

"CARRYING THE AA MESSAGE"

District 9 Group
Committee 2021-2022

DCM - Brian P
ADCM - Bob M.
Treasurer - Susan R
Secretary - Peter M
PI/CPC - Joe M
Corrections - Dave K
Newsletter - Basil M



Editor's Note:

The meeting schedule has, not been changed. I do believe all meetings are halted until we get the green light from the authorities. Covid lockdown is still keeping us at home, on zoom, and using the phone. Please everyone, be safe. Follow the restrictions, so we can get back to regular meetings again. Al-Anon and Alateen page is available for their use. Please contact me with anything you want listed. Our Archivist, Kathy, has provided us with Part 2 of the "One Day at a Time" story

As always, feedback allows for a better product in the future. Send any comments, changes or additions to me at:

dist9newsletter@gmail.com

MEETING SCHEDULE:

C-Closed, O-Open, D-Discussion, S-Speaker

	Group	Time	Type	Notes
SUNDAY	Alano	11:00 AM	F2F-CD	
	Sydney Mines	11:00 AM		Covid Suspended
	Westside	11:00 AM		Covid Suspended
	Alano	8:00 PM	F2F-CS	
	HOW Group	8:00 PM	F2F-CD	
	Sydney Central	8:00 PM		Covid Suspended
MONDAY	Arcano	10:30 AM		Temporarily Suspended
	Reserve Midway	8:00 PM	F2F-CD	
	Pier Group	8:00 PM		Covid Suspended
	Praying Hands	8:00 PM		Covid Suspended
TUESDAY	12 & 12 Group	10:30 AM		Covid Suspended
	Women in Flight	7:00 PM	F2F-CD	
	Iona Big Book	7:00 PM		Temporarily Suspended
	Ashby Group	8:00 PM	F2F-CD	
	Dominion Sandbar	8:00 PM	F2F-OS	
	Lifeline Group	8:00 PM	F2F-CD	
	Louisbourg Group	8:00 PM	F2F-CD	
	Way of Life	11:00 AM		Zoom ID 323 274 6717 (pw 1212)
WEDNESDAY	Alano	11:00 AM	F2F-CD	
	Arcano	8:00 PM		Temporarily Suspended
	HOW Group	8:00 PM	F2F-CD	
	Sydney Central	8:00 PM		Covid Suspended
	Praying Hands	8:00 PM	F2F-CD	

	Group	Time	Type	Notes
THURSDAY	Friends of Bill	11:00 AM		Temporarily Suspended
	Womens Group	7:00 PM	F2F-CD	
	Back to Basics	8:00 PM	F2F-CD	
	Reserve Midway	8:00 PM		Zoom-ID- 361 332 7593 (pw 968601)
	Sydney Mines	8:00 PM	F2F-CS	
	Membertou	8:00 PM	F2F-CD	

FRIDAY	Friday Day Group	11:00 AM		Covid Suspended
	Boisdale Serenity	8:00 PM	F2F-CD	Temp Closure – Reopening Delayed
	Alano	8:00 PM	F2F-CD	
	Westside	8:00 PM	F2F-CD	

SATURDAY	Way of Life	11:00 AM		Zoom ID 323 274 6717 (pw 1212)
	Arcano	8:00 PM		Temporarily Suspended
	Turning Point	8:00 PM		Covid Suspended

Meeting Status is based on information provided by individual groups

Adjustments or corrections may be required as information changes.

Please take note of any incorrect or revised information and report back to me, so I can change it for the next issue.

All groups are advised to adhere to Covid protocols (see page 5)

Abbreviations used: F2F = Face to Face meetings. Zoom ID = Zoom meetings require an ID number to access the virtual meeting pw = password for zoom meeting

Some changes, noted above, indicate **Temporarily Suspended**. Please check with group members to find out when they will resume.

Group Locations

12 & 12 Group - 381 Whitney Ave, Ashby (St. Theresa's Church)

Alano Group - 10 McKeen St. Glace Bay. (Rear)

Arcano Group - 401 Ling St. New Waterford

Ashby Group - 381 Whitney Ave, Ashby (St. Theresa's Church)

Back to Basics Group - 54 Riverside Dr, Sydney River (Westmount)

Boisdale Serenity - Bourinot Rd, Boisdale (St. Andrews Church)

Dominion Sandbar - 14 Gatto St. Dominion (Italian Hall)

Friday Day Grp -381 Whitney Ave, Ashby (St. Theresa's Church)

Friends of Bill - 381 Whitney Ave, Ashby (St. Theresa's Church)

H.O.W. Group - 3 Kateri St. Membertou

Iona Big Book Grp. - Iona Parish Hall (Beside Iona Church)

Lifeline Grp - 34 Archibald Ave, North Sydney (St. Josephs Church)

Louisbourg Grp - 7532 Main St, Louisbourg (United Church Hall)

Membertou Group - 3 Kateri St, Membertou

Praying Hands Grp - 70 Gabriel St, Esksoni (Mikmaw Lodge)

Reserve Midway - 260 Main St, Reserve (St. Josephs Hall)

Sydney Central - 135 Charlotte St, Sydney (Friendship Hall)

Sydney Mines Group - 55 King St, Sydney Mines

Turning Point Group - 135 Charlotte St, Sydney (Friendship Hall)

Way of Life Group - 55 Inglis St, Sydney (Salvation Army Citadel)

Westside Grp - 1840 Kings Rd, Sydney River (Spanish River Seniors)

Women in Flight - Seniors Centre, Membertou

Womens Group - 21 Trinity Ave, Sydney



Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it.

Information is available online at:

<https://www.al-anonmaritimes.ca/district9.htm>

Or the local phone number in CBRM area is: **902-564-5188**

French Speaking Members here to help

Les Alcooliques Anonymes

Les 12 étapes des AA sont les principes du rétablissement personnel. Les 12 traditions garantissent l'unité du mouvement AA. Dans la municipalité régionale du Cap Breton, nous avons plus de 20 groupes AA qui se réunissent chaque semaine. Avec la réalité actuelle du Covid 19, certains groupes se réunissent en personne avec certaines restrictions. D'autres groupes se réunissent via Zoom. Le désir d'arrêter de boire est la seule condition pour être membre des AA. Je vous invite à communiquer avec Monty au 902-577-7348 ou avec Chantal au 902-304-8765 afin d'obtenir de l'aide en français.

[News from our Nova Scotia Archives](#)

Last month we gave you the story of the familiar song "One Day at a Time". Part-1

This month we give you Part-2 of this story, showing how it came to be.

Here's the story behind the song:

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

(Thanks to Kathy, NS Archivist)

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District 9 (Industrial Cape Breton Area)

Telephone Answering Service (902) 562-8019

Area 82 Website: <http://www.area82aa.org/>

May 28th to 30th, 2021

Area 82 Spring Assembly

*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*

SATURDAY

- 9:00 AM** Opening Remarks/Introductions/12 Traditions/
Sympathies/Mission Statement
Minutes from the previous Area 82 Assembly read
Business arising from 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 - 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

CALENDAR OF EVENTS

BIRTHDAYS / ANNIVERSARIES / RECOGNITIONS

DATE	GROUP	EVENT or MEMBER
May 28, 29, 30	Area 82	Service Weekend on Zoom
		See Page 9 for Agenda
		Zoom - Meeting ID: 899 6213 5907
		(All are welcome)

The question of “permission” came up at a recent District meeting, regarding the information shown in the above table. As this document gets posted on the Area website, we must be mindful of each member’s anonymity. Therefore, it has been agreed that I will post a note here relating to this responsibility.

I will know that you have received this permission, when I receive the information.

- “Please ensure that you ask your members for their permission to place their names and information in this Newsletter, before forwarding the details to me”