



## **District 4 Newsletter**

**July, 2024**

### **Digby / Yarmouth Counties**

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

**Digby Nor'easter Group - Wesleyan 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:	Vacant	Newsletter:	Al G.		

**Group GSR's:**

<u>12 Step Group - Yarmouth:</u>	Gayle G.	<u>24 Hr a Day Group - Meteghan:</u>	Vacant
<u>Acadian Group - Amiraaults Hill:</u>	Shawn M.	<u>Nova Group - Yarmouth:</u>	Vacant.
<u>Digby Nor'easter Group - Digby:</u>	Graham G.	<u>One Day at a Time Group-Digby:</u>	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:**

The last District 4 Lighthouse Round-up committee meeting was held June 23 as well as the monthly District 4 GSR before the summer break. The next Lighthouse Round-up committee meeting and District 4 committee meeting will be held on the last Sunday of the month, which is Sep. 29<sup>th</sup>, 2024 at the Meteghan Library. Round-up meeting starts at 1:00 PM and the District meeting follows at 2:00 PM.

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 July, 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, July 28<sup>th</sup>. Open speaker meeting.

**David L. – 8 yrs.**

**John F. – 35 yrs.**

**Digby Group -One Day at a Time:** Last Friday of the month, July 26<sup>th</sup>. Open speaker meeting.

**Laurs-Lee J. – 9 yrs.**

**Murdock G. – 12 yrs.**

**24 Hour A Day Group - Meteghan:** Last Thursday of the month, July 25<sup>th</sup>. Open speaker meeting.

**Shannon C. – 8 yrs.**

**Daniel P. - 23 yrs.**

**Alison C. - 37 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, July 28<sup>th</sup>. Open speaker meeting.

**Dan H. – 13 yrs.**

**12 Step Group - Yarmouth:** Second Monday of the month, July 8<sup>th</sup>. Open speaker meeting.

**Dave A. – 32 yrs.**

**Gerald M, - 45 yrs.**

## Upcoming Events

The area website has links to all the Zoom meeting in the Maritimes as well any events.

<http://www.area82aa.org/events>

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

We are moving along with the organization of the 2024 Lighthouse Roundup. The dates are set for Nove 1-3 and we will be back at the Grand Hotel. The Theme this year is "Keep Coming Back" The rooms will be \$106.00. The registration fee will be \$20.00 and the final price for the banquet has not been finalized but will be a turkey dinner. We have asked a few people to speak and we are getting the groups organized for the various meetings. We have invited Alanon and look forward to their program. We are looking to the younger members to come up with some ideas for different types of meetings, i.e. 3-person speaker meetings, ask it basket meeting or just your normal speaker meetings. We hope to have most items finalized after next months meeting. Remember we can always use volunteers for the door, library, coffee and just general organization each day. All are welcome.

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.

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