

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.

The Promises If we are painstaking about this phase of our development, we will be amazed before we are halfway 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. © Reprinted from "Alcoholics Anonymous"®. Pages

Male circle one Female

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Meeting List Red Deer-and AREA



Is Alcoholics Anonymous for me?

- 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.**

DIST 13 & Area AA Meetings

Mondays

Mondays In the Solution Meeting 11:30 AM-

55 Street and Rutherford Drive Hwy
11 heading East of Safety City, Balmoral Bible
Chapel W/C *C starts Oct 20

Happy Hour Group 5:15 PM]

4310 - 39 Street First Baptist Church
O/L Red Deer *Lift W/C

Dream Center Speaker meeting 6:30 PM

4614 50 Ave, Red Deer, AB T4N 3Z8 C *WC

Dickson Dam 7:30 PM

Bethany Lutheran Church East of the 4-way stop
211-20 Street Dickson C

Monday at a time Knox 7:30 PM

4718- Ross St Knox Church O

Men's Group 7:30 pm

12 Stanton Street
Sunnybrook United Church
O/L Red Deer *Lift W/C

Tuesdays **Red Deer Recovery Community**

Group 7:30PM North on HWY 2A towards
Blackfalds EAST side of hwy (travelling north) O/L
W/C

Delburne One Step at a Time 7:00 PM

2210-20th street (main st) O/F **Tuesday** night

Sylvan Lake Serenity Lions Hall 5119 50A Ave **7:30 PM**
Sylvan Lake O *W/C

Wednesday's **Footprints**

Group 7:30 PM

4718- Ross Street Red Deer Knox Church
O

Rimbey Anonymous 7:30PM

Anglican Church 5211-52 Street
Rimbey

Lacombe Group Wed Nite 8:30 PM

Masonic Temple 4722-49 b Av Lacombe

Thursdays

Ladies Group 7:00 PM

12 Stanton Street Sunnybrook, United Red
Deer

O/L *WC Lift **Thirsty Thursdays 7:30 PM**

5005 Broadway Av

Blackfalds O/L

Ponoka Thursday Night BB study 8:30PM

St. Mary's Anglican Church 5120-49 Av Ponoka

8:30 PM

New Hope Group

40 Holmes O/3 **7:30 PM** WC

Eckville Group Friendship Center

7:30 PM

5011-54 Av Eckville W/C O

Fridays

Friday Night (spkr mtg last FRI)

4718- Ross St Knox Church O

7:30 PM

Rocky Mountain House

First Christian Reformed Church **7:30 PM** W/C

Saturdays

Saturday Back to Basics

Bentley 7:00 PM Bentley

Community

Church 4824-50 st O

Saturday Night Refreshed Group 7:30 PM

4718- Ross Street Red Deer Knox
Church O

Innisfail Saturday Night AA Group

7:00PM Alliance Church

#25, 4804 – 42 Ave., Innisfail

W/C O/L

Sat Nite Lacombe 4619 Cgy Edm Trail
830PM

Sundays

Sunday Morning Group 11:00 AM

4935- 51 Street Red Deer

O W/C

Easy Does It Balmoral Group 7:30PM

Sundays 55 Street and Rutherford Drive Hwy
11 heading East of Safety City, Balmoral Bible
Chapel O/L W/C

Sunday Night Sylvan Meeting 7:30 PM

Alliance Church 4404-47 Av Sylvan T4S 1N4 O/L
W/C O/L

Noon Group 12 noon- 1pm Mon-Sat Kaylor
Building 4917 48 Street Red Deer, lower level



**To Find a Meeting: Red
Deer AA help line ph, or text
or call **587-377-1117**
<https://reddeeraa.org>**

literature, medallions or
meeting lists visit **Red Deer
Central Office AA**

Open 10AM -Noon Fridays
Towne Center Mall 4929-50 ST.