

# AA Newsletter

Central Service Committee of Area 82, Districts 1 & 2, Halifax Regional Municipality

To contact Alcoholics Anonymous, call (902) 461-1119 (24 hours per day, 7 days per week)

Website: [www3.ns.sympatico.ca/alcoholicsanonymous](http://www3.ns.sympatico.ca/alcoholicsanonymous)

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## Principles, Not Personalities

*"The way our worthy alcoholics have sometimes tried to judge the 'less worthy' is, as we look back on it, rather comical. Imagine, if you can, one alcoholic judging another!*

(The language of the heart – p. 37)

Who am I to judge anyone? When I first entered the Fellowship I found that I liked everyone. After all, A.A. was going to help me to a better way of life without alcohol. The reality was that I couldn't possibly like everyone, nor they me. As I've grown in the Fellowship, I've learned to love everyone just from listening to what they had to say. That person over there, or the one right here, may be the one God has chosen to give me the message I need for today. I must always remember to place principles above personalities.

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## OUR A.A. EXPERIENCE HAS TAUGHT US THAT:

"And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

(TRADITION TWELVE — LONG FORM -REPRINTED FROM 'THE A.A. SERVICE MANUAL', P-S14 WITH PERMISSION OF A.A. WORLD SERVICES, INC.)

## TRADITIONS CHECKLIST: # TWELVE

**Tradition Twelve: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities**

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?

7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of *me* among more than a million AAs?

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<b>Dec. 3</b> Monday	<b>Colby Village Big Book Study Group</b> Mike C.: 2 yrs	8:00 pm
<b>Dec. 5</b> Wednesday	<b>Back to Basics Group</b> Nancy M.: 5 yrs Dana S.: 4 yrs	8:00 pm
<b>Dec. 10</b> Monday	<b>Timberlea Group</b> Thelma P.: 1 yr	8:30 pm
<b>Dec. 12</b> Wednesday	<b>Back to Basics Group</b> Bruce B.: 1 yr	8:00 pm
<b>Dec. 13</b> Thursday	<b>Four Seasons Group</b> Bobby M.: 8 yrs Lynne M.: 23 yrs	8:00 pm
<b>Dec. 14</b> Friday	<b>Mutual Group</b> Blair R.: 7 yrs Gail S.: 4 yrs Susie N.: 1 yr	8:00 pm
<b>Dec. 15</b> Saturday	<b>Atlantic Group</b> Steve A.: 12 yrs Sang-gye B.: 3 yrs	7:30 pm
<b>Dec. 17</b> Monday	<b>Tallahassee Group</b> Rick C.: 13 yrs Raymond: 9 yrs	8:00 pm
<b>Dec. 24</b>	<b>(Acceptance Group)</b> Mike K.: 7 yrs	<b>No celebration</b>
<b>Dec. 27</b> Thursday	<b>West End Step Group</b> Pat O.: 4 yrs	8:00 pm
<b>Dec. 28</b> Friday	<b>Bedford Group</b> Amy M.: 3 yrs Bob B.: 3 yrs	8:30 pm
<b>Dec. 30</b> Sunday	<b>St. Margaret's Bay Group</b> Alfred M.: 1 yr Jim O.: 4 yrs	8:00 pm
<b>Dec. 31</b> Monday	<b>Downtown Dartmouth Group</b> Brian H.: 1 yr Fay : 1 yr	8:00 pm
<b>Jan. 2</b> Monday	<b>Colby Village Big Book Study Group</b> Gerry L.: 9 yrs Chris B.: 3yrs	8:00 pm
<b>Jan. 4</b> Friday	<b>Women to Women Group</b> Charlotte: 3 yrs Terri: 4 yrs Carolyn: 4 yrs	7:30 pm
<b>Jan. 22</b> Tuesday	<b>Tallahassee Group</b> Linda: 1 yr	8:00 pm

**Welcome Group****36th Anniversary****Saturday, December 8th, 8:00 pm**

Guest speaker: Chuck P.

Location: Bethany Church Hall, 7171 Clinton Ave., Directions: via Armdale Rotary, out Dutch Village Road, first street on right.

**Downtown Halifax Group****Christmas Reception—Open House & 24th Anniversary****Sunday, December 16th,****6—8:00 pm Reception****8pm: Special Speaker Meeting**

Location: St. Mathews Church, 1479 Barrington St. - Southside entrance next to Maritime Mall.

**Colby Village Big Book Study Group****Annual Candlelight Gratitude Meeting****Open Discussion****Monday, December 17th, 8:00 pm**

Open to all; (incl. friends &amp; families of members)

Location: Pope John XXIII Church, 35 Colby Dr, Cole Harbour.

**Four Seasons Group****Christmas Candlelight Meeting****Thursday, December 20th, 8:00 pm**

Snacks &amp; Refreshments supplied. All invited.

45 Connolly Rd., Lower Sackville

**Central Service****Annual AA Cocktail Party****Monday, December 24th, 1:00—4:00 pm**Treats, Nibbles, Beverages & Fellowship  
7th Tradition

Club 24, 4 Dundas St., Dartmouth

**Halifax Sunday Morning Group****Exceptional Venue****Sunday, December 30th, 11 am**Meet in the Chapel of the Salvation Army Building  
(near Staples) instead of George Dixon Ctr.  
Gottingen St., Halifax

**New Meeting List for Districts 1 & 2 available!**

Recent updates of Group information have been included in the latest Meeting List dated **November 12, 2007**. Available at the Central Service Meeting (see page 4), through the Literature Representative (Victor, phone: 435-6613), or online at: [www3.ns.sympatico.ca/alcoholicsanonymous](http://www3.ns.sympatico.ca/alcoholicsanonymous)

**#7 HWY Sheet Harbour Group****Tuesdays, 8pm*****New Location*****40 Pinefall Drive, Sheet Harbour**

Opposite RCMP station. Meeting space is located in the basement.

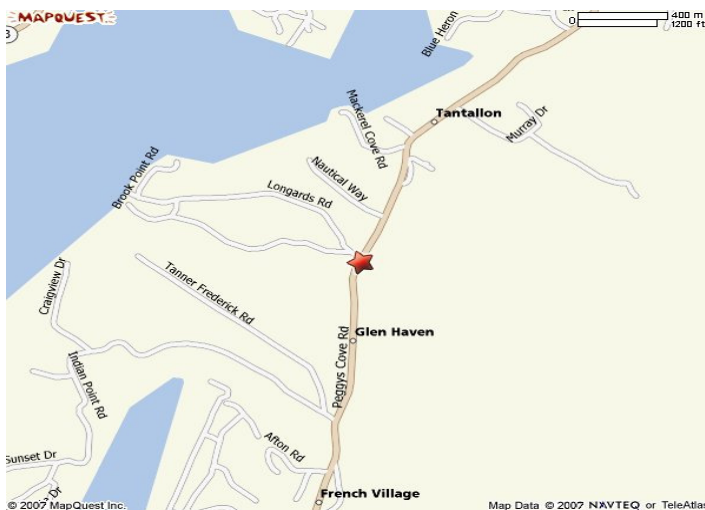
**Winers' Circle Big Book Study Group****Friday 8:30pm*****folded***

The group that met on 45, Connolly Rd. in Lower Sackville has closed its doors.

**The St. Margaret's Bay Group****Sundays, 8pm*****New Location***

**Tantallon Seventh-Day Adventist Church  
Community Centre,  
12494 Peggy's Cove Road.**

The new location is just past Shining Waters Marina's big sign, on the right side (toward the water) as you drive toward our old location (Seabright Baptist Church). If you get to the sign welcoming you to Glen Haven, you've gone too far! See the map below.

**Tallahassee Group****Mondays, 8pm*****The Only AA Meeting in Eastern Passage  
Is Seeking Support from AA Members***

The Tallahassee Group meets

**44 Cow Bay Road, Eastern Passage.**

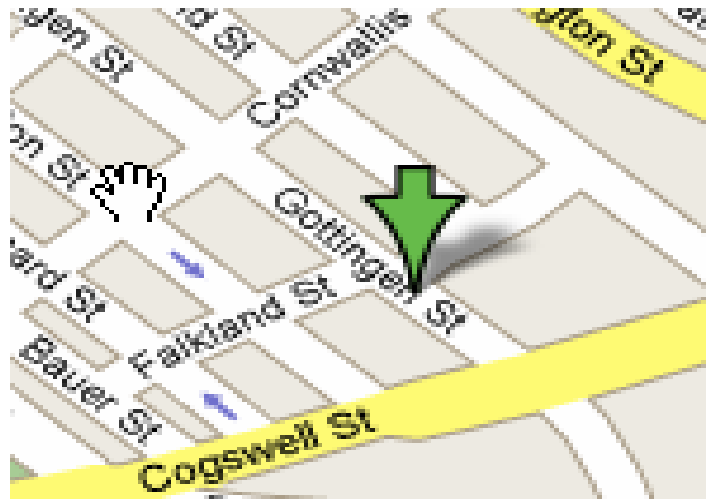
The meetings are closed discussion except for AA birthdays celebrated on the 3rd Monday of each month.

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

**New Meeting: Salvation Army Booth Centre****Thursdays, 8pm*****A New Big Book Discussion Meeting in Halifax*****New Location—Support Still Needed**

The new meeting formerly held at the Mic Mac Friendship Center has moved to the

**Salvation Army Booth Centre,  
2044 Gottingen Street, Halifax**



**METRO DRUG DEPENDENCY CENTER**

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

<b>Detox</b>	<b>Sun</b>	<b>C.O.R.E.</b>	<b>Thu</b>
Hubbards Group	Dec 2	Tallahassee Group	Dec 6
Albro Lake Group	Dec 9	Timberlea Group	Dec 13
Mutual Group	Dec 16	CLOSED	Dec 20
Trailer Park 12 & 12	Dec 23	CLOSED	Dec 27
Grateful Group	Dec 30	CLOSED	Jan 3
Downtown Dartmouth	Jan 6	Downtown Halifax	Jan 10
Four Seasons Group	Jan 13	Sunrise Group	Jan 17
<b>Sixth floor of the Simpson Bldg.</b> 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.		<b>Third floor of the Simpson Bldg.</b> 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.	

Core will be closed for the holidays Dec 20 & 27, 2007 & Jan 3, 2008  
For more information, contact: Pat R. at 857-1006 or patwr@eastlink.ca

**CENTRAL PHONE OFFICE**  
**Week-End Group Phone Service**

<b>Group</b>	<b>Sat</b>	<b>Sun</b>
Trailer Park 12 & 12	Dec 1	—
Gaston Road Group	—	Dec 2
Albro Lake Group	Dec 8	Dec 9
Cole Harbour Group	Dec 15	Dec 16
Colby Village Group	Dec 22	Dec 23
Mutual Group	Dec 29	Dec 30
Back to Basics Group	Jan 5	Jan 6
Timberlea Group	Jan 12	Jan 13
Groups pick up the key at the Central Phone Office <b>Monday to Friday, 9 am - 5 pm</b>		

**Phone Office Volunteers Still Needed**

The Central Service Phone Office always welcomes volunteers who would like to answer the daytime and overnight phones. If you can dedicate some time to this vital service, please call the Phone Office and arrange for an individual orientation session.

**Central Service Phone Office: 461-1119**

**SERVICE MEETINGS**

<b>Dec 4</b> Tuesday	<b>Central Service Committee</b> United Memorial Church, Young St., Halifax	<b>7:00 pm</b>
<b>Dec 9</b> Sunday	<b>District 1 Workshop:</b> (hosted by Back to Basics & Sunday Night Serenity) <b>The Twelve Steps (1-12)</b> George-Dixon Center, Gottingen St., Halifax All are welcome, please attend plentiful!	<b>1:00 pm</b>
<b>Dec 9</b> Sunday	<b>District 2 GSR Meeting</b> Club 24, 3 Dundas St., Dartmouth	<b>6:30 pm</b>
<b>Dec 16</b> Sunday	<b>2008 Mid-Winter Round-Up Committee</b> Holiday Inn, 101 Wyse Rd., Dartmouth	<b>1:00 pm</b>
<b>Dec 30</b> Sunday	<b>District 1 GSR Meeting</b> George-Dixon-Centre, Gottingen St., Halifax	<b>1:00 pm</b>
<b>Jan 8</b> Tuesday	<b>Central Service Committee</b> United Memorial Church, Young St., Halifax	<b>7:00 pm</b>

**Central Service Committee  
Secretary Position Open**

The Central Service Committee is looking for a Secretary. The secretary attends the meetings, keeps minutes and distributes them to the committee members. If you are interested, please attend the next Central Service Meeting and/or call

**Jennifer B., CS Chair:** 489—1776.

**Corrections Committee  
Co-Chair Wanted**

Would you like to help bringing AA meetings into correctional facilities? If this could be for you, check with your group's GSR rep and/or

**Come to the next District Meeting.**

**CPC Committee  
Co-Chair Wanted**

The Committee for the Cooperation with the Professional Community is looking for a new Co-Chair. To find out more about the work of the CPC Committee, contact your group's GSR and/or

**Come to the next District Meeting.**

**Public Information Committee  
Volunteers Sought**

To pitch in for presentations & projects.

Currently, the Committee needs younger members that would like to present their experience, strength and hope in AA to peers. Contact:

**Mary W., Chair:** 477—9176

**MEMBER'S SHARE:  
THE BIRTH OF A MEETING**

I got sober in Calgary in February 2000 and after one year I met my true love. We decided that we would move to Nova Scotia. Shortly after that, when our youngest had graduated, we embarked on our journey. We visited many friends and family along the way. I attended many meetings in Canada and the USA. The more we traveled, the more we realized that this was a life saving trip.

After five weeks we arrived in Shubie Park. My wife was ill - she had suffered neck injuries when we were rear-ended in Toronto. I had to take her to the emer-

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

Female volunteers are still needed to put on meetings for the women at the Correctional Facility in Dartmouth (i.e., Burnside). To apply, please contact

**Gail S., Chair (Corrections):** 431.0587 or  
email [staceys@eastlink.ca](mailto: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

**Lesley:** 484-0123

gency room in Dartmouth. While she was being treated, someone stole our truck and with it most of our belongings. Money, clothes, I.D., and all my tools were gone. Our new life seemed to come to a halt.

As the thieves had all our personal information and my wife was still very sick, returning to Shubie Park did not seem safe. Instead we ended up in a hotel, where we stayed for 5 weeks. We could not believe what had happened to us.

We had already found a place to live when we decided to go to the media to plead for the thief to return our personal items such as I.D., etc. During the newspa-

*(Continued on page 7)*

## BILL W.: TRADITION TWELVE (NOVEMBER 1948)

One may say that **anonymity**<sup>1</sup> is the spiritual base, the sure key to all the rest of our **Traditions**<sup>2</sup>. It has come to stand for prudence and most importantly, for self effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest—such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A glance at the Twelve traditions will instantly assure anyone that “giving up” is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare. Tradition One asks us to place the common good ahead of personal desire. Tradition Two asks us to listen to god as he may speak in the group conscience. Tradition Three requires that we exclude *no* alcoholic from AA membership. Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all. Tradition Five restricts the AA group to a single purpose, carrying our message to other alcoholics.

Tradition Six points at the corroding influence of money, property, and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements. Tradition Seven states that we had best pay our own bills; that large contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous. Tradition eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status. Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services—and no more. This Tradition breathes democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorizations *to serve, never to govern*. Tradition Ten is an emphatic restraint of serious controversy; it implores each of us to take care against committing AA to the fires of reform, political or religious dissension. Tradition Eleven asks, in our public relations, that we be alert

against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio, and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link AA to other causes.

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The Twelve Points of Tradition are little else than a specific application of the spirit of the Twelve steps of recovery to our group life and to our relations with society in general. The recovery steps would make each individual AA whole and one with god; the twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our AA Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude, and humility. Nor have we forgotten *prudence*. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as he may need us.

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### What's in a Word:

- <sup>1</sup> **Anonymity**: *noun*, Date: 1820; 1. the quality or state of being **anonymous**; 2. one who is **anonymous**  
**anonymous**: *adjective*, Date: 1631, Etymology: Late Latin *anonymus*, from Greek *anōnymos*, from *a-* + *onyma* [name](#)
- 1: not named or identified <an *anonymous* author> <they wish to remain *anonymous*>
  - 2: of unknown authorship or origin <an *anonymous* tip>
  - 3: lacking individuality, distinction, or recognizability <the *anonymous* faces in the crowd> <the gray *anonymous* streets — William Styron>
- <sup>2</sup> **Tradition**: *noun*, Etymology: Middle English *tradicioun*, from Middle French & Latin; Middle French *tradicion*, from Latin *tradition-*, *traditio* action of handing over, tradition — more at [treason](#); Date: 14th century
- 1 a: an inherited, established, or customary pattern of thought, action, or behavior (as a religious practice or a social custom) b: a belief or story or a body of beliefs or stories relating to the past that are commonly accepted as historical though not verifiable
  - 2: the handing down of information, beliefs, and customs by word of mouth or by example from one generation to another without written instruction
  - 3: cultural continuity in social attitudes, customs, and institutions
  - 4: characteristic manner, method, or style <in the best liberal *tradition*>

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

## BILL W.: A REQUEST AND AN APOLOGY (DECEMBER 1948)

As an outcome of talks recently given, press reports carrying my full name have appeared.

Since two of the Twelve Points of AA Tradition emphasize the great importance of maintaining personal anonymity at the level of press and radio, I naturally feel uncommonly embarrassed and concerned at having been the subject of these anonymity breaks. Just how or why these lapses occurred, I have not yet learned; I had thought suitable precautions had been taken against them. Perhaps they were partly due to my own failure to caution reporters present at these particular meetings.

*(Continued from page 5)*

per interview, I mentioned that we were living off our credit cards. We lost our apartment as a result of that statement. Also, the insurance took three weeks to settle the claim, so that I could get another truck. I wasn't too sure whether I was in the right place after all.

On my second day here I had contacted the Central Service's Phone Office and when I came to the noon meeting of the "Keep it Simple" Group, I could not believe how many people came up to me and shook my hand. They all seemed very kind. I felt relieved and reassured that everything would be alright.

My cell phone rang. My wife said that someone from my Calgary AA group was at the hotel, waiting to see me. I rushed back to the place where we were staying. To my surprise there was a lady from my group. She carried best wishes, cards, and support from all the members. I received a card from a young single father with three kids, who struggled himself to make ends meet. He sent us a donation, which I knew he could not really afford.

When I saw my friend walk away, I knew that I might never see her again, but also that I would always remember her kindness.

I decided then to start an early morning meeting to remember the goodness of my AA friends and that's how the Early Risers began. We since have seen many people come to our meeting not only to start a new day but also to start a new way of living.

Our discussion meetings are open to all every Mo-Fr from 7:00-8:00 am, Club 24, Dundas St., Dartmouth. On November 26<sup>th</sup>, 2007 we celebrated our 6<sup>th</sup> anniversary.

Please, come along and support this meeting!

**Greg M.**

In any case, I feel that all AAs are entitled to this explanation and to my sincere apologies.

Everywhere the press has been uniformly cooperative on anonymity when it is explained as a vital protection to the Alcoholics anonymous movement. May I therefore urgently request all AA groups to carefully cover my anonymity on any future appearances and I shall, of course, try to take far greater care myself.

Let us never let go of this vital principle.

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### Honestly: Recently at the Central Service Phone Office

At one of our last CS Meetings a member reported that the Central Phone office had received a call from an obviously concerned and very caring mother. "Hello? ... Is this Alcoholics Anonymous? I am calling about the fees for the meetings. My son said it was \$300, just so that I make the cheque out for the correct amount."

Cunning, baffling, powerful .... isn't it?

### 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 Districts 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@gmail.com  
Mail: 31338 Gladstone  
Halifax, NS B3K 5Z1

Submissions for January 2008 issue are due on December 25, 2007

Publication date is January 1, 2008

#### How to get the next Newsletter (January Edition):

Printouts available at: Central Service Meeting, Jan 8, 2008

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

Online: [www3.ns.sympatico.ca/alcoholicsanonymous/](http://www3.ns.sympatico.ca/alcoholicsanonymous/)

More information on these and other Regional Fellowship Events on: <http://www.area82aa.org>

### 7th Annual Holiday Alkathon

Dec 24—26, 2007  
Dec 31, 2007—Jan 1, 208

MACS Center, 2080 Bishop Mountain Rd.  
Kingston, Nova Scotia

Info:  
MACS Center: (902) 765—6056  
Dale V.: (902) 765—8709  
Doug D.: (902) 847—1145

### Big Book/12 Step Study Weekend

Apr 25—27, 2008

Best Western Glengarry  
Truro, Nova Scotia

Registration: \$60  
Speakers: Peter M.—Union City, NJ  
Rich B.—Ocean City, ML

Registration:  
Dave MacN. (Chair): (902) 893—2749  
Email: [dmnchair@hotmail.com](mailto:dmnchair@hotmail.com)

## 30<sup>th</sup> Annual Mid-Winter Round-Up

### “Dare to be Free” – 30 Years

Friday, February 22<sup>nd</sup> to Sunday, February 24<sup>th</sup>, 2008  
Holiday Inn – Dartmouth, Nova Scotia

Registration: \$20.00 (AA and Al-Anon)      Banquet: \$28.00  
\$10.00 (Alateen)                              Banquet Speaker: Butch M., Ontario

For information contact:      Tim M., Chair                              (902) 827-5235  
Darryl B., Co-Chair                      (902) 830-1444  
Doreen, Registration Chair              (902) 883-4314

Mail Registrations to:              Mid-Winter Round-Up 2008  
16 Doyle Drive  
Enfield, NS  
B2T 1C8

#### **\*\*EARLY REGISTRATION DRAW\*\***

Register before January 19<sup>th</sup>, 2008 for a chance to win  
1 registration, 1 banquet ticket, and 1 night hotel accommodations.

Return this portion with cheque: (made payable to *Mid-Winter Round Up*)  
Please include full name and group if applicable.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone/Group: \_\_\_\_\_

Please indicate:     AA             Al-Anon             Alateen             Other

**NOTE:** For hotel bookings reference **BLOCK ID 342074** for special rate!