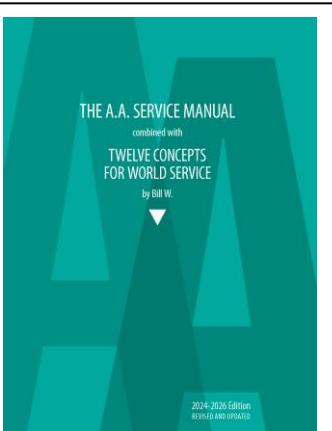


# Spring 2026 CONTRA Study

March 5, 2026 through June 11, 2026

Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

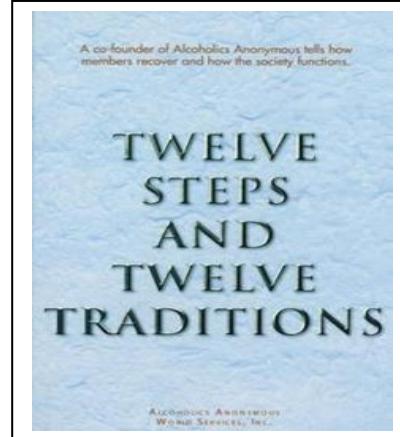
Moderated by Trusted Servants from  
the Northeast Region of Alcoholics Anonymous



**Zoom Meeting ID: 847 4641 4040**  
**Passcode: 330331**

Dial-in number for phone callers: +1 (301) 715-8592

We invite all A.A. members to this virtual study of the  
**CONcepts, TRAditions & The A.A. Service Manual.**  
**No Registration Fees!**



Mar 5, 2026 – Registration & Orientation

Mar 12, 2026 – Traditions 1, 2 & 3

Mar 19, 2026 – Traditions 4, 5 & 6

Mar 26, 2026 – Traditions 7, 8 & 9

Apr 2, 2026 – Traditions 10, 11 & 12

Apr 9, 2026 – Service Manual, pp. I-VIII, 1-6, 89-108

Apr 16, 2026 – Svc Man Ch 1 2 3 & pp 109-18, 166-69

Apr 23, 2026 – Svc Man, Chapters 4 5 6 & pp 171-7

Apr 30, 2026 – Svc Man, Chaps 7 8 9 & pp 176-180

May 7, 2026 – Svc Man Ch 10 11 12 & pp 161-5, 170

May 14, 2026 – Service Manual, pp. 119-159

May 21, 2026 – Concepts pp I-VII, C1-C2, Con 1, 2, 3

May 28, 2026 – Concepts 4, 5 & 6

Jun 4, 2026 – Concepts 7, 8 & 9

Jun 11, 2026 – Concepts 10,11 & 12

## Traditions Checklist

AA GRAPEVINE

[www.agrapevine.org](http://www.agrapevine.org)

These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to January 1970. The questions were originally intended as suggestions for individual use, many AA groups have since used them as a basis for weekly discussion.

### Tradition One

Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a hearing, meeting, imaging person, or am I deafened? What about going and taking other members' inventories?
2. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
5. Do I put down some AA activities if I were expected for me to participate in the or other aspect of AA?
6. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
7. Am I a condescending AA member as I went to be of use?
8. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
9. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
10. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?

### Tradition Two

In our group's purpose there is but one ultimate authority – a living God as He may express His will to our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
2. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
3. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
4. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
5. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
6. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
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10. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?

### Tradition Three

The only comment for AA membership is a desire to stop drinking.

1. Is my mind, do I judge some one as members are?
2. Is there some kind of alcoholism when I drink or work in my AA group?
3. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
4. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
5. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
6. Do I let my group's welfare come before my own? Do I let my group's welfare come before my own?
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## CONTRA Study Materials (provided via email following registration):

*Twelve Steps and Twelve Traditions*, B-2 (free participant download at [www.aa.org](http://www.aa.org))

*The A.A. Service Manual combined with The Twelve Concepts for World Service*, BM-31, 2024-2026 edition

*AA Grapevine Traditions Checklist*, July 2018 revision

*Spring 2026 Contra Study Service Manual Questions*

*A.A.W.S. Concepts Checklist*, SMF-91, 08/18 edition

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Trusted Servants from  
the Northeast Region

For more information, contact:  
[2026contrastudy@gmail.com](mailto:2026contrastudy@gmail.com)