

DISTRICT4CAST

Step Four

Made a searching and fearless moral inventory of ourselves.

Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept Four

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Principle Four

Honesty - uprightness and fairness: truthfulness, sincerity, or frankness; freedom from deceit or fraud.



It is springtime! The days are getting warmer and longer. Fresh buds bloom, animals awaken and the earth seems to come alive again.

Gardeners are planting seeds, so they can be rewarded with their vegetables, fruits, and flowers later on.

Early sobriety is similar to what is happening in springtime. The newcomer to AA starts to work the steps with a sponsor and the seeds are being planted. At the beginning of our recovery journey, we have no idea what to expect from planting these seeds or what it will take to nurture these seeds to grow, or if they'd bloom. Any gardener will agree, planting the seeds is not sufficient for producing a garden, but is a mere beginning.

To make a garden, water, sunlight and weeding are also necessary, but you have to have some idea what you're doing. Most of us had no idea how to tend these seeds we plant in early sobriety.

This is where the fellowship and a sponsor come in, as they can help us nurture these seeds to grow. For further growth to occur, we have to step into the spiritual sunlight. Bill W states in Step 11 in the 12x12, that meditation is our step into the spiritual sunlight, also meaning that we have to have a connection with our Higher Power.

Step 4, and 10 are calls for self examination. If neglected, weeds would grow. However, if we are willing to work the program, those seeds we planted in early sobriety, begin to grow and eventually bloom. We begin to see what potential our lives hold, and begin to see the person that our Higher Power always intended for us to be.

District 4 Committees

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**Women's
Bridging the Gap** Tracy F.

**Men's
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PI/CPC Barbara F.

www.comoxvalleyaa.ca

**Come to a
DISTRICT 4 Business Meeting
and get involved in Service**

Next District Meeting

**April 19 - Zoom Meeting
ID: 821 3053 1283
Password: 192865**

DCM Report April 2023

Hello Friends!

I am Jacquie, an alcoholic and grateful to be serving as DCM for District 4.

Happy Spring! I was just about to head outdoors to do some gardening but looked at my list of tasks, so here I am.

We had our first in person District meeting since pre-pandemic. It was so nice to meet in person. The room behind the Alano Club has had a very nice facelift.

We had 14 members attend, 7 GSRs, 3 Alternate GSRs as well as most DCCS.

There were discussions on the increased cost of Literature. Our prices will increase April 1st corresponding with GSO. We talked about work-shop/s for our District to be put on by BC/Yukon Area 79. I am in the midst of gathering information for this at this time.

We always need members to step up to the plate to do 12 Step work by attending our local treatment centres, both female and male. If you would like to share your experience strength and hope please contact me and I will put you in contact with the Chairs of these committees (Tracy F & Brant P). The telephone/12 Step Chair also requested help from our members.

You can contact Terry B at 12stepdistrict4@gmail.com

GSRs or group contacts are asked to notify the Website Chair, Elizabeth if there are any changes to your meeting listing (time, place, open/closed etc). In this way we can keep our meeting lists up to date for newcomers, visitors and the rest of us.

Contact Elizabeth at cvdistrict4website@gmail.com.

We will continue to print a small number of newsletters for those who prefer a paper copy. The Newsletter is attached to our Website at comoxvalleyaa.ca. You can also subscribe here to have the Newsletter sent right to your inbox, free of charge!

The GSRs, Rose - our Alternate DCM and myself have all been busy getting our groups' feedback about the Agenda items for the committees we have been assigned to for the Pre-Conference Assembly. The first part of the Assembly is being held Tuesday, April 11th at 6:30pm on Zoom for committee meetings. This is for those who are assigned to committees only. The Assembly will continue in person and online on April 14th - 16th. You may attend in person, the location is the Multipurpose Hall at the Cowichan Community Centre, 2687 James Street, Duncan. If you wish to attend via Zoom on the 14th-16th you are asked to register on the BC/Yukon website under Events, the information needed is in the agenda package.

Continues...

Continues...

Our District is still in need of members to Chair the Archive and Grapevine committees. Someone has come forward to Chair either PI or CPC, she is willing to do either and let the next trusted servant interested choose PI or CPC. I am so very grateful for all the AA members in our District who have decided to show their gratitude by being of service.

We have decided to do another experiment with our monthly meetings. We are going to start our meetings at 5:30 and end as close to 7:00 as possible. This way members attending can get to their home group if their home group meets on Wednesday night. We have been finding that we are rushed to complete all the business in one hour.

On Wed, April 19th at 5:30 pm we meet on Zoom ID 821 3053 1283 PC 192865. Everyone is welcome!

We are also still asking if anyone knows where the Book of Motions may be?

That's it, the outdoors are calling! Thank you for your support and allowing me to be of service.

Jacquie M.

districtaa4@gmail.com

Opportunities for Service Work

Can You Spare An Hour To Carry the Message?

Bridging the Gap

Amethyst House

Stepping Stones

Men's Recovery Centre

Contact the Women's and the Men's Bridging the Gap Chairs through your group's GSR or email the

12 Step Phone Answering Service

Who answers the phone when a suffering alcoholic calls? WE DO!

Three years ago I signed up for a shift (**6 hours**) a week, to answer my own phone should a suffering alcoholic require help. Calls are generally - "Where can I find a meeting?", "I think I have a problem with alcohol"... I don't receive many calls, but if someone does call I'm glad the hand of AA can be there and for that I am responsible. *Jess P*
Calls can be forwarded to any cell phone or landline.

WE need your help in covering a shift. Please contact Terry B. 12stepdistrict4@gmail.com

Fourth Step Quote

Step Four is "... the first tangible evidence of our complete willingness to move forward."

Reprinted from Twelve Steps and Twelve Traditions, page 54, with permission of A.A. World Services, Inc.

Book of the Month—"Daily Reflections"

This collection of readings moves through the calendar year one day — and one page — at a time. For every day, a favorite quotation from the literature of Alcoholics Anonymous is followed by an A.A. member's personal reflection, making for daily reading that is at once inspired and inspiring.

Books are sold at cost. Prices vary and there is a lot of variety overall and also different formats for popular books, including pocket size and large print.

To order books, please contact me at district4aa.literature@gmail.com



BC/YUKON AREA 79 LITERAURE APP

Download QR App and point your
phone camera at the QR Code

Grapevine

Available to borrow at some meetings in the Comox Valley.

AA Grapevine, Inc. is the International Journal of Alcoholics Anonymous. Read inspiring stories, books and publications helping AA members achieve sobriety.

To subscribe:

Epub link: <https://www.aagrapevine.org/store/grapevine-epub-subscription>
-1-year

Hardcopy: <https://www.aagrapevine.org/store/canada-subscriptions>

Free Grapevine Podcast

Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Special features will enhance each episode.

A new podcast episode will be available in English every Monday.

To hear the podcasts go to www.aagrapevine.org/podcast

Archives

April 1939: The book Alcoholics Anonymous is published.

April 1939: Bill and Lois Wilson moved in with Hank Parkhurst after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 1941: Ruth Hock reported there were 1,500 letters asking for help, because of the Saturday Evening Post Article by Jack Alexander.

April 1951: The First General Service Conference meets. This begins a five-year experimental period linking A.A.'s Trustees with the entire Fellowship.

April 1958: The First International Conference of Young People in A.A. (ICYPAA) is held at Hotel Niagara in Niagara Falls, NY.

April 1976: Membership tops 1 million for the first time.

April 1989: The book Alcoholics Anonymous turns 50. To commemorate the Golden Anniversary of the Big Book, a cake sporting replicas of the covers to the First and Third editions is served at the General Service Conference.

April 2000: The 50th General Service Conference is held in New York City. Conference Delegates also toured G.S.O.'s new office in Manhattan's Morningside Heights neighborhood.

April 2003: The book, Experience Strength, and Hope, is published. This book contains a collection of personal stories that appeared in the first two editions of the Big Book.

EXPERIENCE, STRENGTH, AND HOPE

How I arrived at the door of AA.

For me, a number of factors came together all at once. I was retired, living alone, and the start of the Covid pandemic. With that all activities and hobbies came to an end. There were no meetings, get togethers, or socials happening anymore.

Eventually, I was no longer the person I used to be. I felt that there was something wrong, but I couldn't quite put my finger on it. What started as social drinking in the afternoons led to having those drinks daily just to make myself feel better. It's what we call self-medicating. Just a few drinks and I felt a marked physical change come over me.

I knew I was in trouble as my activities began and ended with a drink or two or more. I thought I was able to contain it and stop drinking, but that didn't happen. I sought Counselling and after a number of visits my counsellor recommended AA.

Well, of course, I didn't think I was an alcoholic. I knew I was relying on and abusing alcohol. But in my mind, I didn't fit my definition of an alcoholic. And later came the term self-medicating. After several visits to my physician and counselor, I was diagnosed as having Adult ADHD.

Briefly, the ADHD brain is hardwired in such a way that it's constantly looking for dopamine. Dopamine is a chemical that is produced in the brain after pleasurable activities, such as running cycling , and walking. When that was taken away from me during the pandemic, I gravitated towards alcohol and other risky behaviors.

I accepted the suggestion by my counsellor to attend, AA meetings, held throughout the Valley. I listened to the members when told to attend as many meetings as I could throughout the Valley and also " just keep coming back. "Through them and its members I became aware how very quickly alcohol was able to have power over me.

Before, I always thought that through self knowledge gained by reading a number of AA books, coupled with my own willpower, I would be able to stop drinking. That was not the case.

During my first year I had many days of sobriety but also many slips. Boredom and impulsiveness is what leads the ADHD brain to make poor decisions. To reach for that first drink.

I now have a team which helps me to maintain my sobriety. And the biggest part of that team is AA. By "just coming back", I was able to learn how to be vulnerable, lower my walls and become more in tune with my emotions. To be able to take an honest look at myself and my defects. To now be aware of my behaviours, allowing me to make good decisions one day at a time.

*Anonymous
Comox Valley A.A. member*

We are not a Glum Lot...

April Quiz

1. What was the name of Bill Wilson's wife?
A Lou
B Louise
C Lois
2. How many pages are in the Big Book, not counting the stories or appendices?
A 175
B 164
C 263
3. In what town did Bill W. visit on business and meet Dr. Bob?
A Akron, Ohio
B New York
C Boston
4. What is the name of the doctor who wrote the "Doctor's Opinion"?
A William Silkworth
B Robert Holbrook Smith aka Dr. Bob
C Carl Jung
5. How many chapters are in the Big Book?
A Twelve
B Eleven
C Thirteen
6. What was Bill W's first drink?
A Vodka
B Martini
C Bronx Cocktail

Answer key on next page

Flick the switch already!

- Q. How many recovering alcoholics does it take to change a lightbulb? A. Twelve
- R. One to accept the dark. One to believe that light exists. One to decide that living in the light is preferable. One to admit they could have changed that bulb weeks ago! One to discuss their sloth with a friend. One to ready themselves to do better next time. One to humble themselves and admit needing a ride to the store for bulbs. One to list everyone who was forced to sit in the dark. One to call each of them with sincere regrets. One to monitor the light daily and if it dims make adjustments. One to enjoy standing in the light of the new bulb, appreciating all that it illuminates each day. And one to welcome others into the luminous warmth of their new-found space.



- ◆ Go for it.
- ◆ Keep the plug in the jug.
- ◆ Do it sober.
- ◆ Let it begin with me.
- ◆ Just for today.
- ◆ Sober `n` crazy.
- ◆ Pass it on.
- ◆ It's in the book.
- ◆ You either are or you aren't.
- ◆ Don't quit before the miracle happens.
- ◆ Some of us our sicker than others.
- ◆ We're all here because we're not all there.
- ◆ Alcoholism is an equal opportunity destroyer.
- ◆ Practice an attitude of gratitude.
- ◆ The road to sobriety is a simple journey for confused people with a complicated disease.

Do you have a favorite? We invite comments, opinions, and experiences.

Email: districtforecast2@gmail.com

Reader Comment

"Nothing changes if nothing changes!"
What does that even mean? At first it made no sense to me at all. Now though, I understand it. Unchecked, I have a tendency to worry about everything from not having money for cigarettes to the melting polar ice caps and now, this global pandemic. That worry is all born from fear. A fear that I won't get what I want, need or deserve, that I will die or the world will end before everyone realizes I am a legend! Unchecked, I become so pessimistic that I forget that it is by simply changing the way I react to situations, instead of expecting the world to sing my tune, that ensures life remains great.

Craig C.

NO REGRETS

"We will not regret the past nor wish to shut the door on it".

ALCOHOLICS ANONYMOUS, p. 83

Once I became sober, I began to see how wasteful my life had been and I experienced overwhelming guilt and feelings of regret. The program's Fourth and Fifth Steps assisted me enormously in healing those troubling regrets. I learned that my self-centeredness and dishonesty stemmed largely from my drinking and that I drank because I was an alcoholic. Now I see how even my most distasteful past experiences can turn to gold because, as a sober alcoholic, I can share them to help my fellow alcoholics, particularly newcomers. Sober for several years in A.A., I no longer regret the past; I am simply grateful to be conscious of God's love and of the help I can give to others in the Fellowship.

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Answer key to April Quiz:

- | | | | |
|-----|-------------|-----|-------------------|
| 1 A | Lois | 4 A | William Silkworth |
| 2 B | 164 | 5 B | Eleven |
| 3 A | Akron, Ohio | 6 C | Bronx Cocktail |

BC/Yukon 79 Vancouver

May 19 to 21 2023 Victoria Miracles Rally

Mary Winspear Centre 2243 Beacon Avenue, Sidney, BC V8L 1W9

\$30 Admission

More info: <https://bcyukonaa.org/>

June 16 to 18 61st Annual Coombs Rally

More info: <https://parksvillecoombsaarally.com/>

JULY 14 to 16 "I love my life" Camp Out, Gabriola Island

Descanso Bay Regional /More info: <https://www.gabriolacampout.com>

Mark your Calendars for a "Once in a Lifetime" Experience 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of the Fellowship's founding. The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

The theme of the 2025 International Convention is "90 Years – Language of the Heart."

As the Convention approaches, the organisers will update their website with registration information. Let's celebrate sobriety together in Vancouver in 2025!

More Info: <https://www.aa.org/international-convention>

Article Submission Guidelines

We encourage submissions of articles of personal stories of Experience, Strength and Hope. To protect your anonymity, we only publish your first name and initial of last name as byline or, upon your request, publish the article without name. Please submit all *contributions by the 20th of each month to the following e-mail: districtforecast2@gmail.com*

The editors of "District4Cast" reserve the right to accept or reject material for publication, based on the AA traditions. This policy is consistent with that of the AA Grapevine.

Did you know?

The final draft for the Fifth Edition of the Big Book will be presented in 2024 and will include new AA Stories. There were over 2500 stories submitted which are now down to less than 150 to be finalized by the Fifth Edition Subcommittee.

Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or District 4 committee.