

Chelsea Nooners Al-Anon Meeting

Friday, 12:30 PM

Chelsea Community Hospital, 775 South Main Street, Chelsea, Michigan (in the White Oak Inn)

Welcome to the Chelsea Nooners Al-Anon meeting! We meet at 12:30 PM in the "Great Room" of the White Oak Inn, located on the Chelsea Community Hospital campus. Enter the Chelsea Hospital campus from Will Johnson Drive, which circles the hospital campus and can be accessed from Main Street in Chelsea in two places. From the north campus entrance: the White Oak Inn is the second building on the right side of Will Johnson Drive. From the south (main) entrance: turn left at the first drive off of Will Johnson drive, continue past several parking areas; the White Oak Inn is the building on the left at the end of this drive. There is a sign posted identifying the White Oak Inn building. We meet in the Great Room of the White Oak Inn; the Great Room is on the same level as one of the entrances and down one level (by stairs or elevator) from the other entrance. The meeting is wheelchair accessible from either entrance. Parking is available outside the White Oak Inn, including handicap-designated parking. There is no concurrent A.A. meeting at the same time and location.

Our meeting has one table. Our members take turns volunteering to lead with a topic for the day. The topic is usually either a Step discussion or a topic chosen from the "Courage to Change" or "One Day At A Time" Al-Anon meditation books. We usually have one meeting each month that focuses on the Step that corresponds to that month. "Cross talk" (responding to another person's sharing) is permitted. We have a "first Step" meeting when people new to Al-Anon attend our meeting, and a "newcomer's packet" of literature is provided to people attending their first Al-Anon meeting.

We offer to provide phone numbers of members willing to be contacted to newcomers. We hold a group conscience periodically, as needed.

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