

## North Country Alanon Meetings

### MONDAY

- 8:00 pm **Ogdensburg**  
St. John's Episcopal Church (3rd floor)  
500 Caroline St (use Knox St entrance)
- 8:00 pm **Brushton**  
Hope Community Center  
SR 11 (next door to Stewarts)

### TUESDAY

- Noon **Massena**  
St. John's Episcopal Church  
139 Main St (use back entrance)  
(group does not meet in July & August)
- 8:00 pm **Canton**  
UnitarianUniversalist Church, 3 1/2 E. Main St.  
downstairs, Room 7, (use back entrance)

### WEDNESDAY

- 7:30 pm **Massena**  
Congregational Church, 39 West Orvis St. (back door)
- 8:00 pm **Potsdam**  
Canton Potsdam Hospital - 2nd fl Conf. Rm. A  
(ask at information desk for directions)

### THURSDAY

- 7:00 pm **Potsdam**  
SUNY Potsdam - Van Housen Hall  
3rd floor Conference Room  
off Gouverneur Street (next to campus police)
- 7:30 pm **Akwasasne - Hogansburg**  
Akwasasne Drop In Center  
281 State Route 37

### FRIDAY

- 8:00 pm **Waddington**  
Municipal Bldg, Lincoln Ave.

### SATURDAY

- 6:00 pm **Massena** (Alateen)  
"39 Serenity Place", 59 1/2 Maple Street
- 7:00 pm **Massena** (Al-Anon Newcomers)  
"39 Serenity Place", 59 1/2 Maple Street

Although A.A. and Alanon are separate organizations, in the spirit of cooperation, the Alanon meeting schedule is included here as an aid for families and friends of alcoholics.

For Alanon Info call REACHOUT at 315-265-2422.

Alanon District 26 – [www.nynafg.com](http://www.nynafg.com)

Al-Anon National Office – [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)

## The Twelve Steps of Alcoholics Anonymous

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.

## The 12 Traditions of Alcoholics Anonymous

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 AA 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 AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every AA 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. AA 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 AA 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.

The Steps & Traditions of Alcoholics Anonymous are printed with permission of AAWS

## Contacting Alcoholics Anonymous

315-268-0120 St. Lawrence County  
518-481-4606 Franklin County

### AA Hotline & Meeting Information in other cities

518-463-0906 Albany	<a href="http://www.ny-aa.org">www.ny-aa.org</a>
716-853-0388 Buffalo	<a href="http://www.buffaloaa.org">www.buffaloaa.org</a>
802-860-8383 Burlington, VT	<a href="http://www.burlingtonaa.org">www.burlingtonaa.org</a>
607-273-1541 Ithaca	
212-647-1680 New York City	<a href="http://www.nyintergroup.org">www.nyintergroup.org</a>
518-561-8444 Plattsburgh	
585-232-6720 Rochester	<a href="http://www.rochester-ny-aa.org">www.rochester-ny-aa.org</a>
315-463-5011 Syracuse	<a href="http://www.aasyracuse.org">www.aasyracuse.org</a>
800-281-1190 Tri-Lakes (from 518 area code only)	
315-788-2280 Watertown	<a href="http://www.aajci.org">www.aajci.org</a>

### Canada AA Hotline & Meeting Information

514-376-9230 Montréal	<a href="http://www.alcoholicsanonymousmontreal.com">www.alcoholicsanonymousmontreal.com</a>
613-237-6000 Ottawa	<a href="http://www.ottawaaa.org">www.ottawaaa.org</a>
416-487-5591 Toronto	<a href="http://www.aatoronto.org">www.aatoronto.org</a>

### AA Information on the Web

NY State AA Meetings	<a href="http://www.ny-aa.org">www.ny-aa.org</a>
General Service Office	<a href="http://www.aa.org">www.aa.org</a>
AA Grapevine	<a href="http://www.aagrapevine.org">www.aagrapevine.org</a>
Area 83 Eastern Ontario Int'l	<a href="http://www.area83aa.org">www.area83aa.org</a>
Area 48 Hudson Mohawk Berkshire	<a href="http://www.aahmbny.org">www.aahmbny.org</a>

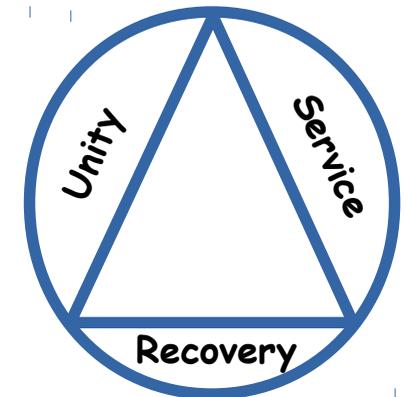
## My Phone Numbers

## A.A. Meeting List

Districts 42 and 19  
St. Lawrence & Franklin Counties  
New York State  
May 2015

>>> **IMPORTANT** <<<  
for current listings / updates / directions to meetings see our website at any of the following:

[www.northcountryaa.org](http://www.northcountryaa.org)  
[www.district42aa.org](http://www.district42aa.org)  
[www.aa-stlawrenceny.org](http://www.aa-stlawrenceny.org)



*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 a desire to stop drinking. There are no dues or fees for A.A. 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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**ALCOHOLICS ANONYMOUS MEETINGS  
SUNDAY**

- 9:00 **Canton** - Sunday Morning Big Book (C, Big Book Study) Knights of Columbus, 30 Miner St.
- 9:00 **Gouverneur** – Acceptance Group (O,D)  
St. James Church - (basement), 5 Gordon Street
- 9:00 **Malone** – Sunday Morning Serenity Group (O,D)  
Alice Hyde Hospital Conf. Room, 133 Park St.
- 10:00 **Akwasasne** – Sunday Morning Group (O,D)  
Mohawk Housing Council Bldg., 188 McGee Rd.
- 10:00 **Ogdensburg** – Riverside Group (C,D)  
Dobisky Community Center, 100 Riverside Ave.
- 10:00 **Potsdam** (O,D)  
Rehab Unit (building behind CP Hospital)  
20 Cottage St. (1/2 block west of Leroy St.)
- 10:30 **South Colton** – South Colton Group (O,D)  
Community Center, 9 Sugar Bush Lane  
(west off Rte 56)
- 1:00 **Massena** – Surrender Group (O,D)  
“39 Serenity Place”, 59 1/2 Maple St.
- 7:00 **Canton** - Sunday Night Candlelight Group (O,D, speaker last Sunday)  
United Methodist Church, 41 Court St.
- 7:00 **Potsdam** (C,BB)  
Fall Island Big Book Study Group  
Trinity Episcopal Ch., Fall Island, 8 Maple St.
- 8:00 **Massena** – Sunday Night Group (O,D)  
Congregational Church UCC, 39 West Orvis St.
- 8:00 **Moir** – Back on Track Group (O,D)  
Old Rutland Station, Route 95

**MONDAY**

- noon **Akwasasne** – It's Your Choice Nooners Group (O,D) (HCA) S.O.A.R. Bldg., 281 State Rte 37
- noon **Massena** – Noon Miracles Group (O,BB)  
St. Mary's Church, 105 Cornell Ave.
- noon **Potsdam** – Nooners (C, Came to Believe / Living Sober)  
Trinity Episcopal Ch., Fall Island, 8 Maple St
- 7:00 **Massena** – Women's Group (Women's,D)  
“39 Serenity Place”, 59 1/2 Maple St.
- 7:30 **Ogdensburg** – Freedom Group (O,D)  
Presbyterian Church, 423 Ford St.  
(Franklin St. entrance)
- 8:00 **Akwasasne** – Sewakwatho Big Book Group (O)  
S.O.A.R. Bldg., 281 State Rte 37
- 8:00 **Brushton** – Brush of Sanity Group (O,D)  
Hope Community Center, Washington St. (aka Main St.)
- 8:00 **Colton** – Honesty Group (O,D)  
St. Patrick's Catholic Church, 4897 Rte 56
- 8:00 **Massena** – Silver Dollar Group (O,D)  
Rose Hill Treatment Ctr, 100 County Rte 43

- 8:00 **Potsdam** (O,D)  
Rehab Unit (building behind CP Hospital)  
20 Cottage St. (1/2 block west of Leroy St.)

**TUESDAY**

- noon **Akwasasne** – It's Your Choice Nooners Group (O,D) (HCA) S.O.A.R. Bldg., 281 State Rte 37
- noon **Massena** – Noon Miracles Group (O,12&12)  
St. Mary's Church, 105 Cornell Ave.
- noon **Potsdam** – Nooners (O,Eleventh Step Meditation)  
Trinity Episcopal Ch., Fall Island, 8 Maple St.
- 7:00 **Fort Covington** – Steps to Freedom Group (O, 12&12),  
Presbyterian Church, 44 Covington St.
- 7:30 **Heuvelton** – Heuvelton Group (O,D)  
Methodist Church, 31 Lisbon St.
- 7:30 **Massena** (O,D)  
“39 Serenity Place”, 59 1/2 Maple St.
- 7:30 **Potsdam** – Old Timers Group (C,D)  
Presbyterian Church Center, 42 Elm St.  
(enter from Lawrence Ave.)
- 8:00 **Canton** – Grasse River Acceptance Group (O,D)  
E.J. Noble Medical Bldg, 80 E. Main St.  
(entrance on lower level, behind building)
- 8:00 **Norwood** – Tuesday Night Group (O,D)  
St. Philip's Episcopal Church  
42 S. Main St. (at Bicknell)

**WEDNESDAY**

- noon **Akwasasne** – It's Your Choice Nooners Group (O,D) (HCA) S.O.A.R. Bldg., 281 State Rte 37
- noon **Massena** – Noon Miracles Group (O,12/12)  
St. Mary's Church, 105 Cornell Ave.
- noon **Ogdensburg** – Noon Group, Living Sober (O,D)  
Dobisky Community Center,  
100 Riverside (west side entrance)
- noon **Potsdam** – Nooners (C,Big Book)  
Trinity Episcopal Ch., Fall Island, 8 Maple St.
- 7:00 **Massena** – Surrender Group (O,D)  
“39 Serenity Place”, 59 1/2 Maple St.
- 7:30 **Canton** – 12 Step Group (O,Step)  
Unitarian Universalist Church, 3 1/2 E. Main St.
- 7:30 **Potsdam** – ODAAT Group (O,D)  
New Hope Church, 33 Grant St. (at Chestnut St.)
- 7:30 **Potsdam** – (O,D)  
Rehab Unit (building behind CP Hospital)  
20 Cottage St. (1/2 block west of Leroy St.)
- 8:00 **Akwasasne** – JoJo81 Group (O,D) (HCA)  
Mohawk Housing Council Bldg., 188 McGee Rd.
- 8:00 **Malone** – Wednesday Night Group (O,D)  
Centenary Methodist Church, 345 W. Main St.

**THURSDAY**

- noon **Akwasasne** – It's Your Choice Nooners Group (O,D) (HCA) S.O.A.R. Bldg., 281 State Rte 37
- noon **Massena** – Noon Miracles Group (O,D)  
St. Mary's Church, 105 Cornell Ave.
- noon **Potsdam** – Nooners Group (O,D)  
4th Thursday @ Presbyterian Church Center, 42 Elm St.  
(enter from Lawrence Ave.)  
others @ Trinity Episcopal Ch., Fall Island, 8 Maple St
- 4:00 **Malone** – New Beginnings Group (O,D)  
St. Joseph's Outpatient, 458 Main St.
- 7:00 **Akwasasne** – Red Road Group (O,D)  
Akwasasne Volunteer Fire Dept. Station 1  
818 NYS Hwy 37(across from Casino)
- 7:00 **Constable** – Action and More Action Group (O,11th step)  
St. Francis of Assisi Church, 5 Poplar St.
- 7:00 **Massena** – Thursday Night Group (O,D)  
St. John's Episcopal Church (rear), 139 Main St.
- 7:30 **Gouverneur** – Acceptance Group (O,D)  
Trinity Church (basement). 30 Park St.
- 7:30 **Madrid** – Simplicity Group (O,D)  
Public Library, 11 Church St.
- 7:30 **Potsdam** – (O,D)  
Rehab Unit (building behind CP Hospital)  
20 Cottage St. (1/2 block west of Leroy St.)
- 8:00 **Canton** - Uptowners Group (O, Big Book Study)  
Knights of Columbus, 30 Miner St.
- 8:00 **Parishville** – Parishville Group (O,D)  
Town Hall, 1172 Rte. 72 (main intersection)

**FRIDAY**

- noon **Akwasasne** – It's Your Choice Nooners Group (O,D) (HCA) S.O.A.R. Bldg., 281 State Rte 37
- noon **Massena** – Noon Miracles (O,As Bill Sees It)  
St. Mary's Church, 105 Cornell Ave.
- noon **Potsdam** – Nooners Group (O,12/12)  
Trinity Episcopal Ch., Fall Island, 8 Maple St.
- 7:00 **Massena**– Friday Night Group (O,D,Candlelight)  
“39 Serenity Place”, 59 1/2 Maple St.
- 7:30 **Ogdensburg** (O,D) — Serenity Group  
United Methodist Church, 627 Caroline St.
- 7:30 **Star Lake** (O,D) St. Hubert's Church, Parish Hall  
1046 Oswegatchie Trail Road  
(turn right at school, on the lake)
- 8:00 **Akwasasne** – Mohawk Council Group (O,D) (HCA)  
S.O.A.R. Bldg., 281 State Rte 37
- 8:00 **Canton** – FridayNight Group (O,Came to Believe)  
Unitarian Universalist Church, 3 1/2 E. Main St.
- 8:00 **Knapps Station** - Knapps Station Group (C,D)  
Community Church, 3035 County Rte 47

- 8:00 **Malone** – Friday Night Group (O,BB)  
Centenary Methodist Church, 345 W. Main St.
- 8:00 **Potsdam** – Responsibility Group (O,D)  
Presbyterian Church Center, 42 Elm St.  
(enter from Lawrence Ave.)
- 8:00 **Waddington** – Friday Night Group (O,D)  
Public Library, 30 Main St.

**SATURDAY**

- 10:00 **Akwasasne** – Sewakwatho Women's Meeting (W,D) (HCA) S.O.A.R. Bldg., 281 State Rte 37
- 10:00 **Ogdensburg** – Riverside Group (O,BB)  
Dobisky Community Center, 100 Riverside Ave.
- noon **Massena** – Noon Miracles Group (O,D)  
St. Mary's Church, 105 Cornell Ave.
- noon **Potsdam** – Nooners Group (O,D)  
Trinity Episcopal Ch., Fall Island, 8 Maple St.
- 7:30 **Potsdam** (O,Speaker Mtg.)  
Rehab Unit (building behind CP Hospital)  
20 Cottage St. (1/2 block west of Leroy St.)
- 8:00 **Canton** – Saturday Night Group (O,D)  
Unitarian Universalist Church, 3 1/2 E. Main St.
- 8:00 **Massena** – Saturday Night Group (O,D)  
St. Mary's Church, 105 Cornell Ave.

**Alcoholics Anonymous Meeting  
Codes**

- D** Discussion Meeting  
**BB** Big Book Study Meeting  
**12&12** 12 Steps & 12 Traditions Meeting  
**O** Open Meeting (anyone interested may attend)  
**C** Closed Meeting (only persons with a desire to stop drinking may attend.)  
**HCA** Handicapped Accessible  
ALL meetings listed here are **NON-SMOKING**

For information on wheelchair & other accessibility for meetings, to get directions to meetings, to report changes to the meeting list, or to talk to a member of Alcoholics Anonymous, you may contact us:

St. Lawrence County (except Massena) 315-268-0120  
Franklin County (and Massena) 518-481-4606

**DISTRICT SERVICE MEETINGS**

**District 42 General Service Meeting**

6:30 PM, 4th Wednesday of each month  
Unitarian-Universalist Church,  
3 1/2 E. Main St., Canton

**District 19 General Service Meeting**

6:30 PM, first Tuesday of each month  
“39 Serenity Place”, 59 1/2 Maple St., Massena