

District 4 Newsletter

May, 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:	Shannon C	Secretary:	Shannon C.
Treasurer:	Rob S.	Literature:	Barrie M.	Wellness:	Vacant
Institutions:	Vacant	Newsletter:	Al G.		

Group GSR's:

<u>12 Step Group - Yarmouth:</u>	Carmen H.	<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.		

Still have a few positions open for the District 4 Committee, hurry before they are all gone.

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 organizers of the 2025 Lighthouse Round-up are doing a great job. We had a great turn out this past month and remind everyone you are all welcome to attend.

The next meeting will be held at 1:00 PM at the Meteghan Library on the last Sunday of the month, May 25, 2025. This meeting is followed by the District 4 meeting of the GSR's at 2:00P.M. gain all are welcome, come out and see what we do.

It's bring a fellow member to the District 4 meeting this month. We want to bring back the spirit of rotation in District 4. Thanks for your help.

Service works ...if you work it.

Group's Birthdays for May, 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, May 12th. Open speaker meeting.

No Birthdays to Report.

24 Hour A Day Group - Meteghan: Last Thursday of the month, May 29th. Open speaker meeting.

Aurel C. – 35 yrs.

Acadian Group – Amiraults Hill: Last Sunday of the month, May 25th. Open speaker meeting.

Barrie M. – 9 yrs.

Helen – 34 yrs

Aline C. – 14 yrs

Gerald – 6 yrs

Annapolis Group – Annapolis Royal: Last Wednesday of the month, May 28th. Open speaker meeting.

Tina S. – 1 yr.

Sid P. – 3 yrs.

Digby Group -One Day at a Time: Last Friday of the month, May 30th. Open speaker meeting.

Christa F. - 38 yrs.

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

No Birthdays to Report.

Nova Group - Yarmouth: Last Sunday of the month, May 25th. Open speaker meeting.

No Birthdays to Report.

Upcoming Events

Bridgewater May Day 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)

N.S. Service Weekend May 30 – Jun 01 Area 82

Working Together, Increasing Trust

Dalhousie University – Agricultural College, Truro

Jenkins Hall, 40 Horseshoe Crescent, Truro

All information can be found on the Area82/events web site.

The agenda is on the Area 82 web site under Area Docs.

NS Provincial Roundup – Foundations of Freedom flyer

- **When:** Fri June 6 and Sat June 7, 2025
- **Where:** St. James United Church Hall, 181 Portland St, Dartmouth
 - **Cost: \$55 for everything!** (*you can pick and choose too*)
 - **Includes:** *Ice Cream social, games, speakers, panels, lunch, dinner, dance & play!*

All details about the event and how to register can be found on aahalifax.org or on the Area 82/events website

International Convention, Vancouver BC 2025

July 3-6, 2025

All information can be found on the Area82/Events website

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

I have received a letter from Steph Nickerson who is the Education/Program Liaison Officer at the South West Correctional Facility in Yarmouth. I have obtained my clearance to put on a meeting on Tuesday evening at 8:15 PM. I would love to have 6-8 folks who would like to volunteer to put on a meeting at the facility. Its pretty easy, you call her up and give here your name and other information, she does all the paper work. When it comes back you are required to go to RCMP to get a criminal check (at no cost as you are a volunteer) then you bring it down to her, she does an orientation and just like that you are now able to help put on a meeting at the facility. Her number is 902-774-1683. If she does not answer leave a message, she will get back to you.

I do not have any copies of the "The Plain Language Big Book" left so we will have to order some.

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.

Any stories or experiences are welcome.

Yours in service,

Al G.

Personal Cell Phone: 403-560-8301

District 4 Cell Phone: 902-308-5806