

THE 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 AA *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 co-operate 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.

20 QUESTIONS

TO HELP YOU DETERMINE IF AL-ANON IS FOR YOU!

If you answer "yes" to 5 or more, please consider Al-Anon.

1. Do you worry about how much someone is drinking?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel if the drinker loved you he/she would stop drinking to please you?
5. Do you blame the drinker's behavior on his/her companions?
6. Are plans frequently upset or cancelled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ride in a car with a person who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel like a failure when you think of the lengths you have gone in order to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused or depressed most of the time?
20. Do you feel there is no one who understands your problems?

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."

SOUTH CAROLINA DISTRICT 8 AL-ANON & ALATEEN MEETING DIRECTORY

March 7, 2024



This directory is NOT to be used as a mailing list or for any form of solicitation or commercial venture.

DISTRICT 8 INFORMATION: 843-449-0187

www.al-anon-sc.org

Al-Anon Family Group Headquarters, Inc.
1-800-344-2666, 8AM - 6PM EST, Mon-Fri

www.al-anon.org

ALANON PREAMBLE

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 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.

ALL MEETINGS ARE NON-SMOKING

***AA meets at the same time and location**

<u>SUNDAY</u>	
<u>MONDAY</u>	
10 AM	GEORGETOWN AFG Alano Club, 601 Church St, GEORGETOWN
3 PM	DAILY READERS AFG Trinity Presbyterian Church, 2061 Glenn's Bay Rd
6 PM	MURRELLS INLET AFG Murrells Inlet Presbyterian Church, 4499 Hwy 17 Bypass.
8 PM	NEW BEGINNINGS OF N MYRTLE BEACH AFG St Stephens Episcopal Church in Parish Hall, 801 11th Ave N, North Myrtle Beach SC 29566
<u>TUESDAY</u>	
9:30 AM	SERENITY SEEKERS AFG Alano Club, 67 th Ave N. & Bypass 17, MYRTLE BEACH
8 PM	*CONWAY FRIENDSHIP AFG First United Methodist Church, Family Center 1101 Fifth Ave, CONWAY
8 PM	*GRACE AFG (Speaker Last Tuesday) Alano Club, 67 th Ave N. & BP 17, MYRTLE BEACH
8 PM	<u>WAVE RIDERS ALATEEN</u> Alano Club, 67 th Ave N. & BP 17, MYRTLE BEACH
<u>WEDNESDAY</u>	
10 AM	ISLAND SERENITY AFG Holy Cross Faith Memorial, 113 Baskerville Drive, Parish Hall, PAWLEYS ISLAND,
7 PM	MIDWAY AFG The Church of the Resurrection, Disciple House 8901 Highway Bypass 17 S., SURFSIDE BEACH
5 PM	Little River AFG CB Berry Community Center 2250 Hwy 179, LITTLE RIVER

ALL MEETINGS ARE NON-SMOKING

<u>THURSDAY</u>	
6:30 PM	NEW HOPE AFG Timberlake Baptist Church, 9850 SC-707, MYRTLE BEACH, SC 29577
7 PM	UNITY AFG (Women's Meeting) In person and on line (hybrid) Trinity Presbyterian Church, 2061 Glenns Bay Rd. Turn at Spanish Oak Dr., enter Rt. rear. SURFSIDE ZOOM Mtg. ID 886 7025 6088 PW: 527 623
7 PM	IT'S A NEW DAY AFG Trinity Baptist Church, 5330 Broad St., LORIS, SC 29569
8 PM	*GRACE AFG Alano Club, 67 th Ave N. & Bypass 17, MYRTLE BEACH
<u>FRIDAY</u>	
9:30 AM	SERENITY SEEKERS AFG Alano Club, 67 th Ave N. & BP 17, MYRTLE BEACH
10 AM	GEORGETOWN AFG (Step Study) Alano Club, 611 Church St., GEORGETOWN
NOON	HIGH NOON AFG ZOOM Virtual Contact David S. 470-588-2621
3:00 PM	DAILY READERS Trinity Presbyterian Church, 2061 Glenn's Bay Rd
6 PM	HOPE FOR TODAY AFG Pawleys Island Community Church, 121 Alston Rd. Turn at the light. 3 rd building on left In person and ZOOM ZOOM Virtual ID: 457 114 8344 PW: gfbgfb
<u>SATURDAY</u>	
10 AM	*LUNCH BUNCH AFG Alano Club, 67 th Ave N. & BP 17, MYRTLE BEACH
10 AM	EXPERIENCE, STRENGTH & HOPE Serenity Hall. 2118 Oak Street, CONWAY

THE 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.

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