

**SUNDAY/AL-ANON**

- C **Bedford** 9:30-11:00 AM  
D-010 #009003  
Bedford Town Hall  
Meeting House Rd.
- O **Claremont** 7:00-8:00 pm  
H VT 001 #008972  
Valley Regional Hospital, Buckley  
Conference Rm., 280 Main St.
- A **Contoocook** 7:00-8:30 PM  
C 12 & 12 & 12 D-001 #060511  
United Methodist Church, Maple St.  
(next to Community Ctr. Enter left  
side of bldg.)
- O **Deerfield Center** 7:30-8:30 PM  
A D-002 #30540263  
Deerfield Community Church UCC  
15 Church St. (off 107) (side door)
- O **Derry** 7:00-8:30 PM Step Study  
H D-009 #30515637  
A First Parish Church  
47 East Derry Road
- Nashua** 7:30-9:00 PM  
C D-008 #032180, Emmanuel  
A Covenant Church, 24 Echo Ave.  
H Exit 5W off Rte 3 to 111A, 1+ mi.  
rt. on Acacia, left on Echo Ave.
- C **Portsmouth** 9:00-10:00 AM  
H D-012 #30526380  
Community Campus; Foundation for  
Seacoast Health, Board Rm.  
100 Campus Drive  
Follow West Rd. (off Rte. 1)
- O **Salem** 7:00-8:30 PM  
H D-009 #066449  
Salem Haven Nursing Home Chapel  
Geremonty Dr.
- C **Whitefield** 7:00 PM  
D-006 #501435  
Old Mill Studio, 36 King Square

**MONDAY/AL-ANON**

- O **Andover** 7:30-8:30 PM  
D-001 #30549982  
Andover Congregational Church  
(Grange Hall) 7 Chase Hill Rd.
- C **Hampton** 6:45-8:00 PM, 4th Step  
H D-012 #051522  
Lane Library, Academy Ave  
(No meeting on holidays)
- C **Keene** 11:30 AM-1:00  
D-007 #039987  
Clairvaux Center  
St Bernard's Church  
161 Main St
- C **Manchester** 7:30-9:00 PM  
H D-010 #045304  
Elliot Hospital, 955 Auburn St  
(check in lobby for room number)

**MONDAY AL-ANON continued...**

- O **Meredith** 8:00-9:00 PM  
D-004 #500378  
First Congregational Church  
Highland St. (use back door)
- C **Milford** 7:00-8:30 PM 12x12x12  
H D-008 #062515 St. Joe's Milford  
Med. Ctr. 442 Nashua St. (use  
handicapped entrance east side of  
building/ Community Ed. Room)
- O **Nashua** 10:30 AM-12 00  
D-008 #066826  
A Millette Manor, 72 Vine St  
(use handicap ramp to lower level)
- C **Peterborough** 7:00-8:30 PM  
D-007 #041866  
H All Saints Episcopal Church  
Parish House, 49 Concord St
- O **Plaistow** D-6:00-7:00 PM  
T D-009 #30537390  
Sad Café, 148 Plaistow Rd.
- C **Plymouth** 7:00-8:00 PM  
H D-004 # 501212  
263 Highland St  
Red Cape across from "Whole  
Village". (use back door)
- O **Rochester** 7:30-8:50 PM  
D-002 #009037  
Emanuel Church  
Eastern Ave (1/2 mi from PO)
- O **Winchester** 7:30 to 9:00 PM  
A D007 #30532001  
United Church of Winchester  
(parsonage)  
97 Main Street
- A **Wolfeboro** 8:00-9:00 PM  
Newcomers 7:00-8:00 PM  
D-005 #009047  
1st Congregational Church  
So Main St. (thru double doors,  
down ramp, room on right)

**TUESDAY/AL-ANON**

- Concord** 7:30-9:00 PM  
D-001 #048542  
Grace Episcopal Church  
Eastman St (exit 16) E Concord
- C **Dover** 7:00-8:00 PM, Book Study  
D-002 #30529644  
St. John's United Methodist Church  
28 Cataract Ave. (Near McIntosh  
College Downstairs-Wesley Rm.)
- O **Laconia** 8:00-9:15 PM, Step Mtg.  
A D-004 #048072  
H Congregational Ch. Parish House  
18 Veterans Sq.
- O **Littleton** 7:00-8:00 PM  
D-006 #048543  
First Congregational Church  
189 Main St  
(front door on right-upstairs)

**TUESDAY AL-ANON continued...**

- C **Manchester** 7:30-9:00 PM  
H D-010 #009004  
VA Hospital, 718 Smyth Rd.  
(Emergency Rm. Entrance, follow signs)
- C **Nashua** 7:00-8:30 PM  
H D-008 #048252  
St. Joseph Hospital  
172 Kinsley street. (Ask at front  
desk for room location)
- O **New London** 7:00-8:00 PM  
A D-003 # 063227  
H First Baptist Church  
Rte. 114
- C **North Hampton** 10:00-11:30 AM  
H Beginners Meet 9:00-9:45AM  
D-012 #009027  
United Church of Christ  
Atlantic Ave & Post Rd
- O **Salem** 7:30-9:00 PM  
D-009 #041263  
St. Julie Hall at St. Joseph's Church  
40 Main St., Salem, NH

**WEDNESDAY/AL-ANON**

- C **Bedford** 10:00- 11:30 AM  
H D-010 #045118 Step  
Bethany Covenant Church  
1 Covenant Way (Off Rte.101)  
(Enter at Front of Church)
- O **Berlin** 7:00 -8:00 PM  
D-006 #501106  
The Salvation Army, 15 Cole St.  
(use side door)
- A **Brentwood** 7:30-8:30 PM  
O D-002 #30552757  
Pilgrim United Church of Christ  
197 Middle Rd.
- Concord** 7:00-8:15 PM Newcomers  
D-001 #008974  
Concord Hospital, 5E suite 5400  
Group Therapy Rm., Pleasant St.
- Derry** 7:30-9:00 PM  
D-009 #008977  
First Parish Church  
47 East Derry Rd.
- O **Dover** 10:00-11:30 AM  
B D-002 #008978  
First Parish Congregational Church  
218 Central Ave
- C **Hampstead** 7:30 PM, Women's  
D-009 # 502409 "  
Hampstead Congregational Church  
Hadley Hall 61 Main St.
- Hampton** 7:00- 8:00 PM  
Beginners Welcome  
D-012 #066976  
Hobbs House -Trinity Episcopal  
Church, 200 High Street

**WEDNESDAY/AL-ANON continued**

- C **Keene** 8:00-9:00 PM  
A D-007 #008995  
St James Episcopal Church,  
44 West St. (elevator at parking lot)
- O **Meredith** 8:00-9:00 PM  
A D-004 #066450  
Meredith Congregational Church  
Highland Street (use back door)
- A **Nottingham** 7:30-8:45 PM  
O D-002 #060058  
Nottingham Town Offices  
139 Stage Rd., Rte. 152  
(main entrance door & then sharp right)
- C **Portsmouth** 10:00-11:15 AM  
Step/ Tradition D-012 #501184  
Christ Church (Episcopal)  
1035 Lafayette Rd. (at Mirona Rd.  
across from McDonald's/ side door)
- H **Rochester** 7:30- 8:30 PM  
A D-002 #047848  
O Trinity Anglican Church  
180 Rochester Hill Rd. (Rte. 108)  
(park/enter in back)

**THURSDAY/AL-ANON**

- A **Concord** 12:00 Noon-1:00  
D-001 #044273 Step Meeting  
First Congregational Church  
Cnr. Washington & No Main St.
- Conway** 12:00 Noon  
D-005 #060851  
Conway Vill. Congregational Church  
Main St. (In basement - stairs near front  
door)
- H **Epsom** 7:15-8:15 PM  
D-001 #30516643  
New Epsom Public Library  
1606 Dover Rd., Rte. 4  
(No meeting on holidays)
- Hampton** 10:30 AM-12:00  
Newcomers 9:30-10:30 AM  
D-012 #044716  
Our Lady of the Miraculous Medal  
289 Lafayette Rd, Rte 1
- O **Keene** Noon-1:00  
D-007 #061705  
United Church of Christ (parlor)  
23 Central Square
- O **Laconia** 8:00 PM  
A D-004 08996  
H Congregational Church Parish  
House, 18 Veterans Square

**THURSDAY/AL-ANON continued**

- O **Lebanon** 6:30-7:30 PM  
H D-003 #30529642  
United Methodist Church  
18 School Street (Park School St. or  
school yard. Enter middle door, left side  
of Church)
- C **Manchester** 7:30-9:00 PM  
H Beginners 7:30-8:15  
D-010 #044541  
St. Raphael's Church  
corner 3<sup>rd</sup> & Ferry St.  
(use Ferry St. Entrance)
- O **Nashua** 10:00-11:30 AM  
H D-008 (new meeting), Exit 6 Office  
Bldg. 154 Broad St. 3<sup>rd</sup> Floor  
Emmaus Institute, Suite 1538  
(elevator beyond glass door in lobby)
- C **Nashua** 10-30 AM-Noon  
H D-008 #030299  
Millette Manor,  
72 Vine St  
(use handicap ramp to lower level)
- C **Nashua** 7:30-9:00 PM  
H Newcomers 7:00-7:30  
D-008 #046114  
St. Joseph Hospital  
Carl Amelio Rm. Ground Floor
- Plaistow** 7:00-8:00 PM  
Step Meeting D-009 #052697  
First Baptist Church  
Main St. (second floor)
- C **Portsmouth** 7:15-8:15 PM  
T Adult Child D-012 #502827  
Christ Episcopal Church  
1035 Lafayette Rd. (Across from  
McDonalds- use glass side doors)
- A **Sanbornville** 7:30-8:30 PM  
H D-005 #009040  
Sanbornville United Methodist  
Church 181 Meadow St.  
(Left side door)

**FRIDAY/AL-ANON**

- O **Center Ossipee** 10:30-11:30 AM  
A Seasonal Apr-Oct  
D-005 #30502305  
First Congregational Church  
(new building in rear)  
Old Rte. 16 (yellow ramp at rear door)
- Dover** 7:00-8:00 PM  
D-002 # 025269"  
St. John's United Methodist Church  
28 Cataract Ave. (near McIntosh  
Coll.) Downstairs-Junior High Room
- O **Durham** 12:00 Noon-1:00 ,D-002  
H #30527476, UNH Campus, Health  
Bldg (brick) Second floor conf. rm.,  
Corner Main & Ballard (no meeting  
UNH breaks, closures or Summer)

This document may be printed & copied.

**FRIDAY/AL-ANON continued...**

- O **Enfield** 8:00-9:00 PM
- A D-003 #008981  
St Helena's Church  
36 Shaker Hill Rd.  
"Little Shepherd's Rm." (thru  
garages, 2<sup>nd</sup> door on right)
- A **Hampton** 8:00-9:00 PM  
D-012 #008990  
United Methodist Church  
525 Lafayette Rd. (Rte. 1), just north  
of Rte 27. (upstairs in Library room)
- O **Laconia** 9:30 AM
- H D-004 #048669  
Congregational Church  
Parish House  
18 Veterans Square
- C **Manchester** 6:30-7:30 PM
- H CAL Literature D-010# 503815  
CMC Medical Center  
100 McGregor St. (Take 3<sup>rd</sup>  
elevator to Floor G, Rm G2)
- C **Nashua** 7:00-8:00 PM
- A D-008 #065740
- H St. Joseph Hospital  
172 Kinsey Street (Ask at front  
desk for room location)
- H **No Conway** 8:00-9:00 PM
- A D-005 #009026  
Gibson Center, Corner Main &  
Grove St.
- A **Portsmouth** 7:30-8:30 PM
- O D-012 #039977
- H Community Campus; Foundation for  
Seacoast Health, Board Rm.  
100 Campus Drive  
Follow West Rd. (off Rte. 1)

**SATURDAY/AL-ANON**

- O **Center Harbor** 8:00 AM  
D-004 #502925  
Center Harbor Congregational  
Church, 52 main Street-  
(enter right side front door)
- O **Hampton** 1:00-2:30 PM
- H D-012 #030478  
Our Lady of Miraculous Medal  
Parish Hall (downstairs)  
289 Lafayette Rd, Rte 1
- O **Laconia** 8:00-9:15 PM
- H D-004 #047013
- A Lakes Region Gen. Hospital  
80 Highland St.  
Conference Room 1D, 1<sup>st</sup>. floor

**SATURDAY/AL-ANON continued**

- O **Londonderry** 9:30-11 AM
- H D-009 #042010  
St Marks Church  
(Corner South St. & Mammoth Rd.)
- O **Nashua** 9:00-10:30 AM
- H D-008 #30507121  
So NH Regional Medical Center  
West Campus  
29 Northwest Blvd.
- A **Nashua** 7:30-8:30 PM  
Spanish Speaking "Esperanza"  
D-008 #501976  
Wellness Millette (basement)  
72 Vine St.
- O **Tamworth** 8:00-9:15 PM
- H D-005 #009044
- A St Andrews Episcopal Church,  
Old Rte 25

Unfortunately I cant

**ALATEEN MEETINGS**

**MONDAY ALATEEN**

- \* **Plaistow** 6:00-7:00PM
- C D-009 #30536855  
Sad Café  
148 Plaistow Rd. (Rte. 125)

**THURSDAY ALATEEN**

- \* **Portsmouth** 7:15-8:15
- C D-012 (new meeting)  
Christ Episcopal Church  
1035 Lafayette Rd. (Rte. 1)  
(across from McDonalds  
- use glass side door)  
**Meeting starts March 4, 2010**

**Al-Anon Declaration**

**Let It Begin With Me**

When anyone, anywhere,  
reaches out for help,  
let the hand of Al-Anon and  
Alateen always be there, and  
--- **Let it Begin With Me.**

**NH AL-ANON/ALATEEN  
CONVENTION**

CELEBRATING THE TOOLS OF  
RECOVERY

**Save the Week-End  
Nov 5 to 7, 2010**

**The Radisson Hotel  
Manchester, NH**

**Al-Anon/Alateen IN NH (Area 35)**

**Alanews Needs You!**

Send articles, anniversary information and  
announcements to [alanews@nhal-anon.org](mailto:alanews@nhal-anon.org)  
or to the address below.

**Send Contributions For  
State of New Hampshire / Area 35:**

NHWSA  
PO BOX 220  
CONCORD NH 03302  
Make checks payable to:  
**NHWSA (Area 35)**

**AL-ANON/ALATEEN**  
Answering Service of NH  
Toll Free **1-877-825-2666**  
LOCALLY **603-645-9518**

**ALCOHOLICS ANONYMOUS**

Toll free: **1-800-593-3330**  
<http://www.nhaa.net>

**LITERATURE**

You can order literature from the World Service Office  
online or download an order form at  
<http://www.al-anon.org>. For a catalog call 1-757-563-  
1600. Make checks payable to: **AFG, Inc. 1600  
Corporate Landing Parkway, Virginia Beach, VA  
23454-5617**

**Area 35 Assemblies:**

GR's attend to represent their group members. \*\*

**Sat Mar 20** Register 11:30 a.m. Mtg. 12:00 - 4:00

**Sat May 15** Register 9:00 a.m. Mtg. 9:30 - 4:00

**Sat Oct 16** Register 9:00 a.m. Mtg. 9:30 - 4:00

**Area 35 World Service Committee Meetings:**

DR's attend to represent their districts. \*\*

**Sun Aug 15** Register 11:30 am Mtg 12:00 - 4:00

**Sun Sep 19** Register 11:30 am Mtg 12:00 - 4:00

**Sun Nov 21** Register 11:30 am Mtg 12:00 - 4:00

(No meetings April, June, July, Dec.)

\*\* All meetings are in the Concord Hospital, Conference  
Rm. A, unless otherwise noted.

All Al-Anon/Alateen Members are welcome to attend  
these meetings.

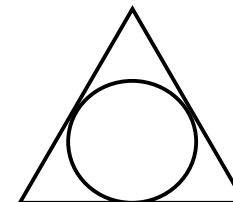
**Come find out about YOUR NH Al-Anon/Alateen!**

**Does Someone's Drinking  
Trouble You?**

NEW HAMPSHIRE AL-ANON/ ALATEEN

**MEETING LIST**

March 7, 2010



"When our information service office lists a group,  
at their request, there is an informal agreement that  
the group will abide by Al-Anon Traditions and  
keep its doors open to any Al-Anon member.  
Listing in this directory does not constitute approval  
of any group's manner of practicing the Al-Anon  
program. If the group you attend is not right for  
you, please try another. There is help available in  
Al-Anon."

Meetings listed are in English and non-  
smoking unless otherwise noted:

- A AA Meeting nearby
- B Baby-sitting provided
- C Closed Meeting - for those who feel  
their lives have been or are being  
affected by close contact with a problem  
drinker
- D District number
- H Handicapped accessible
- O Open Meeting- for everyone including  
those who have not been affected by a  
problem drinker
- T Alateen Meeting nearby
- # Group number
- \* Al-Anon same time and place

**Send new meeting registrations and  
information changes to:**

GROUP RECORDS COORDINATOR  
67 WALNUT AVE.  
NORTH HAMPTON, NH 03862-2012

Visit us at the New Hampshire  
**Al-Anon Website:**

**[www.nhal-anon.org](http://www.nhal-anon.org)**