

DISTRICT4CAST

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Principle Twelve

Service - an act of helpful activity; help; aid; to do someone a service.



Unsplash/ Aaron Burden

Night Owl Meetings

Dec 19th to Jan 1st

Drop in from

9 pm to 12 am

Behind the Alano Club

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.

There are some who are hurting and sad during this holiday season. The message and wish for all of you is that today we strive long and hard to focus on the GOOD & POSITIVES in our lives. We all have them.

Let's make sure we surround ourselves with those who love and appreciate us, not wallowing in remorse, self-pity, hurt, sadness, anger about those things and especially people who DO NOT.

Start today, and it will help us all get through this trying holiday season. We are in control of our own destiny. We make choices...some of them not the best ones. But we pick ourselves up (again & again), and learn to love ourselves so that in time we will make better ones that lift us up, instead of tearing us apart. Only then can we be on our way to becoming the strong person we were meant to be. She/he's in all of us.

That's the wish for all of you. I'm right there with you...sloshing through the mud with my emotions very raw. We can get through this together. Let's make a promise to change our mindset...if only for today. Baby steps. We CAN do it.

Sending Happiness & Light !

Wynter

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

My sponsor with 16 years of sobriety has recommended I not consider sponsoring anyone until I have completed all 12 Steps. Only through knowledge of these twelve steps, can I accurately understand a Sponsee's issue and suggest one (or a combination) of the Steps. I believe the steps can be applied throughout all phases of my life, and if practiced in earnest, help me move from sobriety to "emotional sobriety."

Finding some element of joy all around me, when in the past, I could only see pain. I've learned that being "shy" is a form of being "selfish," so instead of being concerned about what others may think, I now share on a regular basis, and have been told afterwards that my words were appreciated. This too is Twelfth Step work.

Mark A.

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Being sober since March, 1983, I am still very protective of my anonymity in some circles. I can still very much relate to "12 Steps and 12 Traditions", page 185 the paragraph starting with "as a rule", through the first complete paragraph on 186. In that paragraph it is written "as he gained confidence".

I am always crossing paths with new people outside of the rooms, since being a professional, I am meeting folks from all over. I am totally unaware of their experiences in life. Maybe their journey in life with a practicing Alcoholic, or recovered has not been all peaches and cream.

I'll never forget the day I was in a bank in Palm Desert. There was an elderly, beautiful teller with a name tag reading "Judy" on it. She was also wearing an equally beautiful gold necklace with the name "Elizabeth" on it. I commented on her necklace and she looked me right in the eyes and said that it had belonged to her daughter, who was killed by a drunk driver. I completed my deposit and left. Do you think I was going to change her mind of how sweet, warm, and wonderful we think we are?

Please forgive me for taking our inventory, however the way some of you "Swear in Meetings", when you think your "Sharing", I cringe inside, thinking to myself, I hope he doesn't tell anyone he's in AA...? Our anonymity needs to be respected, especially outside of these rooms! I can remember, when I got sober....(Here it comes)....the old timers would often chose the topic of "Anonymity" as a subject. Making us realize how important we must guard our Anonymity.

Tony C.

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

Continuous....

Information for Night Owl meetings for the Holiday Season is on our website. Please send our website chair cvdistrict4website@gmail.com information for your Home Group's Festive Season parties.

I thank you for all you do for AA and for allowing me to be of service. I wish you a Sober and Joyous Holiday Season full of Love.

In Gratitude,

Jacquie M.

Jacquie M.
DCM District 4
districtaa4@gmail.com

Tips To Stay Sober During the Holiday Season

Take this opportunity to celebrate not only the holidays, but also your new life of sobriety, which is something really worth celebrating. If you find yourself struggling during the holiday season, please remember that you are not alone. Help is only a phone call or meeting away! Here are some helpful tips:

- ◆ Plan each and every day of your holiday season: Plan to spend the majority of your time with friends and family who are supportive of your recovery.
- ◆ Find a meeting in your area: Many groups have special meetings during the holidays to share their experience, strength and hope. Check the local papers for a meeting in your area.
- ◆ Ask for support from family and friends: Those who are truly supportive of your recovery will be happy to help you throughout the holidays.
- ◆ Have a list of ten people you can call: Make a list and check it twice. Carry your cell phone and list of names at all times.
- ◆ Don't forget about regular exercise: Regular exercise is an essential component of any balanced recovery program.
- ◆ Stay away from slippery places: There is absolutely no reason to ever check out your former favorite establishments.
- ◆ Create new traditions to replace your old using patterns: Buy a new board game or take the family on a sleigh ride. Use your imagination, be creative, & have fun.
- ◆ Write out a daily gratitude list: The quickest cure to get you out of the holiday blues is by counting your blessings and being grateful for what you have every morning.
- ◆ Volunteer your services to a charitable organization: There are many people in your community who are less fortunate than you. You will be helping not only the needy but yourself
- ◆ Write a letter to yourself – "How I stayed sober over the holidays:" The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy, happy, and sober holiday season.
- ◆ Live one day at a time, even an hour or a minute at a time, and enjoy your sobriety: Stay in the moment and live one day at a time. Never mind about what happened or what could happen. Enjoy today. Live today.

CELEBRATE YOUR SOBRIETY

District 4 Committees

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Women's Bridging the Gap	Diane Jennifer B.
Men's Bridging the Gap	Brant P.
CPC	Barb F.
PI	Vacant

Next District Meeting

Wednesday, 20th December 2023

@ 5:30 pm

Zoom

ID: 821 3053 1283

PW: 192865

DCM Report

Hello AA Friends,
my name is Jacquie, I am an alcoholic and am honoured to serve as DCM for District 4. Wow this year has whizzed by!

I would like to thank the Gratitude Day committee, all who volunteered that day and all who attended. The day was very much a success. I know that the planning of these events takes much dedication and is a true example of Gratitude. I am grateful for all the work and love that went into it.

You may already have heard from your GSR or contact person for your group that GSO is in need of our funding. If you don't have information on this please contact me and I can forward the letters from GSO to you.

At our November District meeting we had a discussion on Anonymity within our District. The discussion resulted from photos been taken at meetings and AA events and then placed on a personal profile page of a social media site. These actions could very well discourage members from attending meetings and social events. As a District we decided that it would be best for the time being to announce at meetings what has been happening. This is very much against our Traditions on Anonymity, we ask that if you see this happening please speak with love and tolerance to educate those taking photos. WE all have the responsibility of teaching others the importance of adhering to the Traditions. Those of us that understand the importance of the spiritual foundation of Anonymity please pass on what you have learned. There is an Anonymity workshop in the works for the Rally this year. We need our AA community and anyone thinking of joining us to feel that their anonymity is respected. None of us I think would want to keep anyone away from this life saving program.

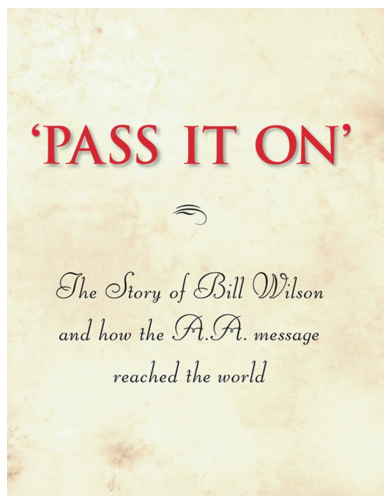
AA resources for Anonymity are; pamphlet P-47, "Understanding Anonymity" available through our literature depot and the AA Guidelines on the Internet. The Guidelines can be found in PDF version on aa.org. There is much food for thought in this literature especially about Anonymity and social media. The November 2023 Grapevine has a great story on Tradition 11/Anonymity. I have found GSO approved signage regarding Anonymity in the digital age for events and /or our home groups.

There was a Rally meeting on November 26th, attendance was not great, they need your help. The next meeting is December 10th from 2-4 behind the Alano club. The Rally will be May 17-19, 2024 at the Florence Filberg Centre.

If you plan to attend the World Convention in Vancouver in 2025, the rooms will be available to book in January and I think they will go fast!

Continues...

Book of the Month—Pass It On



Full of first-person accounts and primary source material, this portrait of Bill W. recounts his journey from Vermont youth to Wall Street success story to hopeless drunk — until a series of remarkable events allowed him to stop drinking and to co-found Alcoholics Anonymous. We follow Bill through his tireless work for the Fellowship: the publishing of the Big Book, the development of the Twelve Traditions, the formation of the General Service Conference. Closing chapters walk us through Bill's final years of challenge and change. With 39 archival photographs.

General Service Conference-approved.

Hardcover

5.375" x 8.25"

Grapevine

This month feature section is “Remote Communities and Sober Holiday Stories”

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

To subscribe:

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

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

December 1934: Bill has his spiritual experience in Towns Hospital.

December 1934: Bill works with other alcoholics, but none of them stay sober.

December 1937: Bill, Dr. Bob, Dr. Silkworth, and some group members from Akron and New York meet with John D. Rockefeller Jr. Their hopes for financial backing from the philanthropist were squashed when it was pointed out that money could spoil the movement's purpose. The meeting reaps welcome enthusiasm and moral support, but no funds. This experience would later form the basis of A.A.'s Seventh Tradition.

December 1938: Twelve Steps are written.

December 5, 1943: Bill and Lois arrive in Portland Oregon as part of their Pacific Northwest tour.

December 6, 1943: Bill and Lois attend a meeting arranged by early Portland A.A. pioneers, Dr. Clarence W.H. and Dan G. The meeting attracts over 100 people thanks to advertisements placed in The Oregonian and The Oregon Journal newspapers. Bill would speak on his experience, strength, and hope for one hour. After hearing Bill's story, twenty-two men register their phone numbers and express a desire to attend another meeting.

**BC/YUKON AREA 79
Literature APP**



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

Vancouver Island AA Events

31 Dec. Tofino Forever New Year's Eve Marathon Meeting @7:30 to 1 Jan @12:30 am
ONLINE, Canada

MEETINGS START AT 7:30, 8:30, 9:30, 10:30 AND 11:30 FEEL FREE TO WEAR A FUN HAT OR FANCY OUTFIT AND HAVE SOME SAFE SOBER FUN!

TOFINO FOREVER AA MEETING | LINK ROOM: ID 419 585 9765 | PW: 376942 CALL IN: 1-778-907-2071

Visit AA BC/Yukon website for more information: <https://bcyukonaa.org/events/category/events/list/>

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*

Service Work Opportunities

Can You Spare An Hour To Carry the Message?

Bridging the Gap

Amnethyst House

*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

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.

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.