



District 4 Newsletter

December, 2024

Digby / Yarmouth Counties

District 4 - In-person meetings:

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

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

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

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

Acadian Group - Amiraults Hill Fire Hall, Amiraults Hill.

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

Annapolis Group – 1st Baptist Church, Annapolis Royal.

Wednesday night – Closed Discussion. Meeting time 8:00 PM.

Candlelight A.A. Meeting – Upper Clements Hall, Upper Clements.

Sunday night – Closed Discussion. Meeting time 8:00 PM.

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

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

The Nova Group – Temple Church Rectory, Yarmouth.

Sunday night. Closed 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:	Barry M.	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>Annapolis Group – Annapolis – Roy W.</u>	
<u>Digby Nor'easter Group - Digby:</u>	Graham G.	<u>Nova Group - Yarmouth:</u>	Ted M.
<u>One Day at a Time Group-Digby:</u>	Steve S.		

I want to welcome the Annapolis and Candlelight groups to District 4. Welcome Roy W. as the GSR of the Annapolis Group. The Candlelight Group is a meeting only and has no GSR.

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 was held Nov. 24th. We had a very successful Roundup this year in terms of people, meals and finances. I will be sending out a report later. The planning for 2025 will begin in January 2025 so anyone interested in being a part of the 2025 Lighthouse Roundup please feel free to attend January 26, 2025 at 1:00 PM at the Meteghan Library.

There will be no District meeting in December. The next meetings will be January 26 at 1:00 for the 2025 Lighthouse Roundup followed by the District 4 GSR Committee meeting 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 December, 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.

12 Step Group - Yarmouth: Second Monday of the month, December 9th. Open speaker meeting.

No Birthdays to Report.

24 Hour A Day Group - Meteghan: Last Thursday of the month, December 26th. Open speaker meeting.

Dan L. - 2 yrs.

Janice C. – 36 yrs.

Janice D. – 8 yrs (From Nov birthdays)

Acadian Group – Amiraults Hill: Last Sunday of the month, December 29th. Open speaker meeting.

Don L. – 24 yrs.

Annapolis Group – Annapolis Royal: Last Wednesday of the month, December 25th, 2024. Open speaker meeting.

Jackie H. – 25 yrs.

Dale H. – 34 yrs.

Brent B. – 34 yrs.

Digby Group -One Day at a Time: Last Friday of the month, December 27th. Open speaker meeting.

Gladys – 15 yrs.

Norm S. – 48 yrs.

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

No Birthdays to Report.

Nova Group - Yarmouth: Last Sunday of the month, December 29th. Open speaker meeting.

No Birthdays to Report.

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

Upcoming Events

23 Annual Alkathon starting Dec 24, 25, 26, 31 and Jan 01.

Come join us at the MACS Centre: 2080 Bishop Mountain Road, Kingston – 902-765-6056

First meeting each day starts at 12:00 PM and last meeting is at 8:00 PM. Meetings are every 2 hours.

45th Annual Mid-Winter Roundup – (Districts 1 & 2)

This Fourth Dimension: Sobriety Through Love and Tolerance

Saturday Banquet Speaker: Stephanie K (Lewiston, Maine)

Friday Evening Entertainment: AA Trivia Night

February 28- March 2, 2025

Location – Delta Hotels Dartmouth

240 Brownlow Ave, Dartmouth, NS B3B 1X6

Special room rate \$153

The 2024 Lighthouse Roundup was a great success this year. We had over 200 people attend and over 100 meals were served. There was lots of great messages and speakers along with some fantastic food. We want to thank the Grand Hotel for the fabulous service in all our venues. Everyone I spoke with while the roundup was going on and after have talked about the great mix of types of meetings. They were really impressed with the newcomers or young peoples meeting. Remember that we start the new planning committee Jan26, 2025. If you want to be part of the round-up please attend. We do have a lot of fun doing this.

November was Alcohol Awareness month. Most of the GSR's were able to pass out most of the small posters with our District 4 new phone number 902-308-5806. I have not gotten any calls yet.

I was able to obtain 10 more of the "The Plain Language Big Book". The price is \$20.00 for anyone who would like one, let me know, first come first served until we are able to obtain more.

Contributions to GSO can now be made on-line. You just need all your group information which each group GSR has, I hope.

The big news this month was Annapolis Group moved from District 3 to District 4 along with the Candlelight Group. They felt they were closer to the meetings in District 4 so the GSR Roy W. asked if he could move the group into District 4. We checked and all that had to be done was the group had to agree to move and the District had to agree on the move, which we all did. Welcome aboard both Annapolis Group and Candlelight Group to District 4 I know you will be a great addition.

Any ideas or suggestion as to what should be in our newsletter, please let me know. In the spirit of rotation, anyone who would like to take over as Newsletter person you can call me and we can arrange something.

We are also looking for a new Treasurer for District 4. Daniel P has been at it way to many years. In the spirit of rotation, he would like to step down. He is will to help the new treasurer until they get comfortable. We ask that you have 1 year of sobriety.

Any stories or experiences are welcome.

Have a safe and sober Christmas and a Happy New Year.

Yours in service,

Al G.

Cell Phone: 403-560-8301