

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.

Yesterday, Today and Tomorrow

There are two days in every week that we should not worry about, two days that should be kept free from fear and apprehension. One is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed, forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. Nor can we erase a single word we've said – yesterday is gone!

The other day we shouldn't worry about is tomorrow, with its impossible adversaries, its burden, its hopeful promise and poor performance. Tomorrow is beyond our control.

Tomorrow's sun will rise either in splendor or behind a mask of clouds – but it will rise. And until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day – today. Any person can fight the battles of just one day. It is only when we add the burdens of yesterday and tomorrow that we break down. It is not the experience of today that drives people mad – it is the remorse of bitterness for something which happened yesterday, and the dread of what tomorrow may bring. Let us, therefore, live one day at a time!

Keep Coming Back



ARE YOU AN ALCOHOLIC?

Take this 20 question test to help you decide whether or not you are an alcoholic.

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is your drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
6. Have you ever got into financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you careless of your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time?
11. Do you want a drink the next morning?
12. Does drinking cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or trouble?
16. Do you drink alone?
17. Have you ever had a complete loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up your self-confidence?
20. Have you ever been to a hospital or institution because of drinking?

What's your score?

If you have answered YES to any one of the Questions, there is a definite warning that you may be an alcoholic.

If you have answered YES to any two, chances are you are an alcoholic.

If you answered YES to three or more, you are definitely an alcoholic.

Keep Coming Back



ALCOHOLICS ANONYMOUS



Madawaska Valley Area District 78

2019 Meeting List for:

Bancroft Gratitude Group
Bancroft Heart of the Big Book
Bancroft New Hope Group
Barry's Bay Group
Killaloe Primary Purpose Big Book
Maynooth Group
Whitney East Gate Group

ON THE WEB: www.aamadawaskavalley.org

(or simply Google AA Bancroft

or eMail at: www.aamadawaskavalley.org/contact-us)

- or -

PLEASE FEEL FREE TO CALL TOLL FREE:

1-888-214-0473

**To Leave a Message for someone from the
Madawaska Valley District #78 Area
Alcoholics Anonymous to call you back.**

***Note: When the Announcement is playing pressing
the Pound Key (#) will jump straight to the
"Leave a Message In-Box"***

(Please allow up to 24 hours for a call back)

Monday 8:00 pm
“Bancroft New Hope Group”
Open Speaker / Discussion Meeting
Our Lady of Mercy R.C. Church
196 Bridge Street West, Bancroft

Wednesday 10:00 am
“Heart of the Big Book”
Women's Closed Discussion Meeting
St. Paul's United Church
Corner of Hwy# 62 & Hwy# 28, Bancroft
Wheelchair Accessible

Wednesday 7:00 pm
“Primary Purpose Big Book”
Closed Discussion Meeting
Senior's Friendship Club
12 Lake St., Killaloe
Wheelchair Accessible

Wednesday 8:00 pm
“East Gate Group”
Open Discussion Meeting
Senior's Centre
9 Third Avenue, Whitney

Thursday 8:00 pm
“Maynooth Group”
United Church
Corner of Hwy. 62 & Church Street,
Maynooth

Note: “1st Thursday” of every month is a Closed Step Study Meeting, “Thanksgiving to Easter” is an Open Discussion Meeting & “Easter to Thanksgiving” is an Open Speaker Meeting

Keep Coming Back



Friday 7:30 pm
“Barry's Bay Group”
Open Discussion Meeting*
Church of the Epiphany
32 Dunn Street, Barry's Bay
**Last Friday of month is a Closed 12 Step Meeting*

Sunday 7:30 pm
“Bancroft Gratitude Group”
Closed Discussion Meeting
St. Paul's United Church
Corner of Hwy# 62 & Hwy# 28, Bancroft
Wheelchair Accessible

Open Meetings – All are welcome
Closed Meetings – Alcoholics only please

NOTE: *On the first Sunday of every month at 9:00 am there is a District #78 Meeting at the Maynooth Old Community Centre All members are welcome to attend.*

Name:

Phone#:

The 12 Steps of 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.

