

# District 8 Newsletter Website Version

Names and finances removed to preserve anonymity

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

*Twelve Steps and Twelve Traditions*

This issue contains



**minutes of District**

**Committee meetings,**

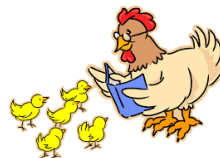
**names removed.**

for the previous month. Everyone is welcome at the District Committee meeting, so if a month behind doesn't suit you, come to the meeting! There will be **reports from the DCM and alternate**, followed by **the committee chairs and GSR reports**. We will include any new business decisions.

Each month there will be a **brief description of one District position** and a short bio of the person

elected to that job (no names on the web). If there is important information to pass on about **AA as a whole**, that will be next. There is also room for **personal stories**.

One  
will be



included per issue, so if you have a desire to write, send them to the newsletter address. Your name is only included in the website version if you agree. They will be included in the order received.

There will also be some **surprises** each month, as well as **District news and events** so stay tuned.

Finally, there will be the **Gotta Laugh** section.

The full version of the newsletter will be sent to each GSR and District Committee member, who will email it to you or bring copies to face-to-face meetings. You can also print it if your group meets face-to-face or you want copies to hand around. There will be no last names used so it will be anonymous.



**This month and next we will be showcasing the GSRs! Page 4-6**

**Telephone answering service: 250-597-3282**

**If you are an AA member and would like the full version of the Newsletter emailed to you, please contact [newsletter@cowichanaa.ca](mailto:newsletter@cowichanaa.ca) to get on the distribution list.**

## Tidbits from the February minutes, indicated by a gold box



### DCM Report:

Serving as acting DCM, the following report.

“We, The District Committee of District 8, The Cowichan Valley, are an important part of the Inverted triangle of our AA Service Structure.

I was pleased to attend the online WRASSA Conference, on February 26th and 27th. This is a recurring event involving the four Regions of Western Canada, BK/Yukon, Alberta, Saskatchewan and Manitoba. Members of the service structure from all Areas, including our Area 79, spoke to us on the general topic of “A.A. in a Time of Change.”

My takeaway was that the Structure is filled with dedicated people who have embraced change during the time of Covid and have adapted very well to an online world for their service work. At their level we are in capable hands. Our own BC/Yukon Area was well represented by well spoken and well prepared AAs.

My concern, right now, is very much focused on our own District 8. It is evident that between changes brought about by Covid and the normal changes that can happen in a district, it is the AA members and groups that are hurting the most. You are all familiar with the questions of personal choice of each AA, how different groups are handling change and the fact that people are indeed hurting out there. Thus, we need to get on with our Role as a District Committee.

We have five out of eleven Committee Chairs vacant and some GSRs have resigned for various reasons, so we have work to do. Recently I have seen Committee Chairs cooperating with each other to problem solve issues. It is the same with GSRs. That is very positive. We are starting to communicate more and help each other with a better understanding of each other's roles.

I feel we have the “stuff” to cooperate and fulfil our responsibilities and at the same time, and I like this recently learned phrase, stay in our own lanes of responsibility. We begin with getting names correct, ensuring group names are correct and where they should be. We will be updating meeting lists as soon as possible. I speak of detailed stuff. In addition, GSRs are mostly active now, and Committee Chairs are working to address their roles. I plan on contacting each of you before April's meeting to find out what you need or what assistance you might seek. So, it is my hope that we will continue to build the AA spirit in District 8 and do our part in our Service Structure.

In Love and service”

## Positions

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

### **Alternate DCM Position (District Committee Member)**

“The Alternate D.C.M. The alternate is a backup for the D.C.M. If the D.C.M. resigns or is unable to serve for any reason, the alternate steps in. Usually, the alternate is elected at the same time as the D.C.M., by the same procedure. Alternate committee members should be encouraged to assist, participate, and share in the D.C.M.’s responsibilities at district and area meetings” (\*p.s33).

\*The AA Service Manual ([https://www.aa.org/assets/en\\_US/en\\_bm-31.pdf](https://www.aa.org/assets/en_US/en_bm-31.pdf))

*The alternate DCM position is vacant. If you have four or more years of sobriety and have served as a GSR, why not give it a try?*

### **Treasurer**

Duties: The treasurer keeps financial records... and reports regularly....

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 some accounting or bookkeeping experience is useful. Otherwise, the person elected may need help in setting up a system, and possibly some clerical assistance. Persuasiveness, firmness, and diplomacy will help the treasurer do the job.

The AA Service Manual, p. S47

I got sober in Victoria, April 16<sup>th</sup> of 1982, so I just celebrated 39 years. I got involved in service early on, pretty much “voluntold” by my sponsor as a way to help other people and so keep myself sober. I worked at the 2020 Douglas St. Intergroup as secretary and have held various service positions at the group level: secretary, treasurer, and GSR.

This is my first time at the District level other than as a GSR and it has been a bit of a learning curve. It’s taken me some time to get the details of the job sorted out. I contacted a bookkeeper for help with doing the spreadsheet since I don’t have those skills myself. I think it is pretty well organized now.

I decided to take this position since it was vacant and it looked like there wasn’t anybody else to do it, so I stepped up.

The other passion in my life aside from AA is golf. I love the game and the fact that because of it I have made so many wonderful friends. My first golf game was at March Meadows at an AA golf tournament and it was love at first tee. I enjoy the constant challenge to improve my game. It’s sort of like the program; you are always going forward, learning new things. One of the things I am striving for lately is to have better balance in my life.

I believe in AA and that it’s up to each of us to keep it going. I think it is important to be involved and to keep close to the fellowship. That belief has kept me sober all these years.

Your District 8 Treasurer

## **GSRs-The vital link**

The general service representative has the job of linking his or her group with A.A. as a whole. The G.S.R. represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the Conference. This communication is a two-way street, making the G.S.R. responsible for bringing back to the group Conference Actions that affect A.A. unity, health, and growth. Only when a G.S.R. keeps the group informed, and communicates the group conscience, can the Conference truly act for A.A. as a whole.



### Qualifications

- Experience shows that the most effective G.S.R.s have been active in group, intergroup, or other service, where they have developed a desire to serve, and encountered situations in which the Twelve Traditions have been called upon to solve problems.
- Usually, prospective G.S.R.s have at least two years of continuous sobriety.
- They have time available for district meetings and area assemblies.
- They have the confidence of the group, and an ability to listen to all points of view.

### Duties

- G.S.R.s attend district meetings.
- They also attend area assemblies.
- G.S.R.s supply their D.C.M.s with up-to-date group information
- They participate in district and area service meetings, and often help with planning for area get-togethers and conventions. Following these events, they make reports to their groups for the benefit of those who could not attend (\*p. S26).

\*The AA Service Manual ([https://www.aa.org/assets/en\\_US/en\\_bm-31.pdf](https://www.aa.org/assets/en_US/en_bm-31.pdf))

**Who are these GSRs right now and what groups do they serve? Next page....**

## **Your GSRs:**

### **Hump Day United**

I am currently the GSR for Hump Day united. I was the GSR for the Sunday morning Discussion Group in White Rock, where I was Living for the past 4 yrs. I came back to the Cowichan Valley full time just over a year ago. I have been working in Crofton for a Company on and off for 29yrs. We service the oil and gas and Pulp & Paper industries. I grew up here in the valley and have 2 daughters and I am a grandfather to one boy.

I love the service position as GSR as I get to learn how the message is carried. Thank you for allowing me to be of service.

### **Wednesday Women: Heart to Heart**

I have been sober for 28 years now and that is a gift. I got into service work because I was shown by an old timer how there are different forms of carrying the message: everyone has something to offer, even a newcomer.

I think the job of GSR is important because it's about connection with other AA groups and helping each voice being heard on issues that affect our fellowship.

The on-going change in my life by doing service is working on finding my voice, which has long been silent prior to recovery. There has been growth in my own understanding that the message is kept alive by sharing it, not hoarding it.

I want to do it because learning to cultivate a practice of compassion can only grow with interaction with others.

### **Chemainus**

I sobered up on Saanich peninsula in 1980. I moved to Winnipeg shortly after, commencing service work, and then to Williams Lake, BC in 1986. In Williams Lake, I furthered my service work, becoming a GSR for a group. We retired in 2013, and from then on spent part of the winter with my family on Vancouver Island, with my wife and I staying in our RV in Chemainus. In June 2020, we moved to the Cowichan Valley, and I volunteered for a service position with the Chemainus group, and became their GSR. I have found that service work is rewarding, and is part of the triangle of unity, service and recovery. I encourage all to participate in service work rewarding, and is part of the triangle of unity, service and recovery. I encourage all to participate in service work.



## Courage to Change

Having arrived at the starting point on June 20th 2019-I started attending regular home group AA meetings in Mill Bay-where I live with my family (wife, 7YO daughter, twin 3YO boys, a large Great Pyrenees dog named Hollis, a Bengal cat named Gibo, a Maine Coon cat named Sassernach, and two lion-headed bunnies).

As an Alternative GSR from September-December 2019, and then a GSR from January 2020-present, it really has been a 'stop-start' role. On one hand, the role of a GSR is that of an interlocutor-between news and information sharing or seeking at the District level and back down to the home group level, and the other being a consensus builder at the home group and District level. From the time that I have been involved, membership has dwindled-from averaging around 12-10 to 3 or 4 at the moment, if that.

I have really enjoyed my participation at the District level and at least being the purveyor of info for those willing to attend. I can only hope that membership picks up, allowing for new (and older) members to return. With the arrival of Covid vaccines, it is hoped that MB C2C will see an increased attendance, allowing for fulsome meetings to occur and actual District-level info to be shared, vetted, and discussed.

## Saturday Morning Women (and Sisters of Sobriety)

I celebrated my 10 years of sobriety on Sept 27, 2010, after being an Al-Anon member for many years. I believe it was a miracle! As part of completing a set of steps in Al-Anon, I was asked to read "The Doctor's Opinion" from The Big Book to understand the alcoholic better. The rest is history. I experienced an ah ha moment, and after nearly 40 years of trying to control my drinking, I joined A.A.

My experience in A.A. is best described by Mark Twain's famous quote, "When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years." I questioned many things when I first joined the fellowship. I frequently wondered if I belonged. I was confident I could improve on the big book's language and the repetitive nature of our meetings. I stayed, and over time as I listened and witnessed transformation after transformation, I became both humbled and astonished at the program's wisdom.

I got into service because someone asked me, and no one else was available. I felt I both didn't have the time and was inadequate for the job; and yet, I believed that if I wanted to continue to benefit from the program, I needed to "suit up and show up." It has been a game-changer for me. I have gained far more than I have given. It has helped me reach out for help, connect, strengthen my program, and learn more about the wise ways our program works to support me to stay sober and help the still-suffering alcoholic. I hope you won't wait as long as I did to reap the gifts of service.

**Next month we will hear from the rest of these very vital service workers.**



**Without you, where would we be?**



## **NEW BUSINESS:**

**GSRs & the April Pre-Conference Assembly:** DCM reviewed what is expected of GSRs and the procedures. He asked that GSRs get information to members and if able report back their reactions so that he can take their feedback to the conference. GSRs will be assigned to a committee when they register.



**Newsletter:** Chair presented the current status of the newsletter. She suggested that the newsletter be distributed by the GSRs and that it be posted on the website. Following discussion, the secretary made a motion that the first newsletter in PDF format will be sent to the GSRs for distribution to their meeting members and that the decision to post the newsletter on the website will be tabled to the April meeting. Member seconded. The motion carried. Members expressed their appreciation to Newsletter chair for her energetic and dedicated work in getting the newsletter started again.

**MOTION:** To send the first newsletter in PDF format to GSRs for distribution to group members and to table a decision regarding posting newsletter to website pending further discussion at the group level. Secretary moved; 2nd Member. Carried.

## **COMMITTEE REPORTS:**

**Cooperation with The Professional Community:** Chair reported that District 8 CPC Committee is now registered with Area 79 and GSO. We are connected (via Zoom) with other CPC District Chairs through a monthly joint meeting which is hosted by Area 79 CPC Chair. This allows us to share experiences and resources. We will be participating in an upcoming CPC Luncheon in April. More info on the luncheon will be brought to the April District meeting. Questions? [cpc@cowichanaa.ca](mailto:cpc@cowichanaa.ca)



**Grapevine:** Chair reported that a couple new books will be available in April via the Grapevine. The books are "Free on the Inside" and "Women in AA" (Spanish).

**Newsletter:** Chair (See New Business above)

**Telephone Answering Service:** Chair reported that the Hotline went down on Monday. In the Alano Club's move to Whistler Street, the modem was disconnected. Research found that Telus could provide a cheaper package. Chair volunteered to reconnect the modem at his home and the decision to change carriers to Telus will be tabled.

**Treatment:** An accessibility survey is in the works. Please invite anyone with a disability to participate in a meeting to discuss the survey. Currently, there is no meeting at the Hospital. Cedars does not send folks to outside meetings, but are holding speaker meetings via Zoom(?). Chair left pamphlets at Cairnsmore and asked the staff what help we could provide. Chair is checking in with assisted living facilities as well.

**Webmaster:** Service opportunities are posted on the website.

## **GSR REPORTS:**

**Brown Baggers:** GSR reported that the meeting held successful elections. They still need an alternate GSR. They start meeting in hybrid fashion on April 1. They will be celebrating 2 birthdays in April.



**Chemainus Wednesday Night:** GSR reported that they are meeting in person with about 10 people regularly.

**Cowichan Station:** GSR reported that they're meeting in a hybrid fashion, following health procedures, on Thursday evenings. First Thursday of April they will celebrate member's 35 years and 30 years.

**Hump Day United:** GSR says that the meeting is going well. They are meeting in a hybrid fashion with 12-18 people attending per meeting. They have a new treasurer.

**Quamichan Step Study:** Alt GSR reported. The group is meeting on Thursdays at 7 pm via Zoom. When it gets warmer they hope to meet outside. They read the "12 and 12," and discuss the Traditions on first Thursdays. Three upcoming birthdays. They have 9-12 people attending meetings and enjoy out of town visitors.

**Saturday Morning Womens':** GSR reported that 6-9 people attend the Saturday in person meeting. The group has also started a Thursday evening Zoom meeting called Sisters of Sobriety (below).

**Sisters of Sobriety:** This group has been meeting online on Thursdays at 7 pm. Regularly 12-15 people attend. Someone volunteers to bring a reading to the meeting to inspire the discussion.

**Stepping Stones:** GSR reported that Wednesday 7:30 pm on Zoom. They average about 21 people attending. They celebrate birthdays at the first of the month.

**Traditionally Yours:** GSR reported that they meet at 2 pm on Sundays in person with about 8-12 people regularly attending. They will celebrate a birthday this month.

**Wednesday Women Heart to Heart:** GSR reports that Heart to Heart Women's Discussion meets in person Wednesday at 1:30 pm, St. John's Anglican Church, Duncan. Masks are worn at all times, and have well-spaced chairs with tables. Attendance is 6 to 12 women. A random reading from daily reflection is read and discussed. April 21, GSR is taking 29 years, this meeting will be an open meeting to everyone, yes that includes men.

**Saturday Morning Men's Meeting:** GSR reported that they meet Saturdays at 9:30 am via Zoom. They are going to register this meeting, once they get an address.



# CPC LUNCHEON

## (COOPERATION WITH THE PROFESSIONAL COMMUNITY)

Alcoholics Anonymous  
cooperating with our  
local Judicial System,  
all Professionals are  
welcome!



**WHEN:** April 30th, 2021

**TIME:** 12:00 Noon - 1:00pm

**ZOOM ID:** 874 5297 8464

For more information, please contact Jason C. (CPC Chair) at [cpc@district42aa.com](mailto:cpc@district42aa.com)

The purpose of our A.A. Committee for Cooperation with the Professional Community is to be "friendly with our friends" in all walks of life, so that the A.A. message of personal recovery can reach more of those who need and desire our help.

Our presentation is being directed to those in the Judicial System, but all AA members are invited!

Our main speaker is a non-alcoholic, Class A trustee from our General Service Office, Nancy McCarthy. Nancy has served in various positions with the Missouri Department of Corrections, Division of

Probation and Parole, assisting with numerous drug and alcohol programs. She currently serves as the Missouri Regional Administrator responsible for the supervision of 18,500 offenders, Nancy will speak on what she has learned about the value of A.A. and the role it can play in the recovery of the many alcoholics in the correctional system. She will be joined by Derek L. and Scott H. Derek is the executive director of the BC lawyer assistance program and has been active for many years in the American Bar Association's commission on lawyer's assistance programs, serving as both member of the board and its chair. Scott H. is a corporate lawyer and has served Alcoholics Anonymous as its Trustee at Large for Canada.

**Local District 8 contact:** [cpc@cowichanaa.ca](mailto:cpc@cowichanaa.ca)



### Step Study

Time to do the steps? Again...or for the very first time.  
Mixed step study starting Saturday, April 24<sup>th</sup>, 2-4 PM  
St. John's Anglican Church, 486 Jubilee St.  
Pre-registration is required as space is limited.  
COVID precautions, of course.  
Email: [newsletter@cowichanaa.ca](mailto:newsletter@cowichanaa.ca)

### **Meeting news: Check this spot monthly for updates and changes to meetings**

The noon meeting that was at the old Alano club is now meeting at Chesterfield St. outside.

Brown Baggers is now meeting at the new Alano club, 450 Whistler St. every day at noon both in person and via Zoom.

THE Solution has started again as a hybrid meeting. In person Friday nights at 6:30 at the Alano club and via Zoom.

Sisters of Sobriety, which meets on Zoom Thursday nights at 7 PM has a new Zoom address.

Courage to Change has moved locations to Sylvan United church, 985 Shawnigan-Mill Bay Rd, 7 PM Tuesdays.

Cobble Hill Discussion: Links have changed for this on-line group. Check [cowichanaa.ca](http://cowichanaa.ca)

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

## Service Opportunities

Taken from cowichanaa.ca



### Public Information Committee Chair

Like all of A.A., the primary purpose of members involved with Public Information service is to carry the A.A. message to the alcoholic who still suffers. Working together, members of local Public Information committees convey A.A. information to the general public through activities such as giving A.A. information talks at schools and civic organization meetings, providing A.A. literature to schools and offices, and insuring local media have accurate information and providing them with A.A. public service announcements. Please attend the next District Meeting to volunteer.

### Corrections Committee Chair

District 8 requires a chairperson for the Corrections committee. To find out more about what it means to be part of the Corrections committee, check out: [https://www.aa.org/pages/en\\_US/corrections-committees](https://www.aa.org/pages/en_US/corrections-committees). Please attend the next District Meeting to volunteer.

### Meeting Directory Editor

There is also opportunity for an individual to become responsible for our meeting directory that is in print form. Responsibilities would include editing the meeting directory, keeping it up to date and printing the document so that it would be available to various groups and committees in District 8. Please attend the next District Meeting to volunteer.

### Archives

We have need of someone to take responsibility for our historic archives. Duties would include keeping them up-to-date and being able to host an archive display at District 8 events.

### Telephone Answering Services

The Telephone Answering Services committee is looking for volunteers. When someone calls our 24-hour help line, the answering service connects the caller with someone in A.A. The service has a list of A.A. members, their phone numbers, location and gender. The service tries to match the location of the caller and the gender of the caller with A.A. volunteers on their list. To volunteer or find out more, email the TAS committee chairperson at [tas@cowichanaa.ca](mailto:tas@cowichanaa.ca)

### Bridging the Gap

There is also a service available to help mentor someone new into A.A. We call it Bridging the Gap which is usually used when someone is leaving a treatment centre and would like some help entering the A.A. community. The service would link the newcomer up with someone who has some experience in A.A. and bring them to some face to face meetings or virtual meetings, whatever they are comfortable with. To volunteer email the Treatment Committee chair at [tcc@cowichanaa.ca](mailto:tcc@cowichanaa.ca)

### Area 79 has need for a volunteer web developer

Team member needs knowledge of HTML, PHP, MySQL, and WordPress. The Area 79 web team carries out routine maintenance of the website and implements the changes and additions requested by the Website Committee or GSC. Web team work is done at home, so members can be located anywhere within the BC/Yukon area. For more information please contact our Website Chair at [website@bcyukonaa.org](mailto:website@bcyukonaa.org) or give a call at 604-928-2162. I'd love to talk with you!

## A Personal Story: John B (name used with permission)



Hi everyone. I'm John and I'm an alcoholic.

Recovering during this pandemic has been a blessing for me. To see the dedication, desire and love of the fellowship to keep our doors open, literally or through zoom, captivated me.

I jumped on board the recovery train to take this amazing journey with our fellowship. I have a sponsor for the first time. Go to meetings every day and immediately started working the steps, on paper, in my daily life, and in my heart. I keep active in the program. Chair meetings, offer rides to and from meetings, joined a step study group. I work on bettering my relationship with my higher power and try my best to carry out his will for today. I have a huge network of friends in recovery that are walking with me on this journey.

I'm excited about life today. Hope is a reality and the credit goes to my higher power, whom I believe led me to the doors of AA, the 12 steps and fellowship. It's such a wonderful feeling to be wanted, understood and loved. I will ask my higher power for guidance and the necessary needs to carry out his will today and be of service to others. I do the best I can to do the right thing today. If I can be true to myself and others, all will be well. HOW...honesty, open mindedness and willingness.

During this challenging time, we are encouraging stories of how you coped and are coping during COVID. What kept you sober, how do you find fellowship, how has your relationship with technology changed or been challenged? Any personal story is welcome, and, of course, you can write about anything else 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. Send them to [newsletter@cowichanaa.ca](mailto:newsletter@cowichanaa.ca).

## 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".

