

8:00 PM GRUPO 3 DE MAYO (O,D,SP)
400 Westwood Office Park, Suite 400,
F'burg

SATURDAY MEETINGS

6:30 AM EARLY BIRDS (O,BB, ☺) American Legion
Post 55, 461 Woodford St, Fredericksburg.
(Note the different time on Saturdays!)
(*on the first Saturday of each month only)

7:30 AM EARLY BIRDS (O,BB) American Legion
Post 55, 461 Woodford St, Fredericksburg.
(except the first Saturday of the month)

7:30 AM 2 CLICKS OFF (C,L)
Tabernacle United Methodist Church,
7310 Old Plank Rd., Fredericksburg , VA -
enter through basement door

8:30 AM SATURDAY NEW DAY GROUP (O,D)
Aquia Episcopal Church, 2938 Jefferson
Davis Highway, Stafford, 22554

10:00 AM WOMEN'S NEW BEGINNING (W,O,D)
Campus Christian Community Center
1213 Dandridge St, Fredericksburg

12 (NOON) BROOKS PARK WEEKEND SERENITY
(O,D) Falmouth Fire Department
250 Butler Rd, Fredericksburg, 22405

12 (NOON) FRESH START (O,D) American Legion
Post 290, 1141 Mountain View Rd.,
Stafford, VA (Enter through front door)

7:00 PM CANDLELIGHT GROUP, (OD)
VFW, 2701 Princess Anne St., F'burg

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

7:30 PM LAKE ANNA GROUP (OD) Kirk O'Cliff
Presbyterian Church, 16420 Monrovia Rd.,
Mineral (Rt. 612 near intersection w/Rt.
719 - Days Bridge Rd.)

7:30 PM FREDERICKSBURG GROUP (O,S, ☺)
Fredericksburg United Methodist Church
308 Hanover St., Fredericksburg. (Enter
from Princess Anne St) *HYBRID meeting,
also simultaneously available on Zoom!*

8:00 PM GRUPO 3 DE MAYO (O,D, SP)
400 Westwood Office Park, Suite 400,
Fredericksburg

9:00 PM NO BS MEETING (C,D)
Campus Christian Community Center
1213 Dandridge Street, Fredericksburg

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

LEGEND – MEETING LIST

= ATTENDED CHILD WELCOME
 AFG = AL-ANON* MEETING CONCURRENT W/AA
 AT = ALATEEN* MEETING CONCURRENT W/AA
 BB = BIG BOOK STUDY
 BG = BEGINNER
 C = CLOSED Restricted to alcoholics and those who have or think they have a drinking problem.
 D = DISCUSSION
 G = GAY/LESBIAN
 LS = LITERATURE STUDY
 M = MEN ONLY
 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.
 P = PROMISES
 S = SPEAKER
 SP = SPANISH SPEAKING
 SS = STEP STUDY
 W = WOMEN ONLY
 Y = YOUNG PEOPLE

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

Fredericksburg A.A. Hotline

540-752-2228

En Español 540-656-2882

Telephone Numbers



MAY/JUNE 2026

**Alcoholics Anonymous
WHERE & WHEN**

DISTRICT 30 AA

P.O. Box 3202 • Fredericksburg, VA 22402
www.aadistrict30va.org | aa.org | aavirginia.org

Fredericksburg District 30 Business Meeting 3rd
Wednesday of each month, 7PM. American Legion Post #55, 461
Woodford St, Fredericksburg, VA. This list is confidential and
intended only for people seeking Alcoholics Anonymous.

**For online meetings and updated information, please
check www.aadistrict30va.org or call the A.A. Hotline**

SUNDAY MEETINGS

8:00 AM DONUT GROUP (O,S, ☺) American Legion
Post 55, 461 Woodford St. *HYRBID meeting
- also simultaneously available on Zoom!*

8:00 AM Boys to Men (C,D,M) Unitarian
Universalist Fellowship of Fredericksburg
25 Chalice Circle Fredericksburg, VA 22405

10:30 AM SUNDAY SERENITY (O,D)
American Legion Post 55, 461 Woodford St.

12 (NOON) FRESH START (O,D) American Legion
Post 290, 1141 Mountain View Rd.,
Stafford, VA (Enter through front door)

5:00 PM WOMAN'S LITERATURE (O,LS,W)
Campus Christian Community Center
1213 Dandridge St, Fredericksburg

7:00 PM KITCHEN GROUP (C,D) Aquia
Episcopal Church — 2938 Jefferson Davis
Highway, 22554

7:00 PM ANY LENGTHS (O,D)
Presbyterian Church Basement
810 Princess Anne St., Fredericksburg

7:00 PM BOWLING GREEN GROUP (O,D)
St. Asaph's Episcopal Church,
30 S. Main Street, Bowling Green, 22427

8:00 PM GRUPO 3 DE MAYO (O,D,SP)
400 Westwood Office Park, Suite 400,
Fredericksburg

A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of people 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.

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.

MONDAY MEETINGS

- 7:30 AM EARLY BIRDS (O,D, ь)** American Legion Post 55, 461 Woodford St., F'Burg, VA
- 12 (NOON) BROOKS PARK SERENITY MTG (C,D)** Falmouth Fire Department 250 Butler Rd, Fredericksburg, 22405
- 12 (NOON) FRESH START (O,BB)** American Legion Post 290, 1141 Mountain View Rd., Stafford, VA (Enter through front door)
- 6:00 PM KING GEORGE WOMEN'S GROUP (O, D, ь)** St. John's Episcopal Church Annex, 9403 Kings Hwy, King George, 22485
- 6:30 PM STAFFORD STEP GROUP (C,SS),** Aquia Episcopal Church, 2938 Jefferson Davis Highway, Stafford
- 6:30 PM PROGRESS NOT PERFECTION (O,L, SS),** Melvin Snow Library, 8740 Courthouse Rd. Spotsylvania (RM 2)
- 7:00 PM BEAVERDAM GROUP (O, L)** Beaverdam Baptist Church, 9110 Beaverdam Rd, Beaverdam, 23015
- 8:00 PM STAFFORD BIG BOOK GROUP (C,BB)** Aquia Episcopal Church, 2938 Richmond Hwy., Stafford (not the cemetery)
- 8:00 PM COLLEGE HEIGHTS GROUP (C,D)** Trinity Episcopal Church, 825 College Avenue, Fredericksburg (Enter through William Street door)
- 8:00 PM GRUPO 3 DE MAYO (O,D,SP)** 400 Westwood Office Park, Suite 400, Fredericksburg

TUESDAY MEETINGS

- 7:30 AM EARLY BIRDS (OD, ь)** American Legion Post 55, 461 Woodford St., F'burg, VA
- 12 (NOON) BROOKS PARK BIG BOOK STUDY, (C,BB)** Falmouth Fire Department 250 Butler Rd, Fredericksburg, 22405
- 12 (NOON) FRESH START (O,D)** American Legion Post 290, 1141 Mountain View Rd., Stafford, VA (Enter through front door)
- 12 (NOON) CHANCELLOR BIG BOOK STUDY (C,BB, ь)** – Tabernacle United Methodist Church, 7310-A Old Plank Rd.
- 6:00 PM TUESDAY YOUNG & SOBER (D) (LS)** (Y) Christ Lutheran Church, 1300 Augustine Ave. Fredericksburg, VA 22401

- 6:00 PM BYOB MEETING - WOMEN'S MEETING (W, D,O)** Hollywood Church of Bretheren, 225 Ferry Rd., Fredericksburg, VA
- 6:30 PM KEEP IT SIMPLY STEPS (C,D)** Salem Baptist Church 4044 Plank Rd., Fredericksburg, VA 22407
- 7:00 PM FOLLOW OUR PATH (O, D,S - LAST TUESDAY OF THE MONTH)** Wright's Chapel, 8063 Ladysmith Rd, Ruther Glen
- 7:00 PM NORTH STAFFORD BEGINNERS (OD,BG)** Living Hope Lutheran Church, 325 Courthouse Rd., Stafford
- 7:00 PM THE DUMPSTER BEGINNERS MEETING (O,D, BG)** Fredericksburg United Methodist Church, 308 Hanover St., Fredericksburg (enter through the side door on Princess Anne St., near the dumpster)
- ~~8:00 PM~~
7:00 PM* **MISFITS (O,D)** Salem Baptist Church — 4044 Plank Rd, 22407 (Enter through the side double doors.) NO SMOKING on Church grounds
- 8:00 PM GRUPO 3 DE MAYO (O,D,SP)** 400 Westwood Office Park, Suite 400, Fredericksburg

WEDNESDAY MEETINGS

- 6:00AM SUNRISE MEETING (O,D)** , American Legion Post 55, 461 Woodford St.
- 7:30 AM EARLY BIRDS (O, 12& 12 STUDY, ь)** American Legion Post 55, 461 Woodford St., Fredericksburg , VA
- 11:00 AM "GIT LIT" WOMEN'S LITERATURE MEETING (WLS)** 25 Chalice Circle, Fredericksbrg, VA 22405
- 12 (NOON) BROOKS PARK 13TH HOUR MTG (O,D)** Falmouth Fire Department 250 Butler Rd, Fredericksburg, 22405
- 12 (NOON) FRESH START (O,12&12 STUDY)** American Legion Post 290, 1141 Mountain View Rd., Stafford, VA (Enter through front door)
- 6:30 PM THE COUCH POTATOES (OD,BG, ь)** North Stafford Church of Christ, 500 Shelton Shop Rd., Stafford
- 7:00PM LIVING SOBER (O,D),** American Legion 89, 10021 Dahlgren Rd, King George, 22485
- 7:00 PM OVER THE HUMP (O,D)** Peace United Methodist Church, 801 Maple Grove Dr., Fredericksburg 22407 (It is behind The Picklr)

- 7:00 PM PROGRESS IN RECOVERY (O,SS)** Trinity Episcopal Church, 825 College Ave. Meeting is in the choir room. (Enter from College Ave side.)
- 7:30 PM LAKE ANNA GROUP (CD)** Kirk O'Cliff Presbyterian Church, 16420 Monrovia Rd., Mineral (Rt. 612 near intersection w/Rt. 719, Days Bridge Rd.)
- 8:00 PM GRUPO 3 DE MAYO (O,D,SP)** 400 Westwood Office Park, Suite 400, Fredericksburg

THURSDAY MEETINGS

- 7:30 AM EARLY BIRDS (O,D, ь)** American Legion Post 55, 461 Woodford St., Fredericksburg , VA
- 12 (NOON) BROOKS PARK NOT SO PERFECT, (C,12&12 STUDY)** Falmouth Fire Department 250 Butler Rd, Fredericksburg, 22405
- 12 (NOON) FRESH START (O,D)** American Legion Post 290, 1141 Mountain View Rd., Stafford, VA (Enter through front door)
- 12 (NOON) WE ARE NOT A GLUM LOT (CD, ь)** Tabernacle United Methodist Church, 7310-A Old Plank Rd.
- 6:30 PM CHANCELLOR BEGINNERS (OD, BG, ь)** Chancellor Community Center, 7300 Old Plank Rd, Spotsylvania, VA
- 6:30 PM SUNFLOWER WOMEN'S GROUP (D, W)** St. Peter's Lutheran Church 1201 Courthouse Rd. Stafford, VA 22554 Please enter the side door closest to the basketball court.
- 7:00 PM THE MEN'S GROUP (C D, M)** Andrew Chapel, 1732 Brooke Rd., Stafford, 22554. Located in the back of the church down the handicapped ramp
- 7:00 PM UNITY GROUP (D, O)** St. George Episcopal Church inside Sydnor Hall (George St. Entrance) 905 Princess Anne St., Fredericksburg, VA 22401 (Enter through George St. side door)
- 7:00 PM BASEMENT DOGS (C,D,LS)** Regester Chapel 106 Regester Chapel Rd, Stafford, VA 22554 (MENS MEETING)
- 7:00 PM LOFT BOYS MEN'S MEETING (M,C),** Trinity Episcopal Church, 825 College Ave., Fredericksburg 22401 (enter from College Ave. side, through breezeway, go upstairs)
- 8:00 PM CHANCELLOR MEETING (CD, ь)** Chancellor Community Center, 7300 Old Plank Rd, Spotsylvania, VA

- 8:00 PM GRUPO 3 DE MAYO (O,D, SP)** 400 Westwood Office Park, Suite 400, Fredericksburg
- 8:00 PM KEEP IT SIMPLE GROUP (O,D, ь)** St. John's Episcopal Church Annex, 9403 Kings Hwy, King George, 22485 Building with the Red Door

FRIDAY MEETINGS

- 7:30AM EARLY BIRDS (OD, ь)** American Legion Post 55, 461 Woodford St.
- 10:30AM SERENITY SISTERS (O, W,D, SS-LAST FRIDAY OF THE MONTH),** Unitarian Universalist Fellowship of Fredericksburg, 25 Chalice Cir., Fredericksburg, VA 22405
- 12 (NOON) BROOKS PARK SOBER ALCOHOL ICS, (C,D)** Falmouth Fire Department, 250 Butler Rd, Fredericksburg, 22405
- 12 (NOON) FRESH START (O,BB)** American Legion Post 290, 1141 Mountain View Rd., Stafford, VA (Enter through front door)
- 6:30 PM FRIDAY FRIENDS (O,D)** St. Peter's Lutheran Church, 1201 Courthouse Rd., Stafford, (enter through double doors on new extension, doors close at 6:45)
- 7:00 PM COLLEGE HEIGHTS GROUP (O,S)** Trinity Episcopal Church, 825 College Ave., F'burg (Enter through William St. door)
- 7:00 PM BEAVERDAM GROUP (O,D)** Beaverdam Baptist Church 19110 Beaverdam Rd. Beaverdam, VA 23015
- 7:00 PM JUST FOR TODAY (O,D)** Salem Baptist Church, 4044 Plank Rd, 22407. (Enter through the side double doors.) NO SMOKING on Church grounds
- 7:00 PM HAPPY HOUR (O,D)** St. Matthias United Methodist Church, 426 Deacon Rd.
- 7:00 PM A VISION FOR YOU (O,D, ь)** Dahlgren Methodist Church (DMC), 17080 14th St., King George 22485 (meeting is held in stand alone white house on side lot of DMC property)
- 8:00 PM SPOTSYLVANIA GROUP (O,D)** Christ Episcopal Church, Parish Hall 8951 Courthouse Rd., Spotsylvania Courthouse, 22553 (3rd building on the left, after turning left at Courthouse intersection.)