

THE District 4Cast



Alcoholics Anonymous District 4 #59— December 2021

NEWSLETTER UPDATE

My name is Darren P and I am a grateful alcoholic. My apologies for missing any birthdays recently. I continue to encourage you all to submit group or committee reports as well as any other relevant information you may think is useful to our recovery family.

I also must apologize as I've been locked out of the districtforecast email but will still receive any information you would like to submit through your General Service Representatives.

In the meantime if you would like to have anything included, or would like to get in touch with me please email me at dspatrick71@gmail.com

NEW DISTRICT COMMITTEE MEMBER

Please join us in welcoming the former Alternate DCM, Tom Savage as our new DCM. With extreme gratitude we thank Sara N for her service, dedication and commitment to service in our recovery. We will miss your commitment and passion and are blessed to have had you as our DCM and are thankful you will remain in service as our Alternate DCM. Wishing you all the best in your endeavours and your recovery journey.

ANNOUNCEMENTS AND UPCOMING EVENTS

CHANGES TO CURRENT MEETING TIMES OR INFORMATION?

If there are any changes to meeting times, places or any information pertaining to meetings please let us know ASAP so that we can update immediately.

IF YOU NOTICE ANY DISCREPANCIES ON YOUR MEETING INFORMATION PLEASE LET YOUR GENERAL SERVICE REPRESENTATIVE KNOW IN ORDER FOR IT TO BE CORRECTED.

Cumberland Mountain Dew, on Tuesday evenings, is the only remaining Hybrid (ZOOM and in-person) meeting remaining, all others are either in-person or ZOOM only.

Covid protocols remain in place in accordance with the Provincial Health Order and in compliance with the facility in which your meeting will be taking place.

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VOLUNTEERING OPPORTUNITY

Volunteers (Sisters) are still needed for Amethyst House to come in and share their experience, strength and hope and chair in-house meetings for Our Sisters in recovery there. If you're interested please contact Jess P.

Comox Valley Recovery Centre is looking for people to come share their stories of recovery. This is a great opportunity to be of service, either through simply sharing your experience, mentoring those new in recovery, or even becoming a sponsor. Please contact Bridging the Gap District Chair, Terry.

Website:

The website is <https://comoxvalleyaa.ca/> for all your up to date announcements and meeting information.

Upcoming Conference and Meeting Information

Please let me know if there are any current upcoming announcements or birthdays to celebrate and they will be shared.

CONTACT YOUR GSR OR THE DCM AND INFORM THEM OF ANYONE CELEBRATING MILESTONES SO THAT THEY MAY BE ACKNOWLEDGED AND WE CAN SHOW THE NEWCOMERS THAT THE PROGRAM WORKS.

HOLIDAY ANNOUNCEMENTS

I would like to wish everyone the healthiest and safest Holiday Season. Personally, holidays had been a time of struggle for me, especially before I found the Program and fellowship. I do my best now to find what I am grateful for, compassion for those less fortunate and love in my heart for all. If I can offer advice from my experience, staying connected to meetings, fellowship, my sponsor and my Higher Power along with being open and honest in all my dealings have been key to my continued growth and ability to walk through difficult times.

Of course not everyone has these struggles so if you are one of these people, spread some Holiday Cheer and look out for your fellows!

Darren P

On January 8th, 2022 there will be a special meeting at St. George's United Church (505 Sixth Street, Courtenay). The Night Owl Meetings will also start for the Holiday Season behind the Alano Club (9pm for two weeks over the Holiday Season). If you would like more details on these meetings please contact Debbie F from the Seekers Out to Lunch Meetings.

PLEASE LET ME KNOW WHEN YOUR GROUP MEMBERS ARE CELEBRATING BIRTHDAYS WITH TIME AND PLACE AS WELL. WE WOULD LOVE TO CELEBRATE AND SHARE IN THEIR JOURNEYS.

