

MONDAY

- 1:00 p.m. **Monday Afternoon Book Study AFG**
Duluth Alano Club
3009 Restormel Street
Duluth, MN 55806
- 6:00 p.m. **Two Harbors AFG**
* Living Waters Fellowship
501 7th Ave
Two Harbors, MN 55616
- 6:30 p.m. **Grace AFG**
* Grace Lutheran Church
5454 Miller Trunk Hwy
Hermantown, MN 55811
- 7:00 p.m. **Mon Night East End AFG**
Pilgrim Congregational Church
2310 E Fourth St
Duluth, MN 55812
- 7:00 p.m. **Monday Night AFG**
* First Congregational Church
(Fireside Room)
300 West 2nd Street
Grand Marais, MN 55604

TUESDAY

- 10:00 a.m. **Tuesday Morning AFG**
* Cloquet Alano Club
103 10th Street
Cloquet, MN 55720
- 5:00 p.m. **How AI-Anon Works AFG**
Duluth Alano Club
3009 Restormel Street
Duluth, MN 55806
- 6:00 p.m. **Serenity Seekers**
* Bethesda Luth Church
204 5th St.
Carlton, MN 55718
Zoom ID = 448 688 2964
PW = no password
- 6:00 p.m. **Tuesday Shared Hope AFG**
Zion Lutheran Church
2022 E. 2nd St.
Superior, WI 54880

WEDNESDAY

- 12:00 p.m. **Downtown AFG**
First Lutheran Church
1100 E. Superior St
Duluth, MN 55802
Zoom ID = 852 6043 3606
PW = No password
- 7:00 p.m. **Woodland AFG**
* Hope United Methodist Church
301 W St. Marie Street
Duluth, MN 55803
Zoom ID = 466 268 914
PW = odat6241
- 7:00 p.m. **Three Legacies**
Duluth Alano Club
3009 Restormel Street
Duluth, MN 55806
Zoom ID = 937 605 315
PW = 12
- 7:00 p.m. **Cook County West End AFG**
* Lutsen Fire Hall
116 Caribou Trail (Hwy 61)
Lutsen, MN 55612

THURSDAY

- 1:00 p.m. **Lakeside Thursday AFG – Just for Today**
Lutheran Church of the Good Shepherd
1325 N. 45th Avenue E.
Duluth, MN 55804
- 6:00 p.m. **Living the Legacies**
* Cloquet Alano Club
103 10th Street
Cloquet, MN 55720
- 7:00 p.m. **Arlington AFG**
* Holy Cross Lutheran Church
410 N. Arlington Avenue
Duluth, MN 55811
Zoom ID = 982 257 364
PW = 12

FRIDAY

- 11:00 a.m. **Friday Freedom AFG**
* St. Paul's Episcopal Church
The Carriage House
1710 E. Superior Street
Duluth, MN 55812

SATURDAY

- 10:30 a.m. **Saturday Shared Hope AFG**
Superior John Club
1609 John Avenue
Superior, WI 54880
- 10:30 a.m. **Saturday Morning Spiritual Awakening with Daily Readers AFG**
Zoom ID = 796 201 975
PW = 12

SUNDAY

- 9:30 a.m. **Sunday Legacies AFG**
Zoom ID = 830 6911 026
PW = 823871
- 5:00 p.m. **Sunday Serenity AFG**
Peace Church
1111 N. 11th Ave E.
Duluth, MN 55805

ALATEEN available electronic meetings can be found at <https://al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting/>

* = Handicap accessible meeting
= Childcare Available

All Meetings are Non-Smoking

Zoom meeting is available if Zoom ID is provided

AI-Anon

Meeting Directory District 29-011

Serenity 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.

AA-Intergroup - (218)727-8117

Superior AA - (715)394-9824

District Mailing Address

Dist 29-011

PO Box 16126

Duluth, MN 55816

The most up to date printable list of meetings can be found on the Minnesota North Area Website – <https://www.minnesotanorth-al-anon.org>

If you need an AI-Anon speaker for your classroom or treatment center or if you would like AI-Anon to participate in your health fair or conference, contact us at:

publicinfoalanondist29011@gmail.com

AL-ANON'S TWELVE STEPS

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'S TWELVE TRADITIONS

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 A.A. *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 cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, 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.

What is Al-Anon?

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 that 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 FAMILY GROUPS
hope for families & friends of alcoholics

Al-Anon Meeting Directory District 29-011

District Business Meetings:
3rd Tues. of each month at 5:30 p.m.
First United Methodist Church
230 E Skyline Pkwy
Duluth MN 55811

Al-Anon Family Group Headquarters
1600 Corporate Landing Pkwy
Virginia Beach, VA 23453
1-888-425-2666
www.al-anon.alateen.org

Updated 01/05/2025