

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

Inside this issue:

Birthdays & Fellowship Calendar Editor's Share (Concept 1)	2
Group Announcements Newsletter Contact Information	3
Service Calendar	4
Service Positions & Calls	5
Introduction to 'The 12 Concepts Illustrated' and Introduction by Bill W. (excerpts)	6
Concept I (12 Concepts Illustrated)	7
Regional Fellowship Events & Mid-Winter Round-Up Registration	8

Daily Resolutions

"The idea of "twenty-four-hour" living applies primarily to the emotional life of the individual. Emotionally speaking, we must not live in yesterday, nor in tomorrow."

As Bill Sees It, p. 284

A New year: 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes—a time to consider directions, goals, and actions. I must make some plans to live a normal life, but also I must live emotionally within a twenty-four hour frame, for if I do, I don't have to make New Year's resolutions! I can make every day a New Year's day! I can decide, "Today I will do this . . . Today I will do that." Each day I can measure my life by trying to a little better, by deciding to follow God's will and making an effort to put the principles of our A.A. program into action.

Copyright © 1990 by A.A. World Service Inc.,
reprinted from Daily Reflections, p.374

CONCEPT I:

"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

(CONCEPT ONE—SHORT FORM—REPRINTED FROM 'THE A.A. SERVICE MANUAL', P-135 WITH PERMISSION OF A.A. WORLD SERVICES, INC., 2007)

CONCEPTS CHECKLIST: CONCEPT I

Some of these discussion points were originally developed by an A.A. group and further developed by the trustees' Literature Committee to be distributed by the General Service Office. While this checklist is intended as a starting point for discussion by groups, districts or areas, individual A.A. members may find it useful along with our co-founder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience. Additional information about the Concepts can be found in The A.A. Service Manual/Twelve Concepts for World Service" and "The Twelve Concepts Illustrated" pamphlet. (The Concepts stated here are in the short form.)

Concept I: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local inter-group meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

Reprinted from
http://www.aa.org/en_services_for_members.cfm?PageID=98&SubPage=111

Up-Coming Topics:

February 2008: Special Topic Issue: **The Telephone in A.A.**

March 2008: **Concept III**

Contributions sought. Please send your article by the 25th of the preceding month to: aahalifax@gmail.com or call 405 3565 for mailing address.

Jan. 4 Friday	Women to Women Group Charlotte 3 yrs Terri 4 yrs Carolyn 4 yrs	7:30 pm
Jan. 7 Monday	Colby Village Big Book Study Group Gerry L. 9 yrs	8:00 pm
Jan. 9 Wednesday	Back to Basics Group Bill P. 2 yrs	8:00 pm

Young Peoples Group
Gratitude Appreciation Party Meeting
Friday, January 18th, 8:30 pm
 Refreshments will be offered. All welcome.

Jan. 21 Monday	Tallahassee Group Linda C. 1 yr Charly K. 12 yrs Diane M. 21 yrs	8:00 pm
Jan. 25 Friday	Mutual Group Gary S. 2 yrs Stacy G. 3 yrs	8:00 pm
Jan. 26 Saturday	Welcome Group Kevin H. 4 yrs Gail F. 4 yrs Don K. 7 yrs Trudy H. 17 yrs Ramona 18 yrs Harold S. 19 yrs Bob M. 36 yrs George 47 yrs Ron B.	8:00 pm
Jan. 28 Monday	Grateful Group David B. 19 yrs	8:30 pm
Jan. 31 Thursday	Four Seasons Group Tobias S. 2 yrs Iain P. 2 yrs Sandra D. 20 yrs	8:00 pm
Jan. 31 Thursday	Hubbards Group Tom A. 2 yrs Nancy B. 3 yrs Terry S. 9 yrs Vic D. 18 yrs	8:00 pm

Jan. 31 Thursday	Hubbards Group Tom A. 2 yrs Nancy B. 3 yrs Terry S. 9 yrs Vic D. 18 yrs	8:00 pm
Feb. 4 Monday	Colby Village Big Book Study Group Mary L. 1 yr Janelle T. 26 yrs Al Mac. 27 yrs	8:00 pm
Feb 17 Sunday	Downtown Halifax Group Andre 20 yrs Victor 20 yrs	8:00 pm
Feb 18 Monday	Living in the Solution Group Maria R. 20 yrs	7:30 pm

In January we are celebrating a total of 297 years of sobriety. The average recovery age is 11.4 years.

WORKING AT IT (EDITOR'S SHARE)

I don't know that I could offer any substantial insights into these concepts. Although I have been involved in general service work for a couple of years and it is suggested that every trusted servant be familiar with the concepts. It's the first time I am looking at this material consciously, - well, I guess I am working at it. And all that I have to share is my way of working at it.

On reading Concept I, I immediately develop resentment "Boy, what has that got to do with me? Does it have to be that dry? Why would I have to relate to the 12 Concepts for World Service at all? I'd rather let the guys in New York deal with the overhead. Keep it simple for me."

However, the verdict of my condition is that I have to become and remain teachable. It's a matter of survival, not luxury. "Resentment is the number one offender." A closed mind condemns me to living in a state of ego-driven fear. I remember this a hell. Still, it is basically impossible for me to memorize something that I don't understand. "Learning by heart" and "Taking to heart", both imply idiomatically, that I allow new information to penetrate the essence of my being, that I allow for a possibility of a change of heart. The only way that I can make this kind of learning happen is by combining that what you people tell me with what my own experience is. That's how I learn what I need to keep close to my heart: What the problem and what the solution is.

Still, reading Concept 1 doesn't result in a sudden flash of divine inspiration. I wished there was someone to tell me what that all means; a teacher that knows all the answers. Time for a prayer. I ask God to assist me in putting aside my old ideas and prejudices. I ask to be granted clarity of mind

(Continued on page 5)

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

#7 HWY Sheet Harbour Group

Tuesdays, 8pm

New Location

40 Pinefall Drive, Sheet Harbour

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

Winners' Circle Big Book Study Group

Friday 8:30pm

folded

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

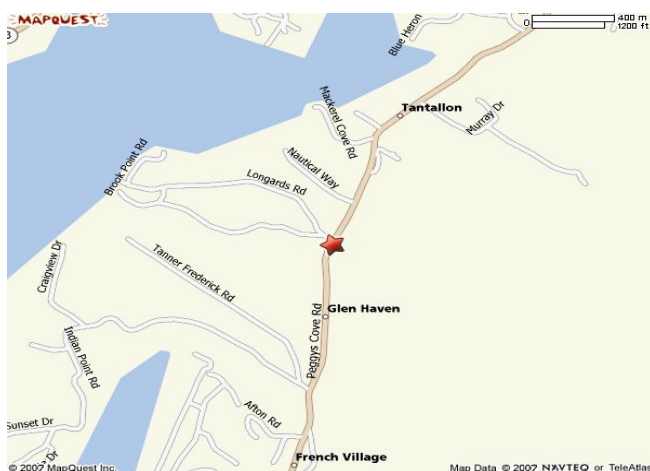
The St. Margaret's Bay Group

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.



New Meeting: Salvation Army Booth Centre

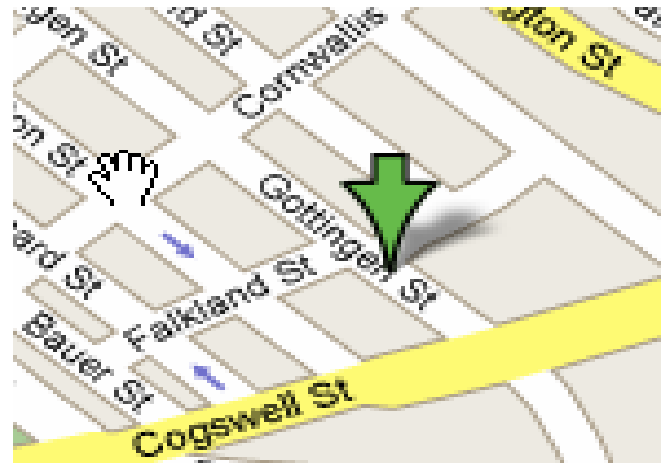
Thursdays, 8pm

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



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).



(902) 405—6535



31338 Gladstone



aahalifax@gmail.com

Halifax, NS B3K 5Z1

Editor: Sang-gye B.

Submissions for February 2008 issue are due on January 25, 2008

Publication date is February 1, 2008

How to get the next Newsletter (January Edition):

Printouts available at: Central Service Meeting, Feb 5, 2008

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

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

METRO DRUG DEPENDENCY CENTER

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

Detox	Sun	C.O.R.E.	Thu
Downtown Dartmouth	Jan 6	CANCELLED	Jan 3
Four Seasons Group	Jan 13	CANCELLED	Jan 10
Atlantic Group	Jan 20	CANCELLED	Jan 17
Timberlea Group	Jan 27	CANCELLED	Jan 24
Halifax Sunday Morning	Feb 3	CANCELLED	Jan 31
Back to Basics Group	Feb 10	Bedford Group	Feb 7
West-End Step Group	Feb 17	Second Chance Group	Feb 14
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.	

Core will be closed in the evenings all through January 2008
 For more information, contact: Pat R. at 857-1006 or patwr@eastlink.ca

CENTRAL PHONE OFFICE Week-End Group Phone Service

Group	Sat	Sun
Back to Basics Group	Jan 5	Jan 6
Timberlea Group	Jan 12	Jan 13
Harbours Group	Jan 19	-
Hubbards Group		Jan 20
West End Step Group	Jan 26	Jan 27
Highland Park Group	Feb 2	Feb 3
Sunrise Group	Feb 9	Feb 10
Downtown Dartmouth Group	Feb 16	Feb 17
Groups pick up the key at the Central Phone Office Monday to Friday, 9 am - 5 pm		

SERVICE MEETINGS

Jan 6 Sunday	2008 Mid-Winter Round-Up Committee Holiday Inn, 101 Wyse Rd., Dartmouth Additional Meeting	1:00 pm
Jan 8 Tuesday	Central Service Committee United Memorial Church, Young St., Halifax	7:00 pm
Jan 20 Sunday	2008 Mid-Winter Round-Up Committee Holiday Inn, 101 Wyse Rd., Dartmouth Regular Meeting	1:00 pm
Jan 20 Sunday	District 2 GSR Meeting Club 24, 3 Dundas St., Dartmouth	6:30 pm
Jan 27 Sunday	District 1 GSR Meeting George-Dixon-Centre, Gottingen St., Halifax	1:00 pm
Feb 2 Sunday	District 1 Workshop Topic: The Twelve Concepts George-Dixon-Centre, Gottingen St., Halifax Facilitator: Bob Mac.	1:00 pm

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

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**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.

Newsletter**Help Needed!**

Depending on your interests, skills, and equipment you could contribute in a number of ways. Would you like to gather stories, work on the layout, write articles, update the calendar? Please call and discuss options with

Sang-gye, Editor: 405—6535

(Continued from page 2)

so that I learn what God wants me to know. Then, I dig for my first set of tools: the A.A. literature (in particular the "A.A. Service Manual combined with the 12 Concepts for World Service", "The Language of the Heart", the pamphlet "The 12 Concepts Illustrated") and a dictionary.

In Bill W.'s introduction to the 12 Concepts, I find a first stepping stone. He explains that each concept represents a group of spiritual principles. As a principle is a basic idea used to determine my actions it goes much further than 'just' AAs World Service. I can use it in all my affairs.

Just as the Steps and later the Traditions (full title: "Twelve Points of Tradition to Assure Our Future"), the Concepts are not a set of legislative rules, but were written down to preserve the experience of those who went before me. One way to pass experience on, is of course by telling a story (what it was like, what happened and what is like now). This approach works great in AA but tends to be rather time consuming, somewhat bulky. As time goes on memory might fade and the story might change little by little. We seem to have a similar problem with food. In order to store and preserve it we either make it very salty, very sour or very dry (or in some cases we turn the sugar into alcohol). Maybe these concepts are dry and sour, because they are so

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.

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.

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

condensed. It's dried experience, pickled wisdom.

In my hunt for the principles, I return to the wording of Concept I and begin to examine it word by word. What about "authority"? What is my experience?

On the one hand, I know that I have a hard time with authority figures: I have been called oppositional, stubborn, a know-it-all and more by parents, teachers, government representatives, and bosses. On the other hand, whenever I have a position of authority I struggle with issues of control and am called bossy.

Consulting the dictionary, I find out that "authority" can be another word for power. The Big Book tells me that "lack of power" is my dilemma. What have I learned about power in the program? The Steps tell me that in order to find power I have to admit powerlessness and have to turn my life and will over to Higher Power. The Traditions guide me in my relationships with others. When in a position of leadership, I am not to govern. I am never to assume unqualified, personal power as "there is but one ultimate authority". I am humbled by the fact, that I the addict - unfit to find her own way, to govern herself and not be trusted by others - am today a trusted servant for AA's group purpose.

(Continued on page 7)

THE TWELVE CONCEPTS FOR WORLD SERVICE ILLUSTRATED (INTRODUCTION)

How Bill W. explained the spiritual principles that undergird A.A.'s structure and how the parts work together.

This is a pamphlet about the Concepts; it is NOT the Concepts themselves. They are found in the book *The A.A. Service Manual/ Twelve Concepts for World Service*, and should be read by every "trusted servant." (A condensed version, in mimeographed form, is also available from the General Service Office on request.)

As A.A. grew up, it began with the groups — first only a few, then hundreds and then thousands. Very early an Alcoholic Foundation, later renamed The General Service Board, was formed to be responsible for our affairs. And with Dr. Bob's death and Bill's facing up to his own mortality, a General Service Conference assumed the leadership which had fallen to the cofounders. Meanwhile, a tiny publishing operation and service office had grown in size and importance to the Fellowship, and a monthly journal, the *A.A. Grapevine*, was being published.

Which of these entities was supposed to do what? Little wonder there was confusion! What was their relationship? Who was in charge? What were their responsibilities — and what were their rights? Bill W. himself sometimes took part in the pulling and hauling that took place, and so he saw the need to "reduce to writing" his concepts of the "why" of the whole structure, the lessons to be drawn from experience, the relationships and, above all, the spiritual principles.

As Bill set them down, the Twelve Concepts are a potpourri: Concepts III through V, IX and XII deal with spiritual principles; the remainder, though they have spiritual overtones, are devoted to describing the relationship of the various service entities and how they work together.

What follows in this pamphlet is an illustrated introduction to the Twelve Concepts. If it is answers or guidance you are seeking, go to the Concepts themselves.

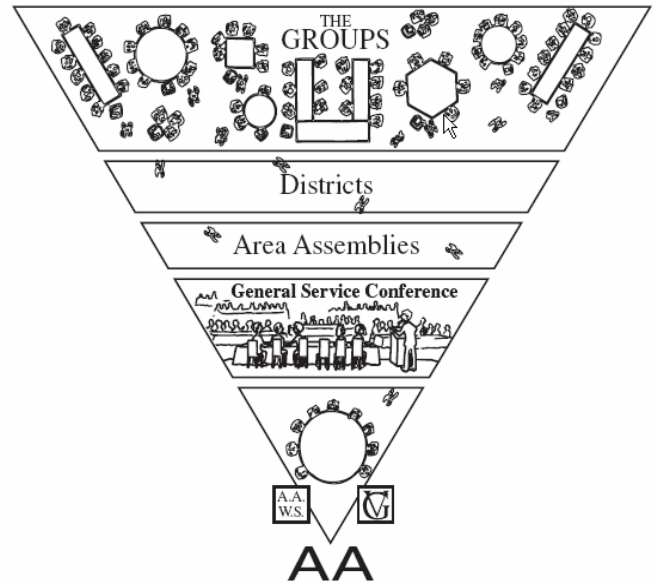
Throughout this pamphlet, wording from the Twelve Concepts themselves (subject to some editing for clarity) is indicated by quotation marks; the rest of the text is either descriptive or explanatory.

Copyright A.A. Grapevine, Inc.—reprinted from www.AA.org

Is Happiness the Goal?

"I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"

Letter, 1950—From "As Bill sees it", p306



Bill W: Excerpts from his Introduction to The 12 Concepts

... "In the A.A. services we have always had to choose between the authoritarian setup, whereby one group or one person is set in unqualified authority over another, and the democratic concept which calls for "checks and balances" that would prevent unqualified authority from running unrestrained. The first approach is that of the "institutional" or authoritarian type. The second is the method of "constitutional" governments and many large business corporations in their upper echelons.

Well knowing our own propensities for power driving, it is natural and even imperative that our service concepts be based on the system of "checks and balances." We have had to face the fact that we usually try to enlarge our own authority and prestige when we are in the saddle. But when we are not, we strenuously resist a heavy-handed management wherein someone else holds the reins. I'm the more sure of this because I possess these traits myself."

... "Because of the large range of topics which had to be included, these Concepts have been difficult to organize and write. Since each Concept is really a *group of related principles*, the kind of abbreviated statements used in A.A.'s "Twelve Steps and Twelve Traditions" have not been possible. However, these Concepts do represent the best summation that I am able to make after more than twenty years experience in the creation of our service structure and in the conduct of A.A.'s world affairs. Like the earlier written "Twelve Steps and Twelve Traditions," and the Conference Charter, these service principles are also the outcome of long reflection and extensive consultation." ...

Reprinted from "THE A.A. SERVICE MANUAL ..." with permission of A.A. World Services, Inc., 2007

CONCEPT I:

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

(CONCEPT ONE— SHORT FORM)

Alcoholics Anonymous has been called an upside-down organization because the “ultimate responsibility and final authority for . . . world services” resides with the groups — rather than with the trustees of the General Service Board or the General Service Office in New York.

In Concept I, Bill traces how this came to be. The first step in 1938 was “the creation of a trusteeship,” first called the Alcoholic Foundation, renamed in 1954 the General Service Board. Why? To perform the services the groups could not do for themselves: e.g., uniform literature, uniform public information about A.A., helping new groups get started, sharing with them the experience of established groups, handling pleas for help, publishing a national magazine, and carrying the message in other languages and in other countries. A service office was formed to carry on these functions under the board’s direction. Both the board and the office looked to the co-founders, Bill and Dr. Bob, for policy leadership.

In the midst of the “exuberant success” of early A.A., Dr. Bob became fatally ill and Bill asked, “When Dr. Bob and I are gone, who would then advise the trustees and the office?” The answer, Bill felt, was to be found in the collective conscience of the A.A. groups. But how could the autonomous, widely scattered groups exercise such a responsibility?

Over great resistance by trustees and members devoted to the status quo, Bill managed to “sell” the idea of calling an A.A. General Service Conference (see Concept II), and eleven years later Bill was able to declare, “The results of the Conference have exceeded our highest expectations.” This Concept is rooted in Tradition Two, which states:

“For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

The principles of Tradition Two are crystal-clear, Bill asserts: “The A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.” The outside world cannot imagine an organization run this way, but Bill calls it “a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and of God to insure that our democracy of world service will work . . .”

Copyright © 1986 by Alcoholics Anonymous World Services, Inc.
Reprinted from “The 12 Concepts for World Service Illustrated”
http://www.aa.org/en_pdfs/p-8_thetwelveconetps.pdf

(Continued from page 5)

While contemplating my first findings on the topic of “authority”, I attended a meeting and heard a member share “I was Mr/Mrs Transformer, I’d be whatever you wanted me to be.” I can relate to that, I want you to save me from feeling the way I feel about myself. To gain the power I need, I routinely transfer authority to others, which I then have to control. “To thy own self be true!” - a high call.

Concept I seems to reinforce this idea: the individual joining AA gives away her personal power, but the individuals leading AA don’t have it. Now who’s got it?

I am beginning to look at the whole of AA as a big energy storage and transformation device. By renouncing self-will and joining the bigger organism I am able to connect with high-voltage energy which is transformed by the community and flows into my personal life. This is much more dignified than feeding off energy from others and easier on the heart than having to run my own generator.

The second word that I put under the microscope is “responsibility”. In my habitual way of dealing with responsibility I would either push it onto you (blame) or indulge in it (shame). The dictionary indicates that the word refers not only to a sense of burden, of liability, but also to the ability to choose what is right and what is wrong. The word tastes like freedom. I’d rather spell it: ‘response-ability’, the ability to respond to life instead of reacting to it. This is one of the effects of working Step 9: “We will intuitively know how to handle situations which used to baffle us.” (AABB p84).

I begin to think of authority/power and responsibility/freedom as aspects of leadership. It is amazing that Concept I – being concerned with leadership - points me back to the ‘collective group conscience’. This means, that I can’t blame anybody “up there”. It means, that whenever I experience a temporary eclipse of wisdom, of patience, of co-operation in my environment I have to stop and take my inventory: “What is my part in this?” Where was I driven by selfishness, self-seeking, dishonesty and fear? Your part is none of my business and any attempt at manipulating you to make this situation right will only cause more damage.

The principles that I have extracted from Concept 1 thus far are ‘connectedness’ and ‘transformation’. Also, ‘religion’, as the Latin root of this word points to a state of being bound by supernatural constraint. This constraint is a principle, which I believe all authentic spiritual paths apply.

As I said in the beginning, I am just working at it and God willing I will continue to do so: by attending meetings, by sharing with program friends, by reading, and I will try and apply what I have learned not only in AA service work but in all my affairs. In modifying the AABB I’d like to close: I realize that I know only a little and I trust that God will constantly disclose more to me. If I ask him what I can do for my fellows and keep my house in order the answers will come. (AABB p164).

Thank you for letting me share.

Sang-gye B., Halifax

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

District 9

25th Annual Mid-Winter Round-Up

Mar 7—9, 2008

Sidney Academy High School, 49 Terrace St
Sydney, Nova Scotia

Info:
please check for up-dates at:
www.area82aa.org (events)

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

District 1 & 2

30th Annual Mid-Winter Round-Up

“Dare to be Free” – 30 Years

Friday, February 22nd to Sunday, February 24th, 2008

Holiday Inn – Dartmouth, Nova Scotia

Registration: \$20.00 (AA and Al-Anon)
\$10.00 (Alateen)

Banquet: \$28.00
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 19th, 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!