

# Meeting Types

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12x12	12 Steps & 12 Traditions
A	Secular
B	Big Book
BE	Newcomer
C	Closed
D	Discussion
EN	English
FF	Fragrance Free
FR	French
M	Men
MED	Meditation
O	Open
SEN	Seniors
SP	Speaker
ST	Step Study
TR	Tradition Study
W	Women
X	Wheelchair Access
XB	Wheelchair-Accessible Bathroom

# Sunday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
9 am	<b>St. Andrews 12 x 12 Group</b> St. Andrews Fire Hall, 5205 ON-138 St Andrews West	C, D, X
10 am	<b>Hope in Recovery</b> Hometown Grill-private room at the back, 1525 Bank St Ottawa: Alta Vista	C, D, X
10 am	<b>Hand in Hand</b> Overbrook Community Centre, 33 Quill St Ottawa: Overbrook	EN, O, SP, X
10 am	<b>Share and Care</b> Royal Canadian Legion, 4026 Old Richmond Rd Ottawa: Bells Corners	O, SP, X
10 am	<b>Fraternité</b> Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill	FR, O, SP, X
10 am	<b>Sunday Morning Study Group</b> The Salvation Army Community Services, 2 Oxford St W Kemptville	D, O
11 am	<b>Sunday Morning Group</b> Cornwall Legion, 415 Second St W Cornwall	O, SP, X
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7 pm	<b>Spirit of Hope</b> First Baptist Church, 140 Laurier Ave W Ottawa: Downtown	C, D
7 pm	<b>Big Book Study Group</b> South Mountain United Church, 10535 Main St South Mountain	D, O
7 pm	<b>Serenity Big Book Study Group</b> St. Johns Anglican Church, 20 High St Morrisburg	B, C, D
7 pm	<b>Merivale Group</b> St. Marks Anglican Church, 1606 Fisher Ave Ottawa	C, D, X
7 pm	<b>Sunday Night Grapevine</b> Trinity Church, 105 Second St W Cornwall	O, X
7 pm	<b>Living Sober with Serenity</b> Vanier Community Church, 155 Carillon St Ottawa: Vanier	C, D
7:15 pm	<b>We Can Recover</b> St. Pauls Anglican Church, 20 Young Rd Ottawa: Kanata	B, C, D, X
7:30 pm	<b>Kinburn Big Book</b> Kinburn Community Centre, 3045 Kinburn Side Rd Ottawa: Kinburn	C, D, X
7:30 pm	<b>Serenity Group</b> Trinity St. Andrews Church, 291 Plaunt St S Renfrew	C, D, X
8 pm	<b>Sunday Night 12 Step Meeting</b> All Saints Church, 347 Richmond Rd Ottawa: Westboro	C, D, X

8 pm	<b>Sunday Night Big Book Study Group</b> Bob MacQuarrie Recreation Complex, 1490 Youville Dr Ottawa: Orleans	C, D, X
8 pm	<b>First Avenue to Recovery</b> St. Giles Church, 181 First Ave Ottawa: Glebe	C, D
8 pm	<b>Richmond 11th Step</b> St. John the Baptist Church, 67 Fowler St Ottawa: Richmond	B, D, O, X

## Monday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
10 am	<b>Morning Glory</b> Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe	B, C, D, X
Noon	<b>Monday-Friday Lunch Bunch</b> Bronson Centre, 211 Bronson Ave Ottawa: Downtown	B, C, D, X
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
Noon	<b>The Nooners Group</b> Wesleyan Church, 780 Sydney St Cornwall	D, O, X
Noon	<b>Lunch with Bill</b> Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro	C, D, X
12:30 pm	<b>The H.O.P.E. Group</b> Trinity United Church, 1099 Maitland Ave Ottawa	C, D
1 pm	<b>Womens Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, W, X
6 pm	<b>Carry the Message</b> McNabb Community Centre, 180 Percy St Ottawa: Centretown	O, SP, X
6 pm	<b>AA on Campus</b> Minto Building Room C211, 801 King Edward Ave Ottawa: Sandy Hill	C, D
7 pm	<b>Crossroads</b> Bells Corners United Church, 3955 Old Richmond Rd Ottawa: Bells Corners	C, D, X
7 pm	<b>Long Sault Meeting</b> Christ Church Seaway, 3 Mille Roches Rd Long Sault	C, D
7 pm	<b>Unity Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	<b>East End Group</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D, X
7 pm	<b>Shawville Group</b> St. Pauls Anglican Church, 530 Rue Main Shawville	O, SP
7:30 pm	<b>Pinecrest</b> Our Lady of Fatima Church, 153 Woodroffe Ave Ottawa: Woodroffe	O, SP

7:30 pm	<b>Experience, Strength and Hope</b> Parkway Church, 7275 Parkway Rd Greely	D, O, SP
7:30 pm	<b>Orléans</b> Paroisse Sainte-Marie d-Orléans, 4831 Innes Rd Ottawa: Orleans	C, FR, X
7:30 pm	<b>Williamstown Group</b> SD&G Library, 19641 County Rd 19 Williamstown	D, EN, O, X, XB
7:30 pm	<b>Aylmer Triple A</b> St. Andrews Presbyterian Church, 1 Chem. Eardley Gatineau: Aylmer	C, D
7:30 pm	<b>Russell Goodwill</b> St. Marys Anglican Church, 139 Castor St Russell	B, C, D, ST
7:30 pm	<b>Keep it Simple Group</b> Trinity St. Andrews Church, 291 Plaunt St S Renfrew	O, SP, X
8 pm	<b>5th Tradition of Cornwall Meeting</b> Knights of Columbus, 205 Amelia St Cornwall	
8 pm	<b>Bancroft New Hope Group</b> Our Lady of Mercy Catholic Church, 196 Bridge St W Bancroft	D, O, SP
8 pm	<b>Where it all Begins</b> Redeemer Alliance Church, 4825 Innes Rd Ottawa: Orleans	C, D, SP
8 pm	<b>Oasis</b> Rideau Park United Church, 2203 Alta Vista Dr Ottawa: Alta Vista	BE, EN, O, SP, X
8 pm	<b>Prescott-South Grenville</b> St. Andrews Presbyterian Church, 425 Centre St Prescott	C, D, X
8 pm	<b>Gold Bond Group</b> St. James the Less Catholic Church, 78 Wellington St Eganville	O, SP
8 pm	<b>Step By Step</b> St. Stephens Church, 579 Parkdale Ave Ottawa	C, D, X

## Tuesday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
Noon	<b>Monday-Friday Lunch Bunch</b> Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	<b>12 &amp; 12 @ 12</b> Julian of Norwich Anglican Church, 9 Rossland Ave Ottawa: Nepean	C, D, X
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
12:15 pm	<b>The Podium/Hill Group</b> St. Andrews Church, 82 Kent St Ottawa: Downtown	C, D
5:15 pm	<b>Tuesday Happy Hour</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D, X, XB

6 pm	<b>Sisters of Sobriety</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, FF, W
7 pm	<b>Unity Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	<b>Wakefield AA Awakenings</b> Eglise La Pêche, 889 Chem. Riverside Wakefield	C, D, X
7 pm	<b>Men's Group</b> First Baptist Church, 310 York St Cornwall	O, SP, X
7 pm	<b>Secular Sobriety Group</b> Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill	A, C, D, X
7 pm	<b>Paudash Serenity Group</b> St. Marks United Church, 173 Paudash Lake Rd Bancroft: Paudash	C, D, X
7 pm	<b>Triangle Group</b> Trinity Church, 105 Second St W Cornwall	O, SP
7 pm	<b>Winchester</b> Winchester United Church, 519 St Lawrence St Winchester	O, SP
7:30 pm	<b>Beachburg New Freedom Group</b> Beachburg Lions Hall, 7 Hannah St	C, D
7:30 pm	<b>Hull Liberty</b> Eglise Evangélique Source de Vie, 20 Rue Hanson Gatineau: Hull	12x12, D, O
7:30 pm	<b>B-United</b> Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg	C, D, X
7:30 pm	<b>Tuesday/Friday</b> Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown	O, SP, X
7:30 pm	<b>White Lake Group</b> St. Andrews United Church, 3 Burnstown Rd White Lake	C, D
7:30 pm	<b>Attitude of Gratitude Womens Group</b> St. Giles Church, 181 First Ave Ottawa: Glebe	C, D, W, X
8 pm	<b>Barrhaven Tuesday Night Group</b> Barrhaven United Church, 3013 Jockvale Rd Ottawa: Barrhaven	C, D, X
8 pm	<b>Freedom</b> Kitchissippi United Church, 630 Island Park Dr Ottawa	O, SP, X
8 pm	<b>Beacon Hill</b> St. Gabriel Church, 55 Appleford St Ottawa: Beacon Hill	C, D, X
8 pm	<b>Heritage</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, X
8 pm	<b>Stittsville Second Chance</b> St. Thomas Anglican Church, 1619 Stittsville Main St Ottawa: Stittsville	C, D
8:10 pm	<b>Stepping Ahead</b> Roy G. Hobbs Community Centre, 109 Larch Crescent Ottawa: Orleans	C, D

## Wednesday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
10 am	<b>Morning Glory</b> Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe	C, D, X
Noon	<b>Monday-Friday Lunch Bunch</b> Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	<b>As Bill Sees It Meeting</b> First Baptist Church, 279 Alicia St Arnprior	C, D
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
Noon	<b>Wednesday Noon Glebe</b> Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South	C, D, X
Noon	<b>Lunch Bunch</b> Trinity St. Andrews Church, 291 Plaunt St S Renfrew	D, O, X
Noon	<b>Lunch with Bill</b> Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro	C, D, X
12:30 pm	<b>The H.O.P.E. Group</b> Trinity United Church, 1099 Maitland Ave Ottawa	C, D
7 pm	<b>Sunshine Group</b> First Baptist Church, 310 York St Cornwall	O, X
7 pm	<b>Search for Serenity Orleans</b> Grace Presbyterian Church, 1220 Old 10 Line Rd Ottawa: Orleans	C, D, X
7 pm	<b>Co-founders Newcomer Meeting</b> Kanata Community Christian Reformed Church, 46 Castlefrank Rd Ottawa: Kanata	BE, C, D, X
7 pm	<b>Big Book Study</b> Killaloe Seniors Friendship Club, 12 Lake St Eganville	B, D, SEN, X
7 pm	<b>East End</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7:15 pm	<b>Namaste Meditation Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	MED, O, X
7:30 pm	<b>Women in Step</b> City View United Church, 6 Epworth Ave Ottawa: Nepean	C, D, TR, W
7:30 pm	<b>Beginners</b> Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown	C, D, X
8 pm	<b>Harbour Group</b> Bethel St. Andrews United Church, 184 Jack Lougheed Wy Ottawa: Fitzroy Harbour	C, D, X
8 pm	<b>Joy of Living</b> Christ Church Aylmer, 101 Rue Symmes Gatineau: Aylmer	O, SP

8 pm	<b>Hintonburg Group</b> Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg	D, O, SP, X
8 pm	<b>Renaissance</b> Overbrook Community Centre, 33 Quill St Ottawa: Overbrook	FR, O, SP, X
8 pm	<b>Whitney East Gate Group</b> Seniors Centre, 9 Third Ave Whitney	D, O, X
8 pm	<b>Ottawa South</b> Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South	C, D
8 pm	<b>Osgoode Step</b> St. Brigid Church, 2015 River Rd Ottawa: Osgoode	C, D, ST, X
8 pm	<b>Steps &amp; Traditions Group</b> St. John Chrysostom Church, 295 Albert St Arnprior	C, D, X
8 pm	<b>12 and 12</b> St. Marys Church, 31 Meikle St Morrisburg	C, D
8 pm	<b>Kemptville Gratitude Group</b> St. Paul's Presbyterian Church, 319 Prescott St Kemptville	C, D, ST, X
8 pm	<b>Ottawa Mens Group</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D, M
8 pm	<b>Rockland Hometown Group</b> St. Trinity Catholic Church, 2178 Laurier St Rockland	C, D, ST, X
8 pm	<b>Renfrew Group</b> Trinity St. Andrews Church, 291 Plaunt St S Renfrew	C, D, X
8:30 pm	<b>Trinity Group</b> Trinity United Church, 1099 Maitland Ave Ottawa	C, D

## Thursday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
Noon	<b>Monday-Friday Lunch Bunch</b> Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
5:15 pm	<b>Thursday Happy Hour</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D, X, XB
7 pm	<b>Easy Does It Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	<b>Beyond Belief Secular Group</b> Hintonburg Community Centre, 1064 Wellington St. W Ottawa: Hintonburg	A, C, D
7 pm	<b>Hilltop Slippers</b> Knox Church, 29 High St	BE, O, X, XB

7 pm	<b>Morrisburg Gratitude</b> Lakeshore United Church, 19 Lakeshore Dr Morrisburg	O, SP
7:30 pm	<b>West End</b> Britannia United Church, 985 Pinecrest Rd Ottawa: Nepean	D, FF, O, SP, X, XB
7:30 pm	<b>Gleaning the Big Book</b> City View United Church, 6 Epworth Ave Ottawa: Nepean	B, C, D
7:30 pm	<b>Turning Point Group</b> First Baptist Church, 279 Alicia St Arnprior	O, SP
7:30 pm	<b>12 Steps to Serenity</b> Rideau Park United Church, 2203 Alta Vista Dr Ottawa: Alta Vista	D, O, ST, X
7:30 pm	<b>The Steps on Bank</b> St Giles Church, 729 Bank St Ottawa	12x12, B, C, X
7:30 pm	<b>The Prescott Grenville Group</b> St. Andrews Presbyterian Church, 425 Centre St Prescott	C, D, ST
8 pm	<b>Way of Life Group</b> Grace United Church, 27 Main St Cobden	O, SP
8 pm	<b>Metcalfe Last Chance</b> Holy Trinity Anglican Church, 8140 Victoria St Ottawa: Metcalfe	O, SP, X
8 pm	<b>Maynooth Group</b> Maynooth United Church, 105 Church St Maynooth	O, SP, ST
8 pm	<b>From the Heart</b> McNabb Community Centre, 180 Percy St Ottawa: Centretown	12x12, B, D, X
8 pm	<b>Carp Fellowship Group</b> Old Carp Memorial Hall, 434 Donald B. Munro Dr Ottawa: Carp	O, SP, X
8 pm	<b>Recovery on the Hill</b> Parkwood Presbyterian Church, 10 Chesterton Dr Ottawa	O, SP
8 pm	<b>Orleans Hub</b> Roy G. Hobbs Community Centre, 109 Larch Crescent Ottawa: Orleans	O, SP
8 pm	<b>Laurier-Sandy Hill</b> St. Josephs Parish, 151 Laurier Ave. E Ottawa: Sandy Hill	D, O
8 pm	<b>Seaway International</b> Trinity Church, 105 Second St W Cornwall	C, X

## Friday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
8 am	<b>Unity Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
10 am	<b>Morning Glory</b> Woodroffe United Church, 207 Woodroffe Ave Ottawa: Woodroffe	B, C, D, X



Noon	<b>Monday-Friday Lunch Bunch</b> Bronson Centre, 211 Bronson Ave Ottawa: Downtown	C, D, X
Noon	<b>Orleans Noon</b> Orleans United Church, 1111 Orléans Blvd Ottawa: Orleans	C, D, X
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
Noon	<b>The Nooners Group</b> Wesleyan Church, 780 Sydney St Cornwall	D, O, X
Noon	<b>Lunch with Bill</b> Westminster Presbyterian Church, 470 Roosevelt Ave Ottawa: Westboro	C, D, X
12:30 pm	<b>The H.O.P.E. Group</b> Trinity United Church, 1099 Maitland Ave Ottawa	C, D
7 pm	<b>Step Sisters</b> All Saints Church, 347 Richmond Rd Ottawa: Westboro	C, D, W, X
7 pm	<b>Bells Corners Big Book Discussion</b> Christ Church Bells Corners, 3861 Old Richmond Rd Ottawa: Bells Corners	B, C, D
7 pm	<b>Friday Night Chelsea Big Book Meeting</b> Mary Magdalene Church, 537 Rte 105 Chelsea	C, D
7 pm	<b>East End</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
7 pm	<b>Conscious Contact - 11th Step Meditation</b> Southminster United Church, 15 Aylmer Ave Ottawa: Old Ottawa South	MED, O, X
7:30 pm	<b>Tuesday/Friday</b> Jack Purcell Community Centre, 320 Jack Purcell Ln Ottawa: Centretown	C, D, X
7:30 pm	<b>By the Book</b> St. Basils Church, 940 Rex Ave Ottawa: Nepean	B, O, SP
7:30 pm	<b>Woodlawn</b> St. Thomas Anglican Church, 3794 Woodkilton Rd Ottawa: Woodlawn	C, D
7:30 pm	<b>Barrys Bay Group</b> The Church of the Epiphany, 32 Inglis St Barrys Bay	O, SP
8 pm	<b>Douglas Group</b> Barr Line Community Centre, 1766 Barr Line Douglas	O, SP, X
8 pm	<b>5th Tradition of Cornwall Meeting</b> Knights of Columbus, 205 Amelia St Cornwall	
8 pm	<b>Manotick Gratitude</b> Knox Presbyterian Church, 5533 Dickinson St Ottawa: Manotick	O, SP
8 pm	<b>Riverview Group</b> Riverview Presbyterian Church, 22 Church Ave Iroquois	C, D, X
8 pm	<b>Kemptville Friday</b> St. Paul's Presbyterian Church, 319 Prescott St Kemptville	12x12, C, D, ST, X

## Saturday

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7:30 am	<b>New Day Meeting</b> St. Pauls Presbyterian Church, 971 Woodroffe Ave Ottawa: Woodroffe	C, D
8 am	<b>Unity Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
8 am	<b>Freebirds</b> Queenswood Heights Community Centre, 1485 Duford Dr Ottawa: Orleans	C, D, X
8 am	<b>Vanier Early Birds</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D, EN, X
9 am	<b>Westboro Big Book Study - Joe and Charlie</b> All Saints Church, 347 Richmond Rd Ottawa: Westboro	C, D, X
9 am	<b>Serenity at Sunrise</b> Fringewood Community Centre, Fringewood Park and Community Centre Ottawa: Stittsville	B, C, D
9:30 am	<b>Saturday Morning Big Book</b> St. Stephens Church, 579 Parkdale Ave Ottawa	C, D, X
10:30 am	<b>Seaway International</b> Trinity Church, 105 Second St W Cornwall	O, X
11 am	<b>Saturday Westboro Speaker Meeting</b> All Saints Church, 347 Richmond Rd Ottawa: Westboro	SP
11 am	<b>The Morrisburg Big Book Study Group</b> Morrisburg Presbyterian Church, 10 First St Morrisburg	B, C, D, X
11 am	<b>Friendly</b> St. Giles Church, 181 First Ave Ottawa: Glebe	O, SP
Noon	<b>Vanier Happy Nooners</b> Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave Ottawa	C, D
1 pm	<b>Centennial</b> St. Giles Church, 181 First Ave Ottawa: Glebe	C, D
3 pm	<b>Men's AA Newcomers Group</b> St. Giles Church, 181 First Ave Ottawa: Glebe	BE, C, D, M, ST
7 pm	<b>Fourth Dimension</b> Cornerstone Wesleyan Church, 6556 Prince of Wales Dr Ottawa: North Gower	B, D, O
7 pm	<b>Easy Does It Group</b> East Gate Alliance Church, 550 Codd's Rd Ottawa	C, D, X
7 pm	<b>Serenity Group</b> First Baptist Church, 310 York St Cornwall	O, SP, X
7 pm	<b>Saturday Night Group</b> St. John Chrysostom Church, 295 Albert St Arnprior	D, O, X
7 pm	<b>Jamais Seul</b> Trinity Church, 105 Second St W Cornwall	EN, FR, O, SP, XB

8 pm	<b>Fellowship</b> Parkdale United Church, 429 Parkdale Ave Ottawa: Hintonburg	O, SP
8 pm	<b>Russell Saturday Night</b> Russell United Church, 38 Mill St Russell	B, C, D
8 pm	<b>Je suis responsable</b> Sandy Hill Community Centre, 250 Rue Somerset St E Ottawa: Sandy Hill	FR, O, SP, X
10 pm	<b>The Labyrinth Young Peoples Group</b> McPhail Memorial Baptist Church, 249 Bronson Ave Ottawa: Centretown West	C, D