

District 75 Newsletter
On-line Version



Alcoholics Anonymous should remain forever nonprofessional, but our service centres may employ special workers.

Alcoholics Anonymous p.562

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

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.

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



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. For the next few months there will be “What’s so great about my group”. We ask for members to brag on their group. This feature is still available so please submit.

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 June 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	\$8,848.41
Income	\$798.23
Expenses	\$(765.89)
Balance	\$8,880.75
Reserve	(\$1,200.00)
Working Funds	\$7,680.75



DCM Report:

Hello friends, thank you for joining me in service today. The month of June has been incredibly quiet for me, service wise. I am registered for the summer assembly in Smithers for the weekend of July 10th. I will be attending this online. Our Grapevine committee is meeting this Thursday evening to get prepared for the Tuesday breakout committee meeting. Also the Grapevine committee has decided to pause our monthly Area 79 Zoom meeting for the months of July and August as we assume attendance will be small for the summer months.

Finally, a delegate's report is still in the planning and I will email everyone once things are finalized.

Telephone Committee:

- 8 calls received and answered
- Volunteer group is strong



Website Report

- 606 visitors in the last month
- Friday morning meeting was removed from the calendar
- If anyone is interested in the website chair role, current chair will be rotating out

Newsletter Report:



- Still like pulling teeth to get stories
- Messages have been sent to every GSR who attends and not one has responded
- Beginning to wonder if the District, using the term in the larger sense, wants a newsletter
- Seems like mostly Nelson is represented
- Groups don't seem to want to share birthdays
- Stories we do get are top notch and can't help but inspire
- In the face of such a lack of enthusiasm I will personally only carry on for a full 12 issues and if it hasn't changed, I will not continue.

The vision is to draw the District together and create an increased sense of unity.

Literature Report:

- There is a discrepancy between the literature financials and treasurer's report, GSR and Treasurer will connect offline to discuss.
- Currently running a negative balance as the last order was increased to meet the free shipping minimum.
- Literature is fully stocked.



District 71 Corrections Report:

Hi, my name is _____ and I am an alcoholic. I am your corrections committee chair for district 71.



Institution Focus- We currently have active book and literature commitments and virtual meeting coverage at Okanagan Correctional Centre.

Meeting Coverage- Our meetings are held virtually on Saturday, Sunday, and Monday evenings from 6:15 to 7:30. We usually have at least one person signed up with three to four additional members attending. Our meetings average five to nine on the inside with anywhere from two to five committee members joining each meeting.

Book Commitments- We are wanting to keep purchasing books that are needed for our members inside. The books that are needed to be kept in supply are our Alcoholics Anonymous text, Plain Language text, Twelve Steps and Twelve traditions, Daily Reflections, AA In Prison, Behind the Walls and AA Grapevine subscriptions and the First Nations Stories. It is of great importance for us to get the literature to the people on the inside so this solution can be at their fingertips.

New Volunteers- Over this past month we have had one member request clearance forms. We are always looking and inviting our fellow AA members to come and join us. BEST GIG IN AA.

New Business:

1. **Motion (Love and Tolerance) (2nd ____)** - District 75 keeps a \$1000 GSR back up fund for groups that don't have the money to send their GSRs to area events.

Motion tabled

2. **Motion (D75 Secretary) (2nd ____)** - The monthly District 75 Service Committee meeting is scheduled for 90 minutes. We are currently struggling to address core responsibilities such as financial management and discussion of district issues, in the allotted time.

Motion Passes. Henceforth monthly District 75 Service Committee Meetings will be scheduled from 16:00 to 17:30.

GSR Reports

Sisters of Sobriety

- We meet at 7pm on Thursdays at the church at Merry Creek Rd in Castlegar, meeting attendance has been good.
- We recently celebrated a one-year cake, which brought in more attendance. Cake was enjoyed by all.
- Our group has well attended business meetings. S.O.S. has supported a camp out this weekend (There's a solution). A Traditions workshop was held. Campfire meetings were held. Fun and fellowship was had by all



Broad Highway

- Attendance between five and eight
- Frequent new visitors



Non-GSR report for Sober steppers zoom meeting:

- Mondays at 5 PM
- Attendance between three and six

Non-GSR report for attitude adjustment zoom meeting

- Seven days a week 7 AM
- Attendance between six and 12 daily
- Two new members now have over 50 days of sobriety each

GSR Lunch Bunch Nelson

- Attendance is 8 to 10, continues to be on the low side
- Business meeting was held yesterday, June 27th.
 - In addition to various administrative matters, after discussion regarding GSR's report on the April assembly one motion was passed, that the Lunch Bunch does not support any language around Land Acknowledgement being included in the AA guidelines, due to the risk of public controversy.



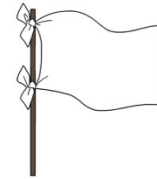
GSR Nelson Women's Group

- 10-12 regular attendees
- Business meeting held June 15th
 - 2 motions sent out with registration for July Assembly voted on
- Bank account secured at Royal Bank, Nelson
 - e-transfer for 7th tradition set up
- Discussed and voted against including birthdays in Newsletter
 - no issue with individuals going ahead with it on their own
- Some updates and changes to the meeting format/script



GSR White Flag

- This Tuesday June 30th we are having a Pot Luck Supper starting at 5:30, eating at 6:00. We will have a guest speaker for our meeting Meeting starts at 7:00pm as per usual.
- Coming up in July we will be celebrating 39 years. There will be cake and coffee. Meeting starts at 7:00pm. See you all there.



GSR Willingness Wednesday

- Great attendance still and we have about 10 homegroup members who are really active.
- Our treasurer had to resign due outside factors so we are looking for a new treasurer, one member may step up in the fall when his busy season at work calms down.
- We don't have an Alt-GSR so that was brought up at a recent business meeting and there was some interest.
- Sending \$250 to GSO, group is graciously putting aside some money for me to attend October voting assembly.
- We have switched from monthly business meetings to every 6 weeks on a trial basis, so far is going well.



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

Next District meeting Aug 30 4pm-5:30. Please note new time. Everyone is welcome

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

WESTERN REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY
HOSTED BY AREA 79 BC & YUKON



WRAASA 2027

*Honoring our Past,
Embracing our Future*

**FEBRUARY 5-7, 2027
ABBOTSFORD, BC**



CLARION HOTEL & CONFERENCE CENTRE
36035 NORTH PARALLEL ROAD, ABBOTSFORD, BC



WORKSHOPS



PRESENTATIONS



FELLOWSHIP

REGISTRATION OPENS JUNE 1, 2026!



\$40 EARLY BIRD PRICING | **\$45** AFTER JANUARY 16, 2027

All A.A. members are welcome to join in this opportunity
to share our experience, strength and hope in service
to help the still suffering alcoholic.



FOR ANY QUESTIONS, PLEASE CONTACT: INFO@WRAASA.ORG



EVENT INFO
Learn more about
WRAASA 2027



wraasa.org



REGISTER
Register for
WRAASA 2027



TRAVEL & STAY INFO
Hotels, travel, maps
and more



**FLY DIRECT TO
ABBOTSFORD (YXX)**

Only 10 minutes
from the venue!

Easier and faster
than Vancouver
(YVR – 60–90 min
drive)

**See website for
travel details.**



FOSTERING UNITY IN WESTERN CANADA | ALL AA MEMBERS ARE WELCOME

Personal Story:

When I showed up to Alcoholics Anonymous, I was emotionally, mentally, and spiritually bankrupt. On the outside, I still had a job, a car and license, roof over my head, and my family was intact, but inside I had lost myself. I hated every fibre of my being and wanted to disappear. I had tried to quit drinking many times and meant it every morning, but by late afternoon I would find myself back at the liquor store, full of shame. Where had my fierce will and determination of just that morning gone?

I grew up in a busy, loving home with hardworking parents, siblings, and many foster children. Despite the nurturing environment, I carried deep resentment about having to share my parents and home with others. I convinced myself I wasn't enough. When I found alcohol, the pain, jealousy, and anger disappeared for a while.

From the beginning, I was a blackout drinker. Each morning brought shame and depression, and my only solution was to drink again. I wore a mask, acted out, surrounded myself with other heavy drinkers, while somehow graduating from both high school (albeit delayed) and college while my family watched from the sidelines. Between drinking exclusively outside the family home and the fact alcoholism does not run rampant in our family tree, my drinking went largely undetected for years. I was alone and dying.

I arrived at AA in 2001 after staying sober for 5 months alone. I was 'stark-raving' sober - angry, tired, self-righteous, and full of resentment. At my first meeting, people spoke openly about the very things I had done while drinking - and they were laughing, smiling, and cheering each other on. I felt a sense of belonging like never before.

In early recovery, I replaced alcohol with workaholism, still trying to prove I was lovable. When trouble at work nearly sent me back to drinking, grace kept me sober. I called my sponsor, doubled up on meetings, worked the Steps again, and took time off to immerse myself in AA. Slowly, I found a God of my understanding and learned that my recovery must come first or everything else can be lost.

Did I do everything 'right' in AA? No. My sponsor would make suggestions to which I would scoff; only to find out later, when in deep emotional pain, that AA's suggestions are like instructions on a parachute. You don't have to pull the cord, but it'll be messy if you don't! I learned that "this too shall pass," sometimes slowly and painfully. Whenever life seems chaotic, it's a sign I've taken my will back. Today, I can ask my Higher Power for help and will be returned to peace. The 12 Promises of Alcoholics Anonymous do come true, if I work for them. I have a life beyond my wildest dreams - one filled with contentment, peace, and a way of living I never thought possible. Through the 12 Steps, I learned how to become a better friend, daughter, sister, wife, employee, and member of society.

Today I know I stay sober and live in recovery by working the Steps, connecting with other alcoholics, being of service, praying, turning things over, reading AA literature and attending meetings. Without a Higher Power, I do not believe I could have gotten sober. Thank you, Alcoholics Anonymous.



DISTRICT 75 CPC/PI COMMITTEE MEMBERS NEEDED

What This Committee Does

The CPC/PI Committee is looking for A.A. members who want to support public outreach, share accurate information about Alcoholics Anonymous, and strengthen A.A.'s presence in the community.

- Share accurate information about A.A. with professionals and the public
 - Support libraries and community partners
 - Respond to speaker requests
- Help ensure public outreach reflects A.A.'s Twelve Traditions
- Practice cooperation without affiliation in all outreach work



CPC/PI = Cooperation with the Professional Community / Public Information

Contact Kerri
604-512-6142

Who Can Join?

A.A. members with at least two years of sobriety are encouraged to participate.

Why Serve?

This is meaningful service that helps professionals, community partners, and the public better understand what A.A. is and what it is not.

Service Spotlight

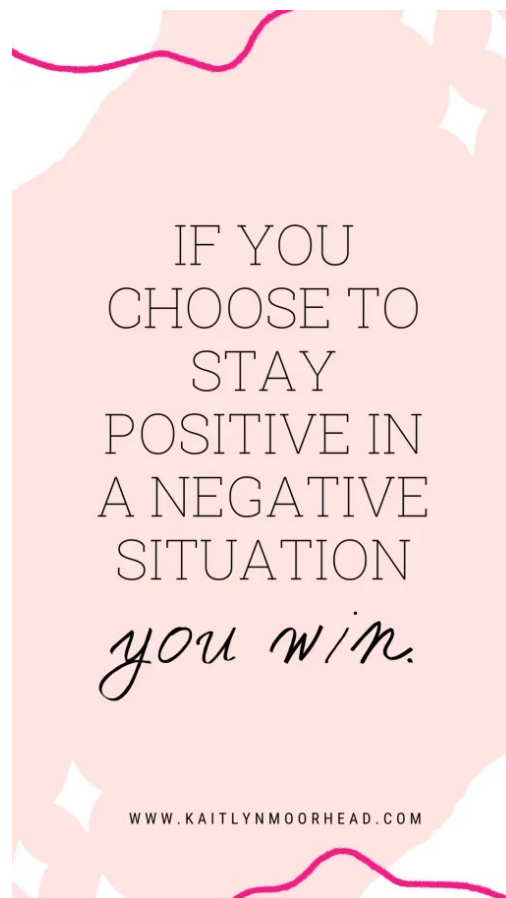
Service Story:

My service journey really started when I came back to AA following a relapse after my first try in the program. I knew when I came back, I had to actually give my all to the program and follow the suggestions if I wanted it to stick. Listening to people who had what I wanted, I got a sponsor, started the steps, and threw myself in to service. I would arrive early to my homegroup to set-up, greet at the door which was a great way to meet everyone in the fellowship, and stick around to clean up. Having these jobs not only held me accountable, it allowed me to help out and keep busy during a time I was fragile and awkward and maybe did not want to have too much conversation, but still wanted to be with people I knew cared about me. In the early days of my sobriety, service really helped keep me on track.

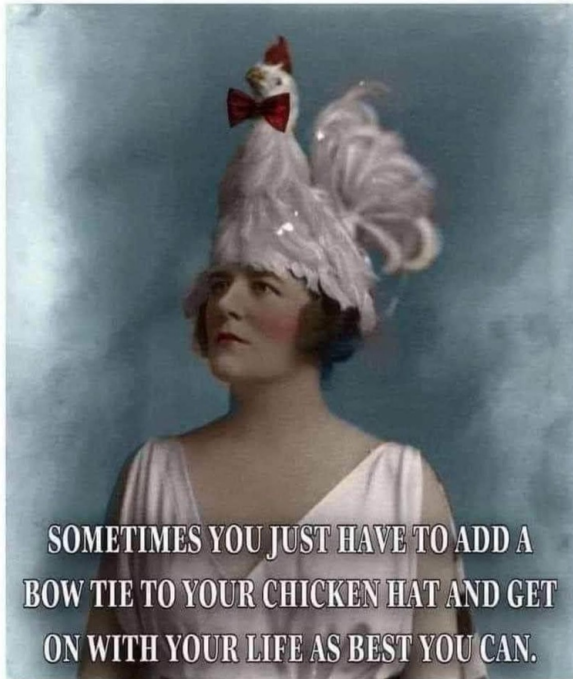
After about 6 months of sobriety, I became the GSR for Willingness Wednesday. I would attend District meetings every month and I really loved seeing how the different levels of AA operated. I also loved meeting people across the District and hearing about what was happening in their groups. From there I was nominated to the role of District Secretary which I accepted and happily did for the next two years. One thing I love about our District meetings is that they are held on zoom, and as I travel a lot in the winter, this allowed me to still attend and feel connected to our fellowship here at home while I was gone. The fellowship of AA here in the Kootenays has played such a tremendous role in my sobriety, so seeing everyone while being away really helped my recovery stay strong and grounded while in unfamiliar territory.

Today I am back being GSR for Willingness Wednesday and am trying to attend as many of the Area events as I am able to over the next couple of years. Seeing our group conscience in action at the Area level is really special and I encourage everyone to check out an Area event online sometime to get a better understanding of the inner workings of AA. I also get involved with things like the Roundup because even with some years of sobriety under my belt, I am still a bit awkward and like to have a job when I don't want to have conversation but still want to be surrounded with people I know care about me.

Service for me today is so beneficial beyond just being able to give back and help. It is being part of the community, getting out of my ego and destructive thinking, spreading the message to other alcoholics and spreading kindness to the population in general. Helping others in any capacity, big or small, washing dishes or showing up as GSR, helps my emotional sobriety and mental health and for that I am grateful.



Gotta Laugh:



Did you hear Julie Andrews will no longer endorse cheap lipstick? It crumbles easily and makes her breath smell. She explained, "The super colour fragile lipstick gives me halitosis."



I DON'T THINK WE GET SMARTER AS WE GET OLDER. I JUST THINK WE RUN OUT OF STUPID THINGS TO DO.

