



# BLUENOSE Bulletin



May 2020

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

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs”*

## WHAT IS...

### Negative Feelings....

Resentment, self-pity, pessimism, ingratitude, anger, impatience and frustration are all attitudes that can undermine our recovery. Call your Sponsor, call another AA member or get to a zoom meeting and bring your negative feelings up as a topic. If we don't acknowledge these feelings and deal with them quickly, they will inevitably lead us over the edge of the relapse cliff.

### Service Calendar for Districts 1 & 2

#### Central Service Meeting Districts 1 and 2

Tue, 5 May, 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, 31 May, 2 PM via Zoom

Zoom link: <https://us02web.zoom.us/j/9024055488>

Meeting ID: 902 405 5488

#### District 2 GSR Committee Meeting

Sun, 17 May, 2 PM via Zoom

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

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

### District 1 Workshop

**Concepts 4, 5 and 6: Rights of Decision, Participation and Appeal (Minority Opinion)**

Facilitated by Tom R. Sun, 31 May 1 - 2 PM

Zoom link:

<https://us02web.zoom.us/j/9024055488?pwd=RGJFOGV3cKYZUINJSVkyW9kWFRRuZz09>

Meeting ID: 902 405 5488 and Password: District1

All are welcome

## Hope Cannot Be Cancelled

Everything we have today has been passed on to us.

**SO PASS IT ON**

### UPCOMING JUN BIRTHDAYS

7 Jun	Cole Harbour	Christine D (1) Ryan K (1)
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### 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.

### DID YOU KNOW

Bill W and Dr. Bob had their first meeting on 12 May 1935.

On 22 May 1940, Works Publishing Inc. is established (forerunner to AAWS) for the Big Book and other literature.

In May 1946 the long form Twelve Traditions (12 Points Assure Our Future prior to name 12 Traditions) are published in the AA Grapevine.

In May 1949, Bill W presented a talk to the American Psychiatric Association's 105<sup>th</sup> Annual Meeting in Montreal.

On 8 May 1971 Bill W was buried in a small private ceremony in East Dorset, Vermont.

## 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](http://WWW.AAHalifax.org).

Link to the Grapevine: [AA Grapevine](#)

Link to the spring 2020 issue of Box 6-4-9 [Box 6-4-9](#)



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# May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
8 PM COLE HARBOUR Foster L (42)	CVBBS Sandra D (10) Eric P (11) John G (14) Clint H (19)	7 PM CENTRAL SERVICE MEETING		7 AM EARLY RISERS Murray (4)		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
						7:30 PM ATLANTIC Bruce B (10)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
2 PM DISTRICT 2 MEETING						
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
			8:30 PM FRESH START Keith B (20) Garnet E (32)	7:30 PM FOUR SEASONS Craig S (1) David P (2) Melanie G (5) Stephen C (7) Robert R (17) 8:30 PM GASTON ROAD Dave S (11) John B (11)	KEEP IT SIMPLE Jessie F (1) Joan M (1) Rosie B (31)	7:30 PM SECOND CHANCE Bryan J (1) Jessie F (1) Kevin B (1) Neal M (1)
<b>31</b>	1	2	3	4	5	6
1 PM DISTRICT 1 WORKSHOP						
2 PM DISTRICT 1 MEETING						