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|--|--|-----------------|--|
| <b>UNITY</b>   |  | <b>RECOVERY</b> |  |
| <b>District 3<br/>AA<br/>NEWSLETTER<br/>May 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  | Open speaker meeting – Wednesday, May 6 <sup>th</sup> at 8pm. Kentville Rec Centre         | Fred H – 39 years     |
| Aylesford              | No birthdays. No speaker but meeting held downstairs – Sunday, May 24 <sup>th</sup> at 7pm |                       |
| Kingston               | Open speaker meeting Tuesday, May 26 <sup>th</sup> at 8pm                                  | Greg B – 32 years     |
| Kentville              | No birthdays   |                       |
| Gaspereau Candlelight  | No birthdays   |                       |
| Cambridge              | No birthdays   |                       |
| Berwick                | No birthdays   |                       |
| Fundy                  | No birthdays   |                       |
| Women's AA In Recovery | Open speaker meeting Wednesday, May 27 <sup>th</sup> at 7pm                                | Margaret C – 45 years |

## UPCOMING EVENTS

| EVENT  | DATE                                     | LOCATION                  |
|--|--|---------------------------|
| <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>Nova Scotia Provincial Roundup - “The Home Group – Heartbeat of AA”</b> . G.R Sanders Elementary – 45 Allan Ave – Stellartan. Contact: Blaise S – 902-863-6053 ( <a href="mailto:Blaisesullivan@hotmail.com">Blaisesullivan@hotmail.com</a> ) or Jo P – 902-631-1038 ( <a href="mailto:jpsldn@gmail.com">jpsldn@gmail.com</a> ) | June 12 <sup>th</sup> - 14 <sup>th</sup> | Stellartan, 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 ,<br>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. “There is a tendency to label everything that an alcoholic may do as ‘alcoholic behaviour.’ The truth is, it is simply human nature ... Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics, too. Actually they are symptoms of mankind.”
  
2. “At the beginning we sacrificed alcohol. We had to, or it would have killed us. But we couldn’t get rid of alcohol unless we made other sacrifices. Big shot-ism and phony thinking had to go. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it.”

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

| DATE                           | GROUP                                      |
|--------------------------------|--|
| 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                    |
|                                |  |
| Tuesday, July 7 <sup>th</sup>  | Aylesford – District 3                     |
| Tuesday, July 14 <sup>th</sup> | Brooklyn – District 17                     |
| Tuesday, July 21 <sup>st</sup> | Cambridge – District 3                     |
| Tuesday, July 28 <sup>th</sup> | Wolfville – District 17                    |

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

**DCM** – Mark R – [ofc\\_krupke@hotmail.com](mailto:ofc_krupke@hotmail.com) - 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 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.

**Tradition 5**

*Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

**Concept 5**

*Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.*

Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.



# Nova Scotia Provincial Round-Up

Hosted by: District 7

 The Home Group: Heartbeat of AA 

## Date/Time:

June 12,13 & 14, 2026

Registration Opens at 4pm  
June 12

Registration - 9am June 13

## Registration & Dance:

Weekend Cost: \$25

Catered Banquet: \$50

E-Transfers:

Thelma E.  
902-759-9348  
edwardsthelma7@gmail.com

## Location:

G.R. Sanders Elementary  
45 Allan Ave., Stellarton, NS

## Accommodations:

The Holiday Inn (\$179+ tax)  
86 Lawrence Ave. ,  
Stellarton, NS  
(902) 755-1020

The Comfort Inn (\$146+ tax)  
240 Westville Rd. ,  
New Glasgow, NS  
(902) 755-6450

\*30 rooms blocked at each  
\*Hot Breakfast Incl'd  
\*mention AA Round-Up

## Contacts:

Blaise S., Chairperson  
(902) 863-6053  
Blaisesullivan@hotmail.com

Joe P., Co-Chairperson  
(902) 631-1038  
jpsldn@gmail.com

Music by Glenn Baker  
AA Meetings  
Guest Speakers  
Al-anon Participation  
Sandwiches & Sweets  
Hospitality Room  
Literature Table  
NS Archives