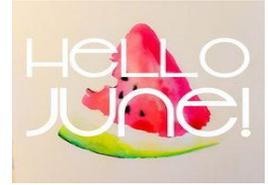




BLUENOSE Bulletin



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

“Were entirely ready to have God remove all these defects of character.”

WHAT IS...

H. A. L. T.

H.A.L.T. stands for Hungry, Angry, Lonely and Tired. These feelings can be dangerous to us.

We need to eat regular meals. When we get too hungry, we get cranky. Then we say and do things we regret.

We need to turn anger over to our Higher Power, or else our anger can turn into rage.

We need friends to help us in recovery. If we get too lonely, we may turn to our addictive ways for friendship. We don't stay sober by ourselves.

We need a clear mind to deal with life. If we get too tired, we tend to feel sorry for ourselves. Being tired gets us into crazy thinking.

Service Calendar for Districts 1 & 2

Central Service Meeting Districts 1 and 2

Tue, 2 Jun, 7 PM via ZOOM

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

Meeting ID: 445 312 860 and Password: wecandoit

District 1 GSR Committee Meeting

Sun, 28 Jun, 1 PM via Zoom

Zoom link:

<https://us02web.zoom.us/j/9024055488?pwd=RGJFOGV3cKYZUJNJSVkyZW9kWFRRuZz09>

Meeting ID: 902 405 5488 Password: District1

District 2 GSR Committee Meeting

Sun, 21 Jun, 2 PM via Zoom

Zoom link: <https://zoom.us/j/661260783>

Meeting ID: 661-216-0783 and Password: 678452

Hope Cannot Be Cancelled

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.

2021 MID-WINTER ROUND UP

NOTICE OF ELECTION

Committee Co-Chair, Secretary, Treasurer, Registration, Program, Entertainment, Hospitality, Al-Anon

SUNDAY, 7 JUN

1:00 ZOOM MEETING

ID NO. AND PASSWORD AT AAHALIFAX.ORG

On 7 Jun, the Committee seeks to recruit **creative, innovative and enthusiastic AA people** to sit as Committee members.

All in attendance, will elect the nominees for the various positions. Due to the COVID-19 crisis, the Round Up will require new thinking, invention and technological savvy. If this describes you, please come to the **MEETING**.

The Guidelines for the Round Up are posted on the above website. They are based on in-person events. They must be read with caution; as the Committee may radically alter how the Round Up is done and change the duties and responsibilities of the positions due to the COVID-19 crisis.

DID YOU KNOW

1 Jun 1949 –Anne S., Dr. Bob's wife, died,

6 Jun 1979 –AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill's wife, in New York.

7 Jun 1939 –Bill and Lois W. had an argument, the first of two times Bill almost slipped. 1941 –The first AA Group in St. Paul, Min.

10 Jun 1935 –The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually 17 Jun.

16 Jun 1938 – Jim B., "The Vicious Cycle" in Big Book, had his last drink.

17 Jun 1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

21 Jun 1944 – The first Issue of the AA Grapevine was published.

30 Jun 1941 Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.

MEETING NOTICES

To protect the general public from COVID-19, all traditional format (in person) group meetings have been cancelled until further notice. An up to date listing of all Zoom meetings can be found on: WWW.AAHalifax.org.

Sunday Night Serenity

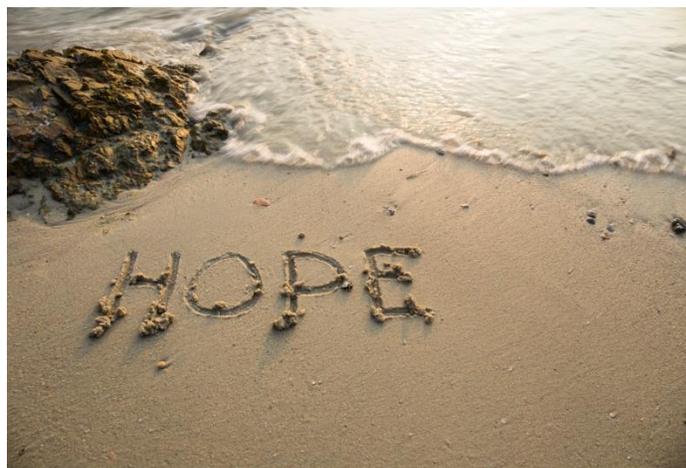
Group Members would like to acknowledge the birthday of two of its members:

Andrew S. with 5 years on 11 Jun; and

Trudy A. with 19 years on 1Jun.

Sunday Night Serenity Group will be celebrating their birthdays at the first In-person meeting after the COVID 19 restrictions are lifted and it is safe to do so.

Happy birthday Andrew and Trudy from all of us at the Sunday Night Serenity



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June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
			7 PM Any Lengths Nathan T (1)			7 PM ATLANTIC Allison M (4)
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				8 PM WESG Donnie B (8) Dave T (11)	12 PM Keep it Simple Sherry G (2) Vennessa B (8) Ron L (17) 7:30 PM Highland Park Sharon N (10) Murdo Mac (28)	7:30 PM Second Chance Tom M. (13)
28	29	30	1	2	3	4