

District 4 Newsletter

September, 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.

District 4 - Zoom Meetings:

Digby – One Day at a Time

Monday – Sunday evenings. Open meetings. Meeting time 7:00 PM.

Friday – Tuesday – Open Discussion

Wednesday – Plain Language Big Book reading with open discussion

Thursday – Joe and Charlie tapes with open discussion

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.

Get yourself a Service Sponsor who can show you the ropes of service. 2026 is a great time to volunteer 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 are continuing to plan the 2026 Lighthouse Roundup. The planning meeting is held at 1:00 PM in the Meteghan Library on the last Sunday of the month followed by the District 4 monthly meeting of the GSR's. We took the summer off and look forward to seeing everyone at the end of month. We can always use more volunteers for the Roundup. The next Yarmouth Lighthouse Roundup Committee meeting will be held at 1:00 PM September 27th followed by the District 4 GSR meeting at 1:30. Again, all are welcome, come out and see what we do.

Service works ...if you work it.

Group's Birthdays for September, 2026

12 Step Group - Yarmouth: Second Monday of the month, September 14th. Open speaker.

No birthdays to report.

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

Lydia E. – 8 yrs.

Kasha – 1 yr.

Acadian Group – Amiraaults Hill: Last Sunday of the month September 27th. Meeting at 10:15 A.M. (They do not celebrate)

Ron D. - 41 yrs.

Leland D. - 47 yrs.

Annapolis Group – Annapolis Royal: Last Wednesday of the month, September 30th. Open speaker meeting.

Lisa P. - 48 yrs.

Neil B. – 48 yrs.

Digby Group -One Day at a Time: Last Friday of the month, September 25th. Open speaker meeting.

Pat J – 22 yrs

Nova Group - Yarmouth: Last Sunday of the month, September 27th. Open speaker meeting.

No birthdays to report.

District 4 Zoom meeting: Celebrated September 01. Open discussion meeting.

Trevor G. – 1 yr.

Carrie Anne S. – 1 yr.

District 10 Presents

Community Recovery Weekend

September 11 & 12, 2026

Seaside Centre, 1066 Eastern Shore Rd, Brooklyn, N.S.

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

Corner Brook, NL “Humility in Action”

District 4 Annual Lighthouse Round-Up 2026

November 6-8

Theme: Stepping into the Light

I will be sending out the 2026 flyer for the Lighthouse Roundup in Yarmouth and Marie has put the flyer in the events section on the Area 82 website.

All the above and a few more 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.

The person in charge of getting clearance is Steph Nickerson, who is the Education/Program Liaison Officer. Her number is 902-774-1683. It's pretty easy, you call her up and give her your name and other information.

This fall is an election year for Group, District and Area service positions. A quick questionnaire for former or present GSR's, DCM's or any other positions 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.

If you have any information please feel free to write me an email and I will send all answers along to District.

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