

AL-ANON MEETINGS

SUNDAY

- C 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
Beg Beginners Meeting6:15 – 6:45 pm
- D/AA EAST DORSET** – The Wilson House
Village Street8:00 am
- O/D MIDDLEBURY**– St. Stephen’s Church
on Green, upstairs.....7:15 pm
- AC/C HA MONTPELIER** – Trinity Methodist Church
137 Main Street6:15 pm
- D/C N. SPRINGFIELD** – First Baptist Church
Main Street7:30 pm
- D/HA RUTLAND** – Regional Medical Center
Conference Room #4 10:15 am
- D/W ST. ALBANS** – Northwestern Medical Ctr
Small Conference Room in back7:00 pm

MONDAY

- D/C BURLINGTON** – First Congregational Church
S. Winooski Avenue 12 Noon
- L CHARLESTOWN, NH**- White church on left
heading So. Into village.....6:30pm
- CHESTER** – First Baptist Church
Main Street7:00 pm
Beg Beginners Meeting6:15 – 6:45 pm
- St EAST DORSET** – The Wilson House
Village Street 6:30 pm
- M NEWFANE** – First Congregational Church
Route 30 – on the green 7:30 pm
- St/T/S HA S. BURLINGTON** – All Saint’s Church
Swift & Spear Sts (newcomers welcome) 5:30 pm

TUESDAY

- St ASCUTNEY** – Ascutney Union Church
Route 5 (Step mtg) 6:00 pm

- St/HA 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/AT MIDDLEBURY** – Turning Point Center
228 Maple St., Space 31B 7:30 pm
- AA MONTPELIER**- Bethany Church basement
115 Main Street.....12 noon
- O/D St NEWPORT** – St. Mark’s Episcopal Church
Second Street (Parish house)..... 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 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

- AC ARLINGTON** – Burdett Commons
Route 7A 12 Noon
- D BURLINGTON** – First Congregational Church,
S. Winooski Ave,
(newcomers welcome) 8:00 pm
- HA/O MIDDLEBURY** – St. Stephen’s Church,
Main St (women’s meeting)..... 7:15 pm
- AC/D MONTPELIER** – Bethany Church
115 Main Street 7:00 pm
- St/HA MORRISVILLE**- Morrisville Recovery Center
275 Brooklyn Street.....6:30 pm
- D PUTNEY** – Putney Historical Society
Kimball Hill 7:00 pm
- O RANDOLPH** – Gifford Medical Center
Route 12 & Maple St (near cafeteria) 7:00 pm
- St RUTLAND** – United Methodist Church
HA/W Williams and Chestnut Streets 7:00 pm

- D/C S. BURLINGTON** – All Saint’s Church,**HA**
Room 1, Swift & Spear Streets.....12 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** – Orange East Senior Center
176 Waits River Rd.8:00 pm
- HA BRATTLEBORO** – Brattleboro Mem. Hosp.
9 Belmont St.7:00 pm
- D/HA COLCHESTER**- Fanny Allen Hospital
Rte 15, Room 10016:30 pm
- D CRAFTSBURY** – at the Church on the
Common.....6:00 pm
- JERICHO** – Jericho United Methodist Church,
Rte. 15 (women’s meeting) 10:00 am
- O/St LEBANON, NH** – United Methodist Church,
18 School Street6:30 pm
- O/D W MONTPELIER** – Bethany Church,
115 Main St..... 12 Noon
- D SPRINGFIELD** – Congregational Church
77 Main Street..... 12 Noon
- D/W WINDSOR** – Mt. Ascutney Regional Hosp.,
289 County Rd
(use front entrance, meeting downstairs)..8:00 pm

FRIDAY

- BELLOWS FALLS**- (Third Friday)- United
Church, School St..... (food) 6:30pm
(meeting) 7:00pm
- O/D MANCHESTER CENTER** – St Paul’s Church
298 Bonnet Street1:00 pm
- St MIDDLEBURY**- The Turning Point Center
228 Maple St., Space 31B.....7:30pm
- O RUTLAND** – United Methodist Church, Room
1Williams and Chestnut Streets.....7:00 pm

- St/D C SHELBURNE** – Trinity Episcopal Church
5171 Shelburne Rd5:30 pm
- C/D HA 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

- BERLIN** – Central Vermont Medical Ctr
N. Main Street (Conf Room 3)..... 7:00 pm
- St/AT BRATTLEBORO** – St. Michael’s Episcopal
Church, 16 Bradley Rd @ Putney Rd.....3:00 pm
- D/S BURLINGTON** – UHC Bldg. 1, S. Prospect St.,
Arnold Wing, B Elevator, 4th fl.
Rm 4411 9:30 am
- JERICHO** – 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/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	
AA	AA meeting same time & place
AC	Adult Children
AT	Al-Anon & Alateen same time & place
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
L	Literature Study
M	Mixed Format
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

AT MIDDLEBURY – Turning Point Center
228 Maple Street, Space 31B7:30 pm

WEDNESDAY

N. SPRINGFIELD – First Baptist Church,
Main St., North Springfield7:00 pm

SATURDAY

AT BRATTLEBORO- St. Michael’s Episcopal
Church, Holbrook Room, Putney Road &
Bradley Street.....3:00 pm

AL-ANON MEETINGS IN BORDERING AREAS

SUNDAY

CADYVILLE, NY – Recreation Center
Goddeau Road7:00 pm

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

C/St GREENFIELD, MA- Recover Project Office
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

O/W WINCHESTER, NH – United Church of
Winchester(Parsonage) 97 Main St7:30 pm

TUESDAY

O LITTLETON, NH- First Congregational Church
189 Main St, front door on right upstairs
.....7:00 pm
PLATTSBURGH, NY – United Methodist
Beekman St..... 12 Noon

WEDNESDAY

C/D/W GREENFIELD, MA – 2nd Congregational
Beg Church, Court Square..... 7:30 pm

THURSDAY

C/D GREENFIELD, MA- Recover Project Office
68 Federal St., at corner of Osgood St
..... 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

C/D/ AC/HA WILLIAMSTOWN, MA – First Baptist Church
731 Main St. at Water St.....8:00 pm
Beg Beginners’ Meeting, 1st Thurs of mo ... 7:00 pm

FRIDAY

W ENFIELD, NH – St. Helena’s Church
36 Shaker Hill Rd- Little Shepherd’s room
(through garage, 2nd door on right).....7:00pm

**Literature Distribution Center
District 3 AFG Literature Depot**
P. O. Box 916
Barre, VT 05641

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 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.

Al-Anon  Alateen

VERMONT AREA ASSEMBLY AL-ANON/ALATEEN MEETINGS OCTOBER 1, 2011

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

