



# BLUENOSE Bulletin



April 2020

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

**“Made a searching and fearless moral inventory of ourselves.”**

## GROUPS THAT CARRY THE MESSAGE

### Weekend Telephone

|             |                    |
|-------------|--------------------|
| 4-6 Apr     | West End Step      |
| 11 – 13 Apr | Back to Basics     |
| 18-20 Apr   | Highland Park      |
| 25-27 Apr   | Sunday Serenity    |
| 2-4 May     | St. Margaret's Bay |

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

### WHAT IS...

#### What is a Sponsee?

It was suggested by the Group that I get a sponsor. I will do whatever it takes to remain sober and make the most out of this life I have been given. I have a Sponsor whom I admire and trust to guide me, protect my anonymity and be available in times of need. I have been an active participant in the fellowship, hoping through lessons I have learned, I can give to AA some of what been given to me. My story will show the still struggling alcoholic that there is a spec of hope. Through AA I have found a power greater than myself to answer life's questions and provide assistance when I am in need. Saying I am a Sponsee means that I am agreeing to work the 12 Steps of Alcoholics Anonymous. Some days I can work them better than others but I will always work them to the best of my ability.

### Service Calendar for Districts 1 & 2

#### Central Service Meeting Districts 1 and 2

Tue, 7 Apr, 7 PM via ZOOM

Zoom link: <https://zoom.us/j/445312860>

Meeting ID: 445 312 860

#### District 1 GSR Committee Meeting

26 Apr, 1 PM via Zoom

Zoom link: <https://zoom.us/j/2718008161>

Meeting ID: 271 800 8161

#### District 2

As a result of COVID-19 protocols, please note meeting has been cancelled until further notice

District 2 Workshop 5 Apr is cancelled.

### Staying Sober During COVID-19

Find AA meetings on ZOOM  
Don't Get Complacent  
Practice Healthy Coping Skills  
Stay Busy  
Call AA Members

### COMMITTEE NOTICES

The following committees need your help:

|                     |              |
|---------------------|--------------|
| CORRECTIONS         | 902-580-8113 |
| CPC                 | 902-717-3707 |
| ENTERTAINMENT       | 902-701-6128 |
| HOSPITAL VISITATION | 902-499-1163 |
| PUBLIC INFORMATION  | 902-877-0573 |
| TREATMENT           | 902-209-7586 |

Contact for more information and how you can volunteer.

#### Mid- Winter Roundup

Committee meeting scheduled for 5 Apr has been cancelled.

### MEETING NOTICES

To protect the general public from COVID-19, all traditional format (in person) group meetings have been cancelled until further notice.

#### LIVE AND LET LIVE

The Live and Let Live Group is asking for your support on Mon Evenings at 8:00 PM. The group is LGTB but all are welcome.

#### RECOVER SUPPORT

Is asking for your support for their meeting on Tue at 1 PM, St Paul's United Church, Etter Rd, Mt Uniacke.

## UPCOMING MAY BIRTHDAYS

|       |              |   |
|-------|--------------|---|
| 3 May | Cole Harbour | Foster L (42)   |
| 4 May | CVBBS        | Sandra D (10) Eric P (11) John G (14)<br>Clint H (19) |
| 7 May | Early Risers | Murray (4)  |

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# April 2020

Total Years: 557

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday                               | Saturday   |
|---|--|---|--|---|--------------------------------------|--|
| 29  | 30   | 31  | 1  | 2   | 3                                    | 4  |
|   |  |   | 8 PM BACK TO BASICS<br>Kathy S (2) Heather L (8)<br>Barry L (27) |   | 1215 PM NEW HOPE<br>Wayne O (30)     | 7 PM ATLANTIC<br>Dave B (2) Ashley K (4)   |
| 5   | 6  | 7   | 8  | 9   | 10                                   | 11   |
| 8 PM COLE HARBOUR<br>Jacqueline K (12)<br>Pauline B (15)<br>Carol A (25) Arlene P (27)<br>Mike H (30)     | 8 PM CVBBS<br>Howard McL (2) Mike D (2)<br>Bob D (3)       |   |  |   |                                      |  |
| 12  | 13   | 14  | 15   | 16  | 17                                   | 18   |
|   |  | 7:30 PM LIONS DEN<br>Colin (1)<br> |  |   |                                      |  |
| 19  | 20   | 21  | 22   | 23  | 24                                   | 25   |
|   |  | 7 PM WELCOME<br>Sherri P (10) Sonya S (29)  |  |   | 12 PM KEEP IT SIMPLE<br>Kenny C (12) | 7 PM ATLANTIC<br>Dave B (2) Josh M (3)<br>Ashley K (4) Sebastian A (7)<br>6 PM WE AGNOSTICS<br>Sruly K (2)<br>7:30 PM PORTERS LAKE<br>Kelly W-P(1) James B(3)<br>Nancy R (5) |
| 26  | 27   | 28  | 29   | 30  | 1                                    | 2  |
| 11 AM DOWNTOWN<br>HALIFAX Terry M (21)<br>7:30 PM HARBOURS<br>Harold J (1) Marcel L (32)<br>Weldon H (35) | 8 PM TIMBERLEA<br>Russell S (1) Tom H (10)<br>Cyril S (49) | 7 PM SERENITY SISTERS<br>Maddy M (1)  | 8:30 PM FRESH START<br>Mark (3) Bill Mac (22)                    | 7 AM EARLY RISERS<br>Bob H (34)<br>7:30 PM FOUR SEASONS<br>Victor O (1) Ryan B (2)<br>Clif K (8) Gary S (17)<br>David M (31)<br>8:30 PM GASTON RD<br>Jim G (21) |                                      |  |