


UNITY		RECOVERY	
District 3 AA NEWSLETTER May 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

Wednesday, May 7th 8pm – Open speaker meeting – Kentville Rec Centre
Fred H – 38 years

Aylesford Group

Sunday, May 25th 8pm - No birthdays but there is an open speaker meeting

Kingston Group.

Tuesday, May 27th at 8pm. Open speaker meeting.
Greg B - 31 years

Gaspereau Candlelight Group

Richard D – 46 years on May 11th. No celebration

Women's AA Meeting – *Women in Recovery*

Wednesdays 7pm at the MAC Centre – Kingston
Contact: Rachael D. 250-221-3777 or Joclyn B. 902-844-0761

Saturday Women's Zoom Meeting

9:30am – Access Code: 936-657-566 Pswd: 765 717
Contact Jennifer B - 902-542-0121

MIDDLETON GROUP – Important Information

Due to very low numbers, it is no longer viable to run the Middleton group, therefore, the last meeting will be held on Monday, May 26th.

Thanks to everyone for all their help over the years.

Mark R – DCM District 3 and Barry L – GSR - Middleton

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
Truro Area Summer Roundup - <i>“The Promises Do Come True”</i> 130 Ventura Dr Debert, NS For questions please contact: district6roundup@gmail.com	Aug 1 st – 3 rd , 2025	Debert, NS
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 detailed information please visit: area82aa.org

Inspirational Quotes

1. *“The beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive”*
2. *“Most of us do follow, in our personal lives, the Twelve suggested Steps to recovery ... We do this from choice. We prefer recovery to death. Then, little by little, we ... conform because we want to.”*

2025 CROSBIE HOUSE MEETING SCHEDULE

(Meetings held at 7pm)

DATE	GROUP
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
Tuesday, July 1 st	Brooklyn – District 17
Tuesday, July 8 th	Cambridge – District 3
Tuesday, July 15 th	Wolfville– District 17
Tuesday, July 22 nd	Windsor (Saturday Group) – District 17
Tuesday, July 29 th	Gaspereau – 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

NEW SIGN

A new sign has been put up on the wall at Bargain Harley's in Berwick. A big thank you to Mark Z, Richard S and John W for all there hard work in making this happen!!



RECOVERY
(Step 5, Tradition 5, Concept 5)

Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Twelve Steps deflate ego. Step Five is difficult but necessary to sobriety and peace of mind. Confession is an ancient discipline. Without fearless admission of defects, few could stay sober. What do we receive from Step Five? Beginning of true kinship with man and God. Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves. Necessity for complete honesty. Danger of rationalization. How to choose the person in whom to confide. Results are tranquility and consciousness of God. Oneness with God and man prepares us for following Steps.

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Tradition 5

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Tradition Five in Alcoholics Anonymous (AA) emphasizes that each group's primary purpose is to carry its message to the alcoholic who still suffers. This means focusing on helping newcomers and those struggling with addiction, rather than getting sidetracked by other potentially worthwhile but less relevant activities. It's about prioritizing the core mission of AA: supporting recovery and providing a path to sobriety for those who need it.

Concept 5

Right of Appeal

Concept Five in Alcoholics Anonymous (AA) emphasizes the "Right of Appeal" and the value of minority opinions within the group's world service structure. It ensures that dissenting voices are heard and considered, preventing potentially hasty or uninformed decisions. This concept encourages a thorough discussion of important issues and protects AA from being swayed solely by a majority opinion.

The promises do come true

AA District 6 Summer Roundup

Early Bird flyer



Questions contact district6roundup@gmail.com

August 1-3
Debert hospitality Center
130 Ventura Dr, Debert, NS BOM 1G0

*Registration & 1 dance ticket 20\$

*Dinner 40\$(gluten friendly chicken supreme)

*Vegetarian option also available.

Rooms and accommodation on site

*Dry camping allowed