

<u>AA MEETINGS</u> (Open Meetings unless otherwise noted.)				<u>Al-Anon/Alateen Meetings</u>	
SUNDAY 10:00 am ☯	TRENTON REDWOOD GROUP 106 Yukon St. Room 213 CFB TRENTON (Open Discussion)	WED 8:00 pm ☯	ALDERVILLE PIONEERGROUP, Fenella Community Centre, Highway 45 FENELLA	MON 7:30 pm	ALATEEN Eastminster United Church, 432 Bridge St. E., BELLEVILLE (Closed Discussion)
10:30 am ☯	LIVE & LET LIVE GROUP “Buff” Jack Seniors Drop In Centre, 14 Percy St., COLBORNE. (Clsd Disc)	8:30 pm ☯	TRENTON GROUP, King St. United Church, TRENTON. (Open Speaker Meeting)	8:00 pm	FOXBORO 12 STEP A.F.G. Emmanuel United Church, Ashley St., FOXBORO (Closed Discussion)
7:30 pm ☯	COBOURG GROUP St. Peter’s Anglican Church King St. at College, COBOURG	THUR 10:00 am	PORT HOPE OPEN TOPIC, St. Mark’s Anglican Church Hall, King St. PORT HOPE (Clsd.Discusson)	8:00 pm	SAFE HAVEN Al-Anon Family Group St. Paul’s Anglican Church, MARMORA (Closed Discussion)
		7:00 pm	TRENTON HOSPITAL SERVICE MTG Conference Rm. 2B, 2 nd Floor TRENTON Memorial Hospital	TUES 10:00 am	LIVE AND LET LIVE A.F.G. St. Andrew’s Presbyterian Church, Church St., BELLEVILLE (Clsd Stp Study)
MONDAY 8:00 pm	FRESH START GROUP St. John’s United Church, CAMPBELLFORD	8:00 pm ☯	LIVE & LET LIVE GROUP “Buff” Jack Seniors Drop In Centre, 14 Percy St., COLBORNE, (Clsd Disc)	7:30 pm ☯	CAMPBELLFORD Al-Anon Family Grp. Campbellford Memorial Hospital 146 Oliver Road, CAMPB’LF’RD (ClsdDisc)
8:00 pm ☯	COBOURG HOSPITAL MEETING Diabetes Room; Left at front door. COBOURG	8:00 pm ☯	NEW GENERATION GROUP St. Michael’s Parish, 18 Havelock St. COBOURG. (Closed discussion)	8:00 pm ☯	BELLEVILLE Al-Anon Family Group Eastminster United Church, 432 Bridge St. E., BELLEVILLE. (Closed Discussion)
8:00 pm ☯	PORT HOPE MONDAY NIGHT St. Mark’s Anglican Church Hall, King St., PORT HOPE. (Step, Clsd Disc)	8:00 pm ☯	KEEP IT SIMPLE GROUP Holy Trinity Anglican Church Hall, 60 Trent St. N., FRANKFORD (Clsd Disc)	8:00 pm	SERENITY Al-Anon Family Group, Trinity United Church, (Upstairs) Chapel St., COBOURG. (Closed Discussion)
8:00 pm	ASTRA GROUP, (Closed Step Disc) King St. United Church, King at Queen St., TRENTON.	8:00 pm	BIG BOOK/12 & 12 MEETING St. Anne’s Church, Pine Street, BEWDLEY. (Clsd.Disc.)Joe&CharlieTapes	8:00 pm	PICTON GRATITUDE A.F.G. St. Mary Magdalene Parish Hall, 335 Main St., PICTON. (Closed Discussion)
TUES 10:00 am ☯	COBOURG SERVICE MEETING St. Peter’s Anglican Church, King/College, COBOURG (Clsd.Disc.)			WED 7:00 pm	PATHS TO RECOVERY A.F.G. United Church, Highway 33, WELLINGTON. (Closed Discussion)
7:00 pm	AA WOMEN IN SOBRIETY St. Georges Anglican Church, 9 Byron St., TRENTON (Clsd Disc) (Low Scent)	FRIDAY 7:00 pm	REDWOOD BIG BOOK STUDY 106 Yukon St. Room 213 CFB TRENTON (Closed Discussion)	8.00 pm.	TRENTON Al-Anon Family Group, King St. United Church, King @ Queen, TRENTON, (Closed Discussion)
7:30 pm	CAMPBELLFORD HOSPITAL Meeting Room, Down the Hall from the Cafeteria. (Open discussion)	8:00 pm ☯	HOPE GROUP, St. Mark’s Anglican Church Hall, King St., PORT HOPE	THUR 9:30 am ☯	NEW BEGINNINGS A.F.G. Trinity United Church, Division &Chapel, COBOURG. (Closed Discussion)
8:00 pm	TRINITY GROUP Glad Tidings Pentecostal Church, Rear, Courthouse Rd. facing Northumberland Mall, across Elgin St., COBOURG	8:00 pm	FRIENDSHIP FRIDAY, 12 Step St. Paul’s United, Centre St., WARKWORTH. (Closed Discussion)	10:00 am ☯	NEW BEGINNINGS A.F.G. Christ Church, Everett & Catharine Sts., BELLEVILLE. (Closed Discussion)
8:00 pm	O.D.A.A.T. GROUP Optimist Club Hall, (2 nd . Floor) Lake St., BEWDLEY (Clsd. Disc., Open Topic)	8:00 pm	EASY DOES IT GROUP 58 Prince Edward St., BRIGHTON. Park. & Enter @ Rear (Clsd. Disc.)	8:00 pm	NEW LIFE Al-Anon Family Group Trinity United Church (Upstairs) Chapel St., COBOURG. (Closed Discussion)
8:30 pm ☯	PINE RIDGE GROUP, Trinity St. Andrew’s Church Hall, Chapel St. off Prince Edward St., BRIGHTON. (Open Discussion)	SAT’DAY 8:30 pm ☯	TRENTON GROUP King St. United Church, King & Queen Sts TRENTON. (Open Speaker Meeting)	FRI 8:30 pm	STIRLING Al-Anon Family Group, St. Paul’s United Church, 104 Church St., STIRLING.

Open Meetings – For anyone interested in A.A.. Closed Discussion (Clsd.Disc) meetings are for A.A. members only, or for those who have a drinking problem and “have a desire to stop drinking.” (P – 16)

THE TWELVE STEPS OF A.A.

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 alcoholics, and to practice these principles in all our affairs.

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THE 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

ARE YOU AN ALCOHOLIC?

The list of questions which follows has helped a lot of people find out where they stood with booze. But remember, you are the only one who can say if you have a problem or not. Even if you've been told you do, the important thing is that you decide for yourself. All we ask is that you try to be honest.

	Yes	No
1. Did you lose time from work due to drinking?	[]	[]
2. Did drinking make your home life unhappy?	[]	[]
3. Did you drink because you were shy with people?	[]	[]
4. Has drinking affected your reputation?	[]	[]
5. Have you gotten into trouble with money because of your drinking?	[]	[]
6. Did you associate with people you didn't respect and hang out in places you didn't want to be in when drinking?	[]	[]
7. Did your drinking make you careless of your family's welfare?	[]	[]
8. Has your drinking decreased your ambition?	[]	[]
9. Did you want a drink "the morning after"?	[]	[]
10. Did you have a hard time sleeping because of your drinking?	[]	[]
11. Has your ability to work decreased since drinking?	[]	[]
12. Did drinking get you into trouble on the job or in business?	[]	[]
13. Did you drink to escape from problems or worries?	[]	[]
14. Did you drink alone?	[]	[]
15. Have you ever had a complete loss of memory as a result of drinking?	[]	[]
16. Has a doctor ever treated you for drinking?	[]	[]
17. Did you drink to build up self-confidence?	[]	[]
18. Have you ever been arrested, locked up, or hospitalized on account of drinking?	[]	[]
19. Have you ever felt guilty after drinking?	[]	[]
20. Did you have to have a drink at a certain time each day?	[]	[]

If you answered "yes" to three or more questions, you may be an alcoholic.

But remember, we in A.A. follow this program voluntarily. No one forces us to admit we are alcoholics. No one forces us to stay sober in A.A. We do it because we like what A.A. has to offer.

*Abstracted from A.A. Pamphlet P9.
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MEETINGS IN QUINTE WEST DISTRICT 30 - PUBLIC INFORMATION COMMITTEE

ALCOHOLICS ANONYMOUS

1-866-951-3711*

*Telephone answering Service

InfoWebsite: www.quintewestaa.org



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 A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.®