

UNITY

SERVICE

District 3
AA NEWSLETTER
May 2024



RECOVERY

The District 3 Newsletter is published every month. If you want to subscribe to the mailing list, or submit an item for publication, please email aadistrict3newsletter@gmail.com by the 25th of the month.

Birthdays and Group Announcements!

Gaspereau Sunday Night Candle Night Group
Celebration May 26th 7pm
Richard D. 45 years May 11th
Kelsey C. 1 year May 13th

Gaspereau Sunday Night Candles Light Group
MOVING back to the Gaspereau School
WHEN .. Sunday May 5th
TIME .. 7 p.m. our usual and continuing time
We look forward to seeing you there

Annapolis
Celebrating Wed May 29th 8pm Open Speaker, Baptist Church, Annapolis Royal
Gregg E. 1 year

Kingston
Celebration May 18th Open Meeting
Greg B. 30 years
Shane F. 2 years

Step 5, Tradition 5 and Concept 5

Step 5

Step 5 of Alcoholics Anonymous, commonly known as the "Confession" step, encourages members to acknowledge their struggles and whatever harm they caused to themselves and others in pursuit of alcohol. Step 5 of AA reads that one, "admitted to God, to oneself, and to another human being the exact nature of our wrongs." Put simply, Step 5 is the point in the process in which one will speak openly and honestly about their struggles with addiction, with focus on how they harmed themselves and others through their actions and behaviors. This confession should be honest, and can begin in a written form and evolve into conversations.

Tradition 5

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. This Tradition delineates pretty clearly our individual primary purpose, as well as the group's. Each of us is but a small part of the whole, but by joining AA's primary purpose to our own, we become something bigger than our individual selves.

Am I willing to surrender my old primary purposes?

To work this tradition means that I am willing to say "yes" to this question and rearrange the rest of my priorities. Devoting myself to a new primary purpose means that I am willing to let go of many old ideas. I have many thinking patterns that are automatic that I need to change in order to consecrate myself to a new primary purpose.

Concept 5

Every member of A.A.'s world service structure has the right to state a minority opinion when they feel the majority has crossed over to the dark side.

We have to recognize that there are times when the minority can be right and it is our responsibility to listen to their petition. We have seen many examples where a well stated and well crafted minority opinion can change the outcome entirely.

In the spirit of democracy, allowing the minority opinion to be heard is vital to the unity we profess we must have in Tradition 1. Being able to balance the right of appeal with majority decision ensures we will never be subjected to the tyranny of either the majority or the minority.

Event	Date	Location
May Day 2024	Saturday May 18th	Holy Trinity Anglican Parish Hall. Bridgewater, NS
Area 82 NS/NL Spring Assembly	May 24th-May 26th	Zoom
2024 Provincial Round-Up	June 7th-June 9th	Lewis Millet Center, New Minas

For additional details and information for the above events, please visit area82aa.org.

District 3 TRUSTED SERVANTS

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Detox	Jamie M - hallsharbour@hotmail.com 902-670-6339
Bridging The Gap	Kevin S - kevins.may11@gmail.com 902-670-0892

ADDITIONAL CONTACT INFORMATION

AA Help Line, 902-691-2825
 Middleton Detox, 902-825-6828, ext 2854 8:30am-4:30pm
 Detox Central Registry 866-340-6700

[Link to AREA82Website \(MEETINGS\)](#)

Crosby Meeting Schedule

May 7, 2024	Brooklyn group	district 17
May 14, 2024	Cambridge group	district 3
May 21, 2024	Windsor Saturday night group	district 17
May 28, 2024	Gaspereau group	district 3
June 4, 2024	St. Croix group	district 17
June 11, 2024	Kingston 12 step group	district 3
June 18, 2024	Hantsport group	district 17
June 25, 2024	Aylesford group	district 3
July 2, 2024	Brooklyn group	district 17
July 9, 2024	Cambridge group	district 3
July 16, 2024	Windsor Saturday night group	district 17
July 23, 2024	Gaspereau group	district 3
July 30, 2024	St. Croix group	district 17

Information Sessions

Every third Sunday

1:00 p.m.

Held at the MACS
2080 Bishop Mtn. Road
Kingston

District Meetings

Every third Sunday

2:00 p.m.

Held at the MACS
2080 Bishop Mtn. Road Kingston
Load up the car with your group
members and share the joy of
AA service.

