Monday

1:00 PM Monday Afternoon Book Study AFG
Duluth Alano Club
3009 Restormal St.
Duluth, MN 55806

6:00 PM Two Harbors AFG *
Living Waters Fellowship
501 7th Ave.
Two Harbors, MN 55616

6:30 PM Grace AFG *
Grace Lutheran Church
5454 Miller Trunk HWY
Hermantown ,MN 55811

7:00 PM Mon. Night East End AFG
Pilgrim Congregational Church
2310 E. 4th St.
Duluth, MN 55812

7:00 PM Monday Night AFG
First Congregational Church
(Fireside Rm)
300 West 2nd St.
Grand Marais, MN 55604

Tuesday

10:00 AM Tuesday Morning AFG *
Cloquet Alano Club
103 10th St.
Cloquet, MN 55720

5:00 PM How Al-Anon Works AFG
Duluth Alanon Club
3009 Restormal St.
Duluth, MN 55806

6:00 PM Serenity Seekers *
Bethesda Luth. Church
204 5th St.
Carlton, MN 55718
Zoom ID 448 688 2964
PW= No Password

6:00 PM Tuesday Shared Hoper AFG
Zion Lutheran Church
2022 E. 2nd St.
Superior, WI 54880

Wednesday

12:00 PM Downtown AFG
First Lutheran Church
1100 E. Superior St.
Duluth, MN 5580
In person and on Zoom
Zoom ID 852 6043 3606
PW=880024

7:00 PM Woodland AFG *
Hope United Methodist Church
301 W. St. Marie St.
Duluth, MN 55803
Zoom ID 466 268 914
PW=odat6241

7:00 PM Cook County West End AFG
Lutsen Fire Hall *
116 Caribou Trail (HWY 61)
Lutsen, MN 55612

Thursday

1:00 PM Lakeside Thursday AFG
Just For Today
Lutheran Church of the Good Shepard
1325 N. 45th Ave. E.
Duluth, MN 55804

6:00 PM Living the Legacies *
Cloquet Alano Club
103 10th St.
Cloquet, MN 55720

7:00 PM Arlington AFG *
Holy Cross Lutheran Church
410 N. Arlington Ave.
Duluth, MN 55811
Zoom ID 982 257 364
PW= 12

Friday

11:00 AM Friday Freedom AFG *
St. Paul's Episcopal Church
The Carriage House
1710 E. Superior St.
Duluth, MN 55812

Saturday

10:30 AM Saturday Shared Hope AFG
Superior John Club
1609 John Ave
Superior, WI 54880

10:30 AM Sat. Morning Spiritual Awakening
Online only- not in person
Zoom ID 795 201 975
PW= 12

Sunday

9:30 AM Sunday Legacies AFG
Online only- Not in person
Zoom ID 830-6911-026
PW= 823871

5:00 PM Sunday Serenity AFG
Peace Church
1111 N. 11th Ave E.
Duluth, MN 55805

* Indicates handicapped accessible.

All meetings are non-smoking

Alateen

There are presently no Alateen meetings in our area. However, young adults can participate in any Al-Anon meeting

Electronic Alateen meetings can be found at:

https://al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting/

Al-Anon Meeting Directory District 11

Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

District mailing address:

Dist. 29-011
P.O. Box 16126
Duluth,MN 55816

https://minnesotanorth-al-anon.org/

A copy of this list can be found online on our website above or here:

Al-Anon's 12 Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Al-Anon's 12 Traditions

1. Our common welfare should come first. Personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

What is Al-Anon?

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership.

Al-Anon is self-supporting through its own voluntary contributions. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

AL-ANON

Al-Anon Family Groups.
Hope and recovery for Families and Friends of Alcoholics

District Business Meetings:

3rd Tuesday of each month at 5:30PM
Except June, July, and August.
First United Methodist Church
230 E. Skyline Pkwy
Duluth,MN 55811

Al-Anon World Service Office:
1600 Corporate Landing Pkwy
Virginia Beach, VA 23453
1-888-425-2666
www.al-anon.alateen.org

Updated 9-21-26