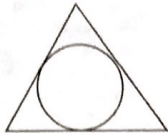
FRIDAY 8:00PM
Serenity Kids
St. Paul's Episcopal Church
815 High St., Des Moines

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

Name and Phone Numbers

Winter 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

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)