

**District 8 Newsletter  
Web Version  
Names removed for anonymity**

|                |        |
|----------------|--------|
| Minutes        | p. 2,3 |
| Meeting news   | p. 2   |
| Positions      | p. 5   |
| My Group       | p. 6   |
| Preamble       | p. 7   |
| Delegate Rep   | p. 8   |
| Personal story | p. 9   |
| Gotta laugh    | p. 10  |

Alcoholics Anonymous should remain forever nonprofessional, but our service centres may employ special workers. *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 a gold box.

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

There is also room for **personal stories**.



That includes

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



One will be included per issue.

There will be **District news and events**



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

And finally, the **Gotta Laugh** section.



**If this sounds like fun and you are an AA member, contact [newsletter@cowichanaa.ca](mailto:newsletter@cowichanaa.ca) and we will put you on the distribution list.**

## **Tidbits from the July minutes represented by a gold box.**

**Any deletions represented by ....**

### **DCM Report:**

Alcoholics Anonymous has been affected throughout its structure by Covid. I see our individual members making their Covid choices and our groups exercising their autonomy in making their choices in how they deal with Covid 19. We have certainly been affected with some groups closing or suspending temporarily and with so many of us speaking of covid fatigue, but I do marvel at our resilience. District 8 has done well.

We have moved from a mid-March low point, as I see it, to a rebuild of our Committee. Committee Chairs are picking up the reins and GSRs are stepping up and establishing themselves. While we enjoy the summer it would seem that we are also beginning to move forward as a committee.

As DCM I have mostly been looking inward as we renewed our committee. Although I will be cautious, it is time for me to look outward and connect more with our groups. I will call before visiting your group.

Thanks to two members of District 8 and Alt Delegate of BC/Yukon, we had a marvellous little Service Workshop in June.

So much information came from the July Quarterly last weekend that I am still receiving it. I would like to take a couple of days to sift through it and then email a summary of what I learned.

The Rally in the Valley will happen this year. It'll be a one day event on October 16. More information to come.

### **New Business:**

**Minutes:** A request was made to receive the minutes sooner.... The secretary agreed to send the minutes... within 2 weeks of the meeting.

**Public Information Initiatives:** ...the use of the fist symbol in support of the Cowichan Tribes was raised and discussed.... It was suggested that we consider doing land acknowledgement at the beginning of our meetings.

**In-Person District Meetings:** The District will decide in September whether or not to return to in-person meetings.

**Bid for the July 2022 Quarterly:** DCM asked a member to join him in looking into... hosting the July 2022 Quarterly. Another member volunteered to take pictures.

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

**Hump Day:** Sept 1st, moving to the new Alano Club, 450 Whistler St. Still hybrid.

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

## Committee Reports:

**Corrections:** ...For those interested in reaching out to incarcerated persons, GSO coordinates a program for correspondence with persons in prison.

**Literature:** Chair reports ... She has lots of pamphlets - a few hundred.

**Meeting Directories:** Chair reported...I see it fitting really well with my Newsletter job and suggest combining the two until such time as someone expresses an interest in taking it over...

**Newsletter:** Chair reported, I...enjoy this job... I do have a concern...I would love to share this job and how I do it with anyone interested in case something happens to me or when the day comes that the position ends. I would love to hear any ideas for helping to make that happen....

**Public Information:** Chair has a list of places to drop off AA information. It would be helpful to do a survey from the groups, e.g. how did they come to AA and where would they recommend information be distributed. Proposal at Quarterly - offering funds for districts for PSAs and Public Information costs. Zoom workshop for doctors.

**Treatment:** Chair reports that he is updating the list of places for dropping off information. He will contact Cedars in August. He will ask the hospital their status. He asked a member for help in Bridging the Gap and she offered to help regarding the hospital. Happy to help with distributing the pamphlets.

## GSR Reports:

**Brown Baggers:** GSR reported that ...They are struggling with the 7th and... are concerned about the rent in the new Alano Club....

**Chemainus Wednesday Night:** GSR reported that the Group has held in-person meetings for a while now, and... has seen an increase in attendance,.... Birthdays for July: 49 years, 41 years, 26 years, 12 years, and 9 years.

**Cobble Hill Discussion:** GSR reported... About 10-15 people attend regularly. They also see a few newcomers and out-of-towners.

**Courage to Change:** GSR reported that they will be celebrating two birthdays in June and two in July. They're planning to discuss a contribution to the District at their next business meeting.

**Cowichan Station:** GSR reported that the group is doing well. They are following current BC COVID-19 protocols. Birthdays coming in August. They are looking forward to opening up, but will keep the Zoom account for hybrid meetings through the summer.

**Grassroots:** GSR reported that the group is doing well. Attendance is going up... They were recently notified by GSO that their registration is recognized. July 3, member celebrated 2 years.

**Hump Day United:** GSR reported that the meeting is still hybrid.... Three birthdays in July: (32 yrs), (10 yrs), and (4 yrs).

**Saturday Morning Women's:** GSR reported that the church... recently notified them that they could return to the Meeting Room. Masks are optional. They plan to continue the Thursday night Zoom meeting....

**Sisters of Sobriety:** (See report above)

**Stepping Stones:** ...The group is meeting on Zoom with about 15 people attending. The group will be discussing... holding meetings in-person or... hybrid....

**Wednesday Women: Heart to Heart:** ...They continue to be small.... Average is about 6.... if it has been 2 weeks since the second vaccination, masks are optional.... still distancing, sanitizing, and taking contact information. The group is moving into a smaller meeting room.... The group brainstormed ways to increase its numbers and reach out to others and have begun to carry out some of the ideas. The group plans to have special food days, speakers, and maybe beginners' meetings.

**Crofton Waterfront:** A member reported that the Crofton meeting has started up again.

**Zoom meetings of interest around the world**

INTERNATIONAL BORDER GROUP: St. Stephen's NB, speaker meetings, Sunday, 4pm PDT. They would love to see some new faces. 939 8923 3435, no password needed.

***VOLUNTEERS NEEDED!!***  
**Here's your chance to do something really exciting for District 8.**

District 8 is putting in a bid to host the AA Quarterly in July of 2022. In order to do that we need to submit by this October so time is of the essence. We have a small working committee but could really use some more people. If you would like to help us make a successful bid happen, please contact [dcm@cowichanaa.ca](mailto:dcm@cowichanaa.ca) as soon as possible.



people. If you would like to help and then work to make it [dcm@cowichanaa.ca](mailto:dcm@cowichanaa.ca) as soon as

Here is the the Alano club “Go fund me” link: <https://gofund.me/767ad717>

I picked up a hitchhiker. He asked if I wasn't afraid he might be a serial killer. I told him the odds of two serial killers being in the same car were extremely unlikely.

## **Positions**

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

### **Newsletter Chair**

We do not yet have a job description for this position so, until such time as we agree upon one, I have written my own. The Newsletter chair needs a desire to draw the AA community together and recognize that this is a resource that serves according to the group conscience. They should have some basic computer skills including word processing, editing, and composition. They need to be able to reach out to members to ask them to submit items of interest and possess tactfulness and fairness in what is selected. There should be a degree of emotional sobriety since this is a public job and criticism comes with the territory. The chair needs to be watchful for news items and to report other changes the community needs to know. Finally the Newsletter chair should possess and sense of humour and adventure.



### **Newsletter Chair:**

I wrote the above job description and I believe I possess these qualities and have those awarenesses. And that is also what I believe about the Newsletter and its purpose, which is to draw the AA community together. After what we have been through the last year and a bit, I believe this is of vital importance right now. There are people I miss and have not seen for a long time and I just hope and pray they are OK.

I have been sober for some time but have never served in this capacity, nor did I think I would be doing this at this time in my life. But someone asked me if I would consider it and I decided to do it. I mean, how hard could it be? Obviously I expected it to be hard. It isn't. I am having so much fun! Technically, I mean. The challenge comes with the various strongly held ideas and opinions of alcoholics. We are an opinionated bunch! I did possess some negotiation skills before but this position has helped me really develop those muscles.

We may be opinionated but we also are "not a glum lot". We like to have fun and this is my motto for any job I undertake. Of course I expect to roll up my sleeves and do some work, but there always has to be an element of fun or why do it? And this job is a lot of fun.

I thank the person who suggested I give it a try and the District Committee for taking a chance on me. It reminds me to keep taking chances. You just never know what is around the corner.

### 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. Some reports are long and involve several members, and some are short. That doesn't matter. We will fit them in as they arrive. If you think your group is great, let us know and we will tell everyone.



Email [newsletter@cowichanaa.ca](mailto:newsletter@cowichanaa.ca)

### **Grassroots**

Our grassroots group holds a very special place in my heart. I am honoured and privileged to be a part of this wonderful group of people. Together we have formed a family that heals and truly cares for each other. There are tears at times that flow freely knowing we are not alone and in a safe place. The laughter is genuine and from the heart. We carry our affection for one another outside of the meetings by river tubing, hikes, barbecues and just hanging out together. This group has been blessed and I am forever grateful to be one of them.

### **Other Attendees say**

This group is like AA of old as spoken about in the Big Book. Lots of newcomers and people helping each other. Some have taken each other into their homes. Something that definitely reflects the age we live in is that they have a Facebook private page and communicate by a private chat. It is very inspiring, exciting, and humbling.

### **The Solution**

I like that we meet on Friday night since this is a very good time for newcomers who need a meeting at the start of the weekend.

We are a small intimate group and we get different people every week. We meet at the new Alano club which has a large TV screen for zoom and air conditioning so it's really comfortable. We use a Grapevine story or a story from one of the Grapevine books such as "Emotional Sobriety". The stories are always interesting and spark great sharing.

## Memo

To: General Service Conference

From Josh Eggleston, A.A. Grapevine Board Chair Re: Preamble Revision

Date May 24, 2021

Dear Conference Members:

Several people have asked when the revised Preamble will be seen in print. In keeping with the final advisory action of the 71<sup>st</sup> General Service Conference, the A.A. Preamble revision replacing the words “men and women” with “people” will appear in the July issue of Grapevine, and its translation will be in the July/August issue of La Viña. Both of these issues will be mailed, and posted online, on June 15, 2021. After June 15, as new Grapevine, La Viña and A.A.W.S. literature or reprints go to press, and as web pages are updated, the language will change wherever the A.A. Preamble appears.

The June issue of Grapevine was on press when the Conference requested the change, so this is the first opportunity to make the adjustment in the magazines.

We’ve also received a number of inquiries about whether this negatively impacts the editorial independence of Grapevine. Please remember that the Grapevine Board, Publisher and Editors discussed this topic for an entire year over a series of board meetings. Ultimately it was agreed that Grapevine has the right of decision and foundational editorial independence. We felt that such a change would affect the groups as a whole and in keeping with Tradition 4, we sought the input from those it might affect by sending the discussion to the General Service Conference.

The topic was actively discussed in groups across the United States and Canada for two years over both the 70<sup>th</sup> and 71<sup>st</sup> General Service conference panels. As a result of those conversations the Delegates of the General Service Conference passed a series of votes, in a sequence of events that culminated with the final advisory action requesting:

“The Preamble revision replacing the words “men and women” with the word “people” be presented to the General Service Board for approval as the new revised A.A. Preamble.

Having been accepted by the General Service Board and forward to Grapevine for fulfilment, the Publisher and editorial staff at A.A. Grapevine went to work to carry out the will of the Conference with love and service.

I hope you are all having a wonderful experience reporting out the results of the 71<sup>st</sup> General Service Conference and thank each of you so very much for your dedicated service.



Josh Eggleston  
General Service Trustee A.A. Grapevine Board Chair

# AREA 79 DISTRICT 8

2021 Alcoholics Anonymous

## Delegate Report on the General Service Conference



Bob K will present  
the Area 79  
Delegate Report  
and answer  
questions

August 17th, 6-7 PM.  
This will be a Zoom  
presentation.  
Log in at [https://  
zoom.us/j/4982656444](https://zoom.us/j/4982656444)  
Password is: brownbag

## **Personal Story: Diane (name used with permission)**

Hello, my name is Diane and I'm an alcoholic. Last June, a bit over one year ago, I wouldn't have been able to say those words. I wouldn't have believed that I was alcoholic because that was something to be ashamed of, not announced. Fourteen months ago, the universe gave me no choice but to accept the fact that I am an alcoholic. A year ago, I drove my car while impaired and had a horrible accident. That day changed my life forever. I sat in my yard and thought about my future. I was scared. I was afraid that I was capable of repeating the same behaviour but wondering how I could get away with not changing it. I believe this type of thinking is the definition of insanity. I decided then to tell my family and friends what I was going through, and within twenty-four hours I had three offers of financial help to enable me to get into a local treatment facility. I was in treatment nine days after the car accident and stayed for seven weeks. My Higher Power was at work then for sure, even though I didn't know anything about the concept of a Higher Power. My Higher Power kept me safe. I survived the accident and so did the other motorist involved and I was given the opportunity to go on a journey of healing.

Since leaving treatment many things have happened in my life that, in the past, would have been reasons for me to drink, but I have been able to get through them and stay sober. I believe treatment was pivotal in my life but my ongoing sobriety is the result of my commitment to the AA program. I have learned to accept life on life's terms and to ask for help. Recovery is hard work but the benefits have been so amazing. My relationships with my children have improved, I don't carry around a headful of resentments, and I live in the moment rather than always worrying about the future like I used to do. I have an amazing sponsor who I know I can go to for help whenever I need it. Even though I have been working on recovery during COVID, I have found many in-person meetings to go to as well as those on Zoom. My life was very isolated and lonely before, but even during the pandemic, I have found a new life of connection because of my continued membership in Alcoholics Anonymous.

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](mailto:newsletter@cowichanaa.ca).



**“Perseverance”**

## Gotta Laugh

An alcoholic walks into a pub and the bartender asks him what he wants to drink.

The alcoholic says, "Give me three pints of Guinness please."

So the bartender brings him three pints and the man proceeds to alternately sip one, then the other, then the third until they're gone. He then orders three more.

The bartender says, "Sir, I know you like them cold but you don't have to order three at a time. I can keep an eye out and when you get low I'll bring you a fresh cold one."

The alcoholic thanks the bartender and says, "Thank you for your concern but that isn't why I order three at a time. You see, I have two brothers. One is in Australia and one is in the States. We made a vow to each other that every Saturday night we'd still drink together. So right now, my brothers have Guinness Stouts too, and we're drinking together.

The bartender thought that was a wonderful tradition.

Every week the man came in and ordered three beers. Then one week he came in and ordered only two. He drank them and then ordered two more.

The bartender said to him, "I know what your tradition is, and I'd just like to say that I'm sorry that one of your brothers died."

The alcoholic said, "Oh, my brothers are fine----I just quit drinking."

