# Meetings in Bloomington

## Sunday

10:00 a.m. The Bryan Park Woodlawn Shelter Group. In-person except for coldest winter weather, then on Zoom.

Meeting ID: 950 9027 0472

Passcode: 994097

For more information, please text Julie R. (812) 606-5915.

## Monday

7:15 p.m. Hang in There AFG Trinity Episcopal Church,

2nd Floor, Ararat room 111 S. Grant Street (Enter on Grant.)

## Tuesday

12:00 Brown Bag AFG Hybrid

MeetingID: 947 5174 5796

#### Passcode: 1234

12 Step Meeting

First Presbyterian Church, Room 7 6th and Lincoln Streets

(Enter on Lincoln. Door will be locked.)

## Wednesday

12:00 Progress Not Perfection AFG Hybrid

First United Church,

2420 E. 3rd Street, Room 6

Meeting ID: 935 4625 1940

Passcode: 172839

(Enter from 3rd Street or Woodscrest Drive. Do not park in the circle.)

## Thursday

7:00 p.m. Chrysalis AFG

Hybrid

Meeting ID: 997 4118 1474

Passcode: butterfly

First United Church, Room 6

2420 E. 3rd Street

## Friday

10:00 a.m. Friday Morning AFG Hybrid

Meeting ID: 842 7353 1960

Passcode: Courage

First Presbyterian Church, Room 7

6th and Lincoln Streets (Enter on Lincoln. Door will be locked.)

## Saturday

9:00 a.m. Saturday Morning Nomads AFG Zoom - Only

Meeting ID: 842 7353 1960

Passcode: Nomads

St. Mark’s United Methodist, Library 100 N. State Road 46

# Alateen Meetings

Saturday in Bloomington 10:00 a.m. Safe Place

St. Mark’s United Methodist, Library 100 N. State Road 46

**Newcomers and Alateens are welcome at any meeting!**

# Meetings outside of Bloomington

## Tuesday

Bedford

7:00 p.m. Tuesday Night AFG Free Methodist Church, Chapel

640 R Street

Use the back corner door, go to the first floor, and enter the door on the left.

## Wednesday

Nashville

10:00 a.m. Keep It Simple AFG

Nashville YMCA in the “Child Watch Room”

# Non-Ala-non Recovery meetings of Interest

Tuesday in Bloomington 7:30pm Nar-Anon

Room 202, Sherwood Oaks Church

For more information, please contact Dave or Judy at (812) 339-8826 or (812) 345-9203

also visit naranonmidwest.org

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Wednesday in Bloomington 6:00pm AA & Alanon Recovery,

Trinity Episcopal Church, 111 S. Grant Street,

Sunday in Nashville

10 am (AA, Al-anon, NA together) 4H Fairgrounds, Sr. Center

### All meetings are wheelchair accessible.

**Are you troubled by** **someone’s drinking?**

Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon:

* Do you worry about how much someone else drinks?
* Do you have money problems because of someone else’s drinking?
* Do you tell lies to cover up for someone else’s drinking?
* Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
* Do you blame the drinker’s behavior on his or her companions?
* Are plans frequently upset or canceled or meals delayed because of the drinker?
* Do you make threats, such as, “If you don’t stop drinking, I’ll leave you”?
* Do you secretly try to smell the drinker’s breath?
* Are you afraid to upset someone for fear it will set off a drinking bout?
* Have you been hurt or embarrassed by a drinker’s behavior?
* Are holidays and gatherings spoiled because of drinking?
* Have you considered calling the police for help in fear of abuse?
* Do you search for hidden alcohol?
* Do you ever ride in a car with a driver who has been drinking?
* Have you refused social invitations out of fear or anxiety?
* Do you feel like a failure because you can’t control the drinking?
* Do you think that if the drinker stopped drinking, your other problems would be solved?
* Do you ever threaten to hurt yourself to scare the drinker?
* Do you feel angry, confused, or depressed most of the time?
* Do you feel there is no one who understands your problems?

### If you have answered yes to any of these questions, Al-Anon or Alateen may be able to help.

**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.

For over 55 years, Al-Anon (which includes Alateen for younger members) has been offering strength and hope for friends and families of problem drinkers. It is estimated that each alcoholic affects the lives of at least four other people... alcoholism is truly a family disease. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else’s drinking can find solutions that lead to serenity in the Al-Anon / Alateen fellowship.

**Al-Anon / Alateen**

***for friends and family of alcoholics***

**Al-Anon / Alateen**

***for friends and family of alcoholics***

Indiana District 12 Meetings Bedford

Bloomington Nashville

To locate US meetings, call

# 1-888-4AL-ANON (1-888-425-2666)



**Al-Anon Family Groups ( AFG)**

[www.al-anon.org](http://www.al-anon.org/) indiana-al-anon.org

#### We urge you to try as many meetings as possible. Each has its own flavor and focus.

Find the ones that are right for you!

The most up-to-date meeting information and Zoom clickable links are available at https://indiana-al-anon.org

Al-Anon is not affiliated with any other organization or religion and rents meeting space from various associations.

List Updated 11/21/2022