

# DISTRICT 4 CAST

## Step Seven

Humbly asked Him to remove our shortcomings.

## Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions.

## Concept Seven

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

## Principle Seven

The quality or condition of being not proud or arrogant; modest opinion or estimate of one's own importance, rank, etc.



Kitty Coleman Provincial Park

## AA Family Picnic at Kitty Coleman on July, 22nd

Happy July everyone! School is out and summer holidays are in full swing...Tourists come from all over the world and spend thousands of dollars to experience our paradise. And we are privileged to enjoy this magical place every day.

Of course, in our darkest hours of drinking we do not see it. But change is possible. Once we work the steps, let go of our pride, arrogance, and self importance, the miracle will happen and a new lease of life will be given to us. We shall never take this for granted, but be full of gratitude every day for a new chance, for a new outlook.

We are fortunate to have such a strong, caring AA fellowship in the Comox Valley. Recently, a Social Committee was formed and the first event is happening at Kitty Coleman Provincial Park on July, 22nd. It will be a family picnic. See poster for more information.

At the District Level, most positions have been filled., except for Secretary and PI Chair. Everyone is welcome to join the monthly District Meeting. More info on page 2.

Our Experience, Strength, and Hope story is about a devoted mother's journey from addiction to recovery.

Looking forward to seeing everyone at the picnic!

*Your Newsletter Team*

## District 4 Committees

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

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

**Next District Meeting**

**Wednesday July 19th, 5:30 pm**

**In-person behind the Alano Club**

## DCM Report

Hello Friends!

My name is Jacque, I am an alcoholic, gratefully serving as the DCM for District 4.

I just returned from the June Quarterly. It began the evening of Tuesday, June 20th on Zoom with a First Timers orientation followed by the breakout committees. This will be the usual procedure for Quarterlies and Assemblies. The weekend portion of the event was again hybrid, with the in person being held in Kelowna. All portions of the Quarterly were well attended.

It was an informative and inspiring event. At these events so many ideas are shared on all aspects of Service in AA. This time we discussed outside issues, encouraging Groups to become active in General Service and for (Group Service Representatives) GSRs to fulfill their commitments, conflict in Districts, all reports from the various committees and 1728 sponsorship. What is 1728 Sponsorship you ask? Being guided through the 12 Steps, 12 Traditions, and 12 Concepts. The result, a 3-legged stool of recovery with all legs being of equal length. If you don't understand what this means, talk to your sponsor or GSR.

The Grapevine committee entertained and informed us with a skit, they are also planning a workshop to help members write their story for Grapevine.

There will be a Grapevine app as of Sept 2023. Rio our Delegate gave her report. She had so much information to share with us I cannot put it all in this report. Rio will be visiting us on Aug 26 to give us her report and she will also be doing a GSR workshop. Stay tuned for updates on this event via posters and your GSRs. In Jan 2024 the call for volunteers will go out for the International Convention to be held in Vancouver July 3-6 August 2025. More information on the convention can be found at [bcyukonaa.org](http://bcyukonaa.org).

Treasurer Paul T's words; "Area has been just under budget on contributions for the last two months. Our June and September Area events are expected to be significantly more expensive than the previous two. The financial situation for the General Service Board, AAWS and AAGV is not worse than the last report. It is still a financially challenging time for our 3 boards, they have a 350K deficit year to date. \$250K of the drawdown taken to deal with the effects of the pandemic has been replenished. When asked if a group should contribute to Area or GSB my answer is YES."

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Our District is doing well financially, hopefully your GSR is giving you the reports of our District meetings. We still need a secretary at District 4. Rose our Alternate DCM is filling the position until someone steps forward. Also, we are still looking for a PI Chair. Something I heard at the Quarterly-Service is gratitude made visible. I am so very grateful for our District Committee members.

Answers to questions from the May workshop;

Is the Delegate's report on line? Yes, yearly it is online after it is presented at the June Quarterly. But come meet Rio on August 26th she welcomes all your questions. Her love for Alcoholics Anonymous is infectious.

Why are some GSC positions elected and some appointed? The short answer is, it's the autonomy of the area. There are 7 elected positions (eg. Chair, Secretary and Treasurer). Quite some time ago a decision was made to mirror the conference with the addition of (seven) appointed positions in Area 79, which are the committee chairs (eg. CPC, PI, Archives, etc.). A benefit to having the seven appointed positions gives the opportunity for more members to serve.

Our next District meeting is July 19 th at 5:30 pm behind the Alano Club.

Please join us!

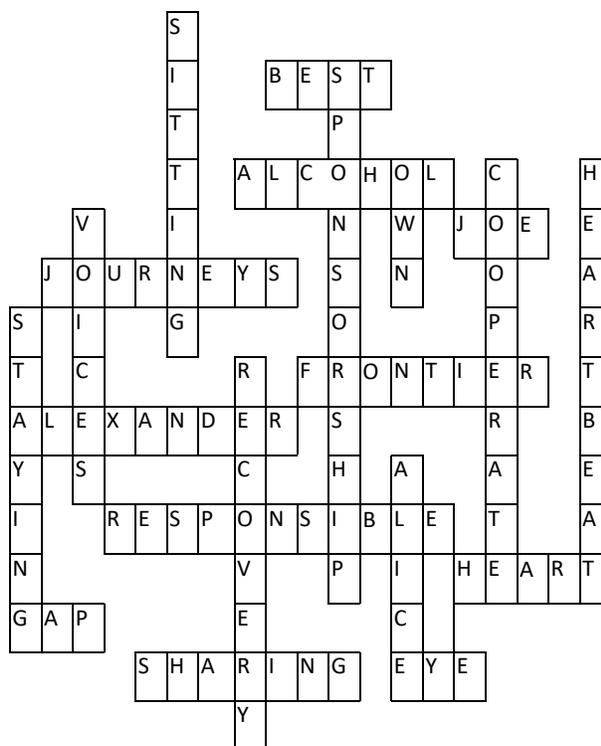
In Gratitude,

*Jacquié M.*

districtaa4@gmail.com

District 4 DCM

**Crossword Puzzle  
Answers  
from June Newsletter**



## Step Seven

### ***Humbly asked Him to remove our shortcomings.***

I tend to go to fast with everything in life. So with Step work, I intentionally slow down. I read and do the Steps word by word. This Step begins with "Humbly," and I consider that word as if it were an entire sentence, an entire thought, a complete action. Humbly. Has my inventory been complete? Have I really been living Step 3? Am I doing the deal in A.A.? Do I recognize in my heart of hearts that I cannot do it alone? If the answer is yes, I have no problem asking the God of my understanding for help in doing what I have been unable to do for myself for my entire life. I used to be a slave to my defects. Running riot for who-knows-why. Now it's time for it to end, for me to ask God's help. He has been there the entire time; witnessing my progress. My becoming "entirely ready". But he doesn't act automatically. I have to ask, or I won't get. By asking God I am admitting, and my actions are indicating, that I cannot remove them on my own. It's humility in action. It's me walking the walk. I cannot be content in the assumption "God knows all this stuff anyway". I go through my fourth Step list and one by one, ask God's help. And guess what? He does it. It wasn't a white light or burning bush for me. I just looked back at one point and realized that I hadn't acted in that way, had those thoughts or experienced being driven by those compulsions in a long time. It was then that I knew God had done it. It was in retrospect that I became aware. This Step is truly an example of "God helps those who help themselves". Rob L. Overheard in the parking lot before the meeting: Sponsee to Sponsor: "Are you laughing with me or at me?" Sponsor: "I'm laughing at you." Sponsee: "Then why am I laughing with you laughing at me?" Sponsor: "'cause you're growing!" (and then the meeting topic was "growth." I didn't get to Alcoholics Anonymous because the hand of God came down and tapped me on the shoulder . . . for me it took a smack up the side of the head, and a face plant on the pavement. I guess it's probably redundant to say that I was drunk at the time.

Anonymous Sponsor

## Tradition Seven

### ***Every A.A. group ought to be fully self - supporting, declining outside contributions.***

Tradition Seven simply says that Alcoholics Anonymous should be self supporting through the voluntary contributions of its members. The early members wisely learned from examples such as the 19th century "Washingtonian Movement" which ultimately disintegrated for numerous reasons. In June of 1948, (according to Language of the Heart) Bill W. wrote "Our growth continuing, the combined income of AA members will soon reach the astounding total of a quarter billion dollars annually. This is the direct result of AA membership." In those days, that was not chump change. Hence the AA members could well afford to be the sole contributors supporting AA. Tradition Seven had its beginning around the time that Andrew Carnegie was approached with the idea of perhaps garnering a monetary contribution to aid the growth of AA. With considerable foresight and wisdom, he declined, pointing out the hazards of such a contribution, most dangerous being that heavy contributors would likely try to influence the development of AA. As time went on, another part of Tradition Seven came to light - that no part of AA whether a group, or local central office, or even the New York central office should not accumulate money with no stated AA purpose. This means accumulation of money should have a stated AA purpose. God as we understood him was surely taking a hand in the formation of this Tradition. I am truly grateful for this as well as the other eleven Traditions as they have withstood the test of time.

Sid B. Roadrunner's Group

*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

I grew up in a close family. Mom and Dad were both social drinkers. I used to go out with my friends to an outdoor party most summer weekends and drank but it was never to excess. My drinking didn't become troublesome until I was in my 30's.

I was 34 when I got married and had a baby later that year. I suffered from severe depression afterwards and as a new mother was not coping well. That's when I discovered a drink or two could ease my depression for awhile and it felt good. My husband worked long hours and I was home with the baby all day. I progressed to having a drink every now and then to a drink every day. Then it was 2 drinks, later 3 or 4. I stopped there as I didn't want my husband to know about it and I had a young child to care for. My depression got worse and my appetite for drinking grew stronger.

I managed to stay in control for a few more years until the birth of my second child. I remember taking a pregnancy test and finding it positive and my first thoughts were "I can't drink anymore". I had an uneventful pregnancy but again suffered from depression after he was born. I found myself within a couple years drinking more and more, still hiding it, and was finding it wasn't helping my depression like it was earlier. I was now living in the Comox Valley and would pile the kids into the van and go to new liquor stores so the clerks wouldn't recognize me. I would get comfortably drunk but was still able to hide it. I would go upstairs for any reason I could think of once my husband got home to open my cedar chest and take out my bottle and have a few sips. I started going to bed earlier and earlier having him put the kids to bed because I needed to pass out.

Then came my third child. My behaviour was that of an alcoholic prior to becoming pregnant with her but I was in complete denial. I was still working in the Health Care field, often in charge of the unit so had to be on the ball. I would work hard and couldn't wait to get home and relax with a drink. I had to once again stop while I was pregnant but once she was born and my husband got back to work, I found myself in deeper. I was drinking a small bottle pretty much every day. I was still hiding it. I would use my fatigue from working all day as my excuse to go to bed early. I was headed down a very dark path with 3 young children.

One morning a few years later I awoke to my husband slowly but firmly shaking me awake. He always left for work before I got up and was confused as to what he was doing. When I opened my eyes, I saw a bottle on the floor between his feet. He looked me in the eyes and said, "you need to leave". I was speechless and quickly trying to think of how I could get myself out of this when he said "today". I didn't have any words. I just looked at him and nodded. My whole life as I knew it was crashing down and I had no idea what I was going to do. I ended up couch surfing for a bit and going out of town to stay with my Mom for a couple weeks. She would tell me years later how worried she was about me as I was completely in my head and almost nonverbal. I had no plan.

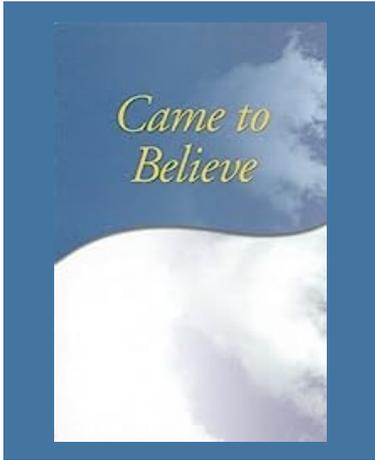
I ended up coming back to the Comox Valley and was admitted to hospital after seeing my doctor because he thought I was a danger to myself. After being cleared a week later the social worker got me a bed in Lili house, a home for women as I had nowhere to go. That's when I started to gain faith and gave myself permission to start working on myself and do what I could to get back on my feet.

I went to Early Recovery every morning at Mental Health from 9-11am. Then I would go to a nooner in Courtenay. I remember being scared but determined. I would then go pick up the kids from school and visit them till my husband came home. I did this for 6 months. I found a small suite suitable for 1 person but near the kids where I lived for 5 months while looking for a suitable place where they could stay with me. I continued to go to about 3 meetings a week and found a sponsor who started taking me through the steps. It seemed like I lived in that tiny suite for a lifetime, but it gave me a chance to get myself sober and functioning in my new life before I had the kids living with me and the added stress. I finally was able to buy a small home and had split custody with my husband. I felt happy and I felt free. I had nothing to hide anymore and didn't have to pretend anymore.

Since then, I have continued to attend meetings, virtually for a while during Covid, but never felt the need to have another drink. The obsession left me at some point while doing my first set of steps in the beginning of this journey. I am now living a fulfilling life and although my husband filed for divorce, I could look at it in a way that was best for me instead of feeling like a victim. My last drink was June 27, 2016. I have AA and the fellowship to thank for keeping me sober and being able to live a healthy, wholesome life today and a present mother to my children.

**Anonymous, Comox Valley**

## Book of the Month—"Came to Believe"



This book is all about the spiritual side of recovery from alcohol addiction. It contains brief writings from over 75 individual AA members where they describe how they came to believe in a power greater than themselves, and how that helped them pull through and gave them a strength they didn't know they had.

It is not trying to sell Christianity or any other specific religion.

What it does is tell several short but true stories about how belief in a greater power can and does lift your spirit as you learn to believe there's a higher power and that, even if it doesn't always seem like it, this greater power is on your side.



### BC/YUKON AREA 79

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

## 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](mailto:district4aa.literature@gmail.com)**

## Archives

**July 1934**-Ebby T. was approached in Manchester Vermont by his friends Cebra G. and Shep C., who did considerable drinking with Ebby but were now abstaining. They informed Ebby of the Oxford Group in Vermont but Ebby was not quite ready yet to stop drinking.

**July 1934**-Bill W. had a second admission to Towne's Hospital where he met Dr. Silkworth for the first time. Dr. Silkworth explained to Bill the obsession with and the allergy to alcohol. Bill started drinking again almost immediately upon discharge. He was unemployed, \$50,000.00 in debt, suicidal and drinking around the clock.

**July 15th 1938** -Bill W. wrote a letter to Messrs. Richardson, Chipman and Scott of the Rockefeller Foundation, inviting them to his home on 182 Clinton St. New York for meetings of Alcoholics Anonymous. This was the first documented use of the name of the Fellowship.

**July 1st to 3rd in 1955**-the 2nd edition of the Big Book "Alcoholics Anonymous" was introduced. Bill renumbered the pages. Page 1 began with "Bill's Story" instead of "The Doctor's Opinion." Ed B. and Nell Wing (Bill W.'s second secretary) assisted Bill W. in its writing. The personal stories were organized into three sections: (1) "Pioneers of AA," (2) "They Stopped in Time," (3) "They Lost Nearly All." Thirty new stories were included. The 2nd edition had a new appendix with the short and long form Traditions. However it mistakenly listed the short form version published in the November 1949 Grapevine instead of the version published in the 12 and 12 in 1953. The error was not fully corrected until the sixth printing in 1963. • In the July 1962 Grapevine edition, Editor Jack M. creates the cartoon strip Victor E. and appears for the first time in the Grapevine. Today, Victor E. is an A.A. icon.

**July 2nd to 4th in 1993**,-the celebration of the 50th commencement of A.A. in Canada was held at the Metropolitan Toronto Convention Centre with about 6,000 in attendance.

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

## July Quiz

Find the words in the grid. Words can go horizontally, vertically, and diagonally in all eight directions.

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

ACCEPTANCE

AMEND

ANONYMITY

BONDAGE

CONCEPTS

COURAGE

EXPERIENCE

FAITH

FORGIVENESS

GRAPEVINE

POWERLESS

RESENTMENT

SILKWORTH

STEPS

TRADITIONS

UNMANAGEABLE

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

## BC/Yukon 79 Vancouver Island

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

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

**July 22** Comox Valley AA Family BBQ, Kitty Coleman Beach Picnic Area Time 11 am to 4 pm

See attached poster or visit [comoxvalleyaa.ca](http://comoxvalleyaa.ca) website for more details

**Aug 26** GSR and Delegate Report Workshop, District 4 AA, St. George's United Church TBA

## 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](mailto: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](mailto: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](mailto: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](mailto: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.

# *Fun in Sobriety BBQ*

*Kitty Coleman Park ~ Comox Valley*

*Saturday July 22, 2023 11 ~ 4 pm*

*~ Burgers and Dogs, games, AA meeting ~*

*Contact Suzanne: 250.792.1724*



**Directions:** Kitty Coleman Park is located 6 kilometres northwest of Courtenay on central Vancouver Island. This park is accessed via Coleman Road off Hwy 19A, north of Courtenay. Turn on Left Road, then right on Whittaker Road until you reach the park. The Picnic Shelter is situated on the right.

# 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.*