# 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.

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 83-84, with permission of A.A. World Services Inc.

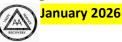
# Phone Numbers

Male	circle one	Female

to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Legend: O Open / C Closed / WC Wheelchair/ OL Open last /OF Open First

# **Alcoholics Anonymous**

# **Meeting List Red Deer-and AREA**



# 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?
- 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 an 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.

# **DIST 13 & Area AA Meetings**

# **Mondays**

# Mondays In the Solution Meeting 11:30 AM-

55Street 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

2210-20<sup>th</sup> 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 0

### **Rimbey Anonymous 7:30PM**

Anglican Church 5211-52 Street

Rimbev

#### 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

**Eckvile 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 55Street 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 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.