

DISTRICT4CAST

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six

The Conference recognizes that the chief Initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Principle Six

Willingness - disposed or consenting; inclined; cheerfully consenting or ready.



Photo by Darius Bashar on Unsplash

Welcome to our June publication. Thank you to all who subscribed , read the publication on our website, or find a copy at some of the meetings.

Mark your calendars! It is official. There will be a Picnic at Kitty Coleman Beach for our Comox Valley AA community on July 22nd. Our new Social Committee has been working hard behind the scenes to make it all happen. At this stage, we know that it will be a family BBQ occasion. It will be the first of many fun events to come. Check out our website for updates: <https://comoxvalleyaa.ca>

In our Experience, Strength, and Hope section, a local AA member gives a personal account about the importance of "Sponsorship". We would like to encourage you to submit your story to the editorial email below. We guarantee it will resonate with someone.

If you would like to know what is happening in the District, you find a monthly report by our DCM Jacquie M. You are also invited to join our monthly meeting. Details on page 2.

Last, but not least, we inform about opportunities to get involved . Service work is about helping yourself help others , to reach out, and carry the message.

Any feedback or new ideas are greatly appreciated.
Email: districtforecast2@gmail.com

In Gratitude, 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	Vacant 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	Vacant
Men's Bridging the Gap	Brant P.
PI/CPC	Barb F.

www.comoxvalley aa.ca

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

Next District Meeting

Wednesday June 21, 5:30 pm on Zoom

ID: 821 3053 1283

PW: 192865

DCM Report

Hello Friends, my name is Jacquie & I am an alcoholic.

We held our first workshop for this District Committee on May 27th. 17 attended, including 3 AA members from Campbell River. Kristina P., the Public Information Chair from the BC/Yukon Area 79 General Service Committee, was our presenter. It was her first time being a presenter.

She was enthusiastic, authentic and had a lot of information for us on the service structure of AA. It was wonderful to hear others views and ideas on what we could do to 'Keep AA Alive'. I am so very grateful for those of you who attended and helped put the workshop together. Thank you!

Our next workshop will be on August 26th at St George's Church from 1:00-3:30. At that time our Area 79 Delegate, Rio D. will be presenting her Conference report. So if you are wondering what was decided at the General Service Conference on the different agenda items that your GSR brought to your group this is where you can find out. You can come with questions about what is happening at GSO and with the General Service Board, finances, new literature, changing literature.... There will also be a short workshop for GSRs included in that afternoon. It would be really nice to at least double our attendance of the May workshop.

We realize members are away in the summer but the timing of this is for GSRs to be prepared for the voting assembly in September.

At our last District meeting we discussed what the qualifications and duties were for the vacant positions on our Committee. Rose, the Alternate DCM is starting to work on Guidelines for our District. These will include qualifications for the various service positions in the District as well as descriptions for the positions. Rose will be seeking input from those members who came before and have taken their turn in general service. I thank you Rose for all of your help.

Slowly but surely members have been coming forward to offer to be of service. We are looking for a Secretary and a Public Information Chair, there has been interest shown for the Grapevine and Women's Bridging the Gap Chairs. More will be revealed at our next District meeting which will be held on Zoom on June 21st at 5:30 pm. The information for the time and place of our meetings is always on our website and in this newsletter.

I will be attending the hybrid Quarterly in Kelowna June 23-25. We meet June 20th on Zoom for break out committees. Everyone is welcome to attend the entire Quarterly. You can visit the BC/Yukon website - bcyukonaa.org and register for this under events. It is well explained there. If you have any questions about this or anything else you are always welcome to contact me at districtaa4@gmail.com

Thank you for allowing me to be of service.

In Gratitude,

Jacquie M.

districtaa4@gmail.com

District 4 DCM

Step Six

Were entirely ready to have God remove all these defects of character.

Fear, Anger, Greed, Selfishness, Jealousy, Gossip ...these character defects had me in bondage.

While intoxicated, looking at these traits as defects was not an option at the time; the buzz was more important...to feel was to numb.

Once in AA; taking and accepting Step 1, I was willing to change and allow a new way of thinking; start my day by asking my Higher Power to have all of me, good and bad, and praying for the removal of every defect that gets in the way of my usefulness to others.

When I'm not letting go of resentment, I know it's time to go to a meeting, to work on letting go and be willing to love and not hate. Today, I ask God to grant me the knowledge of "His" will and the power and courage to carry it out...today .

Rosemary H

Tradition Six

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Our Primary Purpose in Tradition Five is "Each Alcoholics Anonymous group ought to be a spiritual entity - having but one primary purpose – that of carrying its message to the alcoholic who still suffers".

Here are some of the ways people thought it could work: Hospitals didn't like alcoholics, so let's build a hospital chain of our own. People need to be told what alcoholism is, so we'll educate the public, even rewrite school and medical textbooks.

Let's gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. These places would make large sums of money to carry on our other good works.

We could even rewrite the laws of the land! Well, here are the Tradition Six wise solutions: A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An AA group should never go into business. Clubs or hospitals which require property ought not to use the A.A. name.

An AA group can bind itself to no one. For over seventy-five years, Tradition Six has kept us focused on Our Primary Purpose.

Ed J. 3rd 7th & 11th Step Meeting Sunday 4

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

SPONSORSHIP

My name is Kathy and I'm an alcoholic. I was 29 years old when I first came to AA - through the 'back-door' by way of Al-Anon, because of my alcoholic husband. I abstained from drinking for a year while attending Al-Anon meetings and working with my first sponsor, Lila. During this time Lila taught me to *Listen and Learn*; she was so enthusiastic, wise and accepting. My one year of staying dry soon ended when I took that *first drink* at a family wedding; *the obsession was activated*.

I desperately reached out to AA and was connected to a woman that *carried the message* to me and took me to my first AA meeting. I was hurting, afraid, confused and ashamed in this room of mostly older men. I was young and a woman – a big novelty! However, the love and support I felt was incredible and I knew I was finally *Home*. I heard I was “to get a sponsor and that that was a key to my recovery”. The woman that *12th Stepped* me moved away so I asked an elder man in AA to temporarily sponsor me. He had ‘*Something*’ that I wanted in AA. He was wise, calm and often emphasized the simplicity of the AA program. He suggested I ask God for help in the morning (BB pp86) and give thanks at night even if I didn't understand what I was doing. I was given the Big Book of Alcoholics Anonymous and he told me to “identify and not compare” with other AA members.

I needed my sponsor's experience and guidance to become honest and willing to do whatever was necessary to stay sober. He helped me to believe that the answers and power were there for me if I just kept an open mind. My sponsor told me to join a *Home Group* in AA and that when I “break that word up” -- it says, “Gro-Up”. This sponsor knew that I was emotionally stunted and needed to “grow up.” Oftentimes, when I was stressed, irritable or overwhelmed he would assign sections to read from the Big Book (e.g., Chpt11) and the 12 X 12 as well as the Slogans as ways to cope with my problems. I felt angry and frustrated that there wasn't an *easier softer way* for my expectations, difficulties, and over-reactions to people, places and things that I had absolutely no control (BB pp66). My sponsor encouraged me to get active in my Home Group by setting up chairs, making coffee, welcoming members and cleaning up afterwards. These *actions* of studying the AA material plus service to my Home Group brought me a sense of belonging. *Self-seeking slipped away* (BB pp84) and I was growing in gratitude and in faith in a Power greater than me (BB pp161). AA, the fellowship and God were beginning to do for me what I could not do for myself.

My sponsor suggested I attend a 12-Step Study Group, and it was through this that I promised to complete my first Steps 4 and Step 5. That was when I *really* felt a part of AA and not ‘outside the fence’. I was encouraged to listen to AA Speakers on cassette tapes. When my sponsor was not available and AA members were not with me, I would pretend these Speakers were my sponsors and that I was not alone. I kept sober by listening to AA tapes, reading the Big Book, sharing with my sponsor and going to meetings. This saved my life and one day *the obsession miraculously disappeared*. I was beginning to enter the “*world of the spirit*” as the Big Book says and I was “*intuitively learning how to handle situations that used to baffle me*” (BB pp 84). I respected and appreciated the honesty and humour of my sponsor and others in my Home Group in the days that followed. I went through a divorce from my alcoholic husband, sold my home and moved with three children from Prince George to Saskatoon, Saskatchewan. I arrived in October and celebrated my 2nd year of sobriety the next month. Here I found many more women In Alcoholics Anonymous and knew that to live and survive I needed to find a new sponsor and Home Group.

Sponsorship is a bond that is hard to describe. My new sponsor in Saskatoon, Louise was someone I could share about myself and circumstances. She helped me risk a deeper *trust* when for most of my life I shielded myself from abuse, neglect, betrayal and disappointment. I was reminded that “everything may not be okay. But I will be okay.” My sponsor taught me how to love myself when I couldn't love me. And she further encouraged me to *seek professional help* (without any shame) when faced with divorce, a brain injured son and in grief following the loss of both parents, two brothers and the suicide of my eldest son.

continuous....

continues...

Sponsorship reinforced the daily working of the 12 Steps, 12 Traditions, service in AA and the importance of working with another alcoholic to continue *facing life on life's terms* and that it was my "*design for living.*" (BB pp15, 28, 81) When I'm focused on the life and problems of another *I think less of my little world.* Sponsoring others has been a major *life-line* in my own recovery. I was taught that we carry the message and not the alcoholic. My experience being sponsored in AA was that nobody chased after me and I don't chase after those I sponsor. Old-timers said that there was no magic wand to influence those who are not ready to change their lives.

Over the years, because of sponsorship, I have been able to attend Spiritual Weekends of Retreat based on the 12 Steps and just as Bill W. had spiritual sponsors (*Ed. Dowling and Dr. Sam Shoemaker*) I was inspired to *additionally* have spiritual sponsors in my continuous *seeking* (Step 11).

A sponsor for me is a wise teacher, a private, seasoned mentor and an experienced guide that *holds space* for me. The role of sponsorship in my life has been more purposeful than that of a buddy. It's where I check-in about how I am applying the 12 Step principles in my life; working on my character defects; helping others; being honest with myself and others; and whether or not I am *continuing to seek* through prayer and meditation to know the will of God as I understand God. I have lots of friends and acquaintances, but only one sponsor. The loving support of my sponsor has been a life-saver for me and plays a crucial part in my seeking *the pain of change* in my transformation. I found new life in AA – a fuller life, with challenges, promises, hopes, travels, laughter (BB pp132) and dreams. My sponsor helps me to celebrate new accomplishments, as well as confronting life's challenges, losses, and tragedies (BB pp485). Being sponsored in my 45 years of sobriety has been one of life's greatest blessing! As I write this, I remember the many men and women that came before me in AA and most especially the sponsor(s) that chose to *walk beside* me as I *trudge* the "Road of Happy Destiny" (BB. pp164).

In closing, I am reminded of the Prayer of St. Francis in our Conference Approved Literature:

"Make me a channel" – of peace, forgiveness, faith, hope, light, joy consolation, understanding, and love ... "For it is in giving that we receive".

Kathy M.D.

What is Founder's Day and why is it so important to our local fellowship?

A business trip to Akron

A short-term job opportunity takes Bill to Akron, Ohio. In the lobby of his hotel, he finds himself fighting the urge to join the conviviality in the bar. He consults a church posted on the wall with the aim of finding someone who might lead him to an alcoholic with whom he could talk. A phone call to Episcopal minister Rev. Walter Tunks results in a referral to Henrietta Seiberling, a committed Oxford Group adherent who has tried for two years to bring a fellow group member, a prominent Akron surgeon, to sobriety.

Men on a Mission

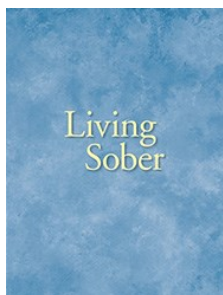
Dr. Bob lapses into drinking again but quickly recovers. *The day widely known as the date of Dr. Bob's last drink, June 10, 1935, is celebrated as the founding date of Alcoholics Anonymous.* Dr. Bob and Bill spend hours working out the best approach to alcoholics, a group known to be averse to taking directions. Realizing that thinking of sobriety for a day at a time makes it seem more achievable than facing a lifetime of struggle, they hit on the twenty-four hour concept.

Sixth Step Quote

“...we then look at Step Six. We have emphasized willingness as being indispensable.”

Reprinted from Alcoholics Anonymous, page 76, with permission of A.A. World Services, Inc.

Book of the Month—“Living Sober”



This practical booklet demonstrates through simple examples how A.A. members throughout the world live and stay away from that "first drink" one day at a time. Covers topics such as attending events where alcohol is served, relationships in sobriety and much more. To order contact Craig W. at district4aa.literature@gmail.com

Grapevine

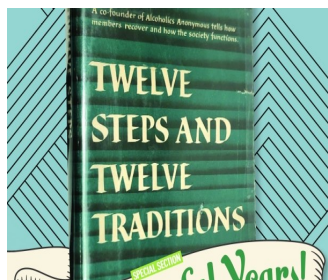
AA Grapevine, Inc. is the International Journal of Alcoholics Anonymous. Read inspiring stories, books and publications helping AA members achieve sobriety.

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

To subscribe:

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

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



Grapevine Magazine June 2023

To celebrate the 70th anniversary of the popular book “Twelve Steps and Twelve Traditions”, the June Grapevine features wonderful stories and experiences by AA members about this book they love.

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

Summer, 1934 – Dr. William D. Silkworth pronounces Bill W a hopeless alcoholic.

June 10, 1935 – Dr. Bob has his last drink. Alcoholics Anonymous is founded.

June 1941 – The Serenity Prayer is published in the New York Herald Tribune. A.A. members in New York and elsewhere all immediately feel the prayer’s relevancy to A.A.’s principles. Soon the prayer is printed on cards and passed out to A.A. members everywhere.

June 1944 – The AA Grapevine begins publishing. 1200 copies of the first edition are sent out to 165 subscribers.

June 1947 – The A.A. Preamble first appears in the June 1947 edition of the AA Grapevine.

Summer 1948 – Dr. Bob learns he has terminal cancer, leading him to shut down his office and retire from his medical practice.

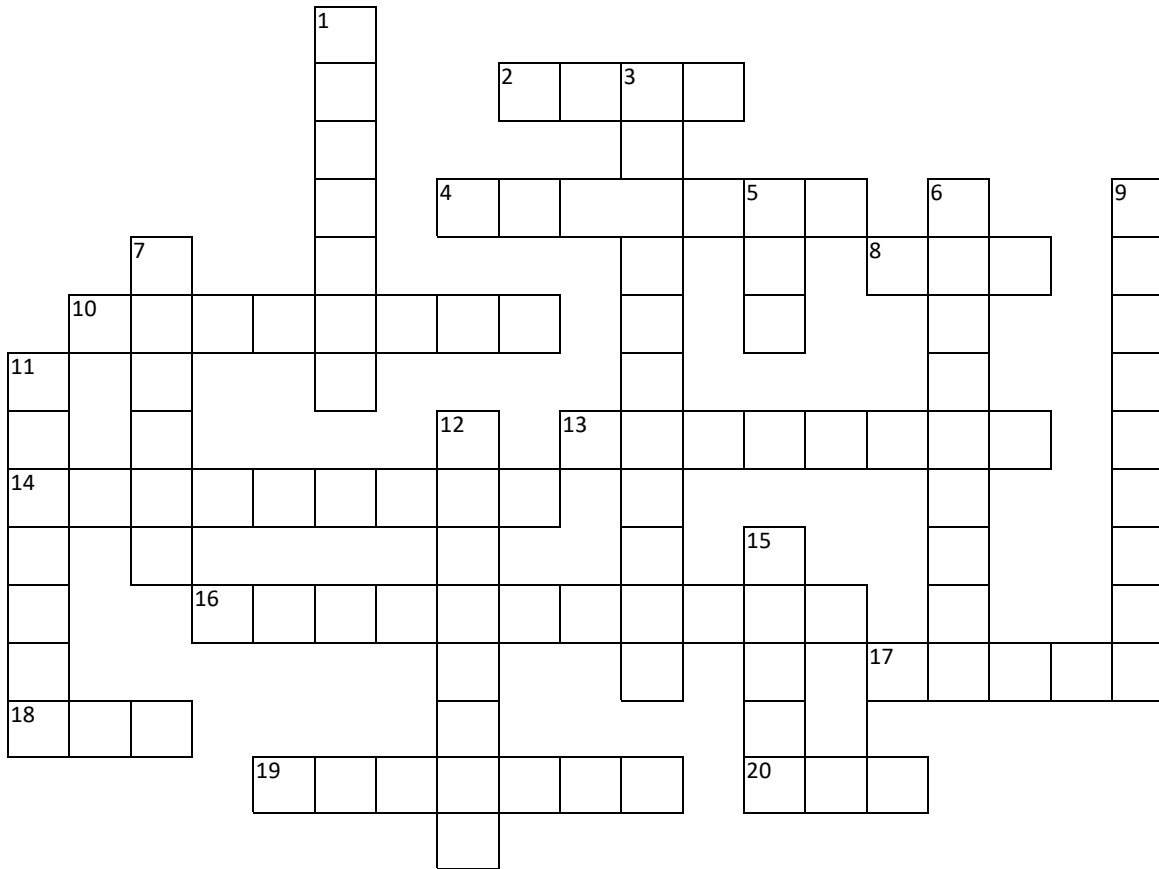
June 2014 – AA Grapevine celebrates 70 years as AA’s meeting in print!

**BC/YUKON AREA 79
LITERAURE APP**



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

We are not a Glum Lot...



ACROSS

- 2 ____ of Bill
- 4 Problems Other Than ____
- 8 What Happened To ____
- 10 Spiritual Awakenings— ____
- 13 Emotional Sobriety: The Next ____
- 14 Jack ____ Article about A.A.
- 16 I Am ____: The Hand of A.A.
- 17 Language of the ____
- 18 Bridging The ____
- 19 Thank you for ____ - 60 Yrs of Letters to the Grapevine
- 20 A Member's ____ View of A.A.

DOWN

- 1 Sure Beats ____ In a Cell
- 3 Questions & Answers on ____
- 5 In Our ____ Words: Stories of Young AAs in Recovery
- 6 How AA Members ____
- 7 ____ of Long-Term Sobriety
- 9 Home Group: ____ of A.A.
- 11 Beginners' Book: Getting an d ____ Sober in AA
- 12 A.A. Around the World: Adventures in ____
- 15 It Happened To ____

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

BC/Yukon 79 Vancouver Island

June 10 Founders Day - 88 years of AA BBQ Potluck—kid friendly, Nanaimo

More info: nanaimo aa

June 11 Founders Day - 88 years of AA with BBQ by donation—kid friendly, Cowichan Station

More info: https://cowichanaa.ca/?page_id=1867

June 16 to 18 61st Annual Coombs Rally

More info: <https://parksvillecoombsaarally.com/>

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 TBA

Visit comoxvalleyaa.ca website for more details

Service Work Opportunities

Can You Spare An Hour To Carry the Message?

Amnethyst 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**

Ralley 2024

Our Ralleys 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.

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.*