

Online AA From Buffalo â?? Men Who Trudge

Description

Trudge the Road of Happy Destiny

Formed in Buffalo, NY Men Who Trudge is a daily online menâ??s meeting of A.A. (Alcoholics Anonymous). We meet Monday â?? Saturday at 7:30 a.m. Eastern time and Sunday at 10:00 a.m. Eastern time. All men with a desire to stop drinking are welcome to attend.

[Join Us On Zoom!](#)

[Questions? Contact us at secretary@menwhotrudge.org]

MWT Schedule

Monday

Daily Reflections â?? 7:30 a.m.

Tuesday

As Bill Sees It â?? 7:30 a.m.

Wednesday

Group Meditation â?? 7:30 a.m.

Thursday

Step of the Month â?? 7:30 a.m.

Friday

Big Book Study â?? 7:30 a.m.

Saturday

Open Discussion 7:30 a.m.

Sunday

Speaker Meeting 10:00 A.M.

Business Meeting

October 11, 2026, 9:00 a.m. ET

[Join MWT](#)

Email us to get started

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[Download Schedule](#)

What is Alcoholics Anonymous?

Alcoholics Anonymous is a fellowship of people 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 A.A. membership; we are self-supporting through our own contributions. A.A. 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.

[AA Resources](#)

Sunday Speaker Spotlight

In support of our primary purpose, every Sunday, the Men Who Trudge group of Alcoholics Anonymous gathers to hear a story of transformation—an honest account of what it was like, what happened, and what life is like today. This week's speaker brings a message rooted in deep personal experience,

strength gained through the 12 Steps, and the enduring hope found in sobriety.

The meeting is launched from Buffalo, NY, at 10:00 a.m. in the Eastern time zone. Please account for the time zone where you live.

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[All Speakers](#)

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Daily Ponderables

Daily Ponderables: a fresh dose of encouragement and inspiration each day to uplift your spirit 365 days a year, guiding your thoughts toward hope and clarity, and helping you navigate life's challenges with wisdom, gratitude, and a renewed sense of purpose.

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