

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. Selfseeking 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
AA



TOWN
MEETINGS 2024

Is Alcoholics Anonymous for me?

Here are some of the questions we tried to answer *honestly*. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
 2. Do you wish people would mind their own business about your drinking-- stop telling you what to do?
 3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
 4. Have you had to have an eye-opener upon awakening during the past year?
 5. Do you envy people who can drink without getting into trouble?
 6. Have you had problems connected with drinking during the past year?
 7. Has your drinking caused trouble 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 don't mean to?
 10. Have you missed days of work or school because of drinking?
 11. Do you have "blackouts"?
 12. Have you ever felt that your life would be better if you did not drink?
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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

Thorsby Monday Night

8:00 PM New Life Christian Fellowship

5203- 54 Av Thorsby O/L

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 W/C 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

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

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

Delburne

Delburne One Step at a Time *NOW Open
January 2024 Saturday 7:00PM 2034-27 Ave
O/F Saturday night Delburne Alberta

Sunday

Bowden Big Book Study

Olde Library and Community Center
17 Ave, Bowden, AB T0M 0K0

7:30 Pm O WC access Darrell 7809839855
Alcoholics Anonymous is online at
<https://reddeeraa.org/>

Alix Back to Basics

Drop in Center 5008- 50 Ave
Alix o/5th Sunday 7:00 PM

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.alanon.ab.ca or
www.alanon.alateen.org



Red Deer AA Website