

AL-ANON MEETINGS

SUNDAY

- C/NS BURLINGTON** – First Unitarian Church,
152 Pearl Street
(focus is from the viewpoint of parents dealing
with children’s alcoholism).....5:00 pm
- O/HA CLAREMONT, NH** – Valley Reg. Hospital
Buckley Conference Room.....7:00 pm
- D/W EAST DORSET** – The Wilson House
Village Street.....8:00 am
- AC/C MONTPELIER** – Trinity Methodist Church
HA/NS 137 Main Street.....6:15 pm
- D/NS N. SPRINGFIELD** – First Baptist Church
Main Street.....7:30 pm
- D/HA RUTLAND** – Regional Medical Center
Conference Room #4.....10:15 am
- D/C ST. ALBANS** – Northwestern Medical Ctr
W Small Conference Room in back.....7:00 pm

MONDAY

- BARTON** – Barton United Church.....7:00 pm
- D/C BURLINGTON** – First Congregational Church
S. Winooski Avenue.....12 Noon
- NS CHESTER** – First Baptist Church
O/D Main Street.....7:00 pm
Beg Beginners Meeting.....6:15 – 6:45 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
Route 5 (4th Step mtg starts @ 5:10)..... 6:00 pm
- AA/C BENNINGTON** – Bennington College
Dickinson Bldg, Room 117.....7:00 pm
- BRATTLEBORO** – Brattleboro Retreat
Anna Marsh Lane.....12 Noon
- D/C BURLINGTON** – Christ Church
UVM Redstone Campus.....12 Noon

- D EAST DORSET** – Wilson House
Village Street.....8:00 pm
- St MIDDLEBURY** – Turning Point Center
228 Maple St., Space 31B.....7:30 pm
- AA/D MONTPELIER** – Bethany Church,
115 Main St.....12 Noon
- St/NS NEWPORT** – St. Mark’s Episcopal Church
Second Street (Parish).....7:30 pm
- St/T SPRINGFIELD** – Congregational Church
77 Main Street.....12 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 Center,
200 Olcott Drive, (in library).....7:00 pm

WEDNESDAY

- AA/C ARLINGTON** – Burdett Commons
Route 7A.....12 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
- MIDDLEBURY** – St. Stephen’s Church,
Main St (women’s meeting).....7:15 pm
- St MONTPELIER** – Bethany Church
115 Main Street.....7:00 pm
- D PUTNEY** – Putney Federated Church
Kimball Hill.....7:30 pm
- O/NS RANDOLPH** – Gifford Medical Center
Route 12 & Maple St (near cafeteria).....8:00 pm
- St/T HA RUTLAND** – United Methodist Church
Williams and Chestnut Streets.....7:00 pm
- D/C HA S. BURLINGTON** – All Saint’s Church,
Room 1, Swift & Spear Streets.....12 Noon

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

THURSDAY

- D BRADFORD** – Orange East Senior Center
176 Waits River Rd.....8:00 pm
- BURLINGTON** – Christ Church
Redstone Campus UVM.....12 Noon
- HA NS BRATTLEBORO** – Brattleboro Mem. Hosp.
9 Belmont St.....7:00 pm
- D CRAFTSBURY** – at the Church on the
Common.....6:00 pm
- St/C ESSEX JCT** – First Congregational Church,
(lounge) Route 15.....5:30 pm
- HA/D C/AA FAIRFAX** – B.F.A. High School
Rear Entrance.....8:00 pm
- O/St LEBANON, NH** – United Methodist Church,
18 School Street.....6:30 pm
- O/D W MIDDLEBURY** – The Turning Point Center
228 Maple Street, Space 31B.....8:00 pm
- HA/AA MONTPELIER** – Bethany Church
115 Main Street.....12 Noon
- D SPRINGFIELD** – Congregational Church
77 Main Street.....12 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 Street.....1:00 pm
- St 4 MIDDLEBURY** – Turning Point
228 Maple St., Space 31B.....7:00 pm
- Beg RUTLAND** – United Methodist Church, Room 1
Williams and Chestnut Streets.....7:00 pm

- St/D SHELBURNE** – Trinity Episcopal Church
S/C 5171 Shelburne Rd.....5:30 pm
- C/D 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 4411.....9:30 am
- JERICO** – First United Methodist
Church of Jericho, Route 15.....10:00 am
- AC N. BENNINGTON** – St. John the Baptist
Church.....10:30 am
- D PROCTORSVILLE** – Methodist Church,
Rte 131 (literature study meeting).....9:00 am
- O/D/ W BS/HA ST JOHNSBURY** – St J Community
Justice Center, 108 Cherry St.....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 |
| ** | New meeting |

ALATEEN MEETINGS

TUESDAY

ST JOHNSBURY – Universalist Unitarian,
47 Cherry Street.....7:00 pm

MIDDLEBURY – Turning Point Center
228 Maple Street, Space 31B.....7:30 pm

THURSDAY

MIDDLEBURY – Turning Point Center
228 Maple Street, Space 31B.....8:00 pm

AL-ANON MEETINGS IN BORDERING AREAS

SUNDAY

CADYVILLE, NY – Recreation Center
Goddeau Road.....7:00 pm

O/HA CLAREMONT, NH – Valley Reg. Hospital
Buckley Conference Room.....7:00 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 Floor.....5:00 pm

MONDAY

St WINCHESTER, NH – Federated Church Parsonage
Main St., parking at church.....7:30 pm

TUESDAY

HANOVER, NH, 119 Silsby Hall on the
Dartmouth Campus.....5:30 pm

LITTLETON, NH
Community House.....7:00 pm

PLATTSBURGH, NY – United Methodist
Beekman St.....12 Noon

WEDNESDAY

NS/W GREENFIELD, MA – 2nd Congregational
Church, Court Square.....7:30 pm
(newcomers meeting available)

JOHNSVILLE, NY – Christ United Methodist
Church, Bridge St.....7:00 pm

THURSDAY

GREENFIELD, MA
68 Federal St. at corner of Osgood
Street.....7:00 pm

D/C HANOVER, NH – St Thomas Episcopal
Church, W Wheelock St., (enter on left,
meeting is in 2nd floor conf room).....12 Noon

LANCASTER, NH – Week's Memorial Hosp.
2nd floor conference room.....8:00 pm

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

NS WILLIAMSTOWN, MA – United Methodist
777 Main Street at Water St.....8:00 pm

Beg Beginners' Meeting, 1st Thurs of mo....7:00 pm

FRIDAY

C/W ENFIELD, NH – St. Helena's Church
36 Shaker Hill Rd. (downstairs).....7:00 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@vermontalanonlateen.org
Or call 1-866-972-5266

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

Al-Anon  Alateen

VERMONT AREA ASSEMBLY AL-ANON/ALATEEN MEETINGS MARCH 1, 2010

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.vermontalanonlateen.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