

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

Minutes	p. 2,3,4
Meeting news	p. 4
Positions	p. 7
My Group	p. 8
Delegate Rep	p. 9
Personal story	p. 10
Gotta laugh	p. 11

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Twelve Steps and Twelve Traditions*

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

This includes **finances, 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.



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 August minutes represented by a gold box.

Any deletions represented by

Finances

Discussion concerned establishing e-transfer for the District by using the treasurer@cowichanaa.ca email address to set it up.

DCM Report:

“It has been a busy time for this quarter, with the April Pre Conference followed closely by the 2021 General Service Conference. It was exciting to be accompanied by three GSRs in representing District 8 at the Pre Conference. Our Area 79 Delegate, Bob K did a masterful job of representing BC/Yukon Area 79 at the Conference.

As things are our groups are adjusting to Covid and we are all of course watching to see how Covid 19 and its Delta Variant affect us. Our groups are autonomous and will adjust as they deem necessary even though AA has been exempt from major restrictions. Some groups have had to adjust to the requirements of their meeting sites, however even those are starting to ease. We will all see how this works out.

Looking ahead, we have our Delegate’s Report next week, the 17th. I do hope as many of you as possible will attend. Next time around our request for the Delegate’s Report will go in much quicker than this time as the line up grew so fast. We also have the October Assembly not too far away. I am not aware of any elections that will take place but there certainly will be in October of next year. More information about October will follow in due course.

Please consider a GSR workshop this fall. Suggestions are The Service Manual and the 12 Concepts. I would like to place it in the September Business Meeting.

Keep safe and enjoy this summer, time flies !!”



New Business:

July 2022 Quarterly: A working Committee will put together a bid for the 2022 July Quarterly...

7th TRADITION: Meetings are reminded to send their 7th Traditions to the Area, GSO, and the District....

Committee Reports:

Corrections: ... no report. PI Chair... had taken materials to the Shawnigan Lake RCMP and the Duncan RCMP.

Literature: Chair reports ... we need Big Books, 12&!2s, and could make another order from AA and the Grapevine. As meeting activities pick up, the demand for literature has as well.

MOTION: Member moved that the members approve a purchase of \$675 from AA and \$225 from the Grapevine. It was seconded. Carried.

Meeting Directories: Chair reported,...4 revisions plus the one for August. The August revision is up-to-date and ready to go ... I have created a version that is easy to print on a home printer...

Newsletter: Chair... Newsletter is going well. Have lots of material to keep me going for quite some time.
...

Public Information: Chair reports that:...”I have been...developing a plan and setting priorities. My overall goals are to make sure that information about AA is readily available to the still suffering alcoholic while making the best use of the resources we have in the Cowichan Valley. My activities have included: Reading through PI package very kindly sent...; Meeting and talking with other members...; Making sure priority needs are met.

I have learned some helpful information that will help in developing a plan.

A GSO membership survey found that 57 % of AA members were referred to AA by a counsellor, medical or mental health professional.

We are very fortunate in the Cowichan Valley to have at least 13 active groups offering over 30 meetings per week in a variety of settings in-person and on Zoom.

There is a wide variety of printed information available to suit all needs including our district meeting lists.

... You can help ensure that the still suffering alcoholic has access to our program by making sure your doctor or clinic has AA information; Keeping a meeting list handy to offer to someone in need; Helping us identify places that may have been missed. Is there a newsletter that might help us carry our message?; Volunteering to be part of our committee.”

Discussion ensued. Members felt that outreach to the First Nations is important. The Cowichan Tribes newsletter goes to 500 homes and a half page ad costs \$29 per issue. Marg will get an ad placed once or twice a year.

Telephone Answering Service: Chair reported that TAS received 2 calls in July, one for information and one reaching out. ... It was decided to put the TAS and concerns on the September agenda.

Treatment: Chair reports that there is no Bridge the Gap report. Chair and member are trying to find out what the hospital’s plans are... PI chair has a contact at the Hospital... A nurse at Cedars was contacted. Cedars is going to do an outpatient program in Duncan, which will include AA and Smart Recovery.

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

GSR Reports:

Brown Baggers:...attendance has increased to 8-12... Zoom is not well attended; those who do attend this way appreciate it. Finances are looking bright. Will be discussed possible distribution of 7th...

Chemainus Wednesday Night: ...“Chemainus group has two meetings per week at 7 pm, both in-person. Wednesday is a discussion meeting and Sunday is literature. Attendance has been up to 28.”

Courage to Change: ...following COVID-19 protocols. They have 7-8 members and 2 newcomers. They were able to send \$400 to District and \$120 to GSO in New York.

Cowichan Station: ...attendance has increased...to 16 attending in person. The group follows BC guidelines for COVID-19 protocols. They will probably continue as a hybrid meeting to the end of the year. ...birthday meeting is held the first Thursday of the month.

Grassroots: ...they are doing well with 10-12 in attendance... Their birthday celebration was attended by 29. One member will celebrate 2 years and another 12 years. ...looking for...indoor facility...

Hump Day United: Chair reported...“the group is doing well. ...On average we have between 15-25 people...in person and...Zoom.”

Saturday Men’s Meeting: ...they meet at 9:30 am... 16 people meet in person and 9 on Zoom. They hold Step Studies and other gatherings. The 5th Saturday of the month is a Speaker meeting.

Saturday Morning Womens’: GSR reported that ...group plans to continue holding two meetings per week: The Saturday A.M. Women’s Group at the Duncan United Church; SOS (Sisters of Sobriety) on Zoom. Attendance has been good at both. ...the Church has allowed us to move our meeting back to Burns Hall.”

Sisters of Sobriety: (See report above)

Stepping Stones: ...We meet every Wednesday at 7:30 p.m. using Zoom averaging 15 to 19... We have tabled our decision to go back to in person meetings...

The Solution: ...“Our meeting continues to be well attended...8-13... ...a good time for Newcomers.....we do laugh a lot...! We also continue to be live and zoom....”

Wednesday Women: Heart to Heart: ...meets in person...Wednesday at 1:30 pm, St.John’s Anglican Church, Duncan. Entrance is off the back parking lot. Social distancing required, 30 max occupancy, masks are expected, unless it has been 2 weeks since you had your second COVID vaccination. ... we are seeing from 6 to 8 women regularly... Birthdays are open to family, friends and all...”

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

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

Quamichan Step Study: Now indoors at big D’s portable, to the left of New Life church. Hybrid.

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

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 and then work to make it happen, please contact dcm@cowichanaa.ca as soon as possible.



THIS BID WILL GO TO THE EVENT BELOW

**BC/Yukon Area 79 Voting Assembly
October 22-24
Everyone is welcome to attend**



**Brenda B from GSO in NY will give the opening remarks Friday night and tell
her story Saturday evening.
Here is your chance to get a glimpse into the inner workings of our wonderful
fellowship.**

**For more information, and to receive a package, email
DCM@cowichanaa.ca**



**IF IT'S FALL, MUST BE TIME FOR ANOTHER
STEP STUDY!!!**

**STARTS SEPTEMBER 30TH
THURSDAYS, 5-7PM**

**ST. JOHN'S ANGLICAN CHURCH
(MASKS REQUIRED)**

**THIS IS A MIXED STUDY, ALL GENDERS WELCOME, AND 12 WEEKS
(USUALLY), SO IF YOU CAN MAKE THE COMMITMENT,
DARE TO JOIN US.**

YOU WON'T BE SORRY!!

REGISTER AT newsletter@cowichanaa.ca

*HOW MANY SPONSORS DOES IT TAKE TO
ONLY ONE. BUT THE BULB HAS TO REALLY*

*CHANGE A LIGHT BULB?
WANT TO CHANGE.*



*AFTER THE HUSBAND'S FIFTH TRIP TO THE HOST'S BAR FOR
SAID. "AREN'T YOU EMBARRASSED TO GO BACK SO MANY*

HUBBY: NOPE. I KEEP TELLING THEM IT'S FOR YOU.



*REFILLS. THE WIFE
TIMES?"*

Positions

You can find out about each position and the person in it by reading this place every month. We congratulate our new Alternate DCM.

Alternate DCM

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.

The AA Service Manual, p. S33

Alternate DCM:

I must admit to feeling a bit scared about all this. Even though I have been sober since June 5th, 2009, I think I don't know enough to do this job. I have a wonderful mentor in the DCM who will help me and this gives me some comfort. This fear reminds me of my early sobriety. I remember feeling outside the circle at my meeting until finally I joined the folks in the kitchen doing the dishes. Then I felt inside the circle and really became a part of the group. I became secretary for my group and then moved into GSR. I have served in a number of other service positions, including Treatment chair. I also helped in outside functions associated with AA like the Rally in the Valley. One of the other District 8 Committee members recently said to me, "I think it's time you stepped up for the alternate DCM job", and so I did. Being willing and doing service has always been a part of my sobriety and I look forward to serving as your Alternate DCM.

We now have only one position unfilled on our District 8 committee, and that is

Cooperation with the Professional Community (CPC)

This is the description of this position taken from the website of Alcoholics Anonymous

“Members of C.P.C. committees inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating.”

If this is something you could see yourself doing, or if you think this sounds important and you are willing, contact dcm@cowichanaa.ca

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



Brown Baggers

Brown-Baggers is a 365 days-per-year noon-hour meeting. We are committed to serving all levels of society who seek relief from Alcoholism, especially newcomers and those coming back into the A.A. rooms. Our membership ranges from a few days to over 30 years of sobriety. We pride ourselves in being all-inclusive – not-exclusive. We are known for our warm, friendly welcome for all that suffer with this devastating disease. Drop in any day, we look forward to seeing you. (Open/Discussion/Wheelchair accessible.)

Crofton Waterfront

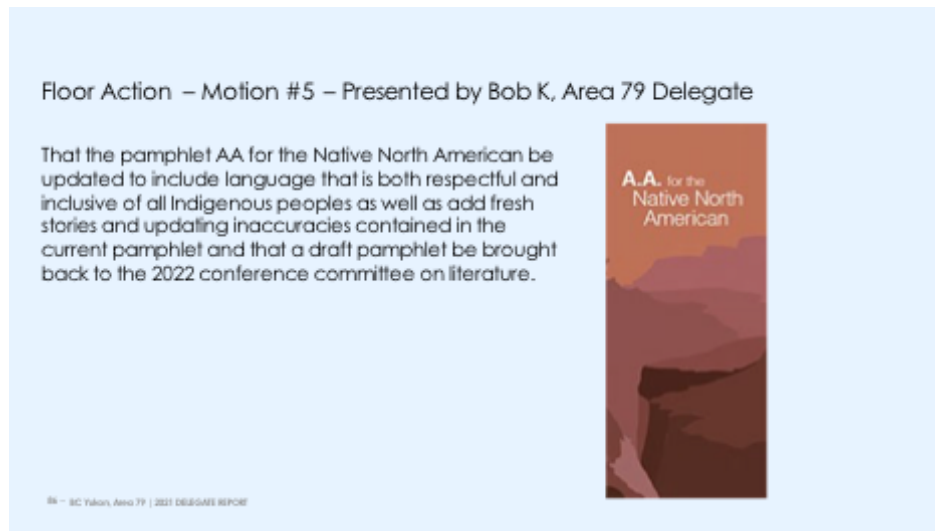
Our first meeting was November 23, 2004, so we have been here coming up for seventeen years. Three members all lived in Crofton so rather than go to another town for a meeting we thought it would be very helpful to have one here. We left another group and started this one up at the Senior's Centre. It's a beautiful setting and that's what I think draws a lot of people. They can go for walks along the boardwalk before or after the meeting. Right from the very beginning we had about seventeen members. Crofton meeting has gone from seventeen members to three and everything in between. When there was not very many attending, sometimes just two or three people, my sponsor said, "I don't care if you sit there all by yourself, you are going to keep the doors open." Then when we had speaker meetings there would be sometimes as many as seventy people. The speaker meetings were one member's idea and I think we started that about ten years ago. We tried it and found it was very popular. It's my job to find speakers and sometimes it's difficult. I have others who help me from different areas. Funny that when we are drinking we will talk your ear off but sober, not so much. We really hope to get the speaker meetings started again but need to wait for COVID to settle down. This group has been a lifesaver to me. Many have come very broken and found recovery. I don't believe in coincidences and this group was meant to happen. It is a loving caring group of people; a pretty solid group; and I believe this is much needed in our community.

Crofton Waterfront

This group has always been a fairly small group since I have been attending, which really suits me. I had another home group but had to change because of work. I like the time, the location, and I live here in Crofton so it is really convenient. The people I met in this group at the very beginning of my sobriety were so welcoming. They didn't pressure me, and it took me a while to come out of my shell to be able to share because I used to pass, and now I am setting up and even chairing! We have a lot of sobriety in our group and a lot of wisdom among them, and there are a lot of new people to the program too. There was one older man in particular when I came in who really helped me when I couldn't get past the "God thing". He explained it in a way that I felt comfortable with, which that it is your God, not anybody else's. One thing that I would tell people to interest them is that once a month we have a speaker meeting, which brings a lot of people. We are starting that back up as soon as possible since we didn't do it during the time we had to shut due to COVID. There are a lot of things I have learned since I joined this group and it is an honour to be a part of it.

Delegate's Report

Bob K, Delegate to the 71st. AA General Service Conference, gave his report to a small group from District 8 August 17th. The highlight for many was a moving presentation of his Floor action. Here it is for your enjoyment. It is especially fitting for our area.



Rational for floor Action #5

The Area 79 British Columbia/Yukon Literature Committee had the pamphlet P-21 (AA for the North American Native) brought forward as an agenda item in July of 2019 by an Indigenous member serving as DCM on the Panel 69 Literature Committee. We discussed the content of this pamphlet over many Literature Committee meetings, also reaching out to Indigenous members outside the committee for input. Information that came forward is that we as leaders in Alcoholics Anonymous need to recognize how few Indigenous members we have participating in AA when we have such a large population of Indigenous people in our Canada/Us service structure. The current pamphlet was last reviewed in 2009 and since then print distribution has declined year after year. The most recent 2019 literature matrix reflects it as one of the lowest in demand. The present terminology is no longer respectful or inclusive of all Indigenous peoples. Terms such as “Indian” and “Eskimo” have fallen into disuse in Canada; “Native American” is not used in Canada as it is typically used to describe Indigenous peoples within the boundaries of the present-day United States. Indigenous populations are inaccurate as the current pamphlet states we have 4,000,000 Indigenous people when in fact we have over 7,000,000 in the United States and Canada. End of rationale.

It then went to discussion and all discussion was in favour of the recommendations: no more hands and straight to vote. 128 conference members voted and the result was 128 conference members voted in favour.

I then was overcome with emotion. Tears of gratitude began to literally pour from me. My phone started ringing. Ruth L, the Area 87 Delegate phoned to tell me that I was her ‘newest best friend forever’; Carolyn W sent me a message saying, “Thank you for your leadership with that floor action, I am grateful that I was there to witness that”. Trish L messaged me saying “Congratulations Bob, well done...how hard are you crying”. She then shared, “I haven’t stopped leaking since we passed plain language big book and getting the Indigenous pamphlet moving made me leak harder”. All I could think of is *this will save lives*.

The next morning, I couldn’t wait to share this news. I called the Panel 69 Literature Committee, Lorelei I (who submitted the agenda item), Leslie F and Ian M and shared with them this wonderful news. It was a direct result of their passion and dedication that started the process to have this agenda item submitted as a floor action at our 2020 October voting assembly which carried as a result of the huge support that Area 79 fellowship felt.

Personal Story: Eric (name used with permission)

I have been to a lot of different treatment centres, starting when I was 19. I did OK for a little bit after the first one, and then I fell apart. After my second treatment program I got really involved in AA and did the whole 90 meetings in 90 days, got a sponsor, a home group, and did well for 5 years. Then I stopped going to meetings as much because I was working on the road and it was difficult to attend meetings regularly, and one thing lead to another and I drank again. At that point I lost my license, my job, had to go back to live with my parents who didn't know what to do to help me and couldn't handle me because I was such a maniac when I drank. Then I moved to BC and got into a treatment program that was local, although I moved back and forth from Saskatchewan a few times during that time.

I believe that treatment has saved my life. Once I got my head back on straight I could start going to meetings and work the program. Some of my closest friends are those I met in treatment. I have close friends all over the country because of that. I think it is really important what you do when you leave treatment. It's not going to be a magic wand that makes it all better. You go there, learn some tools and coping strategies, you put the plug in the jug, get your head back, but it's really what you do after you leave. We can help people with that part; get them to meetings, teach them about the program, help them to make friends, and show them how helpful AA can be to their recovery. We want to help expose them to all the benefits of the program. Sadly, there are some who go to treatment and then don't do anything after to maintain their sobriety, or they leave early, and they don't have a plan and most times it doesn't work and they end up drinking again.

The first few times I went to treatment I didn't know that much about AA. We had to go to a lot of meetings so that got me some exposure. It is so important to get connections to people outside of treatment in the community you are going back to and it makes it easier to get involved.

In spite of COVID during the time I have been Treatment Chair, I have had people reach out using the form on the webpage and get connected. I have become friends with some who did that, we have gone for coffee and even began a sponsor relationship with some. Even if it only lasts for a short time you just never know when it is going to stick for someone. Some believe they can control their drinking and if that is the case, like the Big Book says, my hat is off to them. It is the obsession of every abnormal drinker that he can one day drink like a normal person. If I could control my drinking there would be no need for AA. But I can't. I have been in so many bad situations that I have proved to myself over and over that I can't safely drink. I think that I can do it for just one night or drink just a little bit and it doesn't work. The best I have ever done is when I am going to meetings, have a job, have friends in recovery, and have a purpose. Apparently, the program isn't for everybody. That seems a bit scary to me but I think it is a lot easier if you have a program.

When things shut down with COVID, it was really hard but I am lucky in that I have a wonderful partner who is also in the program and I have a great sponsor so I was able to find out fairly quickly about the Zoom meetings. When my old group shut down, I joined another right away because I know it is not good to float around. It is important for me to have a home group and I immediately got voluntold to do the treasurer's job, which I was reluctant to do at first, but it makes me accountable. I have to go to the meeting each week, even if I don't feel like it, because I have to collect the 7th. That's insurance against a slip. That's what service is to me: insurance. I think I have done OK with COVID because I have been able to go to enough meetings and 90% of my friends are people in the program. I know a lot of people haven't managed well. I have a lot of good friends who went to meetings for a long time who just don't come anymore. It's sad. But I am happy now and have been sober for 5 years. I only take it one day at a time and trust that I will not have to experience a slip as long as I keep doing what I know works: work the program, go to meetings, stay close to my sponsor and home group, and trust my Higher Power.

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

Now That I'm Older...

I'm at a place in my life where errands are starting to count as going out.

I don't always go the extra mile, but when I do it's because I missed my exit.

My goal for 2021 was to lose 10 pounds. Only have 14 to go.

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

Remember back when we were kids and every time it was below **freezing** outside they closed school? Yeah, Me neither.

I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this.

I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

Just remember, once you're over the hill you begin to pick up speed.

Having plans sounds like a good idea until you have to put on clothes and leave the house.

Marriage Counsellor: Your wife says you never buy her flowers. Is that true? **Me:** To be honest, I never knew she sold flowers.

So if a cow doesn't produce milk, is it a milk dud or an udder failure?

I'm at that age where my mind still thinks I'm 29, my humour suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.



Did you hear Julie Andrews will no longer endorse cheap lipstick? It crumbles easily and makes her breath smell. She says, "The super colour fragile lipstick gives me halitosis."