

## Rural Meetings For Districts 15, 17 & 18

### Sunday

#### 7:30pm – Out of Towners (Open Meeting)

United Church, Balgonie

#### 8:00pm – Lebret Group

Trailer behind the Eagle Dome Rink, Lebret

### Monday

#### 12 Noon – All Nations Group

All Nations Healing Hospital, Fort Qu'Appelle

#### 8:00pm – Craven Group (Open Meeting)

Craven Community Hall

#### 8:00pm – Indian Head Group

United Church (basement) 801 Buxton Street  
Open Meeting 1<sup>st</sup> Monday of the month

### Tuesday

#### 8:00pm – Vibank Group

St. Paul's Church, 2<sup>nd</sup> Ave. & Main Street  
Open meeting last Tuesday of the month

#### 8:00pm – Getting on Track Group (Open Meeting)

Bethune United Church (side door)

### Wednesday

#### 12 Noon – All Nations Group

All Nations Healing Hospital – Fort Qu'Appelle

#### 8:00pm – Circle of Life Group

Health Centre, Peepeekisis Reserve

#### 8:00pm – Southey Group

Senior Citizen's Club, 132 Keats Street

#### 8:00pm – 1st Things 1st Fort Qu'Appelle Group

Outreach Centre, Fort Qu'Appelle

### Thursday

#### 8:00pm – Lumsden Valley Group

Legion Hall, 3<sup>rd</sup> Avenue (Open meeting last  
Thursday of the month)

### Friday

#### 8:00pm – Fort Qu'Appelle Day One Group

St. Andrews United Church

### Saturday

#### 10:00am – Regina Beach (Open Meeting)

United Church, 107 Green Avenue

#### 7:30pm – Out of Towners (Open Meeting)

United Church, Balgonie

\*All meetings are closed unless otherwise  
indicated

\* All meetings are non-smoking unless  
indicated otherwise.

## AA Twelve Steps

1. We admitted we were powerless over alcohol – that our lives were 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 understand 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 of 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 a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### Regina AA Office:

#312-845 Broad Street  
Regina, SK S4R 8G9

#### Hours:

Monday, Wednesday  
and Friday

12:00pm – 5:00pm

Closed Statutory Holidays

#### Phone:

(306)545-9300

#### E-mail:

[a.a@sasktel.net](mailto:a.a@sasktel.net)

#### Web-site:

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

24 Answering Service:

(306)545-9300

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