


<b>UNITY</b>		<b>RECOVERY</b>	
<b>District 3 AA NEWSLETTER April 2026</b>			
<b>SERVICE</b>			

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](mailto:aadistrict3newsletter@gmail.com)

*Thank you, Mary B*

### BIRTHDAY ANNOUNCEMENTS

<u>GROUP NAME</u>	<u>DATE AND TIME</u>	<u>CELEBRANTS</u>
Language of the Heart	No birthdays	
Aylesford	No birthdays, no speaker. Meeting downstairs Sunday, April 26 <sup>th</sup> at 7pm	
Kingston	Open speaker meeting - Tuesday, Apr 28 <sup>th</sup> at 8pm	Andy C – 4 years
Kentville	Open speaker meeting – Monday, Apr 13 <sup>th</sup> at 8pm	Wayne P – 1 year
Gaspereau Candlelight	No birthdays	
Cambridge	Open speaker meeting – Thursday, Apr 30 <sup>th</sup> at 8pm	Mac R – 48 years Mark Z – 33 years Debbie C – 5 years Adam B – 4 years
Berwick	No birthdays	
Fundy	No birthdays	
Women In Recovery	No birthdays	
Saturday Women's Zoom	No birthdays	

## UPCOMING EVENTS

EVENT	DATE	LOCATION
<b>Area 82 NS Service Weekend - “Service – the Hear of AA”</b> Held at the Dalhousie Agricultural Campus in Truro	May 15 <sup>th</sup> - 17 <sup>th</sup>	Truro, NS
<b>Bridgewater Mayday - “A New Way of Living”</b> - AA and Al-Anon – Holy Trinity Anglican Parish – 78 Alexandra Ave – Bridgewater. Contact: Nancy G – 902-354-0089 or Lise P-H - 613-257-9796	Saturday, May 23 <sup>rd</sup>	Bridgewater, NS
<b>District 6 Mid-Summer Roundup - “A Message of Hope”</b> . To be held at the Best Western in Truro, NS	July 24 <sup>th</sup> - 26 <sup>th</sup>	Truro, NS
<b>District 17 - 59<sup>th</sup> Annual Windsor and Area AA Mini Round-up (Theme to be determined)</b> . Held at the Three Mile Plains Hall – 4478 Hwy 1	Aug 14 <sup>th</sup> - 16 <sup>th</sup>	Three Mile Plains , NS
ZOOM STUDY EVENT – <i>“The AA Service Manual combined with Twelve Concepts for World Service”</i> . Zoom link: 824 1286 8436 Pswd: 275042	Weekly – Tuesday evenings 6:00pm	ZOOM

*For more detailed information and event flyers, please visit: [area82aa.org/events](http://area82aa.org/events) and/or see the flyer posted on your groups' bulletin board.*

### *“Grapevine and Inspirational Quotes”*

1. *“I discovered that there really is an easier, softer way – the way of striving to be a part of.”*
  
2. *“I show up early, I am involved, and I reach my hand out to the next person coming through the door. It’s amazing how very easy it is to make a difference for others and for yourself just by accepting the responsibility to pass the message on.”*
  
3. *“I am glad for everything that has happened to me. I have found a way of life that I wouldn’t trade for anything in the world.”*

**2025 CROSBIE HOUSE MEETING SCHEDULE**  
**(Meetings held at 7pm)**

DATE	GROUP
Tuesday, Apr 7 <sup>th</sup>	Gaspereau – District 3
Tuesday, Apr 14 <sup>th</sup>	St Croix – District 17
Tuesday, Apr 21 <sup>st</sup>	Kingston – District 3
Tuesday, Apr 28 <sup>th</sup>	Hantsport – District 12
Tuesday, May 5 <sup>th</sup>	Aylesford – District 3
Tuesday, May 12 <sup>th</sup>	Brooklyn – District 17
Tuesday, May 19 <sup>th</sup>	Cambridge – District 3
Tuesday, May 26 <sup>th</sup>	Wolfville – District 17
Tuesday, June 2 <sup>nd</sup>	Windsor Saturday Night Group – District 17
Tuesday, June 9 <sup>th</sup>	Gaspereau – District 3
Tuesday, June 16 <sup>th</sup>	St Croix – District 17
Tuesday, June 23 <sup>rd</sup>	Kingston – District 3
Tuesday, June 30 <sup>th</sup>	Hantsport – District 12

**DISTRICT 3 TRUSTED SERVANTS – 2025 - 2026**

**DCM** – Mark R – [mrutherford@eastlink.ca](mailto:mrutherford@eastlink.ca) - 902-824-2558

**Alt DCM** – Jay C - [jcondie.a@gmail.com](mailto:jcondie.a@gmail.com) - 902-414-9490

**Secretary** – Joclyn B - [burkejoc58@gmail.com](mailto:burkejoc58@gmail.com) - 902-844-0761

**Treasurer** – John W - [jtw444@icloud.com](mailto:jtw444@icloud.com) - 506-870-0189

**Literature/Grapevine** – Dale V - 902-765-8709

**CPC/PI** – Mark Z - [elizabethraye@hotmail.com](mailto:elizabethraye@hotmail.com) - 902-840-3807

**Newsletter** – Mary B - [aadistrict3newsletter@gmail.com](mailto:aadistrict3newsletter@gmail.com) - 902-824-6184

**Information Sessions** - Jennifer B – [jenifl@me.com](mailto:jenifl@me.com) - 902-542-0121

**Institutions**

- **Crosbie House** - Ron M – [rmaplebeck@eastlink.ca](mailto:rmaplebeck@eastlink.ca) - 902-670-1761
- **Middleton Detox** – Jamie M – [hallsharbour@hotmail.com](mailto:hallsharbour@hotmail.com) - 902-670-6339
- **Bridging The Gap** – Danny Y – [dryoofting@hotmail.com](mailto:dryoofting@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.

**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 A.A. 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 A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.

**Concept 4**

***“At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”***

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.