



District 4 Newsletter

November, 2024

Digby / Yarmouth Counties

District 4 - In-person meetings:

Digby Nor'easter Group - Wesleyan Church (basement door), Digby.

PLEASE NOTE TIME CHANGE

Thursday night – Closed Discussion. Meeting time **7:00 PM.**

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

Monday, Wednesday and Saturday 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. **Please not: This meeting has been cancelled until further notice.**

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:

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

Acadian Group - Amiraaults Hill: Shawn M. Nova Group - Yarmouth: Ted M.

Digby Nor'easter Group - Digby: Graham G. One Day at a Time Group-Digby: Steve S.

I want to welcome Ted as the new GSR of the Nova Group..

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 final meeting for the 2024 Lighthouse Round-up committee meeting for 2024 and the District 4 committee meeting will be held on the last Sunday of the month Nov. 24th, 2024 at the Meteghan Library. Round-up meeting starts at 1:00 PM and the District 4 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 4 meetings and events.

Service works ...if you work it.

Group's Birthdays for November, 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, November 29th. Open speaker meeting.

Jason B. - 8 yrs.

Bill G. – 34 yrs.

Shawn M. – 36 yrs.

Leland D. – 45 yrs.

Digby Group -One Day at a Time: Last Friday of the month, November 29th. Open speaker meeting.

Gil J. – 1 yr.

Mathew V. – 1 yr.

Becky W. – 14 yrs.

24 Hour A Day Group - Meteghan: Last Thursday of the month, November 28th. Open speaker meeting.

Jamie D, - 2 yrs.

Dan L. - 3 yrs.

Janice D. – 8 yrs.

Dawn C. – 20 yrs.

Lydia – 6 yrs. (from Sep)

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

No Birthdays to Report.

Nova Group - Yarmouth: Last Sunday of the month, November 24th. Open speaker meeting.

Elaine C. – 32 yrs.

12 Step Group - Yarmouth: Second Monday of the month, November 11th. Open speaker meeting.

No Birthdays to Report.

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

Upcoming Events

Nov 1-3 – Yarmouth – District 4 Lighthouse Round-up. Rodd Grand Hotel, Yarmouth.

This is our big weekend for the return of the 2024 Lighthouse Roundup. We will be back at the Grand Hotel. The rooms will be \$106.00 until all rooms are sold out. The Theme this year is “Coming Back”. The registration fee will be \$25.00 and the price for the banquet is \$60.00. There may be a few extra banquet tickets so ask at the registration desk. We are really excited so we hope to see everyone there this weekend. 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.

Bring a friend, newcomer or oldster, to the monthly GSR no matter what your position. meeting. Thanks everyone, keep up the great work.

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

This is Alcohol Awareness month. All GSR were given small posters to take to local businesses to post on bulletin boards or display in windows. Just getting the word out there that we are in your communities.

Last Friday of the month the Acadian Group will be celebrating the groups 45 yrs. There will be an open meeting Friday night Nov 29th at 8:00 P.M (The time may change but I will let you all know)

The Plain Language Big Book is now on sale Nov. 01.

Contributions to GSO can now be made on-line. You just need all your group information.

Any stories or experiences are welcome.

Yours in service,

Al G.

Cell Phone: 403-560-8301