

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 12 noon to 2 pm

For meetings outside of this area, call AFG, Inc.
 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 feels his or her life has been or is being affected by alcoholism in a family member or a friend

(O) OPEN: open to anyone interested in the family disease of alcoholism.

(C) CLOSED: limited to members & prospective members. These are persons who feel 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 close 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 & AIS MEETINGS

FOR AL-ANON & ALATEEN MEETINGS

TIMES, DATES, LOCATION – subject to change

DISTRICT 12: Meeting held at Hunter Presbyterian Church, 109 Rosemont Garden, Lex. the 2nd Sun. of the month at 2:00 p.m.
 Attendees: Group Representatives (to vote) and any interested Al- Anon member (for information).

AL-ANON INFORMATION SERVICE: Meeting held on the 2nd Monday of Feb., April, June, Aug., Oct. and Dec. at 4:30 pm. Ahava Center, 168 Burt Rd., Lexington. For Alternate Group Reps 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

LEXINGTON (O)RAINBOW..... 6:00 pm
NEW LOCATION Tates Creek Presbyterian Church.... 3900 Rapid Run
 (Enter thru glass doors to right of church entrance. Text 859-608-7750 for door code. Go downstairs, room is on right.)
LEXINGTON (O).....JOY..... 8:00 pm
 Conference call number 1-267-807-9601....Access code 576 159 278#

MONDAY

LEXINGTON (O).....LIVE & LET LIVE..... 12 noon
 Embrace Methodist Church.....*non-smoking*.....1015 N Limestone
***CC -LEXINGTON (C)**SISTERS of the SPIRIT..... 6:00 pm
Women only, child care provided
 Maxwell St Presbyterian.....180 E Maxwell St

BEREA (O).....FREEDOM..... 6:00 pm
 Union Church.....(Wayside Rm. 204).....200 Prospect Street

***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)

IRVINE (O)REACHING OUT..... 8:00 pm
 Piano Studio (in back of the building)105 Main St.

LAWRENCEBURG (O).....GIFT OF HOPE..... 7:00 pm
 First Christian Church.....300 South Main Street

MOREHEAD (O) MOREHEAD AL-ANON..... 6:00 pm
 Grace Fellowship905 Clearfield St

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

TUESDAY

***H - FRANKFORT (O)**TUESDAYS SERENITY 12 noon
 First Christian Church, Prayer Room, 1st floor316 Ann 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)

***H - MT STERLING**.....RESTORED HOPE..... 7:00 pm
 Episcopal Church48 W High St
 (Meeting held in the basement. Use the back door)

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

WILMORE (O).....LET IT BEGIN WITH ME AFG.....7:30 pm
 Wilmore United Methodist Church..... 209 E. Main St.
 (Meeting held in basement. Use entrance in the back)

WEDNESDAY

LEXINGTON (O)..... BROWN BAG.....12 noon
 Good Shepherd Episcopal Church533 E. Main St.
 (Youth Room in the basement)

LEXINGTON (O).....LISTEN AND LEARN..... 12 noon
NEW LOCATION Voices of Hope......644 North Broadway
 (Turn on Elsmere for parking, enter bldg. lobby, room to the right)

LEXINGTON (O).....SEEKERS of SERENITY..... 7:30 pm
 Southern Hills United Methodist Church......2356 Harrodsburg Rd.
 (Enter through the last set of double doors off the back parking lot (gym entrance) and turn right - **Activities Room**)

OWENTON (O).....OWENTON AFG..... 8:00 pm
 Owenton Library118 N Main St

PARIS (O).....PARIS AL-ANON GROUP..... 6:00 pm
 1st Presbyterian Church......6th & Pleasant Streets

THURSDAY

LEXINGTON (O).....JUST for TODAY 10:30 am
 Crestwood Christian Church.....1882 Bellefonte Dr

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

FRANKFORT (O)..... HOPE FOR TODAY.....12 noon
 1st United Methodist Church..... 211 Washington Street

***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)

IRVINE (O)ESTILL COUNTY GROUP..... 12 noon
 West Care Treatment Center.....108 Main St.

MOREHEAD (O).....MOREHEAD AFG.....6:30 pm
 Laughlin Health Bldg., Room 212..... 230 University Blvd.

FRIDAY

***H - LEXINGTON (O)**.....T.G.I.F. 12 noon
 Southern Hills United Methodist Church......2356 Harrodsburg Rd.
 (Entrance 3, turn right and right again. Room is 2nd door on your left, **Fireside Room**)

***H - LEXINGTON (O)**NEW BEGINNINGS..... 8:00 pm
 Ridge Behavioral.....Man O' War & Rio Dosa Dr

DANVILLE (O).....Friday Night AFG..... 7:30 pm
 First Christian Church, Rm. 100......555 E. Lexington Rd

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

***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)

SATURDAY

LEXINGTON (O)THE TWELVE STEPS AT NINE.....9:00 am
 Cathedral of Christ the King – In-person meeting.....299 Colony Blvd
 Parish Life Center Room D & E (left of main entrance & downstairs)

LEXINGTON (O)NEVER ALONE AT NINE.....9:00 am
 Cathedral of Christ the King – virtual only meeting. Contact
 c.greer@twc.com

***H *CC LEXINGTON (O)** SATURDAY FIRST STEP.... 11:00 am
 Southern Hills United Methodist Church.....2356 Harrodsburg Rd
CHILDCARE PROVIDED
 (Enter through the last set of double doors off the back parking lot (gym entrance) and turn right - **Activities Room**)

DANVILLE (O).....SATURDAY MORNING..... 10:30 am
 First Christian Church, Rm. 100......555 E. Lexington Rd

***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)

GEORGETOWN (O).....OASIS 9:00 am
 First Presbyterian Church317 East Main St.
 (Go to back parking lot to enter)

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 January 20, 2023

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 the 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 2018-2021 V2 pg. 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 2018-2021 V2 pg. 13)

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! (Al-Anon/Alateen Service Manual 2018-2021 V2 pg.40)

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 2018-2021 V2 pg. 14)

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. (Al-Anon/Alateen Service Manual pg.41)

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 2018-2021 V2 pg. 15-16)

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 _____Prayer?

(Al-Anon/Alateen Service Manual 2018-2021 V2 pg. 20)

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

Business/Announcements

Program/Speaker

Pass 7th Tradition Basket – no dues or fees

Read Al-Anon Closing

Comments or Phone Numbers
