




















AA MEETINGS (Open Meetings unless otherwise noted)

AL-ANON/ALATEEN MEETINGS

SUNDAY 10:00 a.m 	TRENTON REDWOOD GROUP Breakfast Meeting, 182 Yukon, Officer's Mess, Lower Dining Room (Open Discussion) CFB TRENTON	WEDNESDAY 8:00 p.m 	ALDERVILLE PIONEER GROUP Fenella Community Centre Highway 45, FENELLA	MONDAY	
10:00 a.m	LIVE & LET LIVE GROUP Corner of Elgin and Highway #2 COLBORNE (Closed Discussion)	8:00 p.m	TRENTON GROUP (District 34) Trenton United Church 85 Dundas St., TRENTON (Open Speaker Meeting)	TUESDAY	
7:00 p.m	BYOBB (Bring Your Own Big Book) Frankford Free Methodist Church, 272 Mill St.,FRANKFORD (Closed Big Book Discussion)	THURSDAY 10:00 a.m	PORT HOPE OPEN TOPIC St. Mark's Church, 51 King St., PORT HOPE (Closed Discussion)	7:00 p.m	SERENITY A.F.G. Trinity United Church (Upstairs) Chapel St. Cobourg (Closed Discussion.)
7:30 p.m 	COBOURG GROUP St. Peter's Anglican Church King St. at College, COBOURG	8:00 p.m. 	LIVE & LET LIVE GROUP Corner of Elgin and Highway #2 COLBORNE (Closed Discussion)	7:30 p.m	CAMPBELLFORD A.F.G. Campbellford Memorial Hospital, 146 Oliver Rd. CAMPBELLFORD (Closed Discussion)
MONDAY		8:00 p.m 	NEW GENERATION GROUP St. Michael's Parish, 18 Havelock St. COBOURG (Closed Discussion)	8:00 p.m 	BELLEVILLE A.F.G. Eastminister United Church, 432 Bridge St. E BELLEVILLE (Closed Discussion)
8:00 p.m 	FRESH START GROUP St. Johns United Church 50 Bridge St. W., CAMPBELLFORD	8:00 p.m 	KEEP IT SIMPLE GROUP Holy Trinity Anglican Church Hall 60 Trent St. N. FRANKFORD (Closed Discussion)	8:00 p.m	GRATITUDE A.F.G. Hope Centre, 46 King St., Picton.
8:00 p.m 	Cobourg Hospital Meeting Northumberland Hills Hospital 1A Room 28, COBOURG	FRIDAY 8:00 p.m 	HOPE GROUP St. John's Anglican Church, 33 Pine Street North, PORT HOPE	WEDNESDAY 8:00 p.m	TRENTON A.F.G. Trenton United Church 85 Dundas St., TRENTON (Closed Discussion)
8:00 p.m 	PORT HOPE MONDAY NIGHT GROUP St. Marks Church, 51 King St. Step Meeting, (Closed Discussion)	8:00 p.m	FRIENDSHIP FRIDAY, 12 Step St. Paul's United, Centre St. WARKWORTH (Closed Discussion)	THURSDAY 9:30 a.m 	NEW BEGINNINGS A.F.G. Trinity United Church, Division & Chapel COBOURG
7:30 pm	ASTRA GROUP St. Andrew's Church, 16 Marmora (on corner of Dundas St. East, Trenton)(Closed Discussion)	8:00 p.m	EASY DOES IT GROUP 30 Butler St. E., BRIGHTON (Closed Discussion)	10:00 a.m 	NEW BEGINNINGS A.F.G. Columbia Presbyterian church 520 Bridge St BELLEVILLE (Closed Discussion)
TUESDAY 10:00 a.m. 	COBOURG SERVICE MEETING St. Peter's Anglican Church, King St. at College,COBOURG (Closed Discussion)	SATURDAY 10:00 a.m 	COBOURG WOMEN'S MEETING St. Andrews Church (at back downstairs), 200 King St. West, COBOURG (Closed Discussion)	6:30-8:00	A.C.A Meeting St. Columbia Church (Bridge and Farley) Belleville
 7:30 pm	CAMPBELLFORD HOSPITAL Meeting Room (down the hall from Cafeteria) CAMPBELLFORD (Open Discussion)	7:30 p.m	Trininty Big Book Discussion Meeting St. Andrew's Church, 200 King Street West Cobourg (Closed meeting)	FRIDAY 8:00 p.m	STIRLING AFG St. Paul's United Church, 104 Church St. (Enter 2nd door on Station St. STIRLING (Closed Discussion)
8:00 p.m 	TRINITY GROUP St. Andrew's Church (at back downstairs) 200 King St. West, COUBOURG	8:00 p.m	OPEN BIG BOOK DISCUSSION MEETING 35 Albert St. E. (House) HASTINGS	SUNDAY 2:00 pm	A.C.A. MEETING Eastminister United Church, 432 Bridge St. E (upstairs) Belleville
8:00 p.m 	O.D.A.A.T. GROUP Bewdley Arena, 7060 Lake St. BEWDLEY (Closed Disc., Open Topic)	8:00 p.m	TRENTON GROUP (District 34) Trenton United Church 85 Dundas St., TRENTON (Open Speaker Meeting)	7:30 pm 	Hope and Serentiy Group Siskin Center, MFRC Trenton 50 Rivers Drive East, Trenton, ON
12:00-1:00pm Monday to Friday	Plug in the Jug Group, Closed Big Book Study St. Andrew's Church, of Marmora and Dundas St. East, Trenton (no meeting last Friday of each month)			For Alateen Please Contact	Deb T. at 613-395-0472

THE TWELVE STEPS OF A.A.

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as *we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
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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THE SERENITY PRAYER

God grant me the serenity
to accept the things I cannot change,
Courage to change the things I can
And wisdom to know the difference

ARE YOU AN ALCOHOLIC?

The list of questions which follows has helped a lot of people find out where they stood with booze. But remember, you are the only one who can say if you have a problem or not.

Even if you've been told you do, the important thing is that you decide for yourself.

All we ask is that you try to be honest.

1. Did you lose time from work due to drinking?
2. Did drinking make your home life unhappy?
3. Did you drink because you were shy with people?
4. Has drinking affected your reputation?
5. Have you gotten into trouble with money because of your drinking?
6. Did you associate with people you didn't respect and hang out in places you didn't want to be in when drinking?
7. Did your drinking make you careless of your family's welfare?
8. Has your drinking decreased your ambition?
9. Did you want a drink "the morning after"?
10. Did you have a hard time sleeping because of your drinking?
11. Has your ability to work decreased since drinking?
12. Did drinking get you into trouble on the job or in business?
13. Did you drink to escape from problems or worries?
14. Did you drink alone?
15. Have you ever had a complete loss of memory as a result of drinking?
16. Has a doctor ever treated you for drinking?
17. Did you drink to build up self-confidence?
18. Have you ever been arrested, locked up or hospitalized on account of your drinking?
19. Have you ever felt guilty after drinking?
20. Did you have to have a drink at a certain time each day?

If you answered "yes" to three or more questions, you may be an alcoholic.

But remember, we in A.A. follow this program voluntarily. No one forces us to admit we are alcoholics.
No one forces us to stay sober in A.A.

We do it because we like what A.A. has to offer.
Our primary purpose is to stay sober and help other

March 2018

**MEETINGS IN QUINTE WEST
DISTRICT 30 - PUBLIC
INFORMATION COMMITTEE**

ALCOHOLICS ANONYMOUS

1-866-951-3711

*Telephone answering Service

Website: www.Quintewestaa.org



Alcoholics Anonymous is a fellowship of men and women 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 AA 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.