

**MONDAY**

\*12:00 **Monday Brown Bag**  
1309 104<sup>th</sup> St., Clive  
Upstairs Duplex

\*5:30 PM **Steps to Serenity**  
1311 104<sup>th</sup> St., Clive  
Downstairs Duplex

\*7:00 PM **Ankeny Monday Nite AFG**  
First United Methodist Church  
Room 314 downstairs  
206 SW Walnut, Ankeny

7:00 PM **Keep It Simple Al-Anon**  
939 Office Park Rd #113,  
West Des Moines

8:00 PM **Southside Book Study AFG**  
Christ Lutheran Church  
6411 SE 5<sup>th</sup> Des Moines

8:00 PM **Monday Nite Al-Anon**  
Central Presbyterian Church  
East Parking lot, 2<sup>nd</sup> floor  
39<sup>th</sup> & Grand, Des Moines

**TUESDAY**

\*9:30 AM **Tuesday Morning Step Study AFG**  
*childcare*  
New Hope United Methodist Church  
4525 NW Beaver Ave., Des Moines

12 noon **Seasons of Hope**  
Plymouth Congregational Church  
South Parking Lot, West door  
4126 Ingersoll Ave., Des Moines

\*7:00 PM **Tuesday Night Step Study**  
*childcare*  
Lutheran Church of the Cross  
1701 8<sup>th</sup> street, Altoona

7:30 PM **Tuesday Night White House**  
1400 Penn Ave., Des Moines  
speaker mtg-3<sup>rd</sup> week of each month

\*8:00 PM **Tuesday Night WDM AFG**  
St. Mark's Lutheran Church  
12<sup>th</sup> and Grand, West Des Moines

**WEDNESDAY**

7:00 PM **Al-Anon Adult Children**  
Unity Church of Des Moines  
414 31<sup>st</sup> street, Des Moines

7:00 PM **Wednesday Night Step Study**  
939 Office Park rd #113, WDM

**THURSDAY**

10:00 AM **Fresh Start Al-Anon**  
Covenant Church  
1025 28<sup>th</sup> street, West Des Moines

5:30 PM **Parents and Others**  
Iowa Lutheran room 481  
University & Penn Des Moines

7:00 PM **Dallas County Step Study**  
Heartland Presbyterian Church  
14300 Hickman rd., Clive

\*7:30 PM **Outreach**  
West Des Moines Methodist  
8<sup>th</sup> & Grand, West Des Moines

\*8:00 PM **Thursday Night Step Study**  
*childcare*  
\*\* , \*\*\*  
St. John's United Methodist Church  
SW 14th & McKinley, Des Moines

**FRIDAY**

\*12 noon **Brown Bag Al-Anon**  
9<sup>th</sup> floor Conference room  
Register Building  
715 Locust St., Des Moines

\*7:00 PM **Courage to Change Al-Anon**  
\*\*  
Mercy Franklin Center  
48<sup>th</sup> & Franklin, Des Moines

\*7:00 PM **Stepping Stones AFG (Step Study)**  
\*\*  
Mercy Franklin Center  
48<sup>th</sup> & Franklin, Des Moines

8:00 PM **Friday Night White House AFG**  
\*\*  
1400 Penn Ave., Des Moines

8:00 PM **High Hopes-Men's Group**  
\*\*  
4<sup>th</sup> floor, Iowa Lutheran Hospital  
University at Penn, Des Moines

8:00 PM **Frisky Friday Al-Anon**  
*childcare*  
\*\*  
St. Paul's Episcopal Church  
815 High St., Des Moines

**SATURDAY**

\*6:30 PM **Ankeny Saturday Night Step Study**  
\*\*  
First United Methodist Church  
Room 314 downstairs  
206 SW Walnut, Ankeny

\*8:00 PM **Saturday Night Step Study**  
\*\*  
Park Ave. Christian Church-Fellowship hall  
3301 SW 9<sup>th</sup> street, Des Moines

**SUNDAY**

5:00 PM **New Hope AFG (Step Study)**  
*childcare*  
Lutheran Church of Hope  
925 Jordan Creek Parkway, WDM

\*\* , \*\*\*  
7:00 PM **Kiss Al-Anon**  
\*\*  
Covenant Christian Church  
2700 72<sup>nd</sup> St., Urbandale

**ALATEEN MEETINGS**

**TUESDAY 8:00 PM Alateen**  
St. Marks Lutheran Church  
1115 Grand., West Des Moines

**THURSDAY 8:00 PM Together Group**  
St. John's United Methodist Church  
SW 14th & McKinley, Des Moines

**SUNDAY 5:00 PM New Hope AFG (Step Study)**  
Lutheran Church of Hope  
925 Jordan Creek Parkway, WDM

\*= **Wheelchair accessible**  
\*\*= **AA meeting also**  
\*\*\*= **Alateen meeting also**

**Name and Phone Numbers**

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**Outside of the DSM Metro**

**Creston Thursday 7:30 PM**  
Creston Survivors Group  
Mental Health Center  
1003 Cottonwood  
(last mtg. of month -open)

**Dallas Center Wednesday 7:30 PM**  
\*\* Dallas Center Al-Anon  
Law Office Rear Entrance  
1400 Walnut

**Indianola Monday 7:00 PM**  
Warren County Al-Anon Family Group  
First United Methodist Church  
Ashland & B Ave.,

**Knoxville Wednesday 7:30 PM**  
\* Adult Children AFG  
First United Methodist Church  
308 East Robinson

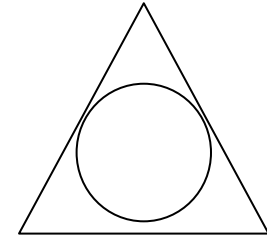
**Newton Sunday 6:00 PM**  
\* Hope  
St. Stephen's Church  
223 E 4<sup>th</sup> St N  
**Thursday 7:00 PM**  
First United Methodist  
210 N 2<sup>nd</sup> Ave. East

**Osceola Tuesday 7:00 PM**  
AmericInn Motel & Suite  
(south of hwy 34, west of I-35)  
111 Ariel Circle

**Panora Tuesday 8:00 PM**  
\*, \*\* Tuesday Night Serenity  
115 w Main street (Community Bldg)

**Winterset Saturday 8:00 PM**  
\*, \*\* First Christian Church  
103 W. Green

*March 2010*  
**DISTRICT SEVEN**  
**AL-ANON MEETINGS**



The Suggested Preamble to the Twelve Steps  
The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic.

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24-HOUR CONTACT  
1-888-4-AL-ANON (1-888-425-2666)  
CALL: 515-277-5059

District 7 Al-Anon Information Service Center  
**939 Office Park Rd #113, West Des Moines, IA 50265**  
Office hours Tue. & Thur. 3-7, Sat 10-12

Mail Literature Orders to above address  
[www.al-anondesmoines.org](http://www.al-anondesmoines.org)  
[www.ia.al-anon.alateen.org](http://www.ia.al-anon.alateen.org)  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)