

District 75 Newsletter Website Version

Names removed to preserve anonymity



Alcoholics Anonymous has no opinion on outside issues, hence the AA name ought never be drawn into public controversy.

Alcoholics Anonymous p.562

Welcome to our District 75 Newsletter! **Gobble gobble gobble!**

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. If someone is celebrating, let us know so others can come.

There will be one personal recovery story each month. Please send them to merryfeather@me.com There can be a service spotlight too so members send us your stories!

There can be special features. We could run a feature called "What's so great about my group". We ask for members to brag on their group so please submit your brags to the email(s) below.

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

Finances:

Opening Balance	\$8,880.75
Income	\$248.23
Expenses	\$(2000.00)
Balance	\$7,128.98
Reserve	(\$1,200.00)
Working Funds	\$5,928.98



DCM Report:

- August has been a quiet month.
- Helped facilitate a business meeting for the Freedom Friday group in Nelson. There was good attendance of group members.
- Will be attending the Tuesday Rossland group this week to help organize service positions.
- Delegate report booked for Thursday October 1. The event details have not been finalized.
- Recently spoke at the Tuesday Open Door meeting, which will now be hosting two speaker meetings per month, and they have several speakers scheduled.
- Elections will be coming up in October for the next District 75 Service Panel.

GSR Reports

Nelson Women's Meeting

- Quiet month
- Attendance continues with 8-10
- Continue alternating reading of 12X12 and Women's Way
- Several tokens handed for various months of sobriety



Willingness Wednesday

- Have our business meeting every 6 weeks, next one is on September 16
- Attendance still high with a healthy 7th tradition each week
- Member celebrated 19 years
- Have around 10 committed homegroup members who are keen to do service
- Group is helping me attend the voting & election assembly in October and I have reserved a hotel room, really looking forward to attending in person



Broad Highway

- 7 dedicated members
- Member celebrated 2 years last week



Open Door

- Prudent reserve is approximately \$500
- Meeting attendance has been 2-3 people; had a meeting recently where 20 visitors arrived
- The speaker meetings appear to be a significant draw, so a second one has been added each month



Trail Unity

- Currently rebuilding the group
- Average attendance is 8, 7th tradition is increasing
- Were struggling to cover rent recently but the financial pressure has eased
- Prudent reserve is good but behind in accounting right now, will get caught up soon
- Doing well today



Love and Tolerance

- Attendance is 2 - 13
- Interest from one member to reinstate the Friday meeting, will be meeting tomorrow to discuss
- Mark currently holds three service positions for the group
- New member who is keen for service
- Prudent reserve is gone, currently rebuilding



Sisters of Sobriety

- Average attendance 10-12 women
- Two birthday meetings in August
- On August 29, we completed a group inventory facilitated by a former DCM
- GSR will be attending October voting assembly in Port Alberni



Crawford Bay

- All goes well in the Crawford Bay outpost of Area 79
- 5 members
- Member celebrating 2 years on September 9th
- Important meeting for travellers



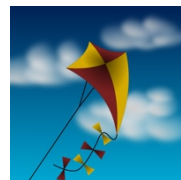
Fruitvale

- Minimal new business at the last business meeting
- Prudent reserve is sound



Freedom Friday Meeting

- Lots of changes at the Freedom Friday group
- Group membership has recently doubled



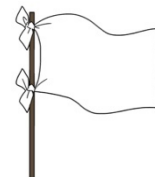
Lunch Bunch

- Attendance is 10 - 15
- Scheduling a business meeting for the fall



White Flag

- White Flag Group continues to see an average attendance of 15 to 20
- We hold regular business meetings, and at our last a member stepped forward to be Secretary
- A long time White Flag member is suffering from terminal cancer and does not expect to make it back. Please keep him in your thoughts
- Tuesday August 25, a member celebrated 19 years of sobriety
- September 15 two members will be celebrating. One with 27yrs, Another with 45 yrs.
- Tuesday September 29, we will host a pot luck starting at 5:30, regular meeting at 7:00pm



District Chair Reports

Telephone Committee

- 18 calls received and answered
- Forwarding groups are strong
- All is well



Website Report

No major updates or changes.

No local events listed - if there are any, please let me know

Slight increase in site visitors

Newsletter Report

- This is your K.I.S.S. report
- If you want a Newsletter, send me stories and information



Literature Report

- Balance is \$303.85
- Well stocked, other than Came to Believe
- Will hold off on ordering until we can make the \$500 US minimum for free delivery
- Have an updated price list that will be implemented for new inventory

PI\CPC Report

- Nothing to report today, currently reaching out to members to form a PI\CPC committee.



District 71 Corrections Chair Report

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

Meeting Coverage- Virtually on Saturday, Sunday and Monday evenings, 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 one to two committee members joining.

Book Commitments- We are wanting to keep purchasing books needed for our members on the inside. The books needed to be kept in supply are Alcoholics Anonymous text, Plain Language text, Twelve Steps and Twelve Traditions, Daily Reflections, AA Grapevine subscriptions. 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 four member-request clearance forms. We are always looking and inviting our fellow AA members to join us. BEST GIG IN AA. This has been a busy month. We have two new member awaiting clearance this month. Looking forward to welcoming our newest members soon. I did not attend the South Central Mini Assembly this month on August 22nd. I did submit the example budget requested on what it would look like to have the Provincial Corrections Chairs sitting at the South Central Mini Assembly. The budget included the D71 and D62. This was requested at the last Mini Assembly and when I spoke with the Mini Assembly Chair she suggested to include Kamloops. I have been in contact with Area 79 and Vancouver Inter Group. I was in many discussions in regards to financial support for our Provincial Institutions. The reality is that our Corrections Committee work within the Provincial Institution (OCC) will need the ongoing and continued support from the surrounding districts. This is a joint responsibility. I am in high hopes that D75, D71, and D63 will continue to support the important work within corrections to carry this message and provide the solution to our inside members. To also keep bringing hope, tolerance, kindness and love to the most hopeless. Thank you so much for all the support we have already received from all three districts. You have all made this work possible. I have been in correspondence with the Chaplin from OCC. He put a request in for more literature. I am placing this order and should have all literature to the institution with in the next few weeks.



Next District meeting Oct 25 4pm-5:30. Please note new time. Everyone is welcome

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

WHAT'S SO GREAT ABOUT MY GROUP?

We recognize and celebrate each group's autonomy and unique spirit and we want to hear about yours. If you think your group is great, let us know and we will tell everyone!



White Flag in Castlegar

White Flag Group meets Tuesday at 7 pm in the basement of the United Church in Castlegar. That's on Merry Creek Road. There's pavement down to the basement door on the outside. People can walk down there or wheel down. Inside there's stairs, but there's also a chairlift, so if somebody needed that kind of help, we could help them with the chairlift. The bathrooms are not accessible downstairs, but they are upstairs, and we could just help somebody with that.

I really enjoy White Flag and I would want people to come to it because we really work on welcoming people and wanting them to feel comfortable and welcome to our group. Our group has a lot of things going for it. We have pretty steady attendance, between 15 and 20. We really believe in using the literature. We read the big book one week, the 12 by 12 the next week, and a tradition out of the 12 by 12. We always have some literature that we use at our meeting and our shares are more focussed on that. We do up a phone list for newcomers, and there's time for fellowship after the meeting. We celebrate everybody's birthdays and we have a cake and some kind of celebration. Every month there's a 5th Tuesday, we have a potluck and a speaker meeting, so we do a fair bit of socializing.

Another thing that I really like about our group is that we have all our service positions filled, we have regular business meetings, and we do attend District and other service events. When the assembly was here a few of our members went to it and sat through most of the meeting and I think people learned a lot from it.

We share information in our group using a group text, so if people need something we share that. We have a good rotation of service work. Different people chair the meeting, and typically people will take on a month's commitment for chairing and then the next month it'll be somebody else. It's not the same person all the time. We also have to set up and tear down every night, so that takes volunteers and it seems like we always have willing people to help. Our group is good at not having one person carry the load all the time. I like that.

There's lots of people with long term sobriety, and people genuinely care about each other. That's important to me in a home group. I hope this is enough to make you want to pay us a visit.



AA Needs YOU

DISTRICT 75

SERVICE ROLES ARE ROTATING

We are looking for:

- DCM
- Secretary
- Treasurer
- Phone Coordinator
- Webmaster

**"I came to AA to save my life.
I stayed because service gave
my life purpose."**

*Minimum Recovery Required

*Service Experience Recommended

Email or call us for more details: district75aa@gmail.com

or 250-777-4265

People often wonder what the Secular meeting looks like. Here's a bit of a history blurb and a look at our meeting format.

History of A Broad Highway Secular Group of AA

Two long-time members of AA in the vicinity of Nelson, BC were _____ and _____. They had discussed the need for a secular AA group several times since about 2014. _____ had also discussed the possibility with his wife, they both felt that perhaps Nelson was too small a town for such a meeting, as it could alienate other mainstream members.

_____ was an enthusiastic supporter of the website AAagnostica.org and had visited Toronto, attending several of the agnostic groups there in the spring of 2014. Having attended AA meetings all across the continent, his appraisal of the Toronto agnostic groups was that they were totally AA – warm and welcoming, and exactly what was needed for the newly searching problem drinker who had an aversion to the religious flavour of traditional AA. The agnostic meetings felt like old time AA where people connected and attended meetings together, went for coffee after the meeting and went out of their way to drive you home.

In 2015 _____ and _____ started attending the 7 AM Attitude Adjustment group which _____ and _____ often attended. This tipped the balance. While _____ already had a home group, she was enthusiastic and helped with the early organization of our agnostic meeting.

We made sure that people understood that we considered this a true AA group by registering with GSO. We had a representative at the October 2015 District 75 committee meeting for BC/ Yukon Area 79. He continued to complete his term as our GSR.

There was some overt criticism of this new meeting, but we didn't let that stop us.

The group conscience has explicitly expressed that ours is an open AA meeting and that we strongly support AA's singleness of purpose: to attain sobriety and to share the message with those who are likewise afflicted.

The first meeting of A Broad Highway was held on Thursday, November 5, 2015 at 5 PM at the Cellar in Nelson, the meeting venue for almost all of Nelson AA. We have since had attendance of up to 15 people and are a solid group, in for the long-haul. We stay active at the district level, and our DCM has attended whenever he could.

RESOURCES:

AAAgnostica
www.AAAgnostica.org
AAWest Kootenays (*meeting calendar*) www.aawestkootenays.org
AA Helpline 1-250-800-4125
Interior Crisis Line Network
- West Kootenay Boundary
Regional:
1-888-353-CARE (2273)
National Suicide Crisis Helpline* 9-8-8
*Anywhere in Canada call or text.



Welcome to A Broad Highway Secular Group of Alcoholics Anonymous



Could we stand for a moment of silence? *For those who have helped us and those we may help.*

This group of A.A. attempts to maintain a tradition of free expression, to conduct a meeting where alcoholics may feel free to express any philosophy they may have; and to share their own personal form of spiritual experience, their search for it, or their rejection of it. We do not endorse or oppose any form of religion or atheism. Our only wish is to assure suffering alcoholics that they can find sobriety in A.A. without having to accept anyone else's beliefs or having to deny their own.

Announcements are on the white board. Is anyone here for their 1st or 2nd AA meeting? Anyone coming back? Any visitors from out of town?

On page 164 of the Big Book, Bill Wilson wrote: *"Our book is meant to be suggestive only. We realize we know but a little,"* and in the Foreword to Twelve Steps and Twelve Traditions, he wrote: *"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."* With that in mind, here is a secular version of our steps, suggested as a program of recovery:

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe and to accept that we needed strengths beyond our awareness and resources to restore us to sanity.
3. Made a decision to entrust our will and our lives to the care of the collective wisdom and resources of those who have searched before us.
4. Made a searching and fearless inventory of ourselves, our strengths and weaknesses.
5. Admitted to ourselves without reservation and to another human being the exact nature of what our inventory revealed.
6. We identified those personal characteristics which had shaped our lives and accepted that we needed to change.
7. With humility and openness sought to eliminate our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Increasingly engage energy and awareness to continue to grow in abiding strength and wisdom and in the enjoyment of life.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Bill also wrote: "There are few absolutes inherent in the Twelve Steps. Most Steps are open to interpretation, based on the experience and outlook of the individual. Consequently, the individual is free to start the steps at whatever point they can or will.

- Will someone volunteer to read the day's reading from Beyond Belief?
- We will go around the table once for sharing and then open the meeting up for discussion.
- We are self-supporting through our own contributions. Please leave your 7th tradition contribution.
- Will someone volunteer to open and set up next week? Will someone volunteer to chair next week?

Let's close with the Statement of Responsibility.

*"I am responsible When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there. And for that: I am responsible."*

September 2026 A Broad Highway Secular Group of Alcoholics Anonymous Nelson, BC GSO Registration
000717200

DISTRICT 75 PRESENTS

OUR AA HISTORY

DATE: SATURDAY NOVEMBER 14TH

TIME: 11:00AM - 3:00PM

LOCATION:
JUNCTION CHURCH
2840 EDEN ROAD, SOUTH SLOCAN

LUNCH & COFFEE
PROVIDED

LEARN ABOUT THE HISTORY OF ALCOHOLICS
ANONYMOUS IN DISTRICT 75

OLD TIMERS PANELS, DOOR PRIZES,
RAFFLES

Personal Story

My name is ____ and I am an alcoholic. The first time that I ever lost control and had a blackout I was 15 years old. I'd had a few drinks before, nothing serious, but this time I went down the hall to a party in my apartment building. I walked in the door with no expectation of drinking at all. Somebody handed me a drink and after that I drank everything I could get my hands on. I totally lost control and wound up in a blackout. I chalked that up to that's what happens to everybody when they drink. One of the things I found confusing is that it didn't always happen. I may have been drinking too much, but I hadn't yet lost control in that way where one drink is too many and a 1000's not enough. There were times when that happened but it wasn't all the time, so that was confusing and made me think that my drinking was situational. I made it be because I was drinking with you that it happened. It was always somebody else's fault. I was unable to look at myself.

My drinking progressed to drinking in the morning. I didn't drink for a long period of time, but it did get worse. The problems and the consequences from it were more and more severe. Typically, I would pick a fight with somebody for no reason, and then they would push back, and then I'd start crying, and then I'd be drunk and puking and the next day I'd be sick. I really thought that I couldn't be an alcoholic because I thought I was smarter than that, as if that had anything to do with it. After all, I would stay sober for what I thought was a long time, like three weeks. I was fooling myself. I can laugh about that now.

I started going to Al-Anon because I was living with an active alcoholic. It was an absolute lifesaver. When they had newcomers, they always got me to explain what a blackout was. It took a long time for it to dawn on me that the reason they were asking me to do that was because I knew what a blackout was. I knew what loss of control was.

I started to be worried about my drinking but still thought I was so unique, so different from everybody else. I knew lots of people in AA. I would talk to someone about it and I would decide that I was going to go to a meeting, especially Sunday mornings. I'd think, yeah, I've got to go. I've got to do something about this. Then one little thing would happen and I wouldn't go. I'd tell myself it'll be okay. It won't be a problem. I always believed that I was drinking like that because of the man that I was living with. It was all his fault. Then I left him and I had to realize that, even though my life was not perfect, and I was much happier away from him, I kept wanting to drink, and I kept looking for excuses. This made me realize my drinking was not situational. It was NOT someone else's fault. I truly had my own problem. That's when I finally went to AA. I went to my first AA meeting and I knew everybody there. I was really afraid that they were going to say, "Oh yeah, we've been saving a chair for you. We knew you should be here". If they said that, it would mean that I really was an alcoholic and then I really had to quit drinking. Or, which was worse, I was afraid that they were going to say, "eh, you're not bad enough. You need to go and drink some more". They didn't say either thing. They shared their own experience, strength and hope with me, and they let me make up my own mind. It was so wonderful that I could just keep going to meetings and sort myself out. In the first year the fog lifted and I could really see myself. It was shocking and emotionally painful. I never, ever want to go through that again because I looked at myself and I just couldn't believe that was me. I had had my finger pointed at everybody else. I stayed sober.

During that first year I had a beautiful experience. It was 40 below and we were driving out to somebody's house to visit. The sun was beautiful, it was a clear January day, and I was probably about 6 or 7 months sober and had this overwhelming sense that, for the very first time in my life, I really wanted to live. I didn't realize until then how much of my life I had thought about suicide. When I was drinking, I was full of self-pity. I was raised that way, and suicide was always an answer to any kind of problem. It was always there in the background. That day, I realized I really, really wanted to live.

I've had lots of really good times being sober. I had a sister who was somebody who always wanted to fight with me. I was visiting her and she tried to pick a fight. With just 15 months of sobriety, alcoholics anonymous had given me the freedom that I didn't have to react every time she said something. That was really good to be able to not react.

I've tried to really learn from other people in the program. AA has given me the gift that I get to look at myself first whenever there's a problem. I get to look at my part in it. I'm so grateful that I haven't arrived. I keep learning and relearning. I'm so grateful that AA isn't like, 10 meetings and you've got to hit the road. Instead, I get to have it as a way of life, and I get to have great relationships with people. Yes, I am thrilled to be sober 45 years. 45 years times 365 days equals today, just today. I feel privileged to be sober 45 years and still love AA, being active in the programme. Still learning and growing every day.



Enjoying the Newsletter? Would you like to see it continue?

It won't unless you send us stories.

We need:

- 1. Personal recovery stories**
- 2. Stories of service**
- 3. Stories about your group**

You don't need to be a writer. Send us what you have and we will edit, send it back, if you like it, we will print it.

Or

We will interview you, write it up, send it to you, if you like it, we will print it.

We think it's worth continuing!



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.

Gotta Laugh:



**I saw a guy at
Starbucks today. No
iPhone, no tablet, no
laptop.**

**He just sat there.
Drinking Coffee.**

Like a Psychopath.

**Not a single person
asked me if I could run
fast in my new shoes
today. Being an adult
is stupid.**

**Darth Vader's rarely
photographed wife**



THIS IS WHAT HAPPENS

When you fart in a Smart Car

Watch those Brussels sprouts.

