“Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief - were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.”

Alcoholics Anonymous page 30

Notes and numbers:

Is A.A. For You

1. Have you ever decided to stop drinking for a week or so but only lasted a couple of days?
2. Do you wish people would mind their own business about your drinking and stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope this would keep you from drinking?
4. Have you ever had an “eye” opener upon awakening during the past year?
5. Do you envy people who drink without getting into trouble?
6. Have you had any problems connected with drinking in the last year?
7. Has your drinking caused any problems at home?
8. Do you ever try to get extra drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you do not want to?
10. Have you missed any days at work or school because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt your life would be better if you did not drink?

Did you answer YES four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years....

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Notes and numbers:

12 Steps of Alcoholics Anonymous

Step 1 – We admitted we were powerless over...
alcohol — that our lives had become unmanageable.

Step 2 — Came to believe that a Power greater than ourselves could restore to sanity.

Step 3 — Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4 — Made a searching and fearless moral inventory of ourselves.

Step 5 — Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6 — Were entirely ready to have God remove our defects of character.

Step 7 — Humbly asked Him to remove our shortcomings.

Step 8 — Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 — Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10 — Continued to take personal inventory and when we were wrong promptly admitted it.

Step 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.

Step 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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**All meetings are smoke free**

**Legend**

- O = Open
- C = Closed
- D = Discussion
- S = Speaker
- T = Traditional
- ST = Step Study
- F = Français
- BB = Big Book Study
- WC = Wheel Chair Accessible
- GV = Grapevine

### Sunday

**10:30 am**

- O/D/WC (5 2nd Sun)
  - Open Heart Group
  - Victoria Health Centre
  - 65 Woodstock Road, Fredericton

**7 pm**

- O/D/WC
  - You’re # One 2 Us
  - Conf Rm 2, Upper River Valley Hospital
  - 11300 Route 130, Waterville

**8 pm**

- C/ST/WC
  - Friendship Group
  - Nashwaaksis Baptist Church Hall
  - 106 Edgewood Drive, Fredericton

**8 pm**

- ST/D
  - Twilight Group
  - St Vincent de Paul Catholic Church
  - 25 Loisivre Street, Oromocto

**8 pm**

- 5 or OD
  - Minto Group
  - W G Bishop Nursing Home
  - 1100 Pleasant Drive, Minto

### Monday

**12:00 pm**

- O/B/B/WC
  - Lunch Bunch
  - St Paul’s United Church
  - 224 York Street, Fredericton

**8 pm**

- 0/S
  - Marysville Group
  - Anglican Church
  - 169 Canada Street, Fredericton

**8 pm**

- D
  - Twelve by Twelve Meeting
  - Our Lady of Fatima Parish
  - 130 Crockett Street, Fredericton

**8 pm**

- O/D/WC
  - Living Free Group
  - Woodstock Christian Academy
  - 192 Broadway, Woodstock

**8 pm**

- Français
  - Les Serens
  - Oromocto Old Town Hall
  - 137 MacDonald Street, Oromocto

**Tuesday**

**12:00 pm**

- Lunch Bunch
  - St Paul’s United Church
  - 224 York Street, Fredericton

**12:00 pm**

- O/B/B/WC
  - Steps 1/2/3

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**[Tuesday continued]**

- 7:30 pm
  - O/B/B/WC
  - McAdam Group
  - St Paul’s United Church
  - 224 York Street, Fredericton

- 8 pm
  - O/D/WC
  - Helping Hand Group
  - 215 Lincoln Road, Fredericton

- 8 pm
  - BB/WC
  - St Paul’s United Church
  - 224 York Street, Fredericton

- 8 pm
  - O/D/WC
  - Unity Group
  - St Gertrude’s Hall
  - 117 St Gertrude’s Street, Woodstock

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**[Wednesday continued]**

- 12:00 pm
  - O/G/V/WC
  - Lunch Bunch
  - St Paul’s United Church
  - 224 York Street, Fredericton

- 8 pm
  - O/D/WC
  - Victoria Group
  - 265 Woodstock Road, Fredericton

- 8 pm
  - O/D/WC
  - Pyramid Group
  - Military Family Resource Centre
  - 275 S Lawrrence Avenue, Oromocto

- 8:00 pm
  - O/B/B/WC
  - Living Free Group
  - Woodstock Christian Academy
  - 192 Broadway, Woodstock

- 8:30 pm
  - O/D/WC
  - Remember When Group
  - St John Anglican Church
  - 75 Main Street, Fredericton

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**[Thursday continued]**

- 12:00 pm
  - O/B/T & T/WC
  - Lunch Bunch
  - St Paul’s United Church
  - 224 York Street, Fredericton

- 7 pm
  - WC
  - A Way of Life Group
  - Wesleyan Church
  - 55 Corbett Avenue, Fredericton

  **(Note 1: Last Thurs – O/B/B/WC, 2nd and 4th Thurs O/D, 3rd Thurs – O/L & T/WC)**

- 8 pm
  - O/S/D
  - Oromocto Group
  - Nashwaaksis Baptist Church Hall
  - 106 Edgewood Drive, Fredericton

- 8 pm
  - O/D/WC
  - Oromocto Old Town Hall
  - 137 MacDonald Street, Oromocto

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**Friday**

**12:00 pm**

- C/ST/WC
  - Open Door Group
  - St Paul’s United Church
  - 224 York Street, Fredericton

**8 pm**

- O/S/D/WC
  - Living Sobriety Group
  - Room 207, George Martin Hall
  - St Thomas University, Fredericton

**8 pm**

- O/S/D/WC
  - Harvey Station Group
  - Knox Presbyterian Church
  - 2412 Highway 3, Harvey Station

**8 pm**

- O/S/T/WC
  - Steps to Freedom Group
  - St Gertrude’s Hall
  - 117 St Gertrude’s Street, Woodstock

- 9:15 pm
  - O/S/WC
  - Serenity Group
  - Anglican Church Hall
  - (Charlotte St Entrance)
  - 245 Westmorland Street, Fredericton

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**Saturday**

**12:30 pm**

- O/D/WC
  - Open Door Group
  - Victoria Health Centre
  - 65 Woodstock Road, Fredericton

- 7 pm
  - BB/D/WC
  - Joe & Charlie Big Book Study
  - St Paul’s United Church
  - 224 York Street, Fredericton

- 8 pm
  - O/S/D/WC
  - Nashwaaksis Group
  - Durham Hall
  - 679 Route 628, Durham Bridge

**8 pm**

- O/S/WC
  - Living Free Group
  - Woodstock Christian Academy
  - 192 Broadway, Woodstock

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**All meetings are smoke free**