MEN WHO TRUDGE

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Prayer List

We hold the following people in our prayers. This list is updated regularly.

We Are Praying For

Updated November 2026

- Adam
- Alex
- Anna
- The Berndt family
- Bobby
- Brad
- Clifford
- Dan M
- Gretchen
- Jared
- Katie
- Katherine
- Kent H
- Loretta
- Marie
- Marty
- Megan
- Narendra
- Paul
- Reg
- Sinead
- Stephen T
- Steven Z
- Sue
- Tessa
- Tiffany
- Tim

And all the sick and suffering alcoholics inside and outside the rooms of A.A.

To add someone to the prayer list, mention it in the meeting or email buffalosobermenszoom@gmail.com

Men Who Trudge is an independent A.A. meeting and is not affiliated with or endorsed by Alcoholics Anonymous World Services, Inc.