

# NOVEMBER 2011



price: 50¢

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

### CENTRAL SERVICE OFFICE

#2, 4015 – 1st Street S.E.

*(access off 39th Avenue from Macleod Trail S.)*

Calgary, Alberta T2G 4X7

phone : (403) 777-1212 ♦ fax : (403) 287-6540

email : [aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net)

web site: [www.calgaryaa.org](http://www.calgaryaa.org)

### OFFICE HOURS

Monday to Friday:

8:30 a.m. – 1:00 p.m. / 2:00p.m. – 5:00 p.m.

(Closed for lunch, 1:00 p.m. – 2:00 p.m.)

Saturdays:

9:00 a.m. – 1:00 p.m.

Closed Holiday Weekends

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

General Service Office (New York)

web site : [www.aa.org](http://www.aa.org)

## **INDEX**

Group Index .....	3, 4
Meetings Held Daily (Mon. – Fri.).....	5
Weekly Calgary Meetings .....	6–24
Spanish Speaking Meetings.....	11, 14, 17, 19, 20, 22, 23
Polish Speaking Meeting .....	15
Hospital and Treatment Facility Meetings .....	25
Out of Town Meetings .....	26–33
Intergroup & General Service Committee Mtgs .....	25
What Is Central Office/Suggested Group Contributions.....	35, 36
12 Steps & 12 Traditions .....	37, 38
The 20 Questions (Are You An Alcoholic?).....	39

## **CODES**

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

**Wheelchair Access**.....(W)

**(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.

### **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.

## CALGARY MEETING INDEX

GROUP NAME	PAGE(S)	GROUP NAME	PAGE(S)
19th St. Big Book.....	15	Edgemont.....	17
19th Hole.....	11	Elbow Park.....	8
272 Group.....	7, 17	Explorers.....	11
A Better Way.....	24	Eye Opener.....	19
A-Men.....	9	Fellowship of the Spirit.....	12
ABC.....	12	Fireside.....	8
Action.....	13	Forest Lawn.....	20
Alpha House.....	17, 25	Front Runners.....	9, 14, 17, 19
Alpha House (Women of Hope)....	6, 25	Foothills Hospital (Winner's Circle).....	7, 15, 25
Airport.....	12	Fun Seekers.....	5
Aventa.....	23, 25	Garnet Block.....	6, 9, 11, .....14, 17, 19, 21, 22
Awakenings.....	19	Generation XII.....	12
Back to the Drawing Board.....	23	Getting There.....	10
Beacon's Refugees.....	20	Glenmore.....	5, 9, 10, 11, ..... 13, 16, 18, 20, 21, 23, 24
Borderline.....	22	Go For It.....	5, 7, 19, 22
Bow Bottom Trail.....	15	Grapevine.....	17
Bow Trail.....	13	Grey Sheep.....	12
Bowmont.....	7	Grupo Vientos de Calgary (Spanish).....	17, 20, 23
By The Book.....	14	Haddon Road.....	5, 8, 20, 21, 23, 24
Candlelight.....	15	Harmony.....	12
Cedarbrae Men's.....	8	Harvest Hills BB Study.....	7
Central Recovery.....	6, 13, 22	Highland Park.....	10
Centre of Hope.....	6, 25	Homeward Bounders.....	5
Champlain.....	11	Inglewood.....	14
Crossroads.....	6	Just For Today.....	10, 15
Daily Reflections.....	5, 16, 20, 23	Kincora.....	12
Dalhousie Ladies.....	15	Knocking on Heaven's Door...	22
Dalhousie Men's.....	15	Knox Nooners.....	5
Deer Ridge.....	10	Ladies H.O.W.....	9
Desperation.....	17	Lakeview Speaker.....	18
Double H.....	7		
Downtown Sat. Night.....	19		
East Side Discussion.....	23		
East Side Native Women's.....	14		

# CALGARY MEETING INDEX

GROUP NAME	PAGE(S)	GROUP NAME	PAGE(S)
Last Gaspers .....	5	Serenity Group NW .....	12
(The) Link .....	18	Shipwreck at Sunset .....	9, 17
MAAT .....	14	SMOG .....	7, 12, 15, 19
Marlborough Park .....	12	Smorg .....	22
McKenzie Towne ..	10, 15, 20, 23	Soberiders .....	10
Memorial Park Men's .....	14	Sobriety & Beyond .....	7
Midnapore .....	8, 10, 13, 16, 18, 20	Sooner Than The Nooner .....	22
Monday Morning .....	7	Southlanders Pancake .....	8, 13, 18
Monday Night BB Disc .....	8	Southview Treeline .....	17
Monday Night Ladies .....	7	Southwest Serenity .....	22
Mustard Seed Group .....	7	Sowing The Seed .....	14, 25
Nadzieja (Polish) .....	15	Springbank Tuesday .....	10
New Beginnings .....	5, 8, 10, .....11, 13, 16, 18, 20, 21, 23, 24	Springbank Thursday .....	15
New Life .....	22	Stampeders .....	19
New You / Sailor Bill's .....	9	Step 11 Meeting .....	22
No Name Group .....	6	Steps, Stories & Beyond .....	7
Northlanders .....	7	Sun. District 77 Speaker .....	22
NW Calgary .....	10, 15	Sun. Morning 11am .....	21
Ogden .....	16, 23	Sun. Morning Breakfast .....	21
Open Door .....	10	Sunrise (Native Addictions) ....	9, 25
Out to Lunch Bunch .....	6, 11, 17	Thurs. Aft. Drop-In .....	14
Overcomers .....	12	Thursday Night Bridge .....	14
Peter Lougheed Hospital .....	9, 25	Thurs. Night Ladies .....	16
Primary Purpose .....	11	Tri-Currie .....	8
Plain Language .....	8	Tues. AM Ladies .....	9
Recovery Group .....	8, 9, 11, 13, .....16, 18, 20, 21, 24	Unidos (Spanish) .....	16, 19, 22
Regal .....	14	Unity .....	18
Rockyview Hospital .....	11, 16, 25	Wake Up Group .....	23
Rounders .....	13	Walking Eagle .....	6
Saturday Morning Bridge .....	19	Wed. Eye Opener .....	12
Saturday Night NE .....	19	West End Step & Tradition .....	20
Sat. Night Train Wreck .....	9, 20	Winners Circle .....	7, 15, 25
		Whitesheep .....	16
		Women of Hope .....	6, 25

# DAILY MEETINGS (Monday to Friday)

## CENTRAL

- 12 Noon **Knox Nooners** — (O), Step  
506 – 4 St. S.W. (Knox United Church, 4th St. entrance)  
*No Meetings on Stat. Holidays, Birthday last Friday*

## NORTHWEST

- 7:00 a.m. **Go For It** — (C),  
4620-A Bowness Road N.W.
- 9:30 a.m. **Last Gaspers**  
4620-A Bowness Road N.W.
- 12 Noon **Fun Seekers** — (O), Discussion  
4620-A Bowness Road N.W.
- 5:15 p.m. **Homeward Bounders** — (C), 12x12  
4620-A Bowness Road N.W.

## SOUTHWEST

- 9:30 a.m. **Daily Reflections** — (O).....(W)  
134 Scarboro Ave. S.W. (United Church)
- 12 Noon **Glenmore** — (O), Step, Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 12 Noon **New Beginnings** — (O), Discussion  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 12:10 p.m. **Haddon's Brown Baggers** — (O)  
200 Haddon Rd. S.W. (Rm. 200L, upstairs)
- 5:00 p.m. **Glenmore** — (O), Step, Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 5:15 p.m. **New Beginnings** — (C), Discussion  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 5:30 p.m. **Haddon's Journey Home** — (C), Discussion  
200 Haddon Rd. S.W. (Rm. 200L, Upstairs)

## A.A. PREAMBLE ©

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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## MONDAY

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### CENTRAL

- 12 Noon **Central Recovery** — (O), Step  
131 – 7th Ave. S.W. (Central United Church,  
Alley door, downstairs, dining room)
- 2:00 p.m. **Women of Hope** — (C) .....(W)  
203 – 15 Ave. S.E.  
(Alpha House, use 17 Ave. entrance, ring buzzer)
- 8:00 p.m. **Centre of Hope** — (C), Beginners/Speaker/Discussion  
420 – 9 Ave. S.E. (Salvation Army) .....(W)
- 8:30 p.m. **Garnet Beginners** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

### NORTHEAST

- 12:00 p.m. **Out To Lunch Bunch** — (C)  
1432 – 19 St. N.E. (Ascension Lutheran Church)
- 8:00 p.m. **No Name** — (O), Beginners  
2523 – 56 St. N.E. (Lutheran Church) *B-day/Spkr last Mon.*
- 8:30 p.m. **Crossroads** — (C) *Open Birthday 1st Monday*  
912 – 19 St. N.E. (Community Church)
- 8:30 p.m. **Walking Eagle** — (O), Step & Tradition  
210 – 10 Ave. N.E. (Sharon Lutheran Church, back door)

## MONDAY (continued...)

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### NORTHWEST

- 7:30 p.m. **SMOG** — (O), Speaker/Discussion  
2404 Kensington Rd. N.W.  
(Kensington Road Church, East entrance)
- 7:30 p.m. **272** — (C), Step & Beginners .....(W)  
3311 Centre St. N. (Northminister United Church)
- 7:30 p.m. **Harvest Hills Big Book Discussion** — (C).....(W)  
10099 Harvest Hills Blvd. N.W. (H.H. Alliance Church)  
*Open Birthday last Monday*
- 8:00 p.m. **Bowmont** — (C), Discussion, 2 Hr. Mtg!  
7904 – 43 Ave. N.W. (Bowness Community Centre)
- 8:00 p.m. **Double H** — (O)  
130 – 32 Ave. N.W. (Danish Lutheran Church)
- 8:00 p.m. **Winners Circle (Foothills Hospital)** — (O)  
1403 – 29 St. N.W. (Baker Bldg., Rm AGW2)
- 8:00 p.m. **Go For It** — (O), Beginners  
4620-A Bowness Road N.W.
- 8:00 p.m. **Mustard Seed Group** — (C), Men's  
5720 Silver Ridge Dr. N.W. (Silver Springs Comm. Centre)
- 8:00 p.m. **Northlanders** — (C)  
Corner of Northmount Dr. & Northland Dr. N.W.  
(St. Luke's Church, East entrance, lower level)  
*Open Speaker 1st Monday*

### SOUTHEAST

- 10:00 a.m. **Monday Morning Group** — (O), Discussion  
2236 – 35 St. S.E. (United Church)
- 7:00 p.m. **Monday Night Ladies** — (C), Step Discussion  
13811 Deer Ridge Dr. SE (Lutheran Church)
- 7:00 p.m. **Steps, Stories & Beyond** — (O), Big Book  
6100 – 8 Ave. S.E. (Pembroke Community Hall)
- 7:30 p.m. **Sobriety & Beyond** — (C) Step .....(W)  
#2 New Brighton Dr. S.E. *Open Birthday last Monday*  
(New Brighton Resident Assoc. Bldg., buzz for entry)

## MONDAY (continued...)

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### SOUTHEAST (continued...)

- 8:00 p.m. **Fireside** — (C) .....(W)  
12707 Bonaventure Dr. S.E. (Holy Nativity Church,  
parking lot entrance) *Open Birthday 3rd Monday*
- 8:00 p.m. **Midnapore** — (C), Living Sober Discussion  
14540 Bannister Rd. S.E. (St. Mary's College, W. entrance)
- 8:00 p.m. **Southlanders Pancake** — (C), Big Book  
Southland Dr. & Acadia Dr. S.E.  
(Moravian Church, basement)

### SOUTHWEST

- 10:30 a.m. **New Beginnings** — (C), Women's, Step  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 5:30 p.m. **Recovery Group** — (C), 12x12.....(W)  
#104, 4820 Macleod Trail S.
- 7:00 p.m. **Plain Language** — (C), Beginners, Discussion  
3410 Spruce Dr. S.W. (CSPD Bldg., upstairs)  
for persons with developmental disabilities  
contact Sue T. 403-246-4450
- 8:00 p.m. **Cedarbrae Men's** — (C), Men's  
11024 Oakfield Dr. S.W. (Community Centre, Rm 3)  
*Open, Mixed, Birthday Speaker last Monday*
- 8:00 p.m. **Haddon's Haven** — (C), Step  
200 Haddon Rd. S.W. (Rm. 200L, upstairs)
- 8:00 p.m. **Monday Night Big Book Discussion** — (C)  
903 - 75 Ave. S.W. (St. Peter's Church, basement)
- 8:00 p.m. **New Beginnings** — (C), Men's, Step  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs, Room 203)
- 8:30 p.m. **Tri-Currie** — (O), Discussion  
5504 - 20 St. S.W. (St. James Church, SW entrance)
- 8:30 p.m. **Elbow Park** — (C), Discussion  
3602 - 8 St. S.W. (Christ Church)

## **MONDAY (continued...)**

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

- 8:30 p.m. **Glenmore** — (O), Beginners  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 8:30 p.m. **Recovery Group** — (C), Step/Discussion.....(W)  
#104, 4820 Macleod Trail S.

## **TUESDAY**

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### **CENTRAL**

- 7:45 p.m. **Shipwreck at Sunset** — (O), Beginners  
126 – 10 St. N.W. (The Coffee House Sanctuary,  
back of coffee shop, downstairs)
- 8:00 p.m. **Front Runners** — (C), Gay/Lesbian, Step & Trad.  
1227 Kensington Close N.W. (Hillhurst United Church)
- 8:30 p.m. **Tuesday Night Garnet** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

### **NORTHEAST**

- 8:00 p.m. **Sunrise (Native Addictions)** – (O), Speaker/Disc.  
1231 – 34 Ave. N.E. (Treatment Facility)
- 8:00 p.m. **Peter Loughheed Hospital** (O), Beginners  
3500 – 26 Ave. N.E., Room 0651 (basement)

### **NORTHWEST**

- 10:00 a.m. **Tuesday Morning Ladies** — (C), Women's  
Meets in members homes. Please contact:  
Marjory 403-288-1490 or Faye 403-247-94444
- 7:30 p.m. **A-Men** — (C), Men's, Step & Tradition .....(W)  
#203, 4039 Brentwood Rd. N.W. (Rocky Mtn. College)
- 7:30 p.m. **The Ladies H.O.W. Group**— (C), Women, B.B. & 12x12  
4620-A Bowness Rd. N.W.
- 7:30 p.m. **New You/Sailor Bill's** — (O), Step & Tradition  
7904 – 43rd Ave. N.W.  
(Bowness Sportsplex, main floor meeting room)

## **TUESDAY (continued...)**

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

- 7:30 p.m. **Springbank Tuesday** — (C), Step & Tradition  
Springbank Community Church, corner of Range Rd. 33  
& Township Rd. 245 (South of Calaway Park entrance,  
off Hwy 1)
- 8:00 p.m. **Getting There** — (C) Step, Discussion  
2828 – 19 St. N.W. (Holy Cross Church)  
*Open Birthday last Tuesday*
- 8:00 p.m. **Highland Park** — (C), Step & Tradition  
4018 Centre B St. N.W. (Mennonite Church)
- 8:00 p.m. **NW Calgary** — (O), Big Book .....(W)  
333 Edgemark Blvd. N.W. (Foothills Alliance Church)

### **SOUTHEAST**

- 12 Noon **Just For Today** — (O), Big Book Disc.  
2236 – 35 St. S.E.  
(Forest Lawn United Church, basement)
- 8:00 p.m. **McKenzie Towne** — (C), Step  
#7 McKenzie Town Gate S.E. (Church)
- 8:00 p.m. **Deer Ridge** — (C), Step/Discussion  
13811 Deer Ridge Dr. SE. (Lutheran Church)  
*Open Birthday last Tuesday*
- 8:00 p.m. **Midnapore** — (O), Discussion  
14540 Bannister Rd. S.E. (St. Mary's College, W. entrance)
- 8:30 p.m. **Open Door** — (O), Step/Discussion  
2236 – 35 St. S.E. (United Church)
- 8:30 p.m. **Soberiders** — (O), Step, Discussion  
7401 – 23 St. S.E. (Ogden United Church, back door)

### **SOUTHWEST**

- 10:30 a.m. **New Beginnings** — (O), Women's, BB Story/Disc.  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 7:00 p.m. **Glenmore** — (C), Women's, Living Sober  
2719 Hochwald Court S.W. (Currie Barracks, side door)

## TUESDAY (continued...)

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### SOUTHWEST (continued...)

- 7:00 p.m. **New Beginnings** — (C), Women's, Step  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)  
*Open Speaker last Tuesday*
- 7:00 p.m. **Recovery Group** — (O), 12x12 .....(W)  
#104, 4820 Macleod Trail S.
- 8:00 p.m. **Rockyview Hospital** — (O), Beginners  
7007 – 14 St. S.W.....(W)  
(Holy Cross Ambulatory Care Centre, Rm. 5A-103)
- 8:30 p.m. **19th Hole** — (C), Men's  
804 – 75 Ave. S.W. (Sheppard King Lutheran Church,  
East rear entrance)
- 8:30 p.m. **Recovery Group** — (C), Men's, Step.....(W)  
#104, 4820 Macleod Trail S.
- 8:30 p.m. **Glenmore** — (C), Men's, Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)

## WEDNESDAY

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### CENTRAL

- 8:00 p.m. **Champlain** — (C), Men's  
840 – 3 Ave. S.W. (Trinity Lutheran Church)
- 8:00 p.m. **Primary Purpose** — (C), Big Book  
513 – 13 Ave. S.W. (old house, parking at back)  
*Speaker meeting on 4th Wednesdays*
- 8:30 p.m. **Explorers** — (O), Discussion  
1121 – 14 Ave. S.W. (St. Stephan's Anglican Church)
- 8:30 p.m. **Wednesday Night Garnet** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

### NORTHEAST

- 12 Noon **Out to Lunch Bunch** — (C)  
1432 – 19 St. N.E. (Ascension Lutheran Church)  
*Open Birthday last Wednesday*

## **WEDNESDAY (continued...)**

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

- 7:30 p.m. **Marlborough Park** — (C)  
1352 Abbeydale Dr. N.E. (Fellowship Centre, S. ent.)
- 8:00 p.m. **Overcomers** — (O), Discussion .....(W)  
5510 – 26 Ave. N.E. (Robert McClure Church)
- 8:00 p.m. **Airport** — (O), Beginners  
210 – 10 Ave N.E. (Sharon Lutheran Church, side ent.)
- 8:30 p.m. **Grey Sheep** — (C), Men's .....(W)  
1432 – 19 St. N.E. (Ascension Lutheran Church)

### **NORTHWEST**

- 10:00 a.m. **Wednesday Eye Opener** — (C)  
130 – 32 Ave. N.W. (Danish Lutheran Church)
- 7:00 p.m. **Fellowship of the Spirit** — (O), Big Book  
419 Northmount Dr. N.W.  
(Highwood Lutheran Church, West building,  
East entrance, downstairs)
- 7:30 p.m. **Serenity Group NW** — (O), Discussion.....(W)  
2020 – 15 St. N.W. (Royal Canadian Legion Command,  
main door, downstairs)
- 7:30 p.m. **SMOG** — (O), Big Book  
2404 Kensington Rd. N.W.  
(Kensington Road Church, East entrance)
- 8:00 p.m. **ABC** — (C), Step & Trad. ....(W)  
4612 Varsity Dr. N.W. (Presbyterian Church, East door)  
*Open Birthday last Wednesday*
- 8:00 p.m. **Kincora** — (O), Beginners Step & BB  
38 Kincora Rise N.W. (Symons Valley United Church)
- 8:30 p.m. **Generation XII** — (O), Step  
4620-A Bowness Rd. N.W.

### **SOUTHEAST**

- 7:30 p.m. **Harmony** — (O), Beginners  
1840 – 38 St. S.E.  
(Eastside Victory Outreach building, downstairs)

## **WEDNESDAY (continued...)**

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

- 8:00 p.m. **Southlanders Pancake** – (C), Step & Tradition  
Southland & Acadia Dr. S.E. (Moravian Church, basement)
- 8:00 p.m. **Midnapore** — (C), Step Discussion  
14540 Bannister Rd. S.E. (St. Mary's College, West entrance)

### **SOUTHWEST**

- 10:30 a.m. **New Beginnings** — (O), Women's Big Book  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 7:00 p.m. **Glenmore** — (C), Women's  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 7:00 p.m. **Recovery Group** — (O), Big Book.....(W)  
#104, 4820 Macleod Trail S.
- 7:30 p.m. **New Beginnings** — (C), 11th Step Prayer  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 8:00 p.m. **Action** — (C), Step/Tradition  
2600 Richmond Rd. S.W. (First Mennonite Church, bsmt)
- 8:00 p.m. **Bow Trail** — (C)  
800 – 85 St. S.W. (St. Michael's Church) *Open last Wed.*
- 8:30 p.m. **Glenmore** — (C), Step  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 8:30 p.m. **Recovery Group** — (C), Topic, Discussion .....(W)  
#104, 4820 Macleod Trail S.
- 8:30 p.m. **Rounders** — (C), Men's  
11024 Oakfield Dr. S.W. (Cedarbrae Com. Centre, Rm 3)

## **THURSDAY**

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### **CENTRAL**

- 12 Noon **Central Recovery** — (O), Discussion  
131 – 7th Ave. S.W. (Central United Church,  
alley door, downstairs dining room)

## THURSDAY (continued...)

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### CENTRAL (continued...)

- 2:00 p.m. **Thursday Afternoon Drop-In** — (O)  
1133 – 7 Ave. S.W. (Kerby Centre, downstairs, Rm. 125  
East of cafeteria)
- 7:00 p.m. **Inglewood** — (C), Step & Tradition  
1423 – 8 Ave. S.E. (St. John's Church, Cross Hall)  
*Open Birthday Speaker, last Thursday*
- 7:30 p.m. **Sowing The Seed** — (O), Step .....(W)  
106 – 11 Ave. S.E.  
(Mustard Seed Creative Centre, basement)
- 7:30 p.m. **Memorial Park Men's** — (C), Men's, Step & Tradition  
1213 – 4 St. S.W.  
(Sheldon Chumir Health Centre, Rm. 3001, 3rd floor)
- 8:00 p.m. **Front Runners** — (C), Gay/Lesbian, BB Disc.  
1227 Kensington Close N.W. (Hillhurst United Church)
- 8:00 p.m. **Thursday Night Bridge** — (C), Step & Discussion  
204 – 6A St. N.E. (St. John Lutheran Church, main entrance)
- 8:30 p.m. **Thursday Night Garnet** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

### NORTHEAST

- 7:00 p.m. **East Side Native Women's** — (C), Ladies, 1½ hr. mtgs.  
1231 – 34 Ave. N.E. (Sunrise Native Addictions)  
*Open B-day Speaker last Thursday, Children always welcome!*
- 7:00 p.m. **MAAT** — (C), Step  
912 – 19 St. N.E. (Crossroads Community Church,  
basement)
- 8:00 p.m. **Regal** — (C), Step Discussion  
210 – 10 Ave N.E. (Sharon Lutheran Church, side ent.)  
*Open Birthday last Thursday*

### NORTHWEST

- 7:00 p.m. **By The Book** — (O), Step & Tradition .....(W)  
6422 – 35 Ave. N.W. (Bowness Seniors Centre)  
*Open Birthday Speaker last Thursday*

## THURSDAY (continued...)

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### NORTHWEST (continued...)

- 7:30 p.m. **Nadzieja** — (C), *Polish Speaking*, Step & Disc.  
640 – 19 Ave. N.W. (St. Joseph's Church,  
East side office doors) *Open Birthday last Thursday*
- 7:30 p.m. **SMOG Women's** — (C), Women's, Step  
2404 Kensington Rd. N.W.  
(Kensington Rd. Church, East entrance)
- 8:00 p.m. **19th Street Big Book** — (C), BB Discussion  
2828 – 19 St. N.W. (Holy Cross Church)
- 8:00 p.m. **Dalhousie Men's** — (C), Step & Tradition  
5511 Baroc Rd. N.W. (Mennonite Church, upstairs)  
*Open, Mixed, Birthday last Thursday*
- 8:00 p.m. **Dalhousie Ladies** — (C), Step & Tradition  
5511 Baroc Rd. N.W. (Mennonite Church, upstairs)
- 8:00 p.m. **NW Calgary** — (O), Step Discussion .....(W)  
333 Edgemark Blvd. N.W. (Foothills Alliance Church)
- 8:00 p.m. **Springbank Thursday** — (C), Step & Tradition  
Springbank Community Church, corner of Range Rd. 33  
& Township Rd. 245 (South of Calaway Park entrance,  
off Hwy 1) *Open Speaker last Thursday*
- 8:00 p.m. **Winners Circle (Foothills Hospital)** — (O), Beginners  
1403 – 29 St. N.W. (Baker Building, Rm. AGW2)

### SOUTHEAST

- 12 Noon **Just For Today** — (O), Topic Discussion  
2236 – 35 St. S.E. (Forest Lawn United Church, basement)
- 7:30 p.m. **Bow Bottom Trail** — (C), Step  
77 Deerpoint Rd. S.E. (Deer Park United Church)
- 7:30 p.m. **Candlelight** — (O)  
2020 – 33 St. S.E. (Southview Com. Centre, Kadilac Rm.)
- 8:00 p.m. **McKenzie Towne** — (C), Big Book Disc.  
#7 McKenzie Town Gate S.E. (McKenzie Church)

## THURSDAY (continued...)

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### SOUTHEAST (continued...)

- 8:00 p.m. **Midnapore** — (C), Step & Tradition  
14540 Bannister Rd. S.E. (St. Mary's College, West entrance)
- 8:30 p.m. **Ogden** — (O), Discussion .....(W)  
7605 – 22 A St. S.E. (St. Augustine's Church Hall)  
*Speaker 3rd Thursday, Open Birthday last Thursday*

### SOUTHWEST

- 10:30 a.m. **New Beginnings** — (C), Women's, Big Book  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 7:00 p.m. **Thursday Night Ladies** — (C), Step & Tradition  
5010 Spruce Dr. S.W. (Woodcliff United Church,  
Willow Room, downstairs)
- 8:00 p.m. **New Beginnings** — (C), Step & Tradition  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 8:30 p.m. **Daily Reflections** — (O)  
134 Scarboro Ave. S.W. (United Church)
- 8:00 p.m. **Rockyview Hospital** — (O), Beginners  
7007 – 14 St. S.W.....(W)  
(Holy Cross Ambulatory Care Centre, Rm. 5A-103)
- 8:00 p.m. **Whitesheep** — (C), Men's  
924 Heritage Dr. S.W. (St. Andrew's United Church)
- 8:30 p.m. **Glenmore** — (C), Tradition  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 8:30 p.m. **Recovery Group** — (C), Step/Tradition .....(W)  
#104, 4820 Macleod Trail S.

## FRIDAY

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### CENTRAL

- 7:00 p.m. **Unidos** — (O), Spanish (some English, 2 hrs.)  
204 – 6A St. N.E. (St. John's Lutheran Church)

## **FRIDAY (continued...)**

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### **CENTRAL** (continued...)

- 8:00 p.m. **Alpha House** — (O), Beginners  
203 – 15 Ave. S.E. (Treatment Facility)
- 8:00 p.m. **Front Runners** — (O), Gay/Lesbian, Beginners  
1227 Kensington Close N.W. (Hillhurst United Church)
- 8:30 p.m. **Friday Night Garnet** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, Downstairs)
- 9:00 p.m. **Shipwreck at Sunset** — (C), Step & Discussion  
126 – 10 St. N.W. (The Coffee House Sanctuary,  
back of coffee shop, downstairs)

### **NORTHEAST**

- 12 Noon **Out To Lunch Bunch** — (C)  
1432 – 19 St. N.E. (Ascension Lutheran Church)
- 8:00 p.m. **Grapevine** — (O), Grapevine Topic/Disc.  
210 – 10 Ave. N.E. (Sharon Lutheran Church,  
side entrance)

### **NORTHWEST**

- 8:00 p.m. **Desperation** — (O), Step & Tradition  
4 St. & Northmount Dr. N.W. (Corpus Christi Church)
- 8:00 p.m. **Edgemont** — (O), Discussion .....(W)  
33 Edgevalley Circle N.W.  
(Edgemont Community Centre, Fireside Rm.)
- 8:30 p.m. **272** — (O), Speaker  
3311 Centre St. N. (Northminster United Church)

### **SOUTHEAST**

- 7:00 p.m. **Grupo Vientos de Calgary** — (O), *Spanish*  
some English spoken, 2 hr. mtg.  
1803 – 35 St. S.E. (Forest Lawn Physiotherapy, basement)
- 7:30 p.m. **Southview Treeline** — (O), Step/Tradition  
2020 – 33 St. S.E.  
(Southview Community Centre, Kadilac Rm.)

## FRIDAY (continued...)

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### SOUTHEAST (continued...)

- 8:00 p.m. **Midnapore** — (C), 12x12  
14540 Bannister Rd. S.E.  
(St. Mary's College, West entrance)
- 8:00 p.m. **Southlanders Pancake** — (C), Beginners  
Southland & Acadia Dr. S.E.  
(Moravian Church, Basement) *Open Birthday, last Friday*

### SOUTHWEST

- 10:30 a.m. **New Beginnings** — (O), Women's Step & Disc.  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 8:00 p.m. **The Link** — (O)  
134 Scarboro Ave. S.W. (Scarboro United Church,  
North entrance)
- 8:00 p.m. **New Beginnings** — (O), Discussion  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)  
*Open Birthday last Friday at Sheppard King Church,  
804 -75 Ave. S.W.*
- 8:30 p.m. **Glenmore** — (O), Speaker  
2719 Hochwald Court S.W. (Currie Barracks, side door)  
*Open Birthday last Friday*
- 8:30 p.m. **Lakeview** — (O), Speaker  
3023 - 63 Ave. S.W. (Lakeview United Church)
- 8:30 p.m. **Recovery Group** — (O), Beginners .....(W)  
#104, 4820 Macleod Trail S.
- 8:30 p.m. **Unity** — (C), Step & Tradition  
2210 - 28 St. S.W. (Central Full Gospel Church)  
*Open Birthday last Friday*
- 12:00 a.m. **Glenmore Friday Midnigher** — (O)  
2719 Hochwald Court S.W. (Currie Barracks, side door)

## SATURDAY

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### CENTRAL

- 10:00 a.m. **Saturday Morning Bridge** — (C), Step & Discussion  
204 – 6A St. N.E. (St. John Lutheran Church, main entrance)  
*Open Birthday last Saturday*
- 3:00 p.m. **Garnet Discussion** — (O), Discussion  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)
- 7:00 p.m. **Unidos** — (O), *Spanish* (some English spoken, 2 hr. mtg.)  
204 – 6A St. N.E. (St. John's Lutheran Church)
- 8:00 p.m. **Downtown Saturday Night** — (O), Speaker .....(W)  
801 – 7 Ave, S.W. (Fortis Bldg., North Tower)
- 8:00 p.m. **Front Runners** — (C), Gay/Lesbian, Discussion  
1227 Kensington Close N.W.  
(Hillhurst United Church) *Open Birthday last Saturday*
- 8:30 p.m. **Garnet Saturday Night** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)
- 10:00 p.m. **Garnet Night Owl** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

### NORTHEAST

- 8:00 p.m. **Saturday Night NE** — (O), Step & Reflection  
2523 – 56 St. N.E.

### NORTHWEST

- 8:00 a.m. **Go For It** — (O), Beginners  
4620-A Bowness Rd. N.W.
- 9:30 a.m. **Awakenings** — (O), Discussion  
4620-A Bowness Rd. N.W.
- 11:00 a.m. **SMOG** — (O), Discussion  
2404 Kensington Rd. N.W. (Kensington Road Church,  
East entrance)
- 11:00 a.m. **Eye Opener** — (O), Discussion  
4620-A Bowness Rd. N.W.
- 2:00 p.m. **Stampeders** — (C)  
4620-A Bowness Rd. N.W.

## **SATURDAY (continued...)**

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

- 8:00 p.m. **Beacon's Refugees** — (O), Grapevine Topic & Disc.  
3716 – 2 St. N.W. (Highland Park Community Centre)
- 8:00 p.m. **West End Step & Tradition** — (O)  
8103 – 48 Ave. N.W. (Baptist Church)
- 10:00 p.m. **Saturday Night Train Wreck** — (O), Step & Tradition  
4620-A Bowness Rd. N.W.

### **SOUTHEAST**

- 10:00 a.m. **McKenzie Towne** — (C), Daily Reflections  
#7 McKenzie Towne Gate S.E. (Church)
- 7:00 p.m. **Grupo Vientos de Calgary** — (O), *Spanish*  
(some English spoken, 2 hr. mtg.)  
1803 – 35 St. S.E. (Forest Lawn Physiotherapy, Bsmnt)
- 7:30 p.m. **Forest Lawn** — (O) .....(W)  
2236 – 35 St. S.E. (United Church, Basement)
- 8:00 p.m. **Midnapore** — (O), Beginners  
14540 Bannister Rd. S.E. (St. Mary's College, West ent.)

### **SOUTHWEST**

- 9:00 a.m. **Recovery Group** — (C), Living Sober .....(W)  
#104, 4820 Macleod Trail S.
- 9:30 a.m. **Daily Reflections** — (O) .....(W)  
134 Scarboro Ave. S.W. (United Church)
- 10:00 a.m. **Haddon's Contented Sobriety** – (C), Living Sober  
200 Haddon Rd. S.W. (Rm. 200L, upstairs)
- 10:00 a.m. **New Beginnings** — (O), Living Sober  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 11:30 a.m. **Recovery Group** — (C), Women's, Step/Disc. ....(W)  
#104, 4820 Macleod Trail S.
- 12 Noon **Glenmore** — (O)  
2719 Hochwald Court S.W. (Currie Barracks, side door)

## **SATURDAY (continued...)**

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

- 2:00 p.m. **New Beginnings** — (C), Women's, Step 11  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 5:00 p.m. **Glenmore** — (O), Step & Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 7:30 p.m. **Glenmore** — (C), Step & Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 8:00 p.m. **Haddon Road** — (O), Discussion  
200 Haddon Rd. S.W. (Rm. 200L, upstairs)
- 8:00 p.m. **New Beginnings** — (O), Beginners  
11625 Elbow Dr. S.W. *Speaker first Saturday*  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 8:00 p.m. **Recovery Group** — (C), Step/Discussion.....(W)  
#104, 4820 Macleod Trail S.  
*Open Birthday & Speaker 1st Saturday*
- 9:30 p.m. **New Beginnings** — (O), Discussion  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)

## **SUNDAY**

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### **CENTRAL**

- 9:00 a.m. **Sunday Morning Breakfast** — (O), Speaker.....(W)  
708 – 8 Ave. S.W. (Ramada Inn)  
Breakfast @ 9:00am, Speaker @ 10:00am
- 11:00 a.m. **Sunday Morn. 11am** — (O), Step & Trad. ....(W)  
301 – 10 St. N.W. (Carpenter's Hall, side entrance)
- 11:30 a.m. **Garnet Men's** — (C), Men's  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)
- 3:00 p.m. **Garnet Young People's** — (O), Discussion  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

## **SUNDAY (continued...)**

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### **CENTRAL (continued...)**

- 4:00 p.m. **Central Recovery** — (O), Beginners  
131 – 7th Ave. S.W. (Central United Church,  
alley door, downstairs, dining room)
- 4:00 p.m. **Step 11 Meeting** — (O)  
131 – 7th Ave. S.W. (Central United Church,  
alley door, downstairs, Meeting Room 1)
- 5:00 p.m. **Unidos** — (O), *Spanish* (some English, 2 hrs.)  
204 – 6A St. N.E. (St. John's Lutheran Church)
- 8:30 p.m. **Southwest Serenity** — (O)  
1121 – 14 Ave. S.W. (St. Stephens Church)
- 8:30 p.m. **Sunday Night Garnet** — (O)  
1507 – 14 Ave. S.W. (Oddfellows Centre, downstairs)

### **NORTHEAST**

- 7:30 p.m. **New Life** — (C)  
Corner of Renfrew Dr. & 8 Ave. N.E. (Anglican Church)

### **NORTHWEST**

- 8:00 a.m. **Go For It** — (C), Big Book Discussion  
4620-A Bowness Rd. N.W.
- 8:00 a.m. **Smorg** — (O), Discussion  
2212 – 13 St. N.W. (Confederation Park Seniors Club)
- 11:00 a.m. **Sooner Than The Nooner** — (O)  
4620-A Bowness Rd. N.W.
- 2:30 p.m. **Knocking on Heaven's Door** — (O), Disc.  
4620-A Bowness Road N.W. *Birthday 3rd Sundays*
- 7:00 p.m. **Borderline** — (C), BB Discussion  
128 Tache Ave. N.W.  
(Thornhill Baptist Church, Fireside Rm.)  
*Traditions Discussion on first Sundays*
- 8:00 p.m. **Sunday Nite District 77 Speaker** — (O)  
4620-A Bowness Rd. N.W.

## **SUNDAY (continued...)**

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### **SOUTHEAST**

- 5:00 p.m. **Grupo Vientos de Calgary** — (O), *Spanish*  
1803 – 35 St. S.E. (Forest Lawn Physiotherapy, basement)  
(some English spoken, 2 hr. mtg.)
- 7:30 p.m. **Back to the Drawing Board** — (O).....(W)  
2236 – 35 St. S.E. (United Church, basement)
- 7:30 p.m. **East Side Discussion** — (C), Disc.  
1539 – 43 St. S.E. (Basement)
- 7:30 p.m. **McKenzie Towne** — (O), Came To Believe  
#7 McKenzie Towne Gate S.E. (Church)
- 8:00 p.m. **Ogden** — (C), Step & Tradition.....(W)  
7605 – 22A St. S.E. (St. Augustine's Church Hall)

### **SOUTHWEST**

- 8:30 a.m. **Daily Reflections** — (O).....(W)  
134 Scarboro Ave. S.W. (United Church)
- 9:00 a.m. **Wake Up Group** — (C), Big Book Step Study  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 11:00 a.m. **Haddon Road** — (O), Discussion  
200 Haddon Rd. S.W. (Rm. 200L, upstairs)
- 11:00 a.m. **New Beginnings** — (O), Grapevine  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 11:30 am **Glenmore** — (C), Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 12:30 a.m. **Haddon's I Am Eve** — (C), Ladies, Discussion  
200 Haddon Rd. S.W. (Rm. 200L, upstairs)
- 1:30 p.m. **Daily Reflections Ladies** — (C), Women's.....(W)  
134 Scarboro Ave. S.W. (United Church)
- 4:30 p.m. **Aventa** — (O), Women's (Treatment Centre)  
610 – 25 Ave. S.W. (Back Door, ring bell for entry)

## **SUNDAY (continued...)**

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

- 5:00 p.m. **Glenmore** — (O), Step & Discussion  
2719 Hochwald Court S.W. (Currie Barracks, side door)
- 7:00 p.m. **A Better Way** — (O), Discussion .....(W)  
4510 Macleod Trail S. (Dream Centre, rear entrance)  
*Birthday Speaker last Sunday*
- 7:00 p.m. **Recovery Group** — (C), Big Book .....(W)  
#104, 4820 Macleod Trail S.
- 7:30 p.m. **Haddon's Came To Believe** — (O), Discussion  
200 Haddon Rd. S.W. (Room 200L, upstairs)
- 7:30 p.m. **New Beginnings** — (O), Came To Believe  
11625 Elbow Dr. S.W.  
(Canyon Meadows Shopping Centre, upstairs Rm. 203)
- 8:30 p.m. **Glenmore** — (O), Discussion, Big Book  
2719 Hochwald Court S.W. (Currie Barracks, side door)

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

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### **INTERGROUP GENERAL MEETING**

2nd Monday, 7:00 p.m., St. Mark's Church  
1802 – 33 Ave. S.W.

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

Last Monday, 7:30 p.m., St. Mark's Church  
1802 – 33 Ave. S.W.

# **HOSPITAL AND TREATMENT FACILITY A.A. MEETINGS**

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## **CALGARY GENERAL SERVICE SPONSORED MEETINGS**

### **Alpha House —**

**8:00 p.m., Fridays**(O), Beginners

**2:00 p.m., Mondays, Women of Hope** (C), Ladies ....(W)

203 – 15 Ave. S.E., 17 Ave. entrance, ring buzzer

### **Aventa —** (O), Women's, Beginners

**4:30 p.m., Sundays**

610 – 25 Ave. S.W. (back door, ring bell for entry)

### **Centre of Hope —** (O), Speaker/Discussion

**8:00 p.m., Mondays**

420 – 9 Ave. S.E.

### **Rockyview Hospital —** (O) .....(W)

**8:00 p.m., Tuesdays & Thursdays**

7007 – 14 St. S.W.

(Holy Cross Ambulatory Care Centre, Rm. 5A-103)

### **Sowing The Seed —** (O), Step.....(W)

**7:30 p.m., Thursdays**

106 – 11 Ave. S.E. (Mustard Seed Creative Centre, basement)

### **Sunrise (Native Addictions) —** (O), Speaker/Discussion

**8:00 p.m., Tuesdays** 1231 – 34 Ave. N.E.

## **OTHER HOSPITAL / TREATMENT MEETINGS:**

### **Peter Lougheed Hospital —** (O), Beginners.....(W)

**8:00 p.m., Tuesdays**

3500 – 26 Ave. N.E., Rm. 0651 (basement)

### **Foothills Hospital Winners Circle —** (O) .....(W)

**8:00 p.m., Mondays & Thursdays**

1403 – 29 St. N.W (Foothills Hospital)

Rm. AGW2, G Floor, across from Atrium

## OUT OF TOWN MEETINGS

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### AIRDRIE

- Monday 12 Noon — **Back From Hell** (O), Discussion  
126-B Main St. (Back Door)  
8:00 p.m.— **Back From Hell** (C), Step & Trad.  
126-B Main St. (back door)  
8:00 p.m. — **Country Group** (O)  
204 – 1st Ave. N.E. (Christian Education Centre)
- Tuesday 8:00 p.m. — **Lunch Pail** (O)  
126-B Main St. (back door)
- Wednesday 12 Noon — **Back From Hell**, (O), Beginners  
126-B Main St. (back door)  
7:00 p.m. — **Women in Sobriety**, (C), Women's, Disc.  
126-B Main St. (back door)
- Thursday 7:00 a.m. — **Back From Hell Early Riser** (O), Discussion  
126-B Main St. (back door)  
8:00 p.m. — **Thursday Q & A** (O)  
126-B Main St. (back door) *Big Book Study begins each fall*  
8:00 p.m. — **Country Group** (C)  
204 – 1st Ave. N.E. (Christian Education Centre)  
*Open Birthday last Thursday*
- Friday 12 Noon — **Back From Hell** (O), Discussion  
126-B Main St. (back door)  
8:00 p.m. — **Back From Hell** (O), BB Discussion  
126-B Main St. (back door)
- Saturday 8:00 p.m. — **Back From Hell** (O)  
126-B Main St. (back door) *Open Birthday last Saturday*
- Sunday **Sunday Morning Breakfast Group**  
10:00 a.m. Speaker Meeting (breakfast to follow)  
Best Western Regency Inn, Rm. 226,  
Edmonton Tr., Airdrie  
8:00 p.m. **Airdrie Sunday Night** (O),  
Daily Reflections Discussion  
126-B Main St. (back door)

## **OUT OF TOWN (continued...)**

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### **BANFF**

- Monday 8:00 p.m. – **Mountainview Group** (O), Big Book  
(Mineral Springs Hospital, Cafeteria)
- Tuesday 8:00 p.m. – **Mountainview Group** (O), Discussion  
(Mineral Springs Hospital, Cafeteria)
- Friday 8:00 p.m. – **Mountainview Group** (O), Mixed,  
Step&Trad. (Mineral Springs Hospital, Cafeteria)

### **BASSANO**

- Sunday 8:00 p.m. — (O), (Hospital)

### **BLAIRMORE**

- Wednesday 8:00 p.m. — **Blairmore Group** (C), Discussion
- Sunday 8:00 p.m. — **Blairmore Group** (O), Discussion  
Provincial Building

### **BROOKS**

- Mon.& Sat. 8:00 p.m. — (C), United Church
- Tues. & Thurs. 8:00 p.m. — (C), Lutheran Church

### **BOWDEN**

- Sunday 7:30 p.m. — **Bowden Sunday Night** (O)  
Lions Hall

### **CARDSTON**

- Tuesday 8:00 p.m. — **Moses Lake Shelter**, (C)
- Thursday 8:00 p.m. — **St. Paul's Treatment Centre**, (O)  
Two Eagles Building

### **CANMORE**

- Wednesday 8:00 p.m. — **Back To Basics Group**, (O), Disc.  
Ralph Connor Church, 617 – 8 St. (side entrance)
- Thursday 8:00 p.m. — **Rule 62 Group**, (C), Big Book  
Ralph Connor Church, 617 – 8 St. (side entrance)
- Friday 10:00 p.m.— **Knock-Turn-All**, (O), Discussion  
Boardwalk Bldg., 743 Railroad Ave. (left of Sunfood Cafe)

## OUT OF TOWN (continued...)

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### CANMORE (continued...)

- Saturday 8:30 p.m. — **Rule 62 Group**, (C), Step & Trad.  
617 – 8 St., Ralph Connor Church (side entrance)
- Sunday 8:00 p.m. — **Canmore Sunday Night**, (C), Discussion  
914 – 8 St. (Scout Hall, main door, downstairs)  
*Open last Sunday*

### CAROLINE

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

### CARSTAIRS

- Sunday 7:30 p.m. — **Sunday Night Group** (O)  
Step & Topic — (The Legion, Main St.)

### CASTOR

- Monday 8:00 p.m. — **Battle River Group** (C)  
Castor Anglican Church *Open last Monday*

### CLARESHOLM

- Tuesday 8:00 p.m. — **Landers Treatment Centre** (O)  
8:00 p.m. — **Versatile Group** (O)  
Anglican Church
- Thursday 8:00 p.m. — **Landers Treatment Centre** (C)  
8:00 p.m. — (C)  
United Church *Open last Thursday*

### COCHRANE

- Monday 7:30 p.m. — **5th Chapter Group** (C), BB & 12x12 Disc.  
128 – 1 Sreet E. (United Church)
- Tuesday 7:30 p.m. — **Freedom Group** (C)  
Weedon Hall (Hwy 22 & Hwy 567)
- Wednesday 12 Noon — **Laughter Noon Group** (C), Disc.  
Kings Solomon Lodge, Centre Avenue
- Thursday 12 Noon — **Sober Sisterhood of Cochrane**, (C), Ladies  
All Saint's Church Family Centre, 404 – 4 Ave. North  
*Open Speaker last Thursday*

## OUT OF TOWN (continued...)

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### COCHRANE (continued...)

- Thursday 8:00 p.m. — **Thursday Men's Group** (C), Step & Trad.  
Provincial Building, Main Street (front door, 2nd floor)
- Friday 8:00 p.m. — **Cochrane Rounders** (C), Step/Trad.  
Provincial Building, Main Street (front door, 2nd floor)
- Sunday 7:30 p.m. — **Head To Heart Big Book Study** (C)  
Centre Avenue, Masonic Hall  
*Open Birthday last Sunday*

### COALDALE

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

### CONSORT

- Thursday 8:00 p.m. — **Consort Group** (O)  
Consort Anglican Church

### CREMONA

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

### CROSSFIELD

- Wednesday 8:00 p.m. — (C)  
Masonic Hall

### DEWINTON

- Tuesday 8:00 p.m. — (C) *Open Speaker 1st Tuesday*  
United Church, Basement, Rear Door

### DICKSON

- Monday 8:00 p.m. — **Dickson Dam Monday Night** (C)  
Bethany Lutheran Church, *Open last Monday*

### DIDSBURY

- Friday 8:30 p.m. — **Didsbury Friday Night** (C), Step & Tradition  
2037 - 21 Ave. (Masonic Hall) *Open Birthday last Friday*

## **OUT OF TOWN (continued...)**

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### **DRUMHELLER**

- Monday 7:00 p.m. — **Happy Destiny Group**, (O), Disc.  
Drumheller Hospital
- Wednesday 7:00 p.m. — **New Hope Group**, (C), Big Book Study  
St. Magloire Anglican
- Saturday 9:00 a.m. — **Saturday Sunrise** (C), Discussion  
242 – 1 St. W. (Salvation Army Church)  
*Open Birthday last Saturday*
- Daily except 8:00 p.m. — (C)  
Fri. & Sat. 175 – 3 St., Grace House
- Sunday 8:00 p.m. — **New Hope Group**, (C)  
St. Magloire Anglican

### **ECKVILLE**

- Thursday 8:00 p.m. — (C)  
Friendship Centre *Open Speaker last Thursday*

### **ELNORA**

- Monday 8:30 p.m. — **Elnora No Name Group** (C), Step  
St. David's Anglican Church (Basement)  
*Open Birthday 1st Monday*

### **FORT MCLEOD**

- Daily 8:00 p.m. — **Foothills Detox Centre** (O)  
except Sat. 806 – 18 St. Main Door, ring buzzer for entry
- Wednesday 8:00 p.m. — **Sunnyside Group** (C)  
11716 – 7A Ave. (Alliance Church, back door)

### **HANNA**

- Thursday 8:00 p.m. — (O), Disc. (Hanna Hospital Cafeteria)

### **HIGH RIVER**

- Wednesday 1:30 p.m. — **High River Afternoon Group** (C)  
123 Macleod Tr. S. (High River United Church, back door)
- Wednesday 8:00 p.m.— **High River Group** (C)  
12 Ave. & 9 St. (Lutheran Church),  
*Open Speaker last Wednesday*

## **OUT OF TOWN (continued...)**

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### **HIGH RIVER** (continued...)

8:00 p.m. — (O) Discussion  
12 Ave. & 9 St. (Lutheran Church)

### **HUSSAR**

Friday 8:00 p.m. — (O) Discussion  
(Hussar School)

### **INNISFAIL**

Tuesday 7:30 p.m. — **24 Hr. Group** (C)  
4715 – 50 Ave. (Presbyterian Church)  
*Open last Tuesday*

Thursday 8:00 p.m. — **Gratitude Group** (O), Beginners  
4720 – 48 Ave. (Innisfail United Church)

Saturday 8:00 p.m. — **Innisfail Sat.Nite** (O), Step & Tradition  
(Alliance Church, North door)  
*Birthday Speaker last Saturday*

### **IRRICANA**

Fridays & 8:00 p.m. — **Irricana Recovery** (O)

Sundays 16 km E. of Airdrie on Hwy 567  
(United Church, Basement) *Open Birthday last Sunday*

**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

### **NANTON**

Monday 8:00 p.m. — **Nanton Monday Night** (O)  
FCSS Building (S. of Air Museum) *Birthday 3rd Monday*

### **MORLEY**

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

## **OUT OF TOWN (continued...)**

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### **OKOTOKS**

- Monday 8:00 p.m. — **Okotoks Monday Night Group** (C)  
13 Elma St. (Freemason's Hall)
- Tuesday 8:00 p.m. — **Tuesday Night BB Study** (O).....(W)  
43 Riverside Dr. (Okotoks United Church, use West side  
Food Bank door)
- Wednesday 8:00 p.m. — **Wednesday Night Men's** (C).....(W)  
31 Riverside Way. (St. Peter's Anglican Church)
- Thursday 8:00 p.m. — **Railway Group** (C)  
43 Riverside Dr. (Okotoks United Church, use West side  
Food Bank door), *Birthday 3rd Thursdays*
- Friday 8:00 p.m. — **T.G.I.F. Group** (O), Big Book  
338 Ave. & Hwy 2A (Okotoks Alliance Church, use  
North entrance, downstairs)
- Sunday 8:00 p.m. — **Ladies Candlelight** (C), Women, Step/Disc.  
13 Elma St. (Freemason's Hall)
- 8:00 p.m. — **Okotoks Men's Group** (C), Step/Disc.  
43 Riverside Dr. W. (Okotoks United Church, use West  
side Food Bank door)

### **OLDS**

- Monday 8:30 p.m. — **Olds Midway Group** (C)  
5022 – 52 St. (Olds Lutheran Church) *Open first Monday*

### **PINCHER CREEK**

- Tuesday 8:00 p.m. — **12x12 Group**, (C)  
(Elks Hall, side door) *Open Birthday last Tuesday*

### **RAYMOND**

- Wednesday 8:00 p.m. — **Pot Belly Stove Group**, (O)  
100S 81E

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

## **OUT OF TOWN (continued...)**

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### **ROCKY MOUNTAIN HOUSE**

- Monday 8:30 p.m. — Rocky Native Centre  
Friday 8:30 p.m. — Christian Reform Church (Rear)

### **SIKSIKA NATION**

- Wednesday 7:00 p.m. — **Sorrell Riders Group** (C)

### **STETTLER**

- Tuesday 8:00 p.m. — **Stettler Heartland Group** (O)  
4820 – 51 St. (Stettler United Church, basement,  
North Door Ent.) *Open last Tuesday*  
Friday 8:00 p.m. — **Simple Serenity Seekers** (C)  
4820 – 51 St. (Stettler United Church, basement,  
North door entrance) *Open last Friday*

### **STANDOFF**

- Monday 8:00 p.m. — **Kainai Group** (C)  
Tribe Health Centre

### **STRATHMORE**

- Monday 8:00 p.m. — **Sunset Discussion Group** (O), Beginners  
245 Brent Blvd. (Hope Community Covenant Church)  
Tuesday 7:00 p.m. — **Strathmore Tuesday Ladies** (C), Disc.  
50 Maplewood Dr. (Full Gospel Church, back door)  
Thursday 8:00 p.m. — **Thursday 12x12 Group** (O)  
50 Maplewood Dr. (Full Gospel Church, back door)  
Sunday 2:00 p.m. — **New Life Group** (C), Step & Disc.  
410 – 4 St. (Strathmore United Church)

### **SUNDRE**

- Wednesday 8:30 p.m. – **Sundre Town & Country Group** (C) .....(W)  
801 – 1 St. N.E. (Sundre Gospel Centre)  
*Open 1st Wednesday*  
Friday 7:30 p.m. — **Sundre Friday Night Ladies** (O), Women  
Bearberry Court Hall, Centre Street

## **OUT OF TOWN (continued...)**

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### **SYLVAN LAKE**

- Tuesday 7:30 p.m. — **Tuesday Night Serenity Group** (C), Step & Tradition, *Open Birthday last Tuesday*  
Lion's Hall, Sylvan Lake
- Sunday 8:00 p.m. — **Sylvan Lake Sunday Night Group** (C)  
5020 — 48 St. (Presbyterian Memorial Church)  
*Open last Sunday*

### **TABER**

- Monday 8:00 p.m. — **Northside Group** (O), 12 Step Meeting  
(United Church)
- Tues./Thurs. 7:30 p.m. — (C), 5011 -- 49 Ave.
- Saturday 7:30 p.m. — (O), 5011 -- 49 Ave. *Open B-day last Saturday*
- Sunday 7:30 p.m. — (C), 5011 -- 49 Ave.

### **THREE HILLS**

- Thursday 8:00 p.m. — **New Life Group** (C),  
United Church, Main Street, *Open 1st Thursday*

### **TROCHU**

- Wednesday 7:00 p.m. — **Wednesday Night Trochu** (O)  
Junction 585 & Elevator Rd. (Lions Camp Ground)

### **TURNER VALLEY**

- Thursday 8:00 p.m. — (C)  
Anglican Church Hall *Open last Thursday*

### **TWO HILLS**

- Monday 8:00 p.m. — **Monday Night Group** (C)  
5010 - 53 Ave. (United Church)

### **VULCAN**

- Tuesday 8:00 p.m. — (C), Lutheran Church
- Thursday 8:00 p.m. — **Vulcan Different Group** (C)  
Lutheran Church

## **WHAT IS CENTRAL SERVICE OFFICE?**

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Central Service Office is often the first point of contact with AA for many who believe they may have a drinking problem. It facilitates the AA member who, through the Central Office telephone system, answers the phone when anyone in the Calgary area calls Alcoholics Anonymous, day or night.

Central Office is the communications and information exchange hub for over 300 meetings each week in the Calgary area.

## **WHAT DOES CENTRAL OFFICE DO?**

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1. Monitors the telephone lines during office hours.
2. Manages the 12 Step List and Area Meeting Directory through constant updating, helping to ensure that the hand of AA will always be there.
3. Coordinates purchasing and distribution of all Conference Approved AA Literature (over 300 books, pamphlets and various items!), sobriety chips, key tags, cards and pins through its front office book store.
4. Has a large meeting room available for use by all area service committees (Intergroup Committees, General Service Committees and Districts).
5. Services incoming and outgoing phone calls, and welcomes many visitors seeking information and/or help during a typical work day.

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

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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 for group contributions 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.**

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Mailing addresses for group contributions are as follows:

- (IG) Calgary Intergroup** (payable to:  
Calgary Central Service Office  
#2, 4015 – 1 St.. S.E., Calgary, AB T2G 4X7
- (GSO) General Service Office** (payable to:  
General Service Office  
P.O. Box 459, Grand Central Station,  
New York, New York 10163
- (CGSC) Calgary General Service Committee** (payable to:  
General Service Committee  
C/o Calgary Central Service Office  
#2, 4015 – 1 St.. S.E., Calgary, AB T2G 4X7
- (Area)** (payable to:) **Area 78** – Address changes every two years;  
contact Central Service Office for current mailing address.

## THE 12 STEPS OF ALCOHOLICS ANONYMOUS\*

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1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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## THE 12 TRADITIONS OF ALCOHOLICS ANONYMOUS\*

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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.

# ARE YOU AN ALCOHOLIC?

Questions developed by John 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.