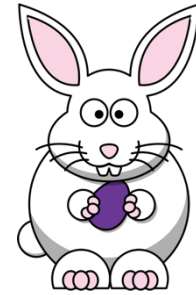


District 75 Newsletter
On-line Version



Each group should be autonomous except in matters affecting other groups or AA as a whole.

Alcoholics Anonymous p.562



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

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

Finances:

Opening Balance	\$8,098.75
Income	\$1500.24
Expenses	
Balance	\$9,598.99
Reserve	(\$1,200.00)
Working Funds	\$8,398.99



DCM Report:

- February was a quiet month service wise
- Working on literature and the newsletter
- Next assembly is in Burnaby, attending in person
- Grapevine now hosting an online meeting on Wednesdays
- Not attending the February mini-assembly
- Planning an April meeting to discuss agenda items for pre-conference rather than discussing at District meeting

GSR Reports

GSR Open Door Group

- Second meeting of the new group, 7 people in attendance
- Group is named in the spirit of Tradition 3
- Slowly coming together, expecting incremental growth



GSR Willingness Wednesday

- Average 25 in attendance
- Wednesday Feb 25th ----- is celebrating 6 years



GSR Trail Unity

- Moved into the new space, smaller room
- Had a birthday a couple of weeks ago, 20 in attendance and the space was comfortable
- Meetings are pretty good, Fridays are low attendance
- Birthday coming up (50 years) on March 4
- Treasurer is moving to Kelowna, having trouble transitioning the accounts



GSR Broad Highway Group

- 9 members
- Had a visitor from Montana who created a group of the same name in Montana.
- Secular AA is improving and getting out there.
- 7:00am Zoom meeting is doing well with good attendance. The in-person morning meeting is also doing well.



GSR Love and Tolerance

- Contribution made to GSO
- Contribution made to District
- Contribution made to Area
- Lower attendance in February
- Morning meeting only 1 or 2 people
- Considering sending GSR to Burnaby for the pre-conference



GSR Lunch Bunch

- Attendance is approximately 10 to 15
- 7th tradition is approx. \$200+ per month
- Business meeting was held February 21, 2026 and next meeting is March 21, 2026
- Script changes and rotating chairs has improved meeting management
- Further fine tuning to the script is underway



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

Committee Reports

Literature chair:

- Not much has happened since the last meeting
- Positive feedback on the current inventory
- Still working on the transition of finances to District committee
- Considering building a new cabinet and nice display, need to submit a request to the Cellar committee if we wish to proceed with this



Telephone chair:

- 5 calls received and answered from February 1 to February 22.
- Phone line forwarding groups are strong



- Website:**
- As of Feb 22nd, 667 visitors
 - Online score 97/100



The News

Newsletter Chair:

- The Newsletter was launched Feb 14, 26. Eighty-nine members initially received the full version followed by 5 more requests. The web version went up the same day.
- The response is overwhelmingly positive.
- Encourage your group to submit the birthdays and any emails of potential subscribers
- Solicit stories from group members: Personal recovery, “What’s so great about my group?”, and service stories. I will be soliciting service stories from every District Committee member.

New Business:

- **Group conscience** - we’ll continue to publish the District Committee financials in both versions of the newsletter.
- **Group conscience** - meeting length will remain as 60 minutes with the option to extend a meeting if required.

Next District meeting, via Zoom, is April 26, at 4pm. Everyone is welcome

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

A graphic with a red border containing text and images. At the top left is a small image of a sunset over water with the text 'THE BEST OF THE GRAPEVINE Volume 1'. To the right of this is the text 'Gabbin' About The' in black and red, followed by a purple grape cluster icon. Below this is 'AAGRAPEVINE' in large red letters. Underneath is 'Join Your Area 79 Grapevine Committee Every 3rd Sunday of the Month at 11am'. Then 'Meeting ID 831 0773 4645' and 'Passcode 526279'. At the bottom, it says 'NO MEETING IN APRIL DUE TO PRECONFERENCE'. There are also some faint background images of people and a building.

Positions

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

The District Treasurer: This is from a blurb about the District Treasurer's job in Aldergrove. Find it at <https://district43aa.org/elected-district-officers-2/district-treasurer-2>.

Roles and Responsibilities

Qualifications:

The Treasurer should be a responsible person with a solid period of sobriety.

He or she should be organized enough to keep good records and it is helpful to have some accounting knowledge and/or bookkeeping experience.

The person elected will be helped by the previous treasurer to become familiar with the District 43 accounting procedures.

Knowledge of current self-support information (pamphlets, Final Conference Report, Box 459, etc.) is useful when sharing information at committee meetings and workshops.

Money has never been a requirement for A.A. membership or service work, and to keep it that way, all of A.A.'s trusted servants have an ongoing obligation to inform groups and individuals about the value of self-support and the need for voluntary contributions throughout the fellowship.


Treasurer for District 75



Hi everyone, my name is----- and I am an alcoholic. I am serving as the District 75 treasurer for a 2-year term which started in January 2025. My first sponsor told me that if I didn't get a service position I was more likely to go back out drinking. So, ever since, I have made service work in AA a part of my recovery and I think it's a big reason for my 6 years of continuous sobriety (one day at a time).

Over the years, I have served as secretary, treasurer, and GSR at my home group – the White Flag group in Castlegar. The end of my term as GSR with the White Flag Group coincided with the opening of the District 75 treasurer position and I put my name forward to give service at the district level a try.

In terms of my qualifications, I manage the budget for my department at work and I recently took an accounting course. It's not rocket science though. I keep track of the deposits into District 75 bank account at Kootenay Savings. Most are automatically deposited via e-transfer but there is the occasional cheque that needs depositing. I also reimburse district members for expenses for approved District business via e-transfer. Each month I summarize our deposits and expenses into an Excel spreadsheet and give a verbal treasurer's report at the district meeting.

As a district committee member, I also participate in our discussions at the monthly district meeting and group consciences. I must admit that there have been many occasions over the last 15 months where work as the District 75 treasurer has pulled me out of self. I am grateful for my sobriety and for this opportunity to be of service in AA.


BC/Yukon Area 79 

Presents  **One and Done** 

April Pre-conference Registration
and Committee Assignment

REGISTER NOW!
**RECEIVE YOUR ASSIGNMENT
IN ONE EASY STEP - CLICK THE LINK BELOW**



[Registration and Assignment Here](#)



Focus on the committee assigned to you
and your DCM now

- Committee assignment will be emailed mid-February
- Review last years conference agenda items before the release of this years items
- Make contact with your assigned Area Committee Chair
- Discuss with your DCM in advance

**Please complete one step registration by
April 1, 2026**

April 17-19. You can still go even if you didn't register!

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



Freedom Friday

I joined my group because it has people similar to my age (35-40) and it is very small. They're very friendly, and the group is small and intimate. When I was new, the bigger groups with so many people were a little intimidating for me.

It is nice because we read the AA literature. That's great for me because I got to learn the Big Book with people talking about whatever we were reading. We also read some other books as well, like Living Sober. That really helped me as a newcomer.

We've also done a run through of the Plain Language Big Book. That was really good for me. I'm not the most literate person in the world, so having it simplified really helped me. And did I mention, it's got friendly people?

My Service Journey

When I first came through the doors of AA I was broken, full of fear, resentment, anger, alone and isolated. I didn't think I wanted or needed anyone's help but I knew my life as I was living it needed to change for me to go on and it was painfully obvious that what I was doing wasn't working. From the moment that I walked into the rooms I knew that there was something here for me that I wanted and needed to complete my life, to fill the hole that I had been filling with alcohol. I was blessed to be welcomed into AA by an enthusiastic and passionate group of AA members and was soon given my first opportunity to be of service.

My first service stint, a 2-year term as GSR had me attending Assemblies and Quarterlies with our then DCM. This included hitching a ride in a van with other district members, sharing food, fellowship and lots of laughs while putting on the miles to various places around BC. From that position I was elected as our District Treasurer. I loved that position and was getting to be quite the expert. I only left because I was forced out by the "Spirit of Rotation". I was told I had to go!! By then I really had the "service bug" so moved on to serve as Alt DCM for a term. During that term I was involved in the start-up of a PI CPC Committee and, working with a great bunch of members, we created the District Business Card which continues to be a great tool for providing information to our fellowship, as well as to the newcomer. My current service position is GSR for our Nelson Women's Meeting and I get to go to the upcoming Pre-Conference Assembly in Burnaby on April 17-19th, 2026!

The benefits and personal growth that I've experienced through service are bigger than anything I could have dreamed of for myself. I have learned to play in the sandbox with others, to share my ideas, to listen to others. I have learned patience, tolerance, and compassion. And I've gotten to do so many cool things, all in the name of service. I've gotten to use some of my creative talents for the "Roundup Silent Auction", I've gotten to ride on the "Serenity Bus" from Vernon to Victoria to attend the Voting Assembly. I've gotten to be in a roomful of drunks voting on matters pertaining to the good of AA as a whole. I have had the opportunity to be involved in bringing the Voting Assembly to our District last year. The gift of service has kept me in the middle of AA. I balked a tiny bit at being asked to do this writeup: I'm a busy gal, what am I going to say? This little bit of service has provided me with an opportunity to reflect on how big my life has gotten because of service, so I thank you for allowing me this time and space to share with you and I hope that it can serve as inspiration! We are not a glum lot!



Personal Story:



Experience Strength and Hope

This is how it was for me, just your average run of the mill Alcoholic. My first drunk was about 13 yrs. old. It just about killed me. I don't remember anything except my brother handing me a mickey and saying don't be bothering me. I'll let you know when it's time to go. Then into my first party we went. They found me blue in the lips in the back of a farm truck in the middle of an Ontario winter, no coat, no shoes, no clue. I know something happened that night like some kind of switch got turned on because I couldn't wait to do it again. I felt like I had discovered something Grand. This little ole farm-boy was no longer invisible.

Alcohol took on an important part of my life very quickly. I look back now and even at sixteen I was changing my goals to meet my drinking, not the other way around. Already had lots of run-ins with the law. I had absolutely no respect for authority of any kind, even before my drinking. For example, in grade 6 they sent me back to kindergarten for a week because none of the traditional methods of discipline had any effect on my wayward behaviours.

Fast forward a couple furious, fun-filled decades of crashed cars, motorcycle wrecks, court cases, cops and robbers, jails, funerals, jobs, etc. I guess what I'm trying to say is my first 20 years of drinking, I had a blast, I loved it, I didn't know what was going to happen next and I liked it that way. Nobody around me could handle it for long but that didn't seem to bother me or my drinking. I'm pretty sure I was an adrenaline junkie as well. Totally self-consumed.

Things changed for me the first time I tried to stop drinking, just for a week of course. I had what they called a mild heart attack in my early thirties. That got my attention. If that was mild I knew the more-than-mild one would really suck. That's when things started to change for me. I got knocked off my high horse again and again, failure at this not-drinking thing. Here was something I couldn't seem to do, no matter how much will power I forced at it. I didn't understand this and it pissed me off. I finally accepted with my warped thinker that I can't stop drinking and if I can't do it, it can't be done. I was going to die an alcoholic death and at this point I hoped it's soon. Some more years went by and I lost the ability to care whether I lived or died so it made me dangerous to be around. The outside appearances did not match my inward reality at all.

Then came the exhausted hung-over morning that I had had enough and put my favorite pistol grip sawed off shotty in my mouth, no note, no tears, just relief and bliss that this wacky battle is over. Pulled the trigger and some unexplainable spooky shit happened. (I know now what it was).

Next thing I'm aware of was coming in and out of consciousness during Detoxing. Every bone and muscle in my body screaming for me to give it something. I don't know how long that lasted but my house paid the price. Now I know why you go to hospital, and at times 5-point restraints come in handy. Lots of stuff still isn't clear to me what happened but next thing I was standing in front of a big building with a duffle bag and all I could think of is One Flew Over the Cuckoo's Nest (movie) and the Indian made it out, so will I. I knew nothing of recovery or counsellors or treatment centres.

I still don't know who left me there in that parking lot. I'm so glad they did though. Inside they were saying stupid stuff like; "the amount you drink is a problem", I'm arguing "no it's not, it's the only thing that makes me feel normal", "alcohol is pretty much my answer to every situation".

They're saying "you'll never have to drink again", I'm saying "that's impossible". They're saying "surrender to win", I'm saying "Puck Off".

I went in one guy and came out different, still not well but willing to give this AA a go. I couldn't unsee the truth of what AA was doing for others. Early recovery for me was like trying to straighten out a pretzel. Two major changes turned this into doable. First, I had a Spiritual Awakening and second, I stopped doing what I was thinking and started doing what other AAs were suggesting. The understanding came only after I did the suggestions, not before. Things got really shaky when the guys I rode with didn't want me around and made it clear I was no longer to be trusted. I understood their thinking but it still messed with me. That lifestyle was all I knew and I knew I wasn't comfortable around sober people, I always seemed to say or do the wrong thing. I remembered one of my first meetings and some goof came up to me and said "The man you were will drink again", and Boom! the understanding of that statement smashed home. I'm going to have to change, a lot. I went back and asked that guy to be my sponsor and he said yes, if I was willing to go to any lengths to get what he had. Then he took me through the book of Alcoholics Anonymous word for word with a dictionary. I didn't like this guy but I came to love his patience and tolerance (I wasn't a reader or a writer when I got here) and eventually loved him by the time we finished. He wouldn't argue or debate the facts of the first one hundred, he just presented it as it was written, take it or leave it, live or die, my choice.

I would love to say I never drank again but that's not how it went. I got busy, I got important again, I didn't have enough time for meetings or helping others. And then the "acid test" happened. Details aren't important, but after 2 1/2 years of cleaning up my wreckage from Quebec to B.C. I went out with a vengeance. Six months later I drew a sober breath and couldn't wait to get through the doors of AA, back to where I had found peace and healthy belonging. We won't talk about the damage that I had done in six months of making up lost time, but you know it wasn't pretty.

I had to start my recovery at ground zero again and find what I had missed. It was obvious to others but it took this slow learner awhile to get it. Now I know: I don't stay sober today on yesterday's efforts. This AA is not something I joined for a couple hours a week, it's something that I live to the best of my ability each day. I'm so glad I wasn't a part of this in the beginning trying to find what works and what doesn't work. I'm here now and I just follow the first one hundred directions. If I want what most people won't get, I've got to do what most people won't do, and that is "thoroughly follow our path".

I feel I will never be able to give back to A.A. what it has given me. I gave up everything for alcohol and in here I give up one thing for everything. AA has given me a life worth living, not always easy but I've not felt that dread of being stuck between the Devil and something worse for a lot of years. One of my greatest gifts from AA has got to be my introduction to a Power Greater. My God doesn't go to Church, but if he ever nudges me that way I'll give it a shot.

Peace to your AA Journeys
Journey Well
Anonymous



What would the Master do?

Have you ever asked yourself “What would the Master do?” and discovered the answer is nothing like you would do? For example, someone cuts you off in traffic and your first response is to swear at them for being such an idiot. Or maybe your friend stands you up for lunch, or gossips about you. How about being diagnosed with a devastating illness or someone you love dying in an accident, or your children succumbing to this disease of alcoholism that we all know is hereditary?

The Master does what we all know in our hearts is right and knows we are weak and sometimes unable to respond that way. Because the Master is Love.



AAGRAPEVINE

The International Journal of Alcoholics Anonymous

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.

Gotta Laugh



A cranky older woman in her "senior years" was arrested for shoplifting at a grocery store.

She gave everyone a hard time, from the store manager to the security guard to the arresting officer who took her away.

When she appeared before the judge, the judge asked her what she had stolen from the store.

The lady defiantly replied, "Just a stupid can of peaches, you old fool."

The judge asked how many peaches were in the can.

She replied in a nasty tone, "Nine! But why do you care about that?"

The judge answered patiently, "Well, ma'am, because I'm going to give you nine days in jail -- one day for each peach."

As the judge was about to drop his gavel, the lady's long-suffering husband raised his hand slowly and asked if he might speak.

The judge said, "Yes sir, what do you have to add?"

The husband said meekly, "Your Honor, she also stole two cans of peas".

Urgent health and exercise warning!



This picture was given to Class II Children and they were asked to suggest a headline. The winning entry was:

'Never swallow your chewing gum'.