

A.A.
Meeting Directory
Summer 2011
Des Moines Metro
And
Surrounding Communities

Central Office/ InterGroup

1620 Pleasant, Rm 228

Des Moines, IA 50314

515-282-8550

1-800-207-2172

email:

dsm.central.office@gmail.com

Office Hours:

Mon.-Fri. 10am-4pm

Answering service during off hours.

Web: aadesmoines.org

Groups listed in this directory are registered at their own request. A listing does not constitute nor imply approval or endorsement of any groups approach to, or practice of, the traditional AA program.

Al-Anon Information:

Phone: 515-277-5059

24 HR Phone: 1-888-4-AL-ANON
(1-888-425-2666)

InterGroup Rep Meeting:

2nd Sunday of each Month

1:00 pm at Central Office

1620 Pleasant

District 7 Meeting:

2nd Sunday of each Month

3:00 pm

I am responsible

When Anyone, Anywhere

Reaches out for Help

I Want the Hand of AA

Always to be there

And for that I Am Responsible.

Spanish Speaking Meetings are listed in the
back of the Directory.

Use this form to submit New or Revised group information. Changes are best submitted to the Central Office email: dsm.central.office@gmail.com

Date _____

New Meeting? **Yes** or **No**

Is this an AA meeting ONLY? **Yes** or **No**

If this is **NOT** a new meeting what is your **GROUP** number?

_____ AND what change is being made?

Group Name: _____

District# _____

Meeting Day(s) _____

Meeting Time(s) _____

Open, Closed, M, F, etc. _____

Location: _____

Is the facility fully **handicapped accessible**?

Yes or **No** (including Rest Rooms)

Format of Meeting _____

Special Instructions/Directions/Comments:

Please fill out **BOTH** sides of this Page.

Your meeting request **WILL NOT** be processed without **contact INFO** on the back!!!!

Contact Person: _____

Phone: _____

Email: _____

Address: _____

City & ST: _____

Is your group registered with GSO? **Yes** **No**
For information about registering meetings, please contact your District Committee Member (DCM).

To register your group with New York write:

General Service Office
Box 459 Grand Central Station
New York, NY 10163
(212) 870-3400

Please note: notifying the Des Moines office of your new or changed meeting info **DOES NOT** mean that GSO in New York will be informed!!

IMPORTANT

Central Office can publish current and accurate meeting information **ONLY** with your cooperation.

Should you find inaccurate information in this directory, please notify us as soon as possible!

If you are questioning whether you are an alcoholic we suggest you read the following passages from the "Big Book":

'We do not like to pronounce any individual alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking. Try to drink and stop abruptly. Try it more than once.... It will not take you long to decide if you are honest with yourself.'
(Alcoholics Anonymous page 31).

'If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic.'
(Alcoholics Anonymous page 44).

Remember: The only requirement for AA membership is a desire to stop drinking.

White House- 1400 Pennsylvania Ave.

Phone: 515-266-9478

F & G- 315 E. 5th St. PO Box 129

Lower Level. Phone: 515-288-9963

Meeting Codes:

- H** Handicapped Accessible
- C** Closed Meeting, Alcoholics Only
- C*** Speaker last meeting of Month
- O** Open. anyone can attend
- NS** Non Smoking
- SP** Speaker Meeting
- D** Discussion of Topic
- BB** Big Book
- S** Steps Meeting
- T** Traditions Meeting
- CO** Concept Meeting
- DR** Daily Reflections
- SPT** Spiritual Meeting
- B** Beginner's Meeting
- W** Women's Meeting
- M** Men's Meeting
- BS** Babysitter Provided
- GL** Gay/Lesbian

SUNDAY:

- 9:00 am: Wesley Building, 28th & University.....NS,O
H 9:00 am: Smoke Free, Quality Inn & Suites, 929 3rd St NS,D,O
H 9:30 am: White House..... NS,SPT,O
H 9:30 am: Honesty Hour, Iowa School of Beauty,
3305 70th St.....NS,D,O
H 9:30 am: F&G Lower LevelNS,SPT,O
1:00 pm: The Grand Journey, Plymouth Cong. Church, 42nd &
Ingersol, 2nd Flr, Coffee ShopNS,D,O
H 3:00 pm: F&G..... NS,S,O
H 5:00 pm: New Hope Group, Lutheran Church of Hope, 74th &
Ashworth, West Des Moines.....NS,BB,O
5:30 pm: Back to Basics, Holy Trinity Catholic Church 2926
Beaver.....NS,O
6:00 pm: U.R.S Group, 1211 Vine St., Bldg, 1000, TR#1
West Des Moines.....NS,D,O
H 7:00 pm: White House.....NS,B,O
7:00 pm: KISS Group, Covenant Christian Church, 2700 72nd
St.....NS,O
H 7:00 pm: Two Rivers Recovery, Windsor United Methodist
Church, 6222 University.....BB,D,NS,O
H 7:00 pm: F&G.....NS,SP,O
H 7:00 pm: New Beginnings Group, Covenant Pres Church,
1025 28th St.W,NS,D,C
8:00 pm: Fort DM OWI Facility, 66 Gruber St.M,NS,O
H 8:00 pm: Southside Grapevine Group . FDM Methodist Church,
6205 SW 9th StNS,O
H 8:15 pm: White HouseNS,O

MONDAY:

- H 6:30 am: Early Risers Group., Windsor United Methodist Church
6222 Univ.NS,BB,O
H 7:30 am: F&GNS,D,O
H 9:30 am: F&GNS,D,O
H 12:00 noon: F&GNS,D,O
H 12:00 noon: White HouseNS,D,O
12:00 noon: Monday Nooners Grp., St. John's Lutheran Church
600 6th Ave.NS,O
H 12:00 noon: Hope & Reflection, Windsor United Methodist
Church, 6222 Univ.NS,O
H 3:00 pm: Older Adult 50+, IA Lutheran Hosp 700 E. University.....D,O
H 5:15 pm: F & G Happy Hour.....NS,BB,O
H 6:00 pm: Three Legacies, Grace Lutheran Church, 52nd &
Urbandale.....NS,BS,SP,O
6:00 pm: There is a Solution, United Methodist Church,
8th & Grand, West Des Moines.....NS,SP,D,O
7:00 pm: GLBT & Friends, Wesley Bldg, 28th & Univ.GL,NS,O
H 7:00 pm: Walnut Hills Step Study, Walnut Hills Methodist
Church, downstairs, 12321 Hickman, Rd, Urbandale.....NS,O,S
7:00 pm: East Side Study Group Citadel Worship Center
1216 E. 25th St.NS,D,S,O
7:00 pm: Monday Big Book, Covenant Christian Ch.,
2700 72nd St.NS,BB,C
7:30 pm: West End Group, Plymouth Place 4111 Ingersol.....NS,D,O
H 7:30 pm: F & GNS,S,O
H 7:30 pm: Monday Night Step Mtg., Ia Luth Hosp, 1st flr.....NS,S,B,O
H 8:00 pm: Three Legacies, Grace Luth Ch, 52nd & UrbS,SP,BS,O
8:00 pm: RRRR Group, Cent Pres Ch 3829 GrandNS,C
H 8:00 pm: Southridge BB Study, Christ Lutheran Ch.,
SE 5th & Army Post Rd..... NS,BB,O

- H 8:00 pm: White HouseNS,T,CO,O
- 8:00 pm: White House, upstairs,NS,C
- H 10:30 pm: Wakonda Candlelite Mtg, Wakonda Christ Ch,
3938 Fleur Dr.....NS,D,O

TUESDAY:

- H 7:30 am: F & G NS,DR,O
- H 9:30 am: F & G NS,DR,O
- H 12:00 noon: F & G NS,D,C
- H 12:00 noon: White House NS,W,D,O
- 12:00 noon: White House, upstairs,NS,M,D,O
- H 12:00 noon: New Hope Group, Hope Methodist Ch., .
4525 Beaver,NS,D,O
- H 12:00 noon: High & Dry Group, Register Bldg,
715 Locust 2nd Flr.NS,D,O
- H 5:30 pm: Anything Goes, Pleasant Hill, Okoboji Grill,
1225 Copper Creek Dr.NS,D,O
- 6:00 pm: New Hope Grp., Salvation Army, 133 E. 2ndNS,D,O
- 6:00 pm: White House, Women's Mtg,NS,W,O
- 6:00 pm: GLBT & Friends, Wesley Bldg., 28th& Univ.....NS,GL,O
- H 6:00 pm: Function in the Junction, 217 5th St.WDSMNS,D,O
- 7:00 pm: Beaverdale AA Group., St. Andrews Episcopal Ch,
5720 Urbandale Ave.NS,D,O
- H 7:00 pm: Vets Hospital, 3600 30th St. Bldg 1, #277NS,S,O
- 7:30 pm: TNT Grp., SouthTown Bapt Ch 6001 SE 5thNS,D,O
- H 7:30 pm: Primary Purpose Grp., Windsor United Methodist Church
6222 University Ave.,NS,SP,O
- H 7:30 pm: East Side Steps & Traditions, East Side Senior Citizens/
Comm. Center., 1231 E 26th.....NS,S,T,C
- H 8:00 pm: White HouseNS, O
- H 8:00 pm: F & GNS,S,O

- 8:00 pm: Johnston Grp., St James Lutheran Ch 5665 Merle Hay Rd.,
JohnstonNS,O
- H 8:00 pm: West DM Group, St. Mark Lutheran Church
12th & Grand, WDSM,NS,O
- H 10:30 pm: Wakonda Candlelite Mtg., Wakonda Christian Ch
3938 Fleur Dr.NS,B,O

WEDNESDAY:

- H 6:30 am: Breakfast Club, 1309 104th St., CliveNS,S,DR,O
- H 7:30 am: F & GNS,D,O
- H 9:30 am: F & GNS,D,O
- H 12:00 noon: F & GNS,D,O
- H 12:00 noon: Grapeviners, Windsor United Methodist Ch
6222 University.....NS,O
- H 12:00 noon: Brown Bag Grp, 1309 104th St., Clive.....NS,O
- 12:00 noon: Wed. Noon Big Book Study, Insurance Exchg Bldg.,
5th & Grand #448.....NS,BB,O
- H 12:40 pm: White HouseNS,O
- H 4:30 pm: F & GNS, O
- 5:30 pm: Drake Wed Meeting, Wesley Bldg, 28th & Univ.NS,O
- H 6:00 pm: Mid Week Meditation, Mercy Frank- Gym, 48th & Franklin
.....NS,SPT,O
- 6:00 pm: GLBT Plymouth Church 4126 IngersolGL,NS,O
- H 6:00 pm: F & GNS,W,O
- H 6:30 pm: Promising Beginnings, Register Bldg.,
7400 SW Register Dr.NS,O
- 7:30 pm: Church of Christ, 70th & Oliver Smith Dr. str.....NS,O
- H 7:30 pm: Deal Group, Columbus Hall, 2100 SE. 5th St. ...NS,M,BB,O
- 8:00 pm: Step Group, St. Luke Episcopal Ch. 3424 Forest..NS, D, O
- H 8:00 pm: White HouseNS,D,O

- H 8:00 pm: F & G.....NS,O,D
- H 10:30 pm: Wakonda Candlelite Mtg. Wakonda Christ. Ch
3938 Fleur Dr.NS,S,O

THURSDAY:

- H 7:30 am: F & GNS,D,O
- H 9:30 am: F & GNS,D,O
- H 12:00 noon: Thurs. Step Group, Central Pres. 3829 GrandNS,D,O
- H 12:00 noon: White HouseNS,D,O
- H 12:00 noon: F & GNS,D,O
- H 5:30 pm: West Side Step Study, The Gathering Pl.(behind Faith
Luth)1311 NW 104th St.NS,S,O
- 6:00 pm: GLBT & Friends, Wesley Bldg, 28th & Univ.GL,NS,O
- H 6:00 pm: Cover II Cover, College Christ Ch, 4440 College..S,BS,BB,O
- 6:30 pm: White House, upstairs.NS,BB,C
- H 6:30 pm: Subtle Foes, St. Stephens Luth Ch. 3510 72nd St. NS,D,O
- H 6:30 pm: Road to Recovery, Muffler/Brake, 1308 2nd AveNS,D,O
- H 6:30 pm: Jaywalker Group; Windsor United Methodist Church,
6222 University.....NS, O, BB, S, D
- H 7:00 pm: Harrison Dinner Group, Hy-Vee Café,
1990 Grand WDSMNS,SP,O
- 7:00 pm: East Village Group, Capitol Hill Lutheran Church.,
511 E. Des Moines St.NS,O
- H 7:00 pm: Vets Hosp, 3600 30th St. Bldg 1, Rm 277NS,O
- H 7:15 pm: Beginners Mtg., First Methodist Ch
1001 PleasantNS,B,O
- 7:30 pm: Women's Mtg. Plymouth Cong.Ch 4126 Ingersol NS,W,D,O
- H 7:30 pm: Trudging 101; Evangelical Ch. SW 14th & PorterNS, D,O
- H 8:00 pm: SouthSide Men's Grp FDM Methodist Ch.
6205 SW 9thNS, M, D, O
- H 8:00 pm: White HouseNS, SP, C

- H 8:00 pm: F & GNS,BB, O
- H 8:00 pm: Foxhall Group, First Methodist Church
1001 PleasantNS, SP,O
- H 8:00 pm: SouthSide Step Study; Luth Church of Good Shepard
3820 SW 9th.NS,S, O, B
- 8:00 pm: Wesley Bldg; 28th & Univ.NS,O
- 10:30 pm: Wakonda Candlelight Mtg; Wakonda Christ Ch.
3938 Fleur Dr.NS, BB,O

FRIDAY:

- H 7:30 am: F & GNS,D,O
- H 9:30 am: F & GNS,D,O
- H 12:00 noon: Ins. Exchg. Bldg. 5th & Grand Rm 448NS, D, O
- H 12:00 noon: F & GNS, D, O
- H 12:00 noon: White House Brown Bag Grp.NS, D, O
- H 12:00 noon: TGIS Group; Windsor United Methodist Church
6222 University.....NS, O
- H 12:00 noon: West End BB Study; 1309 104th CliveNS, BB,D,O
- 4:00 pm: River Bend Neighborhood Recovery Group, Berrigan House
713 Indiana Ave.....
- H 5:15 pm: F & G: Happy Hour.....NS,D, O
- H 5:30 pm: United Shelter; 215 15th St.NS, BB, D, O
- H 6:00 pm: Friday Night Forgiveness, Unity Church,
414 31st,O,NS,D,SPT
- H 6:00 pm: How It Works, 1660 60th St., West Methodist Hospital
Conference Center, Room 3-4 (use Conf. Cent Ent., W Side).....D, O
- 6:30 pm: GLBT & Friends; Wesley Bldg. 28th & Univ.NS, GL,O
- H 7:00 pm: Friday Night Freedom Train, Mercy Franklin Center
48th and Franklin, Mercy Gym.....NS, S, B, O
- H 7:00 pm: WDSM Chapter 12 Grp.; St. Mark's Lutheran Church
12th & Grand WDSMNS,D,O

H 7:00 pm: Solutions Grp; Mercy Franklin, 48th & FranklinNS,O
 H 7:00 pm: NW DSM Grp; Mercy Franklin, Rec Rm48th & Franklin NS,O
 H 7:00 pm: Young & Keepin' It Real; Mercy Franklin, N Ent. ..NS,D,O
 H 7:00 pm: IA Lutheran Hosp. 4th Flr, Rm 462NS,D,O
 H 7:30 pm: WPR Grp; Covenant United Pres. 1025 28th WDSM NS,D,O
 H 7:30 pm: F & GNS,D,O
 H 8:00 pm: Freedom Friday Nite: IA Luth Hosp. 700 E. Univ. ..NS,D,O
 H 8:00 pm: Friday Nite Mtg.; IA Luth Hosp. 1st Flr.NS,DR,O
 8:00 pm: Freedom Grp. FDM Methodist Church
 6205 SW 9thNS,BB,O
 H 8:00 pm: White HouseNS,O
 8:00 pm: Friday Nite Non-Smokers Group, St.Paul's Epis. Ch. 815
 High St. Back Door (parking in Rear).....NS, O
 H 8:00 pm: Johnston, St. Paul's Pres Ch. 6426 MerleHay Rd NS,S,D,O
 8:00 pm: West End Big Book Study; 1304 104th WDSMNS,BB,O
 H 9:15 pm: F & GNS,D,O
 10:30 pm: Wakonda Candlelight Mtg; Wakonda Christ Ch.
 3938 Fleur Dr.NS,D,O

SATURDAY:

H 9:00 am: F & G Mens Meeting, 315 E. 5th.....NS,O,BB,D
 9:00 am: Wesley Bldg. 28th & Univ.NS,O
 H 9:00 am: Freedom Hall, Lutheran Church of Hope;
 74th & Ashworth, WDSM.....NS,S,O
 H 9:30 am: Sat Morn. Men's Basics; Windsor United Methodist Ch.
 6222 UnivNS,S,T,SP,C
 10:00 am: White House, upstairsNS,M,O
 10:00 am: Johnston Mercy Clinic; Freen Meadows West, 5615 NW
 86th St.; East Ent.NS,D,O
 11:00 am: Wesley Bldg; 28th & Univ.NS,O
 H 11:00 am: F & GNS,D,O

12:00 noon: White House, upstairsNS,W,S,O
 H 1:00 pm: F & GNS,D, O
 H 3:00 pm: F & GNS,T,O
 5:30 pm: GLBT & Friends; Plymouth Ch. 4126 IngersolNS,GL, O
 7:00 pm: Saturday Nite Solutions 12th. and Grand, WDM....NS, BB, O
 7:00 pm: Miracles on 63rd, Windsor United Methodist Ch....NS, BB, O
 7:30 pm: Maintenance Mtg; Broadlawns Hospital, 1801 Hickman,
 Sidney Sands Center, Naurine Conference Room.....NS,D, O
 H 8:00 pm: F & GNS,B, O
 H 8:00 pm: South Side Step Study; Park Ave. Christ Ch- Fell Hall;
 3301 SW 9th St.NS, S, B, O
 10:30 pm: White House, UpstairsNS, O

*******OUTSIDE METRO MEETINGS*******

SUNDAY:

- H 9:00 am: Adel- Sunday Morning Group; Adel American Legion, 115 N 9th St.NS, S, O
- H 9:30 am: Ottumwa- ORHC, 1001 Penn. Ave. 1st Flr. Conf. Rm DNS, O, D
- 12:00 Noon: Creston- New Hope Group, 407 W. Clark (basement)NS, O, D
- 3:00 pm: Bondurant- Bondurant Federated Church 102 2nd St. SWNS, BB, O, S, T, SP
- H 4:00 pm: Albia- Trinity United Methodist Church, 1117 Benton Ave. E., Use West side door.....C, D, BB
- 4:30 pm: Oskaloosa- St. James Church, 207 S. 3rd (West side, basement door).....NS, O
- H 5:00 pm: Fairfield- 1st Pres. Church, S. Main, front side door.....C, NS, D
- H 5:30 pm: Ottumwa- ORHC, 1001 Penn Ave., 1st Flr. Conf. Rm DNS, O, D
- H 7:00 pm: Ottumwa- Sunday Nite Recovery Group, UAW Hall, C*, NS
- H 5:00 pm: Ankeny- AA Basics, Our Lady's Immaculate Hrt 510 E. 1st St., Rm #9, West Door.....NS, BB, S, T, SP, O
- H 7:00 pm: Waukee- Public Library, 950 Warrior Ln.....NS, D, O
- 7:00 pm: Indianola- First Methodist Church 307 W. Ashland, S Middle Door.....NS, D, O
- 7:30 pm: Creston- New Hope Grp., Bsmt;NS, D, O
- H 7:30 pm: Colfax- Survivors Grp; Christ Ch, 101 Locust St..NS,D,O
- H 7:30 pm: Grinnell- St.Paul Episc. Ch. 6th & StateSt.NS,D,O
- 8:00 pm: Perry- Methodist Ch. 1114 3rd St.NS,S,T,O
- 8:00 pm: Granger- Into Action; Assump Catholic Church 1904 Sycamore StNS,S,T,O

MONDAY:

- H 6:30 am: Ankeny- Early Bird, St. Ann's Episcopal Church 2110 W. 1stNS,D,O
- H 12:00 noon: Newton- Brown Bag, St. Stephens Epis Ch 223 E. 4th St. N.NS,S,O
- H 12:00 noon: Grinnell- Living Sober, United Ch of Christ 4th & Broad – Alley Ent.NS, D, O
- H 12:00 noon: Ottumwa- Start Your Day Over at Noon Grp., 410 W. Keota (Camel Club).....NS, O, D
- H 7:00 pm: Redfield- Starting Over Grp, Legion Hall, 909 2nd NS,D,O
- H 7:00 pm: Newton- Jan 6th Grp, St. Stephens Episcopal Church 223 E. 4th St.NS,O
- H 7:00 pm: Grinnell- 11th Step Mtg, 1234 ParkNS,D,O
- 7:00 pm: Indianola- First Methodist Church 307 W. Ashland- S Mid DrNS,W,T,O
- H 7:00 pm: Osceola- County Hosp.NS,O
- 7:30 pm: Oskaloosa- St. Paul Cong. Church, U.C.C. 501 High Ave. E. (west door, downstairs).....NS, O, D
- 7:30 pm: Creston- Way of Life Grp, United Church of Christ, 502 Montgomery, (E Door).....C, NS, D
- H 7:30 pm: Pella- Community Center, 712 Union St., Rm 308 (enter by alley, east side).....NS, O, D
- H 8:00 pm: Ankeny- Our Lady's Immaculate Hrt. Church 510 E. 1st #9 West DoorNS,O
- H 8:00 pm: Albia- 116 N. 2nd St (behind Casey's).....C*, D
- 8:00 pm: Altoona- Luth. Ch of the Cross, 1701 8th St. SWNS, O
- 8:00 pm: Brighton- Brighton Fellowship Group, Victory Fellowship Hall, Hwy 78 East.....NS, O, D
- 8:00 pm: Fairfield- MEN'S ONLY Mtg., "Life on Life's Terms" Call Tom H. for directions 641-233-8558.....C, NS, D

- 8:00 pm: Keosauqua- 107 Market St.C, NS, D
- 8:00 pm: Hartford- Babor Auto, Hwy 5.....NS, O
- H 8:00 pm: Ottumwa- Camel Club, 107 W. KeotaNS, O, D
- 8:00 pm: Winterset- Madison County Group, Christian Church, 103 W. Green (Bsmt)O, NS

TUESDAY:

- H 6:30 pm: Ankeny- Early Bird, St. Ann's Epis.Ch. 2110 W 1st NS, D,O
- 12:00 Noon: Winterset- Madison County Grp; Christian Church, 103 W. Green (basement).....O, NS
- 12:00 noon: Fairfield- St. Mary's Church, 3rd & Grimes....O, SS, NS
- H 12:00 noon: Ottumwa- Start Your Day Over at Noon Grp., Camel Club, 410 W. Keota.....O, D
- H 7:00 pm: Adel- Tuesday Nite Group; Legion Hall, 801 Nile Kinnick Dr.NS, D, O
- H 12:00 noon: Newton- Brown Bag, St. Stephens Episcopal Church 223 E. 4th St. N.NS, BB, O
- H 7:00 pm: Ankeny- Our Lady's Immaculate Heart Ch. 510 E. 1st St. Rm 5, West DoorNS, BB, D, O
- 7:00 pm: Chariton- Lucas County, First Lutheran Church 1004 Curtis Av,.....NS, BB, S, T, O
- 7:00 pm: Adel- Tuesday Nite Group, 118 9th St.NS, D, O
- H 7:00 pm: Oskaloosa- Meets ONLY 1st TUES of each month, St James Church, 207 S. 3rd St. West side, bsmt Door.....C, BB, D, NS
- H 7:30 pm: Knoxville- 308 E. RobinsonNS, O
- H 7:30 pm: Grinnell- St. Paul Epis. Ch 6th & StateNS, D, O
- 7:30 pm: Monroe- Gateway Comm. Ch. 103 W. Wash.....NS, D, O
- H 7:30 pm: Ankeny- Sidewalk to Serenity; Neveln Resource Ctr. 406 SW. School St., Rm 119.....NS, D, C
- H 8:00 pm: Batavia- The Garage Group, 3rd Street.....C, NS, D

- 7:30 pm: Creston- New Hope Group, 407 W. Clark (basement)BB, T, SS, C, NS
- 8:00 pm: Indianola- First Methodist Church 307 W. Ashland, S Mid Dr.....NS, BB, O
- H 8:00 pm: Newton- Jan 6th Grp; St. Stephens Episcopal Church 223 E. 4th St. N.NS, S, T, O
- 8:00 pm: Panora- Jaywalkers Group, Vets Aud/Comm. Center, 111 W. Main (N Door).....O, NS
- 8:00 pm: Casey- Methodist Church (S Door) 100 E. 2nd St.... O, NS
- 8:00 pm: Greenfield –United Methodist Church, 108 SW 5th, West Entrance.....BB, NS, O, T

WEDNESDAY:

- H 6:30 am: Ankeny- Early Birds; St. Ann's Episcopal Church 2110 W. 1stNS, D, O
- H 12:00 noon: Ottumwa- Start Your Day Over at Noon, Camel Club, 410 W. Keota.....O, W
- H 12:00 noon: Creston- New Hope Grp, 407 W. Clark, Step Study.....NS, O, D, S
- H 12:00 noon: Newton- Wed. Noon Group; St. Stephens Epis. Ch. 223 E. 4th St. N.NS, D, O
- 7:00 pm: Ankeny- Ankeny Big Book Study, NorthPointe Prof. PA, 2575 N. Ankeny Blvd. Ste. 201.....O, BB, NS
- H 7:30 pm: Dallas Center- Happy Hour Group, 1400 Walnut St., Rear Ent.,NS, O
- 7:30 pm: Lamoni- South IA Pacific; Lamoni Comm. Ctr. .NS, D, O
- H 7:30 pm: Sigourney- St. Mary's Church School Room 2, 415 E. Pleasant Valley.....NS, O, D
- H 8:00 pm: Fairfield- 1st Presbyterian Church, S. Main (front side door)O, B, NS

- H 8:00 pm: Floris- Community Hall.....O, D
 H 8:00 pm: Ottumwa- Hump Day Mtg., Camel Club, 410 W. Keota
C, D
 8:00 pm: Indianola- TEENS; First Methodist Church 307 W. Ashland,
 South Door.NS,D,O
 8:00 pm: Ankeny- Methodist Church 206 SW. WalnutNS,D,O
 8:00 pm: Prairie City- Camel Group; 407 2nd St. Masonic Hall,
 Basement.NS,O
 H 8:00 pm: Altoona- Wings to Fly; 119 2nd St. Back Ent.,NS,B,D,BB,O
 8:00 pm: Corydon- Luth. Church, West on Hwy 2NS,BB,D,O
 8:00 pm: Perry- Methodist Ch. Annex 1114 3rd St.NS,O
 H 8:00 pm: Winterset- Madison County Grp., Christian Church, 103 W.
 Green (bsmt).....O, NS

THURSDAY:

- H 6:30 am: Ankeny- Early Bird; St. Ann's Epis. Ch 2110 W 1st. NS,D,O
 12:00 noon: Indianola- First Methodist Church
 307 W. Ashland, South Mid Door.NS,T,O
 12:00 noon: Fairfield- Fairfield's Friend Church, South 6th & Fillmore
 (in white house) contact 641-472-5615.....O, NS
 H 12:00 noon: Ottumwa- Camel Club, Start Your Day Over at Noon,
 410 W. Keota.....NS, D, O
 5:30 pm: Altoona- Promises; Lutheran Church of the Cross,
 1701 8th St. SW. Room #4.....NS,D,O
 6:00 pm: Altoona- Sisters of Sobriety; Luth Church of the Cross,
 Room #3, West End 1701 8th St. SW.....NS,W,D,O
 H 7:00 pm: Newton- Jan 6 Group; St. Stephens Episcopal Ch. 223 E.
 4th St. N.NS,D,SP,O
 H 7:00 pm: Carlisle- Methodist Church, 405 School.....NS,SS, O
 H 7:30 pm: Oskaloosa- St. Paul Cong. Church U.C.C., 501 High Ave. E.
 (West Door, Downstairs).....NS, O, D

- H 7:30 pm: Pella- Community Center RM 308 (enter by alley)NS, O, D
 7:30 pm: Polk City- Lakeside Group; Methodist Church....NS,BB,O
 H 7:30 pm: Pella- Community Cntr; 712 Union St.NS,D,O
 H 7:30 pm: Grinnell- St. Paul Episcopal Church, 6th & State ...NS,D,O
 7:30 pm: Woodward- Woodward AA Group, Well Fargo, 217 S.
 Main St., (upstairs).....NS, O
 7:30 pm: Creston- New Hope Group, 407 W. Clark (bsmt)....NS, O
 8:00 pm: Fairfield- Fairfield's Friend Church, South 6th & Fillmore (in
 white house) contact 641-472-5615.....O, NS
 8:00 pm: Greenfield- United Methodist Church, 108 SW 5th St., West
 Entrance.....NS, O, D
 8:00 pm: Stuart- Stuart AA Group, All Saints Cath. Church, Old Hwy
 6 East.....NS, O, D
 8:00 pm: Mt. Ayr- Ringgold Co. Group, Neighborhood Center, 202 N.
 Taylor.....NS, O, D
 H 8:00 pm: Ottumwa- Camel Club, 410 W. Keota.....NS, O, BB, D

FRIDAY:

- H 6:30 am: Ankeny- Early Bird; St. Ann's Epis.Ch. 2110 W. 1st NS,D,O
 6:30 am: Grimes- St. Peter Luth Ch., 1001 S. JamesNS,D,O
 12:00 noon:Creston- New Hope Group, 407 W. Clark (bsmt) NS, D, O
 H 12:00 noon: Newton- Jan. 6th Group; St. Stephens Epis. Church, 223
 E. 4th St. N.NS,O
 12:00 noon: Knoxville- 308 E. RobinsonNS,O
 H 12:00 noon: Ottumwa- Start Your Day Over at Noon Grp., Camel
 Club, 410 W. Keota.....NS, O, D
 H 12:00 noon: Ankeny- St. Ann's Epis. Church 2110 W 1st NS,BB,D,O
 H 6:00 pm: Ankeny- Methodist Church, 206 SW. WalnutNS,D,O
 6:30 pm: Mitchellville- 112 Center Ave, Small Eng Rep;O, D

- H 7:00 pm: **Adel-** Adel Big Book, United Methodist Church, 115 S. 10th St. N. Ent., Children Welcome.....NS, O
- 7:00 pm: **Indianola-** First Methodist Church, 307 W. Ashland, South Mid Door.....NS,BB,S,O
- H 7:00 pm: **Oskaloosa-** St James Church, 207 S. 3rd (West Side, Basement door).....NS,C, D
- H 8:00 pm: **Fairfield-** Fairfield's Friend Church, S. 6th & Fillmore (in white house) Contact: 641-472-5615.....C*, NS, D, O
- 8:00 pm: **Leon-** Comm. Cntr, Corner of SquareNS,O
- 8:00 pm: **Chariton-** Lucas County, Luth Ch 10th & Curtis ...NS,D,O
- H 8:00 pm: **Ottumwa-** Bloom Where You're Planted Group, Camel Club, 410 W. Keota.....C, NS, D
- 8:00 pm: **Perry-** Methodist Church Annex, 1114 3rd St.NS,D,O
- 8:00 pm: **Winterset-** Madison County Group, Christian Church, 103 W. Green (basement).....NS, O, D

- H 8:00 pm: **Ottumwa-** ORHC, 312 E. Alta Vista (5th Flr Serenity Room).....NS, O, D
- 8:00 pm: **Winterset-** Madison County Group, Christian Church, 103 W. Green (basement).....NS, D, O
- H 8:00 pm: **Ottumwa-** Speaker Meeting 2nd Saturday ONLY, Camel Club, 410 W. Keota.....O, SP, NS

SATURDAY:

- 9:00 am: **Altoona-** Walking the Steps; Luth Church of the Cross, Cross Creek Bldg. #4NS,D,O
- H 10:00 am: **Newton-** Recovery Group; St. Stephens Episcopal Church 223 E. 4th St. N.NS,D,O
- 12:00 noon: **Ankeny-** Resurrection Church, 914 NW Ash ...NS,D,O
- H 12:00 noon: **Ottumwa-** Camel Club, 410 W. Keota.....O, NS, D
- 6:30 pm: **Ankeny-** Methodist Church, 206 SW. Walnut Rm 314NS,D,O
- H 7:00 pm: **Norwalk-** New Life Luth Ch, 4380 Wakonda Dr. North, Lower DoorNS,D,O
- 7:30 pm: **Creston-** New Hope Group, 407 W. Clark (bsmt).. NS, O, D
- H 7:30 pm: **Knoxville-** 308 E. RobinsonNS,D,O
- H 8:00 pm: **Corydon-** Lutheran Ch., West on Hwy 2NS,D,O
- 8:00 pm: **Grinnell-**1233 Park Ave, rear entrance on 8th ... NS, D, C

*******SPANISH SPEAKING MEETINGS*******

SUNDAY:

H 5:00 pm: White House, Spanish/Bilingual
.....NS, O
7-9pm: Perry- Grupo "24 de Julio" 1103 2nd
St.....SP

WEDNESDAY:

H 10:00 am: Ottumwa- AA Nueva Viada Mtg. Camel
Club, 410 W. Keota.....SP, O

THURSDAY:

H 5:00 pm: Ottumwa- AA Nueva Viada Mtg., 410 W.
Keota, Camel Club.....SP, D

FRIDAY:

7-9 pm: Perry- Grupo "24 de Julio" 1103 2nd St.
.....SP

SATURDAY:

H 5:00 pm: Ottumwa- AA Nueva Viada Mtg. 410 W.
Keota, Camel Club—SpanishNS, D, O
H 6.00 pm: F & G, Spanish/ BilingualNS,O

Grupo Renacimiento:

1548 8th St., PH: 515-508-9258
7:00- 9:00 pm
Su/M/F/SD, O

Grupo Un Dia A La Vez:

1818 Easton Blvd., PH: 515-321-9243
7:00- 9:00 pm
Su/M/T/W/Th/F/SD, O

El Grupo: "Paso Doce:

1623 S Union, Phone: 515-418-4755 or 515-770-4093
7:30-9:00 pm
Su/M/Th/F.....D, O

12 Steps of A.A.

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.

12 Traditions of A.A.

1. Our common welfare should come first; personal recovery depends upon AA 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 A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA 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.

