

# 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 all 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 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 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.

Reprinted with permission of AA World Services Inc.

# What is Alcoholics Anonymous?

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, organisation 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.

Reprinted with permission of The AA Grapevine Inc.

Alcoholics Anonymous can also be defined as an informal society of more than 2,000,000 recovered alcoholics throughout the world. These men and women meet in local groups, which range in size from a handful in some localities to many hundreds in larger communities.

Currently, women make up 35 percent of the total membership.

*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*

# Alcoholics Anonymous

## Bendigo District Meetings List

(03) 5435 3167

PO Box 121

Golden Square, 3555



®

The words "Alcoholics Anonymous" and the Logos in the text above are all registered Trade Marks of the General Service Board of Alcoholics Anonymous, Australia.

# Bendigo District Alcoholics Anonymous Contacts

## Male contacts

Julian - Castlemaine 5472 1570  
(Mobile) 0408 539 030  
Peter C 5443 1062  
Peter H 5446 1450  
Roger 5435 3736

---

---

## Female contacts

Sue 5470 5447  
Joanne 5447 1750  
Penelope 5447 1342  
(Mobile) 0402 266 353

---

---

## AA Websites

Bendigo District - [www.aabendigo.org.au](http://www.aabendigo.org.au)  
Southern Region - [www.aatimes.org.au](http://www.aatimes.org.au)  
AA Australia - [www.aa.org.au](http://www.aa.org.au)  
AA World Services - [www.aa.org](http://www.aa.org)

Printed February 2012

Note: Update meeting information by contacting the Penelope the Webmaster through the Bendigo District website or on the number above.

# Bendigo District AA Meetings

**SUNDAY** 11:00 am - 12:00pm  
42 Campbell St  
Castlemaine  
Brian - 5470 6724  
Julian's Mobile - 0408 539 030

**SUNDAY** 8:00 pm - 9:30pm  
RSL Hall  
Station Street (Behind KFC)  
Kangaroo Flat  
Roger - 5435 3736

**MONDAY** 8:00 pm- 9:30pm  
Steps Meeting- The Children's Room  
Salvation Army Centre  
61 - 75 Mundy Street,  
Bendigo  
Simon - 0410 242 686

**MONDAY** 7:00 pm- 8:30pm  
Inglewood Community Resource Centre  
33 Brookes St  
Inglewood  
Vic - 4403 0006

**TUESDAY** 7:00 pm- 8:00pm  
Themes Meeting  
Community Church of Christ Hall  
60 Havlin St West  
Quarry Hill

**WEDNESDAY** 12:00 pm- 1:30pm  
St Andrew's Uniting Church Hall  
24 Myers St  
Bendigo  
Lea - 0401 466 621

**THURSDAY** 8:00 pm- 9:00pm  
Beginners Meeting  
Community Church of Christ Hall  
60 Havlin St West  
Quarry Hill  
Jordan - 0434 933 277

**THURSDAY** 8:00 pm- 9:30pm  
Uniting Church Hall  
12 Lyttleton St  
Castlemaine  
Sue - 5470 5447

**FRIDAY** 8:00 pm- 9:30pm  
Doxa School (enter via gate  
rear of car park on right)  
118 - 120 Hargreaves St  
Bendigo  
Penelope - 5447 1342  
Smoke break half time

**SATURDAY** 6:00 pm- 7:30pm  
Our Place (Shop)  
30 High St  
Eaglehawk  
Nathan - 0407 450 188