

DISTRICT4CAST

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority

Principle Ten

Vigilance: Exercising self-discovery, honesty, abandonment, humility, reflection and amendment on a momentary, daily, and periodic basis. well defined.



Mark your Calendar!

Gratitude Day is on November 4th, 2023.

The annual District 4 Gratitude Day will be at the Filberg Center on November 5th this year. Watch the website for updates. We will have more details in our November newsletter.

This great event would not happen without our dedicated volunteers. Around 20 AA members meet on a regular basis to organize this great event. Of course, there is always room for more. Please email Jana T. at janaraet@gmail.com if you would like to get involved.

On another note, this is our 10th edition this year! Our newsletter has been created to inform and connect members of Comox Valley AA.

It is a “WE” publication. We ask for your input.

Please let us know how we can improve. Do you think we need to shorten it, add something? Your thoughts are greatly appreciated.

Please email the editors districtforecast2@gmail.com

Your Newsletter Team

District 4 Committees

DCM	Jacque 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, 18th October 2023

@ 5:30 pm

Zoom

ID: 821 3053 1283

PW: 192865

DCM Report

Hello Friends in District 4,

I hope you like me are enjoying the change from Summer to Fall.

We were all asked by Rio to share with our Districts some of what we learned at the September Voting Assembly, so here you are. The Assembly was a total virtual event as I reported last month. This was due to the forest fires. It was very well attended, however there were only 5 of us from the District 4 committee. Our treasured Past Delegate was also in attendance.

First off ,the General Service Committee's (GSC) name has been changed to Area Service Committee (ASC). This committee is made up of the elected Area officers and appointed committee chairs. This was done to avoid confusion with the General Service Conference that uses the same acronym.

For my rotation of DCM, I have been assigned to the Website Committee. The BC/Yukon Area 79 website is now available in over a hundred languages. We are also considering adding a tab for GSRs so they may more easily access information to fulfill their duties. Please have a look at the website <https://bcyukonaa.org/> and get back to me if you have any ideas on changes you would like to see to the website.

Finance report for Area 79 – At this time 7th Tradition Contributions are down \$6,000 than what was budgeted for the Area to carry out what was planned at the 2022 Voting Assembly. Having this recent assembly online saved \$10,000. The budget for 2024 was presented and set at \$233,260. Contributions from the fellowship required will be \$217,000 to meet this budget. 3% inflation was used to calculate the budget. The Prudent Reserve has been set at \$50,000 or 3 months operating expenses. The Treasurer stated that the Area Service Committee's view towards the budget is that it is most important to look at the services that the membership wishes the Area to provide than do we have the money? They are therefore putting it out to the membership what is needed for contributions in order to meet the budget.

One of the services provided by Area is sending Districts speakers that we request for workshops. Area Finances will be posted monthly on the password side of the Area website, you could ask your GSR to get this information for your group. AAWS Finance – Revenues are high but expenses are higher. AAWS likes to have 45 days of cash, right now they are down to one week. The cash flow challenges are due to cost of travel increasing, replenishing literature inventory and vendors being slow to pay invoices. The Reserve Fund is at 12.5 million, or 11 months of operation. From both of these reports you can see that our contributions are needed.

The big topic on which we had a lengthy sharing session was the Plain Language Big Book project. Non-Trustee Director AAWS, Clint M and our Delegate Rio facilitated the session. They answered many questions.

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Rio spoke on this topic at the Delegate report in Courtenay in August. This idea of a Plain Language Big Book began in 2016 at the 66 th General Service Conference. There is a possibility that a draft may be available a few months after the next General Service Conference. So far there are 139 pages completed it has only one forward, there is no name as of yet and the cost so far is \$150,000.

The writer is anonymous and it is not known if an alcoholic or not. It is being written at the 5 th Grade level. So far there has been gender neutrality language used and language is going to be gender neutral where it isn't obvious. Some thought that the membership should be given a chance to approve the draft once it is completed. Most felt that our Trusted Servants need to be trusted. A quote 'AA changes at the speed of trust' was mentioned. Samples of the writing can be found in the Literature background material for the 73 rd Conference. You can find more information in the Delegate Report on the public page of the Area website under the News/Delegate tab. Rio is also available to all of us to have a more informed discussion, you can reach her through the Area website.

Would you like to help connect people coming from treatment centres to our AA community? If so contact the Treatment & Accessibilities Chair to learn more about our Bridging the Gap program. If you would like to do the same for those being released from jails please contact the Corrections Chair. Both Chairs can be contacted through the Area website, both would love our help! There is a hybrid Grapevine Writing Workshop being held on Oct 14/23. You can find the poster on the Area website and on our very own website comoxvalleyaa.ca .

Literature - a booklet in large print 'AA for the Older Alcoholic-Never Too Late' and the revised pamphlet 'Young People in AA' are now completed. I am not sure how quickly we will have these in our Literature supply. The Daily Reflections is now available in audio format. Work is still being done on the BC/Yukon First Nations, Inuit & Metis Recovery story project. There will be a collection of audio and written stories. If you wish to be involved you may contact the Area Literature chair through, you guessed it, the Area website!

The 73rd General Service Conference Final Report is now available at

aa.org:

<https://www.aa.org/2023-general-service-conference-final-report>

As usual all of the minutes of this Assembly will be available through our Area Newsletter Grassroots posted on the Area website, the password is aagrassroots.

There were three motions submitted, only motion # 3 was passed. Motion #3 was dealing with paying travel costs for the ASC to attend the Regional forum in Vernon May 10-12, 2024. More information on the regional Forum to come, for now just save the date! There were 4 Floor Actions none of them passed. I feel my report is long enough so I will not go into more detail about these. I have a full report of the assembly, please feel free to contact me if you would like it or if you have any questions.

Don't forget the 2025 International Convention will be in Vancouver July 3-6. Trish L. is heading this event and more information will be available January 2024.

District 4 news- The Committee Chairs are doing their parts to carry the message of AA in our community. I am hoping for an improved attendance at our District meeting now that summer is winding down. I am so thankful for the GSRs and DCCs that are stepping up to keep our District not only running but hopefully flourishing.

Please contact me or the appropriate Committee Chair if you have any questions, all contacts are listed in this newsletter.

In Gratitude Jacquie M, District 4 DCM

In Gratitude,

Jacquie M.

districtaa4@gmail.com

District 4 DCM

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Step ten is the first of the "maintenance steps." It provides a daily check of our mental and spiritual status. Having completed the overhaul work of steps four through nine, step ten is our key to practicing the A.A. way of living in our daily lives. Character defects, like our disease of alcoholism, can be cunning, baffling and powerful. Though steps four through seven relieve much of our pain and difficulty, old defects can assume new symptoms and seemingly different defects can appear like a new strain of the flu. These defects are deadly for alcoholics: if left untreated, we will drink. As with all the steps, we need to be rigorously honest, both in our inventory and in promptly admitting and addressing it. We must thoroughly examine our motives and guard against the comfort of using rationalization to justify questionable conduct. I love this passage from the Twelve and Twelve: "Our first objective will be the development of self-restraint. This carries a top priority rating. When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot. ... Nothing pays off like restraint of tongue and pen." The better we get at self-restraint, the sweeter are our evening inventories! "An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek."

Rebecca K

Tradition Ten

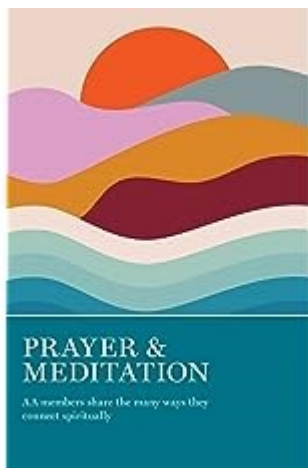
Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

I was tremendously relieved, when I first entered into Alcoholics Anonymous to learn that AA will not, or more importantly, cannot force its membership to take sides on any issue that is not founded in its primary purpose of carrying its message to the next suffering alcoholic. Tradition Ten, in its long form, states that in matters of politics, alcohol reform or sectarian religion, AA as a whole should not express any opinion which may arouse heated debate. I entered the rooms of Alcoholics Anonymous a ripped apart lost soul. While I truly appreciated the outstretched hands of welcome, I was a little untrusting of the motives from the membership. The thought would pop through my head, "what do these people want from me?" You see, ever since early adulthood I have been approached by several smooth talking, sparkling-eyed hucksters who have all made reasonable messages of world peace, revolution or personal salvation. Although well-intentioned with all these various movements, very few of them left enough of a lasting impression for me to stick around. For usually one of two things happened, either that particular issue had lost its relevance or the in-fighting became so unbearable that a group would ultimately disband. In my case, I generally had always felt like an outsider. I never identified what I believed, but one thing for sure, I've come to recognize that since I got sober, my personal views, beliefs and my life in general has been changing and evolving. The attitudes and views I had in early sobriety are really not the same as they are today. I may vote differently, spiritual matters have taken different twists and turns, and ideas on alcohol reform and treatment have changed. So if a single individual can have such a drastic change of heart in several matters, how can anyone believe they can keep a group growing strong if they allow such heated topics to enter into the debate and stay? The pioneers of Alcoholics Anonymous have paved a way for all of us to pursue our own personal desires, yet to remind us that whatever our protestations, we must remain true to our groups and keep whatever outside issue out of AA starting at our group level. Nothing can so split us apart without the application of Tradition Ten.

Jay A.

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

Book of the Month—Prayer and Meditation



Grapevine publication

Prayer & Meditation: AA Members
Share the Many Ways They
Connect Spiritually



BC/YUKON AREA 79 Literature APP

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

Grapevine

Check out the new GV & LV Apps !

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->

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

October 1943 – A second A.A. Group forms in Canada when alcoholics begin meeting in Windsor, Ontario.

October 1944 – Reader's Digest publishes an article titled, "Maybe I Can Do It Too" about how A.A. member Edward G got sober. For the next four years, this article would appear in translation in several of the publication's international editions.

October 1953 – The Big Book is introduced in Belgium. Within months after its introduction, A.A. Groups begin forming in Brussels, Flanders, and Wallonia.

October 1954 – The "Alcoholic Foundation" becomes the General Service Board of A.A.

October 1956 – The first overseas General Service Board is established in London, England to serve A.A. Groups in Great Britain and Ireland.

October 1957 – Alcoholics Anonymous Comes of Age is first published.

October 1958 – Alcoholics Anonymous is called upon to play an advisory role in the TV broadcast of "Days of Wine and Roses". The play, examining the lives of an alcoholic married couple seeking help from A.A., will reach an international audience when produced as a movie in 1962.

October 8-11, 1969 – First World Services Meeting is held in New York. Representatives from General Service Offices from around the world hold a meeting to exchange ideas on literature distribution, service structure, publishing, and finance. The countries in attendance were Australia, Belgium, Canada, Colombia, Costa Rica, Finland, France, Germany, Guatemala, Holland, Mexico, New Zealand, Norway, South Africa, United Kingdom, and United States.

October 1991 – 800 Native Americans from 100 tribes in U.S. and Canada attend the First Native American A.A. Convention in Las Vegas, NV

We are not a Glum Lot...

Heard at Meetings. . .

"An alcoholic is a man with two feet firmly planted in mid-air."

"A.A. is like an umbrella. It won't work unless you put it up."

"An alcoholic is a person who finds he has nothing in common with himself." Manhattan: "Time heals all cuts; time also cuts all heels."

"The twelve steps are a matter of long, slow work. One can't go from a heel to a halo in twelve easy lessons!"

"When I look at a new prospect I say to myself, 'If you don't take a drink, feller, you'll be where I am, and if I do take a drink, I'll be where you are--in no time flat!'"

"The surest way to lose your health is to keep drinking to other people's."

Words of Wisdom

At first I thought the 'God thing' was a crutch. It turned out to be stilts.

When I sobered up, I suddenly met the personality that caused me to drink in the first place.

Resentments are like stray cats: if you don't feed them, they'll go away.

September Quiz Answer Key

- | | | |
|----|----------------|----------------|
| 1. | fclloatfrceien | centraloffice |
| 2. | einiefl | lifeline |
| 3. | esgesotispntnp | steppingstones |
| 4. | tengeism | meetings |
| 5. | dunkr | drunk |
| 6. | ibleeve | believe |
| 7. | aedzma | amazed |

BC/Yukon 79 Events

1 AREA 79 HYBRID CORRECTIONS WORKSHOP @ 1-3 pm

Surrey Libraries, City Centre Branch, Room 418 10350 University Drive, Surrey, BC, Canada

How to obtain clearance to attend inside meetings: process, pitfalls, and results. See poster for details and online password.

6-7 65th Annual Prince George Northern Lites Round Up October 6 @ 5:00 pm - October 7 @ 10:00 pm

St. Mary's 1088 Gillette St, Prince George, B.C., Canada

65th Annual Prince George Northern Lites Round Up Contact: John @ 250-617-6835 Chris @ 250-981-4336 Dewy @ 250-612-2860

See Poster for details

7 DISTRICT 56 UNITY MEETING @ 8 pm to 9 pm

Quesnel Unity Meeting Speaker: Laurie H. Duncan See poster for details

14-15 AA RALLY IN THE VALLEY @ October 14 @ 9:00 am - October 15 @ 12:00 pm

COWICHAN VALLEY - RALLY IN THE VALLEY Saturday October 14 9:00am – 11:00pm and Sunday October 15 9:00am – 12:00pm Duncan Community Lodge 2244 Moose Road, Duncan, BC See poster for details.

14 Traditions Workshop @ 10:00 am - 11:30 am

Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada

Tradition 1- Trish L, Vancouver See poster for details

14 SERVICE AND SERVICE SPONSORSHIP @ 10 am to 2 pm

SERVICE AND SERVICE SPONSORSHIP King of Life Lutheran Church, 1198 Falcon Drive, Coquitlam Come to learn about general service, and service sponsorship. Bring your sponsor! Bring a sponsee! View poster

14 AA Grapevine Writing Workshop @ 1:30 – 4 pm

Little House 5061-12th Ave, Delta, BC, Canada

AA Grapevine Writing Workshop Little House, 5061-12th Ave, Delta, BC Hybrid – see poster for event details & login information.

14 DISTRICT 56 UNITY MEETING @ 8 – 9 pm

Quesnel Unity Meeting Speaker: Doug H. Salmon Arm See poster for details

21 Traditions Workshop @ 10 – 11:30 pm

Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada

Tradition 2 - Joanna H, Langley See poster for details.

21 District 47 Sponsoring into Service Work @ 10 am to 3:00 pm

Cranberry Hall 6828 Cranberry Street, Powell River, BC, Canada

District 47 Sponsoring into Service Work Cranberry Hall 6828 Cranberry Street Powell River, BC See poster for details.

21 DISTRICT 56 UNITY MEETING @ 8 – 9 pm

Quesnel Unity Meeting Speaker: Darlene K. Duncan See poster for details

28 Traditions Workshop @ 10 – 11:30 am

Masonic Hall 15302 Pacific Ave, White Rock, BC, Canada

Tradition 3 - Chad P, Langley See poster for details.

28 DISTRICT 56 UNITY MEETING @ 8 – 9 pm

Quesnel Unity Meeting Speaker: France N. Olds, Alberta See poster for details

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



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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.*