

UNITY		RECOVERY	
District 3 AA NEWSLETTER August 2026			
SERVICE			

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

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, Aug 5 th at 8pm. Due to renovations, meetings will be held at St James Anglican Church 18 Prospect Ave (Kentville) until further notice	Jamie M – 5 years
Aylesford	Open speaker meeting – Sunday, Aug 30 th at 7pm	Claude P – 15 years
Kingston	Open speaker meeting Tuesday, August 25 th at 8pm	Lance G – 23 years Jonathan B – 1 year
Kentville	Open speaker meeting – Monday, Aug 31 st at 8pm	Mallory A – 1 year
Gaspereau Candlelight	No birthdays	
Cambridge	Open speaker meeting Thursday, Aug 27 th at 8pm	Glynn C – 10 years
Berwick	No birthdays	
Fundy	No information. Due to renovations, Sunday 11am meetings will be held at the UNIFOR office 362 Main St. in Kentville from mid-June until the end of August.	
Women's AA In Recovery	No information	

UPCOMING EVENTS

EVENT	DATE	LOCATION
District 17 - 59th Annual Windsor and Area AA Mini Round-up - “Unified in Love and Service”. Held at the Three Mile Plains Hall – 4478 Hwy 1	Aug 14 th - 16 th	Three Mile Plains , NS
District 5 One Day Roundup (AA and Al-anon welcome). Held at Christ Church Parish Hall	Sat, Sept 12 th	Amherst, NS
Area 82 Fall Assembly. Meetings held at the Bennett Hall. Contact and Registration: Alfred S. 709-632-8981. Email: cbassembly@gmail.com	Oct 9 th - 11 th	Cornerbrook, NL
District 4 Annual Lighthouse Round-Up 2026. “Stepping Into the Sunlight”. Rodd Grand Hotel – Yarmouth. AA and Al-Anon. Registration Chair – Al Angrignon – 902-247-1587	Nov 6 th - 8 th	Yarmouth, NS
ZOOM STUDY EVENT – “The AA Service Manual combined with Twelve Concepts for World Service”. 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 and/or see the flyer posted on your groups' bulletin board.

“Grapevine and Inspirational Quotes”

1. “I now see that awakening and growing is something that never need stop and that growing pains are never to be feared, provided I am willing to learn the truth about myself from them.”
2. “When brimming with gratitude, one's heart must surely result in outgoing love, the finest emotion that we can ever know.”
3. “How truth makes us free is something that we AA members can well understand. It cut the shackles that once bound us to alcohol.”

INFORMATION SESSIONS and DISTRICT MEETINGS

District meeting Sunday, August 16th at 1pm at the MAC Centre

NOTE: There will be no information session for August

ALL ARE WELCOME – Please join us.

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

DATE	GROUP
Tuesday, Aug 4 th	Windsor Saturday Night Group – District 17
Tuesday, Aug 11 th	Gaspereau – District 3
Tuesday, Aug 18 th	St Croix – District 17
Tuesday, Aug 25 th	Kingston – District 3
Tuesday, Sept 1 st	Hantsport – District 12
Tuesday, Sept 8 th	Aylesford – District 3
Tuesday, Sept 15 th	Brooklyn – District 17
Tuesday, Sept 22 nd	Cambridge – District 3
Tuesday, Sept 29 th	Wolfville – District 17
Tuesday, Oct 6 th	Windsor Saturday Night Group – District 17
Tuesday, Oct 13 th	Gaspereau – District 3
Tuesday, Oct 20 th	St Croix – District 17
Tuesday, Oct 27 th	Kingston – District 3

DISTRICT 3 TRUSTED SERVANTS – 2025 - 2026

DCM – Mark R – ofc_krupke@hotmail.com - 902-824-2558

Alt DCM – Jay C - jcondie.a@gmail.com - 902-414-9490

Secretary – Joclyn B - burkejoc58@gmail.com - 902-844-0761

Treasurer – John W - jtw444@icloud.com - 506-870-0189

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

CPC/PI – Mark Z - elizabethraye@hotmail.com - 902-840-3807

Newsletter – Mary B - aadistrict3newsletter@gmail.com - 902-824-6184

Information Sessions - Jennifer B – jenifl@me.com - 902-542-0121

Institutions

- **Crosbie House** - Ron M – rmaplebeck@eastlink.ca - 902-670-1761
- **Middleton Detox** – Jamie M – hallsharbour@hotmail.com - 902-670-6339
- **Bridging The Gap** – Danny Y – dryoofting@hotmail.com - 902-680-0263

ADDITIONAL CONTACT INFORMATION

AA Help Line - 902-691-2825

Detox Central Registry - 1-866-640-6700

RECOVERY
(Step 8 , Tradition 8, Concept 8)

Step 8

“Make a list of all persons we had harmed and became willing to make amends to them all.”

This and the next two Steps are concerned with personal relations. Learning to live with others is a fascinating adventure. Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting. Necessity of exhaustive survey of past. Deepening insight results from thoroughness. Kinds of harm done to others. Avoiding extreme judgments. Taking the objective view. Step Eight is the beginning of the end of isolation.

Tradition 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counselling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for

Concept 8

“The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, 2 exercising this through their ability to elect all the directors of these entities.”

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage 2 these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

District 4

Annual Lighthouse Round-Up 2026

AA



AA

November 6, 7 & 8

Theme "Stepping Into the Sunlight"

**Rodd Grand Hotel
Yarmouth, Nova Scotia**



Alcoholics Anonymous & Al-Anon

**Banquet – Saturday All You Can Eat Turkey Buffet
Dance follows banquet with DJ**

**Registration
(All must register to attend)**

Registration: Friday starting at 4 pm & all-day Saturday
Registration, Speakers and Dance (no meal): \$30
Banquet: \$60 Tickets must be purchased by Oct 17th

Rooms available at **Rodd Grand Hotel** Rate \$112 (Single or Double), block held till Oct. 6th
Toll Free Phone 1-800-565-7633, Room Block #1874372

Registration Chairperson: Al Angrignon (902-247-1587)

E-transfer Payment to: lighthouseroundup@gmail.com

Cheques payable to: "Lighthouse Round-Up"

Mailing Address: 7615 Highway 1, Upper Granville, NS B0S 1A0

Return this portion with cheque:

Name (s): _____

Address/Phone: _____