

## AL-ANON PREAMBLE

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 institutions; 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 the families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving understanding and encouragement to the alcoholics.

## THE SERENITY PRAYER

*God grant me the serenity to accept  
the things I cannot change,  
courage to change the things I can,  
and wisdom to know the difference.*



## 156 Club

156 N. W. 3rd St.  
Forest Lake, MN 55025  
651-464-9906  
156AAClub.org

## A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership – we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics organizations or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

May 2022

## A.A. Meetings

Mon	10:00am, 7:00pm,
Tues	10:00am, 7:00pm (Men's), 8:00pm 7:00pm (Alanon)
Weds	10:00am, 5:00pm (Open Topic) 6:00pm (Women's), 7:00pm, 8:00pm
Thurs	10:00am (Open Topic) 7:00pm (Closed Alcoholic) 7:00pm (Open), 8:30pm (Big Book) 8:30pm (Alanon)
Fri	9:00am, 10:00am (Meditation), 7:00pm
Sat	8:00am, 10:00am 7:00pm (Open AA/Alanon)
Sun	9:00am 6:00pm (Women's) 7:00pm (Big Book/12x12)

Open AA/Alanon Speaker Meeting

1st Saturday of the Month 7:00pm

Alanon Meetings

Tuesday 7:00pm

Thursday 8:30pm

## *The Twelve Steps*

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.