



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

*“The essence of all growth is a willingness to make a change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.” - As Bill Sees It, p 115*

### MEETING NOTICES

Please check [AAHalifax.org](http://AAHalifax.org) to confirm meeting times and locations.

#### HALIFAX SUNDAY MORNING MEETING MOVING

The Halifax Sunday Morning Meeting (11 AM) location is changing and the group will now be **meeting at the Northwood Residences at 2630 Gottingen Street starting on March 29.** (2)

#### COLE HARBOUR GROUP MEETING TIME CHANGE

The Cole Harbour Group that meets Sunday nights at 15 Bissett Road in Dartmouth will now be **starting at 7:30 PM, beginning April 5.** (2)

#### HALIFAX FORUM HOMELESS SHELTER MEETING

(organized through Treatment Committee; see service calendar for details)

Every second Tuesday at 8 PM, 6210 Young St, Halifax  
Members meet in the parking lot and enter the building together. Inquire at front desk for AA material. The meeting is held in the kitchen area at the back of the building. Members are asked to be respectful as we are walking by open living spaces for residents. (1)

#### NEW ONLINE MEETING

Serenity Sisters Book Study: Twelve and Twelve  
Starting Friday, January 9, 2026 at 7:00 p.m.  
on Zoom Login ID: 873 8419 1757 Password: 261479 (12)

### COMMITTEE NOTICES

#### DISTRICT 1 DCM NEEDED

The DCM position for District 1 will be vacant as of March 25 and a new DCM will need to be elected. Please contact District 1 Secretary Rob for more information:  
[SecretaryDist1.AAHalifax@gmail.com](mailto:SecretaryDist1.AAHalifax@gmail.com)

#### GROUPS NEEDED FOR FORUM MEETING

AA Central Service is asking all groups to consider volunteering for rotational shifts at the Halifax Forum Homeless Shelter. The meetings will be run the same as Detox Meetings. They will be held bi-weekly on Tuesdays at 8 pm. Please contact the Treatment Chair to sign up and for more information.  
Contact: Albert K 902 425 6659

#### GROUP INVENTORY RECOMMENDATIONS

Central Service group inventory survey is complete and recommendations will be presented at a hybrid meeting at **12:30 PM on Sunday March 15** at 3 Dundas St or on Zoom  
Meeting ID: 512 036 8953 Passcode: wecandoit

#### CENTRAL SERVICE ELECTIONS

**Several** committees are in need of chairs and co-chairs.  
Please contact CS chair Heather L  
at: [CSR.ChairAAHalifax@gmail.com](mailto:CSR.ChairAAHalifax@gmail.com)

### BOOK STORE HOURS

If you need an AA book or pamphlet for your group or for yourself, visit the store:

**Sundays 5 PM - 7 PM**

Club 24 (basement door) 3 Dundas St, Dartmouth.  
Contact: [literature.AAHalifax@gmail.com](mailto:literature.AAHalifax@gmail.com)

# DISTRICTS 1 & 2 SERVICE CALENDAR MARCH 2026

*Please refer to details and locations on the next page.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  7:30 PM DETOX Fresh Start Group	2	3 6:00 PM SERVICE MANUAL BOOK STUDY  7:00 PM CENTRAL SERVICE MEETING	4	5	6 PHONES Highland Park  7:30 PM FORENSICS Four Seasons	7
8  7:30 PM DETOX Welcome Group	9	10 6:00 PM SERVICE MANUAL BOOK STUDY  8:00 PM HFX FORUM MEETING Halifax Sunday Morning	11 7:30 PM MARGUERITE CENTRE Amy - Downtown Dartmouth	12	13 PHONES Downtown Halifax	14
15 12:30 PM CS INVENTORY MTG  2:00 PM DISTRICT 2 GENERAL SERVICE MEETING  7:30 PM DETOX Sunrise Group	16	17 6:00 PM SERVICE MANUAL BOOK STUDY	18	19 6 PM ARCHIVES COMMITTEE MEETING	20 PHONES Sunday Night Serenity  7:30 PM FORENSICS Bedford Group	21
22  1 PM MID-WINTER ROUND UP MTG  7:30 PM DETOX Back to Basics	23	24 6:00 PM SERVICE MANUAL BOOK STUDY  8:00 PM HFX FORUM MEETING Welcome Group	25 6:00 PM DISTRICT 1 GENERAL SERVICE MEETING  7:30 PM MARGUERITE CENTRE Jo - Serenity Sisters	26	27 PHONES Early Risers	28
29 7:30 PM DETOX Halifax Sunday Morning	30 6:00 PM AREA 82 ACTIVE AREAS COMMITTEE MEETING	31				

**APRIL WEEKEND PHONES:** Lions Den (3-6), Halifax Sunday Morning (10-13), Timberlea Group (17-20), Four Seasons (24-27)

**APRIL DETOX MEETINGS:** Highland Park (5), Serenity Sisters (12), Timberlea Group (19), Atlantic Group (26)

**APRIL FORENSICS MEETINGS:** Downtown Dartmouth (3), Circle of Sisters (17)

**APRIL MARGUERITE CENTRE MEETINGS:** Gina - Only Requirement (8), Natalie - Four Seasons (22)

**APRIL HFX FORUM SHELTER MEETINGS:** Cole Harbour Group (7), Gaston Road Group (21)

## SERVICE CALENDAR DETAILS AND LOCATIONS

Please refer to service calendar on the previous page.

<b>CENTRAL SERVICE COMMITTEE MEETING</b>	Meets online, the first Tuesday of the month at 7:00 PM	Meeting ID: 512 036 8953 Passcode: wecandoit	Zoom Link <a href="#">HERE</a> Dial by your location +1 647 374 4685 Canada
<b>DISTRICT 1 GENERAL SERVICE COMMITTEE MEETING</b>	Meets online, the last Weds of the month at 6:00 PM	Meeting ID: 753 798 8280 Passcode: SERVICE	Zoom link <a href="#">HERE</a> Dial by your location +1 647 374 4685 Canada
<b>DISTRICT 2 GENERAL SERVICE COMMITTEE MEETING</b>	Meets in person on the third Sunday of the month at 2:00 PM	Club 24 3 Dundas Street, Dartmouth	Contact Bernie S 902 405 1497
<b>DISTRICT 2 WORKSHOP</b>	Meets in person every second month on second Sunday at 2 PM	Club 24 3 Dundas St Dartmouth	Contact Bernie S 902 405 1497
<b>SERVICE MANUAL BOOK STUDY</b>	Meets every Tuesday 6:00 PM in NS, 6:30 PM in NL	Meeting ID: 824 1286 8436 Passcode: 275042	Contact: <a href="mailto:gsd@area82aa.org">gsd@area82aa.org</a>
<b>AREA 82 ACTIVE AREAS COMMITTEE MEETING</b>	Meets online, the last Monday of the month at 6:00 PM	Dial by your location +1 647 374 4685 Canada	Zoom link <a href="#">HERE</a> No password
<b>ARCHIVES COMMITTEE MEETING</b>	Meets online the third Thursday of the month at 6:00 PM	Meeting ID: 814 0105 2318 Password: 494955	Contact Kathy S 902-292-0853
<b>TELEPHONE COMMITTEE</b>	Volunteers for weekend phones, day and evening phones needed.	<a href="mailto:AAPhones.Halifax@gmail.com">AAPhones.Halifax@gmail.com</a>	Contact Paul M 902 476 1226
<b>CPC (Cooperation with the Professional Community)</b>	CPC meeting dates TBA		Contact Natalie C 902 219 7287
<b>PUBLIC INFORMATION COMMITTEE</b>	PI meeting dates TBA		
<b>DETOX MEETINGS</b>	Every Sunday 7:30 PM	Simpsons Landing 304 Pleasant St, Dartmouth	Contact Albert K 902 425 6659
<b>HFX FORUM SHELTER MEETING</b>	Every two weeks Tuesday 8:00 PM	6210 Young St, Halifax Meet in parking lot	Contact Albert K 902 425 6659
<b>FORENSICS MEETINGS</b>	Every two weeks Friday 7:30 PM	88 Gloria McCluskey Ave, Dartmouth	Contact Albert K 902 425 6659
<b>MARGUERITE CENTRE</b>	Every two weeks Wednesday 7:30 PM	3178 St Margarets Bay Road, Timberlea	Contact Albert K 902 425 6659
<b>PSR (Psychosocial rehabilitation Unit)</b>	Meetings suspended temporarily		Contact Albert K 902 425 6659
<b>CS GROUP INVENTORY</b>	HYBRID: Sunday March 15, 2026 3 Dundas St, Dartmouth	Zoom: Meeting ID 512 036 8953 Passcode: wecandoit	Contact Nathaniel B 403 618 5566

Please refer to flyers at the back of the newsletter.

## UPCOMING EVENTS:

### EMOTIONAL SOBRIETY WORKSHOP

An Exploration of Surrender and Its Role in Happy Long-Term Sobriety

led by Joel N and Blake M

**Saturday, March 28** from 12-5pm  
at 45 Connolly Rd, Lower Sackville

### AREA 82 NS SERVICE WEEKEND

*“Service – The Heart of AA”*

**May 15, 16, 17, 2026** at the Agricultural Campus, 24 Cumming Dr in Truro, NS  
Check the flyer on page 9 for more details.

### 46th ANNUAL MID-WINTER ROUND UP

*Principles before Personalities: The Spiritual Path to Freedom*

**Feb 27 - March 1, 2026** at the Delta Hotel Dartmouth, 240 Brownlow Ave  
**\$30 AA and AI-Anon registration**, includes coffee and dance (**\$15 Alateen**)  
**\$60 banquet buffet** dinner (tickets must be purchased by Feb 23)

[USE THIS LINK](#) to book your hotel room

Banquet speaker: **Robert T from New York City**

please see flyer for more details or contact Bernie S (902 405 1497)

## UPCOMING BIRTHDAYS IN EARLY APRIL 🎂

Date	Group	Celebrant(s)
April 1	Back to Basics	Kathy S (8), Heather L (14)
April 2	Rainbow of Recovery	Timothy Q (22)
April 4	Acceptance	Emily M (8), Lesley H (9)
April 5	Cole Harbour	Kelly H (2), Mike D (8), Ashley K (10), Arlene P (33)

# MARCH 2026 BIRTHDAYS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b>  <b>8 PM Cole Harbour</b>                      Mike H (36)                      Sandy B (36)</p>	<p><b>2</b>  <b>7:30 PM Colby Village</b>                      Chris M (24)</p> <p><b>8 PM Downtown Dartmouth</b>                      Tara C (1)                      Sarah P (3)                      Colby D (4)                      Marc R (8)                      Freddie W (12)                      Keir (26)                      Lefty H (55)</p>					<p><b>7</b>  <b>10 AM Acceptance</b>                      Melissa E (7)                      Jim H (45)</p> <p><b>7:30 PM Second Chance</b>                      Samaira G (21)</p>
<p><b>8</b></p>	<p><b>9</b>  <b>7:30 PM Grateful Group</b>                      Kevin P (4)</p>	<p><b>10</b></p>	<p><b>11</b>  <b>8 PM Back to Basics</b>                      Henry W (2)</p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>
<p><b>15</b></p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b>  <b>8 PM Fresh Start</b>                      Tracy F (3)                      Jackie P (6)                      Amanda T (10)</p>	<p><b>19</b></p>	<p><b>20</b>  <b>7:30 PM Fall River</b>                      Paul M (42)</p>	<p><b>21</b></p>
<p><b>22</b>  <b>11 AM Halifax Sunday Morning</b>                      Betty C (30)                      Cindy P (44)</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b>  <b>7:30 PM Four Seasons</b>                      Joel N (8)</p> <p><b>8 PM West End Step</b>                      Peter L (3)                      Tom O (20)</p> <p><b>8 PM Gaston Road</b>                      Pauline B (21)                      Dave D (28)</p>	<p><b>27</b>  <b>12 PM Keep it Simple</b>                      Donald B (3)                      Nancy O (5)                      Shawn M (32)</p>	<p><b>28</b>  <b>10 AM Early Risers</b>                      Bob P (1)                      Sandy D (16)</p>
<p><b>29</b></p>	<p><b>30</b>  <b>8 PM Timberlea Group</b>                      Sean M (1)</p> <p><b>8 PM Downtown Dartmouth</b>                      Joey M - 2                      Adam H - 5                      Chris V - 28                      Kate F - 33</p>	<p><b>31</b>  <b>7:30 PM Sunrise</b>                      Cody F (1)                      Patricia C (1)                      Barbara H (38)</p>				

**CENTRAL SERVICE COMMITTEE  
CONTACT INFORMATION**

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You are invited to accompany us  
On our Journey as we start a study of

## THE A.A. SERVICE MANUAL

combined with

## TWELVE CONCEPTS FOR WORLD SERVICE

by Bill W.



Starting November 18th  
at 6:30 NL time, 6:00 NS time

Zoom Link: 824 1286 8436

PW: 275042

Sessions will initially be led by the current GSD for Area 82, Dwayne MacD and Panel 73 Delegate Gerry W . Our hope is to involve any Past Delegates who are interested to help lead our sessions. Our overall goal is to expand our knowledge of the Service Manual and our Twelve Concepts

None of us are experts, our intent is to grow and learn as we study the material together

**All are Welcome**

We will be using the

2024-2026 Edition  
REVISED AND UPDATED



# Emotional Sobriety Workshop

An Exploration of Surrender and Its Role In Happy Long-Term Sobriety

With Joel N. & Blake M.

-  Saturday, March 28
-  Noon – 5:00 p.m. (Four 1-Hour Sessions)
-  45 Connelly Road, Lower Sackville

## Workshop Topics:

- Bill Wilson's 'Emotional Sobriety' Letter
- Surrender vs Compliance by Harry Tiebout
- Ego Factors in Surrender by Harry Tiebout
- The Beatitudes by Emmet Fox

## Honoring Our Roots, Growing in Recovery

Tiebout & Fox were not AA members, but their insights helped shape early AA principles of surrender and spiritual growth. We use these writings as tools for discussion, staying grounded in AA principles.

*All Are Welcome!*

Take What's Useful and Leave the Rest





# Alcoholics Anonymous

## NS Service Weekend ~ Area 82

**May 15, 16, 17, 2026 "Service - The Heart of AA"**

<b>Rooms</b>	<b>Single = \$46.00 per night in Fraser House</b>	<b>Double = \$61.00 per night in Fraser House</b>	<b>Double Deluxe = \$70.00 per night in Chapman House</b>
<b>Meals</b>	<b>Breakfast = \$8.14 + tax</b>	<b>Lunch = \$14.25 +tax</b>	<b>Supper = \$18.32 + tax</b>

**Overview:**

Registration = \$40.00

Breakfast on Sat. = your cost

Tea and coffee breaks = included in registration fee

Lunch on Sat. = included in registration fee

Supper = your cost

Breakfast on Sun. = your cost

We would request and urge all weekend participants to have their meals in the Ag College Cafeteria as we have guaranteed a minimum number of meals for the rates and services provided.

To book your room go to <https://stay.dal.ca/>

**Be sure to use Promotional Code: Area8226**

**The Program for the Service Weekend will follow after all Agenda items are in, thanks for your patience**