

# DECEMBER 2022

price: \$1.50

## **ALCOHOLICS ANONYMOUS** **Calgary & Southern Alberta** **Meeting Directory**

### CENTRAL SERVICE OFFICE

4021 – 4 Street S.E.

Calgary, Alberta T2G 2W4

phone : 403-777-1212

e-mail : [centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)

website: [www.calgaryaa.org](http://www.calgaryaa.org)



### OFFICE HOURS

Monday to Friday

8:30 am – 5:00 pm

*(Closed 1 pm – 2 pm)*

Saturday

9:00 am – 1:00 pm

*Closed Sundays*

*& Holiday Weekends*

Area 78 (Alta./N.W.T.) website : [www.area78.org](http://www.area78.org)

General Service Office (New York) website : [www.aa.org](http://www.aa.org)

## INDEX

The 20 Questions (Are You An Alcoholic?) .....	1
Group Index .....	3, 4
Meetings Held Daily (Mon. – Fri.) .....	5, 6
Calgary Weekly Meetings .....	7–28
Spanish Speaking Meetings ...	7, 11, 12, 14, 16, 18, 19, 21, 23, 26
Polish Speaking Meeting .....	15
Punjabi/Hindi speaking meetings.....	12, 24
LGBTQ2S .....	13, 22
Hospital and Treatment Facility Meetings .....	28
Out of Town Meetings .....	28–39
Intergroup & General Service Committee Mtgs .....	39
Central Office Support & Suggested Group Contributions .....	40
12 Steps & 12 Traditions .....	41, 42

## CODES

All meetings are “Mixed” (men & women)  
unless otherwise noted.

**(W) = Wheelchair Access**

**(O) = Open Meeting Format** — Open to anyone who is interested in the AA Program. Visitors and friends are expected to respect the anonymity of all persons they see or meet at AA meetings.

**(C) = Closed Meeting Format** — For alcoholics only. Discussion of the AA Program is held and every person has the opportunity to ask questions and share their experience more freely. All members benefit from the experience, strength and hope of each other.

# CALGARY MEETING INDEX

<b>GROUP NAME</b>	<b>PAGE(S)</b>	<b>GROUP NAME</b>	<b>PAGE(S)</b>
19th Street Big Book .....	16	Forest Lawn .....	23
19th Hole .....	12	Friday Night Fellowship.....	18
272 Group .....	7, 19	Front Runners .....	22
A-Men .....	10	Fun Seekers .....	7, 18
ABC.....	13	Garnet Block .....	5, 7, 8, 9, 10, 13, .....14, 15,16, 19, 21, 22, 25, 26
Airport .....	13	Getting There .....	10
Aspen/West Springs .....	15	Glenmore .....	6, 9, 11, 12, 14, 15, 17, .....20, 23, 24, 27, 28
Awakenings .....	21	Go For It .....	5, 21, 25
Back to the Drawing Board .....	26	Grey Sheep .....	13
Beautiful Hope Women's Mtg.....	7	Grupo Nuevo Horizonte ( <i>Spanish</i> ) ...	..... 7, 12, 18, 21
Better Days .....	21	Grupo Vientos de Calgary ( <i>Spanish</i> )	..... 11, 14, 16, 19, 23, 26
Better Than A Hangover .....	21, 28	Haddon Group .....	6, 9, 12, 18, 23, .....24, 27, 28
Bow Bottom Trail .....	17	Harmony .....	14
Bowness Group.....	25	Harvest Hills BB Discussion .....	8
Came To Believe .....	26	Just For Today .....	10, 16
Came To Meeting.....	26	Kincora Group .....	13
Candlelight .....	16	Knox Nooners .....	6
Centre of Hope .....	14, 19, 28	Lakeview Open Speaker .....	20
Daily Reflections .....	6, 18, 24, 27	MAAT Group.....	15
Deer Ridge .....	11	McKenzie Towne .....	11, 17, 22
Desperation .....	19	Men's Back To Basics .....	15
Double H .....	8	Midnapore .....	9, 11, 14, 17, 20
Downtown Saturday Night .....	24		
Edgemont .....	19		
Elbow Park .....	9		
Fellowship Speaker Mtg.....	23		
Fireside .....	9		

# CALGARY MEETING INDEX

<b>GROUP NAME</b>	<b>PAGE(S)</b>	<b>GROUP NAME</b>	<b>PAGE(S)</b>
Mustard Seed Group .....	8	SMOG .....	13, 21
N2 Group .....	25	SMORG .....	25
Nadzieja (Polish) .....	15	Sobriety & Beyond .....	8
New Beginnings .....	6, 8, 10, 11, 14, ..... 16, 19, 22, 23, 26, 27	Sooner Than The Nooner .....	25
New Freedom ( <i>Punjabi/Hindi</i> ) .....	12	Southview By the Book .....	20
New Life .....	25	Southwest Serenity .....	12
New You / Sailor Bill's .....	10	Springbank Tuesday .....	10
No Name 2.0 Group .....	7	Stampeders .....	21
Northlanders .....	8	Step Sisters .....	14
NW Calgary Group .....	10, 16, 22	Steps, Stories & Beyond .....	8
NW Step & Tradition .....	16	Sunday Morning 11AM .....	25
Ogden .....	17, 27	Sunday Morning Breakfast .....	25
Oldtimers.....	20	Thurs. Night Ladies .....	17
Open Door .....	11	Times of Change.....	26
Out to Lunch Bunch .....	7, 12, 18	Tuesday Morning Ladies .....	10
Overcomers .....	13	Turf Group .....	18
Peter Lougheed Hospital .....	9, 28	Unity .....	20
Primary Purpose .....	15	Wake Up Group .....	26
Punjabi Survivors' Group.....	24	Walking Eagle .....	7
Radical Change.....	11	Wednesday Evening Ladies .....	13
Recovery Group .....	9, 12, 17, 23, 24	Wed. Morning Eye Opener .....	13
Regal .....	7, 15	Weekend Serenity .....	22, 26
Resentment Resolve Group .....	17	Weekend Serenity Cont. ....	8, 14, 19
Resilience in Unity.....	18	West End Step & Tradition .....	22
Rule 62 Group.....	16	Whitesheep .....	17
Saturday Morning Bridge .....	20		

## **IMPORTANT INFORMATION ABOUT THIS DIRECTORY**

As embodied in the 4th Tradition, the information and operation of an AA Group resides with the group conscience of its members. While hopefully every AA Group adheres closely to the guiding principles of the 12 Steps and 12 Traditions, Calgary Intergroup neither monitors nor oversees the activities or practice of any AA Group. Groups and meetings listed in this directory appear at their own request. A directory listing does not constitute or imply approval or endorsement of any approach to, or practice of, the AA program.

## **DAILY MEETINGS (Monday to Friday)**

### **NORTHWEST**

- 7:00 a.m. **Go For It** — (C)  
6422 – 35 Ave. NW (Main entrance, Bowness Senior's Centre)..... (W)
- 1:30 p.m. **Afternoon Garnet** — (O) Step Discussion  
1609 Centre St. NW (upstairs)
- 5:30 p.m. **Garnet 5:30** — (O) Step Discussion  
1609 Centre St. NW (upstairs)
- 10:00 p.m. **Garnet Night Owl** — (O) Discussion  
1609 Centre St. NW (upstairs)

# DAILY MEETINGS (continued...)

## SOUTHWEST

- 6:00 a.m. **Haddon Group** – *On Awakening* (C), Disc.....(W)  
703 Heritage Dr. SW  
(St. Andrews Presbyterian Church, rear door  
SW corner, use East parking lot)
- 9:30 a.m. **Daily Reflections** – (O)  
134 Scarboro Ave. SW (Scarboro United  
Church, use West gym door)
- 12 Noon **Glenmore** – (O), Step, Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Bldg. B-6, Room 103, downstairs)
- 12 Noon **Knox Nooners** – (O), Step  
506 – 4 St. SW (Knox United Church, use 4th  
St. entrance) *No Meetings on Stat. Holidays*  
*Birthday last Friday*
- 12:10 p.m. **Haddon Group** – *Brown Bagger* (O), Disc.....(W)  
703 Heritage Dr. SW  
(St. Andrews Presbyterian Church, rear door,  
SW corner, use East parking lot)

## SOUTHEAST

- 12 Noon **New Beginnings** – (O), Discussion  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 5:15 p.m. **New Beginnings** – (C), Discussion  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)

# MONDAY

---

## NORTHEAST

- 11:55 a.m. Out To Lunch Bunch — (O)  
1432 – 19 St. NE  
(Ascension Lutheran Church)
- 7:00 p.m. Grupo Nuevo Horizonte — (O) Spanish  
some English spoken, 2 hr. meeting  
3850 – 19 St. NE, Bay 6
- 7:00 p.m. Beautiful Hope Women's Meeting — (O),  
Step/Tradition Discussion  
24 Madigan Plaza, 6060 Memorial Dr. NE  
(Mustard Seed Neighbour Centre)
- 7:00 p.m. Regal Group — (C), Big Book Discussion  
66 – 7 St. NE (St. Matthew Lutheran Church,  
back [South] door, downstairs)
- 8:00 p.m. No Name 2.0 Group — (O), Beginners  
2523 – 56 St. NE  
(Prince of Faith Lutheran Church, basement)  
Birthday Speaker last Monday
- 8:00 p.m. Walking Eagle — (O), Step & Tradition  
210 – 10 Ave. NE (Sharon Lutheran Church,  
use side door entrance, basement)

## NORTHWEST

- 10:00 a.m. **Garnet Grateful To Be Here** — (O)  
1609 Centre St. NW (upstairs)
- 12 Noon **Fun Seekers** — (O), Discussion  
2919 – 8 Ave. NW (Parkdale United Church,  
use main door, downstairs, Conference Room)
- 7:30 p.m. **272 Group** — (C), Step/Tradition..... (W)  
3311 Centre St. NW (Northminister United Church)

# MONDAY

---

## **NORTHWEST** *(continued)*

- 7:30 p.m. **Harvest Hills Big Book Discussion** — (O)  
10099 Harvest Hills Blvd. NW (Harvest Hills Alliance Church) *Birthday last Monday*
- 8:00 p.m. **Double H** — (O)  
130 – 32 Ave. NW (House of Blessings Church)
- 8:00 p.m. **Mustard Seed Group** — (C), Men's, 12 x 12  
5720 Silver Ridge Dr. NW  
(Silver Springs Community Centre)
- 8:00 p.m. **Northlanders** — (C) 12 x 12  
Corner of Northmount Dr. & Northland Dr. NW  
(St. Luke's Church, East entrance, lower level)  
*Open Birthday Speaker 1st Monday*
- 8:30 p.m. **Monday Night Garnet Beginners** — (O)  
1609 Centre St. NW (upstairs)

## **SOUTHEAST**

- 10:30 a.m. **New Beginnings** — (C), Women's, Step  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 12 Noon **Weekend Serenity...Cont.** — (O), Big Book Disc.  
#208, 1830 – 52 St. SE (Forest Lawn Fellowship Room, Clayburn Centre, use NE door)
- 7:00 p.m. **Steps, Stories & Beyond** — (O), Big Book  
6100 - 8 Ave. SE  
(Pembroke Meadows Community Association)
- 7:30 p.m. **Sobriety & Beyond** — (C) Big Book Disc..... (W)  
#2 New Brighton Dr. SE (New Brighton Resident Assoc. Building, buzz for entry) *Open B-day last Mon.*



## MONDAY

---

### SOUTHEAST (continued)

- 8:00 p.m. **Fireside** — (C)..... (W)  
12707 Bonaventure Dr. SE  
(Holy Nativity Anglican Church, parking lot  
entrance) *Open Birthday 3rd Monday*
- 8:00 p.m. **Midnapore** — (C), Living Sober Discussion  
14540 Bannister Rd. SE  
(St.Mary's University, use far West entrance)  
*Cancelled on holiday Mondays!*

### SOUTHWEST

- 5:00 p.m. **Recovery Group** — (C), Living Sober Disc.  
#114, 5211 MacLeod Tr. SW
- 7:00 p.m. **Haddon Group** — (O), Beginners ..... (W)  
703 Heritage Dr. SW (St. Andrews Presbyterian  
Church, rear door, SW corner, use East parking lot)
- 8:00 p.m. **Glenmore** — (O), Beginners  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 8:00 p.m. **Elbow Park** — (C), Beginners, Discussion  
3602 – 8 St. SW (Christ Church Anglican, Crump Rm)

## TUESDAY

---

### NORTHEAST

- 8:00 p.m. **Peter Lougheed Hospital** (O), Beginners  
3500 – 26 Ave. NE, (basement, auditorium)

### NORTHWEST

- 10:00 a.m. **Tuesday Morning Garnet** — (O) Step Disc.  
1609 Centre St. NW (upstairs)

## TUESDAY

---

### **NORTHWEST** *(continued...)*

- 10:00 a.m. **Tuesday Morning Ladies** — (C), Women's  
Meets in members homes  
Contact Central Service Office: 403-777-1212
- 7:30 p.m. **A-Men** — (C), Men's, Step & Tradition..... (W)  
3527 Boulton Rd. NW (Hope Lutheran Church)
- 7:30 p.m. **Springbank Tuesday** — (C), Step & Tradition  
(Westlife Church, corner of Range Rd. 33 and  
Township Rd. 245, South of Calaway Park  
entrance, off Hwy 1)
- 8:00 p.m. **New You/Sailor Bill's** — (O), Step & Tradition  
6228 Bowness Rd. NW  
(Office, Room 201; Buzz 201)
- 8:00 p.m. **Getting There** — (C) Step, Discussion  
2828 – 19 St. NW (Holy Cross Anglican Church)  
*Open Birthday last Tuesday*
- 8:00 p.m. **NW Calgary Group** — (O), Big Book ..... (W)  
333 Edgepark Blvd. NW (Foothills Alliance Church,  
Summit Room, upstairs)
- 8:30 p.m. **Tuesday Night Garnet** — (O) Step Discussion  
1609 Centre St. NW (upstairs)

### **SOUTHEAST**

- 10:30 a.m. **New Beginnings** — (C), Women's, BB Story/Disc.  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 12 Noon **Just For Today** — (O), Big Book Discussion  
2951 – 26 Ave. SE  
(St Luke's Anglican Church, rear door)

## TUESDAY

---

### **SOUTHEAST** *(continued...)*

- 7:00 p.m. **Grupo Vientos de Calgary** — (O), Spanish  
*some English spoken, 2 hr. mtg.*  
1803 – 35 St. SE  
(Forest Lawn Physiotherapy, basement)
- 7:00 p.m. **New Beginnings** — (O), Women's, Step  
#3216, 380 Canyon Meadows Dr. S.E  
(Fish Creek Village, upstairs) *Speaker last Tuesday*
- 7:00 p.m. **Radical Change Group** — (O), Step/Disc/  
Beginners  
4108 – 17 St. SE (Bonnybrook Junction)  
*Children welcome!*
- 7:30 p.m. **McKenzie Towne** — (C), Step  
#7 McKenzie Towne Gate SE  
(McKenzie Towne Church)
- 7:30 p.m. **Deer Ridge** — (C), Step & Tradition  
13811 Deer Ridge Dr. SE  
(Lutheran Church of the Good Shephard)  
*Open Birthday last Tuesday*
- 7:30 p.m. **Open Door** — (O), Step/Discussion  
#208, 1830 – 52 St. SE (Forest Lawn Fellowship  
Room, Clayburn Centre, use NE door)
- 8:00 p.m. **Midnapore** — (O), Step & Tradition  
14540 Bannister Rd. SE (St.Mary's University,  
use far West entrance) *Birthday last Tuesday*

### **SOUTHWEST**

- 7:00 p.m. **Glenmore** — (C), Women's, Living Sober  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)

## TUESDAY

---

### **SOUTHWEST** *(continued...)*

- 7:00 p.m. **Haddon Group** — (C), Step & Tradition ..... (W)  
703 Heritage Dr. SW  
(St. Andrews Presbyterian Church, rear door,  
SW corner, use East parking lot)
- 7:30 p.m. **Recovery Group** — (C), Step/Tradition  
#114, 5211 MacLeod Tr. SW
- 8:00 p.m. **19th Hole** — (C), Men's  
804 – 75 Ave. SW (Sheppard King Lutheran Church,  
use East rear entrance)
- 8:00 p.m. **Southwest Serenity** — (O)  
1802 – 33 Ave. SW (St. Peter the Aluet Church,  
use 17 St. entrance, downstairs)
- 8:30 p.m. **Glenmore** — (C), Men's, Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)

## WEDNESDAY

---

### **NORTHEAST**

- 11:55 a.m. **Out to Lunch Bunch** — (O)  
1432 – 19 St. NE (Ascension Lutheran Church)  
*Birthday last Wednesday*
- 5:30 p.m. **New Freedom Mtg.** — (O) Beginners..... (W)  
*English with Punjabi & Hindi translation*  
3015 – 5 Ave. NE, Unit 218 (Franklin Atrium,  
North door entrance)
- 7:00 p.m. **Grupo Nuevo Horizonte** — (O) Spanish  
some English spoken, 2 hr. mtg.  
3850 – 19 St. NE, Bay 6

## WEDNESDAY

---

### NORTHEAST *(continued...)*

- 8:00 p.m. **Airport** — (O), Beginners  
210 – 10 Ave. NE (Sharon Danish Lutheran Church,  
side door, basement)
- 7:30 p.m. **Overcomers** — (O), Discussion  
2640 Rundlelawn Rd. NE (Cornerstone Christian  
Assembly / King of Glory Lutheran Church,  
use back parking lot door)
- 8:00 p.m. **Grey Sheep** — (C), Men's  
1432 – 19 St. NE (Ascension Lutheran Church)

### NORTHWEST

- 10:00 a.m. **Wednesday Morning Eye Opener** - (O)  
419 Northmount Dr. NW (Highwood Lutheran  
Church, back door entrance, downstairs)  
*Birthday last Wednesdays*
- 7:00 p.m. **Garnet LGBTQ2S** — (O), Step & Tradition  
1609 Centre St. NW (upstairs)
- 7:00 p.m. **Wed. Evening Ladies Mtg.** - (O), Step/Trad. .... (W)  
333 Edgepark Blvd. NW  
(Foothills Alliance Church, Room 201, upstairs)
- 7:30 p.m. **SMOG** — (O), Big Book Discussion  
2404 Kensington Rd. NW  
(Kensington Commons Church, East entrance)
- 8:00 p.m. **ABC** — (C), Step & Tradition ..... (W)  
4612 Varsity Dr. NW (Varsity Acres Presbyterian  
Church, East door entrance) *Open B-day last Wed.*
- 8:00 p.m. **Kincora Group** — (O), Discussion  
38 Kincora Rise NW (Symons Valley United  
Church) *Birthday Speaker last Wednesday*

## **WEDNESDAY**

---

### **NORTHWEST** *(continued...)*

8:30 p.m. **Wednesday Night Garnet** — (O)  
1609 Centre St. NW (upstairs)

### **SOUTHEAST**

- 10:30 a.m. **New Beginnings** — (O), Women's Big Book  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 12 Noon **Weekend Serenity...Cont.** — (O), Big Book Disc.  
#208, 1830 – 52 St. SE (Forest Lawn Fellowship  
Room, Clayburn Centre, use NE door)
- 6:00 p.m. **Centre of Hope Meeting** — (O), Beginners  
420 – 9 Ave. SE
- 7:00 p.m. **Grupo Vientos de Calgary** - (O), Spanish  
*some English spoken, 2 hr. mtg.*  
1803 – 35 St. SE  
(Forest Lawn Physiotherapy, bsmnt)
- 7:30 p.m. **Harmony** — (O)  
#208, 1830 – 52 St. SE, (Forest Lawn Fellowship  
Room, Clayburn Centre, use NE door)
- 7:30 p.m. **Step Sisters** — (C), Women's, Step/Trad. Disc. ...(W)  
6 Copperstone Way SE  
(Copperfield-Mahogany Community Association)
- 8:00 p.m. **Midnapore** — (C), Step/Tradition Discussion  
14540 Bannister Rd. SE (St.Mary's University,  
use far West entrance)

### **SOUTHWEST**

7:00 p.m. **Glenmore** — (C), Women's  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)

## **WEDNESDAY**

---

### **SOUTHWEST** *(continued...)*

- 8:00 p.m. **Aspen/West Springs Group** — (C)  
800 – 85 St. SW (St. Michael's Catholic  
Community) *Open last Wednesday*
- 8:00 p.m. **Primary Purpose Group** — (O), Big Book..... (W)  
1627 – 10 Ave. SW (Sunalta Community Hall, use  
“Main Hall” door) *Call-up format 4th Wednesdays*
- 8:30 p.m. **Glenmore** — (C), Step & Tradition  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)

## **THURSDAY**

---

### **NORTHEAST**

- 7:00 p.m. **MAAT Group** — (C), Step & Tradition ..... (W)  
912 – 19 St. NE (Crossroads Community Church,  
use back door, basement)
- 8:00 p.m. **Regal Group** — (C), Step Discussion  
66 – 7 St. NE (St. Matthew Lutheran Church, back  
[South] door, downstairs) *Open B-day last Thurs.*

### **NORTHWEST**

- 10:00 a.m. **Thursday Morning Garnet** — (O)  
1609 Centre St. NW (upstairs)
- 12 Noon **Men's Back To Basics Group** — (C), Step & Trad.  
11 Scenic Acres Gate NW (Advent Lutheran Church)
- 7:00 p.m. **Garnet 7pm Thursday** — (O), Step & Topic  
1609 Centre St. NW (upstairs)
- 7:30 p.m. **Nadzieja** — (C), Polish Speaking, Step & Disc.  
640 – 19 Ave. NW (St. Joseph's Church, use East  
side office doors) *Open Birthday last Thursday*

# THURSDAY

---

## **NORTHWEST** *(continued...)*

- 8:00 p.m. **19th Street Big Book** — (C), Big Book Disc.  
2828 – 19 St. NW (Holy Cross Anglican Church)
- 8:00 p.m. **NW Step & Tradition** — (C), Men's  
5511 Baroc Rd. NW  
(Dalhousie Community Church, upstairs)  
*Open Speaker last Thursday*
- 8:00 p.m. **NW Calgary Group** — (O), Discussion ..... (W)  
333 Edgepark Blvd. NW (Foothills Alliance Church,  
Summit Room, upstairs)
- 8:00 p.m. **Rule 62 Group** — (C), Big Book Discussion  
1212 –1 St. NW  
(Crescent Heights Baptist Church, back door,  
downstairs) *Open Birthday 1st Thursday*
- 8:30 p.m. **Thursday Night Garnet** — (O)  
1609 Centre St. NW (upstairs)

## **SOUTHEAST**

- 10:30 a.m. **New Beginnings** — (C), Women's, Big Book  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 12 Noon **Just For Today** — (O), Step & Tradition  
2951 – 26 Ave. SE  
(St. Luke's Anglican Church, back door)
- 7:00 p.m. **Candlelight** — (O), Beginners, Step  
2951 – 26 Ave. SE  
(St. Luke's Anglican Church, back door)
- 7:00 p.m. **Grupo Vientos de Calgary** — (O), Spanish  
*some English spoken, 2 hr. mtg.*  
1803 – 35 St. SE (Forest Lawn Physiotherapy, bsmnt)



# THURSDAY

---

## **SOUTHEAST** *(continued...)*

- 7:30 p.m. **Bow Bottom Trail** — (C), Step  
77 Deerpoint Rd. SE (Deer Park United Church,  
Lounge Room, Main doors, turn right)
- 7:30 p.m. **McKenzie Towne** — (C), Big Book Discussion  
#7 McKenzie Towne Gate SE  
(McKenzie Towne Church)
- 7:30 p.m. **Resentment Resolve Group** — (O), Step/Trad/Topic  
#208, 1830 – 52 St. SE, (Forest Lawn Fellowship  
Room, Clayburn Centre, use NE door)
- 7:30 p.m. **Whitesheep** — (C), Men's  
12707 Bonaventure Dr. SE (Holy Nativity Anglican  
Church, use back parking lot entrance)
- 8:00 p.m. **Midnapore** — (C), Big Book Discussion  
14540 Bannister Rd. SE  
(St. Mary's University, use far West entrance)  
*Open Speaker 2nd Thursday*
- 8:30 p.m. **Ogden** — (O), Discussion..... (W)  
7605 – 22 A St. SE (St. Augustine's Church Hall)  
*Speaker 3rd Thursday, Birthday last Thursday*

## **SOUTHWEST**

- 7:00 p.m. **Thursday Night Ladies** — (C), Step & Tradition  
5010 Spruce Dr. SW (Woodcliff United Church,  
use rear door, basement, Mountain Ash room)
- 7:30 p.m. **Recovery Group** — (C), Step/Tradition  
#114, 5211 MacLeod Tr. SW
- 8:00 p.m. **Glenmore** — (O), Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)

## THURSDAY

---

### **SOUTHWEST** *(continued...)*

- 7:00 p.m. **Haddon Group**– (O), Tradition Discussion..... (W)  
703 Heritage Dr. SW (St. Andrews Presbyterian Church, rear door, SW corner, use East parking lot)
- 8:00 p.m. **Turf Group** – (C), Men’s, Discussion  
840 – 3 Ave. SW (Trinity Lutheran Church, use side door, downstairs)
- 8:30 p.m. **Daily Reflections** – (O)  
134 Scarboro Ave. SW (Scarboro United Church, use North parking lot door)

## FRIDAY

---

### **NORTHEAST**

- 11:55 a.m. **Out To Lunch Bunch** – (O)  
1432 – 19 St. NE (Ascension Lutheran Church)
- 7:00 p.m. **Grupo Nuevo Horizonte** – (O) Spanish  
*(some English spoken, 2 hr. mtg!)*  
3850 – 19 St. NE, Bay 6
- 7:00 p.m. **Resilience in Unity** – (O), Step/Trad. Disc..... (W)  
2716 Sunridge Way NE  
(Miskanawah Indigenous Family Support Centre)  
*Children Welcome! Birthday last Friday*
- 8:00 p.m. **Friday Night Fellowship** – (O), Step Discussion  
904 Renfrew Dr. NE (All Saints Traditional Anglican Church, Renfrew, back door entrance)

### **NORTHWEST**

- 12 Noon **Fun Seekers** – (O), Discussion  
2919 – 8 Ave. NW (Parkdale United Church, use main door, downstairs, Conference Room)

## FRIDAY

---

### **NORTHWEST** *(continued...)*

- 10:00 a.m. **Garnet Grateful To Be Here** — (O)  
1609 Centre St. NW (upstairs)
- 7:00 p.m. **Garnet 7pm Friday** — (O), Step & Topic  
1609 Centre St. NW (upstairs)
- 8:00 p.m. **Desperation** — (O), Step & Tradition  
419 Northmount Dr. NW (Highwood Lutheran  
Church, back door, downstairs) *B-day 3rd Fridays*
- 8:00 p.m. **Edgemont** — (O), Discussion ..... (W)  
33 Edgevalley Circle NW  
(Edgemont Community Centre, Fireside Room)
- 8:00 p.m. **272 Group** — (O), Speaker ..... (W)  
3311 Centre St. NW (Northminster United Church)
- 8:30 p.m. **Friday Night Garnet** — (O)  
1609 Centre St. NW (upstairs)
- 11:59 p.m. **Garnet Friday Midnighter**— (O), Step/Discussion  
1609 Centre St. NW (upstairs)

### **SOUTHEAST**

- 10:30 a.m. **New Beginnings** — (O), Women's Step & Disc.  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 12 Noon **Weekend Serenity...Cont.** — (O), Big Book Disc.  
#208, 1830 – 52 St. SE, Forest Lawn Fellowship  
Room (Clayburn Centre, use NE door)
- 6:00 p.m. **Centre of Hope** — (O), Big Book Discussion  
420 – 9 Ave. SE (Centre of Hope)
- 7:00 p.m. **Grupo Vientos de Calgary** — (O), Spanish  
*Some English spoken, 2 hr. mtg.*  
1803 – 35 St. SE (Forest Lawn Physiotherapy, bsmnt)

## FRIDAY

---

### **SOUTHEAST** *(continued...)*

- 7:30 p.m. **Southview By the Book** — (O), Big Book Disc.  
#208, 1830 – 52 St. SE, Forest Lawn Fellowship  
Room (Clayburn Centre, use NE door)
- 8:00 p.m. **Midnapore** — (O), Beginners  
14540 Bannister Rd. SE  
(St. Mary's University, use far West entrance)  
*Cancelled on stat. holidays!*

### **SOUTHWEST**

- 7:00 p.m. **Oldtimers** — (O), Big Book Discussion  
1802 – 33 Ave. SW (St. Peter the Aluet Church,  
use 17 St. entrance, Fellowship Room, upstairs)  
*Must have 25+ years to share, Birthday last Friday*
- 8:00 p.m. **Glenmore** — (O), Speaker  
2509 Dieppe Ave. SW (Currie Barracks, Building  
B-6, Room 103, downstairs) *Birthday last Friday*
- 8:00 p.m. **Lakeview Open Speaker**— (O), Speaker  
3023 – 63 Ave. SW (Lakeview United Church)
- 8:30 p.m. **Unity Group** — (C), Step & Tradition..... (W)  
3610 Sarcee Rd. SW  
(Grace Lutheran Church, back door)  
*Open Birthday last Friday*

## SATURDAY

---

### **NORTHEAST**

- 10:00 a.m. **Saturday Morning Bridge** — (C), Step & Disc.  
904 Renfrew Dr. NE (All Saints Traditional  
Anglican Church, Renfrew, back door)  
*Open Birthday last Saturday*

# SATURDAY

---

## **NORTHEAST** *(continued...)*

- 11:00 a.m. **Better Than A Hangover** — (O), Beginners  
3500 – 26 St. NE (Peter Lougheed Hospital,  
downstairs, auditorium)
- 5:00 p.m. **Grupo Nuevo Horizonte** — (O) Spanish  
3850 – 19 St. NE, Bay 6  
*(some English spoken, 2 hr. mtg!)*
- 8:00 p.m. **Better Days Group** — (O), Step  
1432 – 19 St. NE (Ascension Lutheran Church,  
use back door entrance) *Speaker 2nd Saturday*

## **NORTHWEST**

- 7:00 a.m. **Go For It** — (O)..... (W)  
6422 – 35 Ave. NW  
(Bowness Senior's Centre, use Main entrance)
- 9:30 a.m. **Awakenings** — (O), Discussion..... (W)  
2919 – 8 Ave. NW  
(Parkdale United Church, basement)
- 11:00 a.m. **SMOG** — (O), Discussion  
2404 Kensington Rd. NW (Kensington Commons  
Church, use East entrance) *Birthday last Saturday*
- 1:30 p.m. **Garnet Women's** — (C), Step Discussion ..... (W)  
1609 Centre St. NW (upstairs)
- 3:00 p.m. **Saturday Afternoon Garnet** — (O), Step Disc.  
1609 Centre St. NW (upstairs)
- 3:00 p.m. **Stamperders** — (C)..... (W)  
#12 Bowridge Dr. NW (Rock Pointe Church)
- 5:30 p.m. **Garnet Saturday 5:30** — (O), Topic Discussion (W)  
1609 Centre St. NW (upstairs)  
*Speaker 2nd Saturday*

## **SATURDAY**

---

### **NORTHWEST** *(continued...)*

- 5:30 p.m. **NW Calgary Group** — (O), Step & Tradition ... (W)  
333 Edgepark Blvd. NW  
(Foothills Alliance Church, upstairs, Rm 203)
- 7:00 p.m. **Garnet Saturday Night** — (O), Step 6 & 7 Disc.  
1609 Centre St. NW (upstairs)
- 8:00 p.m. **Front Runners** — (C), LGBTQ2S, Discussion  
1227 Kensington Close NW (Hillhurst United  
Church, side door, hallway to back, downstairs)  
*Open Birthday last Saturday*
- 8:00 p.m. **West End Step & Tradition** — (O)  
3803 – 69 St. NW (Foothills United Church, use  
South “Food Bank” door)
- 8:30 p.m. **Garnet Saturday Night** — (O)  
1609 Centre St. NW (upstairs)
- 10:00 p.m. **Garnet Saturday Night Owl** — (O), Step/Disc.  
1609 Centre St. NW (upstairs)
- 11:59 p.m. **Garnet Midnigher** (O) Discussion  
1609 Centre St. NW (upstairs)

### **SOUTHEAST**

- 10:00 a.m. **McKenzie Towne** — (C), Daily Reflections  
#7 McKenzie Towne Gate SE  
(McKenzie Towne Church)
- 10:00 a.m. **New Beginnings** — (O), Living Sober  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 1:00 p.m. **Weekend Serenity Group** — (O), Big Book Disc.  
#208, 1830 – 52 St. SE, Forest Lawn Fellowship  
Room (Clayburn Centre, use NE door)

## **SATURDAY**

---

### **SOUTHEAST** *(continued...)*

- 2:00 p.m. **New Beginnings** — (C), Women's, Step 11  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 7:00 p.m. **Grupo Vientos de Calgary** — (O), Spanish  
*some English spoken, 2 hr. mtg.*  
1803 – 35 St. SE (Forest Lawn Physiotherapy, bsmnt)
- 7:30 p.m. **Fellowship Speaker Meeting** — (O)  
#208, 1830 – 52 St. SE, Forest Lawn Fellowship  
Room (Clayburn Centre, use NE door)
- 7:30 p.m. **Forest Lawn Group** — (O) ..... (W)  
2951 – 26 Ave. SE (St. Luke's Anglican Church,  
use SE back door, gymnasium)
- 7:30 p.m. **New Beginnings** — (O), Beginners  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs) *Speaker 1st Saturday*

### **SOUTHWEST**

- 6:00 a.m. **Haddon Group** — On Awakening – (C) ..... (W)  
703 Heritage Dr. SW (St. Andrews Presbyterian  
Church, rear door, SW corner, use East parking lot)
- 9:00 a.m. **Glenmore** — (O), Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 9:00 a.m. **Recovery Group** — (C), Living Sober Disc.  
#114, 5211 MacLeod Tr. SW
- 10:00 a.m. **Haddon Group** — Contented Sobriety – (C) ..... (W)  
Living Sober Discussion  
703 Heritage Dr. SW (St. Andrews Presbyterian  
Church, rear door, SW corner, use East parking lot)

## **SATURDAY**

---

### **SOUTHWEST** *(continued...)*

- 11:30 a.m. **Recovery Group** – (C), Women’s, Step/Disc.  
#114, 5211 MacLeod Tr. SW
- 12 Noon **Glenmore** – (O)  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 5:00 p.m. **Glenmore** – (O), Step & Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 7:00 p.m. **Haddon Group** – (O), Discussion..... (W)  
703 Heritage Dr. SW (St. Andrews Presbyterian  
Church, rear door, SW corner, use East parking lot)  
*Birthday last Saturday*
- 7:30 p.m. **Glenmore** – (O), Step & Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 8:00 p.m. **Downtown Saturday Night** – (O), Speaker ..... (W)  
#801 – 7 Ave. SW  
(Nexen Building, check with Security in South  
tower, then use +15 to N. Tower)
- 8:00 p.m. **Daily Reflections** – (O)  
134 Scarboro Ave. SW (Scarboro United Church,  
use North parking lot door)

## **SUNDAY**

---

### **NORTHEAST**

- 10:00 a.m. **Punjabi Survivors Group** - (C), Step/Disc. ....(W) 95  
Falshire Dr. NE..... (Punjabi/Hindi)  
(Falconridge/Castleridge Community Centre)



# SUNDAY

---

## **NORTHEAST** *(continued...)*

- 7:30 p.m. **New Life** — (O)  
904 Renfrew Dr. NE(All Saint's Traditional  
Anglican Church)

## **NORTHWEST**

- 7:00 a.m. **Go For It** — (C) ..... (W)  
6422 – 35 Ave. NW (Bowness Senior's Centre,  
main entrance)
- 8:00 a.m. **SMORG** — (O), Discussion  
2212 – 13 St. NW (Confederation Park Seniors Club)
- 11:00 a.m. **Sunday Garnet Men's** — (C), Men's  
1609 Centre St. NW (upstairs)
- 11:00 a.m. **Sooner Than The Nooner** — (O) ..... (W)  
3512 – 5 Ave. NW (Parkdale Community Assoc.,  
use "Nifty Fifties" door)
- 11:00 a.m. **Sunday Morning 11am** — (O), Step & Tradition  
1515 Home Rd. NW (Bowmont Boxing Club)
- 3:00 p.m. **Sunday Afternoon Garnet** — (O), Step Discussion  
1609 Centre St. NW (upstairs)
- 4:00 p.m. **Bowness Group** — (O)..... (W)  
8007 Bowness Rd. NW (Shepherd of the Hills  
Lutheran Church, main doors, turn right)
- 5:30 p.m. **Garnet 5:30** — (O), Topic Discussion  
1609 Centre St. NW (upstairs)
- 8:00 p.m. **N2 Group** — (C), Candlelight/Step 11/Meditation  
11 Scenic Acres Gate NW (Advent Lutheran Church)
- 8:30 p.m. **Sunday Night Garnet** — (O)  
1609 Centre St. NW (upstairs)

## SUNDAY

---

### **NORTHWEST** *(continued...)*

10:00 p.m. **Garnet Night Owl** — (O), Discussion  
1609 Centre St. NW (upstairs)

### **SOUTHEAST**

9:00 a.m. **Came To Meeting** — (O), Came To Believe Disc.  
#208, 1830 – 52 St. SE, Forest Lawn Fellowship  
Room (Clayburn Centre, use NE door)

9:00 a.m. **Wake Up Group** — (C), Big Book Step Study  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)

11:00 a.m. **New Beginnings** — (O), Grapevine  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)

1:00 p.m. **Weekend Serenity Group** — (O), Big Book Disc.  
#208, 1830 – 52 St. SE  
Forest Lawn Fellowship Room  
(Clayburn Centre, use NE door)

5:00 p.m. **Grupo Vientos de Calgary** — (O), Spanish  
803 – 35 St. SE (Forest Lawn Physiotherapy, bsmnt)  
*some English spoken, 2 hr. mtg.*

7:00 p.m. **Times of Change Meeting** — (O), Step/Trad  
*Indigenous based*  
1401 – 10 Ave. SE (Lantern Community Church)

7:30 p.m. **Back to the Drawing Board** — (O), Step & Trad.  
#208, 1830 – 52 St. SE, Forest Lawn Fellowship  
Room (Clayburn Centre, use NE door)

7:30 p.m. **Came To Believe Group** — (O), Beginners ..... (W)  
#2 New Brighton Dr. SE  
(New Brighton Residents Assoc.)

# SUNDAY

---

## **SOUTHEAST** *(continued)*

- 7:30 p.m. **New Beginnings** — (O), Came To Believe  
#3216, 380 Canyon Meadows Dr. SE  
(Fish Creek Village, upstairs)
- 8:00 p.m. **Ogden** — (C), Step & Tradition ..... (W)  
7605 – 22A St. SE  
(St. Augustine's Church Hall)

## **SOUTHWEST**

- 8:30 a.m. **Daily Reflections** — (O)  
134 Scarboro Ave. SW  
(Scarboro United Church, use West gym door)
- 8:00 a.m. **Sunday Morning Breakfast** — (O), Speaker ..... (W)  
708 – 8 Ave. SW (Ramada Inn)  
Breakfast at 8:00 a.m., Speaker at 9:00 a.m.,  
use Main door, immediate left down hallway
- 11:30 a.m. **Glenmore** — (O), Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 2:00 p.m. **Haddon Group** – (O), Ladies, Discussion  
703 Heritage Dr. SW (St. Andrews Presbyterian  
Church, rear door, SW corner, use East parking lot)  
*Children welcome!*
- 3:00 p.m. **Glenmore** — (O), Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)
- 5:00 p.m. **Glenmore** — (O), Step & Discussion  
2509 Dieppe Ave. SW (Currie Barracks,  
Building B-6, Room 103, downstairs)

## SUNDAY

---

### **SOUTHWEST** *(continued...)*

- 7:00 p.m. **Haddon Group** — (O), Meditation/Discussion  
703 Heritage Dr. SW (St. Andrews Presbyterian  
Church, rear door, SW corner, use East parking lot)  
*1.5 hr. meeting!*
- 8:00 p.m. **Glenmore** — (O), Discussion, Big Book  
2509 Dieppe Ave. SW (Currie Barracks, Building B-6,  
Room 103, downstairs)

## **HOSPITAL & TREATMENT A.A. MEETINGS**

---

- Centre of Hope (Salvation Army)**..... (W)  
420 – 9 Ave. SW  
6:00 p.m. — Wednesdays (O), Beginners  
6:00 p.m. — Fridays (O), Big Book Discussion
- Peter Lougheed Hospital** — ..... (W)  
3500 – 26 Ave. NE, basement, auditorium  
8:00 p.m. — Tuesdays, (O) Beginners Meeting  
**Better Than A Hangover Group**  
11:00 a.m. — Saturdays, (O), Beginners

## **OUT OF TOWN MEETINGS**

---

### **AIRDRIE**

- Monday 12 Noon — **Airdrie Nooner** (O), Discussion  
126-B Main St. N (back door off alley)
- 6:30 p.m. — **In The Spirit of Unity Mtg.** (O) Disc.  
126-B Main St. N (back door off alley)

## OUT OF TOWN MEETINGS

---

### **AIRDRIE** *(continued...)*

8:00 p.m. — **Airdrie Country Group** (O)

308 – 1 Ave. SE

(Airdrie Seventh-day Adventist Church)

Tuesday 10:00 a.m. — **In The Spirit of Unity Mtg.** (O) Disc.

126-B Main St. N (back door off alley)

6:30 p.m. — **In The Spirit of Unity Mtg.** (O) Disc.

126-B Main St. N (back door off alley)

Wednesday 12 Noon — **Airdrie Nooner** (O), Beginners

126-B Main St. N (back door off alley)

6:30 p.m. — **In The Spirit of Unity Women's Mtg.**

126-B Main St. N (back door off alley) (O) Disc.

8:00 p.m. — **In The Spirit of Unity Men's Mtg.**

126-B Main St. N (back door off alley) (O) Disc.

Thursday 6:30 p.m. — **In The Spirit of Unity Mtg.** (O) Disc.

126-B Main St. N (back door off alley)

8:00 p.m. — **Airdrie Country Group** (O)

308 – 1 Ave. SE (Airdrie Seventh-Day Adventist Church) *Birthday last Thursday*

Friday 12 Noon — **Airdrie Nooner** (O), Discussion

126-B Main St. N (back door off alley)

7:00 p.m. — **In The Spirit of Unity Mtg.** (O) Disc.

126-B Main St. N (back door off alley)

8:00 p.m. — **Back From Hell** (O) Big Book Disc.

2104 Yankee Valley Blvd. (Daybreak Community Church, main entrance) *Birthday last Friday*

Saturday 10:00 a.m. — **Back to the Book** (O), BB Disc. .... (W)

2304 Yankee Valley Blvd. SW (Living Springs Christian Fellowship, main door, downstairs)

*Birthday last Saturday*

## **OUT OF TOWN MEETINGS**

---

### **AIRDRIE** *(continued...)*

7:00 p.m. — **In The Spirit of Unity Mtg.** (O) Disc.  
126-B Main St. N (back door off alley)

Sunday 8:00 p.m. - **Airdrie Reflections** (O), Daily Reflections  
126-B Main St. N (back door off alley)

### **BANFF**

Monday, 8:00 p.m. — **Mountainview Group** (O), Big Book

Tuesday & 214 Banff Ave. (Banff Canmore Community

Friday Foundation, back door)

### **BLAIRMORE**

Sunday 7:00 p.m. — **Crowsnest Pass Group** (O), Disc.  
2029 – 130 St. (Compass Fellowship Church)

### **BROOKS**

Mon. & Sat. 8:00 p.m. — **Fresh Start Group** (C),  
507 – 3 Ave. W. (Brooks United Church)

Tuesday & 8:00 p.m. — **Bar None Group** (C),  
Thursday 811 Cassils Rd. W. (Trinity Lutheran Church)

### **BROCKET**

Thursday 7:30 p.m. — **Piitaapoyi Group** (O)  
1325 – 15 Ave. (St. Paul's Anglican Church),  
contact Doug 403-339-0121

### **CANMORE**

Tuesday 12 Noon — **Noon Oasis**, (O), Discussion  
914 – 8 St. (Scout Hall, main door)

Wednesday 8:00 p.m. — **Back To Basics**, (O), Discussion  
617 – 8 St. (Ralph Connor United Church,  
use side entrance)

Thursday 8:00 p.m. — **Rule 62 Group**, (C), Big Book Disc.  
617 – 8 St. (Ralph Connor United Church  
use side entrance)

## **OUT OF TOWN MEETINGS**

---

### **CANMORE** *(continued...)*

- Saturday 8:00 p.m. — **Rule 62 Group**, (C), Living Sober  
617 – 8 St. (Ralph Connor United Church, side ent.)
- Sunday 7:00 p.m. — **Canmore Sunday Night**, (C), Disc.  
914 – 8 St. (Scout Hall, main door)  
*Open Speaker 2nd Sunday*

### **CARDSTON**

- Monday 7:00 p.m. — Provincial Building

### **CAROLINE**

- Fridays 8:00 p.m. — **Caroline Wilderness Group** (C)  
5111 – 49 Ave. (Lions Hall), *Open last Friday*

### **CARSTAIRS**

- Sunday 7:30 p.m. — **Sunday Night Group** (C) Step Disc.  
121 – 10 Ave. (Legion Hall)

### **CHESTERMERE**

- Saturday 7:00 p.m. — **Lakeside Serenity** (O), Step & Trad.  
340 Merganser Dr. W (#101 Synergy Centre for  
Community Leadership, take road left [West]  
of Gas Plus)

### **CLARESHOLM**

- Tuesday 8:00 p.m. — **Versatile Group** (O)  
126 – 52 Ave. W. (St. John's Anglican Church)
- Thursday 8:00 p.m. — **Claresholm Thursday Nite** (C). (W)  
4716 – 2 St. W. (Claresholm Pentecostal Assembly)  
*Open Birthday last Thursday*
- Saturday 10:00 a.m. — **Gid R Dun Group** (O) BB Disc. (W)  
4716 – 2 St. W. (Claresholm Pentecostal Assembly)

## **OUT OF TOWN MEETINGS**

---

### **COCHRANE**

- Monday 7:30 p.m. — **5th Chapter Group** (C), BB/12x12 Disc.  
902 Glenbow Dr. (Cochrane Alliance Church, use  
NW door off parking lot) *Open Birthday last Monday*
- Tuesday 7:30 p.m. — **Freedom Group** (C) Step & Tradition  
Weedon Hall (Hwy 22 & Hwy 567)
- Wednesday 12 Noon — **Laughter Noon Group** (C), Discussion  
120 Centre Ave. (King Solomon Lodge)
- Thursday 8:00 p.m. — **Thursday Men's Group** (C), Step/Trad.  
404 – 4 Ave. N. (All Saints Anglican Church,  
Rectory Building)
- Friday 8:00 p.m. — **Cochrane Rounders** (C), Step/Trad.  
405 – 1 St. E. (Frank Wills Memorial Hall)
- Saturday 7:00 p.m. — **Cochrane Castaways** (O), Step/Disc.  
404 – 4 Ave. N (All Saints Anglican Church,  
basement of small building)
- Sunday 7:30 p.m. — **Head To Heart Big Book Study** (C)  
120 Centre Ave. (King Solomon Lodge)  
*Open Birthday last Sunday*

### **COALDALE**

- Wednesday 8:00 p.m. — **Coaldale Group** (C)  
2115 – 17 St. (Anglican Church of the Ascension)  
*Open last Wednesday*

### **CONSORT**

- Thursday 8:00 p.m. — **Consort Group** (C)  
5103 – 47 St. (Anglican Church, basement)  
*Open last Thursday*



## **OUT OF TOWN MEETINGS**

---

### **CREMONA**

Monday 8:00 p.m. — **Cremona Blasters Group**, (C)..... (W)  
113 Centre St.  
(Gold & Silver Centre, North of Credit Union)  
*Open Birthday last Monday*

### **DEWINTON**

Tuesday 8:00 p.m. — **Dewinton Tuesday Night Group** (C)  
304 Macleod Tr. West  
(St. Andrew's United Church, basement, rear door)  
*Open Speaker 1st Tuesday*

### **DICKSON**

Monday 7:30 p.m. — **Dickson Dam Monday Night** (C)  
(King of Kings Church) East of 4-way stop  
*Open last Monday*

### **DIDSBURY**

Friday 8:00 p.m. — **Didsbury Friday Night** (C), Step/ Trad.  
2037 – 21 Ave. (Masonic Hall)  
*Open Birthday last Friday*

### **DRUMHELLER**

Weekdays 8:00 p.m. — (C) 175 – 3 St., **Grace House**

Monday 7:00 p.m. — **Happy Destiny Group**, (O), Discussion  
351 – 9 St. NW (Drumheller Hospital)

Wednesday 12 Noon — **Wednesday Nooner**, (C), Disc..... (W)  
627 – 6 St. E  
(Church of the Nazarene, main doors)  
*Open Birthday 1st Wednesday*

Sunday 7:00 p.m. — **New Hope Group**, (C), Big Book Study  
corner of 20 St. & 1 Ave. NW  
(Midlands Community Hall)

## **OUT OF TOWN MEETINGS**

---

### **ELNORA**

Monday 8:30 p.m. — **Elnora No Name Group (O)**, Step  
428 – 3 Ave. (Elnora & District Pioneer Club)  
*Birthday 1st Monday*

### **FORT MACLEOD**

Tues. 8:00p.m. - **Foothills Detox Centre (C)** 403-553-4466  
810 – 18 St. Main Door, ring buzzer for entry

Wed. 8:00 p.m. — **Sunnyside Group (C)**  
1716 – 7A Ave.  
(Fort Macleod Alliance Church, back door)

Thurs.— 8:00p.m. - **Foothills Detox Centre (C)** 403-553-4466  
Sunday 810 – 18 St. Main Door, ring buzzer for entry

### **GLEICHEN**

Wednesday 7:00 p.m. — **Something Simple Group (O)**  
203 – 4 Ave., Gleichlen (St. Andrews Anglican  
Church) *Birthday last Wednesdays*

### **HANNA**

Monday 8:00 p.m. — **Chimes of Freedom (C)**  
520 – 2 Ave. W. (Hanna Alliance Church,  
downstairs) *Open last Monday*

### **HIGH RIVER**

Wednesday 8:00 p.m. — **High River Group (C)**  
910 – 12 Ave. SW (Good Shephard Lutheran  
Church, East wing door) *Open Birthday last  
Wednesday*

### **INNISFAIL**

Tuesday 7:30 p.m. — **24 Hr. Group (C)**  
4716 – 50 Ave. (St. Andrew's Presbyterian Church)  
*Open last Tuesday*

## **OUT OF TOWN MEETINGS**

---

### **INNISFAIL** *(continued...)*

Saturday 7:00 p.m. - **Innisfail Sat. Night** (O), Step/Trad...(W)  
#25, 4804 – 42 Ave.  
(Alliance Church, North door)  
*Birthday Speaker last Saturday*

### **IRRICANA**

Wednesday 7:30 p.m. – **Irricana Recovery** (O)  
Sunday 7:00 p.m. – **Irricana Recovery** (O)  
16 km E. of Airdrie on Hwy 567  
(United Church, basement) *Open Birthday last Sun.*

**LETHBRIDGE CHAPTER HOUSE** ..... **403-327-8049**

**MEDICINE HAT CENTRAL OFFICE** ..... **403-527-2065**

### **MILK RIVER**

Monday 8:00 p.m. – **Milk River Group** (C)  
Extended Care – Hospital

### **MORLEY**

Wednesday 11:00 a.m. – **First Light Group** (O) Step/Topic...(W)  
Westley Elders Lodge, Hwy 1A  
(33 km West of Cochrane)

### **NANTON**

Monday 8:00 p.m. – **Nanton Monday Night** (O)  
2121 – 21 St. (Nanton Parkland United Church)  
Friday 7:00 p.m. – **H.O.W. Group** (O)  
1601 – 21 Ave. (Quality of Life Foundation)

### **OKOTOKS**

Monday 8:00 p.m. – **Okotoks Monday Night Group** (C)  
13 Elma St. E. (Freemason's Hall)  
*Open B-day last Monday*

## OUT OF TOWN MEETINGS

---

### **OKOTOKS** *(continued)*

- Tuesday 7:30 p.m. — **Ladies Recovery Haven** (C), BB Stories  
43 Riverside Dr.  
(Okotoks United Church, North door, West side)
- Wednesday 8:00 p.m. — **Wed. Night Men's** (C) Step/Disc ..... (W)  
31 Riverside Way  
(St. Peter's Anglican Church, use Main entrance)
- Thursday 8:00 p.m. — **Railway Group** (O)  
43 Riverside Dr.  
(Okotoks United Church, use NW side door),  
*Birthday 1st Thursdays*
- Friday 8:00 p.m. — **T.G.I.F. Group** (O), Big Book  
NW corner of 338 Ave. & Hwy 2A  
(Okotoks Alliance Church, use North entrance)
- Sunday 8:00 p.m. — **Okotoks Men's Group** (C), Step/Disc.  
43 Riverside Dr. W.  
(Okotoks United Church, use North door, West side  
entrance) *Open Birthday Speaker last Sunday*

### **OLDS**

- Monday 7:30 p.m. — **Olds Midway Group** (C) ..... (W)  
5022 – 52 St. (St. Paul's Lutheran Church)  
*Open first Monday*
- Tuesday 7:00 p.m. — **Path To Freedom** (C)  
5014 – 49 St. (New Hope Pentecostal Fellowship)
- Thursday 7:00 p.m. - **Olds Evergreen Group** (O)  
Big Book Discussion ..... (W)  
5237 – 52 St.  
(Evergreen Seniors Centre, front entrance)

## **OUT OF TOWN MEETINGS**

---

### **PINCHER CREEK**

Monday 7:30 p.m. – **There Is A Solution Group** (C),  
Big Book Discussion  
972 Police Ave. (Pincher Creek United Church)

### **RED DEER ANSWERING SERVICE ..... 403-347-8650**

### **ROCKYFORD**

Wednesday 7:00 p.m. – **Rockyford One Day at a Time Group** (C)  
4 Ave. & Main St.  
(Rockyford United Church, across (East) of school)

### **ROCKY MOUNTAIN HOUSE**

Tuesday 7:30 p.m. – **Rocky Recovery Group** (C)  
& Friday Tuesday: BB Discussion; Friday: Topic Discussion  
1.6 km South on Hwy 11  
(First Christian Reformed Church, back door)  
*Open meeting last Tuesday and Friday each month*

### **STETTLER**

Tuesday 8:00 p.m. – **Heartland Group** (C), 12+12/Step & Trad.  
4820 – 51 St.  
(Stettler United Church, basement, use North door  
entrance) *Open B-day last Tuesdays*

Friday 7:00 p.m. – **Friday Big Book Meeting** (C)  
Big Book Discussion format  
Stettler Regional Hospital, Conference Roo

### **STRATHMORE**

Monday 8:00 p.m. – **Sunset Discussion Group** (O), Beginners  
245 Brent Blvd. (Hope Community Covenant  
Church) *Birthday Speaker 1st Mondays*

## **OUT OF TOWN MEETINGS**

---

### **STRATHMORE** *(continued)*

- Tuesday 7:00 p.m. — **Highway People** (O), Discussion .. (W)  
50 Maplewood Dr.  
(Full Gospel Church, back door)
- Thursday 7:00 p.m. — **Thursday 12x12 Group** (O)..... (W)  
50 Maplewood Dr.  
(Full Gospel Church, back door)
- Sunday 2:00 p.m. — **New Life Group** (O), Step & Disc.  
410 – 4 St. (Strathmore United Church)

### **SUNDRE**

- Wednesday 8:00 p.m. - **Sundre Town & Country Group** (C),(W)  
402 Main Ave. W., (Church of the Nazarene,  
main door) *Open 1st Wednesday*

### **SYLVAN LAKE**

- Tuesday 7:30 p.m. — **Sylvan Serenity Group** (C), Step/Trad.  
5119 – 50A St. (Lion's Den Hall)  
*Open Birthday last Tuesday*
- Sunday 7:30 p.m. — Sylvan Lake Sunday Night Group (C)  
5020 – 48 St. (Presbyterian Memorial Church)  
*Open last Sunday*

### **TABER**

- Tues.,Thurs. 7:30 p.m. — **Taber Group** (C)  
& Sun. 5327 – 48 Ave. (JRZ Enterprises Community Bldg.)
- Saturday 7:30 p.m. — **Taber Group** (O)  
5327 – 48 Ave. (JRZ Enterprises Community Bldg.)  
*Birthday last Saturday*

### **THREE HILLS**

- Thursday 7:00 p.m. — **New Life Group** (O),  
108 – 5 Ave. S. (Knox United Church)  
*Open 1st Thursday*

## **OUT OF TOWN MEETINGS**

---

### **TSUU T'INA NATION**

Thursday 12 Noon — **Tsuu T'ina Group** (O), Discussion  
Spirit Healing Lodge, Old Agency Rd.  
off Bullhead Rd., off Anderson Rd. SW  
contact Tammy 403-831-4047

### **TURNER VALLEY**

Thursday 8:00 p.m. — **Diamond Valley Group** (C)  
208 Main St. SW (St. George's Anglican Church  
Hall), *Open Birthday Speaker last Thursday*  
contact Gloria 403-818-9669

### **VULCAN**

Tuesday & 8:00 p.m. — **Vulcan Group** (C)  
Thursday 302 Centre St. (St. Aldhelm's Anglican Church,  
main door, downstairs) *Open Birthday last Tuesday*

### **WATERTON PARK**

Thursday 7:00 p.m. — **Waterton Park Group** (O)..... (W)  
108 Clematis Ave.  
(Waterton United Church of Canada)

## **INTERGROUP & GENERAL SERVICE COMMITTEE MEETINGS**

### **INTERGROUP GENERAL MEETING**

**2nd Monday of each month**

7:00 p.m., St. Peter the Aleut Church  
1802 – 33 Ave. SW, Calgary

### **CALGARY GENERAL SERVICE COMMITTEE (CGSC)**

**3rd Monday of each month**

7:00 p.m., St. Peter the Aleut Church,  
1802-33 Ave. SW, Calgary

# **WHO SUPPORTS CALGARY CENTRAL SERVICE OFFICE?**

---

Central Office is supported 100% by the financial contributions of local AA Groups and individual AA members.  
NO OUTSIDE CONTRIBUTIONS ARE ACCEPTED  
(in accordance with AA Tradition).

## **SUGGESTED GROUP CONTRIBUTIONS**

The following “split” suggestions could be considered after all necessary group expenses are met.  
(ie: rent, AA literature, refreshments, prudent reserve,  
District and/or DCM expenses)

**50% (IG), 30% (GSO), 10% (Area), 10 (CGSC)**

**50% (IG), 30% (CGSC), 10% (GSO), 10 (Area)**

— OR —

**Whatever percentages are in accordance  
with your group conscious.**

---

Mailing addresses for group contributions are as follows:

- (IG) Calgary Intergroup** (payable to:)  
Calgary Central Service Office  
4021 – 4 St.. S.E., Calgary, AB T2G 2W4
- (GSO) General Service Office** (payable to:)  
General Service Office  
P.O. Box 2407, James A Farley Station,  
New York, New York 10116-2407
- (CGSC) Calgary General Service Committee** (payable to:)  
General Service Committee  
c/o Calgary Central Service Office  
4021 – 4 St.. S.E., Calgary, AB T2G 2W4
- (Area) Area 78** (payable to:)  
Address changes every two years; please contact  
Central Service Office for current mailing address.



## **THE 12 TRADITIONS OF A.A.\***

---

1. Our common welfare should come first., personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centres may employ special workers.
9. A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*\* Reprinted with permission of A.A. World Services Inc.*

# **THE 12 STEPS OF ALCOHOLICS ANONYMOUS\***

---

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.

# ARE YOU AN ALCOHOLIC?

Questions developed by Johns Hopkins University Hospital to determine whether or not a person is suffering from Alcoholism. Ask yourself the following questions, and answer them as HONESTLY as you can.

	YES	NO
1. Do you lose time from work due to drinking?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is drinking making your home life unhappy?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you drink because you are shy with other people?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is drinking affecting your reputation?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever felt remorse after drinking?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you gotten into financial difficulties as a result of drinking?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you turn to lower companions and an inferior environment when drinking?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your drinking make you careless of your family's welfare?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has your ambition decreased since drinking?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you crave a drink at a definite time daily?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you want a drink the next morning?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does drinking cause you to have difficulty in sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has your efficiency decreased since drinking?	<input type="checkbox"/>	<input type="checkbox"/>
14. Is drinking jeopardizing your job or business?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you drink to escape from worries or troubles?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you drink alone?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had a loss of memory (blackout) as a result of drinking?	<input type="checkbox"/>	<input type="checkbox"/>
18. Has your physician ever treated you for drinking?	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you drink to build up your self-confidence?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever been to a hospital or institution on account of drinking?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to any **one** of the questions, that is a definite warning that you **MAY** be an alcoholic.

If you answered YES to any **two**, CHANCES ARE that you are an alcoholic.

If you answered YES to **three or more**, YOU ARE DEFINITELY AN ALCOHOLIC.