

District 75 Newsletter  
On-line Version



**For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**  
*Alcoholics Anonymous, p. 562.*

Welcome to our first issue of District 75 Newsletter! **And happy Valentine's Day!**  
This issue is for personal distribution to AA members and contains a selection of the **minutes of District Committee meetings** for the previous month. This issue is specifically for the webpage and contains no names or birthdays.

There will be **finances, reports from the DCM, Committee Chairs, and GSRs.**



There will be a description of one **District position** and a short bio of the person elected to that job.

There will be one **personal recovery story** each month. Please send them to [merryfeather@me.com](mailto:merryfeather@me.com). There will be a **service spotlight** too!



There will be special features and for the next few months there will be "**What's so great about my group**". We will ask for members to brag on their group.

There will be **District news and events** and if there is important information to pass on about **AA as a whole**, that will be included.



And finally, the **Gotta Laugh** section because we are not a glum lot!

**If this sounds like fun and you are an AA member, contact [merryfeather@me.com](mailto:merryfeather@me.com) and we will put you on the confidential distribution list.**



## Tidbits from the January minutes.

### Finances: Treasurer

<b>Opening Balance</b>	<b>\$9,090.58</b>
<b>Income</b>	<b>\$360.00</b>
<b>Expenses</b>	<b>-\$1,351.83</b>
<b>Balance</b>	<b>\$8,098.75</b>
<b>Reserve</b>	<b>-\$1,200.00</b>
<b>Working Funds</b>	<b>\$6,898.75</b>



### DCM Report:

- Attended the quarterly in Chilliwack
- Friday night ratification of Alt Chair and replacement of Grapevine chair
- Unanimous vote in favour of ratification
- Complicated situation around a member stepping down from her role
- Contributions to GSO are down 11%, only 5.2 months of reserve available, need to add funds
- Ad hoc committee for land acknowledgments is currently sitting
- Discussed transition of breakout sessions to in person, seems they will remain status quo
- DCM's discussion with a member's experience with grapevine while incarcerated

### Committee Reports:

#### Literature chair:

- New order of books
- Going to do another order before February 1st
- Balance of \$2700
- Current inventory will be sold at cost, new inventory purchased before February will be sold at that same cost.
- D75 email account will be set up
- Interesting souvenir box

#### Telephone committee:

- 10 calls from Jan 1-25

### GSR Reports:

#### Trail Unity

- Group is moving next Friday, across the street to the Anglican Church
- Attendance has been spotty
- Great attendance for Wednesday's cake meeting
- First meeting in new space is Feb 2



### Tuesday Night Men's

- Group is on life support, one member right now. Disheartening
- Believes the group is done
- Speaker meeting is well attended
- Stay tuned



### Sisters of Sobriety

- Good attendance
- Big birthday meetings
- No report this week due to life getting lifey
- February 5th birthday meeting



### Broad Highway

- Attendance is 4-8
- Meeting is currently hybrid
- Also involved with other groups

-**Attitude adjustment** does not have a GSR, seven days/week at 7:00am.  
-**On awakening**, 6 days/week - going strong



### Nelson Women's Meeting

- 6-16 in attendance
- Just had a couple of birthdays
- Looking for financial management guidance



### Lunch Bunch Nelson

- Monthly business meetings
- Looking for options to limit non-AA related sharing



### Love and Tolerance Castlegar

- Had a birthday on the 17th
- Started on an accessibility checklist



### New Business:

District Newsletter

MOTION- To implement a district newsletter under this committee. All in favour. Motion Passes  
MOTION- Nomination of Newsletter chair. All in favour. Motion Passes

**Next District meeting, via Zoom, is February 22, at 4pm. Everyone is welcome.**

**Link:**<https://us02web.zoom.us/j/8410340759?pwd=T2FES0M4U3dyU3QzZjOTUdPMk01QT09> Meeting ID: 841 034 0759 Passcode: Service

## WHAT'S SO GREAT ABOUT MY GROUP?

For the next few issues, we are asking representatives from various groups to tell us what they like about their group and why they would recommend it to others. We recognize and celebrate each group's autonomy and unique spirit and want to hear about yours. Some reports are long and involve several members, and some are short. That doesn't matter. We will fit them in as they arrive. If you think your group is great, let us know and we will tell everyone.



Email: [merryfeather@me.com](mailto:merryfeather@me.com)

### Nelson Women's Meeting:

I love the women's meeting because it brings together a wide range of experiences, including women with decades in the program. There is something powerful about women supporting other women, because our experiences in life and in recovery are different.

Much of the Big Book reflects a time when women were seen as the wives of alcoholics rather than alcoholics themselves. Being together as women allows us to explore recovery from our own perspective.

We are taught our whole lives to take care of others, often at the expense of ourselves. The women's meeting creates a safe space to talk honestly about that and to learn how to take care of ourselves in a way that acknowledges our reality as women.

### Service Spotlight



I'm \_\_\_\_\_ and I am an alcoholic. I am currently serving as GSR for the "Love and Tolerance AA group", Castlegar. Service has given meaning to sobriety I never could have imagined. I had so many hidden defects and old patterns of living that have come to the surface because of committing to service. Representing my district and home group at area events has brought me out of my shell. I feel a part of life at last. I may have 12 years of sobriety, be active in my home group, work the 12 steps, have a sponsor, and am a sponsor, but it was not until I discovered the "AA as a whole" piece that I can say I am "Happy Joyous and Free"!



## Positions

You can find out about each position and the person in it by reading this place every month

**The DCM:** From the AA Service Manual and pared down. Found at [aaws.widen.net](http://aaws.widen.net).

### WHAT IT MEANS TO BE A DCM

The district committee member, or DCM, plays a vital role in general service. While the GSR is the voice of a group, the DCM is the voice of a district. A district needs a leader.

A DCM who can set their own opinions aside in favor of listening and supporting the district's GSRs and of understanding and advancing the conscience of the district's groups is practicing two important principles of leadership in A.A.: leading by example and serving with humility.

The DCM also learns by visiting and communicating directly with the groups. Here, the DCM is serving as a resource — and not as a replacement for a GSR. In a group without a GSR, the DCM may be able to open a line of communication. Sometimes this stimulates interest within the group to want a GSR of their own.

### DCM FOR DISTRICT 75

I'm \_\_\_\_\_ and I'm an alcoholic. I will have 8 years sobriety March 31, 2026. If you'd told me earlier on in my recovery that this would be happening, I'd be surprised, but when I put my hand up for the service role of DCM, I just knew that I wanted to continue to be of service.

For the last 6 months or so of my role as GSR for Willingness Wednesday, I developed a passion for service, a hunger for service in AA.

When I put my hand up to be DCM and was elected, I made a promise to myself that I was going to do the best that I can in this role. I wasn't going to slack. I went to my first quarterly on hybrid and I realized that being there in person was very important for me. Being there in person and building connections with other people being of service was very important, so this whole journey has pushed me out of my comfort zone. At times I've been terrified: sharing at district meetings where things can get heated, going to assemblies and quarterlies where I go up to the microphone in front of 100s of people, doing district reports, voicing my opinions and concerns on AA matters, just to name a few. It's made me grow as a person. It's building me. It's giving me confidence.

It says in our big book to fit ourselves to be of maximum service. I have a service sponsor, and in addition last year, when I was going to these in person assemblies, I was paying attention to other people who live this way of life 24/7, and they inspire me. I've had conversations with our Area chair and our Delegate, and saw that they live and breathe AA round the clock, and they live to serve AA. The blessing is to see and try to imitate others who do that. I want to be like them.



## Personal Story:



My name is \_\_\_\_\_ and I am an alcoholic. I finally hit bottom and made that commitment to start at step one August 9th, 2016.

My background is in the hospitality industry, so alcohol was all around me. I was reaching bottom and realizing it's time to do something, and others around me started to indicate that "you got a serious problem". I also had this vision of what an alcoholic was and wasn't. I was closing down my family restaurant business of 43 years, so there was a lot of emotion. I retired from the business January of 2016. I thought, "I can't do this, I need alcohol. How can I ever give it up?"

It all happened quickly once I went to my doctor and agreed that I have a drinking problem. Very quickly I was able to get into rehab. I'm grateful that somewhere along the way, I surrendered. I got into a six-week inpatient program in one of the bigger rehabs In Ontario. It was in the original sanitarium and had that whole locked-up feel. We talk about that obsession for drink disappearing. It happened for me as soon as I crossed that threshold into rehab. They took a picture when I arrived and I still have it in my dresser drawer. When I look at that face, I remember how awful I felt. I heard very early that recovery was 15% plug the jug and 85% living life on life's terms. I learned about alcohol being a disease and a thinking problem.

One of the great things that happened early on is people started to break down the steps for me. One of my regular meetings used the 12 and 12. I learned that most steps had at least two parts to them; that first word of the first step is "we". And here I thought I was unique.

I showed up to my first sponsor with three binders, and all these recovery books. She looked at me, and said, "Give me all that crap. And I went, what?" But that was what I needed. You've got to do the steps with somebody who has been through them. We can read the book "nine days to Sunday", but until you go through it with another alcoholic, you're not going to get the full effect.

In the beginning I thought, all these goddamn slogans, what are they talking about? Like, "one day at a time", and now, a few years later, I want to really think about what they mean and how they've evolved for me. It is a simple program, but I tend to want to make it complicated. I remember wanting to rewrite the Serenity Prayer.

I had the privilege of attending the World Conference in Vancouver this past summer and I don't even have words for it...but it shows how big this program is and how many people are affected by alcohol and the fact that it's a family disease.

Through service, I had the opportunity to carry the message to the Women's Federal Jail in my community. It was a humbling experience, giving back what was so freely given to me.

Then we packed up and moved out here to BC. Moving to a new community thousands of miles away and introducing myself to the community is challenging anytime, but especially so with COVID still active. I was grateful to have AA to rely on.

On my recovery journey, I realized I couldn't do this on my own. I recognized how bankrupt I was emotionally, spiritually, morally, that I had just covered it all up with alcohol. I had to get out of my own head. I had to be honest with myself or I wasn't going to move. I had to open myself to a spirituality that's different from religion. I had to trust the process.

Any personal story is welcome, and, of course, you can write about anything that is on your heart. Keep the focus on your recovery. Editing will be with your permission and only for the sake of brevity, anonymity, and propriety. Your name will be used in the web version only with your permission. Send your stories to [merryfeather@me.com](mailto:merryfeather@me.com).

## Gotta Laugh

An alcoholic walks into a pub & the bartender asks him what he wants to drink.

The alcoholic says, "Give me three pints of Guinness please."

So the bartender brings him three pints and the man proceeds to alternately sip one, then the other, then the third until they're gone. He then orders three more.

The bartender says, "Sir, I know you like them cold but you don't have to order three at a time. I can keep an eye out and when you get low I'll bring you a fresh cold one."

The alcoholic thanks the bartender and says, "Thank you for your concern but that isn't why I order three at a time. You see, I have two brothers. One is in Australia and one is in the States. We made a vow to each other that every Saturday night we'd still drink together. So right now, my brothers have three Guinness Stouts too, and we're drinking together."

The bartender thought that was a wonderful tradition.

Every week the man came in and ordered three beers. Then one week he came in and ordered only two. He drank them and then ordered two more.

The bartender said to him, "I know what your tradition is, and I'd just like to say that I'm sorry that one of your brothers died."

The alcoholic said, "Oh, my brothers are fine----I just quit drinking."



**It is significant that this first issue would come out on Valentine's Day. AA is about love, primarily, but also about selflessness, serenity, and not in the least, humour**