

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.

Birthday's and Group Announcements

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

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

Kentville Group – Salvation Army Church
Monday Jan 13th 8 pm
Jay C. 1 year

Kingston Group
Birthday meetings have moved to the last Tuesday of every month.
Tuesday Jan 28th open speaker meeting 8pm
Sandy P 11 yrs
Todd M 15 yrs
Russel H 32 yrs

RECOVERY

Step 1, Tradition 1, and Concept 1

Step 1

We admitted we were powerless over alcohol - that our lives have become unmanageable

Recognizing your powerlessness over alcohol isn't a sign of weakness but rather an acknowledgment of the addiction's strength. Many who struggle with alcoholism have tried to control or moderate their drinking, only to find themselves repeatedly falling into the same destructive patterns. Step One AA emphasizes the futility of attempting to manage something that's proven uncontrollable.

Tradition 1

Our common welfare should come first; personal recovery depends upon AA unity.

The main principle of Tradition 1 is unity. As the Twelve Steps lay the spiritual path of recovery for individual members, the Twelve Traditions provide the principles that keep the group healthy and grounded

The underlying principle is simple: if the group is drawn into controversy or becomes dominated by individuals, the unity of the group will be jeopardized. This is especially true of members who feel sidelined or minimized—these individuals are most likely to drift away or leave the program altogether.

Concept 1

“The A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.”

To embrace Concept 1 in your life, literally all you have to do is participate in a home group and trust that it will run according to the principles of AA rather than by the personalities of its members. In other words, you must simply live your life by principle and encourage others in recovery to do the same. Do this, and Concept 1 has not failed you. You are trusting in the program, just like Bill did so many years ago when it was time for him to leave this realm.

RECOVERY

Event	Date	Location
45 th Annual Mid-Winter Roundup	Feb 28 th - March 2 nd 2025	Delta Hotels Dartmouth, NS

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
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
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 830am-430pm

Detox Central Registry 866 340 6700

<https://area82aa.org/>

RECOVERY

Crosby Meeting Schedule
All meetings at 7pm

Date	Group	District
Tuesday Jan 7, 2025	Wolfville	District 17
Tuesday Jan 14, 2025	Windsor	District 17
Tuesday Jan 21, 2025	Gaspereau	District 3
Tuesday Jan 28, 2025	St. Croix	District 17
Tuesday Feb 4, 2025	Kingston	District 3
Tuesday Feb 11, 2025	Hantsport	District 17
Tuesday Feb 18, 2025	Aylesford	District 3
Tuesday Feb 25, 2025	Brooklyn	District 17
Tuesday Mar 4, 2025	Cambridge	District 3
Tuesday Mar 11, 2025	Wolfville	District 17
Tuesday Mar 18, 2025	Windsor	District 17
Tuesday Mar 25, 2025	Gaspereau	District 3

RECOVERY

INFORMATION SESSIONS

1PM before District Meeting Held at the
MACS 2080 Bishop Mtn. Road Kingston,
NS

DISTRICT MEETINGS

Every third Sunday at 2pm.

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