

Alcoholics Anonymous, Southeast Anglia

Meeting List

Monday

Barton Mills Progress Not Perfection Monday

St Mary's Church, (trailer building next to the church) Barton Mills
Time: 19.00 - duration 1hr
Postcode: IP28 6AP [Get directions](#)

Felixstowe A Common Solution Monday

United Reformed Church, 47 Orwell Rd (side entrance), Tomline Rd
Time: 19.00 - duration 1hr 15mins
Postcode: IP11 7NZ [Get directions](#)

Felixstowe Step Discussion Monday

United Reformed Church, 47 Orwell Rd (side entrance), Tomline Rd
Time: 20.30 - duration 1hr 15mins
Postcode: IP11 7NZ [Get directions](#)

Frinton Big Book Monday

Number 4 Youth Centre, Connaught Ave
Time: 19.30 - duration 1hr 30mins
Postcode: CO13 9PW [Get directions](#)

Ipswich Big Book Monday Closed on Bank Holidays

Museum St Methodist Church, Black Horse Lane entrance
Time: 19.15 - duration 1hr 15mins
Postcode: IP12 2EF [Get directions](#)

Ipswich Lunchtime Monday

Oak Rm (upstairs) St Margaret's Church Centre, Bolton Ln
Time: 12.30 - duration 1hr 30mins
Postcode: IP4 2BT [Get directions](#)

Leiston Monday

United Reform Methodist Church, High St
Time: 19.30 - duration 1hr
Postcode: IP16 4EL [Get directions](#)

Woodbridge Just For Today Monday

Methodist Church, St Johns Street
Time: 12.30 - duration 1hr
Postcode: IP12 1ED [Get directions](#)

Tuesday

Woodbridge Morning Step & Meditation Tuesday

St John's Methodist Church, St John's St
Time: 08.00 - duration 1hr
Postcode: IP12 1ED [Get directions](#)

Stowmarket Big Book Tuesday

Sunshine Room, Stowmarket Community Centre, Hillside
Time: 19.00 - duration 1hr 30mins
Postcode: IP14 2BD [Get directions](#)

Lavenham Lunchtime Tuesday

Lavenham Village Hall, Church St
Time: 12.15 - duration 1hr 15mins
Postcode: CO10 9QT [Get directions](#)

Ipswich One Step at a Time Home Group Tuesday

St Thomas the Apostle Church, Bramford Ln
Time: 19.30 - duration 1hr
Postcode: IP1 5BS [Get directions](#)

Ipswich Bolton Lane Tuesday

Oak Rm (upstairs) St Margaret's Church Centre, Bolton Ln
Time: 12.30 - duration 1hr 30mins
Postcode: IP4 2BT [Get directions](#)

Ipswich Bentley Tuesday

Bentley Village Hall, Chapel Rd
Time: 20.00 - duration 1hr
Postcode: IP9 2DW [Get directions](#)

Felixstowe Tuesday

Christ Church, Grange Farm Ave
Time: 19.00 - duration 1hr 15mins
Postcode: IP11 2XD [Get directions](#)

Clacton Tuesday

St James Church, 56 Tower Rd
Time: 20.00 - duration 1hr 30mins
Postcode: CO15 1LE [Get directions](#)

Bury St Edmunds Big Book Tuesday

Christ Church, Symonds Rd, Moreton Hall Estate
Time: 19.30 - duration 1hr 30mins
Postcode: IP32 7EW [Get directions](#)

Stronger Together Women's Woodbridge

Methodist church, little St Johns Street, Woodbridge
Time: 18.30 - duration 1hr
Postcode: IP12 4LP

Wednesday

Felixstowe Wednesday

Trinity Methodist Church, Hamilton Rd (side entrance in Orwell Rd)
Time: 12.30 - duration 1hr 15mins
Postcode: IP11 7AN [Get directions](#)

Ipswich Wednesday Morning Wednesday

<https://us06web.zoom.us/j/85695672536>
Time: 09:00 - duration 1hr 15mins

Ipswich Wednesday

St John's United Reformed Church, 1 Cowper St
Time: 19.30 - duration 1hr 30mins
Postcode: IP4 5JD [Get directions](#)

Ipswich Bolton Lane Wednesday

Oak Rm (upstairs) St Margaret's Church Centre, Bolton Lane
Time: 12.30 - duration 1hr 30mins
Postcode: IP4 2BT [Get directions](#)

Woodbridge As Bill Sees It Wednesday

Methodist Church, St John's St
Time: 19.30 - duration 1hr
Postcode: IP12 1ED [Get directions](#)

Brightlingsea Big Book meeting Wednesday

The Parish hall, Victoria Place
Time: 17.30 - duration 1hr 30mins
Postcode: CO70BP [Get directions](#)

Bury St Edmunds Lunchtime meeting Wednesday

The Thomas Clarkson Centre, Hospital Rd, Bury Saint Edmunds
Time: 12.00 - duration 1hr
Postcode: IP33 3JT

Tendring Traditions meeting Wednesday

Tendring Village Hall, Tendring, Clacton on Sea
Time: 19.30 - duration 1hr 30mins
Postcode: CO16 0BG

Thursday

Bury St Edmunds Thursday

Trinity Methodist Church, Brentgovel St
Time: 19.30 - duration 1hr 30mins
Postcode: IP33 1EB [Get directions](#)

Framlingham Two Thousand Thursday

Unitarian Meeting House, 15 Bridge St
Time: 19.30 - duration 1hr 30mins
Postcode: IP13 9AJ [Get directions](#)

Frinton-On-Sea Thursday

Frinton Parish Church, Old Rd
Time: 20.00 - duration 1hr
Postcode: CO13 9BX [Get directions](#)

Harwich & Dovercourt Thursday

Our Lady Queen of Heaven RC Church Hall, 129 Fronks Rd
Time: 20.00 - duration 1hr 30mins
Postcode: CO12 4EF [Get directions](#)

Ipswich Lunchtime Share Thursday

Oak Rm (upstairs) St Margaret's Church Centre, Bolton Lane
Time: 12.30 - duration 1hr 30mins
Postcode: IP4 2BT [Get directions](#)

Southwold Thursday

Stella Peskett Millennium Hall, Might's Rd
Time: 20.00
Postcode: IP18 6BE [Get directions](#)

Stowmarket Primary Purpose Thursday Not running 25 12 2025 & 1 1 2026

Sunshine Room, Stowmarket Community Centre, Hillside
Time: 19.00 - duration 1hr 30mins
Postcode: IP14 2BD [Get directions](#)

Ipswich Przystan Polish Speaking Thursday

Castle hill Community Centre, 76 Highfield Rd
Time: 19.00 - duration 1hr [Get directions](#)

Woodbridge Big Book Thursday

Methodist Church, St John Street
Time: 12.30 - duration 1hr
Postcode: IP12 1ED [Get directions](#)

Alcoholics Anonymous, Southeast Anglia

Meeting List

Ipswich Big Book Thursday

Museum St Methodist Church, Black Horse Lane entrance
Time: 19.15 - duration 1hr 15mins
Postcode: IP1 2EF

[Get directions](#)

Friday

Woodbridge Friday

Methodist Church, St John St
Time: 19.30 - duration 1hr
Postcode: IP12 1ED

[Get directions](#)

Ipswich Morning Meeting Online Friday

<https://zoom.us/j/99461823328>
Time: 09.00

Felixstowe Feelings Meeting Friday Not Running 26 12 2025 only

Trinity Church, Hamilton Rd
Time: 13.15 - duration 1hr
Postcode: IP11 7AN

[Get directions](#)

Ipswich Bolton Lane Topic Friday

Oak Rm (upstairs) St Margaret's Church Centre, 22 Bolton Lane
Time: 12.30 - duration 1hr 30mins
Postcode: IP4 2BT

[Get directions](#)

Hadleigh Friday

The Seminar Room, Hadleigh Library, 29 High St
Time: 20.00 - duration 1hr 30mins
Postcode: IP7 5AG

[Get directions](#)

Frinton-On-Sea Friday

Frinton Parish Church, Old Rd
Time: 20.00 - duration 1hr 30mins
Postcode: CO13 9BX

[Get directions](#)

Bury St Edmunds As Bill Sees It Friday Not Running 26 12 2025 only

The Library, 2B St Andrews St North
Time: 13.00 - duration 1hr
Postcode: IP33 1TZ

[Get directions](#)

Ipswich Share Meeting Friday

St Thomas the Apostle Church, Bramford Ln
Time: 19.30 - duration 1hr 30mins
Postcode: IP1 5BS

[Get directions](#)

Garden of Eden Meeting Online Friday

<https://us06web.zoom.us/j/89148230238>
Time: 19.30

Snape Friday

Snape village hall, 5 Garrett Close, Snape
Time: 19.30 - duration 1hr
Postcode: IP17 1RN

[Get directions](#)

Saturday

Bury St Edmunds Step Saturday

Seventh Day Adventist Church, Fornham Rd
Time: 18.00 - duration 1hr 30mins
Postcode: IP32 6AH

[Get directions](#)

Felixstowe Saturday

Christ Church, Grange Farm Avenue
Time: 19.00 - duration 1hr 30mins
Postcode: IP11 2XD

[Get directions](#)

Ipswich Feelings Saturday

Quaker Meeting House, Fonnereau Rd
Time: 19.00 - duration 1hr
Postcode: IP1 3JH

[Get directions](#)

Ipswich Just for Today Lunchtime Saturday

Oak Rm (upstairs) St Margaret's Church Centre, Bolton Ln
Time: 12.30 - duration 1hr 30mins
Postcode: IP4 2BT

[Get directions](#)

Woodbridge Meditation Saturday

St John's Methodist Church, St John's St
Time: 09.00 - duration 1hr
Postcode: IP12 1ED

[Get directions](#)

Lawford Saturday

Venture Centre, Bromley Road
Time: 19.00 - duration 1hr
Postcode: CO11 2JE

[Get directions](#)

Sunday

Woodbridge Sunday

Methodist Church, St John's St
Time: 19.30 - duration 1hr 30mins
Postcode: IP12 1ED

[Get directions](#)

Sudbury Morning Freedom Sunday

The Christopher Centre, 10 Gainsborough St
Time: 11.00 - duration 1hr 30mins
Postcode: CO10 2EU

[Get directions](#)

Ipswich Living Sober Sunday Not Running 21 12 2025 only

Greenfinch Church, Greenfinch Ave
Time: 19.00 - duration 1hr 30mins
Postcode: IP2 0SQ

[Get directions](#)

Ipswich Hope & Solution Share Online Sunday

Zoom meeting ID: 96544850059
<https://us04web.zoom.us/j/8850783639>
Time: 08.30 - duration 1hr 30mins

Halesworth Living Sober Sunday Not Running 02 11 2025 only

Rifle Hall, 47 London Rd
Time: 17.00 - duration 1hr
Postcode: IP19 8LR

[Get directions](#)

Dovercourt Big Book Sunday

Harwich Arts and Heritage Centre, Main Rd
Time: 19.00 - duration 1hr
Postcode: CO12 4AJ

[Get directions](#)

Bury St Edmunds We Are Not Saints Sunday

Wilcrofts Cafe, 13 Brentgoval St
Time: 08.30 - duration 1hr
Postcode: IP33 1EB

[Get Directions](#)

Bury St Edmunds Daily Reflections Online Sunday

Zoom ID: 8850783639 Link: <https://us04web.zoom.us/j/8850783639>
Time: 08.30 - duration 1hr

Brightlingsea Share Sunday

The Parish hall, Victoria Place
Time: 10.30 - duration 1hr
Postcode: CO70BP

[Get directions](#)

Helpline: 01473212224 (24 hours)

Meeting Guide

- ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking.
- Open (O) AA Meetings are open to ALL who may or may not have an alcoholic problem.
- Online meetings are those which meet through electronic media, not in a physical place.
- "Chit" system is available at Felixstowe meetings on Wednesday 12:30 and Thursday evening.

Please see in **red** meeting changes for the Christmas schedule