

Lexington Area ACA Meetings

(Updated May 2026)

SUNDAY

7:30am - 8:30am

Bright and Early Meeting

(Zoom Only)

An open discussion meeting that reads from

[Strengthening My Recovery.](#)

All are welcome!

MONDAY

7:30am - 8:30am

Bright and Early Meeting

(Zoom Only)

An open discussion meeting that reads from

[Strengthening My Recovery.](#)

All are welcome!

6:00pm - 7:15pm

A New Hope Meeting

(Zoom Only)

An open discussion meeting that reads from

[A New Hope: ACA Beginner's Handbook.](#)

All are welcome, whether you are a newcomer
to ACA or a seasoned fellow traveler!

TUESDAY

7:30am - 8:30am

Bright and Early Meeting

(Zoom Only)

An open discussion meeting that reads from

[Strengthening My Recovery.](#)

All are welcome!

6:00pm - 7:00pm

Loving Parent Guidebook Study Meeting

*(Zoom & In Person at Gratz Park - 253 Market St,
Lexington, KY 40507)*

Open to anyone who has previously attended

six or more traditional ACA meetings.

Bring a pen and paper to journal/answer
questions in **[The Loving Parent Guidebook.](#)**

WEDNESDAY

7:30am - 8:30am

Bright and Early Meeting

(Zoom Only)

An open discussion meeting that reads from

[Strengthening My Recovery.](#)

All are welcome!

6:15pm - 7:15pm

11th Step and Meditation Meeting

(Zoom and In Person at Ahava Ctr.)

An open discussion meeting with readings voted on by Group Conscience (includes non-conferenced approved literature.) All are welcome! Currently reading from

[The Laundry Lists Workbook](#)

This meeting includes writing exercises, sharing, and 10 minutes of silent meditation.

Ahava Center - 168 Burt Rd.

Use the left entrance.

We meet in the first room on the left.

THURSDAY

7:30am - 8:30am

Bright and Early Meeting

(Zoom Only)

An open discussion meeting that reads from **[Strengthening My Recovery](#)**.

All are welcome!

5:30pm - 6:30pm

ACA Fellowship Text Study

(Zoom only)

An open discussion meeting that reads from the **[ACA Fellowship Text](#)** (Big Red Book).

All are welcome!

FRIDAY

7:30am - 8:30am

Bright and Early Meeting

(Zoom Only)

An open discussion meeting that reads from

[Strengthening My Recovery.](#)

All are welcome!

SATURDAY

8:00am - 9:30am

ACA Yellow Book Study

*(Zoom & In Person at Gratz Park - 253 Market St,
Lexington, KY 40507)*

An open discussion meeting that reads from

the **[Twelve Steps of Adult Children.](#)**

All are welcome!

Please note that this meeting is 90 minutes.

ZOOM INFORMATION

(same for all Lexington, KY meetings)

Meeting ID: 235 121 5225 / Passcode: 081816