

Many come to Al-Anon wanting to find out how to stop an alcoholic from drinking. Others are bothered by someone's drinking but do not think that they are alcoholics. In either case our doors are open and you are welcome to attend a meeting. In Al-Anon you can find people who will listen and who can relate to your situation.

We learn that we are not responsible for someone else's drinking and that alcoholism is a disease. Although they may blame us, it is not our fault.

We learn the three C's "I did not Cause it, I cannot Control it and I cannot Cure it."

We learn about the difference between heavy drinking and alcoholism. Many people are surprised to learn that most alcoholics are not skid row bums. They still may have a job, a home and a family. But they are not managing them well. Alcoholism is a family disease and affects everyone. We learn how someone's drinking may have affected our lives.

We find relief from the pressure, frustration, anger, and fears caused by their drinking. We find hope as well as help and friendship. We learn to live **One Day at a Time** and to **Live and Let Live**.

In Al-Anon we learn that **we are not alone**, that others have experienced the same or similar circumstances in which we find ourselves. By sharing our experience, strength and hope, we find a better life.

"In Al-Anon we learn that alcoholism is a disease. No one chooses to be ill, and the alcoholic did not choose this disease. Although we cannot cure the alcoholic, we can create a healthier environment that enables us to detach while allowing the alcoholic to more effectively work on his/her recovery."

On the one hand, we know that any possible solution is likely to be found somewhere we haven't looked yet. But on the other hand, it can be worrisome to try something that seems to be entirely new. If you feel anxiety about attending an Al-Anon meeting, you're not alone. Many people have felt that way. It's the first step on your road to recovery.

"Don't worry about whether or not you want to become a 'member'. Just visit a variety of different meetings to gather information - to hear how the people there handle their issues with problem drinkers. It may be that some of their experiences will be helpful to you." (From the WSO website article "What If I'm Not Ready?").

For literature, events and more meetings:



**Al-Anon Northern Virginia
Service Center**
info@alanonva.com

www.alanonva.com
703-534-HELP (4357)

(updated January 2020)

Are you troubled by someone else's drinking?

Weekly Meeting Schedule
Bull Run District 05



HOPE

Serving:
Prince William County,
Virginia

AL-ANON FAMILY GROUPS

When you don't know where to turn because someone drinks too much - Al-Anon Family Groups can help.

Learn more by attending a confidential meeting in your community.

We who live or have lived with the problem of alcoholism understand as perhaps few others can. We too were lonely and frustrated, but in Al-Anon we discovered that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not. We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

Meetings are Anonymous

Anonymity is an important principle of the Al-Anon program. Everything that is said in the group meeting and member-to-member must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon.

All meetings are non-smoking and welcome anyone who believes that their life has been affected by someone else's drinking, either today or in the past.

Al-Anon is an international fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Members strive to promote their own spiritual growth by practicing the Twelve Steps, a program modeled after that of Alcoholics Anonymous. Al-Anon's Purpose is to help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or a friend

The only requirement for membership is that there is a problem of alcoholism with a friend or relative. There are no dues or fees. Although we may meet in churches, we are not associated with those churches. We rent the rooms from them.

Alateen is a recovery program for young people affected by someone else's drinking, such as a parent. For more Alateen information please see:

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

Resources for Professionals

<http://al-anon.alateen.org/for-professionals>

Al-Anon Service Center of Northern Virginia
8569 A Sudley Road
Manassas, VA
(703) 534-HELP (4357)



Bull Run District

Meetings

Just for Today AFG Sunday 8:00 PM

Haymarket Baptist Church
14800 Washington St. Haymarket, VA

Monday Good Morning Manassas 12:00 Noon

Bethel Lutheran Church Room B8
8712 Plantation Lane, Manassas, VA

Monday Guys and Gals AFG 7:00 PM

St. Paul's Methodist Church
1400 G. Street Room B115 Woodbridge, VA

Monday KISS Alateen 7:30 PM

St. Paul's Methodist Church
1400 G. Street Room B115 Woodbridge, VA

Tuesday Healing Hour 7:00 PM

Brookdale Senior Living
3940 Prince William Pkwy., Woodbridge, VA

Tuesday

Finding Ourselves through Recovery 1:00 PM

14391 Minnieville Road, Woodbridge, VA

Wednesday Back to Basics 7:00 PM

Bethel Lutheran Church Room B8
8712 Plantation Lane, Manassas, VA

Wednesday Winners AFG 8:30 PM

Newcomers Meeting
Bethel Lutheran Church Room B7
8712 Plantation Lane, Manassas, VA

Thursday Forum AFG Thursday 10:30 AM

Bethel Lutheran Church Room B8
8712 Plantation Lane, Manassas, VA

Thursday Night Live Alateen (ages 8-19) 7:00 PM

Basement of Buckhall Methodist Church
10251 Moore Drive Manassas, VA

Thursday Hope and Help 10:00 AM

Sacred Heart Church
12975 Purcell Road Manassas, VA

Friday New Hope 12:00 Noon

Bethel Lutheran Church Room B7
8712 Plantation Lane, Manassas, VA

Friday Night Women 7:30 PM

Buckhall United Methodist Church
10251 Moore Drive Manassas, VA

Friday Nokesville 8:30 PM

Nokesville Methodist Church
12550 Aden Road Nokesville, VA

Saturday Manassas Men's 8:30 AM

Bethel Lutheran Church Room B7
8712 Plantation Lane, Manassas, VA

Saturday Friendship 7:00 PM

Trinity Episcopal Church
9325 West Street Manassas, VA

Saturday Serenity 10:00 AM

Bethel United Methodist Church Room 3
13506 Minnieville Road Dale City, VA