

AA Preamble

ALCOHOLICS ANONYMOUS is a fellowship of people 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.

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The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled amongst us -- sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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Phone Numbers



Red Deer AA Website

God, grant me the SERENITY
to accept the things, I cannot change;
the courage to change the things I can.
and the wisdom to know the difference.

Alcoholics Anonymous, Meeting List **Out of Town**



1. **Is Alcoholics Anonymous for me?** Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
 6. Have you gotten into financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you careless of your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time daily?
11. Do you want a drink the next morning?
 12. Does drinking cause you to have difficulty sleeping?
 13. Has your efficiency decreased since drinking?
 14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or trouble?
 16. Do you drink alone?
17. Have you ever had a complete loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
 19. Do you drink to build your self-confidence?
 20. Have you ever been to a hospital or institution on account of drinking?

If you answered YES to any one of the questions, there is a definite warning that **you may be alcoholic.**

If you have answered YES to any two, the chances are that **you are an alcoholic.**

If you have answered YES to **three or more, you are definitely an alcoholic.**

Local meetings of Alcoholics Anonymous

Codes

F = Open First Meeting of the Month

L = Open Last Meeting of the Month

* = Call for details

Monday

Cremona Blasters Group

8:00 pm Gold & Silver Center,

113 Centre St Cremona

*Wheel chair access

Dickson Dam Monday Night AA Group

7:30 pm Bethany Lutheran Church,

East of the 4-way stop in Dickson

Elnora No Name AA Group

8:30 pm St. David's Anglican Church

538 – 1st Ave. Elnora

Olds Midway AA Group

7:30 pm St. Paul's Lutheran Church

5022-52 Street Olds

Tuesday

Innisfail 24 Hour AA Meeting

7:30 pm Presbyterian Church

4716-50 Avenue, Innisfail

Open Last

Path to freedom

7:00 pm New Hope Pentecostal fellowship

5019 49 St, Olds

*Wheel Chair access Open

Clints County meeting, Olds

7:30 Call Clint for directions

403-559-9214

Wednesday

Back Again Group

7:00 pm Lions Park, Eye in the Sky

Building

626 N Rd, Trochu

Fiona 403-877-1350 L

*Wheel chair access

Sundre Town & Country AA Group

8:30 pm Church of the Nazarene.

402 Main Ave west Sundre.

*Wheel chair access

Thursday

Innisfail Gratitude AA Group

8:00 pm Innisfail United Church,

4720-48th Avenue, Innisfail

*Wheel Chair access

Three Hills New Life AA Group

8:00 pm United Church,

5th Ave. and Main St. Three Hills

Olds Evergreen Group

7:00 pm Evergreen Seniors' Centre

5237 – 52 St, Olds, Front entrance.

*Wheel chair access

Friday

Caroline Wilderness AA Group

8:00 pm Lions Hall,

5111 49 Ave. Caroline

Didsbury Friday Night AA Group

8:00 pm Masonic Hall,

2037-21 Avenue, Didsbury

Saturday

Innisfail Saturday Night AA Group

7:00 pm Alliance Church

#25, 4804 – 42 Ave., Innisfail,

Bob U 403-227-6823 Open

*Wheel chair access

Bowden Institution AA Meeting List

Clearance Is required to attend AA meetings in

the prison. If you are Interested contact,

Bob U 403-896-2212 Meetings are every Second

and Last Saturday of the month at 5:30PM

Closed

Saturday

*NEW Open **January 2024** Saturday

Delburne **One Step at a Time 7:00PM**

2034-27 Ave O/F Saturday night

Delburne Alberta (has 3 stairs)

Alcoholics Anonymous is online at

<https://reddeeraa.org/>

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Or call

Red Deer AA help line **5873771117**

Al-anon/Alateen family groups, for

friends and families of problem drinkers

call 1-888-425-2666 or online

www.al-anon.ab.ca or

www.al-anon.alateen.org