



# BLUENOSE Bulletin



SEPTEMBER 2019

Groups • Central Service • Districts 1 & 2 • Area 82 •

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

## GROUPS THAT CARRY THE MESSAGE

### Weekend Telephone

Sunday Serenity	31 Aug - 2 Sep
St Margaret's Bay	7-9 Sep
Timberlea	14-16 Sep
Four Seasons	21-23 Sep
Second Chance	28-30 Sep
Serenity Sisters	5-7 Oct

To arrange cell phone package email Sharman M.  
[phones.aahalifax@gmail.com](mailto:phones.aahalifax@gmail.com)

### Addiction Service (Detox) 8 PM

Grateful	1 Sep
Downtown Halifax	5 Sep
Living in the Solution	8 Sep
Early Risers	12 Sep
Fresh Start	15 Sep
Back to Basics	19 Sep
Acceptance	22 Sep
Sunrise	26 Sep
Cole Harbour	29 Sep
Downtown Dartmouth	3 Oct

If your Group CANNOT make your responsibility, call or email  
Stephanie J. (902) 209-7586 [Treatment.aahalifax@gmail.com](mailto:Treatment.aahalifax@gmail.com)

### WHAT IS ...

#### Constitutionally Incapable

Alcoholics Anonymous, Chapter 5 suggests that it is important that a person be rigorously honest with themselves. For those who are constitutionally incapable of being honest with themselves, their level of denial is so extreme, so ingrained into their being that it is virtually impossible for them to see the reality of their situation. They have lied to others and to themselves for so long that they have begun to believe their own lies. In this case, their true self (i.e., the part of themselves that knows who they are and what they are), or their soul, becomes worn so thin that it is almost impossible for them to face the truth. This type of alcoholic is few and far between.

### Service Calendar for Districts 1 & 2

#### Central Service Meeting Districts 1 and 2

St. Mark's Church 5522 Russell St, Halifax  
Tue, 3 Sep, 7:00 pm

#### GSR Meeting District 2

3 Dundas St, Dartmouth  
Sun, 15 Sep, 2:00 pm

#### GSR Meeting District 1

George Dixon Center  
2502 Brunswick St, Halifax  
Sun, 29 Sep, 2:00 pm

## COMMITTEE NOTICES

### Forensics

**FORENSICS IS IN DIRE NEED OF VOLUNTEERS** and is asking that every group in District 1 and 2 read this message at all meetings and actively challenge their members to volunteer with us. Some patients in the forensics facility are unable to attend meetings outside so we bring fellowship to them. No criminal record or security check is required. This is an excellent way to give back. Please contact Tom S. (902) 452-0260 or Sherry G. (902) 488-7399.

### Corrections

Corrections needs both men and women to chair meetings at The Central Nova Scotia Correctional Facility on Wed evenings at 7:30 PM.  
*For more information please contact Troy at (902) 580-8113 or email at [Corrections.AAHalifax@gmail.com](mailto:Corrections.AAHalifax@gmail.com)*

### CPC

Will be meeting 21 Sep at the Woodside Community Centre at 10:00 AM. We are looking for new members to join our committee. We will be meeting the 3rd Sat of each month.

### Entertainment

Next meeting 7 Sep at 1 PM. Volunteers needed.  
*1:00 PM Alderney at the top of the escalator, Dartmouth*

### Hospital Visitation

**Hospital Visitation is looking for volunteers to do visits.**  
*For more information please contact Allison at (902) 499-1163 or email at [HospitalVisitation.AAHalifax@gmail.com](mailto:HospitalVisitation.AAHalifax@gmail.com).*

## Literature

Your AA Literature Committee facilitates bulk purchases of literature from Alcoholics Anonymous World Services and Grapevine. By reducing shipping costs and taking advantage of discounts available with bulk purchases, we have been able to reduce prices considerably over the last nine months. We have also rented space from Club 24 in Dartmouth to store and shelve the bulk purchases for our groups. We are open at the "Store" (located in the basement, rear of 3 Dundas St) the first Sat of each month from 11-1. Our plan is to open every Sat by the New Year. Literature Store Hours: The first Sat of the month (7 Sep, 5 Oct, 2 Nov, 7 Dec), from 11:00 AM to 1:00 PM. Located at the rear door at 3 Dundas Street (Club 24) in Dartmouth.

## Mid-Winter Round Up

Next meeting is 8 Sep at 1:00 PM at Club 24.

## Public Information

Next meeting is 7 Sep 19 10:00 AM at 45 Connolly Rd, Sackville.

## Treatment

Treatment needs women to chair meetings at the Marguerite Centre on the 1st Wed of each month at 7:30 PM. Women need not belong to a women's group to volunteer.

*For more information please contact Stephanie J. (902) 209-7586*

## 2020 Provincial Round Up

Next committee meeting 28 Sep at 1:00 PM, 3 Dundas St, Dartmouth. Positions needing to be filled are: Committee Co-chair, Treasurer, Treasurer Co-chair, Secretary, Program Co-chair, Hospitality Chair, Hospitality Co-chair, & Entertainment Co-chair.

## AA Central Service Committee, Districts 1 & 2, and Area 82 Insurance Policy Renewal

Folks it's that time of year again for the annual AA Group Insurance renewal. Groups under policy are as follows:

Acceptance	Atlantic
Back to Basics	Circle of Sisters
Colby Village Big Book Study	Cole Harbour
District 1 Committee Area 82	District 2 Committee
Early Risers	Fall River
Four Seasons	Fresh Start
Gaston Road	Highland Park
Hubbard's	Keep It Simple
Live and Let Live	Living in the Solution
Lost and Found Big Book Discussion	
New Hope	Second Chance
Serenity Sisters	St. Margaret's Bay
Sunday Night Serenity	Tallahassee
The Only Requirement	Timberlea
Welcome	West End Step
Central Service	Lions Den
Downtown Dartmouth	Eye Opener

For each group listed above the cost is \$42 per year covering 3 Oct 19 - 2 Oct 20. Payment is requested in Cash or Cheque for the amount of \$42.00 to Central Service **prior to 1 Jan 20**. The policy will be available for viewing and printing on our website - [www.aahalifax.org/](http://www.aahalifax.org/)

## MEETING NOTICES

### SOBER TODAY

This meeting needs your support. Come out to see us at 7:00 PM every Sat. 09/19

### SUNDAY NIGHT SOBER GALS

Meeting has closed. 09/19

### FOUR SEASONS

New meeting – Tue at 12 PM (O, D, W) 45 Connolly Rd, Lower Sackville. 08/19

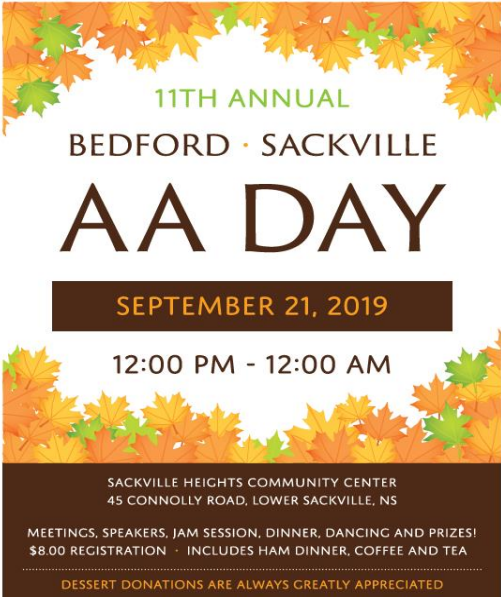
### TALLAHASSEE

(C, D) 16 Disciples Way, Eastern Passage 08/19

### LIVE FOR TODAY

Effective 2 Jul this meeting is closed. 07/19

## GENERAL ANNOUNCEMENTS



11TH ANNUAL  
BEDFORD · SACKVILLE  
**AA DAY**  
SEPTEMBER 21, 2019  
12:00 PM - 12:00 AM

SACKVILLE HEIGHTS COMMUNITY CENTER  
45 CONNOLLY ROAD, LOWER SACKVILLE, NS

MEETINGS, SPEAKERS, JAM SESSION, DINNER, DANCING AND PRIZES!  
\$8.00 REGISTRATION · INCLUDES HAM DINNER, COFFEE AND TEA

DESSERT DONATIONS ARE ALWAYS GREATLY APPRECIATED

## AA Halloween Dance



26 Oct - 8 PM - midnight

Prizes for Best Costumes

50/50 Draw & More!

Tickets \$ 7.00

Lots of Contest fun!

St. James Church – 181 Portland St

For Info Call Shawn M (902) 701-6128 or

Email - [entertainment.aahalifax@gmail.com](mailto:entertainment.aahalifax@gmail.com)

**District 1 Workshop**  
**"Chairing an AA Business Meeting:  
 The Basics"**

Sun, 29 Sep 19, 1 to 2 PM  
 George Dixon Centre, 2502 Brunswick St.,  
 2nd Floor, Halifax  
 All welcome. Plenty of free parking in their lot.

**CENTRAL SERVICE COMMITTEE CONTACT INFORMATION**

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**Upcoming Oct Birthdays**

7 Oct	CVBBS	Mark M (1) Harry B (3) Dave B (7) Ron H (15) Zeta B (30)
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## September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	8 PM CVBBS Peggy A (6) Glenda K (12)	7 PM CENTRAL SERVICE MEETING				10 AM PUBLIC INFORMATION MEETING 11 AM – 1 PM LITERATURE STORE OPEN 1 PM ENTERTAINMENT COMMITTEE MEETING
<b>15</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
1 PM MID WINTER ROUND-UP MEETING  8 PM COLE HARBOUR Russell A (2) Troy S (15)			7 PM ALBBS Aliesja M (2)			
<b>22</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
2 PM DISTRICT 2 MEETING 7 PM DOWNTOWN HALIFAX Peter J (21)					7:30 PM HIGHLAND PARK Judy H (29)	10 AM CPC MEETING
<b>29</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		7 PM SERENITY SISTERS Chris M (8) Kelly B (3) 8:30 PM SUNRISE Curtis F (5)	8:30 FRESH START Steve G (1)	7 AM EARLY RISERS Vince W (9) 7:30 PM FOUR SEASONS Paul B (5) Ken S (8) Michael N (20) Tom D (32)	12:15 NEW HOPE Steve L (9) 7 PM KEEP IT SIMPLE Kathleen S (1) Reggie H (2) 8:30 PM HALIFAX YOUNG PEOPLE – Sarah J (1)	1 PM 2020 PROVINCIAL ROUND-UP MEETING 7 PM WELCOME Jay S (1) Margaret S (8) Dino N (12) 7:30 PM SECOND CHANCE Connie H (16)
1 PM DISTRICT 1 WORKSHOP 2 PM DISTRICT 1 MEETING 7:30 PM HARBOURS Paula P (3) 8 PM ST MARGARET'S BAY Rick W (3) Harold Y (35)	7:30 PM LIVING IN THE SOLUTION Hunter F (1) Andrew A (25) 8 PM DOWNTOWN DARTMOUTH Donald S (2) Billy Bob P (39) Carlos A (40) 8 PM TIMBERLEA Alfred M (6)					
					<b>Total Years for Sep:</b>	
					<b>357</b>	