

DISTRICT4CAST

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Concept Five

Throughout our structure, a Traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Principle Five

INTEGRITY – The quality or state of being complete or undivided; soundness.



Wow, that sunshine sure feels great! It finally feels like Spring is really here and summer is on it’s way.

Isn’t this a bit what coming into AA is like? Putting the dark times behind us and stepping into the light. But unlike the Seasons that respond to natural rhythms, there are things we need to do to help usher light and warmth into our lives, and keep it there.

Step 5 talks about admitting our faults and mistakes. This really boils down to honesty; honesty with a higher power, honesty with others, honesty with ourselves.

So while we are getting out our shorts and sandals and such, and enjoying the spring blossoms and birds, we can also take some time to think about our “Fifth Month” step: honesty in our lives and in our recovery.

Sharing with honesty can feel like a breath of fresh Spring air, freeing and invigorating.

Enjoy May everyone, and stay tuned for invigorating new things happening in our district, like our new Social Committee and upcoming Workshops.

With gratitude from 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	Tracy F.
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 in Person

May 17th at 5:30 p.m.

Behind the Alano Club

DCM Report

Hello Friends, my name is Jacquie & I am an alcoholic, gratefully serving as the DCM for District 4. Since my last newsletter report the preparation for the Pre-Conference Assembly and the Assembly has come & gone. It was a busy time for all of us, it was a learning experience for myself and I would think for our GSRs. For many of the GSRs it was their first Assembly and it was a treat to be part of that. It was a well attended Assembly and it was very powerful to hear the passion, the opinions and the dedication to Alcoholics Anonymous. There was a problem with the acoustics which made it quite difficult to hear, we all did our best at taking notes to bring back to you. Attending from District 4 over the weekend; on Zoom 4 GSRs, in person 4 GSRs, 1 Alt GSR, Alt DCM, 2 Guests and DCM. It all began on the Tuesday before the Assembly on Zoom. This is the first time breakout meetings have been held this way. It was an experiment and it went very well, 256 attended.

Friday evening there were two separate sharing sessions and they both ended up being on 'Safety in AA'. It seems there have been numerous issues in Area 79. It was suggested we discuss these problems in our business meetings and develop a plan to handle problems. Some comments I heard were; people don't recover if we let them away with bad behavior, people that are asked to leave do get sober, individual members self-attested to this. Do not be afraid to involve the police. AA and the group is bigger than one or two particular members. There is an excellent Safety Sheet available, it is SMF-209, available at AA.org

Throughout the weekend we had report backs from the break out committees. Basically the report backs are nothing finalized or voted on, they are from the assigned GSRs & DCM's Group's/District's feedback that was given on Tuesday on Zoom.

Rio, our Delegate asked us several times to please be sure to go back to our Districts and Groups and thank all of our members for taking the time and effort to go through the process of reviewing the Agenda Items and giving feedback. I second that!

Rio also reiterated that we were not voting on anything, voting does not begin until the Conference begins in New York. I will list what I thought were more pertinent facts that came out of the Agenda items and the feedback. There were a couple times that a census of the room was held, that will be later in this report.

Grapevine podcasts have had 350,000 hits. There is an AAWS LinkedIn page, use full spelling of AA when accessing. Discussion of updating pamphlets, some questions were asked if members, especially younger members read pamphlets? A pamphlet for the Older Alcoholic Newcomer is being developed. Did you know Grapevine & LaVina have Instagram accounts, as of Nov 30, 2022 8,649 accounts. Adherence to our 12 Traditions has been a top priority in setting this up. In regards to Plain & Simple Language of the 4th edition Big Book; at the Conference in NY Delegates will be given one hour to review a print copy of the available plain and simple language translation and give their feedback to the committee focusing on this. Progress on 5th Edition Big Book; more Women's & First Nation's stories are needed. **Continues...**

DCM Report continues...

Now to the items we had a census of the room on. 1.Regarding editing literature from our AA Founder's words in the 12+ 12, this is a proposed agenda item for next year; would we like a policy to be developed to be used in the future that will be a guide on how or whether to edit AA Founder's words in our current literature? This policy would be discussed by the Fellowship during the 2023-2024 Conference year and be considered by the Conference Committee on Literature at the 2024 General Service Conference. Rio took a census of the room, yes was the answer, we wanted a policy! She noted that the discussions on changing our literature has created much angst within our fellowship. The development of a policy would insure our fellowship knows what is happening in regards to changes if any. This makes me grateful that my Group has a GSR and that we hold regular business meetings. This means my group finds out what is going on and gets a vote, no GSR, no vote guided by our Group Conscience.

An interesting member's comment at this time was 'the literature changes us, we don't change the literature.'

2.Platform for holding future Pre-Conference assemblies. Yes, members liked having the break out committees held on Zoom on one evening the week before the Pre-Conference Assembly. It made more time for report backs at the assembly, it was thought the report backs had improved due to this method. Trying to hold hybrid breakout committees proved stressful for all in the past.

Sat evening we were treated to hearing Jeff W, from GSO sharing his experience strength & hope. Was excellent!

Area Treasurer Report - When sending contributions please be sure to use your Group number, town & group name. There are many Group's with the same name. I have all registered group numbers for our District, contact me if you don't have yours. Our contributions are on budget- keep it up! Our expenses are also on budget...so far. We have spent \$57,000 this quarter. This assembly and many travel assignments are not included. Still a tough go in New York. The Reserve Fund is at 7 months operating expenses (\$12mil). There has been no improvement since the somewhat grim report given at the January Quarterly.

Delegate Report, Rio. Western Canada Regional Forum is taking place in Vernon May 10-12, 2024, think of this as when GSO comes to us. The 2025 International Convention to be held in Vancouver, will be needing 1,000 volunteers, signing up for this does not begin until Jan 2024. So far 13 districts have booked Rio to present her Conference Report, we are planning on doing so as well. A good time to ask questions on literature.

Bids for 2024 Quarterlies & Assemblies; January - Port Coquitlam, June -Surrey, Sept -Victoria, there was no bid for the 2024 Pre-Conference.

District 4 Committee news; -We have a workshop planned for May 27th 1-4pm at St Georges. The topic is Keeping AA Alive-The Basics of Service. We are hoping many will attend to offer their experience and to learn. Posters are out, visit comoxvalleyaa.ca for more details.

- Service positions needing to be filled are Public Information, Grapevine & Secretary. If you wish to be of service bring your service resume and join us May 17/23 @ 5:30 behind the Alano Club. Everyone is welcome!

In Gratitude,

Jacquie M.

districtaa4@gmail.com

District 4 DCM

Districtaa4@gmail.com

EXPERIENCE, STRENGTH, AND HOPE

Hi Friends, My name is Joyce & I'm an alcoholic

It doesn't matter how long I've been in recovery I still need to work my program One Day At A Time.

The Promises keep coming through for me often when I least expect them. I always appreciate hearing them read at my home group as they continue to offer me on-going Hope. The longer I'm in the program the more humble I am becoming. There is still so much to experience and learn. When in doubt I know that there are many tools available. Such as attend a meeting, call upon my AA sponsor, call upon another AA member, read the Big Book and prayer. Prayer and mediation are very much apart of my daily routine; in the morning I ask for direction for that day and in the evening I give Thanks. Keeping a peacefully "emotionally" balanced lifestyle is what I strive for. I must also continue to give back what has been given to me so freely. Some of my ways of giving back are setting up at my home group, chairing a meeting, welcoming a newcomer, being part of the 12 step telephone answering service, chair and share at the Amethyst House, sponsorship, and being rigorously honest to those around me in all my affairs. When I become confused or overwhelmed I have the tools set out in the Big Book. The Twelve Steps have the answer! Daily prayer, mediation and asking for Gods will for the day and giving Thanks at night are part of my living routine. Nothing nor nobody is worth me taking that first drink of alcohol. The person I would hurt the most if I did would be myself. I feel I deserve this sober life and that my sobriety is a gift from God. For this I am very grateful.

Words of Wisdom: Yesterday... Today... and Tomorrow

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is Yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word said. Yesterday is gone.

The other day we should not worry about is Tomorrow with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds - but it will rise. Until it does, we have no stake in Tomorrow, for it is yet unborn.

This leaves only one day - Today. Any man can fight the battles of just one day; it is only when you or I add the burdens of those two awful eternities - Yesterday - and Tomorrow - that we break down. It is not the experience of Today that drives men mad - it is the remorse or bitterness for something which happened Yesterday and the dread of what Tomorrow may bring. Let us, therefore, live but One Day at a Time.

Author Unknown

Progress, not Perfection

Unlike some of the other AA slogans, this originates from the text of *Alcoholics Anonymous* itself.

Many meetings open with an excerpt from Chapter 5 ("How It Works") that contains this very phrase. In this specific context, "How It Works" reminds us that we may never fully overcome our spiritual defects—but our willingness to try will elevate us to new heights.

In other words, don't beat yourself up every time you fail to maintain AA principles. Perhaps you forget one of the common AA slogans and begin intellectualizing your recovery or fretting over the future. This just makes you human.

We are not saints, let alone gods. Nobody can expect us to become perfect. We can, however, try to become better by working the Twelve Steps and attempting to adhere to various principles. Remember that the only true failure is giving up.

Keep your eyes on the enlightened path, and you can always continue moving in the right direction. Even if this, unfortunately, means taking a step backward every now and then.

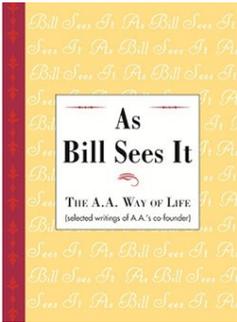
Brian W., Writer for "The Fix"

Fifth Step Quote

“When it comes to ego deflation, few Steps are harder to take than Five.”

Reprinted from *Twelve Steps and Twelve Traditions*, page 55, with permission of A.A. World Services, Inc..

Book of the Month—“As Bill Sees It”



A source of comfort and inspiration, this collection of Bill W.'s writings addresses themes such as acceptance, gratitude and spirituality. Excerpted from the Big Book, the "Twelve and Twelve," Grapevine and other A.A. literature. With a topical index to help guide reading and discussion.

Grapevine

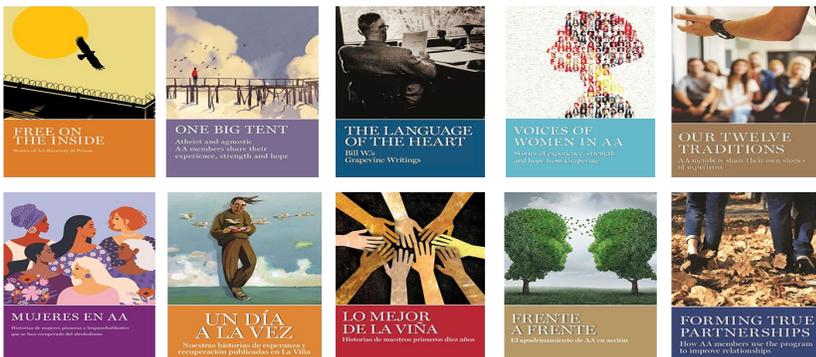
AA Grapevine, Inc. is the International Journal of Alcoholics Anonymous. Read inspiring stories, books and publications helping AA members achieve sobriety.

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 Books



Link to browse books on US Grapevine site:
<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

May 1935 – Dr. Bob and Bill meet in Akron
May 1938 – The Alcoholic Foundation, a trusteeship for A.A., is established.

May 1938 – Bill W begins writing the book, Alcoholics Anonymous.

May 1, 1944 – The Alcoholic Foundation announces its new address, Box 459 in New York City. Box 459 will become the post office address and symbolic address of Alcoholics Anonymous.

May 30, 1944 - The first meeting of the Mill Creek Group at the Oregon State prison in Salem, OR is held. Mill Creek Group continues to meet today.

May 1949 – Scotland's first known A.A. groups are founded in Edinburgh and in Glasgow.

May 1949 – Bill addresses the American Psychiatric Association. His address marks the acceptance of A.A. by yet another major medical association.

May 1987 – A.A. India holds first General Service Conference in Bombay (now Mumbai).

BC/YUKON AREA 79
LITERAURE APP



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

We are not a Glum Lot...

May Quiz

1. Dr. Bob said there was two things needed to start a new group in A.A. What are the two things?
 - A Two alcoholics
 - B Acceptance and the Big Book
 - C A resentment and a coffee pot
2. What is the name of the “certain American businessman” who also helped Ebby 12 step Bill W.?
 - A Roland Hazzard
 - B Roland Letch
 - C Roland Anderson
3. Did Ebby Thatcher die sober?
 - A yes
 - B no
4. How many steps were there before Bill W. wrote the Twelve Steps?
 - A 13
 - B Six
5. One of the Twelve Traditions was born from the reason why Bill W. and Dr. Bob broke off from the Oxford Group and formed AA. Which one was it!
 - A Tradition Three
 - B Tradition Eight
 - C Tradition Eleven
6. In the Chapter “More about Alcoholism”, there is a story about a car salesman named Jim who went out looking for a prospect to see a car. What did he pour his whisky into?
 - A Coffee
 - B Milk
 - C Cream

Answer key on last page

Why did the alcoholic comedian quit performing?

He could not handle the boos.

BC/Yukon 79 Vancouver Island

May 19 to 21 2023 Victoria Miracles Rally

Mary Winspear Centre 2243 Beacon Avenue, Sidney, BC V8L 1W9

\$30 Admission

More info: <https://bcyukonaa.org/>

May 27th Comox Valley AA "Keeping A.A. Alive—The Basics of Service)

St. George's United Church, Multipurpose Room (see poster next page)

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> (Registrations as of May 1, 2023)

To Everyone—Be part of the Community

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.

District 4 A.A. Workshop



Keeping A.A. Alive—The Basics of Service

**Facilitator: Kristina P. - Public Information Chair
BC/Yukon Area 79**

- What is the link from Groups to Area & GSO
- Home Group Basics: Chairing Meetings, Group Positions, and Rotation
- And more...with the help of an “Ask it Basket”

Saturday, May 27th, 2023

1 p.m. to 4 p.m

505 6th Street, Courtenay

St. George's United Church, Multipurpose Room

We invite all ages of sobriety to join us.

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.*



Answer key to May Quiz:

1 C A resentment and a coffee pot

2 A Roland Hazzard

3 A Yes

4 B Six

5 A Tradition Three

6 B Milk