

## JUST FOR TODAY

*Just for today* I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

*Just for today* I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

*Just for today* I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

*Just for today* I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

*Just for today* I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do – just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

*Just for today* I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

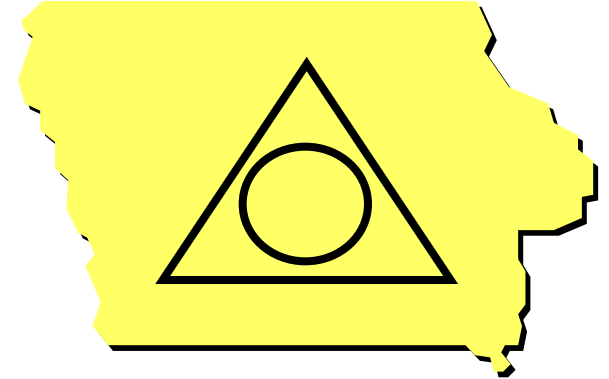
*Just for today* I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

*Just for today* I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

*Just for today* I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me...

(from Al-Anon Pamphlet & Bookmark M-12)  
JUST FOR TODAY

# Iowa District #3



## Al-Anon Family Groups

Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 234-5617

5/15/09

[www.ia.al-anon.alateen.org](http://www.ia.al-anon.alateen.org)

Grant me the  
**Serenity**  
to accept the things  
I cannot change,  
**Courage**  
to change the  
things I can,  
and the  
**Wisdom**  
to know the  
difference.

## SUNDAY

Marshalltown AFG - Alano Club  
1311 E. Nevada Street  
Marshalltown, IA 50158      Sun, 8:00 am

Sunday Night Al-Anon  
Methodist Church  
102 North Weber  
Bradford, IA 50041      Sun, 7:00 pm

MC Clubhouse Al-Anon  
207 8<sup>th</sup> Place S.E.  
Mason City, IA 50401      Sun, 7:00 pm

## MONDAY

Monday Al-Anon Step Study Meeting  
11241 Highway 65 North, Fireside Room  
Iowa Falls, Iowa 50126      Mon, 7:00 pm

Beginners AFG  
1201 McCormick  
Ames, Iowa 50010      Mon, 7:10 pm

Courage to Change AFG  
Immanuel Lutheran Church  
246 South Clark Street  
Forest City, Iowa 50436      Mon, 7:30 pm

MC Clubhouse Al-Anon  
207 8<sup>th</sup> Place S.E.  
Mason City, IA 50401      Mon, 8:00 pm

## TUESDAY

Clarion AFG  
Krysilis  
210 2<sup>nd</sup> Street NW  
Clarion, IA 50525      Tues, 8:00 pm

Marshalltown AFG - Alano Club  
1311 E. Nevada Street  
Marshalltown, IA 50158      Tues, 8:00 pm

Alateen-Survivor  
Collegiate United Methodist Church  
Basement Library  
2622 Lincoln Way      Tues, 8:00 pm

How It Works  
Collegiate United Methodist Church  
2622 Lincoln Way  
Ames, IA 50010      Tues, 8:10 pm

## WEDNESDAY

Wednesday Al-Anon  
1201 McCormick  
Ames, IA 50010      Wed, 7:00 pm

MC Clubhouse Al-Anon  
207 8<sup>th</sup> Place S.E.  
Mason City, IA 50401      Wed, 8:00 pm

Back to Basics  
First Christian Church  
611 Clark  
Ames, IA 50010      Wed, 7:00 pm

## THURSDAY

MC Clubhouse Al-Anon  
207 8<sup>th</sup> Place S.E.  
Mason City, IA 50401      Thurs, 10:00 am

Marshalltown AFG - Alano Club  
1311 E. Nevada Street  
Marshalltown, IA 50158      Thurs, 8:00 pm

4<sup>th</sup> Street Al-Anon  
Zion Lutheran Church  
112 North 4<sup>th</sup> Street  
Clear Lake, IA 50428      Thurs, 7:00 pm

## FRIDAY

MC Clubhouse Al-Anon  
207 8<sup>th</sup> Place S.E.  
Mason City, IA 50401      Fri, 8:00 pm  
(7:00 pm during DST)

## SATURDAY

West Alley Al-Anon  
St. John's Episcopal Church  
120 First Street NE  
Mason City, IA 50401      Sat, 9:00 am

New Hope  
St. John's Lutheran Church  
2338 Lincoln Way  
Ames, Iowa 50010      Sat, 10:00-11:15 am

MC Clubhouse Al-Anon  
207 8<sup>th</sup> Place S.E.  
Mason City, IA 50401      Sat, 8:00 pm  
(7:00 pm during DST)

## *Al-Anon Declaration*

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

*Updated 5-15-09*