

District 4 Newsletter

February, 2025

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 - Amiraaults Hill Fire Hall, Amiraaults 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 and Friday nights. 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> | Dawn C. |
| <u>Acadian Group - Amiraaults Hill:</u> | Shawn M. | <u>Annapolis Group – Annapolis:</u> | Roy W. |
| <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. | | |

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 planning for 2025 has begun and there are still a number of positions open. Of course, you don't need to hold a position to part of the Round-up committee. Come on down we have loads of fun while planning our annual event.

The next meeting will be held at 1:00 PM at the Meteghan Library on the last Sunday of the month, Feb. 23, 2025. This is then followed by the District 4 meeting of the GSR's at 2:00P.M.

The GSR's can bring a friend to the one or both of the meeting and show others how AA works. We need to try and get the spirit of rotation back in District 4 again. Come out down, we have a lot of fun.

Service works ...if you work it.

Group's Birthdays for February, 2025

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, February 10th. Open speaker meeting.

Al F. – 4 yrs.

Murray R. - 2 yr.

24 Hour A Day Group - Meteghan: Last Thursday of the month, February 27th. Open speaker meeting.

No Birthdays to Report.

Acadian Group – Amiraults Hill: Last Sunday of the month, February 23rd. Open speaker meeting.

Barry M. – 7 yrs.

Annapolis Group – Annapolis Royal: Last Wednesday of the month, February 26th. Open speaker meeting.

Nina N. – 41 yrs.

Digby Group -One Day at a Time: Last Friday of the month, February 28th. Open speaker meeting.

Roger W. – 2 yrs.

Anita M. - 11 yrs.

Al A. – 26 yrs.

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

Graham G. – 42 yrs.

Nova Group - Yarmouth: Last Sunday of the month, February 23rd. Open speaker meeting.

Paula T. - 6 yrs.

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

Upcoming Events

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

Cape Breton Regional District Area 82, District 9 Alcoholics

Anonymous Mid-Winter Round-up (Districts 9)

March 7, 8 & 9, 2025

Keep It Simple

Location – Maupeltuewey Kin'matno'kuom School

171 Tupsi Drive, Sydney, N.S.

3-day admission - \$25.00

Saturday Dinner Tickets - \$30.00

More information on Area 82 website or call Scott P – 902-476-6089.

(I have sent an email asking about accommodations)

Spring Service Weekend May 30 – Jun 01 being held at the Truro College. More information to follow. Check the Area 82 website.

ERAASA/ASTECAA (Canadian Eastern Regional Alcoholics Anonymous Service Assembly) Feb 21-23 2025. See Area 82 website.

I do have still a few copies 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.

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.

There are a number of positions in the District 4 committee that are available. We are looking at treasurer and also at the newsletter. Each position we can train you for, this is not rocket science or I would not be doing it...lol. Lots of these things don't get done by themselves, people who are willing to put in a bit of time for your fellow alcoholics.

Any stories or experiences are welcome.

Yours in service,

Al G.

Cell Phone: 403-560-8301