

# **District 4 Newsletter**

**March, 2026**

## **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 7:00 PM.

**Acadian Group - Amiraults Hill Fire Hall, Amiraults Hill.**

Sunday morning - Closed Discussion. Meeting time 10:15 AM.

**Annapolis Group – 1<sup>st</sup> 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.

**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 - Step Study Group. Meeting time 7:00 PM.

Tuesday night - Big Book Discussion Group. Meeting time 8:00 PM.

**Aurel announced at the District meeting that a new meeting will be starting, Wednesday, March 25 from 2:00 PM – 3:00 PM opening a new group at the Lion's Club (now called St Mary's Bay Community Center). 313 Maxwellton Rd, Meteghan Centre. Use the back basement door. For more info call Aurel - 769-8156. Will name it later.**

## **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>	Gayle	<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>Nova Group - Yarmouth:</u> (Alt.GSR)	Ted M.	<u>One Day at a Time Group-Digby:</u>	Don B.

For 2026 think about volunteering for a position on your District 4 Committee. We sure could use some the help and new faces.

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 Roundup and GSR Meeting:**

We started planning for the 2026 Lighthouse Roundup. The meeting is held at 1:00 PM in the Meteghan Library on the last Sunday of the month, mar. 29, 2026. We are still looking for volunteers to help plan the 2026 Lighthouse Roundup. This meeting is followed by the District 4 meeting of the GSR's at **1:30 P.M.** Again, all are welcome, come out and see what we do.

Service works ...if you work it.

## Group's Birthdays for March, 2026

**12 Step Group - Yarmouth:** Second Monday of the month, Mar. 09<sup>th</sup>. Open speaker meeting.

**Gayle G. – 14 yrs.**

**Alvin F. – 5 yrs.**

**Murray R. – 3 yrs.**

**Brenton – 2 yrs.**

**24 Hour A Day Group - Meteghan:** Last Thursday of the month, Mar. 26<sup>th</sup>. Open speaker meeting.

**Eleanor Q. – 44 yrs.**

**Ray - 1 yr.**

**Acadian Group – Amiraults Hill:** Last Sunday of the month Mar. 29<sup>th</sup>. Meeting at 10:15 A.M.

**No birthdays to Report.**

**Annapolis Group – Annapolis Royal:** Last Wednesday of the month, Mar. 25<sup>th</sup>. Open speaker meeting.

**Bronson R. – 45 yrs.**

**Roy W. – 45 yrs.**

**Blaine H. – 24 yrs.**

**Mark P. – 2 yrs.**

**Digby Group -One Day at a Time:** Last Friday of the month, Mar. 27<sup>th</sup>. Open speaker meeting.

**Peter N. – 25 yrs.**

**Lynn N. – 18 Yrs. (from Jan. birthdays)**

**Debra – 11 yrs. (honorary from states)**

**Nova Group - Yarmouth:** Last Sunday of the month, Mar. 29<sup>th</sup>. Open speaker meeting.

**Raymond C. – 32 yrs.**

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

Cape Breton 43<sup>rd</sup> Mid-Winter Roundup (District 9)

Theme: A Design for Living

Registration \$30.00 and banquet \$30.00

Maupeltueway Kina'matno'kuom School, Memberton Elementary School.

March 13, 14 & 15, 2026.

Room rates: Simon Hotel - \$165, Travel Lodge Hotel - \$149-159, Holiday Inn - \$165

See details for the above events at the Area 82 web site.

Other Information.

District 4 is bringing AA meetings to the Southwest Correctional Facility in Yarmouth. The meeting time is approx. 8:15 PM on Tuesday evenings. It would be great to have members from the Yarmouth area to help out.

Steph Nickerson, who is the Education/Program Liaison Officer and her number is 902-774-1683. It's pretty easy, you call her and give here your name and other information.

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Addictions and Promises

Where did all the newcomers go?

Did they go back to drinking?

We'll never know

All we can do is say a prayer and hope that they did not go back out there.

We see so many face and stories unfold.

The fears we are facing and the addiction is told.

The first 24 hours is the most struggle indeed,

Whether it's drinking or gambling or freedom from weed.

Get a sponsor and go to all the meetings you can.

Face all your fears being honest and you will understand that there is a higher power leading the way and a rude awaking will come to you like they say.

The promises come true when you are working the program by being honest and true.

There's a lot of demons in our past to let go..

Accept responsibility for your actions then you grow.

God is my higher power and has been guiding the way.

He teaches me lessons and taught me to live day by day.

I don't live for tomorrow or yesterday but I live for now and all I have is today.

I pray to my God to not make the mistakes in my past and keep me strong and forgiving for the cravings don't last.

I crave for knowledge and to be there for my children today because in my past, I was always running away.

Written in February, 2021

Gladys W.

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Any ideas or suggestion as to what should be in our newsletter, please let me know.

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Yours in service,

Al G.

District 4, Cell Phone: 902-308-5806