

District 75 Newsletter
On-line Version



An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and presige divert us from our primary purpose.

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.

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

Finances:

Opening Balance	\$11,083.12
Income	\$300.32
Expenses	\$(2,743.38)
Balance	\$8,640.06
Reserve	(\$1,200.00)
Working Funds	\$7,440.06



DCM Report:

- Attended the April pre-conference in Burnaby on April 17 - 19
- Friday evening there was a meeting with the Area Service Committee and DCMs
 - First topic of discussion was how can we better guide newcomers through service opportunities. Many people shared their experience with service in their districts
 - Second topic of discussion was the new procedures Area 79 will adopt relating to Roberts Rules of Order
 - There was significant discussion around changing the “minority voice procedures”
- Saturday was a full day of DCC reports and other topics
- Our area delegate will be visiting the West Kootenays for a 2026 delegates report
- DCM attended another business meeting for the Sunday night Fruitvale group to provide support in developing a service structure. Please let groups know that our district committee is happy to help in this area

GSR Reports

Sisters of Sobriety

- Member took a 16-year cake last Thursday
- June 26 - 28 camping trip at Syringa Park
- Planning to attend the May 23 Mini Assembly in Greenwood



Fruitvale Group

- Decided to have business meetings every 2 months, next one on May 31
- DCM has been helping out



Willingness Wednesday

- Business meeting the first Wednesday of the month
- Planning to do a group inventory
- Attendance is good
- Member taking a 1-year cake on May 20
- Still giving BB to newcomers
- Everything going well



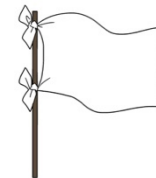
Trail Unity

- Got a new coffee maker
- Getting the finances sorted out
- Have we heard of anything from GSO around financial needs?
 - DCM - yes, they're in need
- Financially sound
- Celebrated member's 2 year
- Meetings attendance is at least 6



White Flag

- Typically have 15 in attendance, last two meetings were small
- April 7 member took 35 years
- Member taking one year soon



Lunch Bunch

- This month attendance was down to around 10



Broad Highway

- attendance is between 5 and 8 people
- Have had some newcomers
- Business meeting every 6 months, coming up next month
- Do not have a GSR for the Sober Steppers Zoom meeting



Love and Tolerance

- Love and Tolerance AA group is happening three times a week at noon on Monday, Thursday and Saturday
- GSR attended in person at Pre-Conference Assembly help in Burnaby. GSR report completed and distributed to group members
- Friday 7am morning meeting is folding Unity Works Banner (still part of L and T's 7th)



**News Flash!!-Any important changes to groups or meetings will be reported in this box.
-Unity Works, Friday 7am no longer meeting**

Committee Reports

Telephone committee report

- 10 calls were received and answered during the month of April
- Volunteer group is strong
- All is well



Literature chair

- Chair just received a literature order
- Work continues on the cabinet in the Cellar for storing literature
- Several literature purchases were made at the pre-conference
- New inventory is at the new pricing, will need to figure out how to deal with that
- We want the literature to benefit the District. All of the literature is stored at the Cellar, how can we facilitate easy access for groups in other towns?



Newsletter chair



- There are now 120 people on the distribution list. This sounds like a lot but it's still just a drop in the bucket
- GSRs, could you please encourage members to subscribe and ask people to submit their sobriety dates. Please ask members to submit personal recovery stories and brags on your home group
- If anyone wants to write a few paragraphs about what service means to them in their recovery, please contact Lyn. I'll be asking all the GSRs to do this
- If any members are wondering why we need a newsletter, it's a valuable tool for learning about different meetings across our district. It helps bring us together
- The newsletter is now a committee of 2
- Continuity is still a concern, I would like to continue in this service position for a full 2 years. Please keep this future service opportunity in mind

New Business:

1. Finances - D71 Corrections Request
 - (Recap of previous meetings information, please see those minutes)
 - Funds are used to provide literature to incarcerated persons who request it

Motion (Member), 2nd (Member) - District 75 contributes \$800 to D71 Corrections Committee.
VOTE - All in favour, motion passes.

Next District meeting June 28, 4pm. Everyone is welcome

<https://us02web.zoom.us/j/8410340759?pwd=T2FES0M4U3dyU3QzZjI0UdPMk01QT09>

Positions

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

Newsletter Chair for District 75

Role:

Provide a monthly informative and entertaining Newsletter to draw our segmented District together.

Suggested Qualifications:

- access to a computer, internet, and email
- advanced word processing skills
- skills in editing and good grasp of grammar
- understanding of privacy related to submissions and distribution of Newsletter
- knowledge of the traditions, particularly related to anonymity

My name is _____ and I am an alcoholic. One of my primary pleasures is writing and creating pleasing visual effects. And I love jokes that are gentle and either visual or word-play! Those are my favourites. I am thrilled that District 75 wishes to publish a monthly Newsletter. I do believe it has the ability to help us form a more cohesive recovery community. I notice that Nelson has its community, Castlegar the same, and Trail also has a life of its own. Added to that there are numerous communities calling District 75 home. One of the key features of active alcoholism is isolation. Those of us blessed with living in a larger centre can remedy this facet but some living in the smaller towns are not so fortunate. I see the Newsletter as one way to help mitigate this challenge.

I have been sober for 35 years and continue to learn and grow in a spiritual way of life. I began my recovery in Castlegar and have many fond memories of my time there. I lived in Castlegar and Nelson and worked in Trail for many years until I moved to Vancouver Island. I have recently moved back here to be close to family and it feels like coming home.

I was the Newsletter chair in District 8 for 9 months and am delighted to be able to do this again here in District 75. It seems to me that some people are not comfortable with electronic methods of information-sharing. To offset this and make the Newsletter available to everyone, may I challenge each group to ask someone with a colour printer capable of double-sided printing to print copies off each month and make them available? It is a unique way of providing service. I intend to continue in this position into the next slate of elected servants, if that is agreeable to the membership. My intention is to make sure the Newsletter is solidly established and then gladly hand it over in the spirit of rotation.

I feel so very blessed to be an alcoholic and to share with all of you this amazing way of life. If I can give back just a little of what has been given me, it will fill me with joy.

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 or erica.booth87@gmail.com



Sobriety Sisters, New Denver; Keep it Simple, Kaslo; Nakusp; Tea Toddlers, New Denver

I just love the Women's group, Sobriety Sisters in New Denver. I attend every Sunday from 7:00 pm until 8:00 pm. It is wonderful to connect with the powerful and supportive environment that is created every week. We even make arrangements to have a gal who joins by phone because she is in Nakusp and is laid up for 12 weeks! It is wonderful to be a woman who is supported by and understood by other women. I said to people in my home group in Winnipeg, where I got sober, "God is a woman and she is NOT white!" I am too blessed to be stressed.

I volunteer in Kaslo every Tuesday at the food bank and then go to the Keep it Simple group Tuesday Nights there and sleep at my friend's, my Elder and my AA Sponsor's place, and then drive home on Wednesday during the light.

I also like to go to Nakusp for their Wednesday night meeting and to attend the mixed meeting in New Denver called the Tea Toddlers on Friday Night.

I am so fortunate because I can go to an AA meeting Sunday, Tues, Wednesday, and Friday.

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



Mark Your Calendar!

Tuesday, June 30th
White Flag group in Castlegar
Pot luck supper: 5:30
Meeting with Guest Speaker: 7:00

My story

Alcoholism doesn't run in my family, it GALLOPS! My family of origin broke apart when I was 4 years old and life became me pretending to be okay when I was not.

I went to 10 different schools and bounced back and forth between my Mom and Dad's place. I had a shitty up-bringing and was the youngest and only girl. Sometimes this was a bonus but more often than not my two older brothers made sure I was put in my place. The middle child was especially mean to me and made my life a living hell. I was sexually abused by a stranger on a train when I was 6. After the incident, the perpetrator bought my Mom a cup of coffee and offered me a chocolate bar! I did not understand what he did to me but I knew it was wrong so I said, "I don't want your chocolate bar!" and my mother scolded me for being rude. I did not tell her until I was 18. I know from working with foster kids that every single person evolves socially, emotionally, mentally, physically, and sexually. The little girl who got on the train never got off the train.

On August 13th, 1984, I was involved in a serious car accident that killed a friend of mine. It was TERRIBLE to be the survivor! I ended up with bruises everywhere, broke my jaw in 2 places, knocked out 3 front teeth, had a serious head injury. Tragically, this happened one week before I was to leave Winnipeg and go on the Katimavik Youth Program. Instead, my life went in a completely different direction!

In 1986 I went to Europe with 2 friends for a year. I always felt less-than after the car accident. I became SO hard on myself. I NEVER wanted to get married or procreate. I was TOO messed up! Now I am divorced with 2 kids. I never felt safe with my ex-husband and I was very hard on my kids, who want nothing to do with me now. I always felt like I didn't deserve anything nice and normal. My son will be 31 years old and a daughter 27. He is an alcoholic and a drug addict and she suffered from anorexia. I was asked to leave the hospital when I went to see her. After that, I just gave in to my drinking and became a JUICY LUCY.

In 2014 I went to see my doctor and he did some blood work. They said my bilirubin was too high. I knew instantly that my gig was up! I had a 50% chance of survival that decreased to 33% when my kidneys shut down. My daughter refused to come and visit me. At one point, I had an out-of-body experience. I saw the medical staff trying everything in their power to save me. I was in hospital for 10 weeks and they said I would never leave the hospital but if I ever did I would need a liver transplant. Something happened when I was in the hospital. I went from drinking every day to not even wanting a drink but I celebrated my first year out of the hospital by getting drunk and smoking. I felt like shit the entire year and ashamed of myself.

I knew for years before I went to AA that I had a drinking problem. The GOD thing and never ever drinking again kept me away. But now my "Higher Power" is my Higher Power because now I have 10 years of sobriety. Alcohol was an obsession with me that held me captive for far too long. Now, I do not drink. I have no desire to drink. It is amazing for a gal like me! I always say if I can go to university and get 2 degrees, then quit smoking and drinking after I drank myself into the hospital, I can do anything.

My home group in Winnipeg was quite large and they would celebrate everyone's birthday at the end of the month. My new and true sobriety date is February 2nd. This past February I celebrated 10 years of sobriety. My sobriety is a gift I can give to myself. Every day I am SO grateful that my Mom didn't have to bury me or any of her kids! My older brothers are caught in the drinking scene! I pray for them regularly and I am so grateful for everything! At the end of the day I am a very grateful recovering alcoholic!

Service Spotlight

Service

AA has been a meaningful part of my life for many years and has impacted me both personally and professionally. Growing up in Woodstock, Ontario, I always knew AA to be a place where people could find support, connection, honesty, and hope. Over the years I have seen how important it is for people to have a safe community where they can share openly and know they are not alone.

My understanding of recovery deepened further while completing my Drug and Alcohol Counselling diploma in Peterborough, Ontario, where much of our learning focused on 12-step recovery programs and the importance of peer support and connection. I also completed a placement in an adolescent recovery program in St. George, Utah, where 12-step principles were woven into many aspects of the program. Through all of these experiences, I saw firsthand how recovery is not only about abstaining from substances, but also about learning how to live differently, connect honestly, and support one another.

AA has helped me immensely with personal growth, public speaking, listening, self-reflection, and learning to pause before reacting. Some of the simple but powerful reminders continue to stay with me: “One day at a time,” “Pause when agitated,” and “Acceptance is the answer to all my problems today.” These slogans may seem simple, but they often carry deep wisdom during difficult moments.

One of the greatest gifts of AA, in my experience, is connection. Recovery teaches us that the opposite of isolation is connection, and AA creates spaces where people can truly see and support one another. Service work, sponsorship, meetings, and shared experience all help build a sense of belonging and hope that can be life changing.



The Roundup!



The Podium



The "ham-it-up" booth



The sign says it all



So many donations!



Everyone needs an emotional support chicken!



Pamphlets and the Serenity Prayer



Mom and kid-friendly too!



A glum lot? Nope!

Thank you Roundup committee! It was a stellar event and a good time had by all!

Gotta Laugh

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives..."

Al said, "I'd like them to say, 'Look, he's moving!'"



Bob loved the outdoors. He had quite a collection