

**Your District 9 Committee**

District Committee Member  
(DCM), Monty C.  
Alternate DCM, Peter M.  
Treasurer, Susan R  
Public Information/CPC, Joe M  
Corrections, Joe M.  
Newsletter, Kelly H.

DISTRICT 9 TELEPHONE  
ANSWERING SERVICE  
**902-562-8019**

# District 9 Newsletter

December 2024  
Issue #15



## CARRYING THE AA MESSAGE

ONE  
DAY  
AT A  
TIME



**Everyone Welcome!**

The next District 9 meeting will be held at the Friendship Hall located at 129 Charlotte Street, Sydney NS on **Sunday, December 15th, 2pm.**

**In this issue:**

- ❖ Meet your incoming District Committee
- ❖ Message from Area 82 Area Chair-Elect, George M.
- ❖ Upcoming AA Events & Schedule Changes
- ❖ Revised 2025 District 9 Meeting Schedule

**I am responsible when anyone anywhere reaches out for help, I want the hand of AA to be there and for that I am responsible.**



French Speaking Members here to help  
Les Alcooliques Anonymes

Les 12 étapes des AA sont les principes du rétablissement personnel. Les 12 traditions garantissent l'unité du mouvement AA. Dans la municipalité régionale du Cap Breton, nous avons plus de 22 groupes AA qui se réunissent 29 fois chaque semaine. Si vous êtes nouveau dans la région de Sydney et vous désirez de l'aide pour arrêter de boire. Je vous invite à communiquer avec Monty au 902-577-7348 afin d'obtenir de l'aide en français.

## What's NEW?

### Meet your incoming District Committee starting January 1, 2025

District Committee Member (DCM), Peter M  
Secretary, Malcolm D  
Corrections Chair, Monty C  
Public Information/ CPC Chair, Larry  
Newsletter, Kelly H

District 9 is searching for an Alternate DCM and Treasurer to complete its core committee members. If you have questions or interest in these positions, please contact Peter M or come to the next district meeting December 15th.

### Q: What has AA service meant to you? A Message for incoming Area 82 Chair, George M.

George here, hope you are all doing well. When I started my AA journey, I was extremely fortunate to have an amazing sponsor (Sandy) who guided me through the steps and accompanied the early part of my journey. I'm glad Sandy got me going on the steps right from day one because I was scared, full of self-doubt and wasn't at all sure if I could get the AA way of life to work in my life. At times Sandy was patient and supportive, at other times he was brutally honest and called me on my crap. With his help, I made it through the twelve steps and walked through the arch to freedom. Having reached this milestone (completing the twelve steps) I was then told that in order to keep it, I had to give it away - so I got active helping out at the group level - opening, chairing, filling group positions, greeting at the door, being active on our hospital visitation committee and chairing detox and corrections meetings. Then I was told I had to move that level of involvement outside of my home group. One of the first things I did was get a 'service sponsor' because I had so many questions, he was excellent for me. I first became an alternate GSR and grew from there. My program foundation was broadened, my knowledge was broadened, my service to others became a privilege and I became very comfortable in my own skin. I was able to work into other District and Area positions and continued to grow as a result.

My service life has enhanced my program life to an extent I never thought possible. I am now able to more easily see the AA big picture. We are all familiar with our beloved triangle inside the circle with AAs three legacies identifying each side of the triangle: Recovery (aided by the twelve steps), Unity (aided by the twelve traditions) and Service (aided by the twelve concepts, the AA Service Manual and Alcoholics Anonymous Comes of Age). I definitely would have short-changed myself and would have stunted my growth had I simply stopped after doing the twelve steps. I will be forever grateful to those who preceded me and who were much smarter than I was and knew how to guide and challenge me to keep me growing. My continuing service life is my thank you to those giants who showed me the way.

Yours in Service, George M.



**Al-Anon** is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. **Alateen**, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it. Visit [www.al-anonmaritimes.ca](http://www.al-anonmaritimes.ca) for more information or call 902-564-5188.

## Looking for Chips & Medallions?

Jerry Nicholson @  
506-292-3265 or  
[jnmedallions@gmail.com](mailto:jnmedallions@gmail.com).

Larry D: 587-717-9049

# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebra-

tions given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



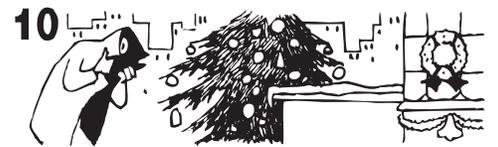
**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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# Happy Holidays

## AA CONTACT INFORMATION

### DISTRICT 9: Cape Breton Regional Municipality

LOCAL TELEPHONE ANSWERING SERVICE: 902-562-8019

District Committee Member (DCM), Monty C. (902) 577 7348 [monty056@hotmail.com](mailto:monty056@hotmail.com)

Alternate DCM, Peter M. (902) 562-0008 [peter.marshe@yahoo.com](mailto:peter.marshe@yahoo.com)

Treasurer, Susan R. (902) 578-0371 [susanroberts40@hotmail.com](mailto:susanroberts40@hotmail.com)

Secretary, contact DCM, Monty C.

Public Information/CPC Chair, Joe M. (902) 317-3777 [macjosa@gmail.com](mailto:macjosa@gmail.com)

Corrections Contact, Joe M. (above)

Newsletter Editor, Kelly H. (902) 322-8852 [kannhow@gmail.com](mailto:kannhow@gmail.com)

### AREA 82: Nova Scotia, Newfoundland & Labrador

Website: [www.area82aa.org](http://www.area82aa.org)

General Service Delegate (GSD), Wayne M.

Area Chair, Anne B. (902) 890-6274 [chair@area82aa.org](mailto:chair@area82aa.org)

Area Secretary/Registrar, Debbi C. (902) 623-0828 [secretary@area82aa.org](mailto:secretary@area82aa.org)

Area Treasurer, Basil M.

Newfoundland & Labrador Archivist [alt\\_gsd@area82aa.org](mailto:alt_gsd@area82aa.org)

Nova Scotia Archivist [ns\\_archivist@area82aa.org](mailto:ns_archivist@area82aa.org)

Area 82 Webmaster, (902) 293-3117 [webmaster@area82aa.org](mailto:webmaster@area82aa.org)

### AA World Services

For general AA information, full list of literature, group registration information and more visit [www.aa.org](http://www.aa.org).



## UPCOMING HOLIDAY EVENT

Join **New Waterford Group** for their annual  
Christmas Potluck Saturday December 21st, 8pm.  
Food and fellowship after the meeting.  
Everyone welcome!



## SUNDAY

- 11:00 a.m. (CD) Glace Bay Alano  
10 McKeen St, Glace Bay
- 11:00 a.m. (CD) Sydney Mines Group  
55 King St, Sydney Mines  
(Behind Post Office)
- 7:00 p.m. (CD) Sydney Central Group  
Loaves & Fishes  
139 Charlotte St, Sydney
- 8:00 p.m. (CS) Glace Bay Alano  
10 McKeen St, Glace Bay  
(OS) Last Sunday of Month

## TUESDAY

- 11:00 a.m. (CD) 12+12 Group  
St. Theresa's Church (Rear)  
381 Whitney Ave, Sydney
- 7:00 p.m. Step Meeting - Bring Big Book  
10 McKeen St., Glace Bay
- 7:00 p.m. (CD) Lifeline Group,  
St. Joseph's Church  
34 Archibald Ave., North Sydney
- 8:00 p.m. (CD) Ashby Group  
St. Theresa's Church (Rear)  
381 Whitney Ave, Sydney
- 8:00 p.m. (CD) Louisbourg Group  
United Church Hall  
7532 Main St., Louisbourg
- 8:00 p.m. (OS) Dominion Sandbar Group  
14 Gatto St., Dominion

## WEDNESDAY

- 11:00 a.m. (CD) Glace Bay Alano  
10 McKeen Street, Glace Bay
- 7:00 p.m. (CD) Boisdale Serenity  
3810 Grand Narrows Hwy,  
Boisdale (Fire Hall)
- 8:00 p.m. (CD) Arcano Group  
401 Ling St, New Waterford
- 8:00 p.m. (OS) Praying Hands Group  
Milkmaid Lodge  
70 Gabriel St., Eskasoni
- 8:00 p.m. (C BB) Back 2 Basics  
TW Curry Centre  
400 George Street, Sydney

## THURSDAY

- 11:00 a.m. (CD) Friends of Bill Group  
St. Theresa's Church (Rear)  
381 Whitney Ave,  
Sydney
- 7:30 p.m. (CD) Membertou Group  
3 Kateri St., Membertou
- 8:00 p.m. (CD) Reserve Midway Group  
ZOOM  
Meeting I.D.: 845 1060 2831  
Password: 040328
- 8:00 p.m. (CS) Sydney Mines Group  
55 King St., Sydney Mines  
(OS) Last Thursday of Month

## MONDAY

- 10:30 a.m. (CD) Arcano Group  
401 Ling St, New Waterford
- 7:00 p.m. (OD) Iona 12 & 12 Group  
2516 St Columbia Rd, Iona
- 8:00 p.m. (CD) Reserve Midway  
10 McKeen St, Glace Bay

*For full list of Area 82  
meetings sit [area82aa.org](http://area82aa.org)  
or download AA Meeting Guide App  
(scan QR below)*



**"God, grant me  
the serenity to accept the  
things I cannot change,  
the courage to change the  
things I can, and the  
wisdom to know the  
difference."**