CLOSED - MONDANS THE DISON AVENUE

NEW YORK METROPOLITAN AREA

Intergroup

SPECIAL EVENTS MEETING Second Friday of Every Month At The Engineering Auditorium Except July and August 29 WEST 39th STREET

JANUARY 1951

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 an honest desire to stop drinking. A.A. has no dues or fees. It 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.

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Compiled and Distributed by the INTERGROUP ASSOCIATION OF ALCOHOLICS ANONYMOUS

114 Lexington Ave., New York 16, N. Y. at 28th Street

Telephone ORegon 9-3355

CODE

"O"-Open Meeting-Everyone Welcome "C"-Closed Meeting-For Alcoholics Only

ALL MEETINGS AT 8:30 P.M. Unless Otherwise Stated

Sunday

- O Baldwin (8:00 P.M.) _____ American Legion Home 231 South Grand Avenue
- O Bay Ridge (2:30 P.M.) Ft. Hamilton Presbyterian Church, 367 - 94th St., Brooklyn (Basement)
- (East Room)
- O Bridgeport, Conn. 136 Gilbert Street
- O Bushwick (9:00 P.M.) ____ St. Martin of Tours School (Base.) Knickerbocker Ave. & Weirfield St., Bklyn.
- O Duffy Hill (3:30 P.M.) St. Francis de Sales School 116 E. 97th St., N. Y. C.
- O Farmingdale (8:00 P.M.) _____ St. Thomas Church Conklin Street
- Haverstraw (8:45) St. Mary's Church, Conklin Ave. 0
- Inwood-Manhattan Mt. Washington Presbyterian 0 Church, W. 204th Street & Vermilyea Avenue
- O Manhattan _____ Paulist Church 59th Street and Columbus Avenue. Beginners meeting 7:15 P.M.
- O New Rochelle _____ Blessed Sacrament Church (School Aud't.) Maple Ave. off Main St.
- Pleasantville Parish Hall of St. John's Episcopal C Church, Bedford Road & Sunnyside Ave.
- O Prospect _____ St. Thomas Aquinas Hall 4th Avenue and 9th Street, B'klyn.
- O Queens Night Workers (3:00 P.M.) _____ Disabled American Veterans Hall, 95-40 102 St., Ozone Park, L. I.
- O Riverdale _____ The Neighborhood House 5521 Mosholu Ave. (2 blks. E. of Riverdale Ave. & 256 St.)
- O Rockville Centre _____ American Legion Hall Maple Ave. O Rogers _____ Holy Cross Church
- 25-26 Church Ave., Bklyn. (Base of Boys School)
- O Rosedale-Springfield Veterans of Foreign Wars Hall, Francis Lewis Blvd: (short block south of Sunrise Highway) Rosedale, L. I.
- C Russian (5:45 P.M.) 150 Socatoque Ave. Farmingdale, L. I. (Apt. 12D) (First Sunday of each month)
- O St. Nicholas (4:00 P.M.) St. Phillips Church, 215 W. 133rd Street (downstairs)
- O Sayville _____ Firehouse, Montauk Highway (First Sunday of each month)
- Scarsdale _____ Girl Scout House, Wayside Lane

- O Stamford, Conn. St. Lukes Chapel 8 Woodland Place & Pacific St.
- Stuyvesant Pl. and Wall St.
- O Tremont _____ St. Joseph's Church Hall 1940 Washington Avenue
- O Twelfth Step House (2:00 P.M.) 61 Fourth Ave., 9th and 10th Streets
- O Westbury, L. I. Church of the Advent (Winthrop Hall) Advent St.
- C Westport, Conn. (8:00 P.M.) Community Methodist Church Lane (rear entrance)

Monday

- C Astoria Group at Queens Plaza _____ First Reformed Church, 40-09 29th Street
- C Bayside Women's Club, 214-01-43rd Ave. (1st & 3rd Monday except Holidays)
- O Bedford Village, N. Y.___St. Patrick's Church (Base) Bedford Village Green
- O Chelsea-Riverside _____ St. Matthews Parish Hall 214 West 68th St., N. Y. C.
- O City Island _____ Grace Episcopal Church Meeting Hall, City Island Ave. and Pilot St.
- O Civil Service (Everybody welcome) K. of C. Club House-305 East 23rd Street (2nd & 4th Mondays of each month)
- C Crown Heights _____ Brooklyn Prep School Hall 1150 Carroll St., near Nostrand Ave.
- C Elmhurst Elmhurst Baptist Church 87-37 Whitney Avenue
- O Finnish-American Loyal Finns of New York Club Conducted in English 43 East 125th Street
- O Fire Island _____ 327 Dhenhoff Walk, Ocean Beach, Fire Island, N.Y.
- O Flatbush _____ Kenilworth Baptist Church Cor. Kenilworth Pl. and Farragut Rd., B'klyn.
- O Forest Hills _____ Queens County Medical Soc. Bldg. 112-25 Queens Blvd. (side entrance)
- C Franklin Square (9:00 P.M.) Monroe Street School Franklin Square, L. I.
- O Glen Head (9:00) _____ Norway Hall at R.R. Station
- O Graphic Arts ____ Holy Cross School-332 W. 43 St.
- C Huntington _____ Elks Club, East Main Street
- Larchmont _____ Weaver St. Fire House C Weaver St. and Edgewood Ave.
- C Lenox Hill _____ Church of the Heavenly Rest 2 East 90th St., N. Y. C.

- C Lexington Discussion ____ Church of the Resurrection 115 East 74th St., N. Y. C.
- C Malverne (9:00 P.M.) _____ St. Thomas Church St. Thomas Place & Lindner Place
- C Manhasset _____ 75 Plandome Road
- C Morningside _____ West End Presbyterian Church-______ 165 West 105th St., 1st floor
- O Mount Vernon _____ Chester Hill Methodist Church Summit & East Lincoln Avenue
- C Murray Hill _____ Church of the Incarnation 25 East 35th Street-(Madison Ave. entrance)
- O Newtown, Conn. Easy Acres Hospital, Castle Hill Road
- O Ossining Presbyterian Church Albany Post Road and Maple Place
- C Queens Village Queens Reformed Church Springfield Blvd. & Jamaica Ave.
- O Rhinelander _____ Christ Church, 60th St. & Park Ave. (use 60th St. entrance) (Beginners meeting 7:30 P.M.)
- C Sayville Odd Fellows Hall, Foster Avenue
- C South Bronx _____ Bronx Union Y.M.C.A. 470 East 161 Street
- O Sunset _____ Fourth Ave. Methodist Church 4th Ave. & 47th St., Bklyn.
- O Twelfth Step House _____ 61 4th Ave. 9th & 10th St., New York City
- C Valley Stream Fire House So. Corona and W. Hawthorne Aves.
- C White Plains Community Church Maple & Longview Aves.
- O Williston Park (8:45 P.M.)_____Searington Methodist Church, I.U. Willets Road
- C Woodside American Legion Post, 49-08 43rd Ave.
- C Yonkers (North) _____ St. Margarets Church Hall Locust Hill Ave., Yonkers

Tuesday

- C Baisley Park ______ St. Stephen Episc. Church (Hall) 144th St. & Sutter Ave. (One Block South of Rockaway Blvd., So. Ozone Park)
- C Bay Ridge _____ Ft. Hamilton Presbyterian Church (Base.), 367—94th St., Brooklyn.
- O Bellerose-Floral Park (9:00 P.M.) Bellerose Women's Club (1 block east of Bellerose L.I.R.R. Station)
- C Bridgeport, Conn. ____ 136 Gilbert Street

- C Bronx County (9:00 P.M.) St. Nicholas of Tolentine's School Fordham Rd. and Andrews Ave.
- C Bronxville _____ 669 North Terrace Ave., Fleetwood
- C Carnegie Hall _____ Studio 839, Carnegie Hall Entrance 56th St. and 7th Ave.
- O Chappaqua _____ Bristol Fire House Bedford Rd. and King St.
- C Darien, Conn. _____ Methodist Church, Post Road
- O East River School of Saint Theresa's Church (Base) Rutgers St. between Henry St. & E. B'way., N. Y. C.
- C Far Rockaway St. Mary's School, New Haven Ave.
- O Flushing First Congregational Church, Bowne St. off Roosevelt Ave. (2 blocks East of B.M.T.-I.R.T.)
- C Garden City (9:00 P.M.) _____ Christ Church (Basement) Jefferson & Chester Sts. (2 blks. South of Stewart Manor Station & 3 blks. West of New Hyde Pk.Rd.)
- C Great Neck _____ All Saints Episcopal Parish House 855 Middle Neck Road, Great Neck, L. I., N. Y.
- C Greenpoint (8:45 P.M.) Ascension Hall--122 Java St., Bklyn.
- O Greenwich Village _____ 179 Sullivan St., N.Y.C. (between Bleecker & Houston Sts.)
- C Hispano (Spanish) 225 West 99th St., N. Y. C. (2nd Tuesday of each month open. In English.)
- C Jamaica _____ Presentation School Hall Parsons Blvd. and 89th Ave.
- C Kingsway _____ St. Brendan's School Cor. East 12th St. and Ave. O (opp. St. Brendan's Church)
- O Manhattan 61 Gramercy Park North 21st St. between 4th and Lexington Aves.
- O Merrick-Bellemore (9:00 P.M.) _____ Bellemore Methodist Church, St. Marks Ave. & Royal St., Bellemore, L.I.
- C Mt. Vernon Creek (8:00 P.M.) Salvation Army 745 S. Third Ave. (Not during July & August)
- C New Rochelle ______ Blessed Sacrament Church (School Aud't.) Maple Ave. off Main St.
- O Norwalk, Conn. Y.M.C.A. West Avenue—Norwalk, Conn.
- O Parkchester Presbyterian Church (Base.) Olmstead & Newbold Aves., Bronx
- C Park Slope _____ Park Slope Clubhouse 80 Sterling Pl., B'klyn, N. Y.
- C Port Washington (9:00 P.M.) Odd Fellows Hall 12 So. Washington St. (2nd & 4th Tuesdays)

- C Queens Night Workers (1:15 P.M.) Church of the Presentation School, Parsons Blvd. & 89th Avenue, Jamaica
- C Ridgewood (8:45 P.M.) Workmen's Benefit Fund Bldg., 714 Seneca Ave., Bklyn.
- O Rye-Harrison 51 Milton Rd. (opp. Blind Brook Lodge)
- O Smithtown-Kings Park _____ Lucian M.E. Church-Route 25A & Pulaski Blvd., Kings Park, L. I.
- C (Staten Island) Sunnyside _____ St. Theresa's Church (Base.) 1622 Victory Blvd.
- C Stuyvesant (9:00 P.M.) (Inter-Racial) ____ Our Lady of Victory Church (School) Throop Ave. & Macon St., Bklyn.
- C University Heights...St. Nicholas of Tolentine School Fordham Rd. & Andrews Ave., Bronx, N. Y.
- O Veteran's Base 81 (8:00 P.M.) Veterans Hospital, 130 W. Kingsbridge Rd., Bronx (Room 3A) Entrance in A Bldg.
- O Woodhaven (9:00 P.M.) Woodhaven Democratic Club, 8713 87th Street
- C Yonkers _____ St. Mary's Hall St. Mary's St., Yonkers

Wednesday

- O Alomon House _____ 353 W. 46th St., N. Y. C. (Beginners' Meeting 7:15 P.M.)
- C Amityville _____ Massapequa Park Village Hall Front Street, Massapequa Park
- O Bronx County (9:00 P.M.) Our Lady of Mercy School 2500 Marion Ave.
- O Bronxville _____ Christ Church, 19 Sagamore Rd. (cor. Sagamore & Church Sts.)
- C Brooklyn _____ St. George Hotel Clark & Henry Sts.
- C Bushwick (9:00 P.M.) St. Martin of Tours School (Base.) Knickerbocker Ave. & Weirfield St., Bklyn.
- C Construction Trades I.U.O.E. Hall-336 East 15th St., N.Y.C. (Between 1st & 2nd Aves.)
- O Crown Heights ______ Brooklyn Prep School Hall 1150 Carroll St., near Nostrand Ave., B'klyn.
- O Downtown (6:00 P.M.) 54 Stone Street 5th Floor (Battery Park)
- C Forest Hills_First Church of Kew Gardens Reformed Kew Gardens & Lefferts Blvd., Kew Gardens
- C Greenwich, Conn. Y.M.C.A. Bldg., Post Road

- C Hempstead (9 P.M.) Dutch Reformed Church (Basement) Cor. of Jerusalem Ave. & Florence St.
- O Huntington _____ Southside Civic Assn.
- C Jackson Heights ______ Republican Club 3760—82nd St. (3rd Floor)
- C Little Neck-Douglaston _____ Zion Church Northern Blvd. & Douglaston Pkwy.
- O Manhasset _____ 75 Plandome Road
- C Midtown _____ 17 East 42nd St. (2nd Floor) (Informal Discussion)
- O Montefiore Montefiore Hospital, Bedford Hills
- O Morningside Notre Dame Church (opp. St. Luke's Hosp.), Morningside Dr. cor. 114th St.
- O Murray Hill _____ Church of the Incornation 25 East 35th St.
- C Ovington _____ Bay Ridge Methodist Church (Parish House), 368 Ovington Ave. Between 3rd & 4th Ave., Bklyn.
- O Pelham Christ Church, Pelhamdale Ave. & Shore Rd.
- O Queens Village Queens Reformed Church Springfield Blvd. & Jamaica Ave.
- C Regency _____ Park Ave. Christian Church 1010 Park Ave. & 85th St. (Basement Parish House)
- C Richmond Hill (8:45 P.M.) Veterans of Foreign Wars Hall, 87-25 118th Street
- O Stamford, Conn. St. Lukes Chapel, 8 Woodland Place & Pacific St.
- O S.I. South Shore ______ Fellowship Hall--Midland Beach Moravian Church-Grimsby St. & Greeley Ave., Midland Beach, S.I.
- C Suffern _____ 108 Washington Ave., Suffern, N. Y.
- C The 24th Street Group (2:00 & 8:30 P.M.) ----- Helmsmens Club, 334¹/₂ West 24th Street
- O Twelfth Step House _____ 61 Fourth Ave. (Between 9th and 10th Streets)
- C Westbury, L. L (9:00 P.M.) ____ Church of the Advent (Winthrop Hall) Advent St.
- O Westport, Conn. _____ Community Methodist Church Church Lane (Rear entrance)
- O White Plains _____ Community Church Maple & Longview Aves.
- O Williamsbridge..Crawford Memorial Methodist Church White Plains Rd. at East 218th St., Bronx
- C Young AAs _____ Grace Church Parish House 802 Broadway (at 10th St.) (All AAs Welcome) (Open meeting last Wed. of each month)

Thursday

- O Amsterdam Holy Trinity School 212 West 83rd St., N. Y. C.
- C Baldwin (9:00 P.M.) _____ American Legion Home 231 South Grand Avenue
- O Bayside _____ All Saints Parish House 40th Ave. & 214th St.
- O Bethesda _____22 Woodhull Street, Bklyn.
- C Chelsea-Riverside _____ St. Matthews Parish Hall 214 West 68th Street, N. Y. C.
- C City Island (8:00 P. M.) _____ Methodist Church Bay Street & City Island Ave.
- O Elmhurst _____ Elmhurst Baptist Church 87-37 Whitney Avenue
- C Farmingdale (8:00 P.M.) _____ St. Thomas Church Conklin St.
- O Fire Island _____327 Dhenhoff Walk, Ocean Beach Fire Island
- C Flatbush _____ Kenilworth Baptist Church Cor. Kenilworth Pl. & Farragut Rd., B'klyn.
- O 48th Street (8:00 P.M.) _____ 535 West 48th Street
- C Glen Head (9:00 P.M.) Norway Hall at R.R. Station
- O Greenpoint (8:45 P.M.) Ascension Hall, 122 Java St., B'klyn
- C Gunhill Bedford Park Presbyterian Church 200th St. & Bainbridge Ave., Bronx
- O Highland Falls (9:00 P.M.) _____ Sacred Heart Church— Cozzens & Main St., Highland Falls, N. Y.
- C Inwood-Manhattan Mt. Washington Presbyterian Church, W. 204th St. & Vermilyea Ave.
- O Larchmont Ave. Church (Downstairs) Larchmont & Forest Park Aves.
- O Lenox Hill _____ Church of the Heavenly Rest 2 East 90th St., N. Y. C. (Beginners meeting 7:30 Choir Room)
- C Mount Vernon Chester Hill Methodist Church Summit & East Lincoln Aves.
- C Newtown, Conn. Easy Acres Hospital Castle Hill Road, Newtown, Conn.
- C Norwalk, Conn. 15 Belden Avenue
- O Park Avenue _____ Salvation Army Center 4133 Park Avenue, Bronx
- C Parkchester _____ Presbyterian Church (Base.) Olmstead and Newbold Aves., Bronx

- C Park Slope _____ Park Slope Club House 80 Sterling Place, B'klyn.
- O Peekskill ______ St. Peters Church . North Division & Howard St.
- O Port Washington (9:00 P.M.) _____ Odd Fellows Hall 12 So. Washington Street
- C Prospect (8:45 P.M.) St. Thomas Aquinas Hall 4th Ave. & 9th St., B'klyn.
- C Rockville Centre American Legion Hall Maple Ave., Rockville Centre (Men Only)
- C Rogers Holy Cross Church 25-26 Church Ave., Bklyn (Base of Boys School)
- C Rye-Harrison 51 Milton Road (opp. Blind Brook Lodge)
- C St. Nicholas (8:00 P.M.) _____ St. Phillips Church 213 W. 133rd St., N. Y. C. (downstairs)
- C Scarsdale _____ Our Lady of Fatima Rectory 30 Beech Hill Road, Scarsdale 1st & 3rd Thursday.
- C Southampton _____ Southampton Methodist Church
- C Staten Island Tompkinsville _____ Staten Island Museum, Stuyvesant Pl. & Wall. St.
- C Sunset Fourth Ave. Methodist Church 4th Ave. & 47th St., Bklyn.
- O Twelfth Step House (2:00 P.M.) _____61 Fourth Ave. (Between 9th & 10th Sts.)
- O Valley Stream Fire House So, Corona & W. Hawthorne Aves.
- C Washington Heights _____ Intercession Parish House 550 West 155th St., N.Y.C.
- C Williamsbridge Bedford Park Presbyterian Church 200th St. & Bainbridge Ave., Bronx
- C Williston Park _____ Williston Park Reformed Church Cor. Campbell & Lafayette St.
- C Woodhaven (9:00 P.M.) Woodhaven Democratic Club, 8713 87th Street
- C Woodlawn _____ Bedford Park Presbyterian Church 200th St. & Bainbridge Ave., Bronx
- O Yonkers (North) _____ St. Margarets Church Hall Locust Hill Ave., Yonkers

Friday

- Astoria Group at Queens Plaza _____ First Reformed Church, 40-09 29th Street
- C Bayshore _____ Memorial Bldg., East Main St. (West Room)

- C Bellerose-Floral Park (9:00 P.M.) _____Bellerose Village Hall & Fire House
- C Bronxville (2 Separate Meetings)...Bronxville Library and West Center Church
- O Brooklyn _____ St. George Hotel Clark & Henry Sts.
- C Flushing ______ First Congregational Church Bowne St. off Roosevelt Ave. (2 blocks east of BMT-IRT Subway.
- O Greenwich, Conn. _____ 2nd Congregational Church Post Road
- C Greenwich Village _____ 179 Sullivan St., N.Y.C. (between Bleecker & Houston Sts.) except the 2nd Friday of each month.
- O Gunhill (8:45 P.M.) _____ Decatur Democratic Club 3230 Bainbridge Avenue, Bronx
- O Intergroup Special Events Meeting (2nd Friday of every month except July & August) Engineering Auditorium, 29 West 39th St., N. Y. C.
- C Long Beach (9 P.M.) _____ St. Mary's Church (Upstairs) Monroe Blvd. & Walnut St.
- C Merrick Bellmore (9:00 P.M.) 105 Royal St., Bellmore, L.I. (Adjacent to Bellmore Methodist Church Parish Hall)
- C Norwegian (8:00 P.M.)...Norwegian Seamen's Church 33 First Place, Bklyn.
 - (Open meeting 1st & 3rd Friday of each month)
- O Nyack (9:00 P.M.) Grace Episcopal Church First Ave. & Franklin St.
- C Pelham (9:00 P.M.) _____ Christ Church Pelhamdale Ave. & Shore Road
- O Richmond Hill (8:45 P.M.) ______ Veterans of Foreign Wars Hall, 87-25 118th Street
- C Rosedale-Springfield ______ Springfield Gardens Methodist Church, Farmers Blvd. & Bennet St. (1 block south of Merrick Blvd.) Springfield
- C Smithtown-Kings Park Lucian M.E. Church-Route 25A & Pulaski Blvd., Kings Park, L.I.
- C Stamford, Conn. _____ St. Lukes Chapel 8 Woodland Place & Pacific St.
- O Staten Island Sunnyside _____ St. Theresa's Church (Base.) 1622 Victory Blvd.
- O Stuyvesant (Inter-racial) 9:00 Our Lady of Victory Church (school) Throop Ave. & Macon St., Bklyn.
- O The Tarrytowns _____ First Reformed Church North Broadway, North Tarrytown.
- O The 24th Street Group _____ Helmsmens Club 3341/2 West 24 St. (Beginners meeting 7:30 P.M.)
- University Heights_St. Nicholas of Tolentine's School Fordham Rd. & Andrews Ave., Bronx.
- O Yonkers Y.W.C.A., 87 So. B'way.

Saturday

- C Alanon House _____ 353 West 46th Street
- O Amityville _____ Massapequa Park Village Hall Front St., Massapequa Park
- O Far RockawaySt. Mary's School, New Haven Ave.
- O Garden City (9:00 P.M.) ____ Christ Church (Basement) Jefferson & Chester Sts. (2 blks. South of Stewart Manor Station & 3 blks. W. of New Hyde Pk. Rd.)
- O Greenwich Village _____ 179 Sullivan St., N.Y.C. (between Bleecker & Houston Sts.)
- O Hempstead _____ Dutch Reformed Church (Base) (Cor. Jerusalem Ave. & Florence St.)
- O Jackson Heights _____ Ward Meehan Hall St. Joan of Arc Church, 35th Ave. & 82nd St.

O Jamaica _____ Presentation School Parsons Blvd, & 89th Ave.

- O Kingsway _____ St. Brendan's School Cor. East 12th St. and Ave. O, opp. St. Brendan's Church
- O Little Neck-Douglaston (9:00 P.M.) Zion Church Northern Blvd. & Douglaston Pkwy.
- O Mamaroneck _____ Methodist Church (Parlor) Boston Post Road
- O Mt. Vernon Creek Salvation Army, 745 S. 3rd Ave.
- O Ovington ______ Bayridge Methodist Church (Parish House) 368 Ovington Ave., between 3rd & 4th Ave., Bklyn.
- O Park Slope _____ St. Augustine's Church (Aud.) N.W. Cor. 6th Ave. & Sterling Pl., B'klyn.
- O Regency _____ Park Ave. Christian Church 1010 Park Ave. at 85th St.
- O Ridgewood (8:45 P.M.) Workmen's Benefit Fund Bldg., 714 Seneca Ave., Bklyn.
- O Riverton (Inter-racial) Friendship House Library 34 West 135th St., N. Y. C.
- Southampton _____ Southampton Methodist Church (2nd Saturday of each month)
- O South Bronx _____ St. Jerome's Church 222 Alexander Ave., East 138th St. & 3rd Ave. (Newcomers meeting 8:00 P.M.)
- Suffern (9:00 P.M.) Christ Episcopal Parish House 61 Washington Ave.
- O Washington Heights Incarnation School (Aud.) St. Nicholas Ave. & West 175th St., N. Y. C.
- O Woodlawn _____ St. Luke's Methodist Church 311 E. 241st St., Bronx
- O Woodside St. Sebastian's School 58th St. near Roosevelt Ave.

LUNCHEONS

- St. George Hotel Coffee Shop Clark St., Bklyn. Tuesday (12:30 P.M.)

Skopas Restaurant ______ 149 East 42nd St., N. Y. C. (Mon. through Thurs. 12:00 P.M.)

Timmy's Steak & Chop House ____115 Liberty St., N. Y. C. (bet. Church & Greenwich Sts.) (Daily 12:15 P.M.)

Twenty-Four Hour Club Madison Square Hotel (Mon. thru Fri. daily 12 to 2:30), 40 E. 26th St., N. Y. C.

ч

TWELVE SUGGESTED 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.

 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.

 Made direct amends to such people wherever possible, except when to do so would injure them or others.

 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.