

District 4 Newsletter

March, 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:

We are coming along very well with the planning for 2025. Shannon has volunteered to be the Vice Chair. Everyone is invited to come out to the meeting, 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, Mar. 30, 2025. This meeting is 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 March, 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, March 10th. Open speaker meeting.

Gayle G. – 13 yrs

Murray R. - 2 yr.

Al F. – 4 yrs (from Feb birthday)

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

Eleaner Q. – 43 yrs.

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

No Birthdays to Report.

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

Roy W. – 44 yrs.

Bronson R. – 44 yrs.

Blaine H. – 23 yrs.

Mark P. – 1 yr.

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

Peter N.– 24 yrs.

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

No Birthdays to Report.

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

Raymond C. – 31 yrs.

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

Upcoming Events

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)

Bridgewater May Day Early Bird Flyer 2025

New Freedom, New Happiness

Saturday May 10, 2025

Holy Trinity Anglican Parish Hall

78 Alexandra Avenue, Bridgewater, N.S.

Registration starts at 9:00 AM, meeting start at 9:30 AM

Guest speaker at 6:30

Lunch and supper provide (vegetarian option available)

Spring Service Weekend May 30 – Jun 01 being held at the Truro College. More information to follow. Check the 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. Great news, Rob S. have volunteered to be our new treasurer. Daniel will help him out for the next few meetings and then retire. I want to thank Daniel for his many years of service as District 4 treasurer. We are also looking for someone who might be interested in doing 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