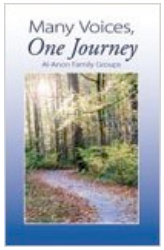
Texas Al-Anon / Alateen
...friends and families of alcoholics

South Town Al-Anon Family Group
Meeting Specifics

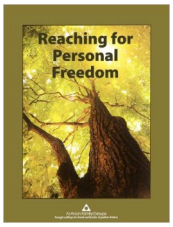
South Town Mondays
Time: 8:00pm

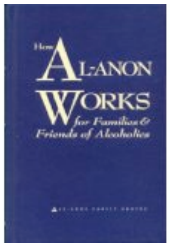
1st Monday - Many Voices, One Journey
2nd Monday - How Al-Anon Works
3rd Monday - Acceptance
4th Monday - Detachment
(5th Monday - Open Sharing)
Acceptance, Detachment, and Open Sharing meetings may utilize multiple books to influence our discussion and sharing.



South Town Tuesdays
Time: 8:00pm

1st Tuesday - Speaker Meeting
2nd Tuesday - Reaching for Personal Freedom
3rd Tuesday - Open Sharing
4th Tuesday - Slogan Meeting
(5th Tuesday - Open Sharing)
Open Sharing and Slogan meetings may utilize multiple books to influence our discussion and sharing.





Slogans

Keep **I**t **S**imple	**B**ut for the **G**race of **G**od
Easy **D**oes **I**t	**K**eep an **O**pen **M**ind
Just **F**or **T**oday	**L**et **I**t **B**egin **W**ith **M**e
Think	**H**ow **I**mportant **I**s **I**t?
Live and **L**et **L**ive	**L**et **G**o and **L**et **G**od
First **T**hings **F**irst	**O**ne **D**ay at a **T**ime

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.

Serenity Prayer
God grand me the serenity to accept the things I cannot change, Courage to change the things I can, and the Wisdom to know the difference.

Do's and Don'ts

Do... Forgive. Be honest with yourself. Be humble. Take it Easy - Tension is Harmful. Play - Find Recreation and Hobbies. Keep on trying whenever you fail. Learn all the facts about alcoholism. Attend Al-Anon meetings often. Pray.

Don't... Be Self-righteous. Try to dominate, nag, scold, or complain. Lose your temper. Try to push anyone but yourself. Keep bringing up the past. Keep checking up on your alcoholic Wallow in self-pity. Make threats you don't intend to carry out. Be over-protective. Be a doormat.

UPCOMING SPEAKERS

1 April 2014 - Lorrie C.
from Unity Al-Anon Group, Denton, TX

6 May 2014 - Nancy B.
from Unity Al-Anon Group, Denton, TX

(refreshments will be available)