

DISTRICT4CAST

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept Eleven

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Principle Eleven

Spirituality - predominantly spiritual character as shown in thought, life, etc.; incorporeal or immaterial nature.



***Join us for Gratitude Day
Saturday, 4th November!***

We give an enthusiastic round of applause to the many volunteers who have worked hard behind the scenes to make Gratitude Day happen. Without them, this special event would not take place.

It is always special when the Comox Valley AA community can get together and enjoy some fellowship. There will be meetings, a workshop, speakers, a delicious potluck dinner, speakers, and dance. The event will take place from 8:30 am to 11 pm at the Filberg Centre in Courtenay.

Please read our special feature on Gratitude Day, which includes the program and poster. Hope to seeing everyone there.

Your newsletter team!

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Our recovery allows us to live life to its fullest. For many of us, this is a new experience. The temptation is always there to turn to serious prayer and meditation only when the going gets rough. In Step XI, we learn that improving our conscious contact with God on a daily basis through self-examination, meditation and prayer is an unshakable foundation for life in good times and in bad.

Prayer is like doing spiritual sit-ups. When we are consciously connected to our Higher Power, we are keeping ourselves in good shape. The prayer of St. Francis offers us a beautiful goal to strive for. May I take direction from the Eleventh Step and seek to understand, more than to be understood. Each day we can become a channel of His peace if we but pause and make the simple request: "Thy will, not mine, be done".

We in AA learn not to fall into the old habit of making itemized lists for God with all of our pleas and complaints. I used to tell God how huge and how many my problems were, and now I am able to tell my problems how huge my God is. Persistent prayers in this humble fashion have found strength, wisdom, peace of mind and a quality of sobriety they cherish.

Those who remain skeptical and cannot receive the power of prayer and a conscious contact with God are those who haven't prayed enough. Enough being the operative word. Step XI allows the most skeptical the opportunity to give prayer a chance. Take time out from the life you've been given in recovery for God as you understand Him. He is listening. *Judi M*

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Although my hand flew up the other night at the Intergroup meeting, I have some concern writing about Tradition 11. It states, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

I was fortunate enough to be a GSR several years ago, when controversy swelled over the billboard captioned "Had Enough??" The sign showed a picture of an anonymous man with his face in his hands. We must be careful about honking our horns, while not forgetting our primary purpose is to carry the message of AA to the still suffering alcoholic.

The debate will probably always linger over whether this advertisement was right or wrong. I think as we read Tradition 11 through, we should still stick with what works, (which is attraction rather than promotion). The tradition says we as individuals, should never be identified, bottom line. We leave it up to our own actions (attractions) as being the calling card. The man with his face in hands is something we alcoholics can identify with, those feelings of guilt, shame and fear.

Those drunks that may be feeling those same things might just relate and have the whereabouts to call the number on the billboard! Or they could visit our website and get the help they need from Alcoholics Anonymous. All this said with a conviction that we, the members of AA, have set an example while maintaining personal anonymity and without sensational advertising. *Joe A*

Thank you to the A.A. Intergroup of the Desert for granting us permission to publish articles from the Desert Lifeline Newsletter.

Ask Yourself Three Questions Every Day

The Roman Emperor Marcus Aurelius famously said that our lives are what our thoughts make them. In other words, by simply changing the way we think and our focus, we can change our lives. Bearing this in mind, choosing gratitude can have a huge impact on your life.

As practicing alcoholics, chances are, we were focusing on all the misery in our lives—the things that life had inflicted on us, and the things that we had inflicted on ourselves. But now that we are sober, we have to change our thinking patterns if we want to change our drinking patterns.

When I first came into recovery more than 30 years ago, my sponsor told me to buy a notebook and write down 10 things I was grateful for, and then add three things to that list every day. I stopped numbering my list when I got to 5,000 items.

Why did I write a gratitude list? Because I didn't want to be miserable, and if being grateful was the solution, then that's what I would do. And importantly, a grateful heart doesn't drink. I learned very quickly that the struggle stops when gratitude begins.

Now that you're working the program, in the fellowship, the secret word remains "*gratitude.*" Definitely go out and get that notebook, and add three items every day.

In addition, consider what master motivator Tony Robbins says about our brains—that they are "*question-answering machines.*" In other words, whatever question you pose to your brain, it will think and think until it comes up with an appropriate answer.

Take for example, if we ask, "*Why is my life so horrible?*" Our brains will go to a quick, not always the best answer: "*Because I'm a (fill in the blank)!*" That could be pretty self-defeating depending on what your "*blank*" is.

That's why it's important to ask yourself better questions.

So here are three that can make a huge difference in your early recovery and in the day-to-day level of happiness you experience.

1. What's great about my life today?

We tend to live in the past or the future, either reliving past disasters or awaiting more bad things to happen. The program tells us that if we have one foot in the past and one foot in the future, we are making a you-know-what of the present. And besides, the reason we call it the present... is because it's a gift!

So what's great about your life right now?

- You're clean and sober.
- You have a program.
- You have a Higher Power who loves you and wants the best for you.
- You're getting your life back.

Hey, I'm doing all the work for you! So you tell me... what's great about your life right now?

Continues...

Continued...

2. How can I serve today?

Our co-founder Dr. Bob, in his last speech to an AA gathering, reminded us that our philosophy of life as sober people is to be of love and service, *“We all know what love means, and we all know what service means,”* Bob told us. My sponsor had a quote from a Roman philosopher on the back of his AA business card—*“God divided man into men that they might help each other.”*

(Ignore the gender-specificity of the ancient Romans. What did they know about inclusiveness?) The real issue is this: How can you serve today?

Can you set up chairs in a meeting? Can you visit a sick friend or relative? Can you call a newcomer? By serving others, we remind ourselves what true love means.

3. Where would I be if I wasn't clean and sober?

It's amazing how quickly we take recovery for granted. But ask yourself what your life would be like right now, right at this very minute, if you weren't working your program. Would you be living in a nice place? If it's not that nice, is it possible that the place where you'd be living be even worse? Might it have bars instead of walls? Might you be on the street, in the hospital, or six feet under?

All knowledge is by comparison, so contrast the life that you currently have with the life that you would have had if you had kept on dancing with your disease.

Studies show that by deliberately cultivating gratitude, we can increase our well-being and happiness. And importantly, a grateful heart doesn't drink or use.

So focus on gratitude and watch your life get great.

By Michael G.

A.A. November is Gratitude Month

For many decades now, A.A. has formally set aside all of November as Gratitude Month as a time to express our collective gratitude for our individual sobriety.



The history of gratitude month dates back to the 1940s when the General Service Board hosted small “Gratitude Dinners.” In the November 1949 Grapevine, Bill W. made a suggestion that Thanksgiving week be adopted as Tradition Week during which special attention will be paid to the Traditions. You can read more about this in the [Box 459 — Oct-Nov 2000 issue](#).

By the 1960s they had become larger, more elaborate “Gratitude Luncheons.” The motivation behind these gatherings was to express personal gratitude for sobriety and appreciation to our professional friends for their articles, books, radio and T.V. interviews relating to A.A. over the past year.

Though the luncheons were discontinued in 1968, the concept of gratitude persisted and expanded in scope marking the occasion with special contributions to G.S.O., though there is no proscribed manner for celebrating Gratitude Month.

Together again in Gratitude

*Saturday November 4, 2023
Florence Filberg Centre
8:30 AM - 11 PM*

*Potluck dinner ~ dance ~ raffle
Lunch Food truck on site*

*Main Speakers | AA: Area 79 secretary
| Alanon: Cheryl W.*



Inquiries: Craig: 250.207.6348

Kyle: 250.792.3522

Potluck donations: Suzanne 250.792.1724

Raffle donations Ryan: gratitudedaydistrict4@gmail.com

November 4th, 2023
Gratitude Day Program

AS BILL SEES IT, P. 37

I BELIEVE THAT WE IN ALCOHOLICS ANONYMOUS ARE FORTUNATE IN THAT WE ARE CONSTANTLY REMINDED OF THE NEED TO BE GRATEFUL AND OF HOW IMPORTANT GRATITUDE IS TO OUR SOBRIETY. I AM TRULY GRATEFUL FOR THE SOBRIETY GOD HAS GIVEN ME THROUGH THE A.A. PROGRAM AND AM GLAD I CAN GIVE BACK WHAT WAS GIVEN TO ME FREELY. I AM GRATEFUL NOT ONLY FOR SOBRIETY, BUT FOR THE QUALITY OF LIFE MY SOBRIETY HAS BROUGHT. GOD HAS BEEN GRACIOUS ENOUGH TO GIVE ME SOBER DAYS AND A LIFE BLESSED WITH PEACE AND CONTENTMENT, AS WELL AS THE ABILITY TO GIVE AND RECEIVE LOVE, AND THE OPPORTUNITY TO SERVE OTHERS—IN OUR FELLOWSHIP, MY FAMILY AND MY COMMUNITY. FOR ALL OF THIS, I HAVE "A FULL AND THANKFUL HEART."



- 8:30 AM** DOORS OPEN
- 8:45 AM** AA MEETING:
AIRPORT GROUP
- 10:00 AM** WORKSHOP
- 12:00 PM** LUNCHBREAK
- 1:30 PM** AA MEETING:
CUMBERLAND MOUNTAIN DEW
GROUP
- 3:30 PM** AA MEETING:
HEART AND SOUL
- 5:30 PM** POTLUCK DINNER
- 6:30 PM** RAFFLE CLOSSES/DRAW
- 7:00 PM** COUNTDOWN
- 7:20 PM** AL-ANON SPEAKER
- 7:40 PM** AA SPEAKER:
AREA 79 SECRETARY - CALEB
- 8:15 PM** 50/50 DRAW
- 8:30 PM** DANCE W/ DJ CLEANHOUSE
- 11:00 PM** EVENT END

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	Carl J. 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	Diane Jennifer B.
Men's Bridging the Gap	Brant P.
CPC	Barb F.
PI	Vacant

Next District Meeting

Wednesday, 16th November 2023

@ 5:30 pm

Zoom

ID: 821 3053 1283

PW: 192865

DCM Report

Hello AA Friends, my name is Jacquie, I am an alcoholic and am honoured to serve as your DCM for District 4.

It seems District business is in a lull before Quarterlies and Assemblies start up in 2024. We are planning on using this time to help GSRs old and new to learn more about the GSR position. Of those present at the October District meeting we agreed on the date of December 3 rd. I will be in contact with the GSRs who were not in attendance at that meeting. If your group has recently elected a GSR or will be soon please have them contact me, my email contact is at the bottom of this report.

As you know Gratitude Day will be Nov 4 th at the Filberg Centre. The poster is on our website comoxvalleyaa.ca. I understand that there will be a workshop on the Traditions. The Area Secretary, Caleb will be the presenter. I look forward to this event, it was so great last year. I know the Gratitude Day Committee has been very busy trying to repeat that.

At our last meeting we discussed again what to do with outdated pamphlets in our Literature reserve. These old pamphlets will be given away for free at Gratitude day. Newer pamphlets will be available for individuals to purchase by donation and of course books will be for sale as usual.

I attended the Area 79 Grapevine Writing workshop. It was fun and informal. We learned that we do not need writing skills to submit to Grapevine. What is most important is the language of the heart, not writing ability. The editors deal with any necessary changes, for example grammar or spelling. Articles submitted are to be from 300-1,800 words, double spaced on 3-5 one sided pages. Grapevine needs your subscriptions and your words of the heart. Members attending the workshop that had submitted in the past said it made them and their fellow members in the area in which they live feel a greater connection to AA.

In the New Year we are willing to host another workshop, please let us know what topics you would like covered in a workshop.

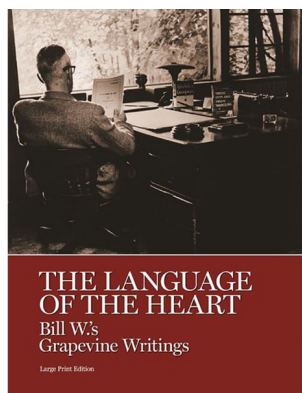
Also in the New Year we anticipate changes to this newsletter. Our industrious Newsletter Chairs need to know your thoughts on any changes you think would benefit the Newsletter.

Everyone is welcome to attend our monthly District meetings, come check it out. We will be continuing with online meetings until the end of 2023.

District meeting Zoom ID - 821 3053 1283 PC – 192865

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

Book of the Month—Language of the Heart



Grapevine publication

“The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing.” (Reprinted from *The Language of the Heart*, page 240, with permission of AA Grapevine, Inc.)

Grapevine

This month's feature section is “**Gratitude**”. AA members share beautiful personal stories about learning of how to be grateful. The issue highlights GSO Archives and the vast Grapevine Story Archives, which date back to 1944.

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>

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

Service Work Opportunities

Can You Spare An Hour To Carry the Message?

Bridging the Gap

Amnethyst House

Stepping Stones

*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

Archives

November 1934 – Ebby T visits Bill and tells him his story.

November 1937 – First realization of success. Dr. Bob and Bill W, while meeting in Akron, note 40 sober cases among the early fellowship.

November 1950 – Peru's inaugural A.A. Group is founded.

November 16, 1950 – Dr. Bob dies of cancer. Dr. Bob had 15 years of sobriety when he died. During this time, he and Bill W created a fellowship that transformed the lives of over 100,000 men and women.

November 1, 1953 – First German A.A. Group founded in Munich by U.S. Servicemen stationed there.

November 1975 – A.A. Archives open at the General Service Office.

November 1986 – First paperback edition of the Big Book is published.

November 2001 – The fourth edition of the Big Book is released.

November 2006 – South Africa celebrates 60 years of A.A. in Johannesburg. The event is marked with a mini rally with over 300 people in attendance.

BC/YUKON AREA 79
Literature APP



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

BC/Yukon 79 Events

- 4 Comox Valley Gratitude Day
- 4 Vancouver Intergroup Correction Roundup
Pitt Meadows Heritage Hall 12460 Harris Road, Pitt Meadows, BC, Canada
- 4 Traditions Workshop
Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada
- 4 DISTRICT 56 UNITY MEETING
Quesnel Unity Meeting Speaker: Dean G. Alert Bay See poster for details.
- 11 Traditions Workshop
Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada
- 11 DISTRICT 56 UNITY MEETING
Quesnel Unity Meeting Speaker: Osien P. Kelowna
- 18 Service to your Home Group
Knox Presbyterian Church 3707-32 Ave Vernon, Vernon, BC, Canada
Service to your Home Group Knox Presbyterian Church 3707-32 Ave, Vernon
- 18 Traditions Workshop
Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada
Tradition 6 - Bruce M, White Rock.
- 18 Archives Workshop District 62
Kamloops United Church 421 St Paul Street, Kamloops, BC, Canada
- 18 DISTRICT 56 UNITY MEETING
Quesnel Unity Meeting Speaker: Bubs F. Duncan See poster for details.
- 25 2023 NOVEMBER SOUTH CENTRAL MINI ASSEMBLY
Elks Lodge 477 Bank Ave, Oliver, BC, Canada
- 25 Traditions Workshop
Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada
- 25 DISTRICT 56 UNITY MEETING
Quesnel Unity Meeting Speaker: Bobby R. Mackenzie

Visit AA BC/Yukon website for more information: <https://bcyukonaa.org/events/category/events/list/>

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

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

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

7 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.*