

FEBRUARY 2024

price: \$2.00

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

CENTRAL SERVICE OFFICE

4021 – 4 Street SE

Calgary, Alberta T2G 2W4

phone : 403-777-1212

e-mail : centraloffice@calgaryaa.org

website: 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

General Service Office (New York) website : www.aa.org

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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.

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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. 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) (W)
6422 – 35 Ave. NW (Main entrance, Bowness Senior's Centre)
- 1:30 p.m. **Afternoon Garnet** — (O) Step Discussion
1611 Centre St. NW, street door entrance
- 5:30 p.m. **Garnet 5:30** — (O) Step Discussion
1611 Centre St. NW, street door entrance
- 10:00 p.m. **Garnet Night Owl** — (O) Discussion
1611 Centre St. NW, street door entrance

SOUTHWEST

- 7:00 a.m. **Haddon Group** – *On Awakening* (C), Disc....(W)
703 Heritage Dr. SW (St. Andrews Presbyterian Church, rear door, SW corner, East parking lot)

DAILY MEETINGS (continued...)

SOUTHWEST *(continued)*

- 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)
- 12 Noon **Weekend Serenity...Cont.** — (O), BB Disc.
#208, 1830 – 52 St. SE
(Forest Lawn Fellowship Room, Clayburn Centre, use NE door)
- 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 Group** – (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. **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)
1611 Centre St. NW, street door entrance
- 12 Noon **Fun Seekers** – (O), Discussion
2919 – 8 Ave. NW (Parkdale United Church,
use main door, downstairs, Conference Room)
- 5:15 p.m. **Homeward Bounders** – (O), Step/Tradition ... (W)
3104 – 34 Ave. NW (Foothills Lutheran Church,
Auditorium, “Preschool” door off West parking lot)
- 7:30 p.m. **272 Group** – (C), Step/Tradition..... (W)
128 Tache Ave. NW (Thornhill Baptist Church,
main door, downstairs)

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. **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)
1611 Centre St. NW, street door entrance

SOUTHEAST

- 10:30 a.m. **New Beginnings** — (C), Women's, Step
#3216, 380 Canyon Meadows Dr. SE
(Fish Creek Village, upstairs)
- 7:00 p.m. **Steps, Stories & Beyond** — (O), Big Book
6100 - 8 Ave. SE
(Pembroke Meadows Community Association)
- 7:30 p.m. **Sobriety & Beyond** — (O) Big Book Disc. (W)
#2 New Brighton Dr. SE
(New Brighton Resident Assoc. Building, buzz for
entry) *Speaker 3rd Monday; Birthday last Monday*
- 8:00 p.m. **Fireside** — (C)..... (W)
12707 Bonaventure Dr. SE
(Holy Nativity Anglican Church, parking lot entrance)
Open Birthday 3rd Monday

MONDAY

SOUTHEAST *(continued...)*

8:00 p.m. **Midnapore** — (C), Living Sober Discussion
14540 Bannister Rd. SE (St. Mary's University,
use far West entrance)

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, SW corner, use rear door)
- 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.
1611 Centre St. NW, street door entrance
- 10:00 a.m. **Tuesday Morning Ladies** — (C), Women's
Meets in members homes
Contact Central Office 403-777-1212
- 7:30 p.m. **A-Men** — (C), Men's, Step & Tradition (W)
3527 Boulton Rd. NW (Hope Lutheran Church)

TUESDAY

NORTHWEST *(continued...)*

- 7:30 p.m. **Springbank Tuesday** — (C), Step & Tradition... (W)
(Westlife Church, corner of Range Rd. 33 and
Township Rd. 245, South of Calaway Park
entrance, off Hwy 1) *Open Birthday last Tuesday*
- 8:00 p.m. **Bow Valley Searchers** — (C) Discussion..... (W)
5300 53 Ave. NW (Bow Valley Christian Church,
doors off SW lower parking lot) *Open B-day last Tues.*
- 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. **Front Runners** — (O) LGBTQ2S, Discussion
1227 Kensington Close NW (Hillhurst United
Church, use side door, boardroom, upstairs)
- 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
1611 Centre St. NW, street door entrance

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)
- 7:00 p.m. **Grupo Vientos de Calgary** — (O), Spanish
some English spoken, 2 hr. mtg.
1803 – 35 St. SE (Forest Lawn Physiotherapy, bsmnt)

TUESDAY

SOUTHEAST *(continued...)*

- 7:00 p.m. **New Beginnings** — (O), Women's, Step
#3216, 380 Canyon Meadows Dr. S.E
(Fish Creek Village, upstairs) *Speaker last Tuesday*
- 7:30 p.m. **McKenzie Towne** — (C), Step
#7 McKenzie Towne Gate SE (McKenzie Towne
Church, main door off parking lot, upstairs,
Open Birthday last Tuesday, main floor, sanctuary
- 7:30 p.m. **Deer Ridge** — (C), Step & Tradition (W)
13811 Deer Ridge Dr. SE (Lutheran Church of the
Good Shephard, main doors off North parking lot)
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), Topic Discussion
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)
- 7:00 p.m. **Haddon Group** — (C), Step & Discussion (W)
703 Heritage Dr. SW (St. Andrews Presbyterian
Church, SW corner, use rear door)
- 7:00 p.m. **Radical Change Group** — (O), Step/Disc/Beginners
1121–14 Ave. SW (St. Stephan's Anglican Church,
main entrance, main floor, 1st door on right)
Children welcome!

TUESDAY

SOUTHWEST *(continued...)*

- 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
- 7:00 p.m. **Grupo Nuevo Horizonte** — (O) Spanish
some English spoken, 2 hr. mtg.
3850 – 19 St. NE, Bay 6
- 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 Rundlawn 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)

WEDNESDAY

NORTHWEST

- 10:00 a.m. **Wednesday Morning Eye Opener** - (O)
419 Northmount Dr. NW (Highwood Lutheran Church, back door, downstairs) *B-day last Wed.*
- 7:00 p.m. **Garnet** — (O), Step & Tradition
1611 Centre St. NW, street door entrance
- 7:00 p.m. **Wed. Evening Ladies Group** - (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, corner entrance)
- 8:00 p.m. **ABC** — (C), Step & Tradition (W)
4612 Varsity Dr. NW (Varsity Acres Presbyterian Church, use East door entrance)
Open Birthday last Wednesday
- 8:00 p.m. **Kincora Group** — (O), Discussion
38 Kincora Rise NW (Symons Valley United Church) *Birthday Speaker last Wednesday*
- 8:30 p.m. **Wednesday Night Garnet** — (O)
1611 Centre St. NW, street door entrance

SOUTHEAST

- 10:30 a.m. **New Beginnings** — (O), Women's Big Book
#3216, 380 Canyon Meadows Dr. SE
(Fish Creek Village, upstairs)
- 6:00 p.m. **Centre of Hope Meeting** — (O), Beginners
420 – 9 Ave. SE
- 7:00 p.m. **New Beginnings** — (O), Discussion
#3216, 380 Canyon Meadows Dr. SE
(Fish Creek Village, upstairs)

WEDNESDAY

SOUTHEAST *(continued...)*

- 7:00 p.m. **Grupo Vientos de Calgary** - (O), Spanish
1803 – 35 St. SE (Forest Lawn Physiotherapy, bsmnt)
some English spoken, 2 hr. meeting!
- 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)
- 8:00 p.m. **Aspen/West Springs Group** – (C)
800 – 85 St. SW
(St. Michael’s Catholic Community, use South
parking lot, SE door, locked—so please knock)
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)
- 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 Birthday last Thursday

NORTHWEST

- 10:00 a.m. **Thursday Morning Garnet** — (O)
1611 Centre St. NW, street door entrance
- 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
1611 Centre St. NW, street door entrance
- 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*
- 8:00 p.m. **19th Street Big Book** — (C), Big Book Disc.
2828 – 19 St. NW (Holy Cross Anglican Church)
- 8:00 p.m. **272 Group** — (O), Speaker (W)
128 Tache Ave. NW (Thornhill Baptist Church,
main door, downstairs)
- 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)

THURSDAY

NORTHWEST *(continued...)*

- 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)
1611 Centre St. NW, street door entrance

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)
- 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, main door off parking lot, upstairs)
- 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)

THURSDAY

SOUTHEAST *(continued...)*

- 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

- 12 Noon **Central Recovery** – (C), BB Discussion
131 – 7 Ave. SW (Central United Church, use side [alley] door, downstairs, Room #1)
- 6:30 p.m. **Live & Let Live** – (O), Literature Discussion ... (W)
10620 Elbow Dr. SW (Lutheran Church of the Cross, use door, off North parking lot)
1.5 hr. mtg! LGBTQ2S
- 7:00 p.m. **Haddon Group**– (O), Tradition & Discussion.... (W)
703 Heritage Dr. SW (St. Andrews Presbyterian Church, rear door, SW corner)
- 7:00 p.m. **Thursday Night Ladies** – (C), Step & Tradition
5010 Spruce Dr. SW (Woodcliff United Church, use rear door, upstairs)
- 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...)*

- 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) Beginners
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)
2335 – 30 Ave. NE (Indigenous Family Support
Centre) *Birthday last Friday Children Welcome!*
- 7:30 p.m. **Fresh Start Mtg.** — (C), Beginners (steps 1, 2, 3)... (W)
411–41 Ave. NE (Fresh Start Recovery Centre, main door)
- 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)
- 10:00 a.m. **Garnet Grateful To Be Here** — (O)
1611 Centre St. NW, street door entrance

FRIDAY

NORTHWEST *(continued...)*

- 5:15 p.m. **Homeward Bounders** — (O), Step/Tradition... (W)
3104 – 34 Ave. NW
(Foothills Lutheran Church, Auditorium, use
“Preschool” door off West parking lot)
- 7:00 p.m. **Garnet 7pm Friday** — (O), Step & Topic
1611 Centre St. NW, use street door entrance
- 8:00 p.m. **Desperation** — (O), Step & Tradition
419 Northmount Dr. NW (Highwood Lutheran
Church, use back door, downstairs)
Birthday 3rd Fridays
- 8:00 p.m. **Edgemont** — (O), Discussion (W)
33 Edgevalley Circle NW
(Edgemont Community Centre, Fireside Room)
- 8:30 p.m. **Friday Night Garnet** — (O)
1611 Centre St. NW, street door entrance
- 11:59 p.m. **Garnet Friday Midnigher**— (O), Step/Discussion
1611 Centre St. NW, street door entrance

SOUTHEAST

- 10:30 a.m. **New Beginnings** — (O), Women’s Step & Disc.
#3216, 380 Canyon Meadows Dr. SE
(Fish Creek Village, upstairs)
- 7:00 p.m. **12 Steps Under the Cuckoo’s Nest** — (O), Step/Disc. (W)
907 – 47 St. SE (Clifton House Nursing Home, use
main door, must sign in)
- 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)

SOUTHWEST

- 7:00 p.m. **Oldtimers** — (C), Discussion
1802 – 33 Ave. SW (St. Peter the Aluet Church,
use 17 St. entrance, Fellowship Room, upstairs)
- 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
- 11:00 a.m. **Better Than A Hangover** — (O), Beginners
3500 – 26 St. NE (Peter Lougheed Hospital,
downstairs, auditorium)

SATURDAY

NORTHEAST *(continued...)*

- 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, bsmnt)
- 11:00 a.m. **SMOG** — (O), Discussion
2404 Kensington Rd. NW (Kensington Commons
Church, use corner entrance) *Birthday last Sat.*
- 12 Noon **Garnet Women's** — (C), Step Discussion (W)
1611 Centre St. NW, street door entrance
- 1:30 p.m. **Garnet** — (O), Discussion..... (W)
1611 Centre St. NW, street door entrance
- 3:00 p.m. **Saturday Afternoon Garnet** — (O), Step Disc.
1611 Centre St. NW, street door entrance
- 3:00 p.m. **Stampeders** — (C)..... (W)
#12 Bowridge Dr. NW (Rock Pointe Church)
- 5:30 p.m. **Garnet Saturday 5:30** — (O), Topic Discussion (W)
1611 Centre St. NW, street door entrance
Speaker 2nd Saturday
- 5:30 p.m. **NW Calgary Group** — (O), Step & Tradition ... (W)
333 Edgepark Blvd. NW
(Foothills Alliance Church, upstairs, Rm 203)

SATURDAY

NORTHWEST *(continued...)*

- 7:00 p.m. **Garnet Saturday Night** — (O), Step 6 & 7 Disc.
1611 Centre St. NW, street door entrance
- 8:00 p.m. **Front Runners** — (C), LGBTQ2S, Discussion
1227 Kensington Close NW
(Hillhurst United Church, use side door,
boardroom, upstairs) *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)
1611 Centre St. NW, street door entrance
- 10:00 p.m. **Garnet Saturday Night Owl** — (O), Step/Disc.
1611 Centre St. NW, street door entrance
- 11:59 p.m. **Garnet Midnigher** (O) Discussion
1611 Centre St. NW, street door entrance

SOUTHEAST

- 10:00 a.m. **McKenzie Towne** — (C), Daily Reflections
#7 McKenzie Towne Gate SE (McKenzie Towne
Church, main door off parking lot, upstairs)
- 10:00 a.m. **New Beginnings** — (O), Living Sober
#3216, 380 Canyon Meadows Dr. SE
(Fish Creek Village, upstairs)
- 12 Noon **New Beginnings** — (C), Women’s, Step 11
#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...)*

- 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

- 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
- 9:30 p.m. **Daily Reflections** — (O)
134 Scarboro Ave. SW (Scarboro United Church,
use North parking lot door)
- 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)
- 11:30 a.m. **Recovery Group** — (C), Women's, Step/Disc.
#114, 5211 MacLeod Tr. SW

SATURDAY

SOUTHWEST *(continued...)*

- 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
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. **Primary Purpose Group**
Downtown Saturday Night — (O), Speaker (W)
#801 – 7 Ave. SW
(Nexen Building, check with Security in South
Tower, then use +15 to North Tower)

SUNDAY

NORTHEAST

- 10:00 a.m. **Punjabi Survivors Group** - (C), Step/Disc. (W)
95 Falshire Dr. NE (*Punjabi/Hindi*)
(Falconridge/Castleridge Community Centre)
- 7:30 p.m. **New Life** — (O)
904 Renfrew Dr. NE
(All Saint's Traditional Anglican Church)

SUNDAY

NORTHWEST

- 7:00 a.m. **Go For It** — (C) (W)
6422 – 35 Ave. NW
(Bowness Senior’s Centre, use 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
1611 Centre St. NW, street door entrance
- 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)
- 1:30 p.m. **Garnet** — (O), Discussion..... (W)
1611 Centre St. NW, street door entrance
- 3:00 p.m. **Sunday Afternoon Garnet** — (O), Step Discussion
1611 Centre St. NW, street door entrance
- 4:00 p.m. **Sunday Afternoon Faith 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
1611 Centre St. NW, street door entrance
- 8:00 p.m. **District 77 Speaker Mtg.** — (O)
2919 – 8 Ave. NW (Parkdale United Church,
main door, downstairs)
- 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)
1611 Centre St. NW, street door entrance

SUNDAY

NORTHWEST *(continued...)*

10:00 p.m. **Garnet Night Owl** — (O), Discussion
1611 Centre St. NW, street door entrance

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
Indigeinous 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.)
- 7:30 p.m. **New Beginnings** — (O), Came To Believe
#3216, 380 Canyon Meadows Dr. SE
(Fish Creek Village, upstairs)

SUNDAY

SOUTHEAST *(continued)*

8:00 p.m. **Ogden** — (C), Step & Tradition (W)
7605 – 22A St. SE (St. Augustine's Church Hall)

SOUTHWEST

- 9:30 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 *Children welcome!*)
- 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), 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 (steps 1, 2, 3)
- Fresh Start Recovery Centre –**
411 – 41 Ave. NE
7:30 p.m. – Fridays (C), Beginners (steps 1, 2, 3)..... (W)
- 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)
8:00 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) BB Disc.
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)
8:00 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)

OUT OF TOWN MEETINGS

AIRDRIE *(continued...)*

- Wednesday 6:30 p.m. — **Airdrie Women's Mtg.** (O) Discussion
#100, 2700 Main St. S (Co-op Sierra Springs Food
Centre, main "WELCOME" door, turn left, upstairs)
- Thursday 8:00 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) Step & Trad.
308 – 1 Ave. SE
(Airdrie Seventh-Day Adventist Church, basement)
Birthday last Thursday
- Friday 12 Noon — **Airdrie Nooners** (O), Discussion
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
- 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) (W)
- Tuesday & 101 Bear St. (Banff Seniors' Centre, Catherine Robb
- Friday Whyte Building, above the Library, take ramp to
2nd floor, Pioneer Room)
*Monday: Big Book; Tuesday: Discussion;
Friday: Step & Tradition*

OUT OF TOWN MEETINGS

BOWDEN

Sunday 7:00 p.m.— **Bowden Sunday Night Big Book Study** (O), Big Book Discussion. (W)
1701 – 17 Ave. (Olde Library & Community Centre,
South end of Arena parking lot)

BLAIRMORE

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

BRAGG CREEK

Thursday 7:00 p.m. — **Reprive for Recovery Group** (O),
Topic/Discussion..... (W)
23 White Ave. (Bragg Creek Community Centre,
use Main [West] entrance, Main floor foyer)

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

Sunday 3:00 p.m. — **Piitaapoyi Group** (O)
1885 – 15 Ave. (Peigan Prevention Services, use
South “porch” entrance) contact Peter 403-965-2241

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 Memorial United Church,
side entrance, upstairs)

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

OUT OF TOWN MEETINGS

CANMORE *(continued...)*

Saturday 8:00 p.m. — **Canmore Rule 62 Group**, (C), Living Sober
617 – 8 St. (Ralph Connor Memorial United
Church, use side entrance, upstairs)

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) contact Herb 403-337-2502

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 Mon.*
- 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 B-day last Sun. contact Les 587-574-9498

COALDALE

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

CONSORT

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

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*
contact Curtis 403-559-8436

OUT OF TOWN MEETINGS

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*

DIAMOND 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

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 contact Rick 403-556-0221

DRUMHELLER

Weekdays 8:00 p.m. — (C) 175 – 3 St., **Grace House**
Monday 7:00 p.m. — **Happy Destiny Group**, (O), Discussion
620 – 2 Ave. W (Grace Lutheran Church, use back
door, basement)
Thursday 12 Noon — **Freedom Womens Group** (C)..... (W)
620 – 2 Ave. W (Grace Lutheran Church, use front
door entrance)
Saturday 10:00 a.m. — **Saturday Morning Sunrise Mtg.** (O),
Literature Discussion
627 – 6 St. E (Church of the Nazarene, downstairs,
use SW door) *Open Birthday 1st Saturday*

OUT OF TOWN MEETINGS

DRUMHELLER *(continued...)*

Sunday 7:00 p.m. — **New Hope Group**, (C), Big Book Study corner of 20 St. & 1 Ave. NW (Midlands Community Hall) contact Tom 403-823-6061

ELNORA

Monday 8:30 p.m. — **Elnora No Name Group** (O), Step 428 – 3 Ave. (Elnora & District Pioneer Club) *Birthday 1st Monday* contact: Bob 403-368-2430

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, use back door) contact Jim 403-553-4209

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. — **Sorrel Rider** (O)
204 Haskane Ave. (Gleichen Community Church, main door, downstairs) *Birthday last Wednesday*
contact Francis 403-618-2675

HANNA

Monday 7:00 p.m. — **New Beginnings** (O)
520 – 2 Ave. W.
(Hanna Alliance Church, downstairs)

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*

OUT OF TOWN MEETINGS

HIGH RIVER *(continued)*

Friday 8:00 p.m. — **High River Group** (O)
910 – 12 Ave. SW (Good Shephard Lutheran Church,
East wing door)

INNISFAIL

Tuesday 7:30 p.m. — **24 Hr. Group** (C)
4716 – 50 Ave. (St. Andrew's Presbyterian Church)
Open last Tuesday contact Bernie 403-304-4978

Saturday 7:00 p.m. - **Innisfail Sat. Night** (O), Step/Trad...(W)
#25, 4804 – 42 Ave. (Alliance Church, North door)
B-day Speaker last Sat. contact Bob 403-227-6823

IRRICANA

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

LANGDON

Friday 7:30 p.m. — **Langdon Group** (O) Step/Disc.(W)
255 Centre St. NW (I.O.O.F. Hall)

LETHBRIDGE CHAPTER HOUSE 403-327-8049

LINDEN

Wednesday 7:30 p.m.—**Linden New Beginnings Group** (O) BB Disc.
614 Central Ave. W. (Linden Alliance Church, use
South door entrance off parking lot)
contact Gina 587-876-2677

MEDICINE HAT CENTRAL OFFICE 403-527-2065

MILK RIVER

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

OUT OF TOWN MEETINGS

MORLEY

Wednesday 11:00 a.m. — **First Light Group** (O) Step/Topic...(W)
Westley Elders Lodge, Hwy 1A (33 km West of
Cochrane) contact Tom 403-881-0035

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)
contact Rob 403-404-3345

OKOTOKS

Monday 8:00 p.m. — **Okotoks Monday Night Group** (C)
13 Elma St. E. (Freemason's Hall)
Open B-day last Mon. contact Laurie 403-938-2246

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), *Birthdays 1st Thursdays*

Friday 8:00 p.m. — **T.G.I.F. Okotoks Group** (O)
Big Book / Step (W)
NW corner of 338 Ave. & Hwy 2A (Okotoks Alliance
Church, N. entrance) contact Travis 403-818-7444

Sunday 8:00 p.m. — **Okotoks Men's Group** (C), Step/Disc.
43 Riverside Dr. W. (Okotoks United Church, use
North door, West side) *Open B-day Speaker last Sun.*

OUT OF TOWN MEETINGS

OLDS

- Monday 7:30 p.m. — **Olds Midway Group** (C) (W)
5022 – 52 St. (St. Paul's Lutheran Church) *Open 1st Mon.*
- Tuesday 7:00 p.m. — **Path To Freedom** (C)
5014 – 49 St. (New Hope Pentecostal Fellowship)
contact Bob 403-586-6493
- Thursday 7:00 p.m. - **Olds Evergreen Group** (O), BB Disc.....(W)
5237 – 52 St. (Evergreen Seniors Centre, front
entrance) contact Gordon 403-507-1768

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) contact Murray 403-499-8010

SIKSIKA

- Thursday 6:00 p.m. — **Wolf Trail Group** (O)
Siksika Support Centre (old clinic), located 1/2 km
South of Gleichen on Hwy 547, East side of Hwy

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), BB Disc.
Stettler Regional Hospital, Conference Room

OUT OF TOWN MEETINGS

STRATHMORE

- Monday 8:00 p.m. — **Sunset Discussion Group** (O), Beginners
245 Brent Blvd. (Hope Community Covenant
Church) *Birthday Speaker 1st Mondays*
contact Chantel 403-970-5747
- Tuesday 7:00 p.m. — **Road to Recovery Group** (O), Disc. (W)
50 Maplewood Dr. (Full Gospel Church, back door)
contact Catherine 403-816-3766
- Thursday 7:00 p.m. — **Road to Recovery Group** (O), Step/Trad. (W)
50 Maplewood Dr. (Full Gospel Church, back door)
contact Catherine 403-816-3766
- Sunday 2:00 p.m. — **New Life Group** (O), Step & Disc.
410 – 4 St. (Strathmore United Church)
contact Deanne 403-361-3086

SUNDRE

- Wednesday 8:00 p.m. - **Sundre Town & Country Group** (C),(W)
402 Main Ave. W. (Church of the Nazarene, use
main door entrance) *Open 1st Wednesday*
contact Lella 403-638-8286

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.)

OUT OF TOWN MEETINGS

TABER *(continued)*

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 Thurs. contact Morley 1-403-443-7970

TSUU T'INA NATION

Wednesday 7:00 p.m. — **Tsuu T'ina Mtg.** (O), Disc.(W)
Bullhead Community Centre, Bullhead Rd., Tsuu T'ina

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 459, Grand Central Station
New York, NY 10163
- (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.

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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.