

Twelve 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.



Twelve 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.

KAUAI

AL-ANON/ALATEEN MEETING DIRECTORY as of 1/1/2011



The Al-Anon/Alateen 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 and to help others do the same. We believe alcoholism is a family illness and that changed attitudes can aid in recovery.

The only requirement for membership is that there be a relative or friend with a drinking problem. There are no dues for membership. Al-Anon/Alateen is self-supporting through its own voluntary contributions.

Teenage groups known as Alateen groups are a vital part of the Al-Anon Family Groups program. Attendance is restricted to teenagers seeking help with problems that arise when alcoholism affects a parent or other close relative or friend.

Helpful Contact Information

Hawaii Area Al-Anon Website
<http://www.afghawaii.org>

24 Hour Meeting Information

Hawaii 808.935.0971
Kauai 808.246.1116
Maui 808.242.0296
Oahu 808.546.5647

Al-Anon World Service Office
800.344.2666
www.al-anon.alateen.org/members
or e-mail
wso@al-anon.org

Sunday

Kapaa

Sunday AFG #30787

11:00 a.m.

St. Catherine School Library,
5021 Kawaihau Road, Kapaa

Monday

Lihue

Kauai Adult Children AFG #30466

6:00 p.m., Lihue Lutheran Church,
German Hill,

4602 Hoomana Road, Lihue

Tuesday

Koloa

Easy Does It AFG #30517876

5:45 p.m., Koloa Union Church,

3289 Poipu Road next door to the
white church.

Hanapepe

Detachment AFG #30569373

5:45 p.m.

Hanapepe United Church of Christ
across from Hanapepe Library

Wednesday

Lihue

Wednesday Noon AFG #26395

12:00 noon., Lihue United Church,
Cottage with blue roof

4340 Nawiliwili Road
behind King Auto Center

Wednesday, continued

Hanalei

Winners AFG #48242

6:30 p.m., Waioli Mission Church,
at mile marker 3 on Kuhio Hwy.
meets in the Congregation Hall

Thursday

Hanapepe

Strength & Hope, AFG #30569402

2:00 p.m. United Church of Christ
Across from Hanapepe Library

Princeville

1 Step at a Time, AFG #30568767

7:00 p.m. Church of the Pacific
4520 Kapaka Road, Princeville

Friday

Koloa

Friday CTC Sunset AFG #62853

5:45 p.m., Koloa Union Church,
3289 Poipu Road next door to
the white church.

Saturday

Lihue

Saturday Steps/Tradition

Study Group AFG #503952

10:00 a.m., Lihue Lutheran
Church, German Hill, 4602
Hoomana Road, Lihue

KAWAI ALATEEN

AFG # 502929

Alateen Meeting

Call Al-Anon/Alateen

at 808.246.1116

For current Alateen

Information

Monthly

Kauai, Area 12, District 6 Business
Meetings: place and time will be
announced at Al-Anon Meetings.



The Al-Anon Declaration

When anyone, anywhere
reaches out for help, let
the hand of Al-Anon and
Alateen always be there
And let it begin with me!