

## AA & Al Anon

### Alcoholics Anonymous (AA)

Meetings are held at Holy Shepherd Lutheran Church on Mondays at 10:30 a.m. in the Fireside Room.

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

"The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

[www.contracostaAA.org](http://www.contracostaAA.org)

24 hour hot line: 925-939-4155

### Al-Anon Family Groups

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 that 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.

They meet at Holy Shepherd on Wednesdays at 7:30 p.m. in the Fireside Room.

Links: [www.al-anon-alateen.org](http://www.al-anon-alateen.org) and [www.ncwsa.org/district-14.html](http://www.ncwsa.org/district-14.html)

For more information call the church office 925-254-3422 or for literature and additional meeting schedules call 925-274-3203.