

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

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Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films. *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 purple 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 available.

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](mailto:newsletter@cowichanaa.ca) and we will put you on the distribution list.**

## **Tidbits from the September minutes represented by a purple box. Any deletions represented by ....**

### **Finances**

"Have set up the direct deposit for groups to send 7<sup>th</sup> tradition. Send to [treasurer@cowichanaa.ca](mailto:treasurer@cowichanaa.ca)"

### **DCM Report:**

"The Bid Committee contacted the Chair of BC/Yukon and requested that we be allowed to make our presentation at the January Quarterly. The venue we were seeking is unable to give us a go ahead as they are dealing with frequent Changes to Covid Restrictions. The request was approved, giving us time to see what the School Board Rental Office might say. It will give us time to explore other venues as well.

The Ad Hoc Committee putting together job descriptions for the use of District 8 is involved in an ongoing process.

I hope a good number of GSRs and District Committee Chairs are feeling ready for the upcoming October Voting Assembly.

A Procedural Note for tonight's meeting: I was asked to put a motion received Saturday night on the Agenda and it is there for discussion. We would first need to have a motion made to rescind or reverse our September motion to continue as Zoom only until our December Meeting. Once that is done we can address the new motion and hold a vote.

Let's proceed."

### **ALT DCM Report:**

"I would like to take this opportunity to thank the DCM. for being so dedicated to his position as our DCM. You are keeping us promptly informed on your communications with Area 79 and the concerns of groups in District 8.

Thank you for sending me the information I will need in my new position as Alt. DCM. and going the extra mile by taking on the chair position of our committee working on our bid for the July 2022 Quarterly. I very much much appreciate your hard work and the work of District 8 members on keeping us united

### **Old Business:**

**CPC Chair:** The position remains vacant. DCM shared that an idea came from a Central BC district that involves combining the CPC Chair responsibilities with the Public Information (PI) Chair and committee responsibilities. During the discussion, Treatment chair and PI chair discussed their collaborations.

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

Crofton Waterfront: Venue now requires vaccine passport for entry

Thursday 3 and 1 has closed (Lake Cowichan). Lifeline has now taken over both Monday and Thursday.

**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**

## **New Business:**

**Literature Chair Position:** Chair has resigned. She will be handing over the materials to DCM, ensuring a smooth transition.

**Hybrid Motion from Wednesday Women's Heart to Heart:** GSR presented the motion on behalf of the Wednesday Women's Heart to Heart meeting. The motion and case for it is attached. In presenting it, GSR added that the decision or motion last month indicated that we would meet via Zoom through December, evaluating next steps at the December meeting. She said that the motion should have been taken back to the groups. A discussion ensued during which the members raised the logistics - space, equipment, time - that would need to be resolved before the District 8 meetings could be held as a hybrid - i.e., on Zoom and in-person. A working committee was established to work on the logistics, time, and equipment needed to hold "hybrid" format District meetings. There are three members of the committee.

**Motion: To rescind the September 14 motion to continue District 8 meeting via Zoom for a period of 3 months. Member moved; Member seconded. Carried. 10 for and 1 against.**

**Motion: District 8 will hold its monthly District Meetings in a "Hybrid" (Zoom and In Person) format. Member moved; Member seconded. Carried with 15 for and 1 against.**

**Motion: District 8 will investigate setting up a hybrid meeting. Member moved; Member seconded. Carried.**

## **Committee Reports:**

**Archives:** Chair reported that he has begun cataloguing the contents of the boxes. He is setting up a database so that it can be searched for archival material.

**Grapevine:** Chair reported that the Preamble has been changed to "...fellowship of people..." She has new Preamble cards available for anyone who asks... the Grapevine carries a section "If these Walls could Talk," in which home groups send in pictures of their meeting spaces ... She invites members to submit pictures of where their group meets to the Grapevine; it would be neat to see pictures of Cowichan Valley meetings when reading the Grapevine. There is a new book on prayer and meditation available. The Grapevine also has a YouTube channel and Instagram account. Every Monday they interview an AA member. The Grapevine provides suggestions on giving subscriptions, including to folks in jails and prisons....

**Meeting Directories:** Chair reported: "Directory has been revised several times. There have been changes to Chemainus, Cobble Hill discussion, and Grassroots. Latest revision is on the webpage and available as a home printer version to District committee members..."

**Newsletter:** Chair reported: "Lots of good input... I have had input from every group for the "What's so great about my group" except for Cowichan Station, Saturday AM Men's meeting, Freedom Friday, Thetis Island, and Stepping Stones...Please take this back to your groups... If anyone has a connection to Freedom Friday please let me know and I can contact them... I am blown away by the generosity of people to share their stories in such an honest and touching way. Thank you!"

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

## **Public Information:**

... It is my hope that we can meet in the next week or so to plan for distribution of PI materials. We hope to recruit members to connect and offer information in their local communities. It is our goal to make carrying the message simple. Here are the tools and strategies we plan to use

1. Community Distribution Plan: Our group has ... developed a distribution package... The package includes: a letter of introduction to AA, a pamphlet, meeting lists, a poster that includes our new QR code developed by Webmaster and business cards. We will develop a concrete distribution plan at our next meeting.
2. We have been using the information from the last published AA 2014 membership survey to guide our work. It showed that that 32% of AA members were introduced to our program through...AA members. This affirms the importance...of...carrying the message in our communities.
3. Many individuals now get their information from social media and the internet. We are investigating...and would welcome the ideas and expertise of members
4. ...the PI committee...has an anonymous...address, [pic@cowichanaa.ca](mailto:pic@cowichanaa.ca) so that public can easily reach us to get information
5. Member has provided me with a list of TAS Telephone list... in the Cowichan Valley willing to help link potential members to our program
6. We request approval to cover the cost of an ad in the January edition of Cowichan Tribes Newsletter. This will reach over 600 homes and will archived for future reference.

If members would like to help in anyway, please contact me at [pic@cowichanaa.ca](mailto:pic@cowichanaa.ca)

**Motion: To place an ad in Cowichan Tribes newsletter in January 2022. Member moved; Member seconded. Carried.**

**Telephone Answering Service:** Chair reported that 5 x calls for info seeking; 1 x of the calls was about ... a 'meeting' form to the court system for someone to show their meeting attendance...

**Treatment:** Chair reported...no Bridging the Gap contacts in September. The Hospital and Cedars are on hold with... with outsiders or sending folks...outside... Chair...to attend the Area Treatment Committee meeting.

**Webmaster:** Webmaster reported that the webpage is live. There were 450 looks at meetings in September and the meeting lists were downloaded 45 times.

## **GSR Reports:**

**Brown Baggers:** GSR reported that attendance has gone up, averaging 15 per meeting. They see a fair number of newcomers. The 7th Tradition has picked up as well.

**Chemainus Wednesday Night:** GSR reported...They meet in person on Wednesdays and Sunday discussing the literature and the traditions.

**Cobble Hill Discussion:** Alt GSR reported that he is the.. Alternate GSR. They are meeting in hybrid format. The meetings are well attended...

**Courage to Change:** GSR reported that things are going smoothly. They have two newcomers. The meeting is financially fine and has a healthy reserve...

**Grassroots:** GSR reported that the meeting has moved into the Knights of Columbus on Indian Road. The building is not available on Tuesdays.They meet Wednesday through Monday at noon... Attendance has been consistent.

**Hump Day United:** Member reported for GSR that the meeting is going well. There are newcomers and new home group members...

**Lifeline Lake Cowichan:** GSR reports that...Lake Cowichan Lifelines is in favour of all the motions suggested at the Quarterly Area Committee. Our group has been steady with an attendance of 8 to 10 people both Monday and Thursday's..."

**Saturday Men's Meeting:** GSR reported that 15-20 people attend... They have new... members. They hold a speaker meeting on the 5th Saturday of the month. Member will be the speaker in October. They intend to send money to the District.

**Saturday Morning Women's:** GSR reported...

1. Attendance: We continue to welcome many newcomers especially at our... in-person group.
  2. Outreach: Our outreach group, chaired by member has continued to reach out... This has been a very helpful strategy helping members to stay connected during COVID
- ...

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

**Stepping Stones:** GSR reported...they are still meeting on Zoom. 17-20 people attend..., every Wednesday at 7:30 pm. ...

**The Solution:** GSR reported that the meeting is "Well attended, hybrid, meeting still, most weeks a newcomer (s) attending. Reading from AA literature for topics."

**Wednesday Women: Heart to Heart:** GSR reported that...Attendance is 6 to 12 women. A random selection from the "Daily Reflections "( Or) "As Bill Sees It" is read and discussed. Covid protocols...

## **Positions**

You can find out about each position and the person in it by reading this place every month. However, **we have just found someone to take on the Literature Chair.** Welcome to District Committee! I will include below the official AA description of this position and then what we see that person actually doing in addition and the importance of the position.

### **The Official Description, Literature Chair:**

- Inform groups, district or area assembly members, through displays and other suitable methods, of all available Conference-approved literature, audiovisual material and other special items.
- Become familiar with the information on G.S.O.'s A.A. website ([www.aa.org](http://www.aa.org)).
- Provide literature for groups, area, and district functions.
- Consider suggestions regarding proposed additions to and changes in Conference-approved literature and audiovisual material.
- Encourage A.A. members to read and purchase A.A. literature.

[https://www.aa.org/assets/en\\_US/mg-09\\_literaturecommittees.pdf](https://www.aa.org/assets/en_US/mg-09_literaturecommittees.pdf)

### **What actually happens:**

The literature chair does all of the above, and in addition, takes orders from groups and spends time delivering same. He or she must be able to keep good records and be accountable. They liaise with the treasurer and are an integral part in budgeting with District for literature. In this way the person is an important link holding us all together. They see what groups order and appreciate the changes and growth that happens. They form bonds with people that are vital to our continued growth.

## **BC/Yukon Voting Assembly. Oct 22-24, 2021, Submitted by GSR Chemainus**

BC/Yukon Area 79 holds 4 events throughout the year. Prior to COVID, they were hosted by towns and cities who made a successful bid for one of these events. A virtual voting assembly was held on the weekend of October 22 to 24. Participants included GSRs and DCMs and their alternates, DCCs (District Committee chairs), and guests (could be non-voting AA members). The total number of participants was as many as 250. One of the guests was Brenda B, General Service Office (New York) corrections chair. Brenda joined in from her home in Tennessee.

The main function of this Voting Assembly was to review motions put forward by groups and individual members. These motions can change procedures and expend funds so there was the potential for significant outcomes.

There were 10 motions on the agenda for this Assembly. Considerable time and discussion were spent on some motions due to considering the minority voice, and the result was a number of re-votes.

**Motion 1:** support AA Grapevine by purchasing 10 gift subscriptions through the Grapevine Carry the Message Project, not to exceed \$500.00. - *Passed*

**Motion 2:** BC/Yukon create a subsidy for Districts and/or Intergroups for 2022 only for Public Information activities. Any District or Intergroup can apply for up to \$5,000, and total subsidies would not exceed \$30,000. - *Passed*

**Motion 3:** General Service Committee be authorized to purchase equipment necessary to hold Area Assemblies and Quarterlies in a hybrid format to a maximum of \$9,600. - *Passed*

**Motion 4:** At the discretion of the Chair, two members of the tech team may be requested to attend in-person venue for Quarterlies and Assemblies. Their role would be setting-up, operating, and taking down equipment needed for the hybrid event - (note, as Motion 3 was passed, Motion 4 could be seen as a logical progression). - *Passed*

**Motion 5:** To change the name of the Area 79 Remote Connections Committee back to Remote Communities in order to align with the 92 other Areas and the General Service Office. - *Passed*

**Motion 6:** To change annual July quarterly to a July Assembly to allow for motions that affect AA as a whole to be presented and voted on by the Area committee as well as the GSRs during this annual event - *Defeated*

**Motion 7:** That Area 79 (BC/Yukon) change the July Quarterlies to June and the October Assemblies to September to ensure items to be forwarded to the General Service Conference to meet the new September 15 deadline. - *Passed*

**Motion 8:** To merge District 5 and 7 into one District. (Districts 5 and 7 are north and south Nanaimo (including Ladysmith). They were one District a number of years ago. - *Passed*

**Motion 9:** That Area 79 pay a monthly amount of \$3,360 (not to exceed \$3500 per month) to Stingray Radio Group to broadcast, on a daily basis, AA-approved Public Service Announcements to Vancouver, Kamloops, Kelowna, and surrounding areas, for a trial run of 6 months, for a total cost of \$20,160 (not to exceed \$21,000). - *Defeated*

**Motion 10:** That the fellowship of BC/Yukon Area 79 approve the conducting of Quarterlies and Assemblies using a hybrid (in-person and virtual) format. (In past year or so, they were only held virtually, whereas previous to COVID they were in-person, so this is a new procedure). - *Passed*

Floor Action motions (received after agenda published but in accordance with procedures)

**Floor Action 1.** Equitable Workload: That BC Yukon Area Committee vote on motions that are submitted to General Service Committee at July Quarterly rather than at October Voting Assembly - *Passed*

**Floor Action 2.** (Paraphrased.) Remote Communities Subsidy: That Remote Communities be allowed to apply for Hybrid equipment subsidies up to \$1000, with \$2,000 the total amount of funds allocated. This is for the year 2022 only. *Passed*.

For 2022, the four events are the January Quarterly, April Pre-Conference Assembly, July Quarterly (may be hosted by District 8, Cowichan Valley), and the October Voting Assembly.

AA members are welcome to attend any of these events, but unable to vote unless their group or district service position allows it.

Members are encouraged to visit [bcyukonaa.org](http://bcyukonaa.org) for information on services provided.

## WHAT'S SO GREAT ABOUT MY GROUP?

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



### **Quamichan Step Study:**

I sobered up in Saskatoon, Saskatchewan on September 9, 1983 and the first 11 years of my sobriety were spent there. Of 53 weekly meetings, 47 of them were Step meetings.

In 1994 I moved back to the Island and after 18 months of trying to do it on my own and suffering from the deepest loneliness I had ever experienced, I decided to start attending meetings again. I went to meetings every noon and evening trying to establish a new footing in the program that saved my life.

About a week into my return I attended the Quamichan Step Study Group at New Life Baptist Church. At that time, the meeting was held in the study of the old house. I was greeted on the porch by two members. The meeting opened with the Serenity Prayer and closed with the Lord's Prayer. We read from the 12 Steps and 12 Traditions and became a candlelight meeting once the sharing began. I experienced a warmth and a sense of belonging that had been absent in my life for a very long time. **I WAS HOME!**

That was 27 years ago. There have been many changes in the groups since then. We have changed location twice, we now close our meeting with the Responsibility Pledge rather than the Lord's Prayer. Candles became a fire hazard so we switched to lamps in order to have the candlelight ambience. We have a Tradition meeting the first Thursday of every month. We hold meetings to arrive at an "informed" group conscience and we practice the "spirit of rotation". Our membership has ebbed and flowed but the spiritual energy I experienced that first night has always been there. The Quamichan members are my family and I love each and every one of them.

Bottom line – after 27 years, whether I attend in person or on zoom – **I AM HOME!**

Love and Service,

### **Lifeline Lake Cowichan:**

The group meets every Monday and Thursday at 7:30. How I first started going was that I used to go to the lake to swim and I met a woman, also swimming, who said she was just killing time before she went to a meeting. I asked her what kind of a meeting and she said AA, so I went. I really enjoyed going there so much that I almost moved there. It was good to meet new people and talk about AA. When I first started going there it was different. There were people relapsing and coming back and they listened to me share my experience, strength, and hope. I shared with them that alcohol is so cunning baffling and powerful and I reminded them of step 1 and tradition three. It was a great step in my own growth. I got to share with the newcomers and they thanked me after the meeting about how my story reached them. It was what I could do for them. There were a lot of women then so I couldn't sponsor them but they were really thankful to hear my story. It was similar to many of theirs and, as we say at all our AA meetings, it works if you work it. That is very true. I almost joined because it is a wonderful group. They welcomed me and even asked me to move there but I found it was too small a town for me. But I keep going every Monday and Thursday. It was thanks to that group that I began to open up. I don't know why. There are some members there who used to come to meetings in Duncan where I went and they were surprised that I could open up there. They'd never heard me do that here. It wasn't until I went there that I started speaking. I love it there. Thank you for letting me share this with you and I hope it is a help.

## **Bruce T: Personal Story (name use with permission)**

I grew up in a military home where there was always lots of drinking. I was probably seven years old the first time I tasted alcohol, sitting beside my Dad. He would pass me his beer and I would take a drink. The first time I ever seriously drank I was about twelve and was found that night passed out in the backyard. That's where it started. In grade twelve I decided to follow my family tradition into the military. I stopped drinking and pretty much stayed sober the whole five years I was in service and for a bit when I got home. It wasn't an issue until I left the military. That's when my serious drinking really started. I was twenty-eight. I was messed up and didn't know what to do. I felt really alone because I didn't know where I belonged any more.

After a couple of years at my Mom's I moved to BC. I tried to manage my drinking for many years. I was a functioning alcoholic. I had to have money to drink and wasn't into criminal stuff so I worked. I didn't want to have anything to do with the government anymore. I was a bouncer for a few years and then built houses. I did that for a long time and in that lifestyle, everybody drinks.

My wife and I moved here from Victoria in 2004 and things started getting much worse. I was suffering from PTSD that I wasn't addressing so to try to control that I drank more and the more I drank the worse it got. I had nightmares and woke up screaming and it really frightened my wife. It was a vicious circle. Five years ago, my wife and I divorced. A big part of the reason was my drinking and the divorce allowed me to drink more. At that time, I refused to deal with any of my mental health issues. I went downhill fast after that.

I kept working and still have the same job I had at that time. In 2019 I stopped working because of my drinking and then I drank from 9 in the morning as soon as I could get to the liquor store until I passed out. It was a pretty dark spot. If I had a gun I would have used it. I woke up every morning pissed off that I was still alive. I didn't want to live anymore, I didn't want to ask for help because I had too much pride.

Last year I began ending up in hospital. They would find me unconscious because I had fallen and hit my head or something. One day my neighbour came over and I didn't answer the door and they found me on the floor. They couldn't get me to come around so called an ambulance and I again ended up in hospital hooked up to life support. My liver had shut down, I was very thin since I went days without eating. At the end I couldn't even keep water down. I was so sick but all I cared about was drinking. I just didn't want to face anything. The doctor said I had to do something or be dead in six months. Part of me welcomed that. It would be the end of my misery. The next day she offered me detox and help to find treatment. She said "Whatever you need, we will help you". I told her I would have to think about it. She couldn't believe my answer. When she came back the next day I took her offer. I couldn't even walk. I went from a wheelchair to a stroller to a cane until finally I could walk on my own. I have some nerve damage in my legs and feet and don't know if that will come back.

I spent a month in the hospital and when I came home my boss arranged for me to get into a treatment centre. It was a sixty-day program but I stayed for eighty days. I came home and started going to meetings every day, sometimes twice a day. To have a life and be happy is the biggest reward of this program and that is what is keeping me sober. I am content and I feel free. I got a sponsor and have some really good people in my life. For me, going the three meetings a week, hanging out with people in recovery, and being the best person I can be every day is pretty good. Sometimes I question why I get to have this sober life. I wonder why I am still here. I question that often. My sponsor tells me not to question, just be glad I get to do this. It's awesome. I am very glad I am still here. Life in recovery is amazing, one day at a time.



## Gotta Laugh



A guy drove up to the gas pump and the attendant came over to fill his tank and saw some penguins in the back seat. He says to the driver, "you should take those penguins to the zoo."

The driver nods and agrees and off he drives.

A while later the same guy comes for a fill-up and the same attendant comes over. He sees the penguins are still in the backseat, only this time they were wearing sunglasses. He says to the driver, "I thought I told you to take those penguins to the zoo!"

The driver smiles and says, "Yeah, thanks. We had so much fun at the zoo that today we are going to the beach!"

(thanks to Orlando)

An optimist says the glass is half full  
A pessimist says the glass is half empty  
An alcoholic says, "Are you going to drink that?"

