

DISTRICT4CAST

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept Eight

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Principle Eight—Love

The spiritual principle of love calls on us to be gentle, to be kind, and to treat others and ourselves with respect. It is a reminder to choose to “Live Lovingly” in our words, and with acts of love.



Welcome to the District4Cast August Newsletter.

The picnic at Kitty Coleman Park was a huge success. Lots of members came out to enjoy a BBQ and fellowship. Beautiful setting, right next to the ocean. A little breeze and lots of sunshine. Perfect. We thank the Social Committee for all their hard work. There is room for more volunteers to get involved in forthcoming events. Email Suzanne for more details at ssamour26@gmail.com

All Experience, Strength, and Hope stories are written by members of our community. Brian N’s story will resonate with many. It is a deeply personal account of his life...the rollercoaster journey of growing up with booze, the despair, hopelessness, challenges, and then the realization that life can be good.

Our DCM Jacquie M. has organized a GSR and Delegate Report workshop, presented by BC/Yukon 78 Delegate Rio D., to take place on August 26th. You are invited to attend. Poster inside this newsletter. Enjoy the rest of the summer! *Your Newsletter Team*

District 4 Committees

DCM	Jacquie M. districtaa4@gmail.com
Alternate DCM	Rose M.
Treasurer	Donna C. treasurydistrict4@gmail.com
Secretary	Vacant comxval.district4secretary@gmail.com
Literature	Craig W. district4aa.literature@gmail.com
Grapevine/ Grassroot Website	Carl J. Elizabeth B. cvdistrict4website@gmail.com
Newsletter	Deb R. Gitta P. districtforecast2@gmail.com
Archives	Cindy J.
12 Step/ Answering service	Terry B. 12stepdistrict4@gmail.com
Women's Bridging the Gap	Diane Jennifer B.
Men's Bridging the Gap	Brant P.
CPC	Barb F.
PI	Vacant

Come to a DISTRICT 4 Business Meeting

Next District Meeting

Wednesday, August 16 @ 5:30 pm

Zoom

ID: 821 3053 1283

PW: 192865

DCM Report

Hello Friends! My name is Jacquie, I am an alcoholic gratefully serving as DCM for District 4.

Things are busy at District, it is exciting. We are planning our August 26 Delegate report and GSR workshop. I hope many of you attend to hear what our Delegate brought back from the General Service Conference. For those groups that have GSRs remember all the Agenda items that your GSR brought to you for discussion? Well, you can come and find out what was decided with the help of the input from your group and all the other groups. The GSR workshop is to aid not only the GSRs serving as trusted servants right now but also those that may be interested in stepping up for their group GSR now or in the future.

Our District Committee Chairs are busy coming up with ideas and plans on how to carry the message to the still suffering alcoholic in our communities. I am so grateful for the enthusiasm and work of these committees. I am sure those still suffering alcoholics that we are able to reach by this service work will be as grateful as you and I that AA was here when we needed it. If your group needs a copy of the new Preamble please contact our Literature Chair Craig W, his contact info is in this newsletter and on our website comoxvalleyaa.ca

This month I met with 3 members regarding conflict and a safety issue happening at their meeting. I consulted our Delegate and relayed the information I learned from her. Our meetings need to be safe places for everyone, if there are problems at your group please reach out for help.

On July 22nd the newly formed Social Committee held a picnic at Kitty Coleman. It was so nice to bring our members and families together for some fun. Unfortunately it was too windy to play all the games that had been organized and to set up a District table but all in all it turned out well. The important part was to have some fun, meet new people and share our message. Thank you to the Social Committee for all your work, well done! The Social Committee would like your ideas for future events and they need more members to join the committee. Contact Suzanne S.

Our next District meeting will be held on Zoom August 16th at 5:30 pm. We are searching for a new venue for our in person District meetings, we hope to have something in place to vote on at our August meeting. I will keep you posted of the date, time and location as all of these may change for our September meeting. For now the Zoom info is on our website, and in this newsletter, please come join us!

In Gratitude,

Jacquie M.

districtaa4@gmail.com

District 4 DCM

Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

I've mentioned I'm now in Step 8 ["Made a list of all persons we had harmed, and became willing to make amends to them all"] of the 12 Steps, getting ready for Step 9. Reliving my past errors is harrowing at times—I've noticed that when I recall the disasters I've created in my life I feel the shame flare up and burn through me like a flash fire—but knowing I'm making amends for them soothes me like a balm and I feel purified when all is said and well-done. Another beneficial aspect of Steps 8 & 9 is that these are the first steps of the 12 that involve other people. Steps 1-7 are all about working on myself from the inside, while now I need to take this work and focus it outward, on my relation with others. Let me tell you, this step could not come soon enough. Like many alcoholics, I imagine, I'm pathologically shy. Alcohol was a way for me to overcome this fear of talking to people and it even worked for a certain time (usually the first bottle of wine). Now, by razing my past, by "Cleaning my Slate", I'm removing any need I have to feel inferior, to feel "less than", in my social interactions. Hopefully, this will help me to be more secure and "right-sized" when I continue my interactions with others. I'm sure I've told this story here on these pages somewhere but as this came up in my 8th Step work (Made a list of all persons we had harmed, and became willing to make amends to them all) and I also can't be bothered to search through my posts to link to it, I'll just retell it as briefly as I can. One Friday night here in Yeaman, after the weekly cocktail party where I work, I followed some of my colleagues to a Scottish pub for the pre-after party. I was not drunk, I was totally s***faced. I spoke very rudely on the underground, embarrassing my friends because I didn't think anyone spoke English in the subway car, until a young woman standing nearby informed us in no uncertain terms that she did. At the bar, I went to order a beer and noticed the barmaid was attractive (I was single at this time), so I decided to say something out of the ordinary, something edgy, to catch her attention and stand out from the crowd. I don't remember what I said. The next thing I do remember is the barmaid was in tears, my coworkers were leading me outside, and the furious barman/owner was telling me I was barred for life. Jumping ahead to tonight... At the meeting, a young lady in her mid-late 20's was celebrating 5 years of sobriety and was talking about how she had lost everything (her job, her apartment, her family) to her disease before realizing she needed help. When it came my turn to share I said: "When I was drinking, I felt like a broken toy. Like those toys under the bed in the evil kid's house in Toy Story where the heads are on the wrong bodies. And like them, I knew I was beyond repair. That was my destiny. I had to accept the fact that I was alone and living in the dark and there was nothing I could do to get fixed." The most amazing thing for me when I entered the program was realizing I was not broken by nature. That I could be repaired. All I had to do was to follow the steps. And as I took those steps and followed the advice, I slowly came out from under the bed and into the light. As I spoke, I glanced up at her and saw she was crying. She was not crying because I had humiliated or hurt her, but because my words resonated with her. If anybody tells you that using is better than recovery, they're full of Schlitz. *Al K Hall*

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

This tradition cuts to the very core of A.A. To me it simply says that Alcoholics Anonymous is just one drunk talking to another to stay sober. This to me is the very essence of A.A. I have held many positions in my almost sixty years on this planet but above all I am first and foremost an Alcoholic. Professionals in A.A. would probably destroy this program as we know it. As an Alcoholic, I need a level playing field. I need to be able to walk into a meeting (no matter where I am) and feel at home. I went to Laughlin last weekend and attended the morning meetings at the "Bullhead City Alano Club". I only go there a couple times a year with the bowling league, but the friends that I have made there remember me and I am at home there. No professionals, just people like you and me, and of course "Whiskers", the neighborhood dog, who shows up on time and stays quietly through the whole meeting. I personally would be a lost soul without this program and the friends that I have in it. It is a gift from God and I will always try to respect that. Alcoholics Anonymous will always be a safe haven to us as long as we respect and operate within the traditions and concepts of this program. Anonymous

Thank you to the A.A. Intergroup of the Desert for granting us permission to publish articles from the Desert Lifeline Newsletter.

EXPERIENCE, STRENGTH, AND HOPE

Hello, my name is Brian and I am a grateful recovering alcoholic. This is how it was.

Like many of us, I was a shy kid that never felt like I really belonged. I knew I was loved but the alcoholic activity in my family was always throwing mixed messages at me. I know this now. I had young parents. We camped, waterskied and partied. Almost all the men I had to look up to were alcoholics so that behavior became normal to me.

When I was ten I wrote a story about myself twenty five years in the future. One sentence was “I will be riding my motorcycle home from work where my family is waiting but I will go to the beer parlour with the other men.” Looking back it is no surprise I ended up where I did, in a seat in AA fighting to get my life back. Alcohol was involved in almost every family event that I can remember.

My cousin got married and was quite religious. She announced there would be no booze at her wedding. My other cousin bought a case of whiskey, my dad picked up the beer and we set up a bar in the parking lot. That about sums up how it was. So this is what happened. When I was fifteen months old my mom and nana took me back to England to show me off in the home country. I was being fussy on the plane so mom gave me some wine in apple juice to calm me down. There are photos of me as a young child with a cigarette in my mouth and a beer in my hand just like dad.

My first real drunk was at about thirteen on a lacrosse camp out tournament. My parents were in Europe while my grandparents watched my sister and me. It was a classic. Pour out the vodka into another container and replace it with water. My first blackout was at fifteen or so. I woke up in the morning, had missed work and my clothes, including my underwear, were on inside out. I was fifteen when my dad took me for my first beer in a bar. By sixteen I was a regular attendee at a couple of establishments around town and the guy that could “get in” to buy off sales. By this time other substances were firmly entrenched in my life as well. It was the seventies after all! My final year in high school was just that – HIGH. My parent split when I was nineteen. I moved out on my own for a year but my drinking and what not made it difficult to pay the bills.

This was the first time I realized I did not have an off switch. The throttle was wide open with no brakes. Eventually I found the first woman I thought was the love of my life. The night we met I was absolutely blotto. We got married. Our first child passed at three and a half months. Now if that isn't a reason to drink! In the next years we had two sons. Family life was great but my drinking was getting out of control. Blackouts, peeing the bed or in many odd places, staying out late, not making dinner. I basically drank myself right out of marriage.

I met another love of my life that I was with for ten years. This one cared enough to arrange an intervention that set me on a road to sobriety. This did not happen before I was doing piles of cocaine and washing it down with scotch or tequila or bourbon. I was crashing and crashing hard. I had a business, tons of debt and the four horsemen were bearing down on me hard. One night she said she was taking the kids out and left.

There was a knock on the door when two good friends came for a visit. One said to me “How are you doing?” I gave the standard answer of “I am ok good man.” He replied, “No, really.” At that moment I knew the gig was up. I could feel the weight leave me. I was lighter in heart and mind. In the next few days I met the man who still my sponsor and I started my quest for sobriety and peace. I started attending meetings and got some time under my belt. Almost six months.

Then I bullshitted myself into believing I had it under control. I went back out there to do a little more research. What I discovered was that I was sick and needed help. I felt my life slipping away. I was out for thirty two days. Thirty two days of pure hell. Through the grace of my Higher Power and the fellowship I returned with a vengeance.

Continues....

Continues....

In my first year of continuous sobriety I attended 523 meetings. A solid foundation to build my sober life on. I did a step series with a group of men. Those men have been the rock to which I have clung along with my Higher Power. With the fellowship, meetings and being present for the newcomers my life has become absolutely amazing. In sobriety many things have happened.

Life still happens. A divorce, lost a home, my dad passed, I had a heart attack, was diagnosed with two different cancers, endured treatment and contracted Legionnaire's Pneumonia that had me on life support and in hospital for six weeks.

A year of rehab followed that near death experience. Also during that time of ill health one of my sons decided I was not worthy of being in his life. To this day I have zero access to my three grandchildren, two of whom I have never met. Not one of these things made me drink.

Those are the not so good things but the good things still outweigh the bad. I am now a healthy active person living a far better life that just continuous to get better. I am married to a wonderful woman with many years in Alanon. I have a good job I attend five days a week. I manage my money and do not carry debt.

I haven't woken up hung over in fifteen years. I do my best to attend meetings weekly and stay in touch with my sponsor. I stick close to my brothers and sisters in AA. I do service where I can and stick my hand out to newcomers. It is a wonderful life when I let it be.

Brian N./Comox Valley member



Did you know....

Taking a trip on a Cruise Ship? Friends of Bill W. will be there for you...

A notice of a meeting of the Friends of Bill W. on your cruise ship daily schedule indicates an Alcoholics Anonymous meeting. William Wilson founded AA as a society of members dedicated to helping each other achieve and maintain sobriety.

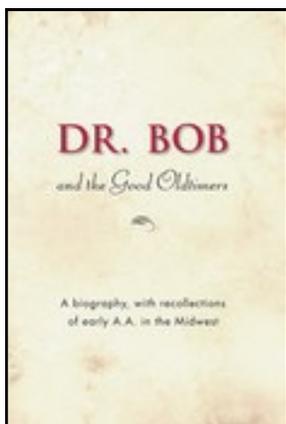
Members use the euphemism "Friend of Bill" or "Friend of Bill W." to show their membership to one another while maintaining anonymity, since many non-members would not know the meaning of the phrase. You might occasionally see the term shortened to "FOB."

Friends of Bill often attend meetings weekly or even daily. Most cruise lines provide meeting space as a service to members who would like to meet during their cruise. If no meeting is scheduled, members should contact Guest Services to determine if space can be made available.

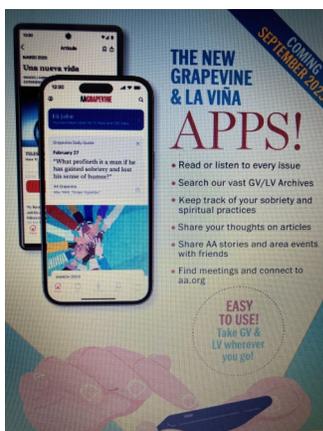
The Friends of Bill W. meetings onboard cruise ships are often attended by members of similar support groups, such as Overeaters Anonymous (OA) and Narcotics Anonymous (NA).

Book of the Month—

“Dr. Bob and the Good Oldtimers”



Filled with interviews with friends and family, this deeply researched biography follows A.A. co-founder Dr. Bob S. from his New England childhood to his days as a surgeon and father who couldn't stop drinking; to his transformative meeting with Bill W. and the birth of A.A. in Akron; and finally to his untimely death in 1950. The early history of Alcoholics Anonymous in the Midwest is chronicled along the way. With 26 archival photographs.



Grapevine

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

Grapevine Magazines are available to borrow at some meetings in the Comox Valley.

To subscribe:

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

Link to browse Grapevine books
<https://www.aagrapevine.org/store/books>

To order AA and Grapevine books, please contact our Literature Chair Craig W. By email: district4aa.literature@gmail.com

Archives

Aug, 1934— Rowland H and Cebra persuade court to parole Ebby T. to them.

Aug 11, 1938 —Akron & NY members begin writing stories for Big Book.

Aug 16, 1939—Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio.

Aug 26, 1941—Bill writes Dr Bob to tell him Works Publishing has been incorporated

Aug 1, 1943 —Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 9, 1943—LA groups announce 1000 members in 11 groups

Aug 3, 1954—Brinkley S. gets sober at Towns Hosp after 50th detox.

.Aug 28, 1954—“24 Hours a Day” is published by Richmond W

Aug, 1981— Sales of the Big Book passes 3,000,000

Aug 1981—Distribution of Alcoholics Anonymous passes 3 million.

Aug 18, 1988—1st Canadian National AA Convention in Halifax, Nova Scotia.



BC/YUKON AREA 79

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

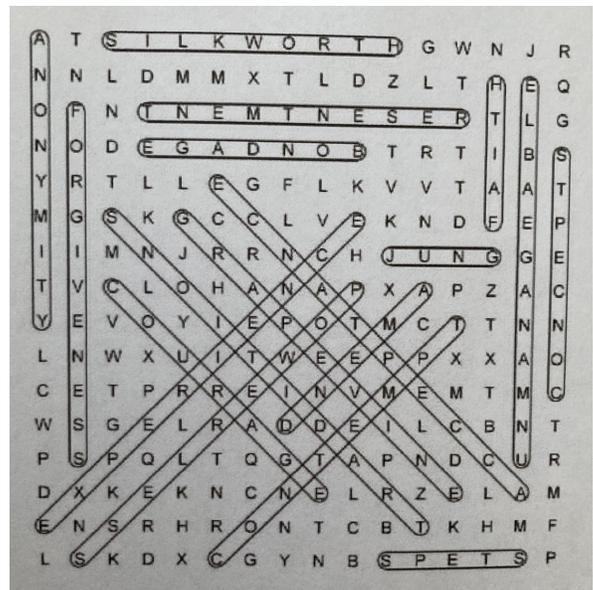
We are not a Glum Lot...

August Quiz

Find the words on the right in the letters below and circle the words.

e s p o w e r l e s s	acceptance
l g n i w d s r i t s	gratitude
b e m a i u a t p e g	honesty
a m m l l t a m e p n	willingness
e n a c l i e r p s i	sponsor
g s n o i t i d a r t	steps
a a o h n a o n y h e	traditions
n s a o g r o e r n e	alcohol
a g c l n g r n m c m	meetings
m a c c e p t a n c e	powerless
n a y t s e n o h l n	unmanageable
u t n e s p o n s o r	contempt

**Crossword Puzzle
Answers
from July Newsletter**



August Puzzle answers will appear in next months' District 4Cast.

BC/Yukon 79 Vancouver Island

Aug 26 **GSR and Delegate Report Workshop, District 4 AA, St. George's United Church**
(see attached poster)

July 3-6, 2025 The 90th anniversary of Alcoholics Anonymous will be celebrated at the 2025 International Convention in Vancouver. The theme of the 2025 Convention is "90 Years – Language of the Heart" General registration and housing will be available on the International Convention webpage in early 2024. Actual registration site links, forms and hotel booking links will be communicated to the Fellowship in August/September 2024.
<https://www.aa.org/international-convention>

Service Work Opportunities

Can You Spare An Hour To Carry the Message?

Amethyst House

Stepping Stones

Bridging the Gap

*Men's Recovery Centre"

Chair a one hour meeting. Contact the Women's and the Men's Bridging the Gap Chairs through your group's GSR or email the DCM at districtaa4@gmail.com

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. **Please contact Terry B. 12stepdistrict4@gmail.com**

Rally 2024

Our Rallies are always well attended. It is an opportunity to share and connect. To make it happen, we need committee members to step forward to be part of the committee. Do as much or little work as you like, but be part of the team. It is rewarding and gives you a chance to make a difference. Please contact the editor districtforecast2@gmail.com

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

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.

District 4 A.A. Workshop



Meet our Delegate Rio D. BC/Yukon Area 79

11:30 am – 12:30 pm	GSR Workshop
12:30 pm – 1:30 pm	Lunch
	Provided by District 4
1:30 pm – 2:30 pm	Delegate Report

Saturday, August 26th, 2023
505 6th Street, Courtenay
St. George's United Church, Multipurpose Room

We Encourage All Members To Attend!

Comox Valley A.A. Meetings

SUNDAY

11:00AM - HEART AND SOUL GROUP
(InPerson nGroup)

Lower Native Sons Hall
360 Cliff Ave Courtenay

Use the Entrance at the rear of the building
across from the Filberg Centre upper parking
lot

7:00 PM - RAINBOW LGBTQ2 (In Person)
543 6th St. Courtenay
behind the Alano Club

8:00 PM - NO OUTSIDE ISSUES GROUP
In-Person Group

Christ The King Catholic Church
1599 Tunner Drive, Courtenay

MONDAY

12PM - SEEKERS OUT TO LUNCH (In-Person)
St. George's United Church
505 – 6th Street Courtenay
Use entrance down ramp off Fitzgerald Ave.

7:00 PM - WOMAN'S 12 STEP RECOVERY
MEETING
(Closed and In-Person)
Hornby island Health Care Centre
1965 Sollans Road, Hornby Island

7:00 PM - MEN'S 12 STEP RECOVERY MEETING
(Closed and In-Person)
New Horizons
1765 Sollans Road, Hornby Island,

7:30PM - AIRPORT GROUP (In-Person)
19 Wing Faith Centre,
88 Military Row, Comox
Church is north of Glacier Gardens Arena

**7 pm - Monday night Denman Island
Meeting (in-person)**
Denman United Church, 4575 Denman Rd.

TUESDAY

12 PM - EXPERIENCE, STRENGTH & HOPE (In-
Person)

St. George's United Church
505 – 6th Street Courtenay
Use entrance down ramp off Fitzgerald Ave.

7:00 PM - CUMBERLAND MOUNTAIN DEW
GROUP (Hybrid)

Cumberland United Church - meeting room
2688 Penrith Ave, Cumberland
Front Entrance
Meeting ID: 871 887 6517 Password: 037865

WEDNESDAY

12PM - SEEKERS OUT TO LUNCH (In-Person)
St. George's United Church
505 – 6th Street Courtenay
Use entrance down ramp off Fitzgerald Ave.

7:00 PM - HOW WE RECOVER (In-Person)
Elim Gospel Church
566 5th Street Courtenay

7:00 PM - HORNBY ISLAND RECYCLED GROUP
(In-Person)
Hornby island Health Care Centre
1965 Sollans Road, Hornby Island
Contact # 2503352820 landline

7:30 PM - BACK TO BASICS GROUP (In-Person)
Comox Valley Lions Club
1729 Comox Avenue, Comox
Nordin Street Entrance



Continues...

THURSDAY

12 PM - EXPERIENCE, STRENGTH & HOPE *(In-Person)*
St. George's United Church
505 – 6th Street Courtenay
Use entrance down ramp off Fitzgerald Ave.

7 PM - FANNY BAY GROUP *(In-Person)*
7766 Island Hwy S, Fanny Bay
Building beside house
Ph. 250-335-0210

7 PM - COMOX VALLEY WOMEN'S GROUP *(In-Person)*
Alano Club front room
543 6th St. Courtenay

8 PM - COURAGE TO CHANGE *(In-Person)*
Royston Community Hall
3902 Old Island Hwy, Royston

8 PM - THURSDAY NIGHT MEN'S LITERATURE *(In-Person)*
Church of St. John the Divine
579 5th Street Courtenay

8:00 PM - MEN'S MEETING *(In Person)*
543 6th St. Courtenay
behind the Alano Club

FRIDAY

12PM - SEEKERS OUT TO LUNCH *(In-Person)*
St. George's United Church
505 – 6th Street Courtenay
Use entrance down ramp off Fitzgerald Ave.

7 PM - SERENITY GROUP ZOOM MEETING
ZOOM ID:867 3034 8844
Password:850945

7 pm - DENMAN FRIDAY NIGHT GROUP *(In-Person)*
Denman United Church, 4575 Denman Rd.
In the meeting room

8 PM - COURTENAY GROUP *(In-Person)*
St. George's United Church
505 – 6th Street Courtenay
Front entrance

SATURDAY

11 AM - JOYFUL DISCOVERY GROUP *(In-Person)*
St. Peter's Church Hall
218 Church St. Comox

11 AM - JOYFUL DISCOVERY ZOOM MEETING
ZOOM ID: 986-8225-1568 Password: 562457

12:00 PM - HI-NEW-NERS
543 6th St. Courtenay
behind the Alano Club

7:00 PM - HORNBY ISLAND RECYCLED GROUP
(In-Person)
Hornby island Health Care Centre
1965 Sollans Road, Hornby Island



A.A. Help Line...

We are here for you...

Day and Night!

One of our local members
is just a phone call away.

250-338-8042

*Our phone service rings up to 7 times. We really
want to connect with you so wait for the beep.
It will come and someone will call you back.*