

# AL ANON News

“PARTICIPATION IS THE KEY TO HARMONY



Open Speaker Meeting!

First Monday of the Month

This open meeting invites everyone to share in the experience, strength and hope of Al-Anon members as one shares his/her story. Come to the Presbyterian Church at 701 Westminster Drive at 7pm.

Have Something to share?

Send your thoughts!

Please share your experience, strength and hope to [alanon\\_39@yahoo.com](mailto:alanon_39@yahoo.com)

Have you read it?

The Forum

This magazine contains personal stories for experience, strength and hope. While it does not apply to Al-Anon as a whole, it will give inspiration to all who read it.



## CAN'T FIND A MEETING?

Go to <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/> and enter your zip code or city. Questions? Email [alanon\\_39@yahoo.com](mailto:alanon_39@yahoo.com)

## Thought for the Day

Detaching myself from a person with the flu protects me from catching the illness. Emotionally detaching from alcoholism increases the likelihood that I won't catch an overabundance of anger and anxiety.

Hope for Today ~ March 8th



### Message from the District Representative

KARL K

Hello District 39!

Does your group have a Group Representative? If so, please email me his/her contact information (name, address, phone number, email address and group name). If you do not, call for a group conscience and elect one or ask your DR for help - 231-342-0893 or [kkeinath@charter.net](mailto:kkeinath@charter.net)

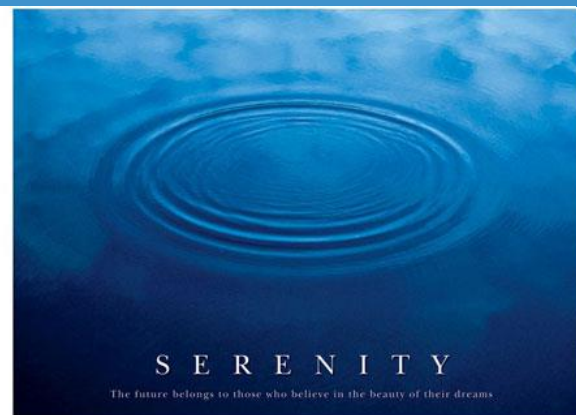
The next District 39 meeting will be on Saturday, September 15, at 6351 Cherry Blossom, Traverse City. We will start with fellowship at 9:30 followed by a mini meeting chaired by district treasurer Cindy at 10:00. The business meeting will begin at 10:30 followed by a pot luck lunch at noon. Agenda items include officer and coordinator reports, planning for our winter district workshop, and re-establishment of Alateen meetings. I hope to see all the GR's at this meeting!

Yours in service,

Karl K

Alateen is still in need for more sponsors!  
Please contact Karl K at 231-342-0893 or Marti W at 231-409-6417 for more information

Compassion becomes real when we recognize our shared humanity ~ Pema Chodron



## MEETINGS

**Open Door Step Study AFG**

Monday 10:00 AM  
 Bethlehem Lutheran Church  
 1050 Peninsula Dr, Traverse City, MI, 49686, USA  
 Front door, follow signs to basement meeting room.

**Lake Ann Michigan AFG**

Monday 5:00 PM  
 Lake Ann United Methodist Church  
 6583 1st St, Lake Ann, MI, 49650, USA

**Leland Serenity AFG**

Monday 7:00 PM  
 LELAND COMMUNITY METHODIST CHURCH  
 106 N 4TH ST, LELAND, MI, 49654, USA

**East Bay AFG**

Tuesday 7:00 PM  
 Unity of Traverse City Church  
 3600 5 Mile Rd, Traverse City, MI, 49686, USA

**Paths To Recovery AFG**

Wednesday 12:00 PM  
 St. Michael's Lutheran Church  
 912 S Garfield Ave, Traverse City, MI, 49686, USA

**Friendship AFG**

Thursday 7:00 PM  
 Munson Medical Center  
 1050 6th St, Traverse City, MI, 49684, USA  
 Doctors dining room in the cafeteria

**How AFG Works**

Friday 10:00 AM  
 Bethlehem Lutheran Church  
 1050 Peninsula Dr, Traverse City, MI, 49686, USA  
 Meeting on lower level. elevator available

**Eastport Group AFG**

Friday 8:00 PM  
 Torch Lake Township Community Bldg  
 2355 US Highway 31 N, Kewadin, MI, 49648, USA  
 Community building

**Long Lake Area AFG**

Sunday 6:30 PM  
 Kensington Church  
 6880 Secor Rd, Traverse City, MI, 49685, USA  
 Use Door Around back of Building

Know of meetings not listed here?  
 Email [alanon\\_39@yahoo.com](mailto:alanon_39@yahoo.com) with  
 information!



