



District 8 Newsletter Web Version Names removed for anonymity

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Anonymity is the spiritual foundation of all our traditions,
ever reminding us to place principles before personalities.

Twelve Steps and Twelve Traditions

Telephone answering
service: 250-597-3282

This issue contains a selection of the **minutes of District Committee meetings** for the previous month outlined in Green box.

This includes **reports from the DCM, Committee Chairs, and GSRs.**

There will be a description of one **District position** and a short bio of the person elected to that job.

If there is important information to pass on about **AA as a whole**, that will be included.

There is also room for **personal stories**. One will be included per issue.

There will be **District news and events**. And finally, the **Gotta Laugh** section.

Editorial Comment

All of the sections and topics have been approved by the District Committee. The editor does not have free reign to devise acceptable inclusions or exercise much creative license. Finally, the entire Newsletter is subject to approval before being sent out to members or published on the WebPage. If you have complaints, see the District Committee. If you have compliments, see the editor.

If this sounds like fun and you are an AA member, contact newsletter@cowichanaa.ca and we will put you on the distribution list.

Tidbits from the November minutes represented by a green box. Any deletions represented by

Finances

For direct deposit, send to treasurer@cowichanaa.ca"

DCM Report:

"I am the DCM and I am an alcoholic.

I felt honored to represent District 8 as your DCM at the October Voting Assembly. There were at least 5 DCCs and GSRs attending so District 8 was well represented.

With much debate and discussion, the Assembly dealt with 10 motions and 2 Floor Actions. I can assure you that the younger voices of AA were well informed and passionate, tempered with the experience of the older members. AA is in good hands.

Very significant is the passage of a motion to change our Voting Assembly date so that Area 79 will have a current voice in matters affecting AA as a whole. Our Voting Assembly has now been changed to June 9-11, 2022. I just got a notice to that effect.

AAWS has been dealing with a backlog as Covid has affected both printing and supplies of our AA Literature. However, I just got another notice that a large order placed has been shipped.

During the changes in New York to a new numbering system for groups a great deal of information was lost. That has been changed and updated, however the Alternate GSRs and their contact information is still not up to date. Could GSRs please get the names, addresses, postal codes and phone numbers of Alt GSRs so I can send them to the Area 79 Registrar who will send them to New York.

Thank you, GSR of Cobble Hill Discussion Group for your question that served as a reminder."

Old Business:

Literature Chair: ... Member expressed interest and asked to be nominated. She has experience in serving at the District level. She had expressed discomfort with using Zoom - ... She is acclaimed Literature Chair for District 8.

New Business:

Hybrid Committee: ...13 members supported, starting in February, to meet on second Mondays, 6:30 to 8:30 pm in hybrid fashion. Member will let the Alano Club board know about the District's commitment.

Committee Reports:

Archives: Chair reported that he is continuing in organizing and completing an inventory. He is making it possible to search the archives. He is also organizing the boxes so that some can be brought to a rally in a presentable way.

Meeting Directories: Chair reported: "...GSRs, please check with your groups that they have the latest Directory, which is October 20th.... It is quick and easy to have some printed and I can send you a home printer version if you would rather do that.... One group was still using a version from July..."

Newsletter: Chair reported: "I would like to continue to feature District positions but this is dependent on you... I still do not have...: ...Archives, Literature, and the Webmaster. This edition I am featuring the literature position..., so I have written the blurb myself based on my own observations. I am willing to interview you and write it up...and then send to you for approval. I have had input from every group for the "What's so great about my group" except for...Saturday AM Men's..., Freedom Friday, Thetis Island, and Stepping Stones....I can't make it happen on my own. Please take this back to your groups and/or suggest someone for me to contact."

Public Information:

Chair reports: **AA New Year Blitz**

The PI committee needs the help of all ... members to carry our primary purpose as stated... "Each group has but one primary purpose—to carry its message its message to the alcoholic who still suffers." ... We have concluded that reaching the still suffering Alcoholic in our community needs to be a "we" job not a "me" job. ... We are asking each group to join the cause by

- Electing a PI group liaison...
- Helping to spread the word though... offering AA information...in the form of cards, posters, meeting lists and literature.... Each group will be provided with a list of suggested spots along with brief suggestions for visits, cards, meeting lists, posters, and literature.
- Being ready help...by carrying one or two spare business cards and a meeting list.
- Join our PI planning committee as a group rep or interested member.

...PI committee requests that:

- GRSs ask that groups agree to help with a PI Blitz in the New Year and ask for a group PI volunteer to help plan activities for your group....

Pamphlets and Meeting Lists at Alano Club. Meeting lists have been dropped off. Brown baggers will check at business meeting to see if they can recruit a PI group rep....

MOTION: To provide \$100 to the Public Information Chair for the purpose of printing cards and posters. Moved and seconded. Carried

Telephone Answering Service: Chair reported that in October there were 2 calls for information and 2 were reaching out.

A question of ethics to ponder

Is it ethical or "rigorously honest" to have a hidden guest at a Zoom meeting?

GSR Reports:

Brown Baggers: GSR reported that the meeting is going well and that attendance is up and steady, averaging 15 per meeting.

Chemainus Wednesday Night: GSR reported... They still have a discussion meeting on Wednesday at 7 pm and literature discussion on Sunday at 7 pm.

Cobble Hill Discussion: GSR reported that the group turn out is good, with around 8-14 people attending regularly. The group is still meeting in hybrid format Mondays, Thursdays, and Fridays.

Courage to Change: GSR reported that 8-10 people attend regularly with 2 newcomers in October. They may start a new meeting in 2022 on Sundays.

Hump Day United: GSR reported that the meeting is going well. There is a regular attendance averaging 20-25 people. They had a newcomer last week. There are a lot of birthdays coming up.

Lifeline Lake Cowichan: GSR reports that the Thursday group has closed. The Monday night group has taken over Thursday night meetings. The funds have been amalgamated with the Monday night's funds. They are holding on for summer, when they have a lot of seasonal visitors.

Saturday Men's Meeting: GSR reported that 15-20 people attend each meeting. They have new home group members. They hold a speaker meeting on the 5th Saturday of the month....They intend to send money to the District.

Saturday Morning Women's: GSR reported that the meeting enjoys good attendance. The group held its first successful business meeting via hybrid...

Sisters of Sobriety: (See report above)

Stepping Stones: GSR alternate GSR for regular GSR reports: "Stepping Stones is still Zoom only... We have good attendance...from 14 to 25 members. Some new members and some...coming back. Last cake night there were 4 members for a total of 106 years! ...

Wednesday Women: Heart to Heart: GSR reported that “We meet in person every Wednesday at 1:30 pm, at St.John’s Anglican Church, Duncan. Attendance about 9 women. A random reading from “Daily Reflections “ Or, “As Bill Sees It” is read and discussed. We wear masks during our meeting.”

OTHER REPORTS: DCM asked about Freedom Fridays and asked for ideas on how to find out what's going on. People offered names.

B.C. YUKON AREA 79 QUARTERLY

January 7 & 8, 2022

Online Via Zoom

Registration link <https://us02web.zoom.us/join?pwd=ZUJkdG9yZWVlYmFMcjRnQkxwWjBldz09>

A Trustee from A A World Services board of trustees will be in attendance. He is a general service Trustee and recently past chair of the board of AAWS.

All interested members are welcome to attend.

Positions

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

Corrections Chair:

The purpose of a corrections committee is to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to incarcerated alcoholics. Bringing meetings and literature into facilities, raising awareness of the Corrections Correspondence Service (C.C.S.) among "inside" and "outside" A.A. members, and helping inmates transition to a local A.A. Community through Pre-release contacts are just some of the activities corrections committees support.

https://www.aa.org/pages/en_US/corrections-committees

Corrections Chair:

The main involvement I would have with corrections is to take referrals from various institutions for correspondence with AA members and to set up contacts for people being released. If people wish to correspond with inmates they can volunteer, and then the prison would set up a correspondence. It would all be anonymous. We don't have any jails or prisons in this area but this could happen with any prison in any part of the country. There is also a service for AA members to be a contact for people being released. For example, if a prisoner was in jail in Ontario and their home was in the Cowichan Valley and they were returning here on their release, they might like to correspond with someone from here and make contact to further their recovery once they got home. When I did my courses for my counselling diploma, one of the electives was corrections and psychology, so I am interested in this area. When I looked to serve on the District Committee the Corrections chair was there so I volunteered. So far, and I have only done this job for 6 months, I have not had any referrals from prisons but would love to do that and hope it happens.



58TH INTERNATIONAL WOMEN'S CONFERENCE

SANTA FE, NM, FEB 10TH-13TH 2022

For more info, go to

<https://internationalwomensconference.org/>

In person portion sold out but you can attend virtually.

District 8 meeting news: Check this spot for changes in meetings, times, venues, access.

Change of name to Heart to Heart Women's Discussion meeting and directions to follow the signs to the room.

All meetings are listed at cowichanaa.ca and regularly updated but we know not everybody checks there so we will also post updates here. Please let admin@cowichanaa.ca know of any changes asap

WHAT'S SO GREAT ABOUT MY GROUP?

We recognize and celebrate each group's autonomy and unique spirit and want to hear about yours.

Cowichan Station:

We have a great home group because there are great people in it. A lot of the people in the group are people I sobered up with. Cowichan Station came about in the usual way. You've heard that all you need to start a group is a resentment and a coffee pot? We originally were part of another group and broke off from them. And it's funny because that group was originally part of another group. This June might be our 14th year meeting together. We started around Founder's Day. Except for COVID, we do a Founder's Day barbeque every year in June. We set up an entire day of meetings, panels, things like that in remembrance of our founders. We also do a big Christmas party. We are an active group and like to participate in AA as a whole. We have a lot of long-time sobriety in our group. I am one of the younger ones with 14 years. We also have newer members: one with one year, another with maybe 3 or 4 years, another about 7 years, probably me next, and the rest with many years. We have one guy with 44 years. We have a lot of grandparents and babies, sobriety-wise, in our group...a lot of grandfather and grandmother sponsors. Sponsors are there with their sponsors and sponsees. We like to make sure everybody gets a chance to participate. Over COVID our group has not missed a meeting once we got up on Zoom. I would say to somebody looking for a home group that you have to try it and see it for yourself. If you don't think your home group is the best one in the Cowichan Valley then you're at the wrong group. We have a lot of people who joined our group after the first or second meeting. We are very welcoming and have a good, well-rounded group.

Editorial Comment

Ever been to a round-up? You'll hear lots of folks brag on their groups there. Similar to the sentiments expressed above, speakers will tell you their group is the best in the world, or words to that effect. This is not against the intent of tradition 11, which is directed toward the public and not about our relations among ourselves. For that we look to tradition 4 and ask if we are helping or harming AA as a whole.



On April 11, 1941, Bill and Lois moved into their first home of their own. They named it "Bil-Los Break" and later renamed it "Stepping Stones" as it became central to the history of worldwide recovery from alcoholism.

For forty years, the home, writing studio, and archives of the Wilsons, have been preserved by the Stepping Stones Foundation, which shares the legacy of this unique couple and their home, where they lived and worked from 1941 until their deaths in 1971 and 1988, respectively.

The New York State historic marker that stands at the edge of Lois' garden states: "Here is the home of Bill and Lois Wilson. 'Bill W.' was co-founder of Alcoholics Anonymous-1935. 'Lois W.' co-founder of AlAnon Family Groups-1951." The combination of Lois' plantings, includes antique roses, dogwood trees, and more (are shown in photographs on this website).

Personal Story: Peg A (name used with permission)

Hello everyone: My name is Peg, and I am an alcoholic. I suffer from depression, as many alcoholics do. Mostly, it is a non-issue due to the steadfast use of medication. But on occasion, medications will let you down. Sometimes the body just refuses to pay attention to a certain medication. Then you are hooped. That is where I was at the first quarter of this year.

The District and Area levels of AA have always been important to me. Meeting the committee when I first attended an Area Assembly made me “want what they had”. It was a fresh face to AA that was unknown to me until my sponsor took me there to see it all in action.

God willing, and the creek don’t rise, by the time you read this (post November 27th), I will have celebrated 41 years of continuous sobriety. But don’t be impressed. It doesn’t mean as much as many others because I’m not an AA ‘expert’ by any means. I’m not even an official oldtimer, except I remember tough love in the beginning, and I am aging. My big book isn’t very marked up; I don’t know what page anything is on; and I haven’t done a lot of sponsoring. I’m a regular AA member who found a way to stop letting alcohol control my life.

But I have engaged over the years in many levels of service, and have done a good-to-great job of most positions I’ve tackled. The trouble is that here in District 8, you don’t know about that. You believe me when I tell you, but I’ve not been part of your area assemblies. You’ve not seen me in action. And since I had retired from my communications career when I moved here, you have no 3rd party reference for who I am either. And that’s okay.

I thought I would show you that I can be helpful. Some of it had to be ego, of course, but mostly I feel better when I have all three sides of the triangle engaged, and my program was missing its service element. Since I had never been a DCM, I offered myself as the alternate for the remainder of last year, and enjoyed my time working with the former DCM. I wanted to continue, and let my name stand for DCM.

I did not know that my medication was letting me down. I did not know I would need to deal with a bully. I did not know how to assure you that I was the right person for the job. I could not go on after chairing a rather messy meeting in February. In fact, I was broken. I told you I was leaving for health reasons, and that is true - mental health reasons. I could not stop crying. It took another two months to get to the right doctor, and then another two months to slowly change medications by small increments.

During the summer I began to feel better and thought of returning to service, but I realize that I’m not ready. I was scarred by what happened, let down by my sponsor, and unwilling or unable (or both) to think about serving at the District table. May multiple blessings smile upon the current DCM, to whom I am forever grateful for stepping up before he even got comfy in the alternate DCM position. Recently, the district just about lost his leadership as well. That’s not good.

We are sick people trying to get well. Some of us you wouldn’t even have drank with! Some of us you certainly wouldn’t socialize with, some of us you simply don’t like. But we have the most noble goal in common - “to stay sober and help other alcoholics to achieve sobriety”.

I don’t want to lose sight of that primary purpose. Let’s be kind while we’re doing the work we need to do in order to stay alive.

Any personal story is welcome, and, of course, you can write about anything that is on your heart. Keep the focus on your recovery. Editing will be with your permission and only for the sake of brevity, anonymity, and propriety. Your name will be used in the web version only with your permission. Send your stories to newsletter@cowichanaa.ca.

Gotta Laugh

Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle...
It was an ether/car situation.

I have a pencil that used to be owned by William Shakespeare.
But he chewed it a lot. Now I can't tell if it's 2B or not 2B.

Astronomers got tired of watching the moon go round the earth for 24 hours.
So they decided to call it a day.

