

District 75 Newsletter
On-line Version



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

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 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. 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.

Tidbits from the **March** minutes. Each issue will contain the minutes from **last month's District** meeting.

Finances:

Opening Balance	\$9,598.99
Income	\$1,724.82
Expenses	\$(240.69)
Balance	\$11,083.12
Reserve	(\$1,200.00)
Working Funds	\$9,883.12



DCM Report:

- The past month has been busy service wise, gearing up for pre-conference assembly
- DCM will be presenting on agenda item F for the Grapevine committee
- Planning to schedule an April 12, 2026 zoom meeting to discuss the Grapevine agenda items
- DCM attended the Fruitvale meeting for the first time and will be supporting business meetings there

GSR Reports

GSR Trail Unity

- Haven't had a business meeting in a couple months
- Enjoying the new meeting space



GSR Nelson Women's Group

- Business meeting tomorrow
- Discussing the literature currently being used at their meeting and the pre-conference
- 5 - 6 regular members
- Attendance 10 - 12
- Often get newcomers



GSR Willingness Wednesday

- Strong attendance
- Discussing a group inventory at next business meeting
- Attending the pre-conference via Zoom



GSR On Awakening

- Have a prudent reserve but not much surplus
- 6 meetings per week, Monday to Saturday



GSR Love and Tolerance and Unity works

- Meets 4 times per week, Tuesday morning meeting has been removed
- Having a business meeting April 6
- Registered for the pre-conference and planning to attend in person



GSR The Open Door

- Significant changes in the group
- Grown from 1 to 3 group members
- The best way to proceed with building a group is to follow the AA literature
- The best place to be in AA is in the middle
- Thanks to a member for his support



GSR Crawford Bay

- We survived the winter!
- Average attendance 2 - 3 members
- Recently purchased the steps and traditions posters
- Finances are good



GSR Broad Highway

- 6 - 8 people attending
- Short infrequent business meetings
- Bozeman Montana now has a Broad Highway Secular group



GSR Sunlight of the Spirit

- 5 members
- Average 5 - 10 people per meeting
- Informal business meetings



Alt GSR Lunch Bunch

- 2 new members, 19 members total
- Meeting 3 days per week
- Average attendance is 12
- Had a business meeting last week
- Discussing altering the group's distribution of funds temporarily to support GSO and Grapevine needs
- In need of a secretary, Alt GSR currently acting in this role



GSR Sisters of Sobriety

- First meeting as a GSR
- Group is discussing sending member to the assembly in Smithers in July
- Discussing sending funds to area and district
- Working on registering as a GSR



GSR White Flag

- Average attendance is 15 - 20
- This Tuesday hosting a potluck and stick meeting starting at 5:30pm
- Next business meeting is April 7
- At last business meeting discussed distribution of funds
- Working on getting birthdays for the newsletter



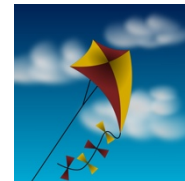
GSR Fruitvale

- New GSR
- Good attendance - average 10
- Went from a group to meeting during COVID, back to being a group



GSR Freedom Friday

- Attendance is 8 - 12 people
- Frequent newcomers and visitors
- Back to reading from the Big Book and considering using Came to Believe
- 4 group members
- Discussing cross addiction trend



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

Committee Reports

Telephone chair:

- 10 calls
- Both forwarding groups have good participation
- No issues



Literature chair:

- Acquired a cabinet for literature storage in the Cellar, no cost
- Establishing a lending locker
- Low on hard cover big books
- \$480 in recent sales
- Need to place an order - will be at the new price. Should we consider increasing the literature costs to increase inventory?
- Discussed having more Grapevines available



Newsletter chair:



- Have asked for assistance from a member. We have yet to meet. I am also thinking of continuity
- With a few notable exceptions, people need to be approached personally to submit a recovery story, brag on their group, or talk about their service journeys
- Groups are not sending in their birthdays, so that section is downsized. I can always enlarge it if or when the groups decide to go for it
- There are now 99 subscribers but there are vastly more who are perhaps waiting to see how it goes

New Business:

District 71 Corrections

- There is a corrections facility in Oliver - remand center
- Member is currently the only member of the District 71 corrections committee
- Currently AA meetings for incarcerated persons are held Saturdays, Sundays, and Mondays via Zoom
- The committee provides literature to incarcerated persons
- In the past, corrections work fell entirely under District 68 but it was unable to meet the financial requirements. It's now funded entirely by District 71. District 68 has new momentum and is interested in increased participation in corrections work
- Seeking financial support to continue carrying the message and provide literature to people in the Oliver facility.
- There are many members in our communities that found sobriety through AA while incarcerated.
- The objective today is to bring awareness around the corrections committee and seek funding.

Tabled:

- Disbursement of District funds (Mini-assembly, area, GSO) - DCM
- Above motion for contribution to District 71 Corrections Committee

Next District meeting May 31, 4pm. Everyone is welcome
<https://us02web.zoom.us/j/8410340759?pwd=T2FES0M4U3dyU3QzZjI0TUdPMk01QT09>

Positions

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

Website Chair for District 75:

Role:

Maintain and update District 75 website and group meeting list

Suggested Qualifications:

- access to a computer, internet, and email
- basic word processing skills
- experience with websites not needed but helpful
- knowledge of the traditions, particularly related to anonymity

My name is _____, I'm an alcoholic and my sobriety date is _____. I am serving as the District 75 website chair, a 2-year position which started in May 2024. I travel a lot for work so I appreciate the opportunity to have a service position that can be done from almost anywhere, and staying involved in service helps support my recovery and keeps me connected to the program.

My primary responsibilities include updating the District 75 website with meeting changes and updates, as well as posting events as requested. It requires some basic computer skills but the website has been set up so that it is simple to use and update without the need for any coding or fancy website wizardry skills. I ensure that the annual fees for the website are paid and the district reimburses me for those expenses. I provide a short summary of website statistics and updates for the monthly district meetings and participate when my work schedule allows.

Thanks for the opportunity to be of service to our local AA community even when I'm travelling far away.



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



Willingness Wednesday

I originally joined Willingness Wednesday in 2014 during my first attempt of sobriety. I remember 4 group members greeting me at the door, shaking my hand, and giving me hugs. That was enough for me to say "I want to be a part of this homegroup"

I rejoined WW in 2018 after doing more "research". Since then, our group has been blessed with strong membership. We have a really tight knit family vibe with 7 members who all want to participate in service. We hold monthly business meetings on the first Wednesday of every month. We have an active secretary, treasurer, and a GSR who attends District meetings and Area 79 assemblies.

We pride ourselves in having a welcoming and loving vibe at our meetings. We give a big book to every newcomer who attends and make sure new group members feel a part of our family.

My experience over the years in WW has taught me of how the homegroup is the heartbeat of A.A

Service Spotlight

When discussing service, many people think you need to hold a position to “do” service: GSR, DCM, Secretary, etc. This is not so. In all our endeavours we are to place principles before personalities and to practice anonymity, and this results in genuine humility. Every member who attends meetings and shares to the best of their ability from their experience is doing service. Every member who calls an absent member or offers rides to those without transportation to meetings is doing service. Every member who gives what they can when the container is passed for the 7th tradition is doing service. Every member who cannot afford to make a financial contribution but who makes coffee or washes cups is doing service. Maybe for you the best service of all is staying sober for yourself. Service comes in many forms and none are above any other. Remember this the next time you are tempted to think you don't “do” service.



Personal Story:

My story is no different than most of us. I was born in the late 70s in a small alternative community. No outright abuse. But severe neglect and a very broken home. Substance use was rampant. Alcoholism accepted. As a young child I remember being at parties that would now be classified as hedonistic. But to my young self it was normal. Adults crowded around a large mirror laid out on an ironing board. Piles of substances of various colors being cut in to lines. People drinking and fighting outside the party. Very intoxicated people driving up and down the road at high speeds. All of this very normalized.

Most all of the adults in the community were engaged in the marijuana industry that used to thrive in this area. My babysitter was the first person to smoke marijuana with me. I was 9 years old.

Alcohol was harder to get than other drugs so, naturally, drugs are where I started. By thirteen I was routinely drinking to black out. I have an intense memory of getting so drunk that I could not drive my scooter home and passed out on the side of the road till I was sober enough to drive.

Psychedelic use started when I was 14. I spent from 14 to 15 so high I could barely see through the patterns. At 15 I discovered heroin. Or I should say I was introduced to heroin by the same adults that introduced me to the marijuana industry. What followed was a tumultuous 13 years that was filled with jail time, substance abuse, and alcoholism that eventually lead to homelessness. Living on the down town East side in Vancouver.

During these 13 years I was introduced to AA. But every time I tried to get sober it was “contingent sobriety “. “I’ll get sober if my girlfriend will let me move back in”. “I’ll get sober if my family will support me”. And every time I failed. I was trapped in a cycle of getting 30 days sober. Then I would go back out. Get kicked out of whatever living situation I was in. I did this 5 or 6 times. It was torture. I couldn’t stay sober and I couldn’t stay loaded. Then I went out for the last time... I went on a six-month bender that resulted in me having my jaw broken by a rival gang, getting heavily involved with some very dangerous people. And potentially racking up more jail time. At this point I was so done and had nowhere left to turn.

I checked in to a treatment program for the 7th and final time. I was so willing to do whatever I had to do to get and stay sober. I found a sponsor, got a home group, got a service position, and most importantly, I did the steps. Thoroughly and honestly to the best of my ability at that time.

It’s been 18 years. My life has blossomed beyond my wildest dreams. I am not saying it’s been perfect since I got sober. Life is life. It’s always changing. But. I have faced adversity with the help of AA and my higher power. And would not change anything. Except maybe buying bitcoin when it was cheap.

UNITY • SERVICE • RECOVERY

A New Freedom
Nelson, BC

AA ROUND UP
2026

MAY 29, 30 & 31

Nelson Rod & Gun Club
801 Railway St., Nelson, BC

Fellowship • Speakers • Workshops
Pot Luck Dinner • Silent Auction • Live Music

\$50 PRESALE & AT THE DOOR

Cash or E-transfer to
nelsonroundupcommittee@gmail.com

Have questions or need more details?
Email us — We'd love to hear from you!

Roundup 2026 is gathering contributions for the "Silent Auction". Do you have or make fine art, wood, metal, fibre, stone, ceramic products; utilitarian or whimsical? We want your stuff!!! Gift certificates from local businesses and services, **purchased by you and donated**, such as from your favourite restaurant or massage therapist, are also welcome. Questions? Email the above address to be directed. **A heads up by May 15th would be appreciated.** Pickup can be arranged.

Gotta Laugh

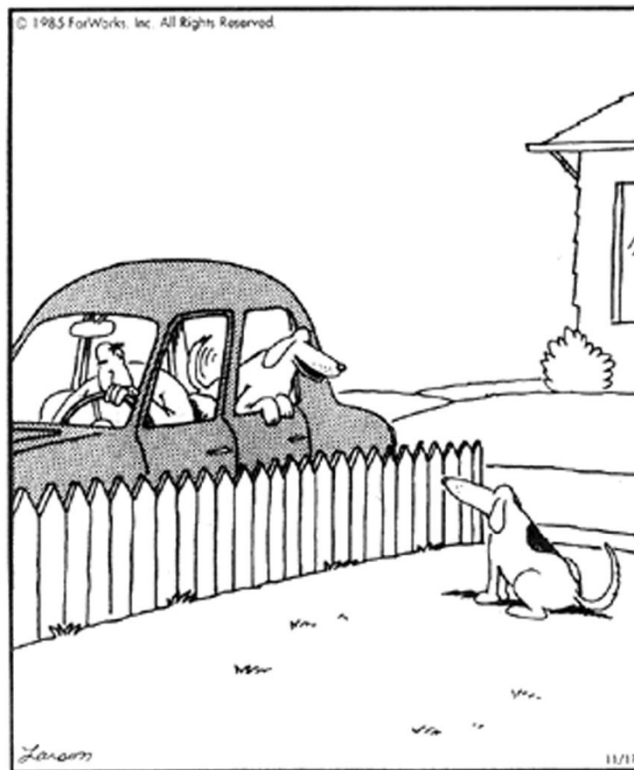
How many sponsors does it take to change a light bulb?
Only one, but the bulb has to really want to change.



Fella goes into a bar and orders an Irish whisky. Guy next to him says “hey, I bet you’re from Ireland” Fella says “yep. Grew up on O’Connell street”. Guy says “no way!! Me too!!” Fella says “yep. My mother’s name was Mary and my dad’s was Patrick.” Guy says “Jaysus, Mary, and Joseph! No way!!! Mine too!! That’s incredible!!” Man, hearing the commotion, asks the bartender what’s going on. Bartender says “Oh, the O’Leary twins are drunk again”.

If famous people did 4th steps:

- I’m a very tolerant man, except when it comes to holding a grudge. –Robin Williams
- She thinks I’m too critical. That’s another fault of hers. –Arrested Development
- If I had to name my greatest strength, I guess it would be my humility. Greatest weakness, it's possible that I'm a little too awesome. –Barack Obama



“Ha ha ha, Biff. Guess what? After we go to the drugstore and the post office, I’m going to the vet’s to get tutored.”