

Volume 1/ Issue 6, July 4, 2026

District 75 Newsletter
On-line Version



Every AA group out to be fully self-supporting, declining outside contributions.
Alcoholics Anonymous p.562

Welcome to our District 75 Newsletter! **And happy gardening!**

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.

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

This can be a tad confusing because the Newsletter comes out the first Saturday of the month. Try to remember it's for the previous month, so the minutes are for another month back.

Finances:

Opening Balance	\$8,640.06
Income	\$1,184.36
Expenses	\$(976.23)
Balance	\$8,848.19
Reserve	(\$1,200.00)
Working Funds	\$7,648.19



DCM Report:

- Attended the mini-assembly in Greenwood last weekend
- Attended the Nelson roundup and hosted a workshop on the levels of service in AA
 - 7 Participants
- Attending the Fruitvale business meeting this evening
- Planning to attend the next assembly in Smithers virtually

GSR Reports

Sisters of Sobriety

Over the past month things have been overwhelming. But that's not to say that I haven't felt the excitement of being of service and learning all about the service structure and my position as a GSR. I have been spending time talking and learning with my service sponsor as well as my sponsor. I was fortunate to attend the South Central Mini Assembly in Greenwood with our DCM and my service sponsor and a few other members from our district. I felt so full of ease and comfort by the fellowship. My experience was full of eagerness to learn. I made so many new connections, I truly see the value in this type of service work. I learned about clarification on voting eligibility. I also learned about how much fun the serenity bus is. The fellowship and unity that happens on it. Information of the bus taking members to the voting assembly in Port Alberni in October was exciting to hear. They said there was going to be lots of fun and entertainment on the bus as well as a presentation on what to expect at the voting assembly and the importance of the assembly. I loved the afternoon workshop with Spencer from Area 79 on traditions. I really understand the importance of these traditions and how our fellowship survives. Without them AA could fall under. Thank you for allowing me to be of service.



Fruitvale Group

- Business meeting is this evening
- Good meeting attendance
- Lost a member on Monday



GSR Crawford Bay

- Groups is doing okay
- 4 group members and sometimes 5 members in attendance
- Sent money to the district committee



Broad Highway

- Attendance is 5 - 10
- Sent money to district and GSO
- Meeting is going well
- Sober Steppers Monday Zoom meeting has 3 - 7 people in attendance



GSR Lunch Bunch Nelson

- Attendance has been down but back up at the last two meetings
- Made contributions to district, area, and GSO
- Next business meeting is June 27



GSR Nelson Women's Group

- 8 - 10 in attendance
- Using the green self-support card
- Meeting alternates between using the 12 and 12 and "The Woman's Way"
- Two group members participated in the Round Up planning committee



Love and Tolerance

- Meets 3 times a week at noon.
- We have been struggling to open every meeting due to group members not being there.
- Treasurer has given up position. We need new treasurer. So if anyone wants a home group, and a service position to match, please step up.



News Flash!!-Our Delegate, Drew, is planning another trip here. Watch this space for information about when, where, and why.

Committee Reports

Telephone committee report:

- 47 calls were received and answered in the month of May
- 32 calls were received from the same caller over a two-day period
 - I spoke with a number of phone line volunteers that reported this male caller was selecting the female forwarding group, and the subsequent conversations had become inappropriate in nature.
 - I made the decision to block this caller's number and would have preferred to have a conversation with him, to explain why, but it wasn't possible to do so.
 - Would like to hear from the committee as to whether this decision was appropriate under the circumstances.



Not in the minutes: (General consensus of those present was that chair had done the appropriate thing)

Literature chair:

- Literature financials included in treasurers report
- Literature is well stocked
- Ongoing discussion on the best way to make literature available across the district



Newsletter chair:



- Stories are slowly trickling in. I have a story for the June issue but no more. I would like several in reserve. GSRs please continue to remind your members that personal stories are sought and this is one way to carry the message (step 12)
- Groups are not sending in birthdays. I am surprised because my previous experience told me that this was of vital interest to members. Shall I drop that page and omit mention of birthdays?
- GSRs: We want your service stories please. Don't have to be long and you don't have to write them. We can interview you and then send for your approval
- Round up photos. We have taken photos of the set up without any people. I haven't seen all the photos yet, but if there are any with people in them, what does the committee think about just covering the faces with emojis? Is this still honouring tradition 11?
- Please send us any group information or activity. Keep in mind the publishing date is the first Saturday of the month

New Business:

- Drew (our Delegate) is interested in returning to the District this summer
- Member is interested in the PI/CPC chair position

Next District meeting July 26, 4pm. Everyone is welcome

<https://us02web.zoom.us/j/8410340759?pwd=T2FES0M4U3dyU3QzZjI0TUdPMk01QT09>

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



Sober Reflections:

There are many reasons why Sober Reflections, which meets Monday nights at 6 in the United Church in Nelson, is a great group. One of those reasons is because it's just a little different from other meetings I have attended in the sense that it's popcorn-style with meditative elements.

Personally, the main reason Sober Reflections is so great is how they take such care of their members. In 2022 I was injured badly. I broke both ankles. To recover I had to stay in hospital for 7 weeks and the members of Sober Reflections made sure I stayed in the fellowship and the program.

That is why they are great...no, scratch that...they are FANTASTIC, because they take care of their own.



My story:

For me, alcoholism started very young — around grade three. I grew up in a violent alcoholic home in Ontario. My father was an OPP officer, and there was nowhere safe to turn for help. As a child, I discovered alcohol could help me escape fear, pain, and chaos. Long before I understood addiction, I had already learned how to disappear emotionally.

As I grew older, I experienced more trauma and abuse that I never spoke about to anyone. Alcohol became my way of coping, surviving, and numbing myself. By my teenage years, I was already blacking out regularly. Alcoholism followed me into adulthood, unhealthy relationships, and eventually into harder substances.

Over time, my life became completely unmanageable. I lost myself to addiction, homelessness, exploitation, and hopelessness. I truly believed I was going to die. I became emotionally numb and spiritually empty. If I ever started to feel anything, I used substances to make it disappear again.

But by the grace of God, people began showing up in my life when I could not save myself. One of those people got me into detox in Kamloops, BC. I was terrified because I knew if I ended up back on the streets, I wouldn't survive. Then, at the last possible moment, a treatment bed opened up for me at Kiwanis House. For the first time in my life, I felt hope. I finally believed that maybe God really was doing for me what I could not do for myself.

Recovery was not perfect or immediate. I relapsed again for years. But eventually I found my way back into the rooms and finally became honest about the childhood trauma and abuse I had buried my whole life. Through the program, my sponsor, my Higher Power, and a willingness to heal, I found freedom I never thought was possible. My little girl's voice was finally heard, validated, and healed.

Today, I celebrate 16 years in recovery. My life today is peaceful, honest, and full of purpose. I no longer wake up wanting to escape myself. I have serenity instead of chaos. I have healthy relationships, friendships, laughter, and gratitude. I know today that my past does not define me — it allows me to help others who are still suffering.

Recovery gave me something I never had before: self-worth. Today, I believe I deserve healing, love, peace, and joy. I want to be the hand that reaches out to the next person who feels hopeless, because people once reached out their hands to me.

No matter how far down the scale we have gone, there is a way out. There is hope. There is healing. And there is a solution. My story no longer ends in darkness. It ends in recovery, purpose, and love.



Service Spotlight

Service Story:

Hi my name is _____ and this is my service story. Some might recognize me by my brightly coloured hair at the Nelson Roundup. The Nelson Roundup is how I have chosen to do my service work.

I was just over a year sober when I learned about this event and decided this is how I wanted/needed to give back to our recovery community. I come from an extensive background in the industry of entertainment production. After discussing this with a few members, I fell in love with helping to plan and organize our local Roundup. I've been involved with different aspects and positions on the committee, most recently as the chair person.

Doing this type of service has taught me valuable lessons in how I work my program: Principles before personalities, interpersonal effectiveness, distress tolerance, and how to work with a team of dedicated like-minded people. I've been helping with this event since 2017 and wouldn't trade it for anything. I look forward to seeing new faces on the team next year.



Dear Trusted Servants,

The agenda package for our **July 2026 Assembly** is now available on our Area website: <https://bcyukonaa.org/agenda>

For the full package, including all supporting files and resources: <https://www.bcyukonaa.org/agenda-full>

If you have any questions about the agenda or the Assembly, please don't hesitate to reach out. I look forward to seeing you there — in person or online.

In love and service,

Paul T.

Chair, Panel 75

BC/Yukon Area 79

Gotta Laugh: Step 7. The seven deadly sins



Pride



Lust



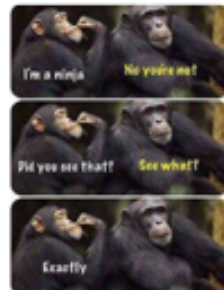
Anger



Greed



Gluttony



Envy



Sloth

