

## The Recovery Program of Alcoholics Anonymous

The relative success of the A.A. program seems to be due to the fact that an alcoholic who no longer drinks has an exceptional faculty for "reaching" and helping an uncontrolled drinker.

In simplest form, the A.A. program operates when a recovered alcoholic passes along the story of his or her own problem drinking, describes the sobriety he or she has found in A.A., and invites the newcomer to join the informal Fellowship. The heart of the suggested program of personal recovery is contained in Twelve Steps describing the experience of the earliest members of the Society.

Newcomers are not required to accept or follow these Twelve Steps in their entirety if they feel unwilling or unable to do so. They will usually be asked to keep an open mind, to attend meetings at which recovered alcoholics describe their personal experiences in achieving sobriety, and to read A.A. literature describing and interpreting the A.A. program.

A.A. members will usually emphasize to newcomers that only problem drinkers themselves, individually, can determine whether or not they are in fact alcoholics.

At the same time, it will be pointed out that all available medical testimony indicates that alcoholism is a progressive illness, that it cannot be cured in the ordinary sense of the term, but that it can be arrested through total abstinence from alcohol in any form.



### OPEN MEETING LIST

**ALCOHOLICS ANONYMOUS  
OF ROCKLAND COUNTY**  
P.O. BOX 706  
WEST NYACK, NEW YORK 10994  
**(845) 352-1112**  
24 HOUR ANSWERING SERVICE  
[www.AA.org](http://www.AA.org)  
[www.rocklandnyaa.org](http://www.rocklandnyaa.org)

#### **WC- Access for Handicapped**

This OPEN MEETING LIST is intended for use by Educators, Court and Probation officials, Counselors and anyone in the public who suggest to an individual that they attend a meeting of Alcoholics Anonymous.

For further information, please visit our website or contact the Public Information Committee of Rockland County Intergroup of AA. They may be reached at our mailing address above or by email at: [pichair@rocklandnyaa.org](mailto:pichair@rocklandnyaa.org)

OPEN MEETINGS: As the term suggests, meetings of this type are open to alcoholics and their families and to anyone interested in solving a personal drinking problem or helping someone else to solve such a problem. During the meeting there is usually a period for local A.A. announcements, and a treasurer passes the hat to defray costs of the meeting hall, literature, and incidental expenses. The meeting adjourns, often followed by informal visiting over coffee or other light refreshments. Guests at A.A. open meetings are reminded that any opinions or interpretations they may hear are solely those of the speaker involved. All members are free to interpret the recovery program in their own terms, but none can speak for the local group or for A.A. as a whole.

**JULY 2013**

### MONDAY

- 6:30 PM CONKLIN PRIMARY PURPOSE  
Unitarian Reform, 130 Conklin Road  
Pomona (opp Exit 12 of PIP Northbound)
- 7:00 PM MONDAY MAPLE MEETING  
Episcopal Church, E. Maple Avenue, Suffern
- 7:00 PM NYACK GROUP  
WC  
Grace Episcopal Church, 130 First Avenue  
at N. Franklin Street, Nyack
- 7:00 PM ANY LENGTHS  
8:15 PM  
Elim Alliance Church, 40 Lake Road  
Valley Cottage (100 feet East of Route 303)
- 7:30 PM FOOTPRINTS  
WC  
St. Stephen's Church, Pearl River  
Ehrhardt Road & Pierce Pkwy.
- 7:30-9:30 PM FUENTE DE VIDA (Spanish) (2 HR MTNG)  
St. Joseph's Church  
245 Main Street, Spring Valley
- 7:30 PM NEW LIGHT GROUP  
Living Sober mtng  
Stony Point Presbyterian Church  
125 W. Main St. Stony Point  
(1/4 mile W of Rt. 9W)
- 8:00-10:00PM RENACER (Spanish) (2 HR MTNG)  
21 Ridge Street, Haverstraw (Escuela, St. Peters 2do. Piso)

### TUESDAY

- 7:30 AM SUNRISE GROUP. "LIVING SOBER"  
WC  
Pilgrim Baptist Church,  
80 N. Franklin St., Nyack
- 10:00 AM CONGERS LEGACY GROUP  
VFW Hall,  
65 Lake Rd., Congers
- 7:30-9:30 PM FUENTE DE VIDA (Spanish) (2 HR MTNG)  
St. Joseph's Church  
245 Main Street, Spring Valley

- 8:30 PM SUFFERN GROUP  
Living Waters Fellowship Church, Suffern  
81 Washington Avenue, at E. Maltbie

### WEDNESDAY

- 7:30 AM SUNRISE GROUP  
WC  
Pilgrim Baptist Church  
80 N. Franklin Street, Nyack
- 6:00 PM THRUWAY MEN'S GROUP  
WC  
New Hempstead Presbyterian Church  
484 New Hempstead Rd. at Rt. 45, New City
- 6:30 PM CONGERS BY THE BOOK  
First Presbyterian Church  
17 Highway Avenue, Congers
- 6:30 PM JUST FOR TODAY  
O  
Temple Beth Torah (Route 9W)  
330 N. Highland Avenue, Upper Nyack
- 6:45 PM POMONA GROUP  
formerly at Robert Yeager  
United Church of Spring Valley  
11 E. Church Street. Spring Valley
- 7:30-9:30 PM "DESPERTAR DE NUEVO" (Spanish)  
128 Orange Ave., Suffern (2 HR. MTNG)

### THURSDAY

- NOON FREEDOM OF CHOICE GROUP  
WC  
Grace Episcopal Church,  
130 First Ave at N. Franklin., Nyack
- 7:00 PM KEY TO SOBRIETY  
8:15 PM  
Clarkstown Reformed Church  
107 Strawtown Road, West Nyack
- 7:00 PM NYACK GROUP  
WC  
Grace Episcopal Church  
130 First Ave at N. Franklin., Nyack
- 7:30-9:30 PM "DESPERTAR DE NUEVO" (Spanish)  
128 Orange Ave., Suffern (2 HR. MTNG)
- 7:30-9:30 PM FUENTE DE VIDA (Spanish)  
St. Joseph's Church (2 HR MTNG)  
245 Main Street, Spring Valley

7:30 PM THRUWAY MEN'S GROUP  
WC New Hempstead Presbyterian Church  
484 New Hempstead Rd. at Rt.45,  
New City

**FRIDAY**

6:30 PM CONGERS LEGACY GROUP  
WC VFW Hall, 65 Lake Road, Congers

6:45 PM POMONA GROUP-  
formerly at Robert Yeager  
8:00 PM United Church of Spring Valley  
11 E. Church Street. Spring Valley

7:30- "DESPERTAR DE NUEVO" (Spanish)  
9:30 PM 128 Orange Ave., Suffern (2 HR. MTNG)

7:30 PM SLOATSBURG GROUP  
United Methodist Church, (Rte. 17)  
93 Orange Turnpike, Sloatsburg

8:00 PM AIRMONT ROAD BIG BOOK  
Christ Lutheran Church  
Airmont & Church Roads, Suffern

**SATURDAY**

7:30 AM EARLY BURDS  
First Reformed Church  
18 South Broadway, Nyack

10:00 AM ALUMNI GROUP  
Rockland Psychiatric Center  
Building 57, Orangeburg

6:00 PM FELLOWSHIP ROAD GROUP  
***NEW LOCATION TBD***  
***PLEASE REFER TO***  
***[WWW.ROCKLANDNYAA.ORG](http://WWW.ROCKLANDNYAA.ORG)***  
***ONLINE MEETING LIST***

7:30 PM FRINDS BY THE FIRE  
60 Leber Rd, Blauvelt  
(Off Western Highway)

6:30 PM GRAPEVINE GROUP  
WC St. Paul's School, Valley Cottage  
Kings Highway & Gilcrest Road,  
Rear building

8:00 PM STONY POINT -TOMKINS COVE  
Stony Point Presbyterian Church  
125 W. Main St, Stony Point  
(1/4 mile W. of Rt. 9W)

8:00 pm WEST NYACK GROUP  
St. Anthony's RC Church  
36 West Nyack Road,  
Nanuet (downstairs in old stone church)

8:30 PM SUFFERN GROUP  
Living Waters Fellowship Church, Suffern  
81 Washington Avenue, at E. Maltbie

**SUNDAY**

10:15 PM SOS GROUP  
***NEW LOCATION TBD***  
***PLEASE REFER TO***  
***[WWW.ROCKLANDNYAA.ORG](http://WWW.ROCKLANDNYAA.ORG)***  
***ONLINE MEETING LIST***

2:30 PM BIG BOOK GROUP  
St. Anthony's RC Church  
36 West Nyack Road, Nanuet  
(downstairs in old stone church)

5:00 PM GRAPEVINE GROUP  
WC St. Paul's School, Valley Cottage  
Kings Hwy & Gilcrest Road  
(except the First Sunday of the month)

7:30 PM NEW LIGHT GROUP  
Stony Point Presbyterian Church  
125 W. Main St. Stony Point  
(1/4 mile W. of Rt. 9W)

8:00 PM PEARL RIVER GROUP  
Good Shepherd Lutheran Church  
112 N. Main Street (Hunt Ave), Pearl River

*"How It Works"*

"Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it — then you are ready to take certain steps.

At some of these we balked. We thought could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol — cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power — that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

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.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventure before and after make clear three pertinent ideas:

a) That we were alcoholic and could not manage our own lives.

b) That probably no human power could have relieved our alcoholism.

c) That God could and would if He were sought.

*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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