[](https://www.bing.com/images/search?q=alcoholics+anonymous+unity+symbol&id=34962008F716360C8B8D191EA1D94D23BF301EFA&FORM=IQFRBA)

**District 4 Newsletter**

**May, 2024**

**Digby / Yarmouth Counties**

**District 4 - In-person meetings:**

**Digby Nor’easter Group - Wesleyn Church (basement door), Digby.**

**Thursday night – Closed Discussion. Meeting time 8:00 PM.**

**12 Step Group – Beacon Church, Beacon Street, Yarmouth.**

**Monday and Wednesday nights. Closed Discussion. Meeting times 7:00 PM**

**The Nova Group – Temple Church Rectory, Yarmouth.**

**Sunday night. Closed Discussion. Meeting time 7:00 PM.**

**Acadian Group - Amiraults Hill Fire Hall, Amiraults Hill.**

**Sunday morning. Closed Discussion. Meeting time 10:15 AM.**

**24 Hour-A-Day Group - Meteghan Library (basement door), Meteghan.**

**Thursday night. Closed Discussion. Meeting time 8:00 PM.**

**One day at a Time Group - Digby Hospital in the boardroom, Digby.**

**Monday night. Closed Discussion. Meeting time 7:00 PM.**

**Friday night. Closed Discussion. Meeting time 7:00 PM.**

**All Addictions Meeting – Calvary Baptist Church – 8 Martins Ln, Plympton**

**Saturday night. Open Discussion. Meeting time 7:00 PM.**

**District 4 - Zoom Meetings:**

**Digby – One Day at a Time**

**Monday – Sunday evenings.** **Closed Discussion. Meeting time 7:00 PM**.

Meeting ID: 646 368 284

Password: 841895

**District 4 committee members:**

DCM: Al G . Alt DCM: Vacant Secretary: Shannon C. Treasurer: Daniel P. Literature: Jason B. Wellness: Vacant Institutions: Daniel P. Newsletter: Al G.

**Group GSR’s:**

12 Step Group - Yarmouth: Gayle G. 24 Hr a Day Group - Meteghan: Vacant

Acadian Group - Amiraults Hill: Shawn M. Nova Group - Yarmouth: Vacant.

Digby Nor’easter Group - Digby: Graham G. One Day at a Time Group-Digby: Don B.

Nova Group has no GSR at this time but a contact person is Raymond C. – 902-742-5250.

The General Service Representatives, District Committee Members and Area Officers have the opportunity to share, discuss and receive valuable insight that will be of assistance to local groups.

The Twelve Step message is the primary reason for our deliberations.

**District 4 Round-up and GSR Meeting:**

PLEASE NOTE: The next District 4 Lighthouse Round-up committee meeting will be held May 19 at 1:00 PM. The monthly District 4 GSR meeting will follow at 2:00 PM at the Meteghan Library. May 19th, 2024. It is being held a week earlier than usual due to DCM having scheduling issues.

Just a reminder to all groups to try to have a GSR, Alternate GSR or an observer at the Round-up/GSR meetings. This way everyone keeps informed of all the District meetings and events.

Service works …if you work it.

Group’s Birthdays for May, 2024

People are still staying sober one day at a time. I want to acknowledge these achievements in sobriety. So, if you are thinking of these people…what a great time to call them or text them.

**Acadian Group – Amiraults Hill:** Last Sunday of the month, May 26th. Open speaker meeting.

**Barrie M – 8 yrs.**

**Aline C. – 13 yrs.**

**Helen B. – 33 yrs.**

**Digby Group -One Day at a Time:** Last Friday of the month, May 31st. Open speaker meeting.

**Christa F. – 37 yrs.**

**24 Hour A Day Group - Meteghan:** Last Thursday of the month, May 30th. Open speaker meeting.

**Aurel C. – 34 yrs.**

**Christine D. – 12 yrs.**

**Digby Nor’easter Group -Digby:** Thursday Closed Big Book Discussion Group.

**No birthdays to report this month.**

**Nova Group - Yarmouth:** Last Sunday of the month, May 26th. Open speaker meeting.

**No birthdays to report this month.**

**12 Step Group - Yarmouth:** Second Monday of the month, May 13th**.** Open speaker meeting.

**Gabby – 1 yr.**

Upcoming Events

The area website has links to all the Zoom meeting in the Maritimes as well any events. <http://www.area82aa.org/events>

There is the May Day one day event in Bridgewater May 18. Loads of fellowship, friends and food. A great time, don’t miss out. Flyer in the above web site.

The Area 82 Spring Assembly, May 24-26 on Zoom. You are expected to register by sending the registration fee of $10.00 to the treasurer. You can e-transfer to [treasuer@area82aa.org](mailto:treasuer@area82aa.org) Your name and email address and group name and district number should be a part of the information you send him. Anyone who can not afford or are unable to e-transfer can send the treasurer an email at the above address and say what as he will give you the log in information.

Nova Scotia Provincial Round-up put on my District 3 and 17 to be held at the Louis Millet Community Complex, 9489 Commercial St, New Minus, N.S. Phone 902-681-6972. There is a list of volunteers’ positions still required. If you are going and want to go to the banquet they are asking you to have your names in by May 01. Further information see flyer on Area 82, Events web site for further information.

**Letters or emails sent for inclusion for this newsletter**

We now have a committee for the Lighthouse Roundup. We did get a number of issues looked at and will continue to work on more details. We could use volunteers and also ideas. We need young people to bring new ideas to some to the committees.

Another great idea was if you are going to a monthly GSR no matter what your position is, bring along a friend, a newcomer or even an oldster. We have a lot of fun and do a lot of great work for AA. We did have a few folks show up to our Round-up and GSR meeting. Thanks everyone, keep up the great work.

Service work has its benefits, we have loads of fun while giving back to our Groups and Districts plus meeting lots of new people.

This was sent to me via our friend in Boston Steve M.

A few of us will soon be reading THE LANGUAGE OF THE HEART.

We will meet on Zoom

Starting May 7, 2024

6:00 PM **Eastern Time**

We will meet

1st and 3rd Tuesdays of each month

Zoom: 865 856 8205

Passcode: 273298

All welcome to join us

In service,

Steve M.

[ohutilma@gmail.com](mailto:ohutilma@gmail.com)

I was also notified of the passing of a long-time members from the Yarmouth area Chester M. Our thoughts and prayers to the family.

Any ideas or suggestion as to what should be in our newsletter, please let me know.

That’s it for me.

Any stories or experiences are welcome.

Yours in service,

Al G.

Cell Phone: 403-560-8301