

## Directions to Our Centre Region Al-Anon Meetings:

Note: if you arrive at one of our meetings and it is already in progress, please come in anyway. We will welcome you and continue with our meeting.

**Milesburg** - Meets at the Milesburg Presbyterian Church (814) 355-0890 at 103 Turnpike Street in Milesburg. Call church for explicit directions to the meeting.

**Mill Hall** - Meets at the Presbyterian Church (570) 726-4112 at 109 Main St. in Mill Hall. Enter the front door, and the meeting room is straight in front of the front door. The contact person for this group is Donna at (814) 625-2657.

**State College** (Friday) - Meets at the University Baptist and Brethren Church (814) 237-2708 at 411 S. Burrowes St. in State College. From W. Beaver Ave. (State Route 26) (Beaver is a one-way street), take a right on Burrowes St., go past W. Nittany Ave. and look to the left. The church is a gray stone structure and is between W. Nittany Ave. and Robin Alley (Burrowes Ave. dead ends one street past the church at W. Fairmount Ave.). You should find available parking on Burrowes Ave. or on one of the other streets near the church. The entrance to the meeting is off the side door of the church on Robin Alley (there are two side doors; the one you want has a sign on the door that says "Pastor's Study" and "Church Office"). Go through the door, down the stairs, through the door at the bottom of the steps, which opens up to the meeting room.

**State College** (Sunday) - Meets at the Faith United Church of Christ (814) 237-3904 on the corner of E. College and Locust Lane in State College. Enter the door off of Locust Lane that says "Church Office." Take the elevator to the third floor. Exit the elevator and go to the left. The meeting room is immediately down the hall to the right. Please do not park behind the church. On Sunday, parking is free in several areas around the church. Covered parking can be found at the McAllister Street Parking Deck, a block west of the church (between E. College and E. Beaver Avenues) and is usually free (signs are posted when the meters must be utilized).

**AL-ANON**

*for families & friends of alcoholics*



## Pennsylvania Centre Region Al-Anon Groups

- Milesburg - **Milesburg Presbyterian Church**, Fridays, 8:00-9:00 p.m. (AA and Al-Anon meeting)
- Mill Hall - **Presbyterian Church**, Wednesdays, 8:00-9:00 p.m.
- State College (Friday) - **University Baptist and Brethren Church**, Fridays, 7:00-8:00 p.m.
- State College (Sunday) - **Faith United Church of Christ**, Sundays, 7:00-8:00 p.m.

*For directions to these meetings and the most current information on Al-Anon, please go to our website at,*

[www.personal.psu.edu/mhb4/al-anon](http://www.personal.psu.edu/mhb4/al-anon)

### What is Al-Anon?

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. Many people who have problems with someone else's drinking, substance abuse, or any other addiction are able to find help by attending Al-Anon.

One of the popular misconceptions about Al-Anon is that we can somehow help you "manage" the alcoholic or addict in your life. Nothing could be further from the truth. Instead, we start by admitting that we are "powerless over alcohol--that our lives had become unmanageable." If we are powerless over alcohol, then certainly we are powerless to change the alcoholic. We cannot change the alcoholic; we can only change ourselves through the 12 Steps with the help of our Al-Anon groups and, especially, the God of our Understanding. Accordingly, at Al-Anon we don't focus on the alcoholic in our lives; instead, we focus on ourselves and how we can find recovery whether or not the alcoholic in our lives is in recovery. We invite those of you who think you might find help among us to attend and see if you, too, will find the wonderful gift of serenity through one or more of our Al-Anon groups.

## **The Serenity Prayer**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

## **The Twelve Steps of Al-Anon**

Study of these Steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever his or her personal creed. In Al-Anon, we strive for an ever-deeper understanding of these Steps and pray for the wisdom to apply them to our lives.

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.

## ***Just for Today*** (Adapted from Al-Anon brochure M-12)

**Just for today** I will try to live through this day only and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

**Just for today** I will be happy. This idea assumes to be true what Abraham Lincoln said, “Most folks are as happy as they make up their minds to be.”

**Just for today** I will adjust myself to what is and not try to adjust everything to my own desires. I will take my “luck” as it comes and fit myself to it.

**Just for today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

**Just for today** I will focus on what I can control, not on the things I can’t control. I will also realize that the only one I can truly control is myself.

**Just for today** I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, and criticize not one bit. I won’t find fault with anything nor try to improve or regulate anybody but myself.

**Just for today** I will plan my day in such a way that I take care of my needs. I may not follow my plan exactly, but I will have it. I will save myself from two pests: hurry and indecision.

**Just for today** I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

**Just for today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.