

CLEAR LAKE

Friday 6:00 pm

Methodist Church, Pearl & Mullen
contact: Domingo 349 3109
Jennifer 331 0284

COVELO

Wednesday 5:00 pm

Presbyterian Church, 76260 Commercial
Contacts: Bev 983-6041, Dolores 983-6397

LOWER LAKE

Tuesday 7:00 pm

Methodist Church, 16255 2nd St
contact: Tonie 994-0637

LAKEPORT

Tuesday 12:00 noon

United Christian Parish
745 Brush St. (corner of 8th)
contact: Helen 262-1721

Thursday 6:30 - 7:30 pm

NCO Office
850 Lakeport Blvd. (across lot from bowling)
contact: Dawna 263-0204

MENDOCINO

Wednesday 6:30 pm

Friday 12:30 pm (step study)

Sunday (Parents Meeting) 7:00 pm

contact: Alison 937-0422

All meetings at Mendocino Recreational Center
School and Pine Streets

FORT BRAGG

Monday 12:00 – 1:00 pm

Episcopal Church, Fir & Franklin
contact: Kim 964-8844

Saturday 3:30 - 4:30

Presbyterian Church, 367 S. Sanderson Way
Contact: Calley Ann 964-4310
Nancy 964-1103

UKIAH

Monday 1:00 pm

Tuesday 12:00 noon

Thursday 6:00 pm (step study)

Friday 12:00 noon

Saturday 10:30 am

Calvary Baptist Church, 465 Luce
contact: Marian 463-1867

WILLITS

Wednesday 12:00 pm

221B S. Lenore, Room 21
contact: Cindy 456-9051

Saturday 10:00 am

St. Francis Episcopal Church
66 E. Commercial
contact: Sarah 456-0733

DISTRICT TWO INFORMATION

1 800 283-7075

District Representative:

Cindy 456 9051

WORLD SERVICE

1 888 4 AL-ANON

(1-888-425-2666)

ONLINE

NORTHERN CALIFORNIA WORLD SERVICE AREA (NCWSA)

www.ncwsa.org

MAIN WEB PAGE

www.al-anon.alateen.org

October 2009

**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 ourselves, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.**

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AL-ANON IS A

Fellowship of relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking.

Self-help recovery program based on the Twelve Steps of Alcoholics Anonymous (AA).

Nonprofessional fellowship where members share their experience, strength and hope to solve their common problems.

Anonymous program with the identity of all Al-Anon and AA members protected.

Spiritual Program that is compatible with all religious beliefs or none.

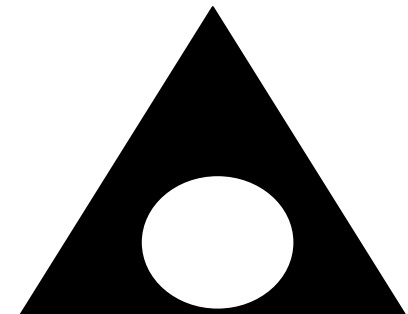
Single Purpose program designed to help families and friends of alcoholics, whether the alcoholic is still drinking or not.

Free of charge and self-supporting through members' voluntary contributions.

**Mendocino & Lake Counties
(District 2)**

Meeting List

**Al-Anon
&
Alateen**



**SUPPORT FOR
FRIENDS & FAMILIES
OF ALCOHOLICS**

