

# THE District 4Cast



Alcoholics Anonymous District 4 #59— MAY 2021

## DCM REPORT - MAY 2021

### ***DCM Report – District Meeting &; District 4Cast – MAY 2021***

**Welcome back to District!** I am Sara and I am an alcoholic. Hope all have had a good month. Looking forward to having some warm weather again. Had a chance to visit Bck to Basics hybrid meeting and it is one to check out. It was a good GSC/DCM meeting with a total of 27 people in attendance, the 2 topics we voted on were: How to do a District Inventory, and how to merge Districts. I can't stress enough how proud I am to be part of a thriving District. I hadn't heard, or may just not paid attention, in the past of what a District Inventory was. When you order a District Inventory someone from the GSC can come and host a meeting with all members in the District and talk about things that everyone might want to see change, or where we might be falling short at as a District. It was also suggested to mention to the GSR's that they might bring back to their business meetings, what the groups might have for suggestions of things they would like to see change withing the District, or what they might want to see more of in the District. I thought that was a great idea. As for merging with neighbouring Districts, that usually happens when there are multiple districts struggling to fill chair positions or can't get anyone to show up for a District meeting. So far so good on both of those things. If there are things that come up at your business meetings they can be forwarded to me, or the District Secretary, to add to agenda items to be discussed as a District; or do both and invite them to District to be a part of the discussion. I would like to say a big thank you for everyone for having a big role in making the District thrive.

*A reminder that District Meetings are held at 6:00pm the 3rd Wednesday of every month via **ZOOM** until Covid restrictions are lifted. The next meeting will be May 19<sup>th</sup> AND THEN June 16<sup>th</sup> ...all GSRs or anyone interested in Service at the*

*District level are encouraged to attend!*

*In Loving Service*

**Sara Nolan, DCM District 4**  
***districtaa4@gmail.com***

## NEWSLETTER UPDATE

My name is Darren P and I am a grateful alcoholic. Thank you for those who contacted me through the last month. 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. [districtforecast2@gmail.com](mailto:districtforecast2@gmail.com)

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## GROUP REPORTS

### Comox Valley Women's Group

Join other women in a safe and welcoming environment as we discuss readings from the Big Book every Thursday at 7:00 pm. At present, we are a Zoom meeting only. Newcomers welcome and temporary sponsorship offered.

### Serenity Group (Comox)

Come share some *seasonal* experience strength and hope with us. We are currently running our meetings via **ZOOM** only. We are a small discussion group and always welcome new friends.

### Experience, Strength and Hope

Still meeting in person at noon on Tuesdays and Thursdays at St. George's United Church in Courtenay (In the basement down the ramp of Fitzgerald). We welcome drop-ins and newcomers. We have incorporated a Step into our Tuesday noon meetings, and will work our way through the Steps in sequence. We are an open meeting with topics suggested by participants.

### Joyful Discovery (Comox)

Joyful Discovery Group meets Saturdays at 11:00 am via **ZOOM**. Each week, we share our personal experiences with the 12 Steps and 12 Traditions of Alcoholics Anonymous.

### Hi-New-Ners (Courtenay)

Unfortunately the Hi-New-Ners has been suspended due to Covid.

### Cumberland Mountain Dew Group

If you've never been out our way, head up the highway some Tuesday night and find your way to our doors. The meeting is currently a hybrid, both in-person and via **ZOOM**.

### Committee Reports

SOME OF YOUR DISTRICT COMMITTEES that could always use HELP FROM THE MEMBERS of groups and meetings:

**Public Information, Literature, Archives, Treatment Centres, Workshops, Phone List ... and MORE.**

INTERESTED? Ask your GSR for more info! Or Come to a District Meeting ... third Wednesday of every month via **ZOOM**.

For more event information please visit:

[www.bcyukonaa.org/pub/events/disp\\_events.php](http://www.bcyukonaa.org/pub/events/disp_events.php)

## 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.

*The Royston Beach meeting is back in person, Saturday's 10am; weather permitting.*

### VOLUNTEERING OPPORTUNITY

Volunteers (Sisters) are 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.

### New Website:

The new 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.

## Special announcement Anuncio especial

### **Grapevine and La Viña Celebrate Founders' Day with Free Access from May 26 through June 10, 2021.**

On June 10, 1935, Dr. Bob had his last drink and that day marks the founding of Alcoholics Anonymous. Since so many meetings are still closed, and groups have limited ability to celebrate our founding, Grapevine and La Viña will help mark this important date by giving everyone **free access** to our websites for two weeks. You will be able to read and listen to stories

from current and past issues, access our sobriety calculator, read the daily quote, learn how you can contribute your story, and find ways to serve others using Grapevine and La Viña magazines.

**Please share this news with other members.**

**For free access from May 26 through June 10, 2021 visit:**

**[aagrapevine.org](http://aagrapevine.org)**

**[aalavina.org](http://aalavina.org)**

**Grapevine y La Viña celebran el Día de los Fundadores con acceso gratuito del 26 de mayo hasta el 10 de junio de 2021.**

El 10 de junio de 1935, el Dr. Bob tomó su última copa y ese día marca la fundación de Alcohólicos Anónimos. Dado que muchas reuniones aún están cerradas y los grupos tienen una capacidad limitada para celebrar nuestra fundación, Grapevine y La Viña ayudarán a marcar esta fecha importante al brindarles a todos **acceso gratuito** a nuestros sitios web durante dos semanas. Podrá leer y escuchar historias de las ediciones actuales y pasadas, acceder a nuestra calculadora de sobriedad, leer la cita diaria, aprender cómo puede contribuir con su historia y encontrar formas de servir a otros usando las revistas Grapevine y La Viña.

**Comparta esta noticia con otros miembros.**

**Para obtener acceso gratuito desde el 26 de mayo hasta el 10 de junio de 2021, visite:**

**[aalavina.org](http://aalavina.org)**

**[aagrapevine.org](http://aagrapevine.org)**

***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.***