

DISTRICT4CAST

STEP 1

We admitted we were powerless over alcohol — that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

CONCEPT 1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

PRINCIPLE 1

HONESTY – Fairness and straight forwardness of conduct: adherence to the facts.



Happy New Year to Everyone at Comox Valley AA !

January is the month of new beginnings. Especially for newcomers who have the courage to walk through the doors of AA. Going to the first meeting can be overwhelming. You are not sure what to expect.

Everyone of us has experienced it. AA is a safe place, where anonymity is respected and where you receive a warm welcome and friendly smile.

This newsletter strives to publish articles that reflect the full diversity of experience and opinion found within the Fellowship of Comox Valley AA, to inform about the program.

We invite participation of everyone in the fellowship by submitting stories of Experience, Strength, and Hope. Your involvement will make a difference and will touch the hearts of our fellow brothers and sisters. It is an opportunity to reach out and encourages unity among our community. We will also highlight several service work opportunities which are a part of our recovery journey.

Let us come together!

Experience, Strength, and Hope

No Defense

Being a binge drinker, it was not difficult for me to stop drinking for a week or even a month just to prove I could do it. I also knew if you wanted me not to drink for three weeks, on the 22nd day you owed me big time and you were going to pay up. But since I had little trouble not drinking for a given period of time, I was certain I was not an alcoholic.

Once, while on one of these mandated dry spells, I was invited to go to one of the most beautiful places on this earth: an open house at a liquor wholesale warehouse. I found myself there in a presence of more booze than I could imagine myself drinking in a lifetime, with a friendly face saying, "What would you like?" Since I was not drinking, I mustered all my strengths, courage and fortitude and said, "No, thanks!" Then I tried to hurry out the door..

But there was that voice. In the back of my head I heard a small voice say, "This time will be different." I returned to the bar. Soon the words, "I've never tried that new Canadian, the one in the wooden box," came right out of my mouth.

I don't remember if I took the people who were there with me back to their cars or how I even got home that night. I vaguely remember putting an empty glass down on the kitchen counter at home just before I passed out on the living room floor.

About five hours later, as I was beginning to come to again, my girlfriend came to my home. She was extremely angry. I had promised to pick her up from work just about the time I was passing out on the floor. For some mysterious reason, she didn't think standing on the street corner downtown for several hours was very funny. I responded with my usual lack of tact, which didn't go well. The next day, I pulled together all my humility and went to her apartment, expecting the usual punishment: a lot of yelling, screaming and maybe even some slapping.

These things happened to me quite often as a drunk.

I had come to expect these as the price I had to pay if I wanted to drink.

But this time it was different. She simply said, "I am not going to yell or scream. In fact, I am not even going to say anything. I am just going to give you my Big Book and ask you to read it. Open it anywhere and just read something. See if there's anything in there that you can relate to." Then she sent me home.

Nobody had ever treated me like that before.

They screamed at me, they beat me, they even sent me to jail. But nobody had done this to me.

I had to wait a couple of days for my eyes to clear up enough to read. When I could, I followed her instructions to the letter. I randomly opened her Big Book. I happened to land in chapter five-a very bad idea for an active alcoholic. I only read two paragraphs, but they scared me so badly that for the first time I was more afraid of a drink than I was afraid to live my life without alcohol.

That night I went to my very first ever closed AA meeting. My girlfriend handed me that Big Book on November 19, 1981. I have not had a single drop of alcohol since that day. *J.C. Peculiar, Mo.*

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District 4 Committee

DCM	Jacquie M.
Alternate DCM	Rose M.
Treasurer	Donna C.
Secretary	Julie B.
Literature	Craig W.
Grapevine/ Grassroot	Vacant
Web site	Elizabeth B.
Newsletter	Deb R. Gitta P.
Archives	Vacant
12 Step/ Answering service	Terry B.
Women's Bridging the Gap	Tracy F.
Men's Bridging the Gap	Brant P.
PI/CPC	Johnny C.

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

Next District 4 Zoom Meeting:
February 18 at 5:45pm
<https://us02web.zoom.us/j/4405052519>
Meeting ID: 440 505 2519
No password

District 4

Message from the DCM

Hi everyone, my name is Jacquie and I am an alcoholic as well as your newly elected DCM.

I have to say that I never intended to be a DCM. Funny how things happen when you turn your will and life over to your Higher Power. I mentioned to my sponsor that someone had suggested I put my name forward to stand for DCM, she said that would be great, you are ready to take the leap! But she suggested I pray on it, reflect on it, and talk to others, which I did and here I am.

While reflecting, I thought of my first sponsor, my beloved Doreen. She was the DCM when I finally surrendered and got to AA. One of her favorite sayings was "know what you belong to." I learned from Doreen that there is more to AA than the meetings I was attending in the city where I lived. She directed me to our AA literature, workshops ... to learn about General Service, about Districts, Areas & GSO and how important it was to be of service at the General Service level to keep AA going for those who need it now and in the distant future.

So here I am suiting up, showing up and reporting for duty, another of Doreen's favorites. It has been a busy couple of weeks trying to get things changed over from the past District Committee to the incoming Committee. One alternate GSR and myself attended the Quarterly in Langley Jan 6-7. It was an inspirational but busy weekend. I came home with homework and an email box that keeps filling up. It is amazing how dedicated the Area Committee is to safeguarding AA and improving how Alcoholics Anonymous carries the message.

I am so grateful for the past Committee, thank you, all of you, for all of your work and dedication. We have some members who have been on the Committee for multiple 2 years stints. It looks like we have another group of amazing members on our new committee here to serve our District for the next two years. I hope that we can inspire more people to step up as GSR's so that each group has a vote for our delegate to take to New York. My plan is to do my best to continue unity in our District, to improve how we can help the still suffering alcoholic and to give what was and is so freely given to me.

In Gratitude,

Jacquie M.

Quote on Step 1

"Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection." –*Twelve Steps and Twelve Traditions*, p. 68

Bridging the Gap

An opportunity exists for members to carry the message by speaking at

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

districtaa4@gmail.com

12 Step Phone Answering Service

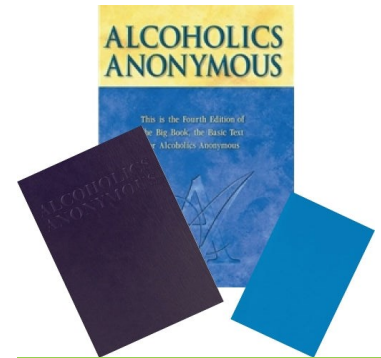
Members needed to take phone shifts to answer 12 step or information calls. Please email districtaa4@gmail.com

Book of the Month

Known as the "**Big Book**," the basic text of Alcoholics Anonymous has helped millions of people recover from alcoholism since the first edition appeared in 1939. Chapters describing the A.A. recovery program — the original Twelve Steps — and the personal histories of A.A.'s co-founders remain unchanged since the original, while new stories have been added to the personal histories with each edition.

Fourth Edition (2001).

Hardcover \$14 Softcover: \$13 Pocket size \$6.50



Grapevine

Grapevine is the International Journal of Alcoholics Anonymous in print, digital and audio. Written, edited, and illustrated by A.A. members and friends of A.A., Grapevine is a lifeline linking one alcoholic to another.



Weblink: <https://www.agrapevine.org/>

Archives

January 13, 1943: First AA meeting in Canada is held at the Little Denmark Restaurant in Toronto, Ontario

January 1959: After years of failed attempts, a stable A.A. Group in Colombia forms.

January 1960: First A.A. Group in Guatemala forms.

January 24, 1971: At the age of 75, A.A. Co-founder Bill W dies at the Miami Heart Institute in Miami Beach, Florida.

We are not a Glum Lot...

January Puzzle

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nepevagri

moatyyinn

Unscramble the letters to find the appropriate word

Puzzle answers will appear in next month's District 4Cast

I heard someone say, "take what you like and leave the rest." My sponsor leaned over and said, "Honey, you'd better take it all, cause you don't know what you'll need, yet."

Procrastination: I am very busy doing things I don't need to do in order to avoid anything I am actually supposed to be doing.

BC/Yukon 79 Island Events

January 27-29

Nanaimo AA Rally

The rally will be held January 27th, 28th, and 29th at Beban Social Centre. Events include talks by local and circuit speakers (from AA and Al-Anon), Live bands, A DJ'd dance, and meetings hosted by local groups!

Further information at weblink: <https://www.nanaimoarally.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.



Did you know...

A.A. is present in around 180 nations worldwide, and the estimated membership is more than two million. According to A.A., there are more than 123,000 A.A. groups worldwide. In addition, the literature of A.A. has been translated into more than 100 languages.

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.