

MONDAY

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

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

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

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

7:00 PM **Ankeny Monday Nite AFG**
 FF First United Methodist Church
 HA 206 SW Walnut, Ankeny

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

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

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

7:00 PM **Redfield Al-Anon Book Study**
 FFO HA American Legion
 AA 1116 Thomas St, Redfield

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

TUESDAY

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

12:00 PM **Seasons of Hope**
 FFO Plymouth Congregational Church
 4126 Ingersoll Ave., DSM
 South Parking Lot, West door

7:00 PM
 FFO HA CC
 T AA

7:00 PM
 FFO

7:00 PM
 FFO HA
 AA

7:30 PM
 FFO

8:00 PM
 FFO HA AA

WEDNESDAY

12:00 PM
 FFO HA

7:00 PM
 FFO

7:00 PM
 FF HA

7:30 PM
 FFO
 AA

7:30 PM
 FF HA

THURSDAY

10:00 AM
 FFO HA

5:30 PM
 FF HA

6:30 PM
 FF HA
 AA

Tuesday Night Step Study
 Lutheran 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 East side-lower level

Casey Caring and Sharing AFG
 United Methodist Church
 100 E 2nd St, Casey
 South side, white doors

Tuesday Night White House
 1400 Penn Ave., Des Moines
 If speaker, see flier on website

Tuesday Night WDM AFG
 St. Mark's Lutheran Church
 Disciple Center, 1105 Grand, WDM

Wednesday Noon Step Study
 939 Office Park Rd #113, WDM
 North entrance 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 DM

Parents and Others
 Iowa Lutheran room 481
 University & Penn, Des Moines

Finding Hope and Serenity
 Lutheran Church of Hope
 520 NW 36th, Ankeny, Rm 144

7:00PM
 HA T AA
FF CC
7:30 PM
 FF

FRIDAY

7:00 PM
 FF HA AA

7:00 PM
 FF HA AA

8:00 PM
 FFO AA

8:00 PM
 FF

8:00 PM
 FF CC T
 AA

SATURDAY

10:00 AM
 FFO HA

8:00 PM
 FFO HA AA

8:00 PM
 FFO HA
 AA

SUNDAY
5:00 PM
 FF HA CC T
 AA

6:00 PM
 HA FF CC

7:00 PM
 FF AA

Thursday Night Step Study
 Lutheran Church-Good Shepherd
 3820 SW 9th St, Des Moines

Creston Survivors Group
 Crosswoods Mental Health Ctr
 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 Group
 Iowa Lutheran , 4th fl Room 486
 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 *lower level*

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 AFG
 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

Notice: Alateen meetings are closed, Only Alateen members, prospective members and Al-Anon members involved in Alateen Service(AMIAS) may attend.

Meeting Descriptions

FF Family/Friends Only

FFO Family, Friends and Observers

Welcome

HA Wheelchair accessible

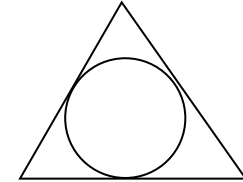
CC Childcare available

T Alateen meeting also

AA AA meeting also

Names and Phone Numbers

Winter 2020
**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.

Reprinted with permission of Al-Anon Family Group Headquarters, Inc.



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)