

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 by giving understanding and encouragement to the alcoholic.

*The Suggested Preamble to the Twelve Steps*

### FRIDAY (CONTINUED)


<b>RALEIGH</b> 10:30am	<b>Focus On Serenity AFG</b> St. Philip Lutheran Church 7304 Falls of the Neuse Road
12:00 noon	<b>TGIF Al-Anon</b> Church of the Good Shepherd (Parish Life Ctr) 125 Hillsborough Street <small>(parking: circle in front of life ctr; lot behind church) (facing Morgan St; stree pkg &amp; public lots)</small>
<b>WAKE FOREST</b> 8:00pm	<b>Listen and Learn AFG</b> St. John's Episcopal Church Hwy 98 (across from McDonalds)

<b>WARRENTON</b> 8:00pm	<b>Warrenton Al-Anon Family Group</b> Wesley Memorial United Methodist Church 210 N. Main St (use side entrance)
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### SATURDAY

<b>CARRBORO</b> 8:30am	<b>Saturday Morning Meditation Group</b> Carrboro United Methodist Church (library) 200 Hillsborough Street <small>(enter at parking lot &amp; playground / Hillsborough Rd side)</small>
<b>CARY</b> 9:30am	<b>Courage To Change AFG</b> Alano Club 177 High House Road
<b>CHAPEL HILL</b> 10:00am 11:00am	<b>Saturday Morning Live Adult Children</b> Beginners Meeting Discussion Meeting Binkley Baptist Church 1712 Willow Drive <small>(off 15-501 beside University Mall)</small>

### SATURDAY (CONTINUED)

<b>RALEIGH</b> 10:30am	<b>Free Spirit AFG</b> Holy Trinity Lutheran Church 2723 Clark Avenue <small>(entrance at the rear of the church)</small>	
<b>ALATEEN</b>		
<b>MONDAY</b>		
<b>BURLINGTON</b> 8:00pm	<b>Together We Can Make It Alateen</b> Staley Memorial Baptist Church 1446 N. Graham-Hopedale Road	
<b>RALEIGH</b> 8:00pm	<b>Survivors ALATEEN (Ages 13-19)</b> Hudson Memorial Presbyterian Church 4921 Six Forks Road, Room 226	
8:00pm	<b>Monday Kids Group (Ages 8-12)</b> Hudson Memorial Presbyterian Church 4921 Six Forks Road, Room 227	
<b>THURSDAY</b>		
<b>CARY</b> 7:30pm	<b>Serenity to Accept Alateen</b> Triangle Alano Club 177 High House Road	
<b>SPANISH AL-ANON</b>		
<b>SATURDAY</b>		
<b>CARY</b> 9:30am	<b>Grupo Valor Para Cambiar</b> Triangle Alano Club 177 High House Road	
<b>TUESDAY &amp; FRIDAY</b>		
<b>CARRBORO</b> 8:00pm	<b>Carrboro GFA</b> AA Building 705-A Rosemary Street	
<b>WEDNESDAY &amp; THURSDAY</b>		
<b>DURHAM</b> 6:30pm	<b>Que Empiece Por Mi</b> St. Paul's United Methodist Church 2700 N. Roxboro Road (3rd floor)	
<b>WEDNESDAY &amp; SUNDAY</b>		
<b>RALEIGH</b> 6:00pm	<b>Grupo Serenidad Raleigh</b> Salon de AA 4427 St. James Church Rd	



All Al-Anon & Alateen Meetings listed here are Non-Smoking & Handicapped Accessible



unless otherwise indicated by



## 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 improved 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 others, and to practice these principles in all our affairs.



## NEW FRIENDS

District 6, Area 42

# AFG

Al-Anon/Alateen  
Group Meeting Directory

### GENERAL INFORMATION 24-hour Answering Service

Triangle Area (919) 713-1516  
Outside Triangle Area (English) 1-800-243-4035

District 6 Al-Anon/Alateen Web Site  
[www.alanonalateen6nc.org](http://www.alanonalateen6nc.org)

District 6 Al-Anon Family Groups (AFG) includes the following NC Counties:  
Alamance, Caswell, Chatham, Durham, Granville, Franklin, Orange, Person, Vance, Wake, and Warren

**World Service Office**  
1-800-344-2666 or 1-888-425-2666  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)


**Al-Anon/Alateen Literature Office**  
3509 Haworth Drive, Suite 107  
Raleigh, NC 27609 ~ 919-787-1653  
[www.alanon-alateenservicesnc.org](http://www.alanon-alateenservicesnc.org)

When two or more relatives or friends of alcoholics meet to solve their common problems, they may call themselves an Al-Anon family group, provided that, as a group, they are self-supporting and have no outside affiliation. A directory listing does not endorse any group or its practice of the traditional Al-Anon program. Alateen meetings consist of younger family members assisted by an Al-Anon sponsor.

Updated ~ May 2008

## SUNDAY



<b>CHAPEL HILL</b> 5:30pm	<b>Men's Sunday AI-Anon Group</b> Church of the Holy Family, (library) 200 Hayes Road (Off 15-501 By Pass near Hwy #54)
7:00pm	<b>Orange Sunday Night</b> Chapel of the Cross Episcopal Church 304 East Franklin St. (beside Morehead Planetarium)
<b>DURHAM</b> 8:00pm	<b>Step Study AI-Anon Group</b> Duke Memorial Methodist Church 504 West Chapel Hill St. (enter Memorial St.)
<b>FUQUAY-VARINA</b> 8:00pm	<b>Southern Wake AFG</b> First United Methodist Church 402 North Main Street (enter breezeway door behind sanctuary)
<b>OXFORD</b> 9:00am	<b>Stepping Stones AFG</b> Alano Club of Oxford 211 Broad Street

<b>RALEIGH</b> 4:00pm	 <b>Craddock AI-Anon ACOA Group</b> Fairmont United Methodist Church(2nd Floor) 2501 Clark Avenue
6:00pm	<b>Healing Together AFG</b> The Healing Place of Wake County 3304 Glen Royal Road (enter main entrance)
6:00pm	<b>Keep It Simple Sunday</b> The Healing Place 1251 Goode St(1-40, Exit near Farmer's Mkt)

## MONDAY

<b>BURLINGTON</b> 8:00pm	<b>New Life Discussion AFG</b> Staley Memorial Baptist Church 1446 N. Graham-Hopedale Road
<b>CARY</b> 7:30pm	<b>Courage To Change AFG</b> Alano Club 177 High House Road
8:00pm	<b>Monday Night Serenity</b> Greenwood Forest Baptist Church 110 S.E. Maynard Rd. <small>(Discussion; Step/Tradition Study alternates on 3<sup>rd</sup> Monday)</small>
<b>CHAPEL HILL</b> 7:30pm	<b>Progress Not Perfection Step Study</b> Friends Meeting House 531 Raleigh Road
<b>DURHAM</b> 7:30pm	<b>Changing What I Can AFG</b> Aldersgate United Methodist Church (Wesley Room)1320 Umstead Road

## MONDAY *(continued)*

<b>DURHAM</b> 8:00pm	<b>Friendly AFG</b> Duke Memorial Methodist Church 504 West Chapel Hill St. (enter Memorial St.)
<b>FRANKLINTON</b> 8:00pm	<b>Franklinton Evergreen AFG</b> Senior Citizen's Building 620 East Mason Street
<b>GARNER</b> 8:00pm	<b>Lakeside AFG</b> Presbyterian Church of Garner 503 Lakeside Drive
<b>KNIGHTDALE</b> 8:00pm	<b>Knightdale AFG</b> Knightdale United Methodist Ch 621 North First Ave. (Basement) 
<b>RALEIGH</b> 8:00pm	 <b>Monday Night How It Works</b> Hudson Memorial Presbyterian Ch 4921 Six Forks Road (Discussion) (North side of bldg-exterior staircase-Geneva Hall)

## TUESDAY

<b>APEX</b> 7:00pm	Apex United Methodist Church 100 South Hughes Street (white modular classroom)
<b>BURLINGTON</b> 8:00pm	<b>Burlington Tuesday Night AFG</b> Blessed Sacrament Catholic Church Room #1-4 408 West Davis Street
<b>CHAPEL HILL</b> 1:00pm	<b>Tuesday Senior AFG</b> Friends Meeting House 531 Raleigh Road
8:00pm	<b>Chapel Hill/Carrboro AFG</b> Friends Meeting House 531 Raleigh Road
<b>DURHAM</b> 7:30pm	<b>Alexander Ave. AFG Adult Children</b> Duke University Episcopal Student Center 505 Alexander Avenue
<b>RALEIGH</b> 10:30am	<b>Tuesday Morning Literature Study</b> Hudson Memorial Presbyterian Ch 4921 Six Forks Road (1st floor parlor)
6:15pm	<b>Happy Hour AFG</b> Wake County Human Resources, Rm#128 3000 Falstaff Road (Near Holly Hill Treatment Ctr. & Wake Medical Center)
8:00pm	<b>Hope-Filled Beginners AI-Anon Group</b> New Hope Baptist Church 4301 Louisburg Road(enter New Hope Rd side)

## TUESDAY *(CONTINUED)*

<b>RALEIGH</b> 8:00pm	<b>AFG at Westminster</b> Westminster Presbyterian Church 301 East Whitaker Mill Road (enter rear of church / go downstairs)
<b>BURLINGTON</b> 10:00am	<b>We Care AFG</b> Emmanuel Methodist Church 2331 LaVista Drive
<b>CARY</b> 1:30pm	<b>Serenity For Courage To Change</b> Alano Club 177 High House Road
8:00pm	<b>One Day At A Time AFG</b> Christ The King Lutheran Church 600 Walnut Street (rotating Discussion & Step Study mtgs.: Beginners Mtg.)


<b>CHAPEL HILL</b> 12:00noon	<b>Lunch Bunch AFG</b> St. Thomas More Catholic Church 940 Carmichael Street
8:00pm	<b>Fireside Fourth Step AFG</b> Friends Meeting House 531 Raleigh Road
<b>DURHAM</b> 8:00pm	<b>United AFG</b> Pilgrim United Church of Christ 3011 Academy Road (NC 751@Chapel Hill Blvd / across fr convenience store)

<b>RALEIGH</b> 10:30am	<b>Westminster Butterflies</b> Westminster Presbyterian Church 301 East Whitaker Mill Road (enter rear of church / go downstairs)
6:30pm	<b>Circle of Hope</b> The New Community Church 9621 Six Forks Road North (on left after going over I-540)
8:00pm	<b>Hayes Barton AFG</b> White Memorial Presbyterian Church 1704 Oberlin Road (Basement Calvin Bldg)
8:00pm	<b>Just For Today</b> Millbrook Methodist Church 1712 East Millbrook Road - Room 202 E (Corner of Millbrook & Old Wake Forest Rds.)

## THURSDAY

<b>CARY</b> 7:30pm	<b>Courage To Change AFG</b> Alano Club 177 High House Road
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## THURSDAY *(continued)*

<b>CHAPEL HILL</b> 7:00pm <b>(Chatham Co)</b>	<b>Serenity at Seven AFG</b> Evergreen United Methodist Church 11098 HWY 15-501 (Sunday School Annex; near Cole Park Plaza)
8:00pm	<b>Chapel Hill AFG</b> Binkley Baptist Church 1712 Willow Drive(enter @playground near Univ Mall)
<b>CREEDMOOR</b> 8:00pm	<b>Creedmoor AFG</b> Creemoor United Methodist Church 214 Park Avenue (off Main St/Hwy #50 one blk S of Hwy#56)
<b>GRAHAM</b> 8:00pm	<b>Central AFG</b> Historic Providence United Church of Christ Parish House, 819 N. Main Street
<b>OXFORD</b> 8:00pm	<b>Stepping Stones AFG</b>  Alano Club of Oxford 211 Broad Street
<b>RALEIGH</b> 8:00 pm	<b>12 &amp; 12 AFG</b> Grace Lutheran Church 5010 Six Forks Road (rotating step & discussion)
<b>ROXBORO</b> 8:00pm	<b>Roxboro AFG</b> Long Memorial United Methodist Church 226 North Main Street (side entrance)
<b>RTP</b> 12 Noon	<b>RTP Munch Bunch</b> Cedar Fork Baptist Church 5117 South Miami Blvd(near Hwy 54 & Miami Blvd)
<b>WAKE FOREST</b> 6:30pm	<b>Keep It Simple AFG</b> Wake Forest Alano Club (WAC) 502 S. White Street
<b>CHAPEL HILL</b> 7:30pm	<b>Blue Heaven Adult Children AFG</b> Chapel of the Cross Episcopal Church 304 E. Franklin St.(beside Morehead Planetarium)
<b>DURHAM</b> 6:30pm	<b>LGBT RAINBOW RECOVERY AFG</b> Eno River Unitarian Universalist Fellowship Room #7 4907 Garrett Road
<b>GARNER</b> 8:00pm	<b>Promises AFG</b> Garner United Methodist Church 201 Methodist Drive (off Vandora Springs Rd)
<b>HILLSBOROUGH</b> 8:00pm	<b>Hillsborough AFG</b> St. Matthew's Episcopal Church 210 St. Mary's Road (Downstairs / Teen Rm to the left of AA meeting)
<b>OXFORD</b> 8:00pm	<b>Oxford AFG</b> St. Stephen's Episcopal Church 140 College Street