

AL-ANON MEETINGS

SUNDAY

- C/NS BURLINGTON** – First Unitarian Church Focus from the viewpoint of parents dealing with children’s alcoholism, 152 Pearl Street5:00 pm
- O/HA CLAREMONT, NH** – Valley Reg. Hospital Buckley Conference Room7:00 pm
- D/W EAST DORSET** – The Wilson House Village Street.....8:00 am
- AC/C MONTPELIER** – Trinity Methodist Church
HA 137 Main Street.....6:15 pm
- D/NS N. SPRINGFIELD** – First Baptist Church Main Street.....7:30 pm
- D/HA RUTLAND** – Regional Medical Center Leahy Center.....10:15 am
- D/C ST. ALBANS** – Northwestern Medical Ctr
W Small Conference Room in back.....7:00 pm

MONDAY

- BARTON** – Barton United Church7:00 pm
- D/C BURLINGTON** – First Congregational Church S. Winooski Avenue.....12 Noon
- NS CHESTER** – First Baptist Church
O/D Main Street.....7:00 pm
- NS NEWFANE** – First Congregational Church Route 30.....7:30 pm
- St/T/S S. BURLINGTON** – All Saint’s Church
HA Swift & Spear Sts (newcomers welcome) 5:30 pm

TUESDAY

- St ASCUTNEY** – Ascutney Union Church Step 4 Meeting, Route 5.....5:15 pm
- St ASCUTNEY** – Ascutney Union Church Route 56:00 pm
- AA/C BENNINGTON** – Bennington College Dickinson Bldg, Room 117.....7:00 pm
- BRATTLEBORO** – Brattleboro Retreat Anna Marsh Lane12 Noon

- D/C BURLINGTON** – Christ Church UVM Redstone Campus.....12 Noon
- D EAST DORSET** – Wilson House Village Street.....8:00 pm
- O JOHNSON** – United Church of Johnson Across from Grand Union Plaza.....7:00 pm
- St MIDDLEBURY** – Turning Point Center 228 Maple St., Space 31B7:30 pm
- AA/D MONTPELIER** – Bethany Church, 115 Main St.12 Noon
- St/NS NEWPORT** – St. Mark’s Episcopal Church Second Street (Parish)8:00 pm
- St/T SPRINGFIELD** – Congregational Church 77 Main Street12 Noon
- D/C S. BURLINGTON** – Faith Methodist Church Dorset St. (newcomers welcome).....5:30 pm
- D ST. JOHNSBURY** – Kingdom Recovery Ctr (Dr. Bob’s birthplace) 297 Summer St. ...7:00 pm
- D WHITE RIVER JCT** – United Methodist Church, Gates Avenue **Red Door on Right**12 Noon
- D WILDER** – The Turning Point Recovery Ctr 200 Olcott Drive, (Library)7:00 pm

WEDNESDAY

- AA/C ARLINGTON** – Burdett Commons Route 7A12 Noon
- BURLINGTON** – Turning Point Center, 61 Main St, (S. Champlain St entrance) ...8:00 am
- D BURLINGTON** – First Congregational Church, S. Winooski Ave, (newcomers welcome).....8:00 pm
- St MONTPELIER** – Bethany Church 115 Main Street7:00 pm
- D PUTNEY** – Putney Federated Church Kimball Hill7:30 pm
- St/NS RANDOLPH** – Gifford Medical Center Route 12 & Maple St (near cafeteria).....8:00 pm
- St/T RUTLAND** – United Methodist Church
HA Williams and Chestnut Streets.....7:00 pm
- D/C S. BURLINGTON** – All Saint’s Church, Room 1
HA Swift & Spear Streets12 Noon

- AC/D THETFORD HILL** – White Church North End of Green7:00 pm
- D WESTON** – Old Parish Methodist Church Main St. at the rear of the church.7:00 pm

THURSDAY

- D BRADFORD** – Evangelical Free Church Lower Plain8:00 pm
- BURLINGTON** – Christ Church Redstone Campus UVM.....12 Noon
- HA NS BRATTLEBORO** – Brattleboro Mem. Hosp. 9 Belmont, Brew Barry Conf. Room.....7:00 pm
- CRAFTSBURY** – at the Church on the Common6:00 pm
- St/C ESSEX JCT** – First Congregational Church Route 155:30 pm
- HA/D FAIRFAX** – B.F.A. High School
C/AA Rear Entrance8:00 pm
- NS/D HARDWICK** – St. John’s Church Church Street.....12:30 pm
- O/D MIDDLEBURY** – The Turning Point Center
W 228 Maple Street, Space 31B8:00 pm
- HA/ AA MONTPELIER** – Bethany Church 115 Main Street12 Noon
- D SPRINGFIELD** – Congregational Church 77 Main Street12 Noon
- D ST. JOHNSBURY** – Kingdom Recovery Center (Dr. Bob’s Birthplace), 297 Summer St ..7:00 pm
- D WINDSOR** – Mt. Ascutney Regional Hosp. 289 County Rd (downstairs in front of hospital)8:00 pm
- O/HA WILMINGTON** – Deerfield Valley Health Ctr. Jct. 9 & 100 (side door)7:00 pm

FRIDAY

- O/D MANCHESTER CENTER** – St Paul’s Church 298 Bonnet Street1:00 pm
- St 4 MIDDLEBURY** – Turning Point 228 Maple St., Space 31B7:00 pm
- Beg RUTLAND** – United Methodist Church, Room 1 Williams and Chestnut Streets.....7:00 pm

- SHELBURNE** – Trinity Episcopal Church 5171 Shelburne Rd5:30 pm
- SOUTH HERO** – Congregational Church South Street (back door)6:00 pm
- D WHITE RIVER JCT** – United Methodist Church Gates Avenue **Red Door on Right**12 Noon

SATURDAY

- NS BERLIN** – Central Vermont Medical Ctr N. Main Street (Conf Room 3)7:00 pm
- D/S BURLINGTON** – UHC Bldg. 1 S. Prospect St., Arnold Wing, B Elevator, 4th fl. Rm 44119:30 am
- JERICHO** – First United Methodist Church of Jericho, Route 1510:00 am
- AC N. BENNINGTON** – St. John the Baptist Church10:30 am
- O/D/W BS/HA ST JOHNSBURY** – Community Center Universalist Unitarian, 47 Cherry Street.....10:00 am
- O/D WHITE RIVER JCT** – United Methodist Church Gates Avenue **Red Door on Right**8:30 am

MEETING CODES

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| AA | AA meeting same time & place |
| AC | Adult Children |
| Beg | Beginners |
| BS | Babysitting available |
| C | Closed Meeting (only for those whose lives have been affected by someone else’s drinking) |
| D | Discussion |
| HA | Handicap Access |
| NS | Non-Smoking |
| O | Open Meeting (open to anyone interested in Al-Anon/Alateen) |
| S | Speaker |
| St | Step Meeting |
| T | Traditions |
| W | AA meeting nearby |

ALATEEN MEETINGS

TUESDAY

ST JOHNSBURY – Universalist Unitarian,
47 Cherry Street7:00 pm

MIDDLEBURY – Turning Point Center
228 Maple Street, Space 31B3:15 pm

AL-ANON MEETINGS IN BORDERING AREAS

SUNDAY

CADDYVILLE, NY – Recreation Center
Goddeau Road7:00 pm

O/HA CLAREMONT, NH – Valley Reg. Hospital
Buckley Conference Room7:00 pm

C/W GREENFIELD, MA
68 Federal St, corner of Osgood St.7:00 pm

HANOVER, NH – Church of Christ, Dartmouth
Campus, 40 College St., 4th Floor5:00 pm

MONDAY

C/W WINCHESTER, NH – Federated Church Parsonage
Main St., parking at church7:30 pm

TUESDAY

HANOVER, NH, 119 Silsby Hall on the
Dartmouth Campus5:30 pm

LITTLETON, NH
Community House7:00 pm

PLATTSBURGH, NY – United Methodist
Beekman St.12 Noon

TICONDEROGA, NY
St. Mary's Church7:00 pm

WEDNESDAY

NS GREENFIELD, MA – 2nd Congregational
W/Beg Church, Court Square7:30 pm
(newcomers meeting available)

JOHNSVILLE, NY – Christ United Methodist
Church, Bridge St7:30 pm

THURSDAY

GREENFIELD, MA
68 Federal St. at corner of Osgood
Street7:00 pm

D/C HANOVER, NH – St Thomas Episcopal
Church, W Wheelock St., Downstairs
in the Choir Room12 Noon

LANCASTER, NH – Week's Memorial Hosp.
2nd floor conference room8:00 pm

PLATTSBURGH, NY – United Methodist
Beekman St.7:30 pm

NS WILLIAMSTOWN, MA – United Methodist
777 Main Street at Water St8:00 pm
Beg Beginners' Meeting, 1st Thurs of Mo7:00 pm

FRIDAY

C/W ENFIELD, NH – St. Helena's Church Rectory
Wells St8:00 pm

Literature Distribution Center District 3 AFG Literature Depot

P. O. Box 916
Barre, VT 05641

Al-Anon Declaration

Let It Begin with Me

*When anyone, anywhere, reaches out for
help, Let the hand of Al-Anon and Alateen
Always be there, and – let it begin with me.*

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.

TWELVE STEPS OF AL-ANON

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

To obtain additional Meeting Lists at
minimum charge, or to submit corrections,
send an e-mail to:
info@vermontalanonalateen.org
Or call 1-866-972-5266

*Please include name, address and phone
number with any meeting list corrections
submitted.*

Al-Anon  **Alateen**

VERMONT AREA ASSEMBLY AL-ANON/ALATEEN MEETINGS MAY 2009

Anyone who feels his or her life has been
affected by close contact with a problem drinker
is eligible for Membership in Al-Anon or
Alateen.

**Newcomers are WELCOME at
ALL Al-Anon meetings.**

For the **most up-to-date** meetings,
please check the:

Vermont Area Web Site:
www.vermontalanonalateen.org

For information, or to speak directly to a
member of Al-Anon or Alateen in Vermont,
please call:

VERMONT AL-ANON ANSWERING SERVICE

TOLL FREE: 1-866-97-AL-ANON
1-866-972-5266
OR: 1-802-860-8388

For information about Al-Anon meetings
world-wide, contact Al-Anon World
Service:

1-888-4AL-ANON
1-888-425-2666

Or online: www.al-anon.alateen.org