


UNITY	RECOVERY
District 3 AA NEWSLETTER February 2025	
SERVICE	

The district Newsletter is published monthly. To subscribe to the mailing list, submit information, list birthday's or add any important information, please email: aadistrict3newsletter@gmail.com

Birthday's and Group Announcements

Women's Meeting – Women in Recovery

Wednesdays 7pm MAC Centre – 2080 Bishop Mtn. Rd - Kingston
Contact Rachael D. 250-221-3777

Language of the Heart - Meadowview Group

Meetings held Wednesday nights at 8pm at Kentville Rec Centre
February birthday celebration to be held Wed. Feb 5th at 8pm
Don D – 1 year

Aylesford Group

There will be an open speaker meeting on February 23rd at 7pm upstairs
There are no birthdays celebrated this month.
Come and help us share our experience, strength and hope with each other.

Kingston Group.

Tuesday, February 25th at 8pm - Open speaker meeting and birthdays celebrated are:
Stephen H – 25 years
Alan R – 32 years
All are welcome – please join us in celebrating our members.

Gaspereau Candlelight Group

Gaspereau Elementary School
No birthday celebrations in February

Kentville Group

Located at the Salvation Army Church - 15 Nichols Ave, Kentville
Monday, February 24th 8pm – Open speaker birthday meeting
Bob W – 1 year
Noel T – 1 year
All are welcome – please join us in celebrating our members

UPCOMING EVENTS

EVENT	DATE	LOCATION
45 th Annual Mid-winter mid-winter Roundup For more information please visit: aahalifax.org	Feb 28 th – Mar 2 nd , 2025	Darmouth, NS
Canadian Eastern Regional Alcoholics Anonymous Service Assembly (CERAASA). For more information please visit: ceraasa.org	Feb 21 st – Feb 23 rd , 2025	Darmouth, NS

ADDITIONAL CONTACT INFORMATION

AA Help Line - 902-691-2825

Middleton Detox – 902-825-6828 ext: 2854 - 8:30am – 4:30pm

Detox Central Registry - 1-866-640-6700

DISTRICT 3 TRUSTED SERVANTS – 2025 - 2026

DCM – Mark R – ofc_krupke@hotmail.com - 902-825-1588

Alt DCM – Jay C - jcondie.a@gmail.com - 902-414-9490

Secretary – Joclyn B - burkejoc58@gmail.com - 902-844-0761

Treasurer – Sandy P - slpenny2015@gmail.com - 902-804-8247

Literature/Grapevine – Dale V - 902-765-8709

CPC/PI – Mark Z - elizabethraye@hotmail.com - 902-840-3807

Newsletter – Mary B - aadistrict3newsletter@gmail.com - 902-824-6184

Information Sessions - Jennifer B – jenifl@me.com - 902-542-0121

Institutions

- **Crosbie House** - Ron M – rmapplebeck@eastlink.ca - 902-670-1761
- **Middleton Detox** -
- **Bridging The Gap** – Danny Y – dryoofting@hotmail.com - 902-680-0263

QUOTE

“This begins with release from our compulsion to drink and, through our use of the Twelve Steps, gradually moves into growing freedom from fear, depression, anxiety, and the overwhelming self-concern that characterized life before AA.”

— *Alcoholics Anonymous, The Best of Grapevine*

INFORMATION SESSIONS and DISTRICT MEETINGS

WHEN: The 3rd Sunday of every month.

WHERE: MAC Centre – 2080 Bishop Mtn Rd – Kingston NS

TIMES: Info session - 1pm

District Meeting – 2pm

ALL ARE WELCOME – Please join us.

2025 CROSBIE HOUSE MEETING SCHEDULE

(Meetings held at 7pm)

Located at: 113 Cornwallis Ave – New Minas

Chairing meetings at Crosbie House are but one way to share the AA message to other alcoholics who still suffer and ensure our own sobriety.

DATE	GROUP
Tuesday, Jan 21 st	Gaspereau – District 3
Tuesday, Jan 28 th	St. Croix – District 17
Tuesday, Feb 4 th	Kingston – District 3
Tuesday, Feb 11 th	Hantsport – District 17
Tuesday Feb 18 th	Aylesford – District 3
Tuesday, Feb 25 th	Brooklyn – District 17
Tuesday, Mar 4 th	Cambridge – District 3
Tuesday, Mar 11 th	Wolfville – District 17
Tuesday, Mar 18 th	Windsor – District 17
Tuesday, Mar 25 th	Gaspereau – District 3

RECOVERY
(Step 2, Tradition 2, Concept 2)

Step 2

Came to believe that a power greater than ourselves could restore us to sanity

The second step doesn't say "We came to believe in a power greater than ourselves" it says "We came to believe that a Power greater than ourselves could restore us to sanity." That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us. The group of AA itself certainly qualifies as a power greater than ourselves (our fellowship is in the millions and always growing) as do the spiritual principles contained in the 12 steps.

The awareness and understanding that we can't recover alone and that we need some kind of help is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible.

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The second tradition of Alcoholics Anonymous (AA) states that the group's ultimate authority is a loving God who expresses himself through the group conscience. The leaders of an AA group are trusted servants who serve the group, but do not make decisions for it. This tradition ensures that no member has authority over the group, and that all members feel a sense of belonging

Concept 2

The General Service Conference of AA has become, for nearly every practical purpose the active voice and the effective conscience of our whole society in its world affairs.

Concept II of Alcoholics Anonymous (AA) Twelve Concepts for World Service is about teamwork and the importance of relying on others for guidance and support. It also establishes the General Service Conference as the effective voice of the AA society.

CPC / PI

Cooperation with the Professional Community/Public Information

**The AA message has to be carried, but someone
needs to carry it! If not by us, then who?**

What does the CPC/PI Committee do?

If someone needs our help and wishes to contact Alcoholics Anonymous, the goal is to have the name and contact information of AA visible to the general public. We must carry the message to the still-suffering alcoholic.

How is this accomplished?

- Information is distributed to the public (doctors, clergy, law enforcement, lawyers, outreach centres, local businesses, offices, clinics, etc).
- Make ourselves available to speak to groups upon request.
- Phone calls, distribution of AA information to individuals or groups who may benefit from having our information on hand.
- Present monthly reports to the District.

How can you help?

- Join the CPC/PI Committee
- Share and introduce ideas
- Assist with the distribution of AA literature and information

What are the responsibilities?

The CPC/PI Committee meets regularly (usually once a month) to share ideas and discuss progress of the ongoing projects. This is easily accomplished with a quick Zoom meeting (or in-person if needed).

There is no cost to the individual. All that is needed is a bit of your time.

What are the rewards?

Distributing contact information to the public is important 12-Step work. We are anonymous, not secret. Our primary purpose is to stay sober and to carry the message of recovery. To accomplish this, people need to know how to reach us.

Contact your GSR or Mark Z at 902-840-3807 if interested.

The importance of the AA phone

Article originally printed in Box 4-5-9 (Spring, 2011) titled:

“When an alcoholic calls...”

In May of 1955, Bill W., downhearted at the grim conclusion of a business venture, found himself pacing the lobby of Akron's Mayflower Hotel. As he recalled, “The bar at the end of my beat was filling up rapidly. I could hear the familiar buzz of conversation in there. Down at the other end of the lobby, I found myself pausing before a church directory. Then I was seized with a thought: I am going to get drunk. Or no, maybe I won't get drunk; maybe I'll just go to that bar and drink some ginger ale and scrape up an acquaintance. Then I panicked... I remembered that in trying to help other people, I had stayed sober myself... I thought, 'You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!’”

(AA Comes of Age, pp.65-66) – With this thought, Bill looked up at the church directory and – at random – phoned the Reverend Tunks, who put him in touch with Henrietta Sieberling, who would put him in touch with Dr. Bob.

Bill's phone call not only set a significant series of events in motion, but for the first time in AA history, an alcoholic picked up a telephone instead of a drink.

In recounting their experience, strength and hope, many AA's relate how a particular phone call requesting help – a call made to an AA member, inter-group/Central office, hotline or any other helping agency – signalled the beginning of their journey of recovery.

NOTE:

The AA helpline phone is a cell phone that the groups in District 3 share in taking responsibility for answering. Individuals or groups can put their names on a rotating schedule that can be any length of time.

There will be an information session about the AA phone on February 16th at 1 pm at the MACS, 1080 Mountain Bishop Rd in Kingston.

For more information contact Joclyn B. at 902-844-0751 or burkejoc58@gmail.com.