

Just For Today Al-Anon Meeting

Wednesday, 7:30 PM

Zion Lutheran Church, 1501 West Liberty Street, Ann Arbor, Michigan

Welcome to the Just For Today Al-Anon meeting!

We meet at 7:30 P.M. on Wednesday evenings, at Zion Lutheran Church, 1501 West Liberty Street, Ann Arbor, in the large upstairs meeting room (second floor, first room on the left as you come up the south stairwell.) Enter and exit from the south entrance (behind the church) and proceed directly up the stairs to the meeting room. There is handicap-designated parking, a ramp and an automatic door opener at the south entrance, and there is an elevator down the hallway for wheelchair access to our meeting room. There is a large concurrent A.A. meeting in a room across the hall from the Al-Anon meeting. Food and beverages are not allowed in the meeting room.

Our meeting is relatively large. We meet as one group. Our meeting has an opening speaker, who speaks for about ten minutes on a topic he or she chooses from the book, "How Al-Anon Works." After this, the meeting is open for others to share if they wish to do so. On the first meeting of the month, the speaker gives a 30 minute "first Step talk" about his or her experience in Al-Anon: what it was like for them, what happened, and what its like now. As with the shorter lead, the meeting is then open for others to share.

A newcomer's meeting is held from 8:30 to 9:00 PM following every meeting. The newcomer's meeting provides an opportunity for those who are new to Al-Anon to hear additional information about the program, ask questions, and share. We hold a "group conscience" following the first meeting of each month, which is open to any member who wishes to attend. At the "group conscience" we discuss issues and make decisions about group functions and business. Our meeting has a phone list that includes first names and contact information for members who are willing to receive phone calls from newcomers and other members. The list identifies members who are willing to sponsor others.

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