

## ONLINE MEETINGS

### SUNDAY

7:30 AM 11th Step Meditation Meeting- Zoom ID: 862 7199 0740  
11:00 AM Sunday Morning Action Group (Hybrid) - Zoom ID: 880 8598 6524  
8:00 PM Acorn Group - Zoom ID: 865 0640 4641  
8:00 PM The Baccalieu Trail Group - Zoom ID: 880 1009 7895  
Password: 019651  
8:30 PM Power Hour - Virtual Big Book - Zoom ID: 823 3677  
7401 Password: 321944

### MONDAY

7:30 AM 11th Step Meditation Meeting - Zoom ID: 862 7199 0740  
12:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803  
7:30 PM Women for Recovery Group - Zoom ID: 861 7241 2939  
8:00 PM Early Sobriety NL Group - Zoom ID: 817 2304 2064

### TUESDAY

7:30 AM 11th Step Meditation Meeting - Zoom ID: 862 7199 0740  
12:00 PM A Reason to Believe Group - Zoom ID: 872 7596 4203  
8:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803

### WEDNESDAY

7:30 AM 11th Step Meditation Meeting - Zoom ID: 862 7199 0740  
12:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803  
7:30 PM (7 PM Labrador) (Hybrid) Makkovik - Zoom ID: 878 8787 6370  
8:00 PM Step Sister's Book Study Group - Zoom ID: 830 4295 0115  
8:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803

### THURSDAY

7:30 AM 11th Step Meditation Meeting - Zoom ID: 862 7199 0740  
12:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803  
8:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803  
8:00 PM Recovery Group (Hybrid) - Zoom ID: 795 8819 426

### FRIDAY

7:30 AM 11th Step Meditation Meeting - Zoom ID: 862 7199 0740  
12:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803  
8:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803

### SATURDAY

7:30 AM 11th Step Meditation Meeting - Zoom ID: 862 7199 0740  
10:30 AM Primary Purpose Online Group - Zoom ID: 512 6175 803  
8:00 PM Primary Purpose Online Group - Zoom ID: 512 6175 803

## THE AA 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.

## THE TWELVE STEPS

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 people 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.



TO THINE OWN SELF BE TRUE

ALCOHOLICS ANONYMOUS

## DISTRICT 15 MEETINGS



Billsfriendsnl

Meeting Guide App



St. John's Intergroup

117 – 183 Kenmount Road  
St. John's, NL A1B 3P9

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Toll Free: 1.888.579.5215

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[www.aastjohns.com](http://www.aastjohns.com)

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Visit the website

<https://www.aastjohns.com/onlinemeetings>

## SUNDAY

11:00am Sunday Morning Action Group  
OS Rm: 2018A, Education Bldg.  
Memorial University

12:00pm Freedom Group  
CD Triangle Social Centre  
51 Liverpool Ave., St. John's

4:30pm Trepassey Group  
CD Abernathy Medical Clinic  
Trepassey

8:00pm Better Life Group  
CD St. James Church  
330 Elizabeth Ave., St. John's

8:00pm One Day at A Time Group  
OD Calvary Baptist Church  
775 Topsail Road, Mt. Pearl

8:00pm Keep It Simple Group  
OD Knights of Columbus Hall  
#1 The Avenue, Witless Bay

8:00pm Acorn Group (with Al-Anon)  
OD St. Mark's Church  
203 Logy Bay Rd, Logy Bay

8:00pm I Am Responsible Group  
CD Kiwanis Club  
Kelligrews

## THURSDAY

12:00pm Sobriety for Lunch Group  
CD Triangle Social Centre  
51 Liverpool Ave., St. John's

8:00pm Serenity Group  
CD The Crossing Church  
314 Topsail Road, St. John's

8:00pm Recovery Group Hybrid  
CD First United Church  
221 Park Avenue, Mt. Pearl

8:00pm Winners in Sobriety  
CD United Church  
2426 Topsail Road (Topsail)

8:00pm Third Tradition Group  
CD Holy Trinity Elementary  
Torbay

## MONDAY

12:00pm Off the Wall Group  
CD Triangle Social Centre  
51 Liverpool Ave., St. John's

7:30pm Back to Basics Group  
OD The Lantern  
35 Barnes Road, St. John's

8:00pm Unity Group  
CD Calvary Baptist Church  
775 Topsail Road, Mt. Pearl

CD - Closed Discussion  
OD - Open Discussion  
OS - Open Speaker  
♿ - Wheelchair accessible

## FRIDAY

12:00pm Big Book - Read & Share  
CD Triangle Social Centre  
51 Liverpool Ave., St. John's

12:00pm Plain and Simple Group  
CD First United Church  
221 Park Avenue, Mt. Pearl

5:30pm Cocktail Hour Group  
CD Triangle Social Centre  
51 Liverpool Ave., St. John's

8:00pm Holyrood Group  
CD New Union Building  
(near the end of the access road)

8:00pm Friday Alone No More  
OD Beaconsfield Junior High  
Waterford Bridge Rd, St. John's

8:00pm Happy Hour Group  
CD St. James United Church  
330 Elizabeth Ave, St. John's

## TUESDAY

12:00pm Freedom Group  
CD Triangle Social Centre  
51 Liverpool Ave, St. John's

12:00pm Women for Recovery Group  
CD The Lantern, Barnes Road,  
St. John's (Fort Amherst Room)

8:00pm Sobriety Beyond Group  
CD St. Peter's Church Basement  
Ashford Drive, Mt. Pearl

8:00pm East End Group  
CD Cannon Wood Hall  
8 Military Road, St. John's

8:00pm Alone No More Group  
CD Beaconsfield Junior High  
Waterford Bridge Rd, St. John's

## CONTACTS FOR NEW MEMBERS

Name \_\_\_\_\_

Number \_\_\_\_\_

Name \_\_\_\_\_

Number \_\_\_\_\_

Name \_\_\_\_\_

Number \_\_\_\_\_

Name \_\_\_\_\_

Number \_\_\_\_\_

## WEDNESDAY

12:00pm A Reason to Believe Group  
CD Triangle Social Centre  
51 Liverpool Ave., St. John's

6:30pm Experience, Strength & Hope  
OD (with Al-Anon participation)  
Triangle Social Centre  
51 Liverpool Ave., St. John's

8:00pm New Hope Group  
CD Recreational Building  
South Side Track, Witless Bay

8:00pm Miracles in Sobriety Group  
CD First United Church  
221 Park Avenue, Mt. Pearl

8:00pm The Second Chance Group  
CD Dept. of Transportation  
167 Incinerator Road, CBS

8:00pm Pleasantville Group  
CD Mary Queen of Peace  
135 Torbay Road, St. John's

8:00pm West End Group  
CD St. Mary the Virgin Church  
1 Cornwall Cres., St. John's

## SATURDAY

10:30am First Step Group  
CD Rm C-2004 Chemistry Bldg.  
Memorial University

12:00pm The Helping Hands Group  
CD Triangle Social Centre  
51 Liverpool Ave, St. John's

8:00pm Beaconsfield Group  
CD Hazelwood School  
391 Topsail Road, St. John's

8:00pm Courage to Change Group  
CD Town Council Office  
Cape Broyle