

**Finding information and directions for our
12 Steps in the Big Book of Alcoholics
Anonymous**

- Step 1:** Described: pages xxv-xxxii, pages 1-43.
Direction: page 30, para 2, lines 1-3.
 - Step 2:** Described: pages 44-60.
Direction: page 47, para 2, lines 1-3.
 - Step 3:** Described: pages 60-63.
Directions: page 63, para 2, lines 1-8.
 - Step 4:** Described: pages 63-71.
Directions: page 64, para 1, lines 1-9; para 2, lines 1-6 (Assets and Liabilities), Page 64, para 3, lines 1-2, 6-9 (Resentments), page 68, para 1, lines 1-3 (Fears), page 69, para 1, lines 1-6 (Harms).
 - Step 5:** Described: pages 72-75.
Direction: page 75, para 1, lines 1-4; para 2, lines 1-2.
 - Step 6:** Described: page 75-76.
Direction: page 76, para 1, lines 3-5.
 - Step 7:** Described: page 76.
Direction: page 76, para 2, lines 1-7.
 - Step 8:** Described: page 76.
Direction: page 76, para 3, lines 2-5.
 - Step 9:** Described: page 76-84.
Direction: page 76, para 3, lines 6-11.
 - Step 10:** Described: pages 84-85.
Direction: page 84, para 2, lines 1-14.
 - Step 11:** Described: pages 85-88.
Direction: page 86, para 1, lines 1-14 (When we retire), para 2, lines 1-5 (Upon awakening), page 87, para 3, lines 1-3, pages 88, lines 1-7 (Throughout our day).
 - Step 12:** Described: pages 89 - 103, pages 567 -568.
Direction: page 89, para 1, lines 4-5.
- Roman numeral pages are for 4th edition.
For third edition subtract 2 pages.*

“Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief - were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.”

Alcoholics Anonymous page 30

Notes and numbers:

Is A.A. For You

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

Did you answer **YES** four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years

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Notes and numbers:

District 5 Area 81

Meeting List

“The tremendous fact for every one of us is that we have discovered a common solution.”

Alcoholics Anonymous

AA Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. There are no dues or fees for AA Membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organizations or institutions; 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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AA Local Calls: 470-8262

Others: 1-800-340-4966

www.area81aa.ca

Notes and numbers: 2900 2017

12 Steps of Alcoholics Anonymous

Step 1 – We admitted we were powerless over alcohol — that our lives had become unmanageable.

Step 2 – Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4 – Made a searching and fearless moral inventory of ourselves.

Step 5 – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6 – Were entirely ready to have God remove all these defects of character.

Step 7 – Humbly asked Him to remove our shortcomings.

Step 8 – Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10 – Continued to take personal inventory and when we were wrong promptly admitted it.

Step 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.

Step 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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FREDERICTON AREA:

Legend

O – Open	C – Closed	D – Discussion	S – Speaker
T – Traditions	ST – Step Study	F – Français	
BB – Big Book Study	WC – Wheel Chair Accessible		
GV - Grapevine			

Sunday

10:00 am O/D/WC (S 2 nd Sun)	Open Heart Group Victoria Health Centre 65 Woodstock Road, Fredericton
7 pm C/ST/WC	Friendship Group Nashwaaksis Baptist Church Hall 106 Edgewood Drive, Fredericton
8 pm ST/D	Twilight Group St Vincent de Paul Catholic Church 25 Loisville Street, Oromocto

Monday

12:00 pm O/BB/WC	Lunch Bunch St Paul's United Church 224 York Street, Fredericton
7:30 C / T & ST WC	Back to Basics Group United Church 144 Winnebago St. Oromocto
8 pm O/S	Marysville Group Anglican Church 172 Canada Street, Fredericton
7 pm D/BB	Twelve by Twelve Meeting St Paul's United Church 224 York Street, Fredericton

Tuesday

12:00 pm O/ST/WC Steps 1/2/3	Lunch Bunch St Paul's United Church 224 York Street, Fredericton
5:30pm C/D	The Women's Group 535 Beaverbrook Court (side door) Partners for Youth Board Room Fredericton
7 pm O/BB/WC	Helping Hand Group St Paul's United Church 224 York Street, Fredericton
8 pm O/D/WC	Lincoln Group United Baptist Church Hall 2275 Lincoln Road, Lincoln

Wednesday

12:00 pm O/S/WC	Helping Hand Group St Paul's United Church 224 York Street, Fredericton
8 pm O/D/WC	Victoria Group Victoria Health Centre 65 Woodstock Road, Fredericton
7.30 pm O/D/WC	Pyramid Group Military Family Resource Centre A45 St Lawrence Avenue, Oromocto
8:00 pm O/D/WC (S last Wed)	Remember When Group St John Anglican Hall 75 Main Street, Fredericton

Thursday

12:00 pm O/ST & T/WC	Lunch Bunch St Paul's United Church 224 York Street, Fredericton
7 pm WC (See note 1)	A Way of Life Group Wesleyan Church 55 Corbett Avenue, Fredericton

Note 1: 1st Thurs-C/BB/ST, 2nd and 5th Thurs O/D, 3rd Thurs-O/S/Q&A, 4th Thurs-O/Anniversary

Friday

12:00 pm D/ST/WC	Open Door Group St Paul's United Church 224 York Street, Fredericton
6:30 pm O/D/WC	Serenity Group Anglican Church Hall (Charlotte St Entrance) 245 Westmorland Street, Fredericton
8 pm O/D/WC	Living Sober Room 207, George Martin Hall St Tomas University, Fredericton

Saturday

12:30 pm O/D/WC	Open Door Group Victoria Health Centre 65 Woodstock Road, Fredericton
7 pm BB/D/WC	Joe & Charlie Big Book Study 2.0 St Paul's United Church 224 York Street, Fredericton
8:30 pm O/S/WC	Sitansk St. Mary's Group. St. Mary's Medical Clinic, 440 Highland Ave Fredericton

OUTSIDE FREDERICTON AREA:

Sunday:

7 pm O/D/WC	You're # One 2 Us Conf Rm 2, Upper River Valley Hospital 11300 Route 130, Waterville
8 pm S or OD	Minto Group W G Bishop Nursing Home 1100 Pleasant Drive, Minto

Monday:

8 pm O/D/WC	Living Free Group St Luke's Anglican Church 104 Church Street, Woodstock
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Tuesday

7 pm C/ST/WC	Women's Meeting St Leo's Catholic Church 60 Perkins Way Florenceville/ Bristol
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Wednesday

8:00 pm O/BB/WC	Living Free Group St Luke's Anglican Church 104 Church Street, Woodstock
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Thursday

8 pm D/WC	Florenceville/Bristol Group 60 Perkins Way, Florenceville/Bristol
8 pm C/ WC	The New Beginning Group Municipality Building 10 Civic Court, Chipman

Friday

8 pm O/S/D/WC	Harvey Station Group Knox Presbyterian Church 2412 Highway 3, Harvey Station
8 pm O/ST/WC	Steps to Freedom Group St Gertrude's Hall 117 St Gertrude's Street, Woodstock

Saturday

8 pm O/S/WC	Living Free Group St Luke's Anglican Church 104 Church Street, Woodstock
2:00 pm O/BB/WC	McAdam Group City Camp Club 166 Saunders Road, McAdam

All meetings are smoke free