



BLUENOSE Bulletin



January 2021

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

"We admitted we were powerless over alcohol- that our lives had become unmanageable"

WHAT IS...

What is Herbal "Teas"

Herbal teas sound safe and natural, but herbs are drugs, and some of them do have a mood-altering effect. Although many of the Canadian brand name herbal teas are probably okay, but avoid any that stimulate or change your mood. Especially ones that make your heart "skip" or heart palpitations. And it is suggested that we also stay away from exotic herbals, especially sassafras and comfrey, which can damage the liver - the last thing we need in recovery.

GROUPS THAT CARRY THE MESSAGE

Weekend Telephone

2-4 Jan	Second Chance
9-11 Jan	Serenity Sisters
16-18 Jan	Fresh Start
23-25 Jan	New Hope
30 Jan-1 Feb	Living in the Solution
6-8 Feb	Cole Harbour

To arrange cell phone package email Michael A. at phones.aahalifax@gmail.com

Service Calendar for Districts 1 & 2

Central Service Meeting Districts 1 and 2

Tue, 5 Jan 21, 7 PM via Zoom

Zoom Link:

<https://us02web.zoom.us/j/5120368953?pwd=a1RIRnRNVEdFZlVqSW85My84S2JiZz09>

Meeting ID: 512 036 8953

Passcode: wecandoit

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

Meeting ID: 512 036 8953

Passcode: 864084910

Find your local number: <https://us02web.zoom.us/j/kcEHqksrV>

District 1 GSR Committee Meeting

Now meets the last Wed of the month at 6 PM

Wed, 27 Jan, 6 PM via Zoom

Meeting ID: 753 798 8280 Passcode: Service

District 2 GSR Committee Meeting

Sunday, 17 Jan, 2 PM

COMMITTEE NOTICES

CENTRAL SERVICE

Subcommittee positions of Districts 1 & 2, Area 82 are rotated every two years and this is an election year. Central Service is still in need of a Secretary. Anyone interested in helping to carry the message by taking on a role on any of these Committees are asked to attend the upcoming Central Service meeting on 5 Jan 21 at 7 PM.

Sub Committee Chair/Co-Chair Positions available:

Entertainment	Newsletter
Hospital Visitation	Corrections
Email Coordinator	Literature
Webmaster	CPC
Treatment	

MID-WINTER ROUND UP

Looking for Entertainment Chair and Co-Chair; and Co-Chair Programming. Contact Tom R. for more information at [902-830-9844](tel:902-830-9844) or MidWinterRoundup.AAHalifax@gmail.com and to find out when the next meeting will be.

<https://us02web.zoom.us/j/5120368953?pwd=a1RIRnRNVEdFZlVqSW85My84S2JiZz09>

Meeting ID: 512 036 8953

Passcode: wecandoit

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+1 647 374 4685 Canada

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+1 778 907 2071 Canada

+1 204 272 7920 Canada

Meeting ID: 512 036 8953

Passcode: 864084910

Find your local

number: <https://us02web.zoom.us/j/kcEHqksrvl>

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.

MEETING NOTICES

FACEBOOK GROUP "RECOVERY HALIFAX REGIONAL MUNICIPALITY – COVID 19 SUPPORT"

Central Service, through the website aahalifax.org and the Bluenose Bulletin is the authorized source of information on groups in District 1 and 2, Area 82. Central Service is in no way affiliated with a Facebook group entitled "Recovery Halifax Regional Municipality – COVID 19 Support". Notice of meeting changes should be sent to AA Halifax Webmaster and to the Bluenose Bulletin.

The following meeting notices are accurate at the time of the Bulletin being published. Please check the AA Halifax website to confirm meeting times and locations.

GRATITUDE

Zoom meetings are at 8 PM on Thu and Sunday.

<https://us02web.zoom.us/j/85326382440?pwd=TUJob1dsNnB5RVg1Q0FwV2V0ODVaZz09>

Meeting ID: 853 2638 2440 Passcode: 05072019

One tap mobile

+12042727920,,85326382440#,,,,,0#,,05072019# Canada

+14388097799,,85326382440#,,,,,0#,,05072019# Canada

Dial by your location

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 253 215 8782 US (Tacoma)

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York) 1/21

LION'S DEN

Zoom meeting is at 7:30 PM on Tue.

<https://us02web.zoom.us/j/86013226928?pwd=SjBXU0cWdFhGRFRLVHhPTmt2bGNydz09>

Meeting ID: 860 1322 6928 Passcode: 654321 1/21

DOWNTOWN HALIFAX

In person meetings have been cancelled until further notice.

Zoom meetings will be on Wed and Sunday. 1/21

EYE OPENER

In person meetings have been cancelled until further notice and will not be offering Zoom meetings. 1/21

WE AGNOSTICS

This meeting has been renamed to "All Beliefs Count". 12/20

BEDFORD

In person meetings are at 8 PM on Tue. Zoom meetings are cancelled. 01/21

BACK TO BASICS

In person meetings have been cancelled until further notice. Zoom meeting will be held at 7 PM on Fri.

<https://us04web.zoom.us/j/955514896?pwd=NIJtVVRXa0VUa2R4RnFLQTZwMG1DQT09>

HALIFAX SUNDAY MORNING

Meetings will be held outside the George Dixon Centre as long as weather allows. 12/20

ACCEPTANCE

In person meetings have been cancelled until further notice. Zoom meetings will continue. (same meeting ID)12/20

PORTERS LAKE

In person meetings have been cancelled until further notice. Zoom meetings are 7 PM on Tue. Join Zoom Meeting

<https://us02web.zoom.us/j/5843612971>

Meeting ID: 584 361 2971 Passcode: PLAAG

One tap mobile

+16699009128, 5843612971#,,,,,0#,,516729# US (San Jose)

+12532158782, 5843612971#,,,,,0#,,516729# US (Tacoma)

Dial by your location

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 584 361 2971 Passcode: 516729 1/21

ST MARGARET'S BAY

The Sunday in person meeting at 8 PM is now a Zoom meeting. <https://www.aahalifax.org/meetings/st-margarets-bay-group-2/?tsml-day=3> 12/20

SUNDAY NIGHT SERENITY

In person meetings at 7 PM on Sunday has been cancelled until further notice. 12/20

ONLY REQUIREMENT

New Zoom link for meeting 7 PM on Thu.
<https://nyintergroup.zoom.us/j/7110913008?pwd=Z1NqVnlrQW1ZU29rdUhyTDIueHVnJT09>

SECOND CHANCE

Mon in person meetings have been cancelled. Zoom meetings at 7:30 PM on Mon and Sat will continue. Meeting ID 709 840 917 Password 251981. 12/20

COLE HARBOUR

In person meetings have been cancelled until further notice. Zoom meetings Zoom meeting is at 8 PM Sunday. Meeting ID: 397 499 7577 Password: Sunday 12/20

CVBBS

In person meetings has been cancelled. Zoom meeting is at 8 PM on Mon. Zoom link:
<https://us04web.zoom.us/j/355482711>
Meeting ID: 355 482 711 Password: Together 12/20

CIRCLE OF SISTERS

In person meetings are on Sat at 5:30 PM at Club 24. Zoom meetings will continue Wed evenings at 7 PM 01/21

KEEP IT SIMPLE

In person meetings are Mon – Fri, 12 PM at Club 24. 01/21

DOWNTOWN DARTMOUTH

In person meetings are on Mon at 8 PM at Club 24. 01/21

EARLY RISERS

Due to a lack of attendance this group has closed until further notice. 11/20

TIMBERLEA

Meetings are held via conference call. 902-932-1200, password 8462375321 then #. 11/20

RAINBOW OF RECOVERY (Zoom)

Tue and Thu meetings have changed to 6:30 PM. 10/20



**42ND ANNUAL
MID WINTER
ROUND UP**
"NO MATTER WHAT"

**FEBRUARY 12 & 13, 2021
VIRTUAL EVENT
DIST 1 & 2 NOVA SCOTIA**

SPEAKERS | WORKSHOPS | FELLOWSHIP | LEARNING

ATTENDANCE IS FREE TO ALL. WE ARE SEEKING SUPPORT TO ASSIST WITH THE EVENT HOSTING COSTS.

WWW.AAHALIFAX.ORG/MID-WINTER-ROUND-UP/
MIDWINTERROUNDUP.AAHALIFAX@GMAIL.COM

District 1 Zoom Workshop

The Role of the District in AA

Presented by Dale S

All welcome to attend.
Bring a friend or two.
Look forward to seeing you there!

Wednesday January 27th at 6-7pm EST
Zoom ID: 753 798 8280
Password: Service

AREA 82 COMMITTEE CONTACT INFORMATION

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January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Bookstore Open 11-1
3	4	5	6	7	8	9
	CVBBS Lauren R (1) Kevin P (1) Gerry B (9) Ed P (43)	7 PM Central Service Meeting				10 AM Acceptance Emily S (9) Steve A (25) Bookstore Open 11-1
10	11	12	13	14	15	16
8 PM St Margaret's Bay Michael H (6) 😊						Bookstore Open 11-1
17	18	19	20	21	22	23
District 2 Meeting 2 PM		7 PM Serenity Sisters Bev M (7)	8 PM Back to Basics Jacob B (3) Lisa N (8)			Bookstore Open 11-1
24	25	26	27	28	29	30
	7 PM Grateful Jim M (37)		District 1 Meeting 6 PM 8:30 PM Fresh Start Alex P (2)	7:30 PM Four Seasons Natalie S (5) 😊 8 PM WESG Tanya E (2) John M (5) Tom R (28) Joe P (28) Donnie D (32)	12 PM – Keep it Simple Tom S (5)	Bookstore Open 11-1
31	1	2	3	4	5	6
						Bookstore Open 11-1