



September 2017

Alcoholics Anonymous

# WHERE & WHEN

VAC DISTRICT 30  
P.O. Box 3202

Fredericksburg, VA 22402

[www.aadistrict30va.org](http://www.aadistrict30va.org) [web@aadistrict30va.org](mailto:web@aadistrict30va.org)

FREDERICKSBURG A.A. HOTLINE 540-752-2228

EN ESPAÑOL 540-656-2882

A.A. on the Internet

[www.aa.org](http://www.aa.org) [www.aavirginia.org](http://www.aavirginia.org)

VAC District 30 Business Meeting

3<sup>rd</sup> Wednesday of each month, 7PM. 6PM tradition/  
concept meeting. American Legion Post #55, 461  
Woodford St, Fredericksburg, VA. Meeting  
information included in this flyer is current as of the  
date above. Please check [www.aadistrict30va.org](http://www.aadistrict30va.org) or  
call the A.A. Hotline for updated information. This list  
is confidential and intended only for people seeking

Alcoholics Anonymous.

**SUNDAY MEETINGS**

- 8:00 AM DONUT GROUP (O,S) – American Legion Post 55, 461 Woodford St.
- 8:30 AM BOYS TO MEN (M,C,D) – Snowden Treatment Center, 1200 Sam Perry Blvd. (left side, door #3)
- 10:00 AM GRUPO 3 DE MAYO (O, D, SP, ♿) – 400 Westwood Office Park
- 10:30 AM SUNDAY SERENITY (O,D) – American Legion Post 55, 461 Woodford St.
- 12:00 PM FRESH START GROUP (O,D, ♿) – American Legion Post 290, 1204 American Legion Rd.
- 5:00 PM WOMENS LITERATURE STUDY (O,W,SS/BB) – Campus Christian Community, 1213 Dandridge St. (in the Center)
- 6:00 PM GRUPO 3 DE MAYO (O, D, SP, ♿) – 400 Westwood Office Park
- 7:00 PM BOWLING GREEN GROUP (O,D) – St. Asaph’s Episcopal Church, 130 S. Main St., Bowling Green (through traffic light, 2<sup>nd</sup> church on right)

## Telephone Numbers

*Fredericksburg A.A. Hotline*

540-752-2228

*En Español 540-656-2882*

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 [meetings@aadistrict30va.org](mailto:meetings@aadistrict30va.org).

## 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.

### (Saturday Meetings - Continued)

- 7:30 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/eating meeting last Sat. in month starts at 6:30.
- 8:00 PM GRUPO 3 DE MAYO (O, D, SP, ♿) – 400 Westwood Office Park
- 9:00 PM NO BS MEETING (C,D) – Campus Christian Community, 1213 Dandridge St. (in the Cent

### 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.

BB = BIG BOOK STUDY

D = DISCUSSION

SS = STEP STUDY

BG = BEGINNER

S = SPEAKER

P = PROMISES

M = MEN ONLY

LS = LITERATURE STUDY

W = WOMEN ONLY

# = ATTENDED CHILD

G = GAY/LESBIAN

WELCOME

Y = YOUNG PEOPLE

SP = SPANISH SPEAKING

AFG = AL-ANON\* MEETING

AT = ALATEEN\* MEETING

CONCURRENT W/AA

CONCURRENT W/AA

\*AL-ANON/ALATEEN For families and friends of alcoholics.

Please visit [www.al-anonfredericksburg.org](http://www.al-anonfredericksburg.org) for full meeting schedule, or call 1-888-4Al-Anon.

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.

♿ = WHEELCHAIR ACCESSIBLE

xx = CHANGE or ADDITION since last printing

### 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 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.

**(Sunday Meetings - Continued from From Panel)**

**7:00 PM STEADY-STEP 12&12 STUDY (O,SS)** – Mary Washington Hospital, Conference Room A1 West (patient registration hallway)

**7:00 PM MIDTOWN GROUP (O,D)** – St. George’s Episcopal Church, 905 Princess Anne St. (basement - enter on George St.)

**7:00 PM KITCHEN GROUP (C,D)** – Aquia Episcopal Church, 2938 Jefferson Davis Hwy, Stafford

**7:30 AM EARLY BIRDS GROUP (O,D)** – St. George’s Episcopal Church, 905 Princess Anne St. (basement)

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

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

**5:30 PM SOBER & HAPPY (O,D)** – American Post 55, 461 Woodford St.

**6:00 PM KING GEORGE WOMEN’S GROUP (O,D,W)** – St John’s Episcopal Church, 9403 Kings Hwy, King George

**6:30 PM STAFFORD STEP GROUP (C,SS)** – Aquia Episcopal Church, 2938 Jefferson Davis Hwy, Stafford

**7:00 PM BEAVERDAM GROUP (O,BB)** – Beaverdam Baptist Church, 19110 Beaverdam Rd., Beaverdam

**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 WELCOME GROUP (O,D)** – St. George’s Episcopal Church, 905 Princess Anne St.

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

**8:00 PM GRUPO 3 DE MAYO (O,D,SP, ☩)** – 400 Westwood Office Park

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

**8:00 PM PRECISELY HOW WE HAVE RECOVERED (C,BB)** – Almost Vegan Cafe & 25 Creative Juices, 915 Lafayette Blvd.

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

**TUESDAY MEETINGS**

**7:30 AM EARLY BIRDS GROUP (O,D)** – St. George’s Episcopal Church, 905 Princess Anne St., Faulkner Hall

**10:30 AM STAFFORD WOMEN’S (BB)** – St. Peter’s Lutheran Church . 1201 Courthouse Rd., Stafford

**12:00 PM PASS IT ON (C,SS,☩)** – Caroline County Recovery Center, 113 Courthouse Lane

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

**12:00 PM BROOKS PARK 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.)

**6:00 PM WOMEN’S BYOB (O,W,D)** – Hollywood Church of the

Brethren 225 Ferry Rd.

**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 SIE ATE DE OCTUBRE (O,D,SP)** – United Methodist Church, 308 Hanover (Princess Anne & Hanover, room 207)

**7:00 PM NORTH STAFFORD BEGINNERS (O,D,BG)** – Living Hope Lutheran Church, 325 Courthouse Rd., Stafford

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

**8:00 PM GRUPO 3 DE MAYO (O, D, SP, ☩)** – 400 Westwood Office Park

**8:00 PM TUESDAY NITE MISFITS (C,D)(AFG)** – Salem Baptist Church, 4044 Plank Rd., (Rt. 3 )

**8:30 PM FREDERICKSBURG YOUNG PEOPLE (O,D,Y)** – Church of Christ, 336 Riverside Dr.

**WEDNESDAY MEETINGS**

**6:00 AM SUNRISE MEETING (O,D)** – St. George’s Episcopal Church, 905 Princess Anne St., Faulkner Hall

**7:30 AM EARLY BIRDS GROUP (O,SS)** – St. George’s Episcopal Church, 905 Princess Anne St., Basement

**10:30 AM WOMEN’S SUNPORCH (C,D,W)** – Unitarian Universal Church, 25 Charlie Circle

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

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

**5:30 PM A VISION FOR YOU (C,BB)** – St George’s Episcopal Church Faulkner Hall, 905 Princess Anne St, (enter through cemetery to upstairs youth center)

**6:30 PM STANDING AT THE CROSSROADS (C, D)** – 2006 Hawkins Avenue, Quantico, VA, HQ, Service Battalion Classroom, 1st Floor (need authorization to enter a military base to attend)

**6:30 PM THE COUCH POTATOES (O,D,#, BG,☩)** – A Family of God North Stafford Church of Christ, 500 Shelton Shop Rd., Stafford (Candlelight Meeting in second floor Fellowship Room)

**7:00 PM PROGRESS IN RECOVERY (O,SS)** – Trinity Episcopal Church, 825 College Ave. Meeting in choir room (enter off College Ave.)

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

**7:00 PM LAKE OF THE WOODS BIG BOOK (O,BB,SS)** – The Rise Center (behind living water clinic) 32345 Constitution Hwy., Suite O, Locust Grove

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

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

**7:30 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.)

**7:30 PM CISCO GROUP (O,SS/BB)** – United Methodist Church,

2<sup>nd</sup> Floor 1125 Main St., Bowling Green

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

**8:00 PM GRUPO 3 DE MAYO (O, D, SP, ☩)** – 400 Westwood Office Park

**8:30 PM BOOZE BROTHERS (O,D,M)** – Trinity Episcopal Church, 825 College Ave. (meeting in choir room)

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

**THURSDAY MEETINGS**

**7:30 AM EARLY BIRDS GROUP (O,D)** – St. George’s Episcopal Church, 905 Princess Anne St., Basement

**10:30 AM STAFFORD WOMEN’S 12 & 12 - (C,W,☩)** St. Peter’s Lutheran Church, 1201 Courthouse Rd., Stafford

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

**12:00 PM BROOKS PARK 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.

**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)** – Register Chapel United Methodist Church, 85 Bells Hill Rd., Stafford

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

**7:00 PM THE MEN’S GROUP (C,D,M☩)** – Andrew Chapel, 1732 Brooke Road

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

**8:00 PM FREDERICKSBURG YOUNG PEOPLE (O,D,Y,☩)** – Mary Washington Hospital, 1001 Sam Perry Blvd. (dining room atrium - continue thru glass doors from cafeteria)

**8:00 PM GRUPO 3 DE MAYO (O, D, SP, ☩)** – 400 Westwood Office Park

**FRIDAY MEETINGS**

**7:30 AM EARLY BIRDS GROUP (O,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

**10:30 AM SERENITY SISTERS (C,D,W)** – Trinity Episcopal Church, 825 College Ave. (Jameson Hall-use College Ave. entrance) (Step Study last Friday of month)

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

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

**7:00 PM COLLEGE HEIGHTS GROUP (O,S)(AFG,AT)** – 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)** – The Rise Center (behind living water clinic) 32345 Constitution Hwy., Suite O, Locust Grove

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

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

**8:00 PM HAPPY HOUR GROUP (O,D)** – Mary Washington Hospital, 1001 Sam Perry Blvd. (dining room atrium - continue thru glass doors from cafeteria)

**8:00 PM GRUPO 3 DE MAYO (O, D, SP, ☩)** – 400 Westwood Office Park

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

**8:30 PM FRIDAY NIGHT LIGHTS (C,D)** – Almost Vegan Cafe & Creative Juices, 915 Lafayette Blvd.

**SATURDAY MEETINGS**

**7:30 AM 2 CLICKS OFF (L,S,☩)** – Tabernacle United Church, 7310-A Old Plank Rd. (Old Plank Rd. and Andora Dr.)

**7:30 AM EARLY BIRDS GROUP (BB)** – St. George’s Episcopal Church, 905 Princess Anne St., Faulkner Hall

**8:00 AM NEW DAY (O,D)** Stafford Hospital 101 hospital center blvd. Stafford (private dining room next to cafeteria)

**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 WOMEN’S NEW BEGINNING (O,D,W)** – Snowden Treatment Center, Rm. 119, 1200 Sam Perry Blvd. (across from Hospital)

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

**12:00 PM BROOKS PARK 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

**7:00 PM ONE PAGE AT A TIME GROUP (O,BB)** – Mary Washington Hospital, Conference Room A1 West (patient registration hallway)

**7:00 PM STAFFORD NEW BEGINNER’S GROUP (O,D,BG,☩)** – Mt. Ararat Baptist Church, 1112 Garrisonville Rd., Stafford (Enter in the back of the main building)

**7:30 PM FREDERICKSBURG GROUP (O,S)** – United Methodist Church, corner of Princess Anne St. and Hanover St. (Enter from Princess Anne Street)

**(Saturday Meetings - Continued on Inside Panel)**