

Sunday

9:00 am	<b>Winchester Sunday Morning Group</b> Winchester Lions Hall, 515 Albert Street, Winchester	OD
10:00 am	<b>Sunday Morning Study Group</b> OS Last Sunday of Month 2 Oxford Street West, Kemptville Zoom meeting ID: 443 660 9851 Password: 475962	OD
7:00 pm	<b>B.Y.O.B.B. South Mountain Group</b> 10535 Main Street, South Mountain	OD
7:00 pm	<b>Three Steps Forward-Beginners Embrun Arena Upstairs Hall</b> 6 Blais Street Embrun	ODBB

Monday

7:00 pm	<b>Long Sault Group</b> 3 Mile Roches Rd. Long Sault	CD
7:30 pm	<b>Experience Strength and Hope Group</b> 7275 Parkway Rd. Greely	OSD WC
7:30 pm	<b>Russell Goodwill Group</b> 139 Castor, Russell	CD
8:00 pm	<b>Prescott Grenville Group</b> Dibble and Centre St., Prescott WC	OS

Tuesday

12:00 pm	<b>Prescott Declaration Group</b> St Andrew's Presbyterian Church 425 Centre St, Prescott ON	OD WC
6:00 pm	<b>Cardinal Unity Group</b> St John's United Church 2120 Dundas St Cardinal	CD WC
7:00 pm	<b>Elephant Room Group</b> Virtual Zoom video meeting Meeting ID: 443 660 9851 Password: 475962	ODBD
8:30 pm	<b>Winchester Group</b> Winchester United Church 519 St. Lawrence St. Winchester	OS

Wednesday

8:00 pm	<b>Morrisburg 12 and 12 Home Group</b> 31 Meikle St. Morrisburg	CD
8:00 pm	<b>Osgoode Step Group</b> 2015 River Road, Osgoode	CD
8:00 pm	<b>Kemptville Gratitude Group</b> 319 Prescott St, Kemptville Gratitude and Big Book	CDST WC
8:00 pm	<b>Nouvelle Liberté - French</b> Église Baptiste Évangélique 2074 Rte 500 W, Limoges	CD

Thursday

1:00 pm	<b>Freedom &amp; Growth Group(women)</b> Virtual Zoom video meeting Meeting ID: 443 660 9851 Password: 475962	
7:00 pm	<b>A Better Place to Be</b> Paul-Emile Levesque Community Centre, Casselman	CD/BB WC
7:00 pm	<b>Morrisburg Gratitude Group</b> 19 Lakeshore Drive, Morrisburg	OS/@
7:30 pm	<b>Prescott Grenville Group</b> St Andrew's Presbyterian Church 425 Centre St, Prescott ON	CDST WC
8:00 pm	<b>Last Chance Group</b> 8140 Victoria St., Metcalfe	OS WC
12:00 pm	<b>Prescott Declaration Group</b> St Andrew's Presbyterian Church 425 Centre St, Prescott ON	OD WC
8:00 pm	<b>Kemptville Friday Group</b> 319 Prescott St, Kemptville Step meeting	CD WC
8:00 pm	<b>Riverview Group</b> 22 Church Ave. Iroquois OS last Friday	CD

Saturday

11:00 am	<b>Morrisburg BB Study Group</b> 10 First Street, Morrisburg	ODBB WC
12:30 pm	<b>Morrisburg Women's Group</b> 2 <sup>nd</sup> Saturday of the Month 10 First Street, Morrisburg	ODBB WC
7:00 pm	<b>Fourth Dimension Group</b> 6556 Prince of Wales Dr, North Gower Hybrid Meeting: In-person & Online Zoom Meeting ID: 905 447 824	ODBB WC
8:00 pm	<b>Russell Saturday Night Group</b> 38 Mill St, Russell	ODBB

**MEETING TYPES**

OD = Open Discussion  
 CD = Closed Discussion Alcoholics only  
 OS = Open Speaker  
 BB = Big Book  
 ST = Step, 12 x 12  
 WC = Wheelchair Accessible  
 @ – Alanon meeting same time and location

For more information or assistance  
 call Ottawa A.A. intergroup at  
**613-237-6000**  
 or visit our website at  
[www.seawayvalleynorthdistrict48aa.org](http://www.seawayvalleynorthdistrict48aa.org)



**Twenty Questions**

These questions were developed by the Johns Hopkins University Hospital, to assess whether a person may be 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 guilt or 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 jeopardising 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?

If you 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, the chances are that you are an alcoholic.

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

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

**Meetings in surrounding areas**

**Ottawa area meetings**  
 Manotick, Richmond, Barrhaven, Orleans  
 and others  
[ottawaaa.org/meetings/](http://ottawaaa.org/meetings/)



**Cornwall area meetings**  
[cornwallaa.ca/meetings](http://cornwallaa.ca/meetings)



**Brockville, Lanark area meetings**  
 Almonte, Athens, Brockville, Carleton  
 Place, Elgin, Merrickville, Perth, Sharbot  
 Lake, Smiths Falls.  
[lanarkleedsaa.org/meetings/](http://lanarkleedsaa.org/meetings/)



**District 48  
Seaway Valley North**

**January 2025 1.1  
Alcoholics Anonymous Meetings**

**Friends and numbers**

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**Alcoholics Anonymous  
613-237-6000**