

AA Newsletter

Central Service Committee of District 1&2 of Area 82
Halifax & Dartmouth, Nova Scotia

www3.ns.sympatico.ca/alcoholicsanonymous
Central Service Phone Line: (902) 461-1119 (24/7)

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Love without Strings

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

(AABB—p.89)

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to be happy, to grow and remain sober. Knowing how they felt kept me from drinking more than once. Second, I discovered that I was able to love someone else responsibly, with respectful and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use. To learn that I can love, without greed or anxiety, has been one of the deepest gifts the program has given me. Gratitude for that gift has kept me sober many times.

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SPECIAL TOPIC ISSUE: SPONSORSHIP

Most present members of Alcoholics Anonymous owe their sobriety to the fact that someone else took a special interest in them and was willing to share a great gift with them.

Sponsorship is merely another way of describing the continuing special interest of a seasoned member that can mean so much to a newcomer turning to A.A. for help.

Individuals and groups cannot afford to lose sight of the importance of sponsorship, the importance of taking a special interest in a confused alcoholic who wants to stop drinking. Experience shows clearly that the members getting the most out of the A.A. program, and the groups doing the best job of carrying the A.A. message to still-suffering alcoholics, are those for whom sponsorship is too important to be left to chance.

By these members and groups, sponsorship responsibilities are welcomed and accepted as opportunities to enrich personal A.A. experience and to deepen the satisfactions that come from working with others.

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Reprinted from the pamphlet, Questions & Answers on Sponsorship.

SOMEONE WHO HAS SHOWN ME THE WAY

Among the many suggestions I received when I first came to AA, one of the most important was to get a sponsor. I heard people in meetings talking about their sponsors but I had no idea how to get one. When I asked how to find a sponsor, I was told to look for someone who seemed to have what I wanted, someone who had done the steps, and someone who had a sponsor themselves - then just ask them if they would be willing to sponsor me.

This was a tall order for me. I was full of pride and ego, afraid of making the wrong choice (meaning I was afraid of rejection) and I really hated the idea that I had to start spilling my guts to a complete stranger.

So I avoided getting a sponsor for a

couple of months and continued to struggle on my own. Luckily, I had a friend who was interested in me and suggested that I talk to her sponsor. I called her sponsor and we agreed to meet for coffee and talk more about sponsorship. I was very confused by the concept and I really needed someone to explain what it meant. I had questions about how often I was supposed to call, how to do the steps, how often to go to meetings, etc. We talked for a long time and after our meeting, this woman agreed to be my sponsor. She explained to me that the role of a sponsor was to help guide the sponsee through the program. She explained

See Someone / page 6 ...

SERVICE MEETINGS

Aug 7 Tuesday	Central Service Committee United Memorial Church, Young St., Hfx.	7:00 pm
Aug 12 Sunday	2008 Winter Round-Up Committee Holiday Inn, Wise Rd., Dartmouth	1:00 pm
Aug 12 Sunday & Aug 26 Sunday	2007 Assembly Committee Mt. St. Vincent University, Rosaria Student Union Building, 4th floor, Bedford Highway, Bedford	3:30 pm
Aug 19 Sunday	District 2—GSR Meeting Club 24, Dundas St., Dartmouth	6:30 pm
Aug 26 Sunday	District 1—GSR Meeting George-Dixon-Centre, Gottingen St., Hfx.	1:00 pm

METRO DRUG DEPENDENCY CENTER

Simpson Hall, NS Hospital, Dartmouth. All meetings at 8 pm.

Detox	Sun	C.O.R.E.	Thu
Welcome Group	Aug 5	CANCELLED	Aug 2
Hubbards Group	Aug 12	CANCELLED	Aug 9
Albro Lake Group	Aug 19	CANCELLED	Aug 16
Mutual Group	Aug 26	Bedford Group	Aug 23
Trailer Park 12&12	Sep 2	Second Chance Group	Aug 30
Grateful Group	Sep 9	Sunday Night Serenity	Sep 6
Downtown Dartmouth	Sep 16	Acceptance Group	Sep 13

Sixth floor of the Simpson Bldg.
Attendance is limited to clients of this unit & members of the A.A. group putting on the meeting. The meeting format is "Speaker/Discussion" with time for questions at the end.

Third floor of the Simpson Bldg.
Open Speaker/Discussion meeting of A.A., and it is named "Pass It On Group". The meeting is open to clients of the C.O.R.E. program, as well as other A.A. members.

For more information, contact: Bruce Mac.: 830-4272

CENTRAL PHONE OFFICE Week-End Group Phone Service

Group	Sat	Sun
Woman to Woman	Aug 4	—
West End Step Group	—	Aug 5
Highland Park Group	Aug 11	Aug 12
Sunrise Group	Aug 18	Aug 19
Downtown Dartmouth Group	Aug 25	Aug 26
Trailer Park 12&12	Sep 1	—
Gaston Road Group	—	Sep 2
Albro Lake Group	Sep 8	Sep 9

Groups pick up the key at the Central Phone Office
Monday to Friday, 9 am - 5 pm

NO WORKSHOP THIS MONTH

District 2 will host the next Workshop on **Sunday, September 9** at 1:00 pm on the main floor of Club 24, 3 Dundas St., Dartmouth. The topic will be *The Importance of Workshops*. Members are encouraged to participate; workshops are not just for GSRs and Alternate GSRs.

Phone Office Volunteers Urgently Needed

The Central Service Phone Office urgently requires members to answer the daytime and overnight phones. If you can dedicate some time to this vital service, please call the Phone Office ASAP and arrange for an individual orientation session. Central Service Phone Office: 461-1119

Area 82 Assembly: October 5-7, 2007**Co-Treasurer & Transportation Co-Chair**

With only two more months to go, the Committee is still looking to fill the above positions. For this short-term service opportunity come and attend the next meeting (see page 2). Contact Gail S. at 431-0587 or staceys@eastlink.ca.

Volunteers to Chair Panels

To chair a panel during the Assembly, contact Mike C. 463-7452 or mikecormier1@eastlink.ca.

Drivers Needed

For driving our trusted servants between the Airport and the Assembly location in Bedford. Contact Barb M. at 857-9803 or bmesservey@hotmail.com or 2007assemblyarea82@gmail.com.

Kitchen Party Talents

The Assembly Entertainment Committee is seeking talented individuals. If you can sing, play an instrument, tell jokes or tap dance, come join our kitchen party on Friday night, Oct. 5, time and place to be announced. Contact Maria R., Chair, at 455 2231, or Peter J., Co-Chair, at 431 6640.

**Central Service Committee:
Entertainment Committee Chair & Members**

Never liked the music, the location, or simply wanted to play cards? Here is your chance to make a change. Central Service is looking for a new Entertainment Chair and Committee to arrange social events for our community. Please contact

Mike K. 429-6277
or mking@walkerdunlop.ca

Central Nova Scotia Correctional Facility**Meetings:****Female Volunteers Needed**

Female volunteers are needed to put on meetings for the women at the Correctional Facility in Dartmouth (i.e., Burnside). To apply, please contact Gail Stacey at 431-0587 or email staceys@eastlink.ca.

The Keep It Simple Challenge

The *Grapevine* has issued a challenge to all Areas to each raise their *Grapevine* circulation by 100 subscriptions. If this project is successful, it – together with the recently announced price increase – will provide a sound financial basis for the *Grapevine* by 2008, ensuring, that “our meeting in print” is there for every alcoholic that reaches out for help in the years to come.

***Grapevine* subscription: \$22.00 USD per year**

To order (credit card only) call: (815) 734-5856
Monday - Friday, 9:00 am - 4:45 pm EST

or visit

www.aagrapevine.org

or send a money order in USD to:

The Grapevine

P.O. Box 1980

Grand Central Station

New York, NY 10163-1980

Bob Mac., Alternate GSD Area 82

Disclaimer

The opinions expressed in this newsletter are those of the individuals alone and not necessarily those of A.A. as a whole, or those of the Central Service Committee of District 1&2. The editor reserves the right to edit submissions and cannot guarantee to publish all contributions. Anonymity will be protected, but contributors and correspondents are asked to include a contact phone number and full name (not for publication).

Contact for A.A. Newsletter:

Phone: 405-6535

Email: aahalifax@gmx.net

Mail: 31338 Gladstone
Halifax, NS B3K 5Z1

Editor: Sang-gye B.

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How to get the next Newsletter (September Edition)::

Printouts available at: Central Service Meeting, September 7

E-mail subscription: upon request to aahalifax@gmx.net

Online: www3.ns.sympatico.ca/alcoholicsanonymous/

Aug 3 Friday	New Hope Meeting Cindy: 12 yrs	12:15 pm
Aug 6 Monday	Colby Village BB Study Rob S.: 1 yr Phil R.: 10 yrs	8:00 pm
Aug 8 Wed.	Back to Basics Jim V.: 1 yr	8:00 pm
Aug 15 Wed.	Downtown Halifax Group Cecil: 2 yrs	1:00 pm
Aug 19 Sunday	Downtown Halifax Group Andrew A.: 13 yrs	8:00 pm
Aug 23 Thursday	Highland Park Group John MacF.: 7 yrs Doug MacD.: 24 yrs	9:00 pm
Aug 25 Saturday	Atlantic Group Troy S.: 3 yrs John S.: 17 yrs	7:30 pm
Aug 25 Saturday	Welcome Group Bill M.: 13 yrs Yan: 14 yrs Lillian: 19 yrs Howie P.: 30 yrs	8:30 pm
Aug 26 Sunday	Sunday Night Serenity Grp. Bob Mac.: 11 yrs.	7:00 pm
Aug 26 Sunday	St. Margaret's Bay Group Scott B.: 16 yrs Hope J.: 20 yrs	8:30 pm
Aug 27 Monday	Downtown Dartmouth Group Allen M.: 6 yrs Charly: 18 yrs	8:00 pm

Aug 29 Monday	Timberlea Group Mike B.: 1 yr	8:30 pm
Aug 29 Wed.	Trailer Park Group Denny B.: 2 yrs Nancy S.: 10 yrs Parker L.: 14 yrs	8:00 pm
Aug 30 Thursday	Four Seasons Group Craig S.: 1 yr Dave C.: 2 yrs Sandy B.: 4 yrs Ed G.: 14 yrs	8:00 pm
Aug 30 Thursday	Hubbards Group Barb M.: 5 yrs	8:00 pm
Aug 30 Thursday	West End Step Group Chris B.: 1yr Wally P.: 13 yrs Jim B.: 20 yrs	8:00 pm
Aug 31 Friday	Mutual Group Alex L.: 1 yr Eric C.: 25 yrs	8:00 pm
Aug 31 Friday	Bedford Group Mike Z.: 16 yrs	8:30 pm
Aug 31 Friday	Friday Night Enfield Group (Open Speaker) John S.: 25 yrs Doug O.: 40 yrs	8:30 pm
Sept 17 Monday	Living In The Solution Michelle T.: 7 yrs	7:30 pm

We are celebrating an overall of 431 Sobriety Years.
The average Sobriety Age is: 11.97. It's a miracle.

Congratulations to All!

She Got Very Quiet

My own sponsor sort of adopted me at my first meeting and has guided me through my entire 23 years of recovery ... more to her credit than mine. I use her as my example when I am asked to sponsor others and in that way, I continue to share my experience, not my opinions or 'advice'.

Having and using a sponsor was the first tangible evidence that I was truly no longer alone. She came and drove me to many different meetings during my first month. After the meetings, we sat in the driveway in her car and had very valuable one-on-one time which was very reassuring and comforting to me. I came to believe that she cared about me, whether I lived or died, and about my having the best chance I could have at good recovery. I treasured this and still do.

I have heard comments at meetings on sponsorship which I think valuable:

1. Find a person with solid sobriety who attends meetings regularly and is happy about being sober.
2. Asking someone to sponsor you is one of the first steps toward humility and willingness.
3. Phone your sponsor daily and share your hopes, fears, feelings, and questions.
4. Make a commitment to follow suggestions, whether you want to or not.

My sponsor has never once encouraged me to do anything that didn't benefit me. There have been times when her suggestion seemed very abhorrent to me, almost an impossibility, and extremely difficult. The best example is my first year's sobriety anniversary when my husband had promised to take me out to my favorite restaurant to celebrate. I was really looking forward to it as much for the confirmation that he thought well of me as for the sobriety milestone. That very afternoon, and with an air of indifference, he just said he didn't want to go. I called my sponsor and tearfully told her about it. She got very quiet for a few minutes and then reminded me that I had done much damage to my marriage during my drinking and that I

(Continued on page 8)

New Meeting List for Districts 1&2 available!

Recent updates of Group information have been included in the latest Meeting List dated May 18, 2007

Available at the Central Service Meeting (see p. 2) through the Literature Rep (Victor, phone: 435-6613) or online at: www3.ns.sympatico.ca/alcoholicsanonymous

New Meeting: Mic Mac Friendship Center

A New Big Book Discussion Meeting in Halifax

Mic Mac Friendship Center, corner of Gottingen and Cornwallis St., Halifax, Thursdays, 8:00 pm.

Directions: Take entrance on Cornwallis St., just before Needle Exchange Main Line.

Early Risers Meeting: Support Needed Start Your Day Sober

“The Early Risers” have been seizing the day in the wee hours of morning for almost 7 years. What a great way to begin or end a sober 24 – depending on which schedule you are on. And right now ... they need support. You can drop in on your way to or from work. Club 24, 3 Dundas St., Dartmouth. Mon. - Fri., 7:00 am.

New AA Support Meeting Rockingham Community Center

Sundays, 9:30 am to 11:00 am, 199 Bedford Highway (opposite Tim Hortons).

Open discussion; parking available; meeting downstairs; not wheelchair accessible. Contact:

Mardi M.: 445-2999

New Noon Meeting: Cornwallis St., Halifax

Gordon B. Isner Building, 5565 Cornwallis Street, Halifax, Mondays, 12:00 noon to 1:15 pm. Take the back-entrance. There will be signs posted. Parking is available on both sides of the building and also in the back. Contact Terry B.: 422-8060 or Tom: 209-1088.

Highland Park Group: Name of Meeting Place Changed

The church hosting the Highland Park Group in the North End of Halifax has changed its name from St. Stephen's to Blessed Mother of Teresa. Thursdays, 9:00 pm, 6032 Normandy Drive, Halifax.

Living in the Solution Meeting (CD): Wants to become a Group

This study meeting plans to register as a group in the Fall. If you enjoy studying AA literature and are free on Monday nights, please consider joining this inspired crowd and become a member. Many service opportunities will be available.

‘Living in the Solution currently studies The Twelve Steps & Twelve Traditions of Alcoholics Anonymous. Bring your book, read along and share from the heart.

Mondays, 7:30 pm

The Lutheran Church of the Resurrection, Corner Windsor/Allan St. (use Allan St. entrance), Halifax

Sunday Night Serenity (CD): Location – Stay Tuned

Effective July 1st, the Sunday Night Serenity Group moved to St. Philip's Anglican Church, Sundays, 7:00 pm. If all goes well they will be back at their old location, Edgewood United Church, by the middle of August. The two churches are located on opposite sides of Connaught Ave. at its junction with Bayers Rd. in Halifax.

Trailer Park 12&12 (CD) *former Woodside Group:* New Street Name—Old Location

The 12 Steps & 12 Traditions Study Group still meets in the same spot. The street name changed:

Wednesdays, 8:00 pm, 38 Trentonian Lane, Woodlawn Trailer Park, Dartmouth.

Rawdon Trial and Error Group: Off for the summer!

The Rawdon Trial and Error Group will hold no meetings during the months of June, July, August & September.

Someone / page 1

that she was a person I could call with questions, or when I was struggling and felt like drinking, who would explain how and when to do the steps, and who would share her experience, strength and hope with me.

I have come to understand all of these things and a lot more about sponsorship. I realized that my sponsor was the first person in my life who had no agenda for me. It was very hard to understand why someone was so willing to give so much time to me and want nothing in return. I had never experienced this before in my life. My sponsor would often tell me that I was helping her to stay sober ... that I was actually helping her more than she was helping me, which was a little confusing, but now that I sponsor other women myself, I understand what she meant.

Sponsorship has taught me about commitments. I made a commitment to my sponsor to stay in touch with her, to go to meetings and to work the steps. But more than that, I made a commitment to stay present and engaged in my life and in my recovery. I wanted to become accountable to someone - not to hide or isolate anymore. I allowed someone to really see me, and that was scary, but it helped me to work out of the shame I had been carrying around most of my life.

Sponsorship has also taught me about relationships. By going through the steps, I realized a lot about myself and my patterns of destructive behaviour. I learned how dysfunctional I was when it came to relationships. By working with my sponsor, I got a chance to practice having a healthy relationship that included honesty, openness and trust. I am now able to apply these things to my other relationships such as family, friends and even romance. I spent my whole life playing games and manipulating - I don't have to do that anymore.

My relationship with my first sponsor came to end. So I learned about letting go with respect and dignity. I learned that people come into our lives for different reasons and for different lengths of time and I learned to be willing to allow things to take their natural course. I am very grateful to my first sponsor for everything she gave me. I have a new sponsor now and we have a completely different relationship that is once again teaching me a lot about myself and my relationships with others. I am learning more about compassion, respect, and acceptance.

Sponsorship has also taught me about humility. By sponsoring others, I get a chance to see myself everyday. By working with newcomers, I am reminded of the power of this program - that I have come from a place of confusion and fear to a place of clarity and love. If I am ever finding it difficult to see myself in an honest way, all I need to do is talk to a sponsee and it grounds me immediately. I have been able to make a commitment to the people I sponsor; to make myself available, to walk the walk, and something I have discovered to be very important - to listen. Newcomers need to be heard, they need to know someone is interested in them and in how they are doing; that someone really cares about what is going on in their life. I made a commitment to try to get outside of myself as often as I could to help others. It has changed my life.

I heard someone recently comment on sponsorship by comparing it to children in school. They said children are not put in a classroom with a pile of books in the middle of the floor and told to learn. Just like we are not handed a Big Book in a meeting and told to learn - we need someone to show us the way. So that's what sponsorship has been for me, someone who has shown me the way, and so far it's been a wonderful journey.

Terri L., Halifax

The Magnificent Reality

I'll always remember my first attempt at sharing the gift of sobriety in a sponsorship role. A fellow had approached me following a meeting. I immediately proceeded working with him as my sponsor had done with me. We arranged daily telephone contact, fellowship, an eventual Big Book study, and a program of action. After months of work and continuous slips (with his less than honest response), enough was enough. This fellow simply didn't want to leave his drinking career behind. I tried everything. I took it quite personal. Where had I gone wrong? What could I have done differently? Why didn't this fellow "get it"? After some torment and ego deflation, I realized that the answer appeared on page 96 of my Big Book.

Since that first experience there have been many opportunities to share my experience, strength and hope. Some situations have lead to recovery. Others not. If we are practicing the principles of AA and experiencing our new-found freedom, sometimes we don't even realize when we are car-

rying the message.

One of the magnificent realities of how AA works lies within an e-mail message I received the very day I was asked to provide an article for this newsletter. This is what I received from a fellow I believe God placed in my path while on a working vacation 800 miles from home, one year previous. I have included it here with his permission.

"Just thought that I would drop you a note on my one year anniversary of sobriety, (July 5th). I celebrated at a meeting in Dorset, VT. I thought and spoke of you during my little speech. My wife, (whom I managed to win back) and my 6 week old son also were there to help celebrate.

I hope you can make it back sometime. You were a bigger help in my life than you will ever know and I thank you!!! ' Hope all is well and you are still enjoying life as I am."

For this message and the magnificent reality of Alcoholics Anonymous, I am eternally grateful.

Troy S., Halifax

TODAY I HAVE A JOB TO DO

I would first like to talk about having a sponsor because without having a sponsor I could not sponsor; I wouldn't know how. This is not something that came naturally to me. It is like math; I had to be taught.

I have had a lot of different sponsors before I got the one I have now. I waited a week for my first sponsor to call me but she never did so I fired her. I asked others to sponsor me but I was unwilling to do anything they asked me to do. That was fine for others but not for me. I was above that. If it wasn't easy then forget it. I wanted the quick fix but no work, thank you just the same. I guess you can't teach someone who is unteachable and I was certainly that.

After a lot of years, I met someone who had something that I wanted. She could do something that I couldn't do. Although I did not take a drink all those years, I had never been so low, so desperate for something that I couldn't even name. Death seemed easier than living the way I was living. I was at a retreat and she was the retreat leader and I asked her to be my sponsor. She said that she didn't know because she had a lot of sponsees at the time but she would let me know at the end of the retreat. I was floored at the time but I am so thankful that she did it that way because by the time the retreat was over I didn't know what I would do if she said no and I was given the "Gift of Desperation" that I believe is so necessary to do step one. I was also given a touch of humility that had been missing before. "I can't do this by myself. Please, please help me." At the end of the retreat she agreed to sponsor me. She said that she saw someone with dead eyes come into the room and as the weekend progressed she saw a touch of hope come into my face.

I was to call her once a week to do step work (she lives in another province) and I was willing to do whatever she wanted me to do at that point in the relationship. But as the week progressed, I started playing the head games that I always played with my sponsors and when I called on Tuesday night like I was supposed to, I hadn't done the writing that she had asked me to and I was half an hour late with my call. She gently let me know that she had left the mall early so she would be home for my call because she had made a commitment to me and that was a promise that she honoured and that made me realize what a great sacrifice agreeing to be a sponsor was and this was no game to her. Therefore it could be no less for me. Since that time I have done everything that I can to call on time or let her know ahead of time that I could not call at that time and she does the same. Sponsor/sponsee relationships are partnerships as real as any partnerships in any business and they are not just about me.

She taught me how to work the Steps without using anything to numb myself; to stay sober until I got through Steps One to Nine and into Step Ten where it promises that the

problem would be removed and that I would recoil as from a hot flame. The only problem was that I kept taking back my defects of character and when I do that I cannot make conscious contact with my Higher Power. She showed me how to get rid of them again when Step Ten doesn't do it. She has me get out my pen and paper and go back to Step Four and write them out in the columns because that is the only way that I know how to do a personal inventory like it says to do in Step Ten. She has me call her in a Step Five and become willing in Step Six. Then, in Step Seven, I never ask Him to help me, I just ask Him to fix my character defects and I thank Him for the gift of the opposite, whatever that might be. Some times I can get through a week or two without doing this and sometimes I have to do it every other day or so, depending how spiritually fit I am. This is how I keep the Steps alive in my daily life.

Over the years I have called my sponsor many times and somehow she always has the answer that I need. Sometimes I call her and tell her I am angry and she says, "write about it." I said that I am sad and she said, "cry about it." I said that I wanted to die and she said that she wanted me to live. I said that no one gave a damn whether I lived or died and she said she did. When I said that I hated myself she said she loved me. Lately I have had some serious life threatening health problems and when I called to say I was afraid she said that I should pray about it and she would too. Was there ever such a sponsor?

Today I have a job to do. I have a purpose and that is to tell people about my Spiritual Awakening and how I got it. Some people have asked me to sponsor them and all I have to offer them is what I was taught by my sponsor. I can tell them what I did to get to where I am now, and it is a place that I never was before. I have something to offer my sponsees. I can show them how I got through a whole bunch of really bad stuff and came through it sober. I can be there for them when they need me. I can hug them when they need a hug and I can kick rear ends when they need their rear ends kicked. Most of all I can love them until they can love themselves.

You know, if my sobriety, my life, has made a difference to just one alcoholic, then it has been a success.

Right now I am not physically able to do anything but sit and talk. My sponsees are saving my life. They get me out of myself and that terrible poor me syndrome. It gives me a great feeling of self worth, self-love, self-acceptance and a much closer connection with my Higher Power and I can't think of any greater reward than that.

Marilyn F., Fredericton

For further information on these events and more, please visit:
The unofficial website for Area 82 at: <http://www.area82aa.org/>

19th Annual Courage Round-Up August 10 - 12, 2007

From Friday at 5pm - Until Sunday at 3pm

Universalist Unitarian Church
5500 Inglis St, Halifax

The Courage Round-Up is a recovery weekend, sponsored by gay men and lesbians in A.A. but all A.A.s & AlAnons are welcome. We also welcome anyone who has a drinking problem or is affected by the alcoholism of others.

Registration is \$25, but no one will be turned away for lack of funds. Saturday lunch is included in registration; supper at a restaurant is an extra \$12 (estimate).

For more information ...

Call: (902) 425-8383

Email: courage449@yahoo.com

Web: www.rationallunacy.com/courageroundup

Baseball Game: AA vs. NA

Place: Halifax Commons

Date: Possibly the middle of August

Games to be held from 2:00 pm to 4:00 pm

Contact Tom R. for details: 832-5028 or 209-1088 (cell)

Have Fun in Fellowship

Open Dart Tournament

by AA members for the 12-stepping community

Steak Shot

Saturday, Sept. 8, 2007, 2:30 pm to 5 pm

Club 24, 3 Dundas St., Dartmouth

Admission: \$5

Contact: Lorraine R. at 443-6685 or 237-9559

District 5 Mini Roundup

Saturday, September 8, 2007

K.C. Hall, Robey Street—Amherst, Nova Scotia

Registration opens: 8:00 am Price: \$15.00



43rd Area 82

Nova Scotia, Newfoundland & Labrador

Assembly of A.A & Round-Up

hosted by Districts 1&2

October 5-7, 2007

Mount St. Vincent University

Bedford Highway

Halifax, NS

Registration: \$20 / Banquet: \$25

Contact: Chair—Paul B.: (902) 865—2164

Registration—Chair: Tim M. (902)-827—5235

Want to do service during/for this event? See p. 3

(Continued from page 4) Quiet ...

now had an opportunity to make some amends. She suggested that I make his favorite dinner using my best china as if he were an honoured guest and not mention the broken promise. I thought she'd lost her mind! The God of my understanding somehow gave me the willingness, and guess who got the most out of that event? I did, of course. There have been several other similar times in my recovery, and I am learning that the more difficult it is for me to swallow my pride and do what's recommended, the greater my inner victory.

I think the spirit of what sponsorship is all about, in its best application, is embodied in Bill W.'s always referring to Ebby as his sponsor even though Ebby could not get sober and stay sober. Bill had learned, as am I, that it is definitely a two-way street. One of the sweetest gifts I've received is hearing my own dear sponsor say to me, "Judy, what do you think?" We are now best friends and, in a way, sponsor each other, valuing each others experiences and ideas. What a gift!

Judy S., Redington Shores, Florida