GREATER LEXINGTON AREA MEETINGS DIRECTORY

DISTRICT 12 AL-ANON & ALATEEN
THE GREATER LEXINGTON AL-ANON / ALATEEN
INFORMATION SERVICE OFFICE & LDC
845 Lane Allen Rd. - Suite B-6
(Front entrance then downstairs or rear entrance)
Lexington, KY 40504-3631
859-277-1877
Office Hours: Saturday from 12 noon to 2 pm

For meetings outside of this area, call AFG, Inc. at 888-425-2666
Local - WWW.LEXINGTONAL-ANON.ORG
International - www.al-anon.alateen.org
Kentucky - www.kyal-anon.org/

MEETING DESCRIPTIONS

AL-ANON: membership is open to anyone who feel that their life has been or is being affected by alcoholism in a family member or friend.
(**O) OPEN**: open to anyone interested in the family disease of alcoholism.
(C) CLOSED: limited to members & prospective members who feel that their lives have been or are being deeply affected by alcoholism in a family member or friend.

ALATEEN: part of the Al-Anon Family Groups. It is a fellowship of young people whose lives have been affected by alcoholism in a family member or friend. All Alateen meetings are **CLOSED,** in that they are designed for members in their teens only. Some groups may allow younger members. Please check in advance.

***H - HANDICAP ACCESSIBLE (but may not have automatic doors)**
***CC - CHILDCARE PROVIDED**

THE FOLLOWING DESIGNATIONS ARE GIVEN BY THE GROUPS THROUGH GROUP CONSCIENCE AND AUTONOMY.

Al-Anon Adult Children Al-Anon members who identify themselves as growing up in the disease of alcoholism.
Women Group specifies it is for women only.
Men Group specifies it is for men only.

DISTRICT AL-ANON, ALATEEN & AIS MEETINGS

TIMES, DATES, LOCATION - *subject to change*

DISTRICT 12: Meeting held at Southern Hills United Methodist Church in the Fireside Room, 2356 Harrodsburg Road in Lexington, on the 2nd Sun. of the month at 2:00 pm.
Attendees: Group Representatives to vote and any interested Al-Anon member for information.

AL-ANON INFORMATION SERVICE: Meeting held at Ahava Center, 168 Burt Road in Lexington, on the 2nd Mon. of Feb., April, June, Aug., Oct. and Dec. at 4:30 pm.
Attendees: Alternate Group Representatives or a person chosen by the group to vote and any interested Al-Anon member for information.

****Check local website for current meeting status****

SUNDAY

***H - LEXINGTON** (O).....EVERY DAY A NEW BEGINNING.....6:00 pm
Crestwood Christian Church, Bradford Room.....1882 Bellefonte Dr.
(Take the 3rd right into the church parking lot after the stop sign on Bellefonte. Then enter through the far left door and turn right.)
Virtual option.....Contact mkyoga123@gmail.com

LEXINGTON (O) .....JOY.....8:00 pm
Phone only.....Number 1-267-807-9601 & access code 576 159 278#

MONDAY

***H - LEXINGTON** (O).....LIVE & LET LIVE.....12 noon
Embrace Methodist Church, Café.....*non-smoking*.....1015 N. Limestone
(Side entrance, meeting room on right in Café.)

LEXINGTON (C).....SISTERS OF THE SPIRIT.....5:30 pm
Women Only, Maxwell St. Presbyterian Church.....180 E. Maxwell St.

***H - FRANKFORT** (O).....NEW HOPE.....6:30 pm
Capital City Christian Church.....15 Locust Dr., Rm. 103
(Second right after turning onto Locust (parking lot), basement entrance.)
Virtual option.....Meeting Code: 296-792-6470 & Password: 134795

OWENTON (O).....OWENTON AFG.....7:00 pm
Owenton Library.....118 N. Main St.

VERSAILLES (O).....MONDAY'S HOPE.....7:00 pm
St. John's Episcopal Church.....210 N. Main St.

TUESDAY

***H - FRANKFORT** (O).....TUESDAY'S SERENITY.....12 noon
First Christian Church.....316 Ann St.
Virtual option.....Meeting Code: 296-792-6470 & Password: 134795

FRANKFORT (O) .....NEW HOPE.....6:30 pm
Virtual only.....Meeting Code: 296-792-6470 & Password: 134795

***H - MT STERLING** (O).....RESTORED HOPE.....7:00 pm
Ascension Episcopal Church .....48 W. High St.
(Meeting held in the basement, use back door.)

***H - RICHMOND** (O).....RICHMOND AFG.....6:00 pm
First Methodist Church.....401 W. Main St., Rm. 203
(Multimedia Center, across parking lot, behind the church.)

WILMORE (O).....LET IT BEGIN WITH ME AFG.....7:30 pm
Wilmore United Methodist Church.....209 E. Main St.
(Meeting held in the basement, use back door.)
Phone number option.....1-267-807-9601 & access code 576159278#

WEDNESDAY

LEXINGTON (O)..... BROWN BAG.....12 noon

Good Shepherd Episcopal Church, Bride's Room.....533 E. Main St.
(Bride's Room in the basement.)
Virtual option.....
https://us02web.zoom.us/j/7140807271?pwd=MHJWdGNPKytSbG9uckhQZVQxeFRiZz09

***H - LEXINGTON** (O).....SEEKERS OF SERENITY.....7:30 pm
Southern Hills United Methodist Church.....2356 Harrodsburg Rd.
(Meeting in the Activities Room: Entrance 5 (Gym), then turn right.)
Virtual option.....Contact j.carpenter@qx.net

***H - LEXINGTON** (C).....SOUTHERN HILLS **ALATEEN**.....7:30 pm
Southern Hills United Methodist Church.....2356 Harrodsburg Rd.
(Meeting next to the Activities Room: Entrance 5 (Gym), then turn right.)

THURSDAY

***H - LEXINGTON** (O).....JUST FOR TODAY.....10:30 am
Crestwood Christian Church.....1882 Bellefonte Dr.
(Take the 3rd right into the church parking lot after the stop sign on Bellefonte. Meeting is in the 2nd room on the left.)
Virtual option.....Contact justfortodayafglex@gmail.com

***H - BEREA** (O).....BEREA THURSDAY AFG.....7:00 pm
Baptist Church.....310 Chestnut
(Enter back Sunday School Bldg., elevator to 2nd Floor.)

FRANKFORT (O).....HOPE FOR TODAY.....12 noon
Virtual only.....Meeting Code: 296-792-6470 & Password: 134795

***H - FRANKFORT** (O).....NEW HOPE.....6:30 pm
Capital City Christian Church.....15 Locust Dr., Rm. 103
(Second right after turning onto Locust (parking lot), basement entrance.)
Virtual option.....Meeting Code: 296-792-6470 & Password: 134795

***H - FRANKFORT** (O).....BETTER TOGETHER AFG.....6:30 pm
Thornhill Learning Center.....700 Leslie Ave.
(Enter through front doors, go to Boardroom.)

***H - FRANKFORT** (C).....BETTER TOGETHER **ALATEEN**.....6:30 pm
Thornhill Learning Center.....700 Leslie Ave.
(Located near the 6:30 pm Al-Anon meeting.)

FRIDAY

***H - LEXINGTON** (O).....T.G.I.F.....12 noon
Southern Hills United Methodist Church.....2356 Harrodsburg Rd.
(Entrance 4, turn right and right again. Room is the second door on your left, Fireside Room.)
Virtual option.....Contact Tgifmeetinglex@yahoo.com

FRANKFORT (O).....NEW HOPE.....6:30 pm
Virtual only.....Meeting Code: 296-792-6470 & Password: 134795

***H - RICHMOND** (O).....HOPE AFG.....8:00 pm
First United Methodist Church.....401 W. Main St., Rm. 203
(Multimedia Center, across parking lot, behind the church.)

SATURDAY

***H - LEXINGTON** (O).....THE TWELVE STEPS AT NINE.....9:00 am
Cathedral of Christ the King.....299 Colony Blvd.
(Door #3 Parish Life Center Rm. D & E, left of main entrance & downstairs. Handicap accessible entrance, Door #19 Hehman Hall.)

LEXINGTON (O).....NEVER ALONE AT NINE.....9:00 am
Virtual only.....
https://us02web.zoom.us/j/87293121148?pwd=d2VCem9VbHpVbERoSThCbUs0aVlBdz09

***H *CC - LEXINGTON** (O).....SATURDAY FIRST STEP.....11:00 am
Southern Hills United Methodist Church.....2356 Harrodsburg Rd.
CHILDCARE PROVIDED – BRING OWN TOYS
(Meeting in the Activities Room: Entrance 5 (Gym), then turn right.)
Virtual option.....Contact saturdayfirststeplex@yahoo.com

DANVILLE (O).....SATURDAY MORNING SERENITY AFG.....10:30 am
Jennie Rogers Community Center.....410 E. Main St.
(Main level, right side entrance.)

***H - FRANKFORT** (O).....NEW HOPE.....11:00 am
Capital City Christian Church .....15 Locust Dr., Rm. 103
(Second right after turning onto Locust (parking lot), basement entrance)
Virtual option.....Meeting Code: 296-792-6470 & Password: 134795

***H - GEORGETOWN** (O).....OASIS AFG.....9:00 am
Faith Baptist Church.....116 Pocahontas Trail

When our Information Service office lists a group at its request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep its doors open to any Al-Anon member. Listing in the directory does not constitute approval of any group's manner of practicing the Al-Anon program. If the group you attend is not right for you, please try another.
There is help available in Al-Anon!

KEEP AN UPDATED SCHEDULE
Last Updated ***September 28, 2026***

AL-ANON DECLARATION

Let It Begin With Me.
When anyone, anywhere, reaches out for help –
let the hand of Al-Anon and Alateen always be there, and
Let It Begin With Me**.**

THE OPENING 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.

SUGGESTED AL-ANON WELCOME

We welcome you to the _____ Al-Anon/Alateen 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/Alateen 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/Alateen 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/Alateen 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/Alateen literature thus make us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Al-Anon/ Alateen 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/Alateen.

(Al-Anon/Alateen Service Manual 2026-2029 pg.10-11)

SUGGESTED STATEMENT OF PURPOSE

Our meetings last for approximately one hour. During this hour we come together for mutual help. We come to learn how to live the Al-Anon/Alateen program. The group conscience requests that all present refrain from gossip, dominance and discussion of religion, treatment centers, self-help programs, counseling and the use or mention of material other than our Al-Anon/Alateen conference approved literature.

Please remember that in Al-Anon/Alateen we keep the focus on us and not on the alcoholic. We thank you for your cooperation in our group effort to stick to Al-Anon/Alateen principles.

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 by giving understanding and encouragement to the alcoholic.

(Al-Anon/Alateen Service Manual 2026-2029 pg. 11)

THE TWELVE STEPS

Because of their proven power and worth, AA's Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words!

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.
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.

(Al-Anon/Alateen Service Manual 2026-2029 pg. 12-13)

THE TWELVE TRADITIONS

The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with AA, and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations, and anonymity.

The Traditions evolved from the experience of AA groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles.

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 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 co-operate 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/Alateen Service Manual 2026-2029 pg. 13-14)

SUGGESTED AL-ANON 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 liked 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. Will all who care to, join me in closing with the _____?

(Al-Anon/Alateen Service Manual 2026-2029 pg.18)

SUGGESTED MEETING FORMAT

Moment of Silence followed by the Serenity Prayer

Read Al-Anon Welcome

Read Al-Anon Statement of Purpose

Read Preamble to the Twelve Steps

Read Twelve Steps

Read Twelve Traditions

Name Introductions

Business/Announcements

Program/Speaker

Pass 7th Tradition Basket – no dues or fees

Read Al-Anon Closing

Comments or Phone Numbers

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