UNITY	RECOVERY
District 3 **AA NEWSLETTER** **November 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

GROUP NAME	DATE AND TIME	CELEBRANTS
Language of the Heart	No birthdays	
Aylesford	Open speaker meeting Sunday, Nov 29th at 7pm	Joclyn B – 41 years Randy A – 32 years
Kingston	Open speaker meeting Tuesday, Nov 24th at 8pm	Bud C – 45 years Mike P – 19 years Scott K – 8 years Josh F – 3 years
Kentville	No information	
Gaspereau Candlelight	Open speaker meeting Sunday, Nov 29th at 7pm	Ron M – 8 years Jamie W – 1 year
Cambridge	No information	
Berwick	Open speaker meeting Friday, Nov 27th at 8pm Meetings resume at Windermere Hall as of November.	Todd H – 38 years
Fundy	No birthdays. Meetings held at Unit 1 – 362 Main St in Kentville	
Women In Recovery	Open meeting Wednesday, Nov 25th at 7pm. Open to everyone – men included	Shannon F – 15 years Leslie T – 14 years

UPCOMING EVENTS

EVENT	DATE	LOCATION
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 6th - 8th	Yarmouth, NS
ZOOM STUDY EVENT – "***The AA Service Manual and Twelve Concepts Group Study".*** Zoom ID: 843 8232 4556	Weekly – Sunday evening at 5pm AST	ZOOM
2026 Annual ALCATHON – District 3 – Held at the MAC Centre – 2080 Bishop Mtn Rd in Kingston, NS. Come and share in the fellowship of AA. Food will be available and feel free to bring a potluck item. Contact: Dale V - 902-765-8709	Dec 24, 25, 26, 31 and Jan 1st . Meetings held daily at 12pm, 2pm, 4pm, 6pm and 8pm	Kingston, NS

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 was attracted to AA because it excluded no one, and I am grateful for the lessons I've learned over the years: that we stop fighting anyone or anything; that it is the details of what I do that make me who I am; that my perception of life is ever-changing and evolving; that the basic 'suggestions' I heard when I entered the Fellowship have been a continuous part of my life; that as long as I stay an active member of AA, more will be revealed."***

2. ***"I make a conscious effort to keep it simple, because the simpler I make it, the happier I become."***

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

NOTE: 2027 Schedule not yet available

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 – jenif1@me.com - 902-542-0121
Institutions

- **Crosbie House** - Ron M – rmapplebeck@eastlink.ca - 902-670-1761
- **Bridging The Gap** – Danny Y – dryoofing@hotmail.com - 902-680-0263

ADDITIONAL CONTACT INFORMATION

AA Help Line - 902-691-2825
Detox Central Registry - 1-866-640-6700

RECOVERY
(Step 11, Tradition 11, Concept 11)

Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Meditation and prayer main channels to Higher Power. Connection between self-examination and meditation and prayer. An unshakable foundation for life. How shall we meditate? Meditation has no boundaries. An individual adventure. First result is emotional balance. What about prayer? Daily petitions for understanding of God's will and grace to carry it out. Actual results of prayer are beyond question. Rewards of meditation and prayer.

Tradition 11

"Our public relations policy is based on at traction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us

Concept 11

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.