

## The Twelve 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.

## Promises of Alcoholics Anonymous

From pages 83-84 of the Big Book ,  
“Alcoholics Anonymous” following Step 9

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them

### Contact Numbers

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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.

[www.texasdistrict5.com](http://www.texasdistrict5.com)

### 24 Hour Hotlines

Belton/Temple	254-770-4629
Copperas Cove	254-813-3313
Gatesville	254-865-2640
Harker Heights	254-690-5439
Killeen	254-634-5959

Group	Address	Sun	Mon	Tue	Wed	Thur	Fri	Sat
5th & Calhoun Group	First Christian Church 5th & Calhoun - Temple				8:00 PM – O/D/NS			
Attitude Adjustment Group	902 S. Main St. - Temple		6:30 AM – O/D/NS	6:30 AM – O/D/NS	6:30 AM – O/D/NS	6:30 AM – O/D/NS	6:30 AM – O/D/NS	
Belton Group	St. Luke's Church 2103 N. Beal St. - Belton	8:00 PM – O/D/NS 1 <sup>st</sup> BD/E/NS 7:00 PM – 3 <sup>rd</sup> SP/NS						
Brown Bag Group	902 S. Main St. - Temple		12:15 PM – O/D/NS	12:15 PM – O/BB/NS	12:15 PM – O/D/NS	12:15 PM – O/D/NS 1 <sup>st</sup> SP/NS	12:15 PM – O/SS/NS	12:15 PM O/D/NS
Copperas Cove Group 254-813-3313	Fairview Community Church 1202 Veterans Ave. Copperas Cove	8:00 PM – C/SS/T	8:00 PM – O/D	8:00 PM – O/D	8:00 – NC/O/D 2 <sup>nd</sup> O/SP	8:00 PM – C/BB	8:00 PM – O/D 4 <sup>th</sup> O/BD	8:00 PM – O/D
Continuous Action Group 254-690-5439	St. Paul's Church FM 2410 Harker Heights	7:00 PM – 1 <sup>st</sup> & 3 <sup>rd</sup> BB 2 <sup>nd</sup> & 4th 12x12 C/NS				7:00 PM – C/D/NS		
Delta Group 254-634-5959	1404 N. 2nd St. Killeen	11:00 AM – C/HP/NS 8:00 PM – C/D/NS	12:00 PM – O/D/NS 8:00 – O/GV/NS	12:00 PM – C/D/NS 8:00 PM – C/BB/NS	12:00 PM – O/D/NS 8:00 PM – O/NC/NS	12:00 PM – C/D/NS 8:00 PM – C/SS/T/NS	12:00 PM – O/D/NS 8:00 PM – O/D/NS	10:00 AM – C/M/D 12:00 PM – O/D/NS 8:00 PM – O/D/NS
Fellowship of the Spirit Group	First United Methodist Church 208 W. Avenue I Nolanville							10:00 AM – W/NS 1 <sup>st</sup> 12x12/SS 2nd T 3 <sup>rd</sup> BB 4th O/D 5 <sup>th</sup> E/SP
Hilltop Group	St. Martin's Church 1602 S. FM 116 Copperas Cove						6:30 PM 11 Step Mtg Use North Door	12:00 PM – O/D
Just In Time Group	United Methodist Church 208 W. Cardinal Lane Harker Heights						6:00 PM – O/D	
Live & Let Live Meeting	St. Christopher's Episcopal 2800 S. Trimmer Rd. - Killeen				7:00 PM – C/D/NS			
Nolanville Group	First United Methodist Church 208 W. Avenue I Nolanville							7:00 PM – O/D/NS
Reality Group	Old Bank Bldg on Main St. Troy	9:30 AM – O/D/NS	8:00 PM – O/D/NS					
Renaissance Group	United Methodist Church 302 E. Curry - Florence							6:00 PM – O/D Last Sat - O/BD/SP
Serenity Group	902 S. Main St. - Temple	10:00 AM – O/D/S 12:15 PM – W/O/NS 5:30 PM – O/D/NS	5:30 PM – O/D/NS	5:30 PM – O/D/NS	5:30 PM – GV/NS	5:30 PM – C/BB/NS	5:30 PM – O/D/NS	10:00 AM - 12x12/NS 5:30 PM – O/D/NS
Simply AA Group 254-499-1915 or 254-248-1615	New Life Church 4012 East Highway 84 Gatesville		7:00 PM - C/D/NS				7:00 PM - O/D/NS Last Fri – O/BD/SP	
Spiritual Fitness Center Meeting	Spiritual Fitness Center Battalion & 31st Street Bldg 12012 - Fort Hood		6:00 PM – O/D/NS					
Tem-Bel Group 254-770-4629	902 S. Main St. - Temple	8:00 PM – O/D/S	8:00 PM – O/D/NC/S	8:00 PM – C/BB/S	8:00 PM – C/GV/S	8:00 PM – C/DR/S	8:00 PM - 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> O/D/S 4 <sup>th</sup> O/BD/S	8:00 PM – O/D/S 3 <sup>rd</sup> O/SP/S
STC 1 Meeting	Scott & White Hospital 2401 S. 31st St. – Temple		7:00 PM O/D/NS/DET			7:00 PM O/D/NS/DET		
Stillhouse Group	The Treehouse 3804 Riverside Trail Temple						8:00 PM - O/D/NS/TF 3 <sup>rd</sup> SP/TF	7:00 PM – C/D/NS/TF
V.A. Hospital Domiciliary Meeting – (Veterans Only)	V.A. Hospital Domiciliary 1901 South 1st Street Temple					7:00 PM C/BB/NS/VET		7:00 PM C/D/NS/VET

Updated June 20, 2010

BB=Big Book, BD=Birthday, C=Closed, D=Discussion, DET=Detox Facility, DR=Daily Reflections, E=Eating, GV=Grapevine, HP=Higher Power, M=Men's, MTF=Men's Treatment Facility, NC=Newcomers, NS=Non-Smoking, O=Open, S=Smoking, SP=Speaker, SS=Step Study, T=Traditions, TF=Treatment Facility, W=Women's, WTF=Women's Treatment Facility, 12x12=Twelve and Twelve, VET=Veterans with V.A. Identification Only