

West Texas District 1 Al-Anon/Alateen Meeting Schedule

Group Name and Contact Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AMARILLO							
Clean Air 2900 Duniven Circle, 806-679-1824, 806-676-7539 For Friday Zoom meeting information, call Mary (806) 570-7450	11:00 AM	12 Noon 5:30 PM	12 Noon 5:30 PM	12 Noon 5:30 PM 1 st Wed. steps	12 Noon 5:30 PM	10 AM (Zoom) 10 AM Face- to-Face 12 Noon 5:30 PM Speaker	10:30 AM
Hobbs 4000-B SW 58 th St., Bldg. C, 806-355-0123 Contact Maureen H. for details on the Zoom meetings. 806-626-5487		7 PM Alateen	7:00 (zoom only)	7:00 p.m. Face-to- Face and Zoom	7:30 (zoom only)	8 PM Face-to-Face	
Top of Texas 1301 S. Taylor, 806-376-7323; 806-418-5018		8 PM Temporarily Suspended		10 AM		8 PM Face-to-Face	
Courage to Change 3001 Bell St., St. Luke's Church, 806-290-4707 Contact is Michelle W. - 806-679-8670 call and leave message for info on Zoom meetings		8 PM (Zoom Only)			8 PM (Zoom only)		
Just for Today 1001 Wallace Blvd. (inside Cenikor) 2 nd floor 806-570-8143 or 806-477-2573				2:00 PM			
Gratitud (Spanish Speaking) 3801 NE 23 rd Ave, Garage Apt., 806-374-1132 (church), 806-570-2454, 806-676-6506							10 AM
SURROUNDING AREA							
Borger (Tri-City) 418 W. Coolidge, 1st Presbyterian Church, Borger 806-681-1798; 806-241-3059 - Call to see if someone will be there.		6 PM Temporarily Suspended					
Canadian 520 Main St. First United Methodist Church, 806-255-3002			12 Noon				
Canyon Now in 1 st Presbyterian Church, 904 19th St, Canyon, TX — Call first to make sure someone is there 806-336-4293; (806) 655-7087		8 PM					
Childress – Journey to Freedom AFG First United Methodist Church, 201 Ave D NE 806-368-2383					7:00 PM		
Dalhart 517 Rock Island, Central United Methodist Church 806-249-4381			8 PM Not Meeting				
Dimmitt 103 SW 2 nd St. Rhoads Memorial Library, 806-845-2553, 806-781-1083; 806-333-5381			5 PM				
Pampa Open Door 504 W. Kingsmill, 915-637-4541		12 Noon					
Spearman 511 SW 11 th St., West end Pitman-Shieldknight Bldg. 806-898-9422; 806-330-2383			8 PM				

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Newcomers are welcome at all meetings, although some meetings specifically focus on providing information for the newcomer. Some meetings focus on other areas of interest, such as parents of alcoholic children, children of alcoholic parents or study of the 12 Steps. **Alateen meetings are *only* open to teens aged 10-19 and group sponsors, unless the teens have voted to open the meeting to others.** For more information about Alateens, please email the group coordinator at hobbs.alateen@gmail.com.

What is Al-Anon?

Al-Anon is a fellowship of people who have been affected by the alcohol or other substance abuse of a loved one. We meet regularly in small groups to absorb the strength and hope of others who have lived with an addicted person. We learn from the experience of others who have lived in similar situations. Alateen meetings are the same as Al-Anon meetings except that Alateen is restricted to people under age 20 who live, or have lived, with someone who abuses alcohol or drugs. Alateen meetings include one or two Al-Anon sponsors. If you are living with a person with an alcohol or drug problem, or if in the past you have lived with an alcohol abuser, please try some of our meetings. We have survived the same problems you are experiencing. If you know someone who is living with an alcoholic or drug abuser, or whose life has been affected by substance abuse, please urge him or her to try an Al-Anon meeting (or an Alateen meeting if this person is young).

The most difficult part of joining Al-Anon and Alateen is finding the courage to walk into the first meeting. The welcome we each received in our first meeting has given us the willingness to return. Hearing from others who have been where we are gives us hope. Discovering that each of us is accepted unconditionally, no matter what problems we have, is a relief. Being a part of a recovery process gives us strength. Some groups meet once a week and others meet more often. There are a few groups that have meetings every day, and sometimes several meetings per day. Some groups have 30 or more attendees and some groups have three or four regular members. Some groups tend to have a broad mixture of people, with a variety of relationships to alcoholics and drug abusers, of various generations, etc., while some groups tend to be people in very similar circumstances. If you are new to Al-Anon, we urge you to try several groups, if at all possible. You may identify with some groups more than others.

Serenity 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.

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 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 our 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 the families of alcoholics and by giving understanding and encouragement to the alcoholic.



West Texas District 1
Al-Anon/Alateen Information Services
P.O. Box 2524
Amarillo, TX 79105
(806) 371-6366
www.amarilloareaalanon.net

West Texas Area 54
www.texas-al-anon.org

Al-Anon World Service Headquarters
(888) 425-2666
M-F 8AM-6PM (EST)
www.al-anon.alateen.org
email: wso@al-anon.org