

Sept 14 Friday	Woman to Woman Group Jaymie: 2 yrs Mavis: 4 yrs Lisa: 21 yrs	7:30 pm
Sept 16 Sunday	Downtown Halifax Group Peter J.: 9 yrs	8:00 pm
Sept 17 Monday	Living In The Solution Michelle T.: 7 yrs.	7:30 pm
Sept 17 Monday	Timberlea Group Suzanne L.: 10 yrs	8:30 pm
Sept 19 Wednesday	Downtown Halifax Group Paul F.: 1 yr	1:00 pm
Sept 24 Monday	Downtown Dartmouth Grp. Lucille: 2 yrs Michelle: 2 yrs Connie H.: 4 yrs Jen C.: 7 yrs Bill G.: 7 yrs Don H.: 7 yrs Charlie C.: 15 yrs Dusty M.: 43 yrs	8:00 pm
Sept 24 Monday	Timberlea Group Marty M.: 17 yrs	8:30 pm
Sept 27 Thursday	Four Seasons Group Rick G.: 2 yrs Tom H.: 2 yrs Gerry M.: 3 yrs Michael N.: 8 yrs Cal M.: 25 years	8:00 pm
Sept 27 Thursday	Gaston Road Group Billy S.: 3 yrs	8:30 pm
Sept 27 Thursday	Highland Park Group Tom D.: 20 yrs	9:00 pm
Sept 29 Saturday	Welcome Group Chum T.: 8 yrs.	8:00 pm
Sept 30 Sunday	St. Margaret's Bay Group Derrick L.: 10 yrs Earl G.: 10 yrs Harold Y.: 23 yrs	8:00 pm
Oct 1 Monday	Colby Village Big Book Study Group Ron H.: 3 yrs Zeta S.: 18 yrs	8:00 pm

We are celebrating an overall of 293 Sobriety Years. The average Sobriety Age is: 10.10.

It's a miracle. Congratulations to All!

(Continued from page 1)

dread thinking about where I might have gone without it this summer, considering the multitude of challenges and disappointments I was confronted with. The most trying event was the loss of my best friend, Pal.

Thanks to God: my A.A. friends rose to each occasion and saw me through with superb compassion and support - beyond everything that I would have thought possible. The outpouring of their love and kindness was nothing less than phenomenal and will be forever cherished.

Looking back, I realize that I have found so much more than I was in for. I was welcomed into the best fellowship I could have ever imagined and through the years, I've experienced incredible love, care and compassion.

Our hearts are big, but our numbers are small. These days it is difficult to keep the meeting going as we open the doors every week-day, even on holidays. I would love to see more people, so that we can continue to extend the warm welcome to all newcomers and guests (e.g., from other 12 step programs) that want and need to hear the A.A. message of recovery.

Ed H., Dartmouth

Editor's Note: Ed attends the Early Risers meetings in Dartmouth (Club 24, Dundas St; Monday through Friday, 7:00 am – 8:00 am). The Early Risers Meeting will celebrate its 6th anniversary on Wednesday, September 26th at 7:00 am.

Downtown Dartmouth Group

58th Anniversary

Monday, September 17th, 8:00 pm

The Downtown Dartmouth Group is celebrating 58 years with a guest speaker and refreshments. Location: 3 Dundas Street, Dartmouth.

Early Risers Meeting

6th Anniversary

Wednesday, September 26th, 7:00 am

“The Early Risers” celebrate six years of meetings on Wednesday, September 26th at 7:00 am, Club 24, 3 Dundas Street, Dartmouth.

Keep It Simple Group

26th Anniversary

Friday, October 12th, 12 noon to 3 pm

The Keep it Simple Group is celebrating 26 years on Friday, October 12th, 12:00 noon to 3:00 pm, Club 24, 3 Dundas Street, Dartmouth.

New Meeting List for Districts 1 & 2 available!

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

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

New Meeting

Rockingham Community Center

Sundays, 9:30 am to 11:00 am, 199 Bedford Highway (opposite Tim Hortons). Ongoing since May; open discussion; parking available; meeting downstairs; not wheelchair accessible. **Contact Mardi M.: 445-2999 (Timberlea Group).**

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.

New Noon Meeting: Cornwallis St., Halifax

Gordon B. Isnor Manor, 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.**

Cherry Brook

New Saturday Night Meeting

The meeting will be probably start on Saturday, Sept. 15th, either at 7:00 or 7:30 pm. Location: United Baptist Church, Cherry Brook Road, Dartmouth. **Contact Ed H. for confirmation of start date and time: 434 3792.**

Sunday Night Serenity Group

Staying at St. Phillip's Anglican Church

The Sunday Night Serenity Group will not be moving back to Edgewood United Church but will stay at St. Philip's Anglican Church, corner of Bayers Road and Connaught Ave., Sundays, 7:00 pm.

Tallahassee Group

The Only AA Meeting in Eastern Passage Is Seeking Support from AA Members

The Tallahassee Group meets every Monday night at 8:00 pm, 44 Cow Bay Road, Eastern Passage. The meetings are closed discussion except for AA birthdays celebrated on the 3rd Monday of each month.

To find the meeting going east on Cow Bay Road from Dartmouth, take the second driveway past the Chinese Restaurant on the left. Travelling up the gravel driveway there are two building, the meeting is held in the building on the right. Drive around back for the entry door into the basement.

Living in the Solution Meeting (CD):

New Big Book Study Cycle

Starting Monday, September 3rd, 7:30 pm, the Living in the Solution meeting will be studying the Big Book using the AA tapes from New York. Location: Lutheran Church of the Resurrection, corner of Windsor and Allan Streets (use Allan St. entrance), 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.

METRO DRUG DEPENDENCY CENTER

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

Detox	Sun	C.O.R.E.	Thu
Trailer Park 12&12	Sept 2	Sunday Night Serenity	Sept 6
Grateful Group	Sept 9	Acceptance Group	Sept 13
Downtown Dartmouth	Sept 16	St. Margaret's Bay Grp.	Sept 20
Four Seasons Group	Sept 23	Tallahassee Group	Sept 27
Atlantic Group	Sept 30	Timberlea Group	Oct 4
Timberlea Group	Oct 7	Downtown Halifax	Oct 11
Halifax Sunday Morning	Oct 14	Sunrise Group	Oct 18
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 Group	Sept 1	—
Gaston Road Group	—	Sept 2
Albro Lake Group	Sept 8	Sept 9
Cole Harbour Group	Sept 14	Sept 15
Colby Village Group	Sept 21	Sept 22
Mutual Group	Sept 29	Sept 30
Back to Basics	Oct 6	Oct 7
Harbours Group	Oct 13	Oct 14
Groups pick up the key at the Central Phone Office Monday to Friday, 9 am - 5 pm		

SERVICE MEETINGS

Sept 4 Tuesday	Central Service Committee United Memorial Church, Young St., Halifax	7:00 pm
Sept 9 Sunday	Service Workshop Club 24, 3 Dundas St., Dartmouth. <i>Topic: The Importance of Workshops. See page 5 for a contribution from Tony H.</i> All members are encouraged to participate; workshops are not just for GSRs and Alternate GSRs.	1:00 pm
Sept 9 Sunday & Sept 23 Sunday & Sept 30 Sunday	2007 Assembly Committee Mt. St. Vincent University, Rosaria Student Union Building, 4th floor, Bedford Highway, Halifax. The room is subject to change, to confirm, contact Gail at 431-0587 or by email to staceys@eastlink.ca .	3:30 pm
Sept 16 Sunday	2008 Winter Round-Up Committee Holiday Inn, 101 Wyse Rd., Dartmouth	1:00 pm
Sept 23 Sunday	District 2—GSR Meeting Club 24, 3 Dundas St., Dartmouth.	6:30 pm
Sept 30 Sunday	District 1—GSR Meeting George-Dixon-Centre, Gottingen St., Halifax.	1:00 pm

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**

43rd Area 82 Assembly & Round-Up**Friday to Sunday, October 5 to 7, 2007**Mount St. Vincent University
Bedford Highway, Halifax, NS**Registration: \$20 / Banquet: \$25**

Chair: Paul B.: (902) 865-2164

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

Reminder

The Round-up during the Assembly is made-up of marathon meetings, discussions, panel meetings (two or more speakers) and speaker meetings. **If you are interested in speaking, participating in a panel, or chairing a discussion meeting, please contact Jane at 422-9268 or Jane_nolan_260@hotmail.com.**

Co-Treasurer & Transportation Co-Chair

With only one more month 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 Jane N. at 422-9268 or Jane_nolan_260@hotmail.com.**

Registration Desk

Volunteers are needed to help with registration. **Contact Bill P. at 237-5138.**

Drivers Needed

For driving our trusted servants between the Airport and the Assembly location at Mount Saint Vincent University. **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. Note: you must be a registered Assembly attendee to participate. **Contact Maria R., Chair, at 455 2231, or Peter J., Co-Chair, at 431 6640.**

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.**

Marguerite Centre**Women Needed To Run AA Meetings**

The Marguerite Centre is Nova Scotia's only long-term residential facility for women suffering from addictions and abuse. This 12-bed resource allows women the time and space they need to beat their addictions. Several of us have been going to the centre to put on an AA meeting once a month and we have truly benefitted from this connection. The AA meetings have also been much appreciated by the residents, and they have asked that they be held more frequently.

We need more women to volunteer to make this happen. A commitment to a meeting just once a month would make a huge difference to the residents. However, please note that the Centre is about 25 minutes from the city, and can only be reached by car. If you are sincerely interested and don't have transportation, a drive will be arranged. **If there are any women interested in doing this, please contact Charlotte, 477-9153; Karen, 446-9352; or Lesley, 484-0123.**

WHY WORKSHOPS**AN OPEN LETTER & INVITATION**

Everyone who knows me knows how much I absolutely love the National Football League. Every year I patiently wait through those long dark months from February's Super Bowl to September's season opener. On Sunday, September 9th, at one o'clock, my lifelong absolute favorite team, the Pittsburgh Steelers, are playing their arch rivals, the Cleveland Browns, in a televised season opener! What wonderful luck! I normally gather with some like-minded NFL fanatics on such auspicious occasions. WOW! I can hardly wait!

"Wait a minute! [Expletive Deleted]!" There is a workshop on the importance of workshops at that precise time at Club 24, Sunday, September 9th. I guess that day wasn't such a lucky occasion after all. Maybe I could come up with some excuses and not go to the

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OUR A.A. EXPERIENCE HAS TAUGHT US THAT:

“Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.”

TRADITION NINE – LONG FORM – REPRINTED FROM THE A.A. SERVICE MANUAL, P-S13 WITH PERMISSION OF A.A. WORLD SERVICES, INC.

TRADITONS CHECKLIST

Tradition Nine:

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

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ANY QUESTIONS?

The Principle of Rotation

Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share. Many groups have alternates to each trusted servant who can step into the service positions if needed.

To step out of an A.A. office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it's especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity.

Among other things, anonymity in the Fellowship means that we forgo personal prestige for any A.A. work we do to help alcoholics. And, in the spirit of Tradition Twelve, it ever reminds us "to place principles before personalities."

Many outgoing service position holders find it rewarding to take time to share their experience with the incoming person. Rotation helps to bring us spiritual rewards far more enduring than any fame. With no A.A. 'status' at stake, we needn't compete for titles or praise—we have complete freedom to serve as we are needed.

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BILL W.: TRADITION NINE (AUGUST 1948)

The least possible organization, that's our universal ideal. No fees, or dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of A.A. who is for simplicity. Terrified of anything organized, he tells us that A.A. is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals, and clubs only coddle slippers. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon¹ simplicity is the A.A. promoter. Left to himself, he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great A.A. hospitals, batteries of paid organizers, and publicity experts wielding all the latest paraphernalia² of sound and script; such would be our promoters dream. "Yes, sir," he would bark, "my two-year plan calls for one million A.A. members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the A.A. movement never gets overly organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of alcoholics still waiting all over the world to hear of A.A.

We shall, naturally, take the firm and safe middle course. A.A. has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to effective and plentiful Twelfth Step work.

If, for instance, an A.A. group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a foundation, a general office or a Grapevine, then we are organized for service. The A.A. book and pamphlets, our meeting places and clubs, our dinners and regional assemblies – these are services, too. Nor can we secure good hospital connections, properly sponsor new prospects, and obtain good public relations just by chance. People have to be ap-

pointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services has our spiritual or social activity, the great current of A.A., ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor, for our service expenses are trifling.

With such assurances, we shall without doubt continue to improve and extend our vital lifelines of special service; to better carry our A.A. message to others; to make for ourselves a finer, greater Society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

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Footnotes:

1. Halcyon

1 : halcyon (noun): bird identified with the kingfisher and held in ancient legend to nest at sea about the time of the winter solstice and to calm the waves during incubation;

2 : halcyon (adjective): **a** : calm, peaceful; **b** : happy, golden; **c** : prosperous, affluent

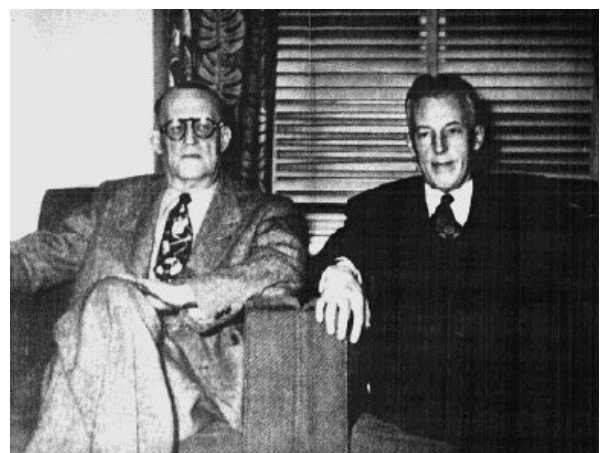
2. Paraphernalia

1 : the separate real or personal property of a married woman that she can dispose of by will and sometimes according to common law during her life

2 : personal belongings

3 a : articles of equipment; **b** : accessory items

Definitions taken from Merriam Webster's Online Dictionary:
<http://www.m-w.com/dictionary>



Remember to Announce the Assembly and Round-Up

October 5th to 7th, Mount Saint Vincent University, Halifax (see page 5)

District 5 Mini Roundup

Saturday, September 8, 2007

**K.C. Hall, Robey Street
Amherst, Nova Scotia**Registration opens at 8:00 am
Price: \$15.00

Have Fun in Fellowship

Open Dart Tournament

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

Club 24, 3 Dundas St., Dartmouth

by AA members for the 12-stepping community

Steak Shot

Admission: \$5

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

Women's AA Day

Saturday, September 15th, 2007

Holy Trinity Anglican Parish Hall

Middleton, Nova Scotia

10:00 am – 4:00 pm

Registration opens at 9:30 am

*Alcoholics Anonymous and Al-Anon*Small Group Discussions
Panel Discussions

Registration \$5.00 (includes coffee & tea)

Soft drinks for sale

Pot-luck Luncheon - Let's feed each other!

*Bring your friends and we'll have a day of
recovery together!*

Contact Heather: 825-3812

(Continued from page 5)

workshop. "Remember Tony, this is an honest program." Okay then, maybe I could bend the truth a little to suit my needs. God knows I do enough for my group and AA as a whole. "It's not about that either, Tony. It's about the responsibility and commitment you made when you agreed to serve as GSR for your group." [Expletive Deleted]! There it is in my antiquated AA Service Manual, 1995-96 edition, pg. S44, a list of GSR responsibilities including the one that says "They participate, of course, in district and area service meetings."

I guess I'll see all you NFL-loving fans at the workshop too. Wait another minute! I'll bring some of my AA friends and group members to support me, and you can do the same. After all, workshops are for all AA members, not just GSRs and those in service. It'll be a great learning experience, a chance for all to share experience, strength, and hope, and a great opportunity to meet some of your AA friends. Besides, we can check out the game highlights anytime.

Tony H., Halifax

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).

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Submissions for October issue are due on September 25, 2007

Publication date is October 1, 2007

How to get the next Newsletter (October Edition):

Printouts available at: Central Service Meeting, October 2

E-mail subscription: Upon request to aahalifax@gmail.com