

DISTRICT4CAST

STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him

TRADITION 3

The only requirement for A.A. membership is a desire to stop drinking.

CONCEPT 3

To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service corporations, staffs, committees, and executives - with a traditional "Right of Decision."

PRINCIPLE 3

Commitment - a pledge or promise; obligation; engagement; involvement; the act of committing, pledging, or engaging oneself.



In March we see the light and warmth of Spring returning, and hopefully spring colours.

For many alcoholics, coming into AA is like this for us: light and life returning to our lives.

For others, we feel we are still struggling while so many around us are celebrating their newfound sobriety and serenity.

But just as each Spring day gets a bit longer, pushing the cold and darkness back, each day we work our program there is the opportunity for new growth, one day at a time.

Let's all take a moment to notice something bright and hopeful in our sober lives, and share that with those who might be struggling.

Hope is like those Spring blossoms, they can surprise us by spreading beyond what we planted.



District 4 Committees

DCM	Jacque M. districtaa4@gmail.com
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Treasurer	Donna C. treasurydistrict4@gmail.com
Secretary	Julie B. comxval.district4secretary@gmail.com
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Newsletter	Deb R. Gitta P. districtforecast2@gmail.com
Archives	Vacant
12 Step/ Answering service	Terry B. 12stepdistrict4@gmail.com
Women's Bridging the Gap	Tracy F.
Men's Bridging the Gap	Brant P.
PI/CPC	Vacant

www.comoxvalleyaa.ca

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

Next District Meeting

March 15th at 6pm

In Person behind the Alano Club

DCM Report

Hello Everyone! My name is Jacque M. and I am your DCM for District 4.

Another month of 2023 has passed at a fast pace. We have updated meeting lists, group information, and trusted servants information. There is only one group that I have not heard back from, I will hopefully solve this soon. With all of this updated information I have some numbers to share with you. Right now in District 4 we have 23 groups with 27 meetings being held weekly. Unfortunately some groups had to close their doors. Ten of these 23 groups have GSRs, 5 have alternate GSRs and one group has an Alternate GSR acting as a GSR.

At our February District meeting we had 6 people attend in GSR capacity it was nice to have some alternate GSRs as well and of course the District Committee Chairs. Unfortunately there are committee members wearing two hats, I am grateful for these people but am sure they would love to share the privilege of service with others.

We have three or four vacant positions at District, they are Grapevine, Archives and PI/CPC. Please note the PI/CPC usually is two committees, in the past our District has amalgamated the two into one committee due to lack of members stepping up. Perhaps separating them again may be more enticing for members to step up?

Also at our meeting there was interest expressed of starting a Social Committee, this does not include Rally or Gratitude Day committees, these are separate committees from District. I am still seeking input from other Districts that have Social committees included in their District Committee.

The synopsis of the background material for the 2023 Pre-Conference will be available very soon, likely by the end of the first week of March. Is your group planning on having your GSR attend the Pre-Conference Assembly April 14-16th either on Zoom or in person at Duncan? If so it is time that either the GSR or Alternate GSR pre-register for their committee assignment and at the same time register for the Assembly.

This year's Pre-Conference break out committee meetings will be held on Zoom on April 11 at 6:30 pm. I have advised all GSRs and Alternates where to find the information for the registration process and I will be sending out another email once the background material arrives.

I also remind GSRs to please ask questions, your past GSR or myself can help you out to avoid confusion. There are no silly questions in AA and at this time of rotation we are all learning.

I have some questions. To those who have done service at the District level, does anyone know where District 4's Book of Motions is???? Has your GSR shown your group the QR Code for Area 79 Literature? How about the Meeting Guide app?

Continues...

Continues...

I have made enquiries regarding the 2023 Rally. Apparently over the last 2 -3 years organising meetings were held but I think the uncertainty of Covid stopped anything from moving forward to plan a Rally. I am sorry to say we will not have our annual AA Rally in 2023. The past committee prepared in-depth guidelines to help the next committee, this is all at the disposal of anyone wishing to step up to the plate for a Rally in 2024.

Early in my journey in AA I was told that gratitude was an action word, that it was all fine and dandy to state in meetings how grateful I was but I had better back it up with some action!

I still can't believe how taking this advice to take action to show my gratitude has enhanced my life both in and out of AA. Our District needs your help to be sure the message is carried to the still suffering alcoholic. Please contact me or anyone on the District Committee to offer your service. I ask those who have experience of giving back to share with others and encourage them to do the same.

Our next District Committee meeting will be held in person behind the Alano Club on Wednesday March 15th at 6 pm. For the next 6 months we are alternating between Zoom and in person meeting as an experiment to see what works best to include our entire District.

Thank you so much for allowing me to be of service.

In Gratitude,

Jacquie M.

Jacquie M, DCM, District 4
districtaa4@gmail.com

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and get involved in Service**

Next District Meeting

March 15th at 6pm

In Person behind the Alano Club



Third Step Quote

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God, or, if you like, a Higher Power , into our lives.

Twelve Steps and Twelve Traditions

A.A. Literature

Dear Friends,

There is a wealth of experience, strength, and hope in our literature. The most familiar title is Alcoholic Anonymous, usually called the Big Book. This is the basic text for our program of recovery. The second most popular book is the Twelve Steps and Twelve Traditions, usually known as the "12 and 12". But in addition there is a treasure trove of Conference Approved literature. There are pamphlets, books written by the founders, history books, and a series of publications from the Grapevine.

All of this literature is available to Groups in District 4. You are encouraged to discuss which books your group may wish to have available for current and new members.

Books are sold at cost. Prices vary and there is a lot of variety overall and also different formats for popular books, including pocket size and large print.

To order books, please contact me at district4aa.literature@gmail.com

Yours in Service,
Craig W.

BC/YUKON AREA 79 LITERAURE APP



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

Grapevine

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Archives

March 1941: The Saturday Evening Post article on AA by Jack Alexander creates national sensation: AA membership will quadruple in one year from 2,000 to 8,000? Thousands of appeals for help were mailed to the NY office. The office asked Groups to donate \$1.00 per member for support. This began the practice of financing the General Service Office (GSO) from group and member donations.

March 1941: Cleveland forms the Fellowship's first women's group & also the first Black women's group.

March 1946: The Twelve Traditions of AA are first formulated and published.

March 31, 1947 : the first AA Group is formed in London, England

March 22, 1951 : William Duncan Silkworth "the little doctor who loved drunks" dies in New York at Towns Hospital, "Silky" treated Bill W. & 1000's more

March 21, 1966 : Ebby T. who was sober 2 months through the Oxford Group when he carried the message to Bill W. died at age 69 with two years of sobriety.

March 1966: First A.A. group in Ecuador founded.

March 18, 1974: First known meeting in Uruguay is held in Montevideo.

March 1978: The A.A. Grapevine's circulation reaches 100,000.

EXPERIENCE, STRENGTH, AND HOPE—13th Birthday

STEP 3: Made a decision to turn our will and our lives over to the care of God as we understood him.

My name is John and I'm an Alcoholic. I have chosen as my topic, wisdom.

AA encourages us to adopt a manner of living which requires rigorous honesty; to be selfless; to practice humility; to recognize in ourselves our humanity and moral frailty.

And when we were wrong, promptly to admit it.

We are reminded that all of us, from time to time, are emotionally ill, and frequently wrong.

The more I ponder the words in The Steps, the greater my appreciation of their wisdom.

I've been thinking about the qualifier in Step 3 as we understood him and reflecting on the inclusivity inherent in it. This inclusivity is a great theme of AA;

all are welcome, without judgment, for the good of all.

Many of us find the welcome spirit in AA and most of us are amazed and affected by it. Expressions like,

"I feel wrapped in a blanket when I'm in these rooms,"

"This is my place of refuge"

"I feel a connection here with you folks like I never felt anyplace else"

are heartfelt and readily heard.

The rooms of AA are a sanctuary, a place of refuge. Now the word sanctuary originally meant consecrated to God; a place deemed holy by God or by man. Later the meaning expanded to involve the granting of safety or protection from some type of danger, often implied to be a persecuting, oppressive power. Sanctuary then involves a moral action; at times calling to account decisions made by worldly powers; a curtailment of power.

The writers of The Steps were aware that all must be made welcome and wanted; the phrase, "as we understand him", clarifies the equality of belief that is paramount to us. It is another reflection of humility and selflessness.

Finally, I'd like to share a little story.

One day a young woman went walking into the woods and became woefully lost. She wandered about for hours, not meeting anyone nor finding any way out. Eventually as the light was fading she spied ahead in a clearing a figure. Crying out she ran to the person, "Hello hello, thank goodness I've found you. I've been hopelessly lost for hours and had almost given up hope of rescue. Do you know the way out of here? Please help me to get out!!!".

The little old lady replied, Oh my dear, my dear, I can't show you the way out but I can show you where not to go.

John Z.



"We are not living just to be sober: we are living to learn, to serve, and to love."

Bill W.

As Bill Sees It

Can You Spare An Hour To Carry the Message? Chair a Meeting!



Bridging the Gap

Amethyst House

Stepping Stones

Men's Recovery Centre

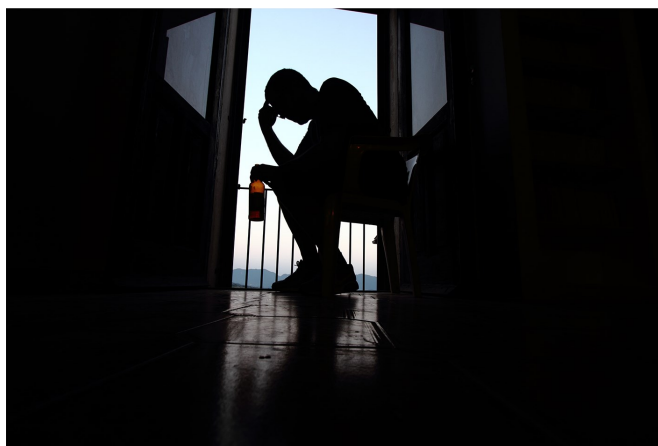
Contact the Women's and the Men's Bridging the Gap Chairs through your group's GSR or email the DCM districtaa4@gmail.com

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.

WE need your help in covering a shift. Please contact Terry B. 12stepdistrict4@gmail.com



We are not a Glum Lot...

March Quiz

1. What is the name of the chapter that contains a list of the 12 steps?
 - A. There is a Solution
 - B. How it Works
 - C. Into Action
2. What is the name of the guy that came into Bill's kitchen and talked with him about a solution he had found?
 - A. Ebby Thatcher
 - B. Al Brook
 - C. Mr. B.
3. What is the only chapter not written by Bill W?
 - A. "To Professionals"
 - B. "To Employers"
 - C. "A Vision for You"
4. Dr. Bob was a real doctor. What was his area of practice?
 - A. Gastroenterology
 - B. Gynecology
 - C. Proctology
5. On the first page of Bill's Story, a Hampshire Grenadier is mentioned. How did he catch his death?
 - A. "drinking cold small beer"
 - B. "drowning in the pond of his garden"
 - C. "consuming one bottle of whisky"
6. Did Bill Wilson's wife write the chapter "To the Wives"?
 - A. yes
 - B. no

Answer key on next page

A man walks into a bar and orders a shot of whiskey then looks into his pocket. He does this over and over again. Finally, the bartender asks why he orders a shot of whiskey and afterwards look into his pocket. The man responded, "I have a picture of my wife in there and when she starts to look good then I'll go home."

"I wasn't that drunk yesterday." "Oh boy you took the shower head in your arms and told it to stop crying."



Reader Comment

The slogan that I first heard was "keep it simple" which is a direct quote from our big book. It seems to have shifted over time to add the word "stupid". I don't really see much value in calling another member stupid. It seems inconsistent with our spiritual principles of patience, tolerance, kindness, and love. I think it's meant to be funny or for some to actually express the sentiment that the new-comer knows nothing.
Craig W.

- ◆ I came; I came to; I came to believe (Steps 1,2,3).
- ◆ Live in the NOW.
- ◆ If God seems far away, who moved?
- ◆ Turn it over.
- ◆ A.A.= Altered Attitudes
- ◆ Nothing is so bad, a drink won't make it worse.
- ◆ We are only as sick as our secrets.
- ◆ There are no coincidences in A.A..
- ◆ I can't handle it God; you take over.
- ◆ Keep an open mind.
- ◆ It works it really does! (page 88 in the Big Book)
- ◆ Willingness is the key.
- ◆ More will be revealed.
- ◆ You will intuitively know.
- ◆ You will be amazed.
- ◆ No pain, no gain.

Do you have a favorite? We invite comments, opinions, and experiences.

Email: districtforecast2@gmail.com

THE GIFT OF LAUGHTER

Before my recovery from alcoholism began, laughter was one of the most painful sounds I knew. I never laughed and I felt that anyone else's laughter was directed at me! My self-pity and anger denied me the simplest of pleasures or lightness of heart. By the end of my drinking not even alcohol could provoke a drunken giggle in me.

When my A.A. sponsor began to laugh and point out my self-pity and ego-feeding deceptions, I was annoyed and hurt, but it taught me to lighten up and focus on my recovery. I soon learned to laugh at myself and eventually I taught those I sponsor to laugh also. Every day I ask God to help me stop taking myself too seriously.

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Answer key to March Quizz:

- 1. B How it Works
- 2. A Ebby Thatcher
- 3. B "To Employers"
- 4. C Proctology
- 5. A "drinking cold small beer"
- 6. B No

BC/Yukon 79 Vancouver Island Events

There are no major events on Vancouver Island in March.

Answer key to February Puzzle

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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?

Why is the AA symbol a triangle? The circle stands for the whole world of AA, and the triangle **stands** for AA's Three Legacies of Recovery, Unity and Service.



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.