



**SUNDAY.....**

**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
Beach Bums (SUMMER ONLY)  
East end of High Street (on the beach)

**OSH-KITTERY** 8:00-9:00 a.m.  
Sunday Morning Daybreak  
Lions Club Route One  
117 State Road, Kittery Maine

**CWDH-EXETER** 9:00-10:15 a.m.  
Womens Sunday Serenity  
Exeter Hospital  
New Building Conference Room #4  
5 Alumni Drive, Exeter

**OSD-PORTSMOUTH** 11:00-12:00 a.m.  
Open Arms Group  
Community Campus, Rear of Bldg.  
100 Campus Dr., Portsmouth

**OSDH-EXETER** 2:00-3:00 p.m.  
Keep it Simple Group  
Senior Citizen's Center  
30 Court Street

**OSDH-KITTERY POINT** 4:30-5:30 p.m.  
Seaside Group  
First Congregational Church  
23 Pepperrell Road

**OSTDGH-NEWCASTLE** 5:30-6:30 p.m.  
Stepping Over the Rainbow  
Congregational Church  
65 Main Street

**OSSTD-PORTSMOUTH** 6:00-7:00 p.m.  
Conscious Contact Group (step 11)  
State Street Church  
634 State Street

**OSH-KITTERY** 7:30-8:30 p.m.  
Dry Dock 29  
Lions Club, Route One  
117 State Road

**OBBH-HAMPTON** 7:30-8:45 p.m.  
Bring Your Big Book Group  
United Methodist Church  
525 Lafayette Road, Route 1

**MONDAY.....**

**OSTH-EXETER** 6:45-7:45 a.m.  
New Hope  
Christ Church  
43 Pine Street

**OBBH-PORTSMOUTH** 7:00-8:00 a.m.  
Good Morning Portsmouth  
Unitarian Church  
292 State Street

**CSTH-HAMPTON** 7:00-8:00 a.m.  
Working the Steps  
United Methodist Church  
525 Lafayette Road, Route 1

**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
Beach Bums (SUMMER ONLY)  
East end of High Street (on the beach)

**ODH-KITTERY** 7:30-8:30 a.m.  
"What's Good About Today" Group  
Kittery Lion's Club,  
117 State Road

**CWST-HAMPTON** 10:00-11:30 a.m.

Women In Sobriety  
United Methodist Church  
525 Lafayette Road

**OS-PORTSMOUTH** 10:00-11:00 a.m.

Early Birds  
St. Catherine's Church  
845 Woodbury Avenue

**OSDH-PORTSMOUTH** 12:00-1:00 p.m.

Monday through Friday  
Hi-Nooners  
Salvation Army Building  
15 Middle Street

**OSD-EXETER** 12:00-1:00 p.m.

It Works  
Congregational Church of Exeter  
21 Front Street

**SDH-HAMPTON** 3:00-4:00 p.m.

Monday at Three Group  
United Methodist Church  
525 Lafayette Road, Route 1

**OWST-PORTSMOUTH** 5:30-6:30 p.m.

Ladies Step Meeting  
Karnan House  
206 Court Street

**OBBH-HAMPTON** 6:30-7:30 p.m.

Hampton Big Book Group  
United Methodist Church  
525 Lafayette Road, Route 1

**CDH-Kittery** 7:00-8:00 p.m.

Mens Meeting  
Lions Club  
117 State Road - Route 1

**OSDH-PORTSMOUTH** 7:30-8:30 p.m.

Back to Basics  
State Street Church  
634 State St.

**OSH-RYE** 7:30-8:30 p.m.

Rye Recovery  
St. Theresa's Church  
815 Central Road

**CSD-EXETER** 6:30-7:30 p.m.

Exeter Beginners Group  
Harris House, Christ Church  
43 Pine Street

**OS-EXETER** 8:00-9:00 p.m.

Exeter Monday Night  
Harris House, Christ Church  
43 Pine Street

**TUESDAY.....**

**ODH-EXETER** 6:45-7:45 a.m.

New Hope  
Christ Church  
43 Pine Street

**ODH-HAMPTON** 7:00-8:00 a.m.

Hampton Beginners Group  
United Methodist Church  
525 Lafayette Road, Route 1

**OPS-KITTERY** 7:00-8:00 a.m.

New Beginnings for Women  
Frisbee Commons, Route 236

**OSDH-PORTSMOUTH** 7:00-8:00 a.m.

Good Morning Portsmouth  
Unitarian Church  
292 State Street

**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
 Beach Bums (SUMMER ONLY)  
 East end of High Street (on the beach)  
**ODH-KITTERY** 7:30-8:30 a.m.  
 "What's Good About Today" Group  
 Kittery Lion's Club,  
 117 State Road  
**OSTH-HAMPTON** 10:00-11:30 a.m.  
 Stepping Stones  
 United Methodist Church  
 525 Lafayette Road, Route 1  
**OSDH-PORTSMOUTH** 12:00-1:00 p.m.  
 Monday through Friday  
 Hi-Nooners  
 Salvation Army Building  
 15 Middle Street  
**ODH-EXETER** 12:00-1:00 p.m.  
 Grapefully Sober Group  
 Congregational Church  
 21 Front Street  
**OSD-SEABROOK** 6:00-7:00 p.m.  
 Help for Today  
 Church of Christ  
 850 Lafayette Road (Route 1)  
**OST-T-PORTSMOUTH** 7:00-8:00 p.m.  
 "One Step at a Time" Group  
 St. Catherine's Church  
 845 Woodbury Avenue  
**OSDH-PORTSMOUTH** 7:00-8:30 p.m.  
 Tuesday Night Young People's  
 St. John's Church  
 101 Chapel Street  
**OSDBBSTH-STRATHAM** 7:00-8:30 p.m.  
 Tuesday Stratham Big Book Step Study  
 Stratham Community Church  
 10 Emery Lane  
**CDH-HAMPTON** 7:15-8:45 p.m.  
 Mens Bare Facts and Brass Tacks  
 Trinity Episcopal Church  
 200 High Street  
**OSDH-PORTSMOUTH** 7:30-8:30 p.m.  
 Fresh Start  
 Community Campus  
 100 Campus Drive  
**CWSTH-HAMPTON** 7:30-9:00 p.m.  
 Women's Positive Step  
 First Congregational Church  
 127 Winnacunnet Road  
 (back door on right)

**WEDNESDAY**.....

**OSTH-EXETER** 6:45-7:45 a.m.  
 New Hope  
 Christ Church  
 43 Pine Street  
**OTDH-PORTSMOUTH** 7:00-8:00 a.m.  
 Good Morning Portsmouth  
 Unitarian Church  
 292 State Street  
**OBBDH-HAMPTON** 7:00-8:00 a.m.  
 Big Book Discussion  
 United Methodist Church  
 525 Lafayette Road, Route 1  
**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
 Beach Bums (SUMMER ONLY)  
 East end of High Street (on the beach)

**ODH-KITTERY** 7:30-8:30 a.m.  
 "What's Good About Today" Group  
 Kittery Lion's Club  
 117 State Road  
**CST-PORTSMOUTH** 10:00-11:30 a.m.  
 BYOB 12 & 12.  
 St. Catherine's Church  
 845 Woodbury Avenue  
**OSDH-PORTSMOUTH** 12:00-1:00 p.m.  
 Monday through Friday  
 Hi-Nooners  
 Salvation Army Building  
 15 Middle Street  
**OSD-EXETER** 1:30-2:30 p.m.  
 Garden Variety Group  
 Christ Church - 43 Pine Street  
 Ground Floor - Room #17  
**OSDH-HAMPTON** 12:00-1:00 p.m.  
 The Lunch Bunch  
 United Methodist Church  
 525 Lafayette Road, Route 1  
**OBH-KITTERY** 7:00-8:00 p.m.  
 There is a Solution Group  
 St. Rafael's Church  
 6 Whipple Road  
**OSDH-PORTSMOUTH** 7:00-8:00 p.m.  
 The Meeting at Crossroads  
 600 Lafayette Road  
**OST-STRATHAM** 7:00-8:30 p.m.  
 Stratham Steppers  
 10 Emery Lane  
 Stratham Community Church  
**OSDH-PORTSMOUTH** 7:00-8:00 p.m.  
 Higher Power Group  
 Crossroads  
 600 Lafayette Road  
**OS-PORTSMOUTH** 7:30-8:30 p.m.  
 Portsmouth Reborn  
 St. Catherine's Church  
 845 Woodbury Ave.

**THURSDAY**.....

**ODH-EXETER** 6:45-7:45 a.m.  
 New Hope  
 Christ Church  
 43 Pine Street  
**ODH-HAMPTON** 7:00-8:00 a.m.  
 Hampton Beginners Group  
 United Methodist Church  
 525 Lafayette Road, Route 1  
**ODS-KITTERY** 7:00-8:00 a.m.  
 New Beginnings for Women  
 Frisbee Commons, Route 236  
**OSDH-PORTSMOUTH** 7:00-8:00 a.m.  
 Good Morning Portsmouth  
 Unitarian Church  
 292 State Street  
**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
 Beach Bums (SUMMER ONLY)  
 East end of High Street (on the beach)  
**ODH-KITTERY** 7:30-8:30 a.m.  
 "What's Good About Today" Group  
 Kittery Lion's Club  
 Route One, Kittery, Maine

**OSD-PORTSMOUTH** 10:00-11:00 a.m.  
 Eye Opener  
 St. Catherine's Church  
 845 Woodbury Avenue

**ODH-HAMPTON** 10:00-11:00 a.m.  
 Pass It On Group  
 United Methodist Church  
 525 Lafayette Road

**OSDH-PORTSMOUTH** 12:00-1:00 p.m.  
 Monday through Friday  
 Hi-Nooners  
 Salvation Army Building  
 15 Middle Street

**BB-EXETER** 7:00-8:30 p.m.  
 Exeter Big Book  
 Unitarian Church  
 12 Elm Street

**OSD-PORTSMOUTH** 7:30-8:30 p.m.  
 Living in the Solution  
 United Methodist Church  
 129 Miller Avenue

**SDH-NEWCASTLE** 7:30-8:30 p.m.  
 40+ Group  
 Congregational Church  
 65 Main Street

**OSDH-HAMPTON** 8:00-9:15 p.m.  
 Help Yourself  
 United Methodist Church  
 525 Lafayette Road, Route 1

**FRIDAY** .....

**ODH-EXETER** 6:45-7:45 a.m.  
 New Hope  
 Christ Church  
 43 Pine Street

**OSTH-T-PORTSMOUTH** 7:00-8:00 a.m.  
 Good Morning Portsmouth  
 Unitarian Church  
 292 State Street

**OD-HAMPTON** 7:00-8:00 a.m.  
 Eye Openers  
 United Methodist Church  
 525 Lafayette Road, Route 1

**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
 Beach Bums (SUMMER ONLY)  
 East end of High Street (on the beach)

**ODH-KITTERY** 7:30-8:30 a.m.  
 "What's Good About Today" Group  
 Kittery Lion's Club  
 117 State Road

**OSDH-NO. HAMPTON** 10:00-11:00 a.m.  
 Kitchen Table  
 United Church of Christ  
 295 Atlantic Ave.

**OSDH-PORTSMOUTH** 12:00-1:00 p.m.  
 Monday through Friday  
 Hi-Nooners  
 Salvation Army Building  
 15 Middle Street

**ODH-PORTSMOUTH** 5:30-6:30 p.m.  
 Happy Hour Group  
 Unitarian Church  
 292 State Street

**OSDH-PORTSMOUTH** 7:30-8:30 p.m.  
 Wing Ding-Community Campus  
 100 Campus Drive, Rear of Bldg.

**CDH-EXETER** 7:30-9:00 p.m.  
 "As Bill Sees It"  
 Senior Citizen's Building  
 30 Court Street (Route 108)

**ODG-PORTSMOUTH** 7:30-9:00 p.m.  
 Gays Together in Sobriety  
 North Church Parish House  
 335 Spinney Road

**ODH-NEWINGTON** 8:00-9:30 p.m.  
 Pease Big Box  
 Holy Trinity Lutheran Church  
 22 Fox Run Road

**ODH-HAMPTON** 8:00-9:15 p.m.  
 Rock and Rye  
 United Methodist Church  
 525 Lafayette Road, Route 1

**OSH-PORTSMOUTH** 8:00-9:00 p.m.  
 Faith Group  
 United Methodist Church  
 129 Miller Avenue

**SATURDAY** .....

**OD-HAMPTON (Daily)** 7:30-8:30 a.m.  
 Beach Bums (SUMMER ONLY)  
 East end of High Street (on the beach)

**CST-RYE** 8:00-9:00 a.m.  
 3-7-11 Group  
 Rye Congregational  
 580 Washington Road

**OSD-EXETER** 8:00-9:15 a.m.  
 Be Happy  
 Unitarian Church  
 (Rear Hall) 12 Elm Street

**OSH-KITTERY** 9:00-10:00 a.m.  
 Kittery Original  
 St. Raphael's Church  
 6 Whipple Road

**OSDBBH-NEWINGTON** 9:00-10:30 a.m.  
 Saturday Morning Big Book Step Study  
 Holy Trinity Lutheran Church  
 22 Fox Run Road

**OSDH-HAMPTON FALLS** 10:00-11:00 a.m.  
 Just For Today  
 First Baptist Church  
 3 Lincoln Ave  
 (Routes. 1 & 88)

**OSDH-PORTSMOUTH** 2:00-3:00 p.m.  
 Afternoon Delight Group  
 United Methodist Church  
 129 Miller Avenue

**OSDH Bg-PORTSMOUTH** 7:30-8:30 p.m.  
 Portsmouth Original Group  
 St. John's Church  
 101 Chapel Street

**OSDH-EXETER** 7:15-8:30 p.m.  
 Exeter Saturday Serenity  
 Senior Citizen's Building  
 Route 108, 30 Court Street

**GROUP SECRETARIES:**  
 Send any group amendments or meeting  
 changes to [webmaster@seacoastAA.org](mailto:webmaster@seacoastAA.org)