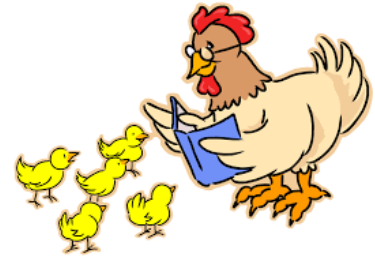


District 75 Newsletter
On-line Version



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

Alcoholics Anonymous p.562

Welcome to our District 75 Newsletter! **And Happy Spring!**



This issue is for personal distribution to AA members and contains a selection of the minutes of District Committee meetings **for the previous month**. There will be a different issue specifically for the webpage which will contain no names or birthdays.

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



Birthdays (not included in the web version) will be from the time of publication including the next month.



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. 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 and we will put you on the confidential distribution list.

**The response to the first issue has been overwhelmingly positive. Thank you!
This testimonial illustrates what we hope to achieve: connectedness.**



“This is a great newsletter! It leaves me feeling I am a part of this AA fellowship of the Kootenays. I am coming back going on 6 months. I was active in AA for many years and lived in the lower mainland. There were so many meetings and it was usual to attend at least 1 a day. I didn't know how I was going to get back here with so few meetings. I had never been on zoom before. It turns out that AA didn't let me down. I am grateful.” Anonymous by request

Tidbits from the January minutes. You will note these are similar to last month's issue. Those were posted prematurely and are now in their corrected form. Each issue will contain the minutes from last month's District meeting.

Finances:

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



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 Shann-on 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

GSR Reports

- GSR 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 improve meeting management



- Love and Tolerance Castlegar
 - Had a birthday on the 17th
 - Started on an accessibility checklist
 - A little bit dysfunctional



**News Flash!! -The "Tuesday night Men's Meeting" in Nelson is now "The Open Door" and is an all genders meeting.
-Slocan Big Book study at 7pm has closed
-Sober Steppers virtual is now Mondays only at 5pm. 6529445597 741025**

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 chair:

-10 calls from Jan 1-25



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 March 29, at 4pm. Everyone is welcome



**Gabbin'
About
The**



AAGRAPEVINE

**Join Your Area 79 Grapevine
Committee Every 3rd Sunday
of the Month at 11am**

**Meeting ID 831 0773 4645
Passcode 526279**

**NO MEETING IN APRIL DUE TO
PRECONFERENCE**

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. If you think your group is great, let us know and we will tell everyone. Email: merryfeather@me.com



A Broad Highway:

What I like about the group is that it's small. I have a bit of a conflict in that I want it to stay small, but I want other people to come too. There's about 7 or 8 of us who've been meeting pretty consistently for about 2 years, and so we've become very close in supporting each other in our recovery. Whether someone is able to stay abstinent or not, they keep coming back. People know it's a safe place and we can talk about anything. If people want to talk about God, or a higher power, higher being, or whatever, that is not frowned upon at all. We're not against or for. It's whatever supports you in your recovery. It's a very inclusive beautiful meeting. The people who arrived very skeptical and have stayed have helped me want to stay sober even more.

We read from the book "Beyond Belief", and then we discuss it around the table, like we do in a regular AA meeting. Then we open up the floor and we have a discussion about whatever's on anybody's mind. It really is open to whatever we need that day.

We get newcomers and they stick around or they leave, but we have a consistent core of people. I'm very happy that I have made this group my home.



What would the Master do?

Every morning I pray that I do what God would have me do, behave in a way that will shine some of what was so freely given to me on other people. I went to a meeting that was not my home group. A woman was very rude to me during the fellowship after which is not new behaviour. I have never done anything and have only good intentions toward her. For some reason it bothered me more than usual. I didn't answer her rudeness in kind but later wondered if I was wrong. Surely this person needs to be put in their place! It's about time. I pondered sending her a message saying I was no longer going to put up with such behaviour. Then, as if from nowhere, I heard the question, "What would the Master do?" I nearly missed an opportunity to demonstrate the love I have received. I will keep on smiling in response, not because I think it might change her, but because I have already been changed.

My Service Journey

Early in my recovery journey, I was introduced to district-level service. I joined a committee and after about a year I was asked to chair it. I was nervous going in, but I decided to go for it. Very quickly I realized the role was much more challenging than I had imagined. At the time I didn't have a service sponsor and I wasn't really asking for the guidance I needed to be an effective member of service. Before long I found myself burnt out and resentful.

Eventually, my home group saw the difficulties I was having with the position and helped me step back. At the time it was hard to accept. I felt like I was letting myself and AA down, and it took some time before I was ready to get involved in service again.

When I did return to service, I became the GSR for my home group and really threw myself into learning everything I could about the role. I traveled to events, attended workshops, and started to better understand how service works within the fellowship. A couple of years later I felt ready to step back into district-level service again. This time I approached it differently and got a service sponsor.

Now, about a year and a half into my current two-year commitment as a committee chair, the experience has been much different. Because of what I learned from my earlier mistakes, I've been able to let go of control and focus on guiding the committee rather than trying to do everything myself. Service has helped me grow not only in the program but in other areas of my life as well. By relying on my higher power, being open with others, and asking for help when I need it, I've become a more effective member of this fellowship. I'm grateful for the opportunity to continue serving and to help ensure that AA is here for those who have not yet made it through the doors.



The NEW Grapevine Weekly Open Meeting

Meeting Details

- Weekly on Wednesday starting February 4th, 2026.
- 12:00 PM Eastern
- 1 Hour
- Not a good time? Not to worry, it will be available as a podcast and on YouTube

[Zoom Link](#)

Meeting ID: 871 2036 8287
Passcode: 238047

Format

Weekly rotating hosts from Grapevine staff and Board members.
Two invited speakers each week, sharing 20 minutes each. Focus on experience, strength & hope.

Positions

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

The District Secretary: This is from the AA Service Manual. There are no suggestions for duties or requirements for either group or District secretary positions. This is what they suggest for Area, found at aaws.widen.net:

Duties:

- Records and distributes minutes of area meetings
- Keeps mailing lists up to date and sends out area mailings
- Prepares lively bulletins that will encourage attendance at committee meetings and assemblies, assuming the area conscience has asked for this
- Can act as a liaison between officers and committee members



Qualifications: Candidates for the position of secretary typically have:

- Some service in group, intergroup/central office or general service affairs; some background in general office work
- A level of computer knowledge and information technology skills that reflect the area's needs
- Ability to create a record of a meeting that captures the essentials of what happened
- A solid period of sobriety

Secretary for District 75

My name is ____, and I am an alcoholic. At one year of sobriety my sponsor encouraged me to enter the service structure. Being something of a nerd, the heft and thoughtful organization of the service manual brought a tiny tear to my eye. I heard a lot of crazy things when I walked through the doors of AA but surely this group conscience thing was the craziest. We're going to give an equal voice to every person in the room; all the way from the very unsobber to the cranky long-timer in the back row? Insanity! Today I understand and embrace the fact that this is the only way our fellowship survives and flourishes. Together we make decisions, celebrate our progress, and learn from our mistakes. It is through service that I came to understand and fell in love with this principle. Was it an effortless process? Absolutely not. It came with fear, insecurity, and frustration but has been essential in learning how to become "part of". I'm grateful for the opportunity to serve and would encourage anyone flirting with the question of "what if this is as good as it gets?", to give it a shot.



Personal Story:

My AA journey in 12 parts.



1. My non-drinking parents raised me and my three siblings in Abbotsford. My drinking career did not start until I left home to go to UBC. That lasted for a short 10 years with one AA meeting at the five-year mark. As is common among AA members, I could not stop after taking that first drink.
2. In November 1976, I went to my second meeting as the result of a bad Monday morning hangover on top of some very black dread. I learned later that my wife was about to take some drastic action regarding our marriage. She also admonished me that if I drank again, she would leave. I'm grateful to her for that added incentive to stay sober.
3. At that meeting on a Tuesday night in the church basement, I found the solution to my drinking problem. I had been trying to stop with no success. My pattern was to drink for an evening to get drunk, recover for the next two days, and start it all over again. Joining AA enabled me to break that terrible cycle.
4. I shopped the Saskatoon AA meetings and found one that had comfortable furniture and no smoking. At that time, virtually every AA group was a smoking group. Our GSR was leaving AA to become a minister and he suggested I take the job. Service work was one more reason for me to stick around AA. As district secretary I used punched cards and mainframe computer printouts to maintain the ever-changing GSR phone list.
5. The Fresh Air group continued to be my home group for the next nine years until we split and created the Half Century group over a disagreement about tradition three.
6. In 1994 I was working in the gambling industry out of Saskatoon. I was sent to Las Vegas for a conference. Up until this time, whenever I travelled for business, I would attend AA meetings in whatever city I was visiting. Las Vegas was different. I attended no meeting on Saturday, Sunday, or Monday, and on Tuesday I picked up two drinks. I had lost my emotional balance and briefly forgot many of the lessons I had learned in AA. I did know that I needed to return to my group and disclose what I had done. This is why I carry a 31-year chip instead of 49.
7. Three years later, we moved to Las Vegas and I attended many meetings with my new sponsor. I continued to do service work and had several interesting bus rides across the desert for area assemblies.
8. In 2001 my wife and I left Las Vegas and landed in Nelson. That fall, as District 1 of the Eastern Washington area, Nelson was hosting the fall AA assembly. I got involved. Later, I became DCM and made many friends south of the border. However, after 9/11 the border got more difficult for AA trusted servants to cross. As a result of this, my DCM successor, embarked on a project to move our district to BC Yukon, where we became District 75. In 2001 there was a Women's Group, but no men's group. We started the "Young Fellas Off Booze" group, which later was renamed to the Tuesday night men's group, and is now the all genders "Open Door" group.

9. Many cities have a morning group called Attitude Adjustment. At an overcrowded Lunch Bunch meeting two of us decided that it was time for Nelson to have one too. That eventually grew to seven days a week until Covid sent it to become an online Zoom meeting. That meeting continues to this day online, seven days a week. It has since returned to the Cellar as the On Awakening group.

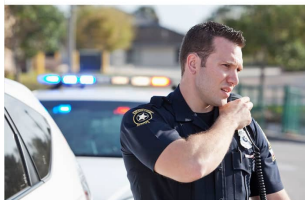
10. I learned about Secular AA on the AA Agnostica website. To provide more comfort for my atheist alcoholic friends, we started A Broad Highway Secular meeting in 2015. With a brief break due to Covid, this group continues on and has spawned a sister group in Bozeman Montana.

11. During Covid we ran a 5 PM Sober Steppers zoom meeting seven days a week with double digit attendance. That meeting is now one day a week on Mondays, but a small group of us continue to be close friends. Many of us on this meeting have a Saskatoon connection.

12. One of the sober steppers was a speaker at something called Recovery Dharma. I was so impressed with the peace and support I found on that RDO Zoom meeting that I inquired locally and we now have a Thursday night meeting at the Shambhala centre at 6:30 PM. Who knows what the next recovery project will be?

Gotta Laugh

Me: suspect is dancing naked through downtown
Dispatch: Copy that
Me: I can try but I'm not much of a dancer



Not in jail, not in a mental hospital, not in a grave - I say I'm having a very good day.

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www.bizwaremagic.com

TOP 10 REASONS I PROCRASTINATE

1.

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!" The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark,

"Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.

