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 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.

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Responsibility Declaration

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.**

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change;
The courage to change the things I can;
And the wisdom to know the difference.

Legend – Meeting List

O = OPEN*: For A.A. members, their families and guests, or anyone else who is interested in the A.A. program of recovery. Visitors and friends are expected to respect the anonymity of all persons at open meetings.*

C = CLOSED*: Restricted to alcoholics and those who have or think they have a drinking problem.*

SS = STEP STUDY	***BB = BIG BOOK STUDY***
D = DISCUSSION	***M = MEN ONLY***
S = SPEAKER	***W = WOMEN ONLY***
BG = BEGINNER	***G = GAY / LESBIAN***
P = PROMISES	***# = ATTENDED CHILD WELCOME***
Y = YOUNG PEOPLE	***LS = LITERATURE STUDY***

×× = CHANGE or ADDITION since last printing

The Twelve Steps

(From the book, "Alcoholics Anonymous")

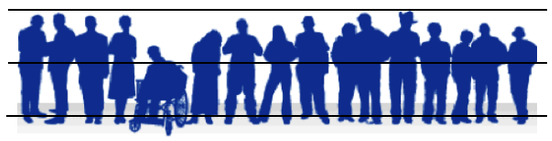
1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless 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.

The Twelve Traditions

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 non-professional, but our service centers 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.

Telephone Numbers

Fredericksburg AA Hotline 540-373-2028



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February 2012

Alcoholics Anonymous

WHERE & WHEN

VAC DISTRICT 30
P.O. Box 3202
Fredericksburg, VA 22402

www.aadistrict30va.org web@aadistrict30va.org

FREDERICKSBURG A.A. HOTLINE
(540) 373-2028

A.A. on the Internet

www.aa.org www.aavirginia.org

VAC District 30 Business Meetings

3rd Wednesday of each month at 7pm.
Rappahannock Regional Library, Theater Wing, Caroline and Lewis Streets, Fredericksburg, VA

Meeting information included in this flyer is current as of the date of its printing. Please check www.aadistrict30va.org or call the A.A. Hotline for updated information.

This list is confidential and intended only for people seeking Alcoholics Anonymous.

This WHERE and WHEN for the Fredericksburg area is funded and distributed by members of Alcoholics Anonymous VAC District 30. Changes and updates should be provided to the group GSR or sent directly to District 30 for inclusion (see postal and email address above). A.A. has no direct affiliation with any other 12 step program listed on this document. These other groups are listed for informational purposes only. ***Updated 1-16-12***

SUNDAY MEETINGS

8:00 AM **BOYS TO MEN (M,C,D)** – 4920 Quality Dr., Fredericksburg

8:00 AM **DONUT GROUP (O,S)** – VFW, 2701 Princess Anne St., Fredericksburg

10:30 AM **SUNDAY SERENITY (O,D)** – VFW, 2701 Princess Anne St., Fredericksburg

12:00 PM **FRESH START GROUP (O,BB)** – American Legion Post 290, 1204 American Legion Rd., Stafford

5:00 PM **WOMENS LITERATURE STUDY (O,W,SS/BB)** – Campus Christian Community, 1213 Dandridge St. (in the Center)

7:00 PM **BOWLING GREEN GROUP (O,D)** – St. Asaph's Episcopal Church, 130 S. Main St., Bowling Green (through traffic light, 2nd church on right)

7:00 PM **KITCHEN GROUP (C,D)** – Calvary Methodist Church, 279 Bells Hill Rd,. Stafford, Rt. 631 (off Stafford Wayside)

7:00 PM **FOUR MINUTE SPEAKERS MEETING (C,S)** – Progress Street Center, 409 Progress St. (corner of Charles St.)

7:00 PM **STEADY-STEP 12&12 STUDY (C,SS)** – Snowden Treatment Center, Rm. 119, 1200 Sam Perry Blvd. (across from Mary Washington Hospital)

7:30 PM **MIDTOWN GROUP (O,D)** – St. George's Episcopal Church, 905 Princess Anne St. (Basement – Enter on George St.)

MONDAY MEETINGS

7:30 AM **EARLY BIRD GROUP (C,D)** – St. George's Episcopal Church, 905 Princess Anne St., Basement

10:30 AM **PROGRESS NOT PERFECTION (P)** – G Melvin Snow Library, 8740 Courthouse Road, Spotsylvania

12:00 PM **FRESH START GROUP (O,D)** – American Legion Post 290, 1204 American Legion Rd., Stafford

12:00 PM **SERENITY MEETING (C,D)** – Falmouth Fire Dept., 250 Butler Rd. (park on left side)

5:30 PM **SOBER & HAPPY (O,D)** – VFW, 2701 Princess Anne St., Fredericksburg

6:30 PM **STAFFORD STEP GROUP (C,SS)** – Calvary Methodist Church, 279 Bells Hill Rd., Stafford, Rt. 631 (off Stafford Wayside)

7:00 PM **LIVING SERIOUS (O,D,S)** – Lake of the Woods Church, Lake of the Woods. Rt. 3 West (ask at gate for directions)

7:00 PM **SICK AS YOUR SECRETS** – Caroline County Recovery Community Center, 103 County Street, Bowling Green

7:00 PM **WELCOME GROUP (O,D)** – Shiloh Baptist Church, 525 Princess Anne St. (Wolfe and Princess Anne Sts., enter from Wolfe St.)

8:00 PM **COLLEGE HEIGHTS GROUP (C,D)** – Trinity Episcopal Church, 825 College Ave. (use William St. entrance)

8:00 PM **STAFFORD BIG BOOK GROUP (O,BB)** – Aquia Episcopal Church, Rt. 1 & 610, Stafford (Aquia Harbor entr.)

8:15 PM **NO EXCUSES (O,D,BG)** – Snowden Treatment Center, Rm. 119, 1200 Sam Perry Blvd., (across from Hospital)

TUESDAY MEETINGS

12:00 PM **FRESH START GROUP (O,D)** – American Legion Post 290, 1204 American Legion Rd., Stafford

12:00 PM **BIG BOOK STUDY (C,BB)** – Falmouth Fire Dept., 250 Butler Rd. (park on left side)

12:00 PM **CHANCELLOR BIG BOOK (C,BB)** – Tabernacle United Methodist Church, 7310-A Old Plank Rd. (at Andora Dr.)

6:30 PM **BOYS TO MEN (M,SS)** – 4920 Quality Dr.

7:00 PM **BEGINNER'S "DUMPSTER" MEETING (O,D,BG)** – United Methodist Church, 308 Hanover St. (Princess Anne & Hanover Sts., enter Pr. Anne St.)

7:00 PM **SIETE DE OCTUBRE (O,D,Spanish)** – United Methodist Church, 308 Hanover (Princess Anne & Hanover, room 207)

7:00 PM **NORTH STAFFORD BEGINNERS (O,D,BG)** – Calvary Methodist Church, 279 Bells Hill Rd., Stafford, Rt. 631 (off Stafford Wayside)

7:00 PM **FOLLOW OUR PATH (O,D)** – Wrights Chapel on Ladysmith Rd., Ruther Glen

8:00 PM **TUESDAY NITE MISFITS (C,D)** – Salem Baptist Church, 4044 Plank Rd., (Rt. 3 West, just past ***The RoomStore***)

WEDNESDAY MEETINGS

7:30 AM **EARLY BIRD GROUP (C,D)** – St. George's Episcopal Church, 905 Princess Anne St., Basement

10:30 AM **WOMEN'S SUNPORCH (C,D,W)** – First Christian Church, Washington Ave.

12:00 PM **FRESH START GROUP (O,SS)** – American Legion Post 290, 1204 American Legion Rd., Stafford

12:00 PM **13TH HOUR MEETING (O,D)** – Falmouth Fire Dept., 250 Butler Rd. (park on left side)

5:30 PM **A VISION FOR YOU (C,BB)** – VFW, 2701 Princess Anne St., Fredericksburg

7:00 PM **PROGRESS IN RECOVERY (O,SS)** – Trinity Episcopal Church, 825 College Ave. (use William St. entrance)

7:00 PM **CHANGE OF HEART (C,D)** – Tabernacle United Methodist Church, 7310-A Old Plank Rd. (Old Plank Rd. & Andora Dr.)

7:00 PM **LAKE OF THE WOODS BIG BOOK (O,BB,SS)** – Lake of the Woods Church, Lake of the Woods. Rt. 3 West (ask at gate for directions to Church)

7:00 PM **OVER THE HUMP GROUP (O,D,SS)** – Peace United Methodist Church, 801 Maple Grove Dr. (behind Bed, Bath and Beyond on Rt. 3 West)

7:00 PM **TOGETHER WE CAN (O,D)** – Unity Church, Lafayette Blvd. (next to Jazzercise)

7:00 PM **LIVING SOBER (O,D)** – King George American Legion, Rt. 206 & Indiantown Rd., King George

7:30 PM **KEEP IT SIMPLE (O,S)** – Bowling Green United Methodist Church, 112 South Main St., Room 13 (upstairs)

7:30 PM **STARTING OVER (O,D)** – Thurman Brisben Shelter, 471 Central Rd. (near Goodwill Industries)

8:00 PM **FREDERICKSBURG GROUP (C,D)** – United Methodist Church, 308 Hanover St. (Princess Anne & Hanover Sts., enter Pr. Anne St.)

8:00 PM **NORTH STAFFORD MEETING (O,D,S-1st Wed)** – A Family of God North Stafford Church of Christ, 500 Shelton Shop Rd., Stafford (near Mt. View Rd)

8:00 PM **LAKE ANNA GROUP (C,D)** – Kirk O'Cliff Presbyterian Church, 16420 Monrovia Rd., Mineral (Rt. 612 near intersection w/Rt. 719 – Days Bridge Rd.)

8:30 PM **BACK TO BASICS (O,D)** – Trinity Episcopal Church, 825 College Ave. (use William St. entrance)

THURSDAY MEETINGS

12:00 PM **FRESH START GROUP (O,D)** – American Legion Post 290, 1204 American Legion Rd., Stafford

12:00 PM **NOT SO PERFECT (C,SS)** – Falmouth Fire Dept., 250 Butler Rd. (park on left side)

12:00 PM **WE ARE NO GLUM LOT (O,D)** – Tabernacle United Methodist Church, 7310-A Old Plank Rd. (at Andora Dr.)

6:00 PM **STEP SISTERS (O,W,SS-1st&2nd, TS-3rd, S-4th)** – Kingdom Baptist Church, 1717 Stafford Ave. (Eat'n meet'n after Speaker on 4th Thursday)

6:30 PM **CHANCELLOR BEGINNERS (O,D)** – Chancellor Community Center, 7300 Old Plank Rd., Spotsylvania (Old Plank Rd. and Andora Drive)

7:00 PM **KITCHEN GROUP (C,SS)** – Calvary Methodist Church, 279 Bells Hill Rd., Stafford, Rt. 631 (off Stafford Wayside)

7:00 PM **UNITY GROUP (O,D,#)** – St. George's Episcopal Church, 905 Princess Anne St. (Basement – Enter on George St.)

8:00 PM **CHANCELLOR GROUP (C,D)** – Chancellor Community Center, 7300 Old Plank Rd., Spotsylvania (Old Plank Rd. and Andora Drive)

8:00 PM **SERENITY SHORES GROUP (O,D)** - Shiloh Baptist Church (Old Site), 801 Sophia St. (near city parking lot) speaker meeting last Thursday of the month

FRIDAY MEETINGS

7:30 AM **EARLY BIRD GROUP (C,D)** – St. George's Episcopal Church, 905 Princess Anne St., Basement

10:30 AM **PROGRESS NOT PERFECTION (SS)** – G Melvin Snow Library, 8740 Courthouse Road, Spotsylvania

12:00 PM **FRESH START GROUP (O,D,LS)** – American Legion Post 290, 1204 American Legion Rd., Stafford

12:00 PM **SOBER ALCOHOLICS (C,D)** – Falmouth Fire Dept., 250 Butler Rd. (park on left side)

7:00 PM **COLLEGE HEIGHTS GROUP (O,S)** – Trinity Episcopal Church, 825 College Ave. (use William St. entrance)

7:00 PM **JUST FOR TODAY (O,D,#)** – Redeemer Lutheran Church, 5120 Harrison Rd., (near Beauclaire Plantation Dr. and Harrison Rd, handicap ramp)

7:00 PM **RAINBOW GROUP (O,D,G)** – Snowden Treatment Center, 1200 Sam Perry Blvd., Room 119 (across from Hospital)

7:00 PM **STAFFORD BEGINNER'S GROUP (O,D,BG)** – St. Peter's Lutheran Church, 1201 Courthouse Rd., Stafford (Rt. 630)

7:00 PM **TNT (C,SS)** – Lake of the Woods Church, 1 Church Lane, Locust Grove

7:30 PM **BEAVERDAM GROUP (O,D)** – Beaverdam Baptist Church, 19110 Beaverdam Rd., Beaverdam

7:30 PM **ROAD TO RECOVERY (BB)** – St. Asaph's Episcopal Church, 130 Main St., Bowling Green

8:00 PM **HAPPY HOUR GROUP (O,D)** – Mary Washington Hospital, 1001 Sam Perry Blvd. (learning center wing, cafeteria)

8:00 PM **SPOTSYLVANIA GROUP (C,D)** – Christ Episcopal Church, Parish Hall, 8951 Courthouse Rd. (on left after turning left at Courthouse intersection, 3rd building on left)

SATURDAY

7:30 AM **2 CLICKS OFF (LS)** – Tabernacle United Methodist Church, 7310-A Old Plank Rd. (Old Plank Rd. & Andora Dr.)

9:00 AM **12&12 STUDY GROUP (C,SS)** – Tabernacle United Methodist Church, 7310-A Old Plank Rd. (Old Plank Rd. and Andora Dr.)

10:00 AM **A NEW BEGINNING (O,D,W)** – Snowden Treatment Center, 1200 Sam Perry Blvd., Room 119 (across from Mary Washington Hospital)

12:00 PM **FRESH START GROUP (O,D)** – American Legion Post 290, 1204 American Legion Rd., Stafford

12:00 PM **WEEK-END SERENITY (O,D)** – Falmouth Fire Dept., 250 Butler Rd. (park on left side)

7:00 PM **CANDLELIGHT (O,D)** – VFW, 2701 Princess Anne St., Fredericksburg

7:00 PM **ONE PAGE AT A TIME GROUP (C,BB)** – Snowden Treatment Center, 1200 Sam Perry Blvd., Room 119 (across from Mary Washington Hospital)

7:00 PM **STAFFORD NEW BEGINNER'S GROUP (O,D,BG)** – Mt. Ararat Baptist Church, Annex II, 65 Toluca Rd., Stafford (Garrisonville, Routes 610 & 675)

7:30 PM **FREDERICKSBURG GROUP (O,S)** – United Methodist Church, 308 Hanover St. (Princess Anne & Hanover Sts., enter Pr. Anne St.)

8:30 PM **LAKE ANNA GROUP (O,D,#)** - Kirk O'Cliff Presbyterian Church, 16420 Monrovia Rd., Mineral (Rt. 612 near intersection w/Rt. 719 – Days Bridge Rd.) Speaker meeting last Saturday in month

9:00 PM **NO BS MEETING (C,D)** – Campus Christian Community, 1213 Dandridge Street (in the Center)

AL-ANON/ALATEEN MEETINGS

Al-Anon and Alateen are for anyone affected by someone else's drinking.

MONDAY

10:00 AM **SERENITY SEEKERS (#)** – Salem Baptist Church, 4044 Plank Road, Spotsylvania

8:00 PM **AQUIA GROUP** – Aquia Episcopal Church, 2938 Jefferson Davis Highway, Stafford (Aquia Harbor entrance)

8:00 PM **COLLEGE HEIGHTS GROUP** – Trinity Episcopal Church, 825 College Ave (enter from William Street)

TUESDAY

8:00 PM **STEP BY STEP (SS)** – Salem Baptist Church, 4044 Plank Rd. (Rt. 3 West – just past ***The RoomStore***)

WEDNESDAY

7:00 PM **OVER THE RAINBOW GROUP (Al-Anon) & ALL DAY I DREAM ABOUT SERENITY (Alateen - age 7-20)** Peace United Methodist Church, 801 Maple Grove Dr.

THURSDAY

12:00 PM **NOON AL-ALON FAMILY GROUP** – Trinity Episcopal Church, 825 College Ave, Admin Bldg (main floor)

7:00 PM **PROMISES OF GROWTH** – St. Mathias United Methodist Church, 426 Deacon Rd.

7:00 PM **SOLUTIONS FAMILY GROUP** – St. John's Episcopal Church, Parish House, 9415 King's Hwy, King George

7:30 PM **REAL MEN DO AL-ALON (M)** – Peace United Methodist Church, Preschool Room, 801 Maple Grove Dr.

FRIDAY

7:00 PM **NEW BEGINNINGS (Al-Anon) & COURAGE TO BE ME (Alateen – age 7-20)** – Trinity Episcopal church, 825 College Ave (enter from William St.)

SATURDAY

10:00 AM **SURVIVING THE WEEKEND** – St. Mary's Catholic Church Library, 1009 Stafford Ave (enter from William St.)

SUNDAY

7:00 PM **LIVING LEGACIES AFG (Al-Anon)** – Unitarian Universalist Fellowship, 5044 Plank. Rd., Spotsylvania