

**AL-ANON**

***Al-Anon is an anonymous fellowship. Our mission is to provide emotional support to loved ones of alcoholics.***

Alcoholism can affect OTHER members of an alcoholic's family. Family members need help in coping with the situation. Al-anon provides mutual support through sharing, and members learn to keep the focus on themselves, not the alcoholic, in order to cope. By sharing the emotional load, people feel better, and cope better with their lives.

<b>WHEN:</b>	<b>Every Monday evening</b>
<b>WHERE:</b>	<b>Rectory basement meeting room</b>
<b>TIME:</b>	<b>8 to 9 PM.</b>
1st and 3rd meetings of the month are devoted to beginners	

No dues are required, but donations of any amount are collected to help with the necessary expenses of rent, refreshments, and literature.

Some members perform extra service by coming early to set up the room, put the room back in order after the meeting, and serve as Chairperson, Treasurer, and Secretary for the membership, or other simple tasks.

**Special Events**

Once a year we have an OPEN MEETING for anyone to come who wants to know more about the program. Members from *Al-a-Teen* or *Alcoholics Anonymous* come to speak. There is a Question and Answer session.

**W**e hope the word gets out that help is available for anyone who has to cope with an alcoholic loved one. If you, or someone you know, is being affected by an alcoholic spouse, parent, sibling, child, or other loved one, come to a meeting. We help YOU cope with the situation.

***Al-Anon is a non-sectarian international organization.***

*We are not directly affiliated with Our Lady of Grace, but are grateful to be able to rent the meeting space for the benefit of everyone who wants help.*