

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.

#### THE TWELVE TRADITIONS

These guidelines are the means of promoting harmony and growth in Al-Anon groups and in the world-wide fellowship of Al-Anon as a whole. Our group experience suggests that our unity depends upon our adherence to these Traditions:

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.

2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

6. Our Al-Anon Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.

7. Every group ought to be fully self-supporting, declining outside contributions.

8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.

9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members.

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

#### AL-ANON MEETING CLOSING

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a very special way—the same way we already love you. Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time.

## DISTRICT 10 AL-ANON FAMILY GROUPS May 2009 AIS of Central Florida – P. O. Box 568854, Orlando, 32856

World Service: [www.al-anon.alateen.com](http://www.al-anon.alateen.com) and [WSO@al-anon.org](mailto:WSO@al-anon.org)

**ORLANDO AREA encompasses:**

**East to Union Park West to Clermont South to Kissimmee & St. Cloud**

**CONTACT INFORMATION: [www.alanon-orlando.com](http://www.alanon-orlando.com),  
or 407.896.4929, or información en Español 407.879.0110**

**North Florida Area: [www.northfloridaal-anon.org](http://www.northfloridaal-anon.org)**

**World Service Office, Group Records Department 1-800-344-2666**

#### AL-ANON MEETING OPENING

Please join me in a moment of silence, followed by the Serenity Prayer.

#### 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.

#### WELCOME

We welcome you to our Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy. We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon we discover that no situation is really hopeless and that it is possible for us to find contentment and even happiness, whether the alcoholic is still drinking or not. We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives. The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it. The Al-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives, along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon literature thus make us ready to receive the priceless gift of serenity. Anonymity is an important principle of the Al-Anon program. Everything that is said here, in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon.

#### THE TWELVE STEPS

Study of these steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever their personal creed. In Al-Anon, we strive for an ever-deeper understanding of these steps, and pray for the wisdom to apply them to our lives

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.

## DISTRICT 10 AL-ANON FAMILY GROUPS MEETING LIST

May 2009

407-896-4929 or información en Español 407.879.0110

Note: (X) before text indicates recent change in information.

### CENTRAL ORLANDO

- COLLEGE PARK 12 STEP WSO# 501470 ..... WED 7 PM  
College Park Methodist Church (Corner Princeton/Edgewater)  
644 W. Princeton St., Orlando 32804
- EASY DOES IT (ACOA Focus) WSO# 62998 ..... THU 8 PM  
Central Christian Church (Lk Ivanhoe, west of I-4) (H) (AA)  
250 SW Ivanhoe Blvd., Orlando 32804

### EAST ORLANDO

- AZALEA PARK AFG WSO# 2809...(BG Sep-May) 7:30 PM...WED 8 PM  
St. Stephen's Presbyterian Church (SM) 3<sup>rd</sup> Wed 8 PM  
8601 Lake Underhill Dr., Orlando 32825 (AA) 8:30 PM
- AZALEA PARK ALATEEN WSO# 502075.....WED 8 PM  
St. Stephen's Presbyterian Church (AA) 8:30 PM  
8601 Lake Underhill Dr., Orlando 32825  
(Parents responsible for prompt 9:00 PM pickup of Alateens)
- IN THE SOLUTION WSO# 31772 ..... SUN 7 PM  
Good Shepherd Catholic Church (AA)  
5902 Oleander Dr., Orlando 32807 (in office building, Rm.107)

### WEST ORLANDO

- COURAGE TO BE ME (ALATEEN) ..... SCHOOL YEAR ONLY  
WSO# 502763  
Olympia High School, 4301 Apopka-Vineland Rd. THU 11AM  
Orlando 32835 (contact Guidance Counselor for information)
- JUST FOR TODAY AFG WSO# 42902 ..... WED 10:30 AM  
Fellowship Bible Church  
310 N. Hiwassee Rd, Orlando 32835
- MONDAY MIRACLES WSO# 53821 ..... MON 7:30 PM  
Health Central Hospital (Meets Basement level, Bradford Conf. Rm)  
10000 W. Colonial Dr., Ocoee 34761 (Just west of West Oaks Mall)
- SUNDAY STEP STUDY WSO# 30516639 ..... SUN 4 PM  
St. Luke's Methodist Church (Bldg A, Room 113) (H)  
4851 S. Apopka-Vineland Rd., Orlando 32819
- TLC AFG (TENDER LOVING CARE) WSO# 4693 ..... WED 7:30 PM  
St. Luke's Methodist Church (B)  
4851 S. Apopka-Vineland Rd., Orlando 32819 (Bldg A, Rm. 116-118)  
(Contact St. Luke's, 407.876.4991, to arrange baby-sitting)

### SOUTH ORLANDO

- GRUPO OASIS WSO# 64732 ..... FRI 7:30 PM  
St. John Vianney Catholic Church (S)  
6200 S. Orange Blossom Trail, Orlando 32809
- PEACE WITHIN WSO# 60351..... TUE 7 PM  
Peace United Methodist Church, in Kindergarten Rm.  
13502 Town Loop Blvd., Orlando 32837 (Hunter's Creek near  
Island Walk Publix)
- PINECASTLE FRIENDSHIP AFG WSO# 2820 ..... MON 8 PM  
St. Mary's of the Angels Episcopal Church, Fellowship Hall  
6314 Matchett Rd., Orlando 32809

### CLERMONT

- CHANGING TIDES AFG WSO# 32798 ..... MON 8 PM  
South Lake Presbyterian Church, (AA)  
131 Chestnut St., Clermont 34711 (Corner of East and Chestnut)

### KISSIMMEE/SAINT CLOUD

- KISSIMMEE TUESDAY NITE AFG WSO# 41691 ..... TUE 7:30 PM  
First Presbyterian Church (AA)  
15 W. Church St., Kissimmee 34741
- SERENITY SUNRISE AFG KISSIMMEE WSO# 50421..... MON 10 AM  
The Vine Church (H)  
1003 S. John Young Parkway, Kissimmee 34741
- SOLO POR HOY EN AL-ANON (S)..... (BG) 6 PM... MON 6:30-8:30 PM  
WSO# 501315  
9 West Darlington Ave. (BG) 1 PM... SAT 1:30 - 3:30 PM  
Kissimmee, 34741 (SM) 5th MON; ACOA focus 4<sup>th</sup> & 5<sup>th</sup> SAT
- THURSDAY HOPE WSO# 503214 ..... THU 7:30 PM  
Poinciana Christian Church (AA)  
3181 Pleasant Hill Rd., Kissimmee 34746

Unless otherwise noted, all meetings are nonsmoking, one hour long, and closed, meaning Al-Anon members and prospective members only.

#### Legend:

(AA)=Alcoholics Anonymous mtg. at same location	(BG)=Beginner meeting
(ACOA) Adult Child of an Alcoholic	(H)= Handicap-accessible
(B)= Baby-sitting available	(O)= Open meeting (everyone welcome)
	(S)= Spanish speaking
	(SM)= Speaker meeting

Información en Español 407.879.0110

Lone Member Info from World Service: <http://www.al-anon.alateen.org/LML.pdf>