

# DISTRICT4CAST

## STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

## TRADITION 2

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

## CONCEPT 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

## PRINCIPLE 2

HOPE - The feeling that what is wanted can be had or that events will turn out for the best; to believe, desire, or trust.



Two holidays in February, that we might not automatically think of in terms of our AA program are Valentine's Day and Family Day. But our sobriety enriches our family life and our relationships in countless ways.

Over time amends are made to children, partners, parents, and extended family. Guilt no longer hangs over our interaction with loved ones. We are able to celebrate holidays without fear of an alcohol induced incident. But what about those new in the program who might be struggling?

What about the loner alcoholic who is not in a relationship, or who is not in touch with their family? Maybe all of us in AA could give a thought on Feb. 14 or Feb. 20 to someone in our group or someone we know in the program who might be alone, and reach out to them. Or for those who find themselves going solo on these days, how about checking out a meeting, writing an amends letter (no need to mail it if you are not ready yet), calling a sober friend, inviting a sponsor for lunch or coffee, or maybe even carrying the message to someone still "out there".

For many of us AA is like a new family, so let's celebrate Valentine's Day and Family Day as alcoholics with a big feisty caring extended family to connect with. Keep coming back, it works!

## EXPERIENCE, STRENGTH, AND HOPE

Early in my recovery from alcoholism I was sitting on my couch in a trailer park in Yellowknife, Northwest Territories.

My partner must have been travelling for her job. I don't remember but she wasn't there. I had hidden a bottle of whiskey thinking that if I change my mind about drinking, I will have something at hand to drink.

So, there I sat, a bottle on the coffee table alongside the Big Book of Alcoholics Anonymous and a telephone on the end table. Cliche, I know. In the silence I stared at the bottle knowing where it would end. I had telephone numbers of people in the know I could call. The Big Book was full of answers to my dilemma.

The telephone ring startled me. I let it ring a few times and it kept ringing so I answered it. Must be important, I thought.

It was a man I knew from the meetings. He asked how I was doing. There was a long pause, during which he said nothing. I told him the truth about my situation, the battle between the bottle and the Big Book.

He asked me where I lived and I told him. What number he said and I told him. Are you near a south facing window he asked. I said yes looking out the living room window. There was he on his step waving at me. The phone to his ear he said he would be right over.

Five minutes later he knocked on the door. The first thing you have to do, he said, is pour the whiskey down the sink. I hesitated. Just do it, he said.

As I was pouring it down the sink, the strong smell of alcohol nearly made me puke. We sat together on the couch for what seemed a very long time.

He said good night and I slept well. That man, a long time later, heard my confession as set out in Step 5. I will never forget him and the night he saved me from myself.

*Brian M.*



## District 4 Committees

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Newsletter Deb R.  
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Archives Vacant

12 Step/  
Answering service Tery B.  
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Women's  
Bridging the Gap Tracy F.

Men's  
Bridging the Gap Brant P.

PI/CPC Johnny C.

[www.comoxvalley aa.ca](http://www.comoxvalley aa.ca)

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

Next District 4 Zoom Meeting:

February 15th at 6pm

<https://us02web.zoom.us/j/82130531283>

Meeting ID: 821 3053 1283

Password: 192865

## DISTRICT 4

### DCM Report

Hi friends,

I am Jacquie & I am an alcoholic, serving as your DCM.

I attended the Quarterly in Langley Jan 6 & 7<sup>th</sup>. Two hundred people attended in person and 88 were on Zoom. It was inspiring and heart-warming to see the devotion to Alcoholics Anonymous and all that is involved to be sure AA is here for all who need it when they decide they want it.

The Treasurer report was this, he had four take aways:

- Area is doing ok....
- But to do what Area had voted to do at the Sept 2022 Assembly they will need more contributions.
- GSO & Grapevine have had tough years, they have had to draw down on the reserve fund.
- If wondering if our groups should contribute to GSO or Area or District the answer is all.

Contributions since Sept assembly totalled \$46,000! The total for 2022 was \$108,000. To cover increased travel expenses and the mandate from the Sept voting assembly Area will need contributions of \$175,000 this year. Last year out of the 847 groups in Area 79 only 142 contributed. Our district contributed \$4,033 last year.

Changes to Bidding for Quarterlies & Assemblies criteria, to be noted this is an experiment. It has been difficult to find venues with 10-12 breakout rooms that have wi-fi. We now need 1 large room to hold 300-400 people depending on if an Assembly or Quarterly is being held and a smaller room for 60 people. The week before the Assembly/Quarterly break out rooms will be held on Zoom, report backs will be at the Assembly/Quarterly. New criteria is on the Area website now. Duncan is hosting the 2023 Pre-conference April 14-16.

It has been a busy time, one of my tasks is trying to update Area of our GSRs and District Committee contact information as well as our homegroup meetings. All of this information is important to have in our District as well as Area & GSO so people, especially newcomers or perhaps the professional community or members travelling can find us.

GSR's play a big part in helping to keep your group's information up to date for the above reasons and many more. If your group has a GSR then you group is contributing to the solution. If your group does not have a GSR, perhaps it is time to ask why. If you don't know what being a GSR entails ask your sponsor or someone you know that has done or is doing service work.

Continues...

Continued from Page 3

We had our first District 4 committee meeting on Jan 18, the 3<sup>rd</sup> Wednesday of the month is our meeting date. Some of the highlights from the meeting are:

- Contact Craig W to purchase literature
- Contact Terry B chair for 12/Step & phones to volunteer
- Contact Gitta P or Deb R regarding the newsletter. They are wanting each group to contact them with a group profile, please help them out.

All of the emails for these committees and more are on the previous page as well as the District 4 website. <https://comoxvalleyaa.ca/>

Much discussion was had on how we will meet; Zoom, in person or hybrid, more will be revealed after our next meeting!

Incoming District Committee Chairs have been doing the work to acquaint themselves to their new positions and to determine how to best serve our District. Our District committee needs your help and input, it always comes back to we are a **WE** program.

I said earlier it has been a busy time but I would like to tell you that it feels really good to be doing service for this amazing program. I will be making my rounds to meetings to introduce myself, it will take time before I get to every group. Until then if you have any questions please email me at [districtaa4@gmail.com](mailto:districtaa4@gmail.com)

In Gratitude,

*Jacquie M.*

## Book of the Month—"12 Steps & 12 Traditions"

The "Twelve and Twelve" contains 12 essays by Bill W. that expand upon each of the Steps — the A.A. program of recovery — with helpful examples and personal insights, and another 12 that explain how the Traditions protect the unity of Alcoholics Anonymous. Originally published in Grapevine in 1952, *Twelve Steps and Twelve Traditions* is used today by A.A. members and groups worldwide.

Hardcover \$13 Soft Cover \$12.00

## Grapevine

The February 2023 issue features "Making Amends."

AA members share powerful experiences about how they made their Ninth Step Amends.

To subscribe:

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

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



## Archives

**February 1939:** Dr Harry Tiebout, 1st Psychiatrist to endorse AA and use it in his practice.

**February 8, 1940:** Teetotaler Rockefeller held a dinner for AA that was presided over by his son Nelson and was attended by wealthy New Yorkers as well as members of the newly founded AA. It was hoped the event would raise much money for the group, but upon conclusion of the dinner, Nelson stated that Alcoholics Anonymous should be financially self-supporting and that the power of AA should lie in one man carrying the message to the next, not with financial reward but only with the goodwill of its supporters.

**February 1943:** During gas rationing in WWII, AA's are granted the right to use cars for 12th step work in emergency cases.

**February 2, 1954:** Bill W declined an honorary Doctor of Law degree from Yale.

**February 1945:** World War II paper shortage forced reduction in size of the Big Book.

**February 1959:** AA granted "Recording for the Blind" permission to tape the Big Book

**February 14, 1971:** AA groups worldwide hold memorial service for Bill W.

## Step 2 Quote

*"If ego can be laid aside and allow for someone or something greater than you, it is possible to be guided in the right direction."*

## Step 2

**Came to believe that a Power greater than ourselves could restore us to sanity.**

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was. We needed to ask ourselves but one short question. - "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

*A.A. Big Book, p. 47*

## Tradition 2

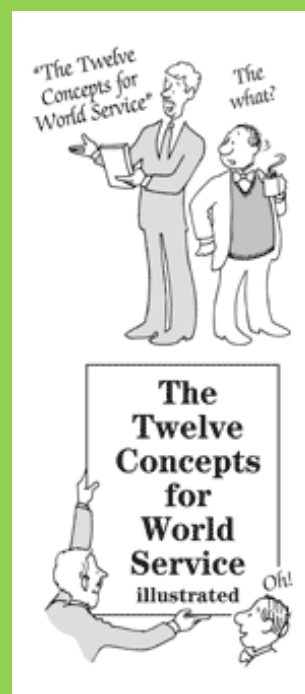
**For our group purpose there is but one ultimate authority —a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."**

AA is both a democracy and, in Bill W.'s words, "a benign anarchy." A group elects its own officers ~ who have no power to order anybody to do anything. In most groups, most of the slate rotates out of office at the end of six months, and new officers are elected. If a group wants to be part of the whole AA service structure, it elects a General Service Rep. (GSR) with a two year term. GSRs elect area committee members and then join them in electing a delegate from their area to the annual General Service Conference. The Conference is about the closest approx. of a government that AA has; it produces opinions on important matters of policy, it approves the choice of some trustee nominees for the General Service Board and directly elects others. But neither the Conference nor the board can give orders to any group or member. Then who's in charge? AA is a spiritual movement, and so the "ultimate authority" is the spiritual concept of the "group conscience".

*Excerpt from the Twelve Traditions Illustrated pamphlet*

## The 12 Concepts for World Service Pamphlet

Written by A.A. co-founder Bill W., the Twelve Concepts for World Service help to ensure that the various service entities remain responsive and responsible to the Fellowship they serve.



Weblink:

<https://www.aa.org/twelve-concepts-world-service-illustrated>





**Over the next months we will publish favorite slogans and quotes.** These statements are in no particular order in our recovery or of importance.

- ◆ Easy does it.
- ◆ First things first.
- ◆ Live and let live.
- ◆ But for the grace of God.
- ◆ Think think think.
- ◆ One day at a time.
- ◆ Let go and let God.
- ◆ K.I.S.S.---Keep It Simple Stupid.
- ◆ Act as if.
- ◆ This, too, shall pass.
- ◆ Expect miracles.
- ◆ I can't, He can, I think I'll let Him (Steps 1,2,3).
- ◆ If it works, don't fix it.
- ◆ Keep coming back, it works if you work it.
- ◆ Stick with the winners.
- ◆ Keep on trudgin.'
- ◆ Sobriety is a journey, not a destination.
- ◆ Faith without works is dead.
- ◆ Poor me, poor me, pour me another drink.
- ◆ To thine own self be true.

Do you have a favorite?

We invite comments, opinions, and experiences.

Email: [districtforecast2@gmail.com](mailto:districtforecast2@gmail.com)

## One Day At A Time

“Although we realize that alcoholism is a permanent, irreversible condition, our experience has taught us to make no long-term promises about staying sober. We have found it more realistic—and more successful—to say, ‘I am not taking a drink just for today.’ Even if we drank yesterday, we could plan not to drink today. We may drink tomorrow—who knows whether we’ll even be alive then?—But for these 24 hours, we decide not to drink. No matter what the temptation or provocation, we determine to go to any extremes necessary to avoid a drink today.”

*AA Publication Living Sober*

# Can You Spare An Hour To Carry the Message?

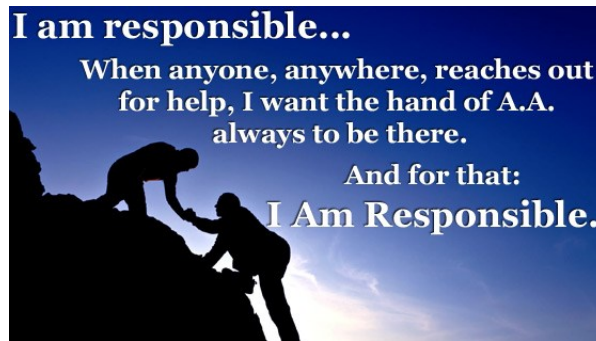
## Bridging the Gap

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 DCM



## 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*

**WE need your help in covering a shift.** Please contact Terry B. [12stepdistrict4@gmail.com](mailto:12stepdistrict4@gmail.com)

Answer key to January Puzzle

srtiboey	sobriety
soropns	sponsor
ecnrwmo	newcomer
anield	denial
nmaauanbleeg	unmanageable
lserwpeos	powerless
llWiB	BillW
eryvnoit	inventory
liosalcmh	alcoholism
eensitmg	meetings
ipuarittsyli	spirituality
nepevagri	grapevine
moatyyinn	anonymity



# *We are not a Glum Lot...*

## February Wordsearch

S	U	A	C	L	M	E	S	S	B	R	M	E	Q	O	B	F	I	H	P
O	N	A	X	R	T	S	P	O	N	S	O	R	E	E	C	M	B	T	I
C	N	A	T	F	W	T	R	H	U	M	I	L	I	T	Y	E	Z	T	G
I	T	M	I	T	A	K	G	L	P	N	O	S	E	N	D	E	M	Y	E
E	H	C	O	P	I	N	I	O	N	C	N	A	B	F	L	Y	I	C	M
T	Q	X	R	R	N	T	I	Z	Y	O	A	J	X	B	T	I	N	Z	O
Y	B	S	T	E	P	S	U	H	I	G	Q	K	A	F	V	A	E	X	D
W	C	V	H	D	C	A	E	D	J	C	R	N	V	W	R	S	C	Y	F
J	O	Y	L	N	B	J	A	I	E	S	O	H	I	E	Z	P	N	M	I
O	L	S	I	E	K	R	X	M	L	S	T	W	L	D	X	Y	E	D	F
M	P	S	G	R	T	P	A	Q	A	O	K	O	E	B	U	D	I	K	P
W	N	E	M	R	O	H	Z	E	V	G	T	C	M	T	O	Y	R	P	G
Q	N	N	I	U	K	V	R	D	N	A	K	G	M	K	M	E	E	C	V
X	U	M	Q	S	H	O	R	T	C	O	M	I	N	G	S	O	P	J	E
R	A	L	W	R	D	O	B	T	X	L	P	S	S	D	U	Z	X	R	F
V	S	A	J	E	F	A	L	C	O	H	O	L	I	C	S	U	E	P	O
W	J	C	E	S	R	R	T	P	N	K	E	V	O	L	K	C	D	K	J

Attitudes

Opinion

Shortcomings

Reasonable

Surrender

Sponsor

Experience

Calmness

Joy

Steps

Traditions

Alcoholics

Tolerance

Society

Wordsearch solution will appear in the next issue.

After the husbands fifth trip to the host's bar for refills, the wife said, "Aren't you embarrassed to go back so many times?"

Hubby: Nope. I keep telling them it's for you.

An alcoholic walked into a bar and read a sign that read "All you can drink for \$1.00.

The alcoholic said "I'll have \$2.00 worth please".



## BC/Yukon 79 Vancouver Island Events

There are no major events on Vancouver Island in February.

## Birthday Calendar

### Celebrate your sober milestones with us...

Let us celebrate together. Send an email with first name, last name initial and sobriety date to the editors at [districtforecast2@gmail.com](mailto:districtforecast2@gmail.com)

We will add the info to our spreadsheet and make sure, your date gets published.

Please notify us of any changes, e.g. moves etc.



## 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](mailto: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...

There are exactly 200 words in the 12 Steps.

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.