**Daily** (as noted)
- **Ithaca 7:00 am (M-Sat) Discussion**
  Early Bird Special, ICR Ctr., 518 W. Seneca St.
- **Cortland 9:00 am (M-Sat) Discussion**
  Cortland Morning Group, Grace Episcopal Church, Court St., Cortland
- **Ithaca 9:00 am (M-Su) Discussion**
  Daily Ithaca Group, ICR Ctr., 518 W. Seneca St. (2nd Sat-Speaker) (Sunday-Open mtg)
- **Cortland 12-noon (M-F) Discussion**
  Cortland Noon Group, Presbyterian Church, 29 Church Street, Cortland
- **Owego 12-noon (M-F) Discussion**
  Presbyterian Church, Corner of Temple St. & North Ave.
- **Ithaca 12:00-noon (M-Sat) Discussion**
  Brown Baggers, ICR Ctr., 518 W. Seneca St. (M: Big Book W: Step, F: Speaker, Last Fri-Open Medallion Mtg)
- **Ithaca 4:30 pm (M-Sat) Literature**
  One Day at a Time, 518 W. Seneca St. (Basement)
- **Ithaca 5:30 pm (M-Su) Discussion** (Thurs-Step)
  Attitude Adjustment Hour, ICR Ctr., 518 W. Seneca St.

**Monday** (as noted)
- **Spencer 6:00 pm**
  Better Than Yesterday Group, Presbyterian Church, 75 Main St.
- **Groton 7:00 pm Discussion**
  Groton Valley Serenity Group, Groton Community Church, 204 E. Cortland St.
- **Watkins Glen 7:00 pm 12 and 12**
  Watkins Glen Group, St. Mary’s Ctr., 10th St.
- **Brooktondale 7:00 pm Discussion**
  Monday Night Discussion, Brooktondale Community Center, 522-526 Valley Rd.
- **McGraw 7:00 pm Discussion**
  McGraw Last Call Group, United Methodist Church, 22 E. Main St., McGraw. (Basement)
- **Ithaca 8:00 pm Big Book**
  Monday Night Big Book Group, St Luke’s Lutheran Church, 109 Oak Ave.
- **Owego 8:00 pm Discussion**
  St. Paul’s Episcopal Church, 117 Main St.
- **Ithaca 8:00 pm, TC3 Room**
  T-burg Cayuga Group, Presbyterian Church, 210 N. Cayuga St. (Enter from Buffalo St. lot)
- **Ithaca 8:00 pm Discussion**
  St. Margaret’s Church, Copeland Ave.
- **Owego 8:00 pm Discussion**
  St. Margaret’s Church, Copeland Ave.

**Wednesday** (as noted Daily)
- **Ithaca 12:15 pm**
  Campus Meeting Group, Cornell Univ, 314 Anabel Taylor Hall (except university holidays)
- **Ithaca 1:15 pm**
  Double Winners: AA with Al-Anon topics, ICR Ctr., 518 W. Seneca St.
- **Cortland 5:00 pm Combined AA/NA**
  TC3 Room 215L
- **Groton 7:00 pm Step & Tradition**
  Groton Valley Serenity Group, Groton Community Church, 204 E. Cortland St.
- **Danby 7:00 pm Step & Tradition**
  Danby 12&12 Mtg., Danby Federated Church Annex, 1859 Danby Rd. (Rt. 96B)
- **Cortland 7:00 pm Discussion**
  Hillside Hope Group, United Methodist Church, 30 Homer Ave. (corner of Maple), Cortland. (basement)
- **Watkins Glen 7:00 pm Big Book**
  Watkins Glen Group, St. Mary’s Ctr., 10th St.
- **Ithaca 8:00 pm Beginners**
  Wednesday Night Beginners Group, St. John’s Episcopal Church, 210 N. Cayuga St. (Enter from Buffalo St. lot)
- **Lisle 8:00 pm Discussion**
  Whitney Point Group, Lisle Associated Church
- **Owego 8:00 pm Discussion**
  Keep it Simple Group, Methodist Church, 261 Main St.

**Thursday** (as noted Daily)
- **Trumansburg 8:00 pm Discussion**
  T-burg Cayuga Group, Presbyterian Church, 204 E. Cortland St.
- **T-burg Cayuga Group**
  T-burg Cayuga Group, Presbyterian Church, 210 N. Cayuga St. (Enter from Buffalo St. lot)
- **Ithaca 12:15 pm Discussion**
  Campus Meeting Group, Cornell Univ, 314 Anabel Taylor Hall (except university holidays)
- **Homer 7:00 pm Beginners**
  St. Margaret’s Church, Copeland Ave.
- **Ithaca 7:30 pm Lit/Discussion**
  How It Works, ICR Ctr., 518 W. Seneca St.
- **Reynoldsville 7:30 pm Discussion**
  Thinking Out Loud Mtg., Reynoldsville Methodist Church, 5178 NY 227, Burdett NY 14818
- **Ithaca 8:00 pm Discussion**
  Any Lengths Group, Varna Community Ctr., Rt. 366
- **Ithaca 8:00 pm Discussion**
  Cayuga Freethinkers Group, 306 N. Aurora St
- **Ithaca 8:00 pm Discussion**
  St. Paul’s Episcopal Church, 117 Main St.
- **Ithaca 9:00 pm Beginners/Discussion**
  Young People’s Mtg. ICR Ctr., 518 W. Seneca St.

**Friday** (as noted Daily)
- **Ithaca 9:00 am Discussion**
  Non-Compliant Meeting, Kendal at Ithaca
  2230 N. Triphammer Rd., Conf. Rm. B
- **Dryden/TC3 3:00 pm Discussion**
  TC3 Meeting, 284 Campus Center (academic schedule)
- **Cortland 6:30 pm Beginners**
  Serenity Circle Group, Cortland Regional Medical Ctr, Homer Ave, Cortland
- **Dryden 7:00 pm Beginners**
  Dryden 12 Steppers Group, Methodist Church, corner of Routes 13 & 38
- **Ithaca 7:00 pm Discussion**
  Friday Night Women’s Group, ICR Ctr., 518 W. Seneca St.
- **Watkins Glen 7:00 pm Discussion**
  Watkins Glen Group, St. Mary’s Ctr., 10th St.
- **Cortland 7:30 pm Speaker**
  Serenity Circle Group, Cortland Regional Medical Ctr., Homer Ave, Cortland
- **Ithaca 8:00 pm Discussion**
  Any Lengths Group, Varna Community Ctr., Rt. 366
- **Mecklenburg 8:00 pm Big Book**
  The Way Out Group, Methodist Church, Turnpike Rd.
- **Mecklenburg 8:00 pm Big Book**
  Friday Night Men’s Group, Unitarian Parish House, 306 N. Aurora St.
SATURDAY (see also Daily)
© Ithaca 9:10 am Literature Discussion History Lights the Way, St. Catherine of Siena Church, Parish Hall, left parking lot 302 St. Catherine Circle (off Hanshaw Rd)
© Watkins Glen 9:30 am Discussion Watkins Glen Group, St. Mary’s Ctr., 10th St.
© Ithaca 1:15pm Double Winners: AA with Al-Anon topics, ICR Ctr., 518 W. Seneca St.
© Groton 7:00 pm Discussion Groton Valley Serenity Group, Groton Community Church, 204 E. Cortland St. (3rd Saturday- Speaker mtg)
© Owego 7:00pm Beginners Keep the Plug in the Jug Group, 1st Union Presbyterian Church, 111 Temple St (First Sat-12 & 12, Last Sat-speaker )
© Cortland 7:30 pm Discussion United Presbyterian Church, Church St.
© Ithaca 8:00 pm Discussion Saturday Night Live, ICR Ctr., 518 W. Seneca St. (2nd Sat- Medallion, 4th Sat-speaker)
© Trumansburg 8:00 pm Discussion T-burg Cayuga Group, Presbyterian Church, 69 Main St.

SUNDAY (see also Daily)
© Cortland 9:00 am Discussion New Beginnings Group, Susquehanna Railroad Station, 94 Central Ave.
© Ithaca 11:00 am Discussion Women’s One Day at a Time, ICR Ctr., 518 W. Seneca St.
© Lansing 11:00 am Discussion L.A. Group, Lansing Community Center, Rt. 34 (Last Sun –open mtg)
© Owego 6:00 pm Discussion Sunday Night Group, St. Paul’s Episcopal, 117 Main St.
© Harford 7:00 pm Discussion Dryden 12 Steppers Loose Caboose Meeting, 367 Route 38
© Cortland 7:00 pm Discussion Cortland Morning Group, Presbyterian Church, 25 Church St., Cortland
© Trumansburg 7:00 p.m. Speaker Taughannock Group, Trumansburg Methodist Church, Corner of Main and South Streets next to library
© Watkins Glen 7:00 pm Discussion Watkins Glen Group, St. Mary’s Ctr., 10th St.
© Ithaca 7:00 pm Discussion Cayuga Freethinkers Group, 306 N. Aurora St
© Ithaca 8:00 pm Step Sunday 12 & 12, ICR Ctr., 518 W. Seneca St.
© Moravia 8:00 pm Discussion Moravia Group, St. Matthew’s Church, Church St.

MONTHLY (Presbyterian Church, Fireside Room, 315 N. Cayuga St., Ithaca. Enter on Court St.)
© Ithaca Intergroup Meeting 1st Tuesday 7:00 pm, Email: ithacaintergroup@aacny.org
© Public Information Committee Meeting 2nd Tuesday 6:45 pm, Email: ithacapi@aacny.org
© Institutions Committee Meeting Last Tuesday 7:00 pm
Email: ithacainstitutions@aacny.org
© Area Assembly - Area 47 2nd Sunday
http://aacny.org/wordpress/area-assembly-location
© District 0670/0680 Meeting 1st Wednesday, 7pm 518 W. Seneca St, Ithaca

Phone Numbers:

Alcoholics Anonymous
Meeting List
Ithaca, NY and surrounding areas
Last updated: March 2020
Ithaca Intergroup
PO Box 43, Ithaca, NY 14851
For information call:
Ithaca 607-273-1541
Cortland 607-753-1344
Tioga/Owego 800-307-4285
Try the Meeting Guide app!

© Open Meeting, All are welcome.
© Closed Meeting, AAs & Problem Drinkers only.
© Wheel chair accessible.

ICR: Ithaca Community Recovery,
518 W. Seneca St. Ithaca NY 14580
All meetings are non-smoking.

AA Preamble
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 AA membership; we are self-supporting through our own contributions. AA 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.

Copyright by the AA Grapevine, Inc.; Reprinted by permission
New York AA meetings: http://ny-aa.org
Central NY AA meetings:
http://aacny.org/wordpress/meeting-schedules/
Send changes to: Meetings14850@gmail.com