

Men's Monday Night Al-Anon Meeting

Monday 7:30 p.m.

Washtenaw Alano Club, 995 North Maple Road, Ann Arbor

WELCOME to the Monday 7:30 p.m. Men's Al-Anon Meeting. We meet in room 3 of the Alano Club. There is handicap-accessible parking located in front of the entrance, and all rooms and restrooms are accessible by wheelchair. The Alano Club has beverages and snacks for sale, as well as Al-Anon and other Twelve Step literature.

There is an overlapping 8 p.m. AA meeting at the Club, as well as a concurrent 7:30 p.m. Alateen meeting.

Our meeting has quite a few "old-timers" as well as "double-winners" (who belong to both Al-Anon and one or more other 12 Step programs). This is the only all men's Al-Anon meeting in the area. We have been meeting continuously for over 20 years. We are a spiritually and religiously diverse group who welcome all faiths, agnostics and atheists.

The meeting usually has 10-20 members. We share one "barefoot" table, whose topic (a step, a slogan, a members experience ...) is chosen by quick consensus. If there is a newcomer, we devote some or all of the meeting to the First Step. Although we try not to give advice, a member may respond to someone's sharing with his own experience in a similar situation (some may consider this "cross-talk").

On the first Monday of each month, we work the Step that corresponds to that month (e.g. January is a First Step, February is a Second Step, etc.). We have a group conscience after the meeting on the last Monday of each month.

We have a phone list, and actively encourage members to use it.

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