

UNITY**RECOVERY**

**District 3
AA NEWSLETTER
April 2025**

**SERVICE**

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

Thank you, Mary B

Birthday Announcements**Language of the Heart**

No birthdays

Aylesford Group

No celebration

John M – 28 years

Katherine L – 22 years

Kingston Group.

Tuesday, April 29th at 8pm. Open speaker meeting.

Andy C – 3 years

Gaspereau Candlelight Group

No Birthdays

Kentville Group

Monday, April 28th – 8pm – Open speaker meeting

Carolyn S – 1 year

Cambridge Group

Thursday, April 24th - 8pm – Open speaker meeting

Mac R – 47 years

Gary D – 34 years

Mark Z – 32 years

Deb C – 4 years

Women's AA Meeting – *Women in Recovery*

Wednesdays 7pm at the MAC Centre – Kingston

Contact Rachael D. 250-221-3777

Saturday Women's Zoom Meeting

9:30am Pswd: 765 717

Contact Jennifer B - 902-542-0121

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.

UPCOMING EVENTS

EVENT	DATE	LOCATION
Bridgewater, NS Mayday - <i>“New Freedom, New Happiness”</i> . Holy Trinity Anglican Parish Hall. Contacts: Barb K-H – 902-293-9803 or Jody L – 902-521-0877	May 10 th , 2025	Bridgewater, NS
NS Service Weekend – Area 82 - <i>“Working Together, Increasing Trust”</i> . Dalhousie University, Agricultural College.	May 30 th – June 1 st , 2025	Truro, NS
NS Provincial Roundup - <i>“Foundations of Freedom”</i> . St. James United Church Hall. For more information or to register, please visit: aahalifax.org	June 6 th – June 7 th , 2025	Dartmouth, NS
Vancouver International Convention For more information and to register please visit: AA.org/International-Convention .	July 3 rd – July 6 th , 2025	Vancouver BC
58th Windsor and Area Mini Roundup - <i>“I Can't, We Can”</i> . Three Mile Plains Hall. For more information please call: Cyril L 902-790-3226 or Jim H 902-790-3802	Aug 15 th – 17 th , 2025	West Hants, NS

For more information please visit: area82aa.org for detailed information on upcoming events.

Inspirational Quotes

- “If I want what I've always had, I do what I've always done. If I want what I've never had, I have to do what I've never done.”*
- “There are three ways to ultimate success: The first way is to be kind, the second way is to be kind and the third way is to be kind.” - Mr Rogers.*
- “I don't worry about the light at the end of the tunnel. I focus on the light I have in my life today”.*

2025 CROSBIE HOUSE MEETING SCHEDULE

(Meetings held at 7pm)

DATE	GROUP
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
Tuesday, Apr 29 th	Brooklyn – District 17
Tuesday, May 6 ^t	Cambridge – District 3
Tuesday, May 13 th	Wolfville - District 17
Tuesday, May 20 ^t	Windsor (Saturday group) – District 17
Tuesday, May 27 th	Gaspereau – District 3
Tuesday, June 3 rd	St. Croix – District 17
Tuesday, June 10 th	Kingston – District 3
Tuesday, June 17 th	Hantsport – District 17
Tuesday, June 24 th	Aylesford – District 3

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 – dryoofig@hotmail.com - 902-680-0263

ADDITIONAL CONTACT INFORMATION

AA Help Line - 902-691-2825

Detox Central Registry - 1-866-640-6700

RECOVERY
(Step 4, Tradition 4, Concept 4)

Step 4

Made a searching and fearless moral inventory of ourselves.

How instincts can exceed their proper function. Step Four is an effort to discover our liabilities. Basic problem of extremes in instinctive drives. Misguided moral inventory can result in guilt, grandiosity, or blaming others. Assets can be noted with liabilities. Self-justification is dangerous. Willingness to take inventory brings light and new confidence. Step Four is beginning of lifetime practice. Common symptoms of emotional insecurity are worry, anger, self-pity, and depression. Inventory reviews relationships. Importance of thoroughness.

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Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole

With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighbouring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect AA as a whole without conferring with the Trustees of the General Service Board. On such issues, our common welfare is paramount.

Concept 4

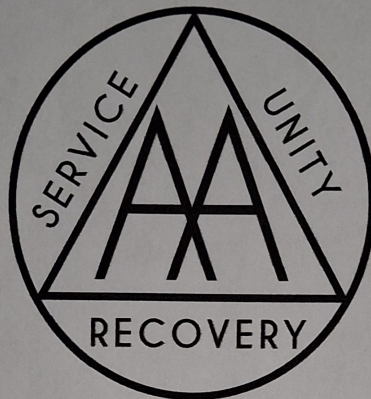
Right of Participation

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation”, taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

Windsor and Area

58th Mini Roundup

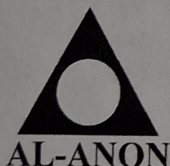
Aug. 15-17, 2025



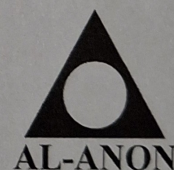
I CAN'T

WE CAN!

**THREE MILE PLAINS HALL
4474 HWY 1, WEST HANTS, NS B0N 2T0**



**WITH AL-ANON MEETINGS ALL WEEKEND
BASKET RAFFLE ON SUNDAY**



**REGISTRATION IS \$20 AT THE DOOR.
INCLUDES: COFFEE, TEA, FINGER SNACKS AND A LIGHT
LUNCH ON SATURDAY.**

**CAMPING IS PERMITTED ON THE PREMISES, BRING YOUR
TENTS (THERE ARE NO HOOKUPS OR SERVICES FOR
TRAILERS)**

More info? Cyril L (902)790-3226 or Jim H (902)790-3802

June 6 & 7

FOUNDERS DAY

90th
Anniversary

AA Nova Scotia

PROVINCIAL ROUND UP

June 6 & 7, 2025

FOUNDATIONS OF FREEDOM!

Doors open
Friday at 5pm
St. James United
Church Hall,
181 Portland St.
Dartmouth

Street parking
available in
surrounding area

Registration
- \$20
(includes an
Ice cream
social on
Friday evening
& coffee/tea all
weekend)

Meals - \$10 Lunch
(sandwich/veggies)
\$25 - Dinner &
Dessert
*meal tickets must
be pre-ordered by
Mon. June 2nd

\$55 for everything!

E-transfer:
NSPRU2025@gmail.com
Contact: Heather
L, Chair
902-476-7690
Michael H –
Registration
NSPRU2025@gmail.com



EARLY BIRD DRAW!

Register before
May 6th
you could win a
free meal package
and free
registration.



Speakers, Panels,
Fun Run/Walk,
Play, Dinner,
Games & More!



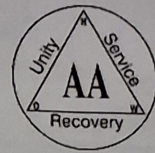
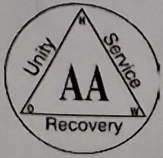
Special Hotel
Rates at the
Sandman and
Delta Dartmouth
Click [here](#) for
more info

Presenting the **CANADIAN PREMIER of**

Bill W. & Lois W.

Their Journey Through Letters
Sat. 4:15 pm





Alcoholics Anonymous

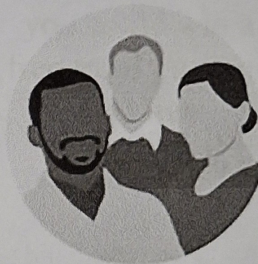
NS Service Weekend ~ Area 82

"Working Together, Increasing Trust"

May 30 to June 1, 2025

Dalhousie University ~ Agricultural College
Jenkins Hall, 40 Horseshoe Crescent, Truro, NS

More specifics on registering etc. will follow next week



The NS Service Weekend is primarily meant as a three-way connection of Groups, Districts and the Area to share their service experience and discuss issues of interest presented by our various service levels. Through this process Group members become informed and, in turn, inform the Districts, the Area and GSO. Issues discussed will be in preparation for inclusion on the Fall Assembly Agenda.

ALL AA MEMBERS ARE WELCOME

Service is anything that helps us reach a fellow sufferer

Bring a new Member and introduce them to the JOY of SERVICE

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

**EARLY BIRD FLYER
MAY DAY 2025**

"New Freedom, New Happiness"

COME SHARE WITH US BRIDGEWATER MAY DAY!

SATURDAY, MAY 10, 2025

**Holy Trinity Anglican Parish Hall - Home of the Action Group
78 Alexandra Avenue
Bridgewater, Nova Scotia**

REGISTRATION STARTS AT 9:00 AM

Meetings all day starting at 9:30 AM Guest Speaker 6:30 PM

**Lunch and Supper provided (vegetarian option available)
Coffee, Tea & Donuts free all day
Pop & Water for sale**

50/50 Draw

Bridgewater Archives Display all day

**Contact Persons: Barb K-H 902-293-9803
Jody L 902-521-0877**

***Meet new friends for a great time and fellowship!
We look forward to seeing you there!***