

WHERE AND WHEN



ALCOHOLICS ANONYMOUS District 62 | Area 79 | January 2020

Meetings in Barriere, Chase, Chu Cha, Clearwater,
Kamloops, Merritt & Savona

www.district62aa.org

24 Hour Hotline Number
1-800-727-7710

(O) Open meeting (everyone is welcome)
(C) Closed discussion (alcoholics only)
(W) Wheelchair Accessible

**IF YOU WANT TO DRINK,
THAT'S YOUR BUSINESS.
IF YOU WANT TO STOP,
THAT'S OURS.**

MONDAY

- 12 pm **Daily Freedom Group (O,W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 12 pm **Miracle Group (O)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 12 pm **Monday Noon Hour Group (O, W)**
[Trinity United Church](#), 1899 Quilchena Ave, Merritt
- 8 pm **Big Book Study Group (C, W)**
[St George's Church](#), 308 Royal Ave, Kamloops
- 8 pm **How It Works Group (C, W)**
[Summit Baptist Church](#), 1975 Summit Dr, Kamloops
- 8 pm **Rising Sun Group (Men Only) (O, W)**
[Sage Health Centre](#), 101 Columbia St, Kamloops

TUESDAY

- 12 pm **Daily Freedom Group (O,W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 12 pm **Miracle Group (O)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 12 pm **Grapevine Meeting (O, W)**
[Desert Gardens](#), 540 Seymour St, Kamloops
- 6 pm **A Design For Living (Women Only) (C)**
[St Paul's Church](#) (Downstairs Ruth Room)
360 Nicola St, Kamloops
- 7 pm **Three W's Group (O)**
[Neskonlith Hall](#), Chief Neskonlith Dr, Chase
Contact: Chase (778-538-4459)
- 7:30 **Sisters In Recovery Of AA (Women's) (C, W)**
[Sage Health Centre](#), House #3
101 Columbia St, Kamloops
- 7:30 **Tuesday Nights 12x12 Step Group (C, W)**
[Pentecostal Christian Life](#), 4818 Annelly Rd, Barriere
- 8 pm **Gratitude Group (O)**
[Residential School](#), 345 Chief Alex Way, Kamloops
- 8 pm **Bannock Beginners Group (O, W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 8 pm **Sunshine Group (O)**
[Elks Lodge](#), 72 Tarin Dr, Clearwater
Contact Wendy (250) 587-0026

WEDNESDAY

- 12 pm **Daily Freedom Group (O, W)**
[171 Leigh Rd](#), Kamloops
- 12 pm **Miracle Group (O)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 7 pm **Knutsford Outhouse Group (O)**
[Hills Of Peace Lutheran Church](#),
695 Robson Dr, Kamloops
- 7 pm **Merritt Group (C, W)**
[Trinity United Church](#), 1899 Quilchena Ave, Merritt

WEDNESDAY (continued)

- 7:30 **Dallas Group Of AA (O, W)**
[Below Beijing Restaurant](#)
1250 Trans Canada Hwy W, Kamloops
- 7:30 **Clean Living Big Book Study Group (C, W)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 8 pm **Acceptance Group (C)**
[Centre For Seniors](#), 9A-1800 Tranquille Rd, Kamloops
- 8 pm **Alcoholics Only Group (C)**
[St John Vianney Parish](#), 2826 Bank Rd, Kamloops
- 8 pm **Candlelight Group (C)**
[Free Evangelical Church](#), 295 Shuswap Ave, Chase

THURSDAY

- 7 am **Sunshine Group (O, W)**
[Desert Gardens](#), 540 Seymour St, Kamloops
- 12 pm **Daily Freedom Group (O, W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 12 pm **Miracle Group (O)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 12 pm **Grapevine Meeting (O, W)**
[Desert Gardens](#), 540 Seymour St, Kamloops
- 7 pm **Chu Chua Group (O, W)**
[Spiritual Centre](#), Chu Chua Reserve, Chu Chua
- 8 pm **Adams Lake Unity Aa Group (O, W)**
[Adams Lake Health Centre](#), Adams Lake Reserve, Chase
- 8 pm **Living Sober Group (O)**
[Sage Health Centre](#), 101 Columbia St, Kamloops
- 8 pm **Mustard Seed Group (O)**
[St George's Church](#), 308 Royal Ave, Kamloops

FRIDAY

- 12 pm **Daily Freedom Group (O, W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 12 pm **Miracle Group (O)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 6:30 **Women Helping Women Group (O, W)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
(Small room downstairs)
- 7 pm **Merritt Surrender Group (O, W)**
[St Michael's Anglican Church](#), 1990 Chapman, Merritt
- 8 pm **Bannock Group (O, W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 8 pm **Grassroots Group (O, W)**
[Georgian Court](#), 406 Fortune Dr, Kamloops
- 8 pm **Hospital Meeting (O, W)**
[Royal Inland Hospital](#) (Conference Room 1)
311 Columbia St, Kamloops
- 8 pm **Brand New Hope (O, W)**
[Llahee Lodge](#), 333 Wilson St, Chase

SATURDAY

- 10 am Phoenix Centre Meeting (O)**
[Phoenix Centre](#), 922 3rd Ave, Kamloops
- 12 pm Daily Freedom Group (O, W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 12 pm Miracle Group (O)**
[Kamloops United Church](#), 421 St Paul St, Kamloops
- 8 pm North Shore Group (O, W)**
[St George's Church](#), 308 Royal Ave, Kamloops
- 8 pm Merritt Group (O, W)**
[Trinity United Church](#), 1899 Quilchena Ave, Merritt

SUNDAY

- 10 am Sunday Serenity Breakfast Group (O, W)**
[St Vincent de Paul](#), 168 Briar Ave, Kamloops
- 8 pm River St Group (O, W)**
[Kamloops Yacht Club](#), 1140 River St, Kamloops
- 8 pm Sunday Night Candlelight (O, W)**
[The Xchange](#), 286 Tranquille Rd, Kamloops
- 8 pm Savona Group (C)**
[Savona Elementary](#), 600 Tingley St, Savona

TELEPHONE / ONLINE MEETINGS

Monday 7:30 pm

Tele-Serenity Group (N.Dakota) (O)
Phone 1-605-475-6700
ID # 932-0618

Thursday 6:45 pm

This Hour Has 45 Minutes (O)
Video Conference Meeting
(using Zoom.us App)
Meeting ID: 722-275-2992

SERVICE COMMITTEES

District Committee (GSR) (W)

1:30 pm Last Sunday of the month
[The Xchange](#), 286 Tranquille Rd, Kamloops

**Check our website for other service committee meetings
and announcements for the good of A.A.**

A Declaration of Unity

This we owe to A.A.'s future:
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.

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

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1-800-727-7710

God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
and Wisdom to
know the difference...

Is A.A. for You?

Twelve questions only You can answer.

Only you can decide whether you want to give A.A. a try whether
You think it can help you.

We who are in A.A. came because we finally gave up trying to
control our drinking. We still hated to admit that we could never
drink safely. Then we heard from other A.A. members that we were
sick. (We thought so for years!) We found out that many people
suffered from the same feelings of guilt and loneliness and
hopelessness that we did. We found out that we had these feelings
because we had the disease of alcoholism.

We decided to try to face up to what alcohol had done to us. Here
are some of the questions we tried to answer honestly. If we
answered YES to four or more questions, we were in deep trouble
with our drinking. See how you do. Remember, there is no disgrace
in facing up to the fact that you have a problem.

Answer YES or NO to the following questions:

1. Have you ever decided to stop drinking for a week or so, but
only lasted for a couple of days?
2. Do you wish people would mind their own business about
your drinking— stop telling you what to do
3. Have you ever switched from one kind of drink to another in
the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during
the past year?
5. Do you envy people who can drink without getting into
trouble?
6. Have you had problems connected with drinking during the
past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do
not get enough?
9. Do you tell yourself you can stop drinking any time you want
to, even though you keep getting drunk when you don't mean
to?
10. Have you missed days of work or school because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt that your life would be better if you did not
drink?

Did you answer YES four or more times? If so, you are probably in
trouble with alcohol. Why do we say this? Because thousands of
people in A.A. have said so for many years. They found out the
truth about themselves *the hard way.*

But again, only you can decide whether you think A.A. is for you.
Try to keep an open mind on the subject. If the answer is YES, we
will be glad to show you how we stopped drinking ourselves. Just
call.