




**Monday**


**Port Hope Monday Night Group** 8:00pm  
St. Mark's Church CD   
51 Kings Street, Port Hope

**Tuesday**


**Cobourg Service Meeting** 10:00am  
St. Peter's Anglican Church CD   
240 College Street, Cobourg

**Easy Does It Group** 8:00pm  
30 Butler Street E, Brighton OS


**Trinity Group** 8:00pm  
St. Andrew's Church OS   
200 King Street W, Cobourg

**Fresh Start Group** 8:30pm  
8:30pm-9:30pm CD OS\*   
\*speaker meeting, 2<sup>nd</sup> Tuesday of the month  
Rotary Club  
179 Saskatoon Ave, Campbellford


**Wednesday**


**The Acceptance Group** 7:00pm  
At The Crossroads Church OS   
24 Dundas Street W, Trenton

**Alderville Pioneer Group** 8:00pm  
Fenella Community Ctr OS  
8071 Hwy 45, Fenella


**Pine Street Men's Meeting** 8:00pm  
St. Paul's Presbyterian Church CD   
131 Walton St, Port Hope

**Thursday**

**Port Hope Open Topic** 10:00am  
St. Mark's Church CD   
51 Kings Street, Port Hope

**Serenity Sisters (women's)** 7:00pm  
St. James Church CD   
15 South St, Trenton


**Keep It Simple Group** 8:00pm  
Holy Trinity Anglican Church Hall CD   
60 Trent St N, Frankford

**Live & Let Live Group** 8:00pm  
Keeler Centre (upper level) CD   
80 Division St, Colborne


**New Generation Group** 8:00pm  
St. Michael Church (side door) CD  
18 Havelock St, Cobourg


**Friday**

**Trenton Astra Group** 3:00pm  
15 South Str, Trenton OD 

**Acceptance Group** 7:00pm  
At The Crossroads Church CD   
24 Dundas Street W, Trenton


**Easy Does It Group** 8:00pm  
30 Butler Street E, Brighton CD

**Hope Group** 8:00pm  
St. John's Anglican Church Hall OS   
33 Pine Street N, Port Hope


**Friendship Friday 12 Step Group** 8:00pm  
St. Paul's United Church CD   
60 Main Street, Warkworth


**Saturday**

**Saturday Morning Women's Discussion** 10:00am  
St. Andrew's Church CD Hybrid   
200 King Street W, Cobourg  
Zoom ID 835-2769-1802  
Password 002-400


**Trinity Big Book Discussion Meeting** 7:30pm  
St. Andrew's Church CD   
200 King Street W, Cobourg

**Sunday**



**Live & Let Live Group** 10:00am  
Keeler Centre (upper level) CD   
80 Division St, Colborne

**Trenton Redwood Group Breakfast Meeting** 10:00am  
Officer's Mess, lower dining room OD   
182 Yukon St, Trenton

**The Acceptance Group** 2:00pm  
At The Crossroads Church CD   
24 Dundas Street W, Trenton

**Cobourg Group** 7:30pm  
St. Peter's Anglican Church OS   
240 College Street, Cobourg

**Legend**

- OS open speaker, non-alcoholics welcome
- CD closed discussion; alcoholics only
- OD open discussion, non-alcoholics welcome
-  wheelchair accessible
-  not accessible

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

## Need help with a drinking problem?

A.A. has a solution. That isn't an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

## What is A.A.?

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics to achieve sobriety.

## Responsibility Declaration

I am responsible -  
When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. and for that:  
I am responsible.

# Quinte West AA Meeting Program



1-855-907-0007

*Meetings and resources can be  
found at*

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