

UNITY

RECOVERY

**District 3
AA NEWSLETTER
March 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

Thank you, Mary B

Birthday's and Group Announcements

Women's AA Meeting – Women in Recovery
Wednesdays 7pm at the MAC Centre - Kingston
Contact Rachael D. 250-221-3777

Language of the Heart - Meadowview Group
Meetings held Wednesday nights at 8pm at Kentville Rec Centre
Wednesday, March 5th - 8pm – Birthday celebrated is:
Don D – 1 year

Aylesford Group
Sunday, March 30th at 7pm - Open speaker meeting.
Celebrating milestones in recovery are:
Betty G – 24 years
Come and celebrate recovery with us. I'm sure there will be cake!

Kingston Group.
Tuesday, March 25th at 8pm. Open speaker meeting.
Birthdays celebrated are:
Alistair M – 28 years
Shane F – 3 years
All are welcome – please join us in celebrating our members.

Gaspereau Candlelight Group
Gaspereau Elementary School
Birthday's celebrated are:
Malcolm M – 40 years
Billy C – 37 years

Kentville Group
No Birthday's this month

Cambridge Group
Birthdays – Flora D – 12years – No celebration

ANNOUNCEMENT from CPC/PI (Mark Z)

To all A.A. Members and Groups:

Does any individual or group have duplicate or extra copies of the Grapevine Magazine that they wish to part with?

The CPC/PI Committee would like to gather as many Grapevines as possible. These would then be distributed to Open Arms, Pallet Shelter Communities, or any other Community Outreach Program.

You may bring these to the district meeting or call Mark Z at 902-840-3807 for pick-up.

Thank you for helping to carry the message of recovery.

UPCOMING EVENTS

EVENT	DATE	LOCATION
Cape Breton Regional Mid-winter Roundup For information, please contact Scott P 902-476-6089 or email: posie24@gmail.com	March 7 th – 9 th , 2025	Sydney NS
Vancouver International Convention For more information and to register please visit: AA.org/International-Convention . Advanced discount rate of \$160.00USD available until April 15/25. After April 15/25 the rate will be \$185.00USD.	July 3 rd – July 6th, 2025	Vancouver BC

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

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.

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 – John W - jtw444@icloud.com - 506-870-0189

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

2025 CROSBIE HOUSE MEETING SCHEDULE

(Meetings held at 7pm)

Located at: 113 Cornwallis Ave – New Minas

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

DATE	GROUP
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
Tuesday, Apr 1 st	St Croix – District 17
Tuesday, Apr 8 th	Kingston – District 3
Tuesday, Apr 15 th	Hantsport – District 17
Tuesday, Apr 22 nd	Aylesford – District 3

INSPIRATIONAL QUOTES

- *“I am not a product of my circumstances. I am a product of my decisions” - Stephen R. Covey*
- *“If you change the way you look at things, the things you look at change”. - Wayne Dyer*
- *“To bring about change, you must not be afraid to take the first step”. - Rosa Parks*

RECOVERY
(Step 3, Tradition 3, Concept 3)

Step 3

“Made a decision to turn our will and our lives over to the care of God, as we understood him”

In Alcoholics Anonymous, "Step 3" refers to the act of making a decision to turn one's will and life over to a higher power as understood by the individual, while "Tradition 3" signifies that the only requirement for membership is a desire to stop drinking, and "Concept 3" generally represents the idea that a higher power has the right to make decisions regarding one's life, encouraging trust and surrender to that power; essentially, all three emphasize the principle of openness and inclusivity in the recovery process, allowing anyone seeking sobriety to join regardless of their background or interpretation of a higher power.

Tradition 3

“The only Requirement for A.A. Membership is a desire to stop drinking”

In Alcoholics Anonymous, “Tradition 3” states that "the only requirement for A.A. membership is a desire to stop drinking," meaning anyone who wants to quit drinking can join regardless of their background, beliefs, or circumstances, as the sole requirement is a genuine desire for sobriety; this principle promotes inclusivity and ensures access to the program for all alcoholics seeking help.

Concept 3

“To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service Corporations, staffs, committees and executives – with a traditional “Right of Decision.”

In Alcoholics Anonymous, Concept 3 refers to the "Right of Decision," which essentially means that each individual serving in a leadership role within the organization, like a Group Service Representative (GSR) or delegate, has the authority to make decisions based on their conscience and understanding of the situation, while still acting within the framework of the AA principles and traditions; it ensures that trusted servants can effectively lead by making informed choices without needing constant approval from higher levels.

Cape Breton Regional District Area 82, District 9

Alcoholics Anonymous

Mid-Winter Round-Up

2025 hosted in Sydney, NS



March 7, 8, 9, 2025

“Keep it Simple”

Maupeltuewey Kina'matno'kuom School
171 Tupsi Drive, Sydney NS

Join us for a weekend of recovery & fellowship with A.A. & Al-Anon speakers, open meetings, workshops, Friday night 'sing & jam session', and a Saturday night dance included with your admission. Dinner ticket purchased separately. Everyone welcome!

Registration starts

Friday March 7 @ 5pm

3-Day Admission \$25

includes coffee, tea,
sandwiches & sweets

**Saturday Dinner
ticket \$30**

Available for purchase
before March 1st.

For more information or to purchase tickets
contact Chair, Scott P 902-476-6089 or posie24@gmail.com

**Save
the
Date!**

AA.org/International-Convention

2025 A.A. International Convention

July 3-6, 2025



Scan here!



Language of the Heart
Lenguaje del corazón
Le langage du cœur

AA 2025 INTERNATIONAL CONVENTION

Where: Vancouver BC

When: July 3 – 6, 2025

Registration – Please visit: AA.org/International-Convention