

UNITY		RECOVERY
District 3 AA NEWSLETTER October 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	No birthdays. Meetings at the Kentville Rec Centre	
Aylesford	No birthdays	
Kingston	Open speaker meeting Tuesday, Oct 27 th at 8pm	Dave M – 5 years
Kentville	No birthdays	
Gaspereau Candlelight	No birthdays	
Cambridge	Open speaker meeting Thursday, Oct 29 th at 8pm (Cambridge Baptist Church)	Eric F – 22 years Adam B – 4 years
Berwick	Open speaker meeting Friday, Oct 30 th at 8pm	Alma A – 39 years
Fundy	No birthdays. Meetings held at Unit 1 – 362 Main St in Kentville	
Women's AA In Recovery	No birthdays	

UPCOMING EVENTS

EVENT	DATE	LOCATION
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 – <i>“The AA Service Manual and Twelve Concepts Group Study”</i> . Zoom ID: 843 8232 4556	Weekly – Sunday evening at 5pm AST	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. “When it seems like love just isn’t enough, I remind myself that it is all I have to give beyond my experience, strength and hope.”
2. “I need my home group to be a place where I can learn to practice the principles embodied in the Twelve Steps with other alcoholics. This sets in motion my willingness to practice these principles in all my affairs, including my home life.”
3. “In the years ahead we shall, of course, make mistakes. Experience has taught us that we need have no fear of doing this, providing that we always remain willing to confess our faults and to correct them promptly.”

INFORMATION SESSIONS and DISTRICT MEETINGS

WHEN: The 3rd Sunday of every month

TIMES: Info session - 1pm

District Meeting – 2pm

WHERE: MAC Centre – 2080 Bishop Mtn Rd – Kingston NS

ALL ARE WELCOME – Please join us.

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

DATE	GROUP
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
Tuesday, Nov 3 rd	Hantsport – District 12
Tuesday, Nov 10 th	Aylesford – District 10
Tuesday, Nov 17 th	Brooklyn – District 17
Tuesday, Nov 24 th	Cambridge – District 3
Tuesday, Dec 1 st	Wolfville – District 3
Tuesday, Dec 8 th	Windsor Saturday Night Group – District 17
Tuesday, Dec 15 th	Gaspereau – District 3
Tuesday, Dec 22 nd	St Croix – District 17
Tuesday, Dec 29 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 10, Tradition 10, Concept 10)

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept, and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met. Varieties of inventory. Anger, resentments, jealousy, envy, self-pity, hurt pride—all led to the bottle. Self-restraint first objective. Insurance against “big-shot-ism.” Let’s look at credits as well as debits. Examination of motives.

Tradition 10

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy”.

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Concept 10

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined”.

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.