

AL-ANON AND ALATEEN

Northern Virginia Directory

Now on-line: alanonva.com
Under "Meetings"

April 2018

Location:

AL-ANON SERVICE CENTER

900 S Washington St., Suite G-16
Falls Church VA 22046
(703) 534-HELP (4357)
E-mail: info@alanonva.com

WORLD-WIDE MEETINGS

800-344-2666 8:00am - 6:00pm
WSO: (757) 563-1600
WSO Website:
<http://www.al-anon.alateen.org>

Service Center Hours

*Tuesdays, Thursdays, and Saturdays
12:30-4:00 pm*

Closed for holidays and inclement weather

*Sells Conference Approved Literature
(Call first - we are staffed by volunteers)*

Payment by Check Preferred

HELP FOR SPOUSES
RELATIVES
AND FRIENDS
OF PROBLEM DRINKERS



Volunteer on duty 24 hours
(703) 534-HELP (4357)
(877) 339-8350 (Local Toll Free No.)

For Meetings in DC and MD Call
(202) 635-2023

SPECIALTY MEETINGS LISTED AT END OF DIRECTORY

TUESDAY MEETINGS

1:00 PM TUE Woodbridge
FINDING OURSELVES THROUGH REC
First Presbyterian Church of Dale
14391 Minnieville Rd. 22193
WSO: 05 TUE 30692712

SUNDAY MEETINGS

5:30 PM SUN Alexandria
Awesome AFG
Downtown Baptist Church
212 S. Washington St. 22314
WSO: 05 SUN 30685581

5:30 PM SUN Alexandria
AWESOME ALATEEN
Downtown Baptist Church
212 S. Washington St. 22314
WSO: 05 SUN 30509054 ALATEEN ONLY
Ages 7-18; second doorway on the right to basement.

6:00 PM SUN Alexandria
PARENTS AFG
Downtown Baptist Church
212 South Washington 22314
WSO: 05 SUN 063815 PARENTS
Front door locked - please arrive on time

6:00 PM SUN Falls Church
LADIES NIGHT OUT AFG
INOVA Fairfax Hospital
3300 Gallows Road 22046
WSO: 05 SUN 062182 OPEN
Physicians Conf Ctr, Rm 1D (Blue Entrance)

6:00 PM SUN Woodbridge (AA)
LOVING LIFE AFG
Rebos Woodbridge Va Club
12902 Occoquan Rd. 22192
WSO: 05 SUN 052848 OPEN
Go through "lobby" to mtg room; speaker meeting.

6:30 PM SUN Stephens City
THANK GOODNESS IT'S SUNDAY AF
Unity of the Shenandoah
6460 Valley Pike 22655
WSO: 05 SUN 30587723 OPEN

7:00 PM SUN Burke
INNER PEACEMAKERS ADULT CHILD
Burke United Methodist Church
6200 Burke Centre Pkw 22015
WSO: 05 SUN 047071 ADULT CHILD
From lobby, follow sign (downstairs)

7:00 PM SUN Fredericksburg
DOMINGO SERENO GFA
Peace United Methodist Church
801 Maple Grove Drive 22407-6
WSO: 05 SUN 30651674 SPANISH
Group meets 3rd Sunday of each month ONLY

SUNDAY MEETINGS

7:00 PM SUN Fredericksburg
LIVING LEGACIES AFG
Christ Covenant Church
5044 Plank Road 22407-6
WSO: 05 SUN 30545786

7:15 PM SUN Alexandria (N AA)
SUNDAY EVENING OLD TOWN AFG
Downtown Baptist Church
212 S. Washington St. 22314
WSO: 05 SUN 044148
1st Floor

7:30 PM SUN Arlington (AA)
SOUTH ARLINGTON AFG
Trinity Episcopal Church
2217 Columbia Pike 22204
WSO: 05 SUN 032695

7:30 PM SUN Herndon
SERENITY SEEKERS AFG
St. Timothy's Episcopal Church
432 Van Buren St. 20170-5
WSO: 05 SUN 30678421

7:30 PM SUN Herndon
SERENITY SEEKERS AFG/AC
St. Timothy's Episcopal Church
432 Van Buren Street 20170-5
WSO: 05 SUN 038411 ADULT CHILD

7:30 PM SUN Springfield (AA AL)
SPRINGFIELD 12 & 12 AFG
Messiah Methodist Church
6215 Rolling Rd 22152
WSO: 05 SUN 050158 GROUP/CLOSED
The Springfield Beginner's Meeting is hosted by the Springfield 12 & 12 Meeting and show the same WSO.; Rm 205, Step & Tradition Study Group.

8:00 PM SUN Haymarket
JUST FOR TODAY AFG
Haymarket Baptist Church
14800 Washington St 20169
WSO: 05 SUN 501653 CLOSED

MONDAY MEETINGS

10:00 AM MON Annandale
SERENITY SEEKERS AFG
St. Barnabas Episcopal Church
4801 Ravensworth Rd. 22003
WSO: 05 MON 013790 CLOSED

10:00 AM MON Fredericksburg
SERENITY SEEKERS AFG
Salem Baptist Church
4044 Plank Road 22407
WSO: 05 MON 063017 Children welcome
Children welcome with caregivers- no babysitting available

MONDAY MEETINGS

7:30 AM MON Winchester
BREAKFAST ON PICCADILLY AFG
The Stone House
301 W Piccadilly Street 22604
WSO: 05 MON 30634838 OPEN

12:00 NOON MON Manassas
GOOD MORNING MANASSAS AFG
Bethel Lutheran Church
8712 Plantation Lane 20110-4
WSO: 05 MON 013936 OPEN
Meets in Room B8, Handicap Access

12:00 NOON MON Reston
RESTON LUNCH AFG - MONDAY
St. Anne's Episcopal Church
1700 Wainwright Dr. 20190
WSO: 05 MON 062752 STEP STUDY

12:30 PM MON Woodbridge
MONDAY STEP MEDITATORS AFG
Christ Chapel Parlor
13909 Smoketown Rd 20110-4
WSO: 05 MON 30509886 L-ANON w/SITTER
Babysitting available

7:00 PM MON Arlington
FE Y PACIENCIA
San Jose Episcopal Church/Iglesia
911 N. Oakland St. 22203
WSO: 05 MON 30556527 SPANISH
Now in church bldg., up steps, at red door

7:00 PM MON Falls Church (AA)
HALF MEASURES AVAILABLE US NOTHI
Unity Club - Room 3
116 B West Broad Street 22046-4
WSO: 05 MON 064511 DISCUSSION
Room 3, behind coffee bar

7:00 PM MON Front Royal
MELLOW MONDAYS AFG
Calvary Episcopal Church (Weber)
11 West 2nd Street 22630
WSO: 05 MON 30663333

7:00 PM MON Herndon (AA, HCP)
HOPE AFG
St. Timothy's Episcopal Church
432 Van Buren Street 20170-5
WSO: 05 MON 047542 OPEN

7:00 PM MON Warrenton
PROGRESS NOT PERFECTION ALAT -Anon, AA
Warrenton United Methodist Church
341 Church St. 20186
WSO: 05 MON 30589034 ALATEEN ONLY
AMIAS: Cathie Davis & Susan Sharp

7:00 PM MON Warrenton (AA)
STEPPING INTO RECOVERY AFG
Warrenton United Methodist Church
341 Church St 20186-2
WSO: 05 MON 045256 OPEN

MONDAY MEETINGS

7:00 PM MON Woodbridge
GUYS & GALS AFG (AA AT)
St. Paul's Methodist Church
1400 G. St 22191
WSO: 05 MON 043068 CLOSED

7:30 PM MON Alexandria
MT. VERNON AFG (AA)
Aldersgate United Methodist Church
1301 Collingwood Road 22308-1
WSO: 05 MON 013767 CLOSED

7:30 PM MON Alexandria
N 2 RELATIONSHIPS AFG
Peace Lutheran Church
6362 Lincolnia Road 22312
WSO: 05 MON 065566 -RELATIONSHIPS
Adult Education Building; classroom #1; entrance on Summit Pl., near traffic circle.

7:30 PM MON Front Royal
HAPPY JOYOUS & FREE AFG s, 7:00 PM;
7th Day Adventist Church
431 W 14th Street (Ann 22630
WSO: 05 MON 048142 OPEN
11/08/2017, updated time and beginners meeting;
12/17/16 - change of meeting place. 6/24/16
updated info; & W. 2nd St; Weber Hall - 2nd
Floor. Bldg is cattycorner from church. Members
gather for a meditation meeting at 7pm before the
regular meeting.

7:30 PM MON Woodbridge
K I S S ALATEEN (AL AA)
St. Paul's Methodist Church / Roo
1400 G Street 22191-1
WSO: 05 MON 044506 ALATEEN ONLY
Closed; Group AMJAS; Ages 10 to 20

8:00 PM MON Fredericksburg
COLLEGE HEIGHTS AFG (AA)
Trinity Episcopal Church
825 College Avenue 22401-5
WSO: 05 MON 013879

8:00 PM MON Middleburg
MIDDLEBURG AFG (AA)
Emmanuel Episcopal Church
105 W. Washington St. 21007
WSO: 05 MON 013945

8:00 PM MON Springfield
SPRINGFIELD EAST AFG
St. Mark's Lutheran Church
5800 Backlick Rd 22150
WSO: 05 MON 014037 CLOSED

8:30 PM MON Herndon
JUST FOR TODAY AFG (AA, HCP)
St. Timothy's Episcopal Church
432 Van Buren Street 20170-5
WSO: 05 MON 013906 CLOSED
At Spring Street; handicap access

MONDAY MEETINGS

8:30 PM MON Manassas
MONDAY MIRACLES AFG (AA)
Bethel Lutheran Church
8712 Plantation Lane 20110-4
WSO: 05 MON 038648 CLOSED
Handicap Access can be arranged at back
entrance, Room 309

TUESDAY MEETINGS

07:15 AM TUE Falls Church
TUESDAY MORN SERENITY AFG (AA)
Unity Club - Room 2
116 B West Broad St 22046-4
WSO: 05 TUE 043563 STEP STUDY
Room 2

11:30 AM TUE Winchester
BUTTERFLY AFG
The Stone House
301 W. Picadilly St. 22601
WSO: 05 TUE 014082
In stone house beside church.

6:00 AM TUE Falls Church
COURAGE TO CHANGE AFG
The Unity Club
116 W Broad Street 22046
WSO: 05 TUE 30685937 OPEN
Take stairs up one flight.

12:00 NOON TUE Alexandria
OLD TOWN NOON AFG - TUE (AA)
Christ Episcopal Church
118 N Washington St 22314
WSO: 05 TUE 013770
Meets at NOON; Downstairs Brown Bag Lunch

12:00 NOON TUE Reston
RESTON LUNCH AFG - TUESDAY
St. Anne's Episcopal Church
1700 Wainwright Dr. 20190
WSO: 05 TUE 062752 ADULT CHILD

12:15 PM TUE Warrenton
AFTERNOON DELIGHT AFG
Warrenton Church of Christ
6398 Lee Highway Acce 20187
WSO: 05 TUE 051358 OPEN
Across from Outback on service road

12:30 PM TUE New Market
BELIEVE IN TOMORROW WOMEN'S G
Reformation Lutheran Church
9283 Congress St. 22844
WSO: 05 TUE 30657934

6:30 PM TUE Alexandria
MILL ROAD AFG
Alexandria Community Services B
2355 Mill Road 22314
WSO: 05 TUE 30663261 CLOSED
On 1st, 3rd, & 5th Tuesdays of the month

TUESDAY MEETINGS

7:00 PM TUE Alexandria
DEL RAY WOMEN'S GROUP AFG
Alexandria Church of the Nazaren
20 East Braddock Rd. 22314
WSO: 05 TUE 502480 WOMEN'S STEP
Front Door, Downstairs

7:00 PM TUE Herndon
TUESDAY 12 & 12 AFG (AA at 7PM)
St. Timothy's Episcopal Church
432 Van Buren St 20170
WSO: 05 TUE 042756 STEP STUDY
Pre-school entrance, Rm. 8A

7:00 PM TUE Locust Grove
LAKE OF THE WOODS AFG
Lake of the Woods Church
1 Church Lane 22508
WSO: 05 TUE 30589462

7:00 PM TUE Manassas
SEARCH FOR SERENITY AFG
Bethel Lutheran Church / Room
8712 Plantation Ln 20110
WSO: 05 TUE 043868 CLOSED
Room B7

7:00 PM TUE McLean
McLean AFG (VOLUNTEER COORD. -
McLean Presbyterian Church - Ba
1020 Balls Hill Road 22101
WSO: 05 TUE 30668715 OPEN
Meet in basement in rooms 16 and 17

7:00 PM TUE Warrenton
TUESDAY NIGHT SERENITY AFG
Warrenton Presbyterian Church
91 Main St 20186
WSO: 05 TUE 014075 OPEN
Assoc. Sat. mtg. is @ 8:30 PM Enter around back

7:00 PM TUE Woodbridge
HEALING HOUR AFG
Emeritus at Lake Ridge
3940 Prince William Par 22192
WSO: 05 TUE 064285 STEP
Next to Crown Gas Station, in the library

7:15 PM TUE Alexandria
SERENIDAD GFA
El Buen Pastor
8710 Mt. Vernon Hwy., 22309
WSO: 05 TUE 30576443 SPANISH
Rm. 5, Open beginners meeting, handicap access

7:30 PM TUE Alexandria
GROVETON STEP AFG
Groveton Baptist Church
6511 Richmond Hwy. 22306
WSO: 05 TUE 043417 OPEN
Handicap accessible HCP; step study;

7:30 PM TUE Annandale
POWERLESS PARENTS AFG (AA)
Ravensworth Baptist Church
5100 Ravensworth Dr 22003
WSO: 05 TUE 053114 PARENTS

TUESDAY MEETINGS

7:30 PM TUE Leesburg
TUESDAY EVENING AFG
Loudoun Club 12
58 Sycolin Road, SE 20175
[WSO: 05 TUE 067234](#)

8:00 PM TUE Fairfax
STEPPING STONES AFG
Fairfax Church of Christ
3901 Rugby Rd., Rm. 2 22033
[WSO: 05 TUE 013854](#) OPEN
HCPs enter in rear (off Fairfax Co Pkwy)

8:00 PM TUE Falls Church (AA HCP)
CROSSROADS AFG
Columbia Baptist Church
103 W Columbia St 22046
[WSO: 05 TUE 013864](#) DISCUSSION
Room 101

8:00 PM TUE Fredericksburg
MINI FISFITS
Salem Baptist Church
4044 Plank Rd 22407
[WSO: 05 TUE 30549743](#) ALATEEN
Ages 7-19 years old

8:00 PM TUE Fredericksburg
STEP BY STEP AFG
Salem Baptist Church
4044 Plank Road 22407
[WSO: 05 TUE 048590](#)
STEP STUDY

8:00 PM TUE McLean
CHESTERBROOK AFG
Lewinsville Presbyterian Church
1724 Chain Bridge Road 22101
[WSO: 05 TUE 013944](#) CLOSED

8:00 PM TUE Purcellville
PURCELLVILLE AFG
Bethany United Methodist Church
100 West Main Street 20134
[WSO: 05 TUE 30662821](#) OPEN
Go down the basement through the fellowship hall and through the kitchen.

8:15 PM TUE Berryville (AA) (NS)
BERRYVILLE BATS IN THE BELFRY A
Grace Episcopal Church
110 N. Church at Liberty 22611
[WSO: 05 TUE 040815](#) OPEN
Meets in Parish Hall, across from the church

8:15 PM TUE Purcellville (AA)
PURCELLVILLE AFG
Bethany Methodist Church
100 West Main St 20132-3
[WSO: 05 TUE 013979](#)
Off Rt 7 at blinking light. Meets in Assembly Hall

WEDNESDAY MEETINGS

WEDNESDAY MEETINGS

10:15 AM WED Burke (HCP)
JOY OF LIVING AFG
Burke Lake Gardens
9608 Old Keene Mill Rd 22015-4
[WSO: 05 WE 013813](#) OPEN
DO NOT PARK AT BURKE LAKE GARDEN,
PARK IN CHURCH NEXT DOOR IN FIRST LOT
ON LEFT.

12:00 NOON WED Reston
RESTON LUNCH AFG - WEDNESDAY
St. Anne's Episcopal Church
1700 Wainwright Dr. 20190
[WSO: 05 WE 062752](#) STEP STUDY

12:00 PM WED Arlington
HIGH NOONERS
Trinity Presbyterian Church
5533 16th Street North, 22205
[WSO: 05 WE 30687694](#) OPEN

Follow signs to church office; Upstairs in the Nonprofit conference room;

12:15 PM WED Front Royal
HALFTIME AFG
7th Day Adventist Church
431 W 14th Street 22630
[WSO: 05 WE 30693518](#) OPEN

12:15 PM WED Leesburg (HCP)
BROWN BAG AFG
Leesburg Presbyterian Church
207 W. Market Street 20176
[WSO: 05 WE 035602](#)
Enter double door, Upstairs Rm. 10

6:00 PM WED Alexandria
ALEXANDRIA MEN'S AFG
Fairlington Presbyterian Church
3846 King Street 22302
[WSO: 05 WE 30503146](#) MEN'S
1st Floor lounge

7:00 PM WED Alexandria
SURVIVAL TO RECOVERY AFG/AC
First Baptist Church of Alexandria
2932 King Street 22302
[WSO: 05 WE 501303](#) ADULT CHILD
New meeting room-Rm 152A.

7:00 PM WED Fredericksburg
ALL DAY I DREAM ABOUT SERENITY
Peace United Methodist Church
801 Maple Grove Dr 22407
[WSO: 05 WE 063770](#) ALATEEN ONLY
Ages 7+

7:00 PM WED Fredericksburg (AA & AT)
OVER THE RAINBOW AFG
Peace United Methodist Church
801 Maple Grove Drive 22407-6
[WSO: 05 WE 063711](#)
Behind Wal-Mart and Rt. 3 West

WEDNESDAY MEETINGS

7:00 PM WED Leesburg (AA)
FINALLY HERE AFG
Loudoun Club 12
58 Sycolin Rd. SE 20175
[WSO: 05 WE 30604843](#)
Open

7:00 PM WED Leesburg
JOC ALATEEN
Loudoun County Juvenile Detenti
42020 Loudoun Center 20175-8
[WSO: 05 WE 30607235](#) CLOSED

7:00 PM WED Leesburg
WEDNESDAY EVENING ALATEEN
Loudoun Club 12
58 Sycolin Rd. SE Lees 20175
[WSO: 05 WE 30660472](#) ALATEEN ONLY
Ages 13 - 19, English

7:00 PM WED Manassas (AA)
BACK TO BASICS AFG
Bethel Lutheran Church - Room B
8712 Plantation Ln. 20110
[WSO: 05 WE 063816](#) STEP STUDY

7:30 PM WED Fairfax (AA)
UNIVERSITY AFG
St. George's United Methodist Ch
4910 Ox Road 22030
[WSO: 05 WE 013861](#) CLOSED
Near George Mason University

7:30 PM WED Reston
WEDNESDAY NIGHT 4-MEN AFG
Saint Thomas a Becket Catholic
1421 Wiehle Ave. 20190-3
[WSO: 05 WE 046642](#) MEN'S
Men Only

7:30 PM WED Winchester (HCP)
WALTZ STEP AFG
John Baden Community Center/C
11 N. Washington Stree 22601
[WSO: 05 WE 027873](#) STEP STUDY/OPEN
Use side door from parking lot

8:00 PM WED Alexandria
ARLANDRIA AL-ANON
Grace Episcopal Church
3601 Russell Rd., Rm. 22305
[WSO: 05 WE 042219](#)
Rm 307

8:00 PM WED Falls Church
FORTALEZA Y ESPERANZA GFA
St. Anthony's Catholic Church/Igl
3305 Glen Carlyn Rd. 22041
[WSO: 05 WE 504082](#) SPANISH
Basement, Salon #2

WEDNESDAY MEETINGS

8:00 PM WED McLean (AA)
SERENITY ONE AFG
Lutheran Church of the Redeeme
1545 Chain Bridge Roa 22101
WSO: 05 WE 013872 ADULT CHILD
Located at the corner of Westmoreland Street
and Chain Bridge Road

8:30 PM WED Centreville (AA)
WEDNESDAY MIRACLES AFG
Centreville United Methodist Chur
6400 Old Centreville Rd 20121-2
WSO: 05 WE 013815 OPEN
Upstairs, Rm. 212

8:30 PM WED Manassas (N AA)
WEDNESDAY WINNERS AFG
Bethel Lutheran Church
8712 Plantation Lane 20110
WSO: 05 WE 013940 NEWCOMERS
Room B7

THURSDAY MEETINGS

10:00 AM THU Falls Church
GREAT EXPECTATIONS AFG
Holy Trinity Lutheran Church
3022 Woodlawn Ave. 22042
WSO: 05 THU 013867 L-ANON w/SITTER
10 -11:15 AM Sitter Available. Arlington Blvd &
Woodlawn; also handicap accessible. Use side
door.

10:00 AM THU Leesburg
BRING YOUR OWN PAPER WRITING
Holy Trinity Lutheran Church
605 West Market St. 20176
WSO: 05 THU 30620507 Handicap access
Conference room next to church office; This is
awriting meeting;

10:00 AM THU Manassas (HCP AA)
HOPE AND HELP AFG
Sacred Heart Church
12975 Purcell Rd. 20112
WSO: 05 THU 028113 OPEN

10:30 AM THU Manassas
THURSDAY FORUM AFG
Bethel Lutheran Church / Room B
8712 Plantation Lane 20110-4
WSO: 05 THU 032340 CLOSED
Handicap access. Group meets in room B8.

12:00 NOON THU Alexandria (AA)
OLD TOWN NOON AFG - THU
Christ Episcopal Church
118 N Washington St 22314
WSO: 05 THU 013770
Meets at NOON; Downstairs Brown Bag Lunch

12:00 NOON THU Fredericksburg
SERENITY AT NOON AFG
Trinity Episcopal Church
825 College Ave 22401-5
WSO: 05 THU 038812
Meets at NOON

THURSDAY MEETINGS

12:00 NOON THU Reston
RESTON LUNCH AFG - THURSDAY
St. Anne's Episcopal Church
1700 Wainwright Dr. 20190
WSO: 05 THU 062752 STEP 4

12:00 PM THU Springfield
JUST FOR TODAY AFG
Messiah Methodist Church
6215 Rolling Road 22152
WSO: 05 THU 30657676 OPEN

12:15 PM THU Amissville
Hope on the Hill AFG
Amissville United Methodist Chur
14567 Lee Hwy. 20196
WSO: 05 THU 30636648 OPEN

7:00 PM FRI Falls Church
Young Peoples AFG
The Unity Club
116 W Broad Street 22046
WSO: 05 FRI 30695308 OPEN
116 W Broad Street

7:00 PM THU Fredericksburg
PROMISES OF GROWTH
St Matthias United Methodist Chu
426 Deacon Road 22405-1
WSO: 05 THU 503791

7:00 PM THU King George
SOLUTIONS AFG
St Johns Episcopal Church
9403 Kings Highway 22485
WSO: 05 THU 062516

7:15 PM THU Arlington
THURSDAY NITERS AFG
Trinity Episcopal Church
2217 Columbia Pike & S 22204
WSO: 05 THU 061000 CLOSED
At South Wayne Street, in Ground floor meeting
room.

7:15 PM THU Centreville
HOPE FOR TODAY AFG
Centreville Presbyterian Church
15450 Lee Hwy 20120
WSO: 05 THU 066814 CLOSED
Meet in room 101 (library). Room is handicapped
accessible.

7:30 PM THU Vienna
VIENNA THURSDAY NIGHT AFG
Vienna Presbyterian Church
124 Park Street NE/ Ro 22180
WSO: 05 THU 014051 OPEN
Enter off Park St (near intersection w/ Maple
Avenue-Rte 123). Parking lot (on left, enter main
building, and take elevator off main lobby to the
2nd floor --Room 203-204

THURSDAY MEETINGS

7:30 PM THU White Post
JUST IN TIME AFG
MACEDONIA METHODIST CHU
1941 MACEDONIA CH 22663
WSO: 05 THU 30611693

8:00 PM THU Orange
SEEKERS OF SERENITY AFG
Orange Presbyterian Church
162 West Main St. 22960
WSO: 05 THU 503873

8:00 PM THU Springfield AA
COURAGE TO CHANGE AFG
St Marks Lutheran Church
5800 Backlick Road 22150-3
WSO: 05 THU 014039 OPEN
Meeting in room 217.

8:00 PM THU Sterling
RENACER EN LA ESPERANZA GFA
Christ the Redemer Church/Iglesia
46833 Harry Byrd Hwy/ 20164
WSO: 05 THU 30532695 SPANISH
Salon #3

8:30 PM THU Fairfax (AA HCP)
NEW HOPE AFG
Providence Presbyterian Church
9019 Little River Turnpik 22031-3
WSO: 05 THU 013855
In classroom *behind* AA meeting - enter under
rear fire escape steps

8:30 PM THU Manassas (PT AA)
THUR NIGHT LIVE ALATEEN
Bethel Lutheran Church
8710 Plantation La. 20110
WSO: 05 THU 013935 ALATEEN ONLY
Ages 7+

FRIDAY MEETINGS

10:30 AM FRI Springfield
FRIDAY AM DISCUSSION AFG
Prince of Peace Lutheran Church
8304 Old Keene Mill Ro 22152
WSO: 05 FRI 060385 DISCUSSION

Next to Cardinal Plaza Shopping Ctr, entrance
from Traford La., behind church; Adult Education
#1;

7:15 AM FRI Falls Church (AA)
FIRST THINGS FIRST AFG
Unity Club - Room 2
116 B West Broad Stree 22046-4
WSO: 05 FRI 050343 OPEN
Unity Club Room 2

12:00 NOON FRI Manassas (AA)
NEW HOPE AFG
Bethel Lutheran Church
8712 Plantation Lane 20110
WSO: 05 FRI 054771 CLOSED
Meets at NOON, Room B7.

FRIDAY MEETINGS

12:00 NOON FRI Reston
 RESTON LUNCH AFG - FRIDAY
 St. Anne's Episcopal Church
 1700 Wainwright Dr. 20190
 WSO: 05 FRI 062752 STEP STUDY

12:00 PM FRI Winchester
 BETTER FRIDAYS AFG
 The Stone House
 301 West Piccadilly St. 22601
 WSO: 05 FRI 30590997 OPEN
 Group meets in Stone House

7:00 PM FRI Falls Church (AA)
 HEALTHY RELATIONSHIPS AFG
 Unity Club
 116B W. Broad Street 22046
 WSO: 05 FRI 30554519 OPEN
 Room 2

7:00 PM FRI Falls Church
 VALOR PARA CAMBIAR GFA HIJOS A
 St. Anthony's Catholic Church/Igl
 3305 Glen Carlyn Rd. 22041
 WSO: 05 FRI 053024 SPANISH
 Spanish only. Meets in Basement (Main Building),
 Salon #2

7:00 PM FRI Fredericksburg
 COURAGE TO BE ME ALATEEN
 Trinity Episcopal Church
 825 College Avenue 22401-5
 WSO: 05 FRI 065414 ALATEEN ONLY
 Ages 7+

7:00 PM FRI Fredericksburg
 NEW BEGINNINGS
 Trinity Episcopal Church
 825 College Ave 22401
 WSO: 05 FRI 051545

7:30 PM FRI Culpeper (AA)
 CULPEPER Friday AFG
 Culpeper United Methodist Church
 1233 Oaklawn Drive 22701
 WSO: 05 FRI 013838 Handicap access
 At Main St. and Business Rt. 29 South

7:30 PM FRI Manassas
 FRIDAY NIGHT WOMEN
 Buckhall United Methodist Church
 10251 Moore Drive 20111
 WSO: 05 FRI 30606710 CLOSED

8:00 PM FRI Fairfax (AA)
 FAIRFAX AFG
 Fairfax Presbyterian Church
 10723 Main St (Rt236) 22030
 WSO: 05 FRI 013853 CLOSED
 At end of Presbyterian La. - look for the blue
 street sign

FRIDAY MEETINGS

8:15 PM FRI Winchester (AA) (NS)
 FIG TREE AFG
 First Baptist Church
 141 N. Washington St. 22601
 WSO: 05 FRI 014083 OPEN
 Use side entrance, lower level

8:30 PM FRI Arlington
 BALLSTON AFG
 St. Michael's Episcopal Church
 1132 N. Ivanhoe St. 22205
 WSO: 05 FRI 013798 DISCUSSION
 One block off Washington Blvd. Use front Red
 door.

8:30 PM FRI Centreville
 RECOVERING PARENTS AFG
 Centreville United Methodist Church
 6400 Old Centreville Rd 20121
 WSO: 05 FRI 30502268 PARENTS

8:30 PM FRI Nokesville (AA)
 NOKESVILLE AFG
 Nokesville Methodist Church
 12550 Aden Rd 20181
 WSO: 05 FRI 040875 CLOSED
 Enter in rear.

SATURDAY MEETINGS

08:00 AM SAT Burke
 BURKE MENS' STEP AFG
 Burke United Methodist Church
 6200 Burke Center Park 22015
 WSO: 05 SAT 30582605 MEN'S
 Closed; Downstairs, Room B-7

08:00 AM SAT Manassas
 MANASSAS MEN'S AFG
 Bethel Lutheran Church
 8712 Plantation Ln 20110-4
 WSO: 05 SAT 30505917 MEN'S
 Meets in Rm. B7

08:00 AM SAT Reston
 4-M MENS AFG
 Washington Plaza Baptist Church
 1615 Washington Plaza 20190
 WSO: 05 SAT 046037 MEN'S
 Men Only

10:00 AM SAT Arlington
 AS WE UNDERSTOOD STEP STUDY A
 First Presbyterian Church of Arlin
 601 N. Vermont Street 22203
 WSO: 05 SAT 30564272 STEP STUDY
 Babysitting; Use parking lot at side of church,
 enter through double doors; meeting upstairs to
 right at end of hall.

10:00 AM SAT Arlington (AA)
 LET IT BEGIN WITH ME AFG
 Our Lady of Lourdes Cath. Church
 830 S 23rd Street 22202
 WSO: 05 SAT 013797 STEP STUDY
 Meets in Parish Hall - down stairs (right door)

SATURDAY MEETINGS

10:00 AM SAT Fredericksburg
 SURVIVING THE WEEKEND
 St. Mary's Catholic Church
 1009 Stafford Ave 22041
 WSO: 05 SAT 062690
 90 min meeting, 3rd Saturday speaker meeting

10:00 AM SAT Leesburg (HCP)
 THANK GOD IT'S SATURDAY AFG
 Holy Trinity Lutheran Church
 601 W. Market St. 20176
 WSO: 05 SAT 047696 CLOSED
 Beginner's Meeting at 9:30am. Regular meeting
 follows at 10am. Back basement door

10:00 AM SAT Strasburg
 FIRST SATURDAY AFG
 St. Paul's Lutheran Church
 156 W. Washington St. 22657
 WSO: 05 SAT 30624004 OPEN
 Use basement door on right side of church.

10:00 AM SAT Woodbridge
 SATURDAY SERENITY AFG
 Bethel United Methodist Church
 13506 Minnieville Rd. 22192
 WSO: 05 SAT 30642116 CLOSED

10:30 AM SAT Reston
 SATURDAY SERENITY AFG
 St. Anne's Episcopal
 1700 Wainwright Dr. 20190
 WSO: 05 SAT 503358 OPEN
 off N. Shore near Lake Ann

2:15 PM SAT Annandale
 BREATH OF LIFE AFG
 First Presbyterian Church of Anna
 7610 Newcastle Dr 22003-5
 WSO: 05 SAT 013789 CLOSED
 Enter church front, doord on right. Go through
 vestibule, library, hallway. First room on your right
 opposite kitchen.

7:00 PM SAT Manassas (AA)
 FRIENDSHIP AFG
 Trinity Episcopal Church
 9325 West St 20110
 WSO: 05 SAT 013937 ED/OPEN 3rd SAT
 Open Speakers Mtg. 3rd Saturday of even
 numbered month. Use side door.

7:00 PM SAT Springfield (AA)
 SPRINGFIELD BEGINNERS AFG
 Messiah Methodist Church
 6215 Rolling Rd. 22152
 WSO: 05 SAT 050158-1 EN-NEWCOMERS
 Rm 212

8:00 PM SAT Vienna (AA)
 VIENNA SAT NIGHT AFG
 Vienna Presbyterian Church
 124 Park St NE, Rm. 20 22180
 WSO: 05 SAT 014050 OPEN
 Rm. 205

SATURDAY MEETINGS

8:30 PM SAT Warrenton
SATURDAY NIGHT SERENITY AFG (AT AA)
Warrenton Presbyterian Church
91 Main St 20186
WSO: 05 SAT 014075 OPEN
Enter around back

SPECIALTY MEETINGS

ADULT CHILD

7:00 PM SUN Burke
INNER PEACEMAKERS ADULT CH
Burke United Methodist Church
6200 Burke Centre Pkwy 22015 ADULT CHILD
WSO#057 047071

From lobby, follow sign (downstairs)

7:30 PM SUN Herndon
SERENITY SEEKERS AFG/AC
St. Timothy's Episcopal Church
432 Van Buren Street 20170- ADULT CHILD
WSO#057 038411

12:00 NOON TUE Reston
RESTON LUNCH AFG - TUESDAY
St. Anne's Episcopal Church
1700 Wainwright Dr. 20190 ADULT CHILD
WSO#057 062752

7:00 PM WED Alexandria
SURVIVAL TO RECOVERY AFG/A
First Baptist Church of Alexandria
2932 King Street 22302 ADULT CHILD
WSO#057 501303

New meeting room-Rm 152A.

8:00 PM WED McLean (AA)
SERENITY ONE AFG
Lutheran Church of the Redeemer
1545 Chain Bridge Road 22101 ADULT CHILD
WSO#057 013872

Located at the corner of Westmoreland Street and Chain Bridge Road

AL-ANON w/SITTER

12:30 PM MON Woodbridge
MONDAY STEP MEDITATORS AF
Christ Chapel Parlor
13909 Smoketown Rd 20110- -ANON w/SITTER
WSO#057 30509886

Babysitting available

10:00 AM THU Falls Church
GREAT EXPECTATIONS AFG
Holy Trinity Lutheran Church
3022 Woodlawn Ave. 22042 -ANON w/SITTER
WSO#057 013867

10 -11:15 AM Sitter Available. Arlington Blvd & Woodlawn; also handicap accessible. Use side door.

ALATEEN ONLY

5:30 PM SUN Alexandria
AWESOME ALATEEN
Downtown Baptist Church
212 S. Washington St. 22314 ALATEEN ONLY
WSO#057 30509054

Ages 7-18; second doorway on the right to basement.

7:00 PM MON Warrenton
PROGRESS NOT PERFECTION AL (AL-Anon)
Warrenton United Methodist Church
341 Church St. 20186 ALATEEN ONLY
WSO#057 30589034

AMIAS: Cathie Davis & Susan Sharp

7:30 PM MON Woodbridge (AL AA)
K I S S ALATEEN
St. Paul's Methodist Church / Room 1
1400 G Street 22191- ALATEEN ONLY
WSO#057 044506

Closed; Group AM[AS; Ages 10 to 20

7:00 PM WED Fredericksburg
ALL DAY I DREAM ABOUT SEREN
Peace United Methodist Church
801 Maple Grove Dr 22407 ALATEEN ONLY
WSO#057 063770

Ages 7+

7:00 PM WED Leesburg
WEDNESDAY EVENING ALATEEN
Loudoun Club 12
58 Sycolin Rd. SE Leesbu 20175 ALATEEN ONLY
WSO#057 30660472

Ages 13 - 19, English

8:30 PM THU Manassas (PT AA)
THUR NIGHT LIVE ALATEEN
Bethel Lutheran Church
8710 Plantation La. 20110 ALATEEN ONLY
WSO#057 013935

Ages 7+

7:00 PM FRI Fredericksburg
COURAGE TO BE ME ALATEEN
Trinity Episcopal Church
825 College Avenue 22401- ALATEEN ONLY
WSO#057 065414

Ages 7+

MEN'S

6:00 PM WED Alexandria
ALEXANDRIA MEN'S AFG
Fairlington Presbyterian Church
3846 King Street 22302 MEN'S
WSO#057 30503146

1st Floor lounge

7:30 PM WED Reston
WEDNESDAY NIGHT 4-MEN AFG
Saint Thomas a Becket Catholic Church
1421 Wiehle Ave. 20190- MEN'S
WSO#057 046642

Men Only

08:00 AM SAT Burke
BURKE MENS' STEP AFG
Burke United Methodist Church
6200 Burke Center Parkw 22015 MEN'S
WSO#057 30582605

Closed; Downstairs, Room B-7

08:00 AM SAT Manassas
MANASSAS MEN'S AFG
Bethel Lutheran Church
8712 Plantation Ln 20110- MEN'S
WSO#057 30505917

Meets in Rm. B7

08:00 AM SAT Reston
4-M MENS AFG
Washington Plaza Baptist Church
1615 Washington Plaza N. 20190 MEN'S
WSO#057 046037

Men Only

NEWCOMERS

8:30 PM WED Manassas (N AA)
WEDNESDAY WINNERS AFG
Bethel Lutheran Church
8712 Plantation Lane 20110 NEWCOMERS
WSO#057 013940

Room B7

OPEN

6:00 PM SUN Falls Church
LADIES NIGHT OUT AFG
INOVA Fairfax Hospital
3300 Gallows Road 22046 OPEN
WSO#057 062182

Physicans Conf Ctr, Rm 1D (Blue Entrance)

6:00 PM SUN Woodbridge (AA)
LOVING LIFE AFG
Rebos Woodbridge Va Club
12902 Occoquan Rd. 22192 OPEN
WSO#057 052848

Go through "lobby" to mtg room; speaker meeting.

6:30 PM SUN Stephens City
THANK GOODNESS IT'S SUNDAY
Unity of the Shenandoah
6460 Valley Pike 22655 OPEN
WSO#057 30587723

7:30 AM MON Winchester BREAKFAST ON PICCADILLY AFG The Stone House 301 W Piccadilly Street 22604 OPEN WSO#057 30634838	7:00 PM TUE Warrenton TUESDAY NIGHT SERENITY AFG Warrenton Presbyterian Church 91 Main St 20186 OPEN WSO#057 014075 Assoc. Sat. mtg. is @ 8:30 PM Enter around back	8:30 PM WED Centreville (AA) WEDNESDAY MIRACLES AFG Centreville United Methodist Church 6400 Old Centreville Rd 20121- OPEN WSO#057 013815 Upstairs, Rm. 212
12:00 NOON MON Manassas GOOD MORNING MANASSAS AFG Bethel Lutheran Church 8712 Plantation Lane 20110- OPEN WSO#057 013936 Meets in Room B8, Handicap Access	7:30 PM TUE Alexandria GROVETON STEP AFG Groveton Baptist Church 6511 Richmond Hwy. 22306 OPEN WSO#057 043417 Handicap accessible HCP; step study;	10:00 AM THU Manassas (HCP A) HOPE AND HELP AFG Sacred Heart Church 12975 Purcell Rd. 20112 OPEN WSO#057 028113
7:00 PM MON Herndon (AA, HC) HOPE AFG St. Timothy's Episcopal Church 432 Van Buren Street 20170- OPEN WSO#057 047542	8:00 PM TUE Fairfax STEPPING STONES AFG Fairfax Church of Christ 3901 Rugby Rd., Rm. 213 22033 OPEN WSO#057 013854 HCPs enter in rear (off Fairfax Co Pkwy)	12:00 PM THU Springfield JUST FOR TODAY AFG Messiah Methodist Church 6215 Rolling Road 22152 OPEN WSO#057 30657676
7:00 PM MON Warrenton STEPPING INTO RECOVERY AFG (AA) Warrenton United Methodist Church 341 Church St 20186- OPEN WSO#057 045256	8:00 PM TUE Purcellville PURCELLVILLE AFG Bethany United Methodist Church 100 West Main Street 20134 OPEN WSO#057 30662821 Go down the basement through the fellowship hall and through the kitchen.	12:15 PM THU Amissville Hope on the Hill AFG Amissville United Methodist Church 14567 Lee Hwy. 20196 OPEN WSO#057 30636648
7:30 PM MON Front Royal HAPPY JOYOUS & FREE AFG (HCP A) 7th Day Adventist Church 431 W 14th Street (Annex 22630 OPEN WSO#057 048142 11/08/2017, updated time and beginners meeting; 12/17/16 - change of meeting place. 6/24/16 updated info; & W. 2nd St; Weber Hall - 2nd Floor. Bldg is cattycorner from church. Members gather for a meditation meeting at 7pm before the regular meeting.	8:15 PM TUE Berryville BERRYVILLE BATS IN THE BELFR (AA) (N) Grace Episcopal Church 110 N. Church at Liberty 22611 OPEN WSO#057 040815 Meets in Parish Hall, across from the church	7:00 PM FRI Falls Church Young Peoples AFG The Unity Club 116 W Broad Street 22046 OPEN WSO#057 30695308 116 W Broad Street
6:00 AM TUE Falls Church COURAGE TO CHANGE AFG The Unity Club 116 W Broad Street 22046 OPEN WSO#057 30685937 Take stairs up one flight.	10:15 AM WED Burke (HCP) JOY OF LIVING AFG Burke Lake Gardens 9608 Old Keene Mill Rd 22015- OPEN WSO#057 013813 DO NOT PARK AT BURKE LAKE GARDEN, PARK IN CHURCH NEXT DOOR IN FIRST LOT ON LEFT.	7:30 PM THU Vienna VIENNA THURSDAY NIGHT AFG Vienna Presbyterian Church 124 Park Street NE/ Room 22180 OPEN WSO#057 014051 Enter off Park St (near intersection w/ Maple Avenue- Rte 123). Parking lot (on left, enter main building, and take elevator off main lobby to the 2nd floor -- Room 203-204
12:15 PM TUE Warrenton AFTERNOON DELIGHT AFG Warrenton Church of Christ 6398 Lee Highway Access 20187 OPEN WSO#057 051358 Across from Outback on service road	12:00 PM WED Arlington HIGH NOONERS Trinity Presbyterian Church 5533 16th Street North, Le 22205 OPEN WSO#057 30687694 Follow signe to church office; Upstairs in the Nonprofit confrence room;	8:00 PM THU Springfield AA COURAGE TO CHANGE AFG St Marks Lutheran Church 5800 Backlick Road 22150- OPEN WSO#057 014039 Meeting in room 217.
7:00 PM TUE McLean McLean AFG (VOLUNTEER COORD McLean Presbyterian Church - Basem 1020 Balls Hill Road 22101 OPEN WSO#057 30668715 Meet in basement in rooms 16 and 17	12:15 PM WED Front Royal HALFTIME AFG 7th Day Adventist Church 431 W 14th Street 22630 OPEN WSO#057 30693518	7:15 AM FRI Falls Church (AA) FIRST THINGS FIRST AFG Unity Club - Room 2 116 B West Broad Street 22046- OPEN WSO#057 050343 Unity Club Room 2

12:00 PM FRI Winchester
BETTER FRIDAYS AFG
 The Stone House
 301 West Piccadilly St. 22601 OPEN
 WSO#057 30590997
 Group meets in Stone House

7:00 PM FRI Falls Church
HEALTHY RELATIONSHIPS AFG (AA)
 Unity Club
 116B W. Broad Street 22046 OPEN
 WSO#057 30554519
 Room 2

8:15 PM FRI Winchester
FIG TREE AFG (AA) (N)
 First Baptist Church
 141 N. Washington St. 22601 OPEN
 WSO#057 014083
 Use side entrance, lower level

10:00 AM SAT Strasburg
FIRST SATURDAY AFG
 St. Paul's Lutheran Church
 156 W. Washington St. 22657 OPEN
 WSO#057 30624004
 Use basement door on right side of church.

10:30 AM SAT Reston
SATURDAY SERENITY AFG
 St. Anne's Episcopal
 1700 Wainwright Dr. 20190 OPEN
 WSO#057 503358
 off N. Shore near Lake Ann

8:00 PM SAT Vienna
VIENNA SAT NIGHT AFG (AA)
 Vienna Presbyterian Church
 124 Park St NE, Rm. 205 22180 OPEN
 WSO#057 014050
 Rm. 205

8:30 PM SAT Warrenton
SATURDAY NIGHT SERENITY AFG (AT AA)
 Warrenton Presbyterian Church
 91 Main St 20186 OPEN
 WSO#057 014075
 Enter around back

OPEN-NEWCOMERS

7:00 PM SAT Springfield
SPRINGFIELD BEGINNERS AFG (AA)
 Messiah Methodist Church
 6215 Rolling Rd. 22152 IN-NEWCOMERS
 WSO#057 050158-1
 Rm 212

PARENTS

6:00 PM SUN Alexandria
PARENTS AFG
 Downtown Baptist Church
 212 South Washington St. 22314 PARENTS
 WSO#057 063815
 Front door locked - please arrive on time

7:30 PM TUE Annandale
POWERLESS PARENTS AFG (AA)
 Ravensworth Baptist Church
 5100 Ravensworth Dr 22003 PARENTS
 WSO#057 053114

8:30 PM FRI Centreville
RECOVERING PARENTS AFG
 Centreville United Methodist Church
 6400 Old Centreville Rd 20121 PARENTS
 WSO#057 30502268

SPANISH

7:00 PM SUN Fredericksburg
DOMINGO SERENO GFA
 Peace United Methodist Church
 801 Maple Grove Drive 22407- SPANISH
 WSO#057 30651674
 Group meets 3rd Sunday of each month ONLY

7:00 PM MON Arlington
FE Y PACIENCIA
 San Jose Episcopal Church/Iglesia Sa
 911 N. Oakland St. 22203 SPANISH
 WSO#057 30556527
 Now in church bldg., up steps, at red door

7:15 PM TUE Alexandria
SERENIDAD GFA
 El Buen Pastor
 8710 Mt. Vernon Hwy., R 22309 SPANISH
 WSO#057 30576443
 Rm. 5, Open beginners meeting, handicap access

8:00 PM WED Falls Church
FORTALEZA Y ESPERANZA GFA
 St. Anthony's Catholic Church/Iglesia
 3305 Glen Carlyn Rd. 22041 SPANISH
 WSO#057 504082
 Basement, Salon #2

8:00 PM THU Sterling
RENACER EN LA ESPERANZA GF
 Christ the Redemer Church/Iglesia Cr
 46833 Harry Byrd Hwy/R 20164 SPANISH
 WSO#057 30532695
 Salon #3

7:00 PM FRI Falls Church
VALOR PARA CAMBIAR GFA HIJ
 St. Anthony's Catholic Church/Iglesia
 3305 Glen Carlyn Rd. 22041 SPANISH
 WSO#057 053024
 Spanish only. Meets in Basement (Main Building),
 Salon #2

WHAT IS AL-ANON?

Al-Anon is an Anonymous Fellowship

The Al-Anon Family Groups are a fellowship of relatives and friends of problem drinkers 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 lead to recovery.

Al-Anon is not allied with any denomination, sect, political entity, organization, or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues or fees for membership. Al-Anon is self-supporting by members' voluntary contributions.

Alateen Groups (AT) are young members of the Al-Anon fellowship of relatives and friends of problem drinkers who share their experience, strength, and hope in order to solve their teenage problems. Alateen is sponsored by Al-Anon. Alateen in-school meetings are limited to student members who attend school in Northern Virginia. Check with school youth counselors for details.

KEY TO ABBREVIATIONS / DEFINITIONS

AA = AA Meeting nearby.
AC = Al-Anon Adult Children of Alcoholics Meeting nearby
AFG = Al-Anon Family Group Meeting
AL = Al-Anon Meeting nearby
AT = Alateen Meeting nearby.
GAY = Al-Anon which includes Gay members
HCP = Easy Access for HANDICAPPED.
I = INSTITUTIONAL –restricted access meetings @ hospitals, institutions, prisons etc.
PT = Alateen Meeting for children (usually ages 8 -12) nearby
S = Sitter provided for children

ADULT CHILD= Al-Anon Adult Children of Alcoholics
ALATEEN = Young members of Al-Anon Meeting
CLOSED = Limited to members and prospective members
HOSPITAL = Meetings near or in a treatment center
INSTITUTION = Restricted access meeting. (Hospital, institution, prisons etc.)
MAP = Page-Map coordinates ADC NORTHERN VIRGINIA (LO – LOUDOUN PW – PRINCE WILLIAM)
NEWCOMERS = Al-Anon introduction
NS = Non- Smoking. All N.VA. Meetings are non- smoking.
NVSC = Northern Virginia Service Center
OPEN = Open Meeting: public, students and professionals are welcome
STAG = Al-Anon which includes primarily men
STEP STUDY = topics are Al-Anon Steps
STEP/TRADITION STUDY = topics are Al-Anon Steps and Traditions
PRE ALATEEN = Young members of Al-Anon Meeting, also known as PRETEEN (usually ages 8-12)
WSO = World Service Organization Group Registration number

NOTE: All meetings are non-smoking unless noted

When our Al-Anon Service Center lists a group there is an informal agreement that the group will abide by Al-Anon's traditions and keep its doors open to any eligible Al-Anon member. Listing in this directory does not constitute approval of a group's manner of adherence to traditions.

GOD
GRANT ME
THE SERENITY TO
ACCEPT THE THINGS I CANNOT CHANGE
THE COURAGE TO
CHANGE THE THINGS I CAN
AND WISDOM
TO KNOW THE DIFFERENCE