

UNITY

SERVICE

District 3
AA NEWSLETTER
NOVEMBER 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!

New Women's Meeting!
Wednesday 7 pm MACS Centre
Contact Racheal D. 250-221-3777

Meadowview Group (now called Language of the Heart)
Meeting moved to Wednesday nights 8pm at Kentville Rec Center

Aylesford Group
On November 24th the Aylesford group will have their open speaker meeting at 7pm upstairs.
Celebrating milestones in recovery are:

Rod B. - 12 years of sobriety
Randy A. - 30 years of sobriety
Joclyn B. - 39 years of sobriety

Kingston Group
Birthday meetings are moving to the last Tuesday of every month.
Tuesday Nov, 26th 8pm open speaker meeting.

Allen S. 5yrs
Bud C. 43yrs
Scott K. 6yrs
Leslie T. 12yrs
Mike P. 17yrs
Josh F. 1yr

Gaspereau Candlelight Group – Gaspereau Elementary School
Celebrating Sunday Nov 24th at 7pm
Ron M. 6 years

Step 11, Tradition 11 and Concept 11

Step 11

Step 11 of AA focuses on connecting with a spiritual source or higher power to help you carry out your recovery goals. For some people, this might mean forging a closer relationship with God, but it can also mean finding a meaning that is greater than the self. Your higher power might be a spiritual figure, but it can be anything that has significance and meaning to you.

Other research has shown that believing in a higher power and feeling this higher power's presence predicted more positive outcomes of AA participation.²

Tradition 11

When dealing with the media, the traditions of the 12 step programs request that members maintain anonymity, not so much for their protection, but for the good of the fellowship as a whole.

Tradition 11 of Alcoholics Anonymous (AA) says, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films." Al-Anon includes the addition, "We need guard with special care the anonymity of all AA members."

Concept 11

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

Event	Date	Location
District 4 Annual Lighthouse Roundup	Nov 1st, 2nd and 3rd	Rodd's Grand Hotel Yarmouth, NS
Alkathon	Dec 24th, 25th, 26th, 31st and Jan 1st	2080 Bishop Mountain Rd. Kingston (MACS)

Alkathon: Groups are requested to sign up to host a meeting or two over the 5 days and donations of food are appreciated. See Flyer Attached!

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

District 3 TRUSTED SERVANTS

- DCM** Mark Z - elizabethraye@hotmail.com 902-847-3419
- Alt DCM** Mark R - ofc_krupke@hotmail.com 902-825-1588
- Secretary** Mike D - jmdixon@eastlink.ca 902-844-2710
- Treasurer** Sandy P - slpenny2015@gmail.com 902-804-9247
- Literature/Grapevine** Dale V - 902-765-8709
- CPC/PI** John W - jtw444@icloud.com 506-870-0189
- Newsletter** Courtney M - aadistrict3newsletter@gmail.com 782-232-5085
- Information Sessions** Jennifer B. jenifl@me.com 902-542-0121

INSTITUTIONS

- Crosbie House** Ron M mappleback@eastlink.ca 902-670-1761
- 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

<https://area82aa.org/>

Crosby Meeting Schedule

Tuesday Nov 5, 2024	Wolfville group	district 17
Tuesday Nov 12, 2024	Windsor group	district 17
Tuesday Nov 19, 2024	Gaspereau group	district 3
Tuesday Nov 26, 2024	St. Croix group	district 17
Tuesday Dec 3, 2024	Kingston group	district 3
Tuesday Dec 10, 2024	Hantsport group	district 17
Tuesday Dec 17, 2024	Aylesford group	district 3
Tuesday Dec 24, 2024	Brooklyn group	district 17
Tuesday Dec 31, 2024	Cambridge group	district 3
<i>Tuesday Jan 7, 2025</i>	<i>Wolfville group</i>	<i>district 17</i>
<i>Tuesday Jan 14, 2025</i>	<i>Windsor group</i>	<i>district 17</i>
<i>Tuesday Jan 21, 2025</i>	<i>Gaspereau group</i>	<i>district 3</i>
<i>Tuesday Jan 28, 2025</i>	<i>St. Croix group</i>	<i>district 17</i>

Information Sessions

1pm before District Meeting

Held at the MACS
2080 Bishop Mtn. Road
Kingston

District Meetings

***Every third Sunday
At 2pm.***

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

WELCOME to the MACS

23rd Annual Holiday Alkathon 2024

Tuesday Dec. 24 - first meeting at 12:00 noon, last meeting 8:00 pm

Wednesday Dec. 25 - first meeting at 12:00 noon, last meeting 8:00 pm

Thursday Dec. 26 - first meeting at 12:00 noon, last meeting 8:00 pm

Tuesday Dec. 31 - first meeting at 12:00 noon, last meeting 8:00 pm

Wednesday Jan. 1 - first meeting at 12:00 noon, last meeting 8:00 pm



Meetings are held every other hour on the even hours. Newcomers, long timers, family and friends of all 12 step fellowships are welcome!

All meetings will be open and all meetings will be non-smoking.

Donations of food, supplies, etc. will be greatly appreciated.

We offer a safe, drug and alcohol free environment to each other in fellowship to share our experience, strength and hope.

Come join us at the MACS Centre:

2080 Bishop Mountain Road, Kingston – 902-765-6056

For information or questions:

Dale V. 902-765-8709 or

Joclyn B. 902-844-0761

