

District 4 Newsletter

May, 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 – 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.

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. (Closed)

Afternoon meeting (No name), St. Mary's Bay Community Center, Meteghan Center

Wednesday afternoon – As Bill Sees It. Meeting time 2:00 PM (use back basement door)

District 4 - Zoom Meetings:

Digby – One Day at a Time

Monday – Sunday evenings. Open 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>	Ted M.	<u>One Day at a Time Group-Digby:</u>	Rob S.

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, May 31st, 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 May, 2026

12 Step Group - Yarmouth: Second Monday of the month, May 11th. Open speaker meeting.

No birthdays to Report.

24 Hour A Day Group - Meteghan: Last Thursday of the month, May 28th. Open speaker meeting.

Aurel C. – 36 yrs.

Acadian Group – Amiraults Hill: Last Sunday of the month May 31st. Meeting at 10:15 A.M. (Not sure if they celebrate)

Barrie M. – 10 yrs.

Helen B – 35 yrs.

Annapolis Group – Annapolis Royal: Last Wednesday of the month, May 27th. Open speaker meeting.

Tina R. – 2 yrs.

Sid P. - 4 yrs.

Digby Group -One Day at a Time: Last Friday of the month, May 29th. Open speaker meeting.

No birthdays to Report. Christa F. has 39 yrs. In May but will put off celebrating until Jin or Jul.

Nova Group - Yarmouth: Last Sunday of the month, May 31st. Open speaker meeting.

No birthdays to Report.

Other Information.

NS Service Weekend May 15, 16, 17 – 2026

Truro, N.S., “Service – The Heart of AA”

Payment Info! – Nova Scotia Service Weekend, please send the \$40 registration fee to nsswmay2026@gmail.com (no security question required)

When submitting payment you MUST include:

1. Your name
2. Your Group
3. Your District

Bridgewater May Day – May 23, 2026

“A New Way of Living”

Nova Scotia Provincial Round-up – District 7 – Jun 12-14, 2026

Stellarton, N.S. “The Home Group: Heartbeat of AA”

District 6 Mid Summer Round-up – Jul 24-26, 2026

Truro, N.S. “A Message of Hope”

District 17 - 59th Annual Windsor and Area Mini Round-up. Aug 14-16, 2026

Three Miles Plains Hall, 4478 Hwy #1, Theme: To be announced.

Area 82 Assembly and Round-up – Oct 9-11, 2026

Corner Brook, NL “Humility in Action”

All the above can be seen on the Area 82 web site under events.

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

This fall will be election year for Group, District and Area service positions. The Area is sending out a quick questionnaire for former or present GSR's, DCM's or any other position that you may have held.

What knowledge, skill and attitudes do you deem necessary to be informed and ready to assume a new position in Area, District and Group.

What I know now about service and the position I hold that I wish I had known prior to being elected.

A friendly reminder for seniors, folks who don't like driving at night, people who work night shift and folks who are wanting a day meeting. There is a new meeting that started in March. It is an afternoon meeting starting at 2:00 PM at the St. Mary's Bay Community Centre (Old Lions Club Hall) on 313 Maxwellton Rd, Meteghan Centre on Wednesday afternoon. Come on out and support day time AA.

If you have any information please feel free to write me an email and I will send all answers along to District. We are trying to get this information in by April 20.

Thanks

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

Yours in service,

Al G.

Cell # - 403-560-8301

District 4, Cell Phone: 902-308-5806