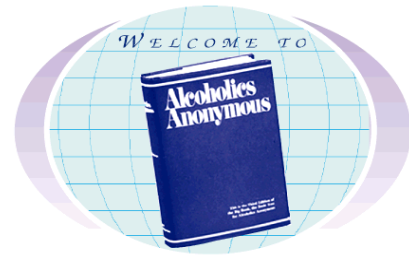


DISTRICT 3 AA NEWSLETTER DECEMBER 2018



COURAGE TO CHANGE THE THINGS I CAN

DISTRICT 3 SERVICE INFORMATION

TRUSTED SERVANTS

DCM	Polly H.
Alt. DCM	Mark Z.
Secretary	Vacant
Treasurer	Frank E.
Information Sessions	Flora D.
Literature	Dale V.
District Phone	Sandy P.
CPC/PI	Mark Z.
Newsletter Editor	Kim S.

DISTRICT 3 GROUPS (11)

Annapolis, Aylesford, Berwick, Bridgetown,
Cambridge, Fundy, Gaspereau, Kentville,
Kingston, Meadowview, Middleton.

** For meeting locations and times,
visit the Area 82 Website at
<https://www.area82aa.org/meetings> or get a
meeting card at any group.

CONTACT INFORMATION

DCM, 902-300-1863
Alt. DCM, 902-847-3419
AA Help Line, 902-691-2825
Newsletter Editor, 902-804-9207,
aadistrict3newsletter@gmail.com
Information Sessions, 902-321-1045
CPC/PI, 902-847-3419

Middleton Detox, 902-825-6828, ext 2854
8:30am-4:30pm

DISTRICT MEETING & WORKSHOP

Sunday, Dec 16

1:00pm – Light Snacks

1:30pm – District Meeting – urgent matters
only

Future Information Sessions

Jan 2019 – Review of Guidelines for GSRs and
Trusted Servants – all welcome!

Anyone interested in hosting an information
session should contact our Information Session
Coordinator, Flora D., at 902-321-1045 or
ginger1970468@hotmail.com

INSTITUTIONAL MEETINGS

Crosbie House

Middleton

Dec 4 – Brooklyn

Dec 5 – Middleton

Dec 11 – Fundy

Dec 12 – Bridgetown

Dec 18 – Cambridge

Dec 19 – Fundy

Dec 25 – Aylesford

Dec 26 – Annapolis

**If you cannot put on your meeting, please
call by 6pm on the day of the meeting.**

- Middleton, Sandy P., 902-804-9247
- Crosbie, Kevin S., 902-670-0892

AND WISDOM TO KNOW THE DIFFERENCE

DISTRICT 3 AA NEWSLETTER, DECEMBER 2018 continued

BIRTHDAYS AND GROUP ANNIVERSARIES

Dec 6 8pm	MEADOWVIEW Alex C. Bryon C.	Open 4 yrs 10 yrs
Dec 15 7pm	KINGSTON No birthdays – Open Speaker Meeting	Open
Dec 16 7pm	AYLESFORD Lucy C. Carlton B.	Open 21 yrs 26 yrs
**Meeting date changed due to holidays		
Dec 17 8pm	MIDDLETON Mark R.	Open 26 yrs
Dec 26 8PM	ANNAPOLIS Stewart H. Alexa J. Jackie H. Rupert H. Brent B. Dale H.	OPEN 8 yrs 16 yrs 19 yrs 22 yrs 28 yrs 28 yrs
Dec 27 8pm	CAMBRIDGE No birthdays – Open Speaker Meeting	Open
Dec 30 11am	FUNDY Jean M.	Open 14 yrs

IMPORTANT ANNOUNCEMENTS

19th Annual AA Alkathon. The annual alkathon will run over Christmas/New Years again this year, Dec 24-26 and Dec 31-Jan 1.

Schedule of Alkathon Meetings

Mon, Dec 24, first meeting 12pm, last at 10pm

Tues, Dec 25, first meeting 12pm, last at 10pm
Wed, Dec 26, first meeting 12pm, last at 8pm
Mon, Dec 31, first meeting 12pm, last at 10pm
Tues, Jan 1, first meeting 12pm, last at 6pm

Any Group wishing to put on a meeting at the Alkathon, please call Dale V. at 902-765-8709.

Meetings every other hour on the even hour. Newcomers, long timers, family and friends of all 12 step fellowships are welcome! All meetings will be open and all meetings will be non-smoking. Donations of food, supplies, etc. will be gratefully appreciated. We offer a safe drug- and alcohol-free environment to each other in fellowship to share our experience, strength and hope. Come and join us at the MACS Centre, 2080 Bishop Mountain Rd., Kingston, 902-765-6056.
Dale V., 902-765-8709
Eric F., 902-538-7141

Check your local meeting or visit <http://www.area82aa.org/meetinglist> and click on **District 3 Christmas and New Year's Alkathon Meetings** for a poster with all the details!

Friday Night Berwick Group Big Book Study

We recover by the Steps we take, not the meetings we make! Come join us at the Friday Night Berwick Big Book Study Group! Since the suggestion made by *The Grapevine* magazine in the late 60's that 'Discussion' meetings might be a good idea, there has been a change in the content of the meetings from ones that focused on the Program of Alcoholics Anonymous to 'group therapy' where anyone and everyone is privileged to speak on whatever might be on their mind. The result of this has

been a severe decline in the success rate of alcoholics finding lasting recovery.

While there is a tendency to believe that ‘we know so much more today,’ which we do in almost every area of our society, that appears not to be true where recovery from alcoholism is concerned. The truth is that ‘alcoholism’ has not changed since the beginning of recorded history. God certainly has not changed since 1939. And no other body has demonstrated a more successful, lasting program of recovery Alcoholics Anonymous, through the action of the Twelve Steps. Complete, thorough, and precise instructions for working the Twelve Steps are very clearly outlined in the book, “ALCOHOLICS ANONYMOUS”.

So, what’s new? Before taking a look at what is so often heard in meetings of Alcoholics Anonymous, let’s examine a statement made by the authors of our basic text:

“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book.” AA, pg. xiii

Change of Meeting Location

As of Dec 3, the Middleton Monday night meeting will be held at the Anglican Church, 45 Main Street (just past the Dept of Highways Office). Meeting time remains 8pm. The church is wheelchair accessible, and non-smoking, although a butt can is available.

“GOLD NUGGETS” HEARD AT MEETINGS

Our deepest desire is God’s will for us.

It’s hard when you’re getting better, because sometimes we have to leave those that don’t behind.

I always have two lists: things I’m happy about and things I’m not happy about. It is my choice which list I choose to focus on.

If I am envious, it is because I have judged myself and found myself lacking.

From your Newsletter Editor:

Thank you for all the support I have received this past year! I love to receive your Gold Nuggets, and I am happy to serve as your Newsletter Editor. Please continue to send me the Gold for the newsletter, so that all members can benefit from something that touched your heart, or aided in your recovery.

I wish you all a very Merry Christmas, and all the very best in the coming year!

Yours in Service,

Kim S.

Newsletter Editor

aadistrict3newsletter@gmail.com