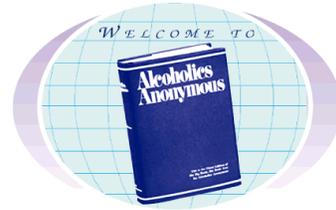


**GOD GRANT ME THE SERENITY**

**TO ACCEPT THE THINGS I CANNOT CHANGE**

# DISTRICT 3 AA NEWSLETTER June 2021



**COURAGE TO CHANGE THE THINGS I CAN**

## DISTRICT 3 SERVICE INFORMATION

### TRUSTED SERVANTS

DCM John W 506-870-0189

Alt. DCM Mark Z 902-847-3419

Secretary Mike D

Treasurer Sandy P

Information Sessions Jamie M.

Literature Dale V.

CPC/PI Mark Z 902-847-3419

Newsletter [aadistrict3newsletter@gmail.com](mailto:aadistrict3newsletter@gmail.com)

### ADDITIONAL CONTACT INFORMATION

AA Help Line, 902-691-2825

Middleton Detox, 902-825-6828, ext 2854

8:30am-4:30pm

### June BIRTHDAYS

Cambridge Group

Cecil K 3 years

District 1 Area 82  
Zoom Workshop  
**Safety and A.A.:**  
**Our Common Welfare**

Presented by **Jan L.**  
(Eastern Canada Regional Trustee)

All welcome to attend.  
Bring a friend or two.  
Look forward to seeing you there!

**Wednesday May 26, 2021**  
at **6:00 -7:00 p.m. Atlantic Time**  
Zoom ID: **753 798 8280**  
Password: **Service**

<https://us02web.zoom.us/j/7537988280?pwd=L01KMHIvcVc3WXBEWTAzNGlhZWdBZz09>

## NEWS/ANNOUNCEMENTS

District 3 Information Session(1 pm) and Business Meeting (2 pm) - third Sunday of each month. All are welcome. Please contact DCM for location, (currently online), or ask to be put on the mailing list. [aadistrict3newsletter@gmail.com](mailto:aadistrict3newsletter@gmail.com)

If you (or a member you know) are interested in speaking on a topic pertinent to AA at an Information Session, please contact Jamie M or DCM John W.

**Read the Grapevine**  
**Free from May 26 to June 10**  
<https://www.aagrapevine.org/>



## STATUS OF CURRENT MEETINGS

**\*\* For up to date meeting locations and times, including Zoom sign-on information, visit the Area 82 Website at <https://www.area82aa.org/meetings> or get a meeting card at any group.**

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Here's the story behind the song, One Day at a Time:

Marijohn said - I had reached the end of my rope, I truly felt that I had been called to be a gospel writer, but I couldn't seem to get there. I was in the music scene up to my ears in Nashville. Yet I became frustrated.

I stopped at a small church and asked a young minister if I could talk to him. I drove up in my brand new , midnight blue Cadillac, dressed in a full-length mink coat with sparkling jewelry and my cowboy boots. I said "I have all kinds of problems" . He looked at me and said ." You look like you don't have any problems. ". "What is your main problem?" I said, "I don't know "

At that point of the conversation, he said a very funny thing. He asked , Did you ever think about thanking God for your problems? I left his office and drove back home.

When I reached the house, I sat down at the piano and began to play and sing -out loud - the entire chorus of 'One Day At A Time' . It just dropped into my heart. I then recognized that the song was a prayer -and I got some relief.

I wrote the chorus on the back of an envelope as fast as I could write. I wasn't sure the Lord knew where I was. I'd never quit believing in Him, but I was in Nashville and God was in heaven. I really didn't know if God actually knew where I was. That was where I was at the time.

The following morning, my mind went back to the song, I had the second verse and the chorus, but somehow I couldn't get the song started properly. Kris Kristofferson and Rita Coolidge, who were married at the time, were in town. I called Kris and asked him to help me with the first verse.

When I showed him how I started the song, he looked at me and said, 'Why don't you say, "I'm only human, I'm just a man..." I said that was good. We finished the first verse in twenty minutes. The lines just flew out of each of us.

The song was first recorded by Marilyn Sellers, rose to become the number one song in several categories. It was number one pop song in England, the number one country song in Ireland, and among the top ten in two other countries. Each recording has been by a different artist. It has long since passed the six hundred mark in artist recordings.

Marijohn Wilkin, as a singer, went on to record four fabulous albums, One Day At A Time was on the first album. She is now a happy, alcohol-free Christian and has written approximately three hundred gospel songs.

Marijohn Wilkin died of heart disease in October , 2006

## “GOLD NUGGETS” HEARD AT MEETINGS

For the newcomer:

Remember that silent and listen use the same letters

I have no control over the outcome of situations, but I certainly have influence with the process.

Eh Eh bartender! Pour me a drink! — is not an AA program!

I have to work my program everyday, because there may not be a drink in front of me today, but there is a drink somewhere.

Sobriety is a direct result of my being in recovery.

Send your *Gold Nuggets* to [aadistrict3newsletter@gmail.com](mailto:aadistrict3newsletter@gmail.com) so that we can all benefit from each other's wisdom and spirit.



### 6th Annual Unity & Service Conference

"Applying the 12 Traditions & 12 Concepts of AA in All of Our Affairs"

July 9 - 11, 2021 (all times PDT)

#### Friday, July 9

5:45 pm - Welcome! Serenity Prayer & Kickoff  
*(10-Minute Tradition or Concept Vignette Before Each Main Speaker)*

6:00 pm - "Loving Our Three Legacies"  
*Sister Judith Ann Kumar, Class A Trustee*

7:30 pm - "Our Primary Aim"  
*Tim C., Hayward CA*

9:00 pm - Close with Declaration of Unity

#### Saturday, July 10

8:45 am - Welcome! Serenity Prayer & Kickoff  
*(10-Minute Tradition or Concept Vignette Before Each Main Speaker)*

9:00 am - "My Favorite Traditions"  
*Jimmy D., Dallas TX*

10:30 am - Service Panels  
*Young People, Bridging The Gap, Corrections (H&I), Grapevine*

12:00 pm - Break

12:30 pm - "Why Stay? Overcoming Racial Barriers"  
*Kesha S., Grinnell IA*

2:00 pm - "Three Legacies, Family Style"  
*Craig, Marissa and Stephen, Sandy Hook CT*

\*This 2 Hour and 15-Minute Session Includes a 15-Minute Break at 3 pm Before Concluding at 4:15 pm\*

4:30 pm - "Anonymity, Our Spiritual Foundation"  
*Steve L., Nashville TN*

6:00 pm - Close with Responsibility Statement

#### Sunday, July 11

8:45 am - Welcome! Serenity Prayer & Kickoff  
*(10-Minute Tradition or Concept Vignette Before Each Main Speaker)*

9:00 am - "The 12 Concepts"  
*Ashley J., The Beacon Group, Boston*

10:30 am - Service Panels  
*PVCPC, Intergroup/Hotline, General Service, Sponsorship*

12:00 pm - Break

12:30 pm - "Never Too Young For General Service"  
*Katie H., Fair Oaks CA*

2:00 pm - Ask It Basket with Speakers  
*Sister Judith Ann, Tim, Jimmy, Kesha, Steve, Ashley, Katie, Craig, Marissa, Stephen*

3:00 pm - Close with Declaration of Unity

Online Event!  
Space is Limited.....  
Pre-Register Today!  
  
[unityandserviceconference.org](http://unityandserviceconference.org)  
925.222.5639

An Alcoholics Anonymous event  
with Al-Anon participation

AND WISDOM TO KNOW THE DIFFERENCE

# AA IN A TIME OF CHANGE

2021 AREA 82 SPRING ASSEMBLY



## May 28th to 30th, 2021

*Registration will be \$5.00 if you (or your Group) can afford it)*

*This will cover Assembly costs and allow for our principle of Self Support*

*Payment can be made by e-transfer to [treasurer@area82aa.org](mailto:treasurer@area82aa.org)*

### USE THE ZOOM LINK BELOW

<https://us02web.zoom.us/j/89982136907>

Meeting ID: 899 8213 6907

One tap mobile

+14388087798,,89982136907# Canada

+16873281098,,89982136907# Canada

Dial by your location

+1 438 808 7798 Canada

+1 687 328 1098 Canada

+1 847 374 4886 Canada

+1 847 668 0688 Canada

+1 778 907 2071 Canada

+1 204 272 7820 Canada



May 28th, 6:30 NS to 8:30 NS (7:00—9:00 NL) Time  
GSR Workshop. Topic and Special Moderator to be  
announced



Assembly re-convenes May 29th at 9:00 am NS ( 9:30 NL) Time  
Assembly re-convenes May 30th at 9:00 am NS ( 9:30 NL) Time

**AND WISDOM TO KNOW THE DIFFERENCE**

# Area 82 NS/NL Assembly Agenda

## FRIDAY

Service Workshop topic ; Inform - Involve - Inspire

7:00 pm Conducted by Jan L. Eastern Canada Regional trustee

## SATURDAY

- 9:00 am Opening Remarks/Introductions/12 Traditions/  
Sympathies/Mission Statement  
Minutes from the previous Area 82 Assembly read  
Business arising the minutes  
Approval of Agenda  
D.C.M. Reports  
Greetings from G.S.O. guest  
Past Delegate's Address
- 10:30 am Coffee Break
- 10:50 am Treasurer's report  
Alt. G.S.D.'s report  
G.S.D.'s report
- 12:30 pm Lunch
- 1:30 pm Active Committee reports
- 1:45pm Roll call (all G.S.R.s must be present at this time)  
Election of Area Positions  
Old Business  
New Business
1. District 17 Proposed Motions
  2. District 3 Proposed Motions
  3. New Business item 3. Review of roundup and assembly rotation
- 3:30 pm Coffee Break
- 3:45 pm Continue with new business
- 5:00 pm Supper
- 6:30 pm Active Area Committees meeting and Discussion
- 8.00 pm Continue with agenda items if necessary

## SUNDAY

Continue with agenda items if necessary

**AND WISDOM TO KNOW THE DIFFERENCE**



**55<sup>th</sup> NOVA SCOTIA**

**PROVINCIAL  
ROUND-UP**

**Saturday, June 12<sup>th</sup>, 2021**

Hosted by Districts 3 & 17

**“ALCOHOLICS ANONYMOUS IN A  
TIME OF CHANGE”**

**\*\*\*\*\*Al-Anon Participation\*\*\*\*\***

<b>Room 1, AA (opens at 8:30 am)</b>	<b>Room 2, AA (opens at 8:30 am)</b>	<b>Room 3, Al-Anon (opens at 8:30 am)</b>
. Speakers . Workshops	. Closed discussion meetings	. Speakers . Panels . Discussion Groups
<b>Zoom Link:</b>  <a href="https://us02web.zoom.us/j/84438279935?pwd=dU53bXhmRnBaVl9UeTJhcHVhNC80UT09">https://us02web.zoom.us/j/84438279935?pwd=dU53bXhmRnBaVl9UeTJhcHVhNC80UT09</a>  Meeting ID: 844 3827 9935 Passcode: 056229  <b>Join by phone</b> One tap mobile +17789072071,,89278599661#,, ..*839595# Canada +12042727920,,89278599661#,, ..*839595# Canada	<b>Zoom Link:</b>  <a href="https://us02web.zoom.us/j/89278599661?pwd=ajROOU1RYXBLWUFNOGNsTEpLYkVldz09">https://us02web.zoom.us/j/89278599661?pwd=ajROOU1RYXBLWUFNOGNsTEpLYkVldz09</a>  Meeting ID: 892 7859 9661 Passcode: 839595  <b>Join by phone</b> One tap mobile +14388097799,,84438279935#,, ..*056229# Canada +15873281099,,84438279935#,, ..*056229# Canada	<b>Zoom Link:</b>  <a href="https://zoom.us/j/94549968865">https://zoom.us/j/94549968865</a>  Meeting ID: 945 4996 8865 Passcode: 89512349  <b>Join by phone</b> One tap mobile +17789072071,,94549968865# ....*89512349# Canada +12042727920,,94549968865# ....*89512349# Canada

**AND WISDOM TO KNOW THE DIFFERENCE**

## NS Provincial Round-up Agenda

**\*\* After signing in or phoning in, you will be in a waiting room first, and then you will be moved to the meeting room. If you have any questions please ask the host.**

**9:00 a.m. - 10:00 a.m.**

**Room # 1**

**Introduction by the Roundup Chair: John W. DCM District 3  
(Open meeting) Welcome Speaker: John Z. (Florida)**

**10:15 a.m. - 11:15 a.m.**

**Room # 1 — (open) CPC/PI Workshop: Mark Z. District 3  
Room # 2 — (closed) Discussion Meeting: District 3, Bridgetown Group  
Room # 3 — (open) Al-Anon: Alateen with Joanne Z. and Dale D.**

**11:30 a.m. - 12:30 a.m.**

**Room # 1 — (open) Workshop: NS Archivist Kathy S.  
Room # 2 — (closed) Discussion Meeting: District 17 Group  
Room # 3 — (open) Al-Anon: 12 Concepts with Pat L. and Dawn M.**

**12:30 p.m. - 1:30 p.m. Lunch break (rooms will remain open for socializing)**

**1:30 p.m. - 2:30 p.m.**

**Room # 1 — (open) Speaker Meeting: Heather N. (Fredericton)  
Room # 2 — (closed) Discussion Meeting: District 17 Group  
Room # 3 — (open) Al-Anon: Public Outreach During Pandemic with Barbe M.**

**2:45 p.m. - 3:45 p.m.**

**Room # 1 — (open) AA in Federal Corrections: Dave A. Area 81  
Room # 2 — (closed) Discussion Meeting: District 3, Aylesford Group  
Room # 3 — (open) Al-Anon: Solving a problem in 15 minutes using the 12 Steps with  
Mending Bridges AFG (Al-Anon Family Groups)**

**4:00 p.m. - 5:00 p.m.**

**Room # 1 — (open) Al-Anon Speaker Meeting: Wally C.**

**5:00 p.m. - 6:00 p.m. Supper break (rooms will remain open for socializing)**

**6:00 p.m. - 7:00 p.m.**

**Room # 1 - Sobriety Countdown  
(Open meeting) Closing Speaker: Joclyn B. (Greenwood)**

E-transfers for donating money to AA may be made to:  
[aacontributions@gmail.com](mailto:aacontributions@gmail.com) - Question: What saved my life?  
Answer: alcoholicsanonymous

E-transfers for donating money to Al-Anon may be made to:  
[alanonannapolisvalley@gmail.com](mailto:alanonannapolisvalley@gmail.com)