

## Thursday: (continued)

**7:30 PM O** **Courage to Change AFG**  
Grace Episcopal Church  
2955 River Road West, Goochland, VA 23063

**7:30 PM O** **Awaken to Hope AFG**  
St John Newmann Catholic Church  
2480 Batterson Rd, Powhatan, VA 23139

**8:00 PM O \*** **12 Steps to Change AFG**  
New Bethesda Baptist Church  
90019 New Bethesda Rd. Mechanicsville VA 23111

**8:00 PM O \* H/A** **A New Beginning AFG**  
Corinth United Methodist Church  
23 W. Williamsburg Rd. Sandston VA 23150

**8:00 PM O \*** **Bound To Improve AFG**  
(literature meeting)  
Tuckahoe Presbyterian Church, Rm 108  
7000 Park Ave. Richmond VA 23226

**8:00 PM C \* H/A** **Courage To Be AFG**  
Johnston-Willis Hospital  
(front auditorium, 1st floor)  
Richmond VA 23225

**8:00 PM C** **Thursday Night Men's AFG**  
St. Matthew's Episcopal Church  
Corner of Forest Ave. & Patterson Ave.  
Richmond, Va 23229 (90 minute meeting)

## Friday:

**11:00 AM O B/L** **Coffee Talk AFG**  
Saint Thomas Episcopal Church  
3602 Hawthorne Ave. Richmond, VA 23222

**5:30 PM O B/L H/A** **Al-Anon Adult Children, Beginners AFG**  
Grace & Holy Trinity Episcopal Church  
8 N. Laurel St. Richmond, VA 23220  
Enter at the rear of the church

**8:00 PM O \*** **Easy Does It AFG**  
Lakeside Presbyterian Church  
7343 Hermitage Rd. Richmond VA 23228

## Saturday

**9:00 AM O B/S** **Ashland AFG**  
**Literature meeting**  
First Baptist Church  
800 Thompson St. Ashland VA 23005

**8:00 PM O \* H/A** **Northside Fellowship AFG**  
Christ Lutheran Church  
7809 Woodman Rd. Richmond VA 23228

**8:30 PM C \*** **Lake Anna Saturday Night AFG**  
Kirk O'Cliff Presbyterian Church  
16420 Monrovia Rd. Mineral, VA 23117

## Al-Anon Slogans, keys to serenity:

**Easy does it.**  
**Let go and let God.**

**Listen and learn.**  
**One day at a time.**

**How important is it?**  
**Keep an open mind.**

**Principles above personalities.**

**Progress, not perfection.**  
**Together, we can make it.**

**First things first.**  
**Keep it simple.**

**Live and let live,**  
**Think!**

**Just for today.**  
**Let it begin with me.**

## Phone Numbers:

*Keeping in touch between meetings is a great tool of recovery.*

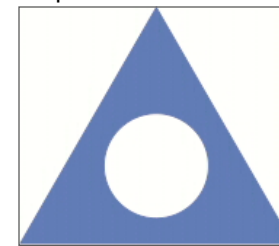
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## Richmond Area Al-Anon Meetings

updated 01/30/2012



To reach Al-Anon locally:  
Phone 804- 353-4885 or on the web:

<http://www.alanonrichmondva.org>

Virginia Area Al-Anon/Alateen web site

<http://www.va-al-anon.org>

Al-Anon World Service Office

<http://www.al-anon.alateen.org>

## Al-Anon Family Groups

*hope for families and friends of alcoholics*

### Meetings' symbols legend:

\* = concurrent AA S = Smoking allowed

ACA = Adult Children of Alcoholics

H/A = handicapped accessible

B/S = baby-sitting B/L = on bus line

O = Open meeting, Open to the public

C = Closed meeting

Meetings are assumed to be **CLOSED**  
unless noted as open.

### May we suggest:

- ★ Attend at least one Al-Anon meeting each week.
- ★ Talk to Al-Anon members between meetings.
- ★ Get a sponsor.
- ★ Read Al-Anon literature daily.
- ★ Subscribe to the Al-Anon monthly magazine, **The Forum**.
- ★ Volunteer to help your group through service work.

## Sunday:

**7:30 PM C H/A \* Sunday Night Optimists AFG**

St. Matthias Episcopal Church  
11300 W. Huguenot Rd. Midlothian, VA 23113

**8:00 PM O B/L \* GR8FUL\_at\_8 AFG**

Westminster Presbyterian Church  
4103 Monument Ave. Richmond, VA 23230

## Monday:

**12:00 noon O H/A Monday Morning Women's  
4th Step AFG**

Bon Air United Methodist Church  
1645 Buford Rd. Richmond, VA 23235

**5:30 PM O \* B/L Light of Serenity AFG**

St. Stephen's Episcopal Church  
corner of Three Chopt Ave. & Grove Ave.  
Richmond, VA 23226 (enter at the rear of church)

**6:00 PM O Ashland AFG (discussion)  
also meets on Saturday at 9 AM**

First Baptist Church  
800 Thompson St, Ashland VA 23005

**7:00 PM C Peace AFG**

New Bridge Baptist Church  
5701 Elko Rd. Sandston VA 23150

**7:00 PM O B/L \* H/A Beginners AFG**

Skipwith United Methodist Church  
2211 Skipwith Rd. Richmond, VA 23294

**7:30 PM O H/A Monday Night AFG**

Bon Air United Methodist Church  
1645 Buford Rd. Richmond, VA 23235  
(use Vietor Rd. entrance)

**8:00 PM C B/L \* H/A Teenage Steps Alateen**

Skipwith United Methodist Church  
2211 Skipwith Rd. Richmond, VA 23294

## Tuesday:

**10:30 AM C Early Tuesday AFG**

Unity Christ Church  
923 Buford Rd. Richmond, VA 23235

**12:30 PM C B/L City Serenity AFG**

St. Paul's Episcopal Church  
815 E Grace St. Richmond, VA 23219  
enter from 9th Street

**2:00 PM C Miracles of Survival ACA AFG  
(Also meets on Thursday, same time & place)**

Bon Air United Methodist Church  
1645 Buford Rd. Richmond, VA 23235

**7:00 PM C \* B/S Came To Believe AFG**

Bethany Christian Church  
5400 Forest Hill Ave. Richmond, VA 23225

**7:30 PM C Hope & Serenity AFG**

Sandston Baptist Church  
100 W. Williamsburg Rd. Sandston, VA 23150

**7:30 PM O H/A 12 Steps to Recovery AFG**

Cool Springs Baptist Church  
9283 Atlee Station Rd. Mechanicsville, VA 23116

**7:30 PM O B/L Tuesday Night ACOA AFG**

St. Stephen's Episcopal Church  
corner of Three Chopt Ave & Grove Ave  
Richmond, VA 23226  
basement on Three Chopt (90 minute meeting)

**8:30 PM C \* H/A New Hope AFG**

Central Baptist Church  
1510 Courthouse Road, Richmond, VA 23236  
Youth Recreation Building

## Wednesday:

**10:30 AM C B/L Happy Wednesday AFG**

Saint Thomas Episcopal Church  
3602 Hawthorne Ave. Richmond, VA 23222

**12:00 PM O HA Grateful Wednesday AFG**

St. Luke Lutheran Church  
7757 Chippenham Pkwy. Richmond VA 23225

**5:30 PM Paths to Recovery AFG**

Christ Church Episcopal, Ed. Building  
5000 Pouncey Tract Rd. Glen Allen, VA 23059

**7:00 PM O Winterpock Serenity AFG**

Bethia United Methodist Church  
10700 Winterpock Rd. Chesterfield VA 23832

**7:00 PM HA/O Wednesday Night Live AFG**

Westminster Canterbury (chapel)  
1600 Westbrook Ave. Richmond VA 23227

**7:30 PM H/A B/L Midweek Serenity AFG**

Rebos Service Center  
6000 Midlothian Turnpike, Richmond, VA 23225

## Thursday:

**12:00 PM C 12 & 12 Step AFG**

Christ The King Lutheran Church  
9800 Huguenot Rd. Richmond, VA 23235

**2:00 PM C Miracles of Survival ACA AFG  
(Also meets on Tuesday, same time & place)**

Bon Air United Methodist Church  
1645 Buford Rd. Richmond, VA 23235

**6:00 PM C Came To Believe Introductory  
(This meeting is in conjunction with Tuesday  
night Came to Believe meeting.)**

Bethany Christian Church  
5400 Forest Hill Ave. Richmond, VA 23225

**7:30 PM O \* H/A B/L Stepping Stones AFG**

1st Presbyterian Church  
4602 Cary Street Road, Richmond VA 23226  
(Thursday continued on next page)