

“Here are the steps we took, which are suggested as a program of recovery.”

12 STEPS OF A.A.

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 to 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 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.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purposes 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. members 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.

IS A.A. FOR YOU?

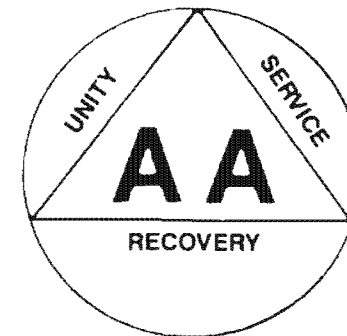
Only you can decide whether you want to give A.A. a try - whether you think it can help you.

We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

We decided to try and face up to what alcohol had done to us. Here are some of the questions we tried to answer *honestly*. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember there is no disgrace in facing up to the fact that you have a problem.

	Yes	No
1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you wish people would mind their own business about your drinking - stop telling you what to do?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you had to have an eye-opener upon awakening during the past year?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you envy people who can drink without getting into trouble?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you had problems connected with drinking during the past year?	<input type="checkbox"/>	<input type="checkbox"/>
7. Has your drinking caused trouble at home?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you ever try to get "extra" drinks at a party because you do not get enough?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you missed days of work or school because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you have "blackouts"?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you ever felt that your life would be better if you did not drink?	<input type="checkbox"/>	<input type="checkbox"/>

July, 2008



Alcoholics Anonymous MEETINGS

District No. 5

of

Nova Scotia,

Newfoundland-Labrador

Area Assembly

ANSWERING SERVICE

(902) 667-7098

I AM RESPONSIBLE ...

When anyone, anywhere,

reaches out for help,

I want the hand of A.A. always

to be there

And for that, I am responsible.

Declaration of 30th Anniversary
International Convention

Monday

Primary Purpose Group, 8:00 pm (Open)
Campbell's Funeral Home, Side Door
Church St., Amherst, N.S.
Roger T. 661-2895

Pugwash Group, 8:00 pm (Open)
United Church Hall, Pugwash, N.S.
Carol C. 243-2384

River Hebert Group, 8:00 pm (Closed)
United Church Hall, River Hebert, N.S.
Russel A. 251-2689

Detox Meeting, 7:30 pm (Open)
3rd Floor - Springhill Hospital
Ken N. 597-2193

Tuesday

H O W Group, 8:00 pm (Closed)
Parish Hall, Victoria St., Amherst, N.S.
12 & 12 Study - Vince O'B. 667-0351

Junction Group, 8:00 pm (Closed)
Baptist Church, Church St., Springhill, N.S.
George P. 597-8273

Noon Hour Meeting, 12:00 pm (Open)
Lions Club Den, Electric Street, Amherst, N.S.
Rick T. 545-2046

Wednesday

H O W Group, 8:00 pm (Closed)
Speaker 3rd Wednesday of the Month
Parish Hall, Victoria St., Amherst, N.S.
Vince O. 667-0351

Reynolds Group, 8:00 pm (Open)
St. Brigid's Church, Main St., Parrsboro, N.S.
Eldon 254-3296

Thursday

Bordertown Discussion, 8:00 pm (Closed)
Speaker 2nd Thursday of the Month
Campbell's Funeral Home, Side Door
Church St., Amherst, N.S.
Carl M. 667-3097

Oxford Group, 8:00 pm (Open)
Nazarene Youth Center,
Lower Main St., Oxford, N.S.
Jason D. 447-2404

Friday

Primary Purpose Group, 8:00 pm (Closed)
Campbell's Funeral Home, Side Door
Church St., Amherst, N.S.
Roger T. 661-2895

Saturday

H O W Group, 8:00 pm (Open)
Parish Hall, Victoria St., Amherst, N.S.
Vince O. 667-0351

Junction Group, 8:00 pm (Open)
Baptist Church, Church St., Springhill, N.S.
George P. 597-8273

Sunday

H O W Group, 8:00 pm (Closed)
Parish Hall, Victoria St., Amherst, N.S.
Vince O. 667-0351

Reynolds Group, 8:00 pm (Closed)
St. Brigid's Church, Main St., Parrsboro, N.S.
Eldon 254-3296

Sunday Morning 10:00 am (Closed)
Golden Years Club, Croft St., Amherst, N.S.
Dianna B. 667-5417

Wentworth Group, 7:30 pm (Open)
Elementary School, Wentworth, N.S.
Wayne T. 694-2744

CLOSED MEETING:

For those with a desire to stop drinking

OPEN MEETING:

All welcome

WHAT IS A.A.?

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 A.A. membership; we are self-supporting through our own contributions. A.A. 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.

Answering Service

(902) 667-7098

Although Alcoholics Anonymous is not affiliated with any other support groups, we do try to cooperate with the following:

AL-ANON

Ann 251-2689

Gloria 661-0806