

THE TWELVE STEPS

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 conscience 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

The Twelve Steps - Reprinted from "Alcoholics Anonymous, 3rd edition", pages 59-60, with permission of A.A. World Services, Inc.

The Twelve Traditions - Reprinted from "Alcoholics Anonymous, 3rd edition", page 564, with permission of A.A. World Services, Inc.

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 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 nonprofessional, 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.

ALCOHOLICS ANONYMOUS

Area 70

District 1

May 2022

MEETINGS

Answering Service

(802) 281-3340

District 1 Website:

aastalbansdistrict1.org

Area 70 (Vermont) Website:

aavt.org

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 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.

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Questions for

ALCOHOLICS ANONYMOUS?

Write:

District One

P.O. Box 1216

St. Albans, VT 05478

DAY	Time	Group	Town	Where	Address	Type	Meeting Keys	
SUNDAY	12:00 PM	Hope & Promises	St. Albans	Turning Point	182 Lake St	In Person		O/D
	7:00 PM	St. Albans Group	St. Albans	St. Mary's Parish Hall	45 Fairfield St.	Hybrid	HA	O/S
MONDAY	12:00 PM	There is a Solution	St. Albans	Turning Point	182 Lake St.	In Person	HA	O/BB/D
	6:30 PM	Step by Step Group	St. Albans	Baptist Church	29 Congress St.	In Person		O/ST
	7:00 PM	Trout River Group	Montgomery	Isadore's Parish	169 Mt. Rd. (Rte. 242)	In Person		O/ST
TUESDAY	7:00 AM	There is a Solution	St. Albans	Online	Online	Online		O/ST
	12:00 PM	Tuesday Noon Step Meeting	St. Albans	Congregational Church	27 Church St.	In Person		O/S
	6:30 PM	Many Paths	St. Albans	Online	Online	Online		O/D
	7:00 PM	Missisquoi Group	Enosburg Falls	Methodist Church	245 Church St	Hybrid		O/BB
	7:00 PM	Good Life Group	Swanton	Church of Nativity Parish Center	65 Canada St.	Suspended	HA	O/D
WEDNESDAY	12:00 PM	There is a Solution	St. Albans	Turning Point	182 Lake St.	In Person	HA	O/D
	6:30 PM	Step by Step	St. Albans	Baptist Church	29 Congress St	In Person		O/D
THURSDAY	12:00 PM	There is a Solution	St. Albans	Turning Point	182 Lake St	In Person	HA	O/D
	12:00 PM	Acceptance is the Answer	Enosburg	331 Main St	331 Main St	Hybrid	HA	O/D
	6:30 PM	Still Alive & Well	St. Albans	Baptist Church	29 Congress St	In Person		O/S/D
	7:00 PM	Richford Sobriety Group	Richford	A.A. Brown Library	88 Main St.	In Person		O/D
FRIDAY	12:00 PM	There is a Solution	St. Albans	Turning Point	182 Lake St	In Person	HA	O/D
	6:30 PM	Step by Step Group	St. Albans	Baptist Church	29 Congress St.	In Person		O/BB
SATURDAY	9:00 AM	Sober Women's Group	St. Albans	Turning Point	182 Lake St	Hybrid	HA	O/D/W
	12:00 PM	Hope & Promises	St. Albans	Turning Point	182 Lake St	In Person		O/D
	6:00 PM	Acceptance is the Answer	Enosburg	331 Main St.	331 Main St.	In Person	HA	O/D

Meeting Keys			
O	Open	C	Closed
D	Discussion	S	Speaker
B	Beginners	ST	Step
BB	Big Book	W	Women
HA – Handicapped Accessible			
Hybrid – Held both in Person and via Zoom			

All meetings are 1 hour

For Online Meetings Go to <https://aastalbansdistrict1.org/>

And Click on the Individual Meeting
All In-Person Meetings are Non-smoking.

District Meeting

Last Thursday of the Month
5:30 PM Online Meeting Go to
<https://zoom.us/j/83113575034>; Pass Code: district1

All AA Members Are Welcome

Telephone Numbers
