

# Alcoholics Anonymous District 4 Newsletter

February 2007

This is a newsletter of social happenings and information concerning all the groups in District #4 and for the good of AA throughout the fellowship. We hope to help in our recovery by fostering the concept of Service and Unity. Together we can do what none of us could do alone. This we owe to AA's future: to place our common welfare first, to keep our fellowship united..



The next district meeting will be held on February 21, 2007, The Railway Station, 899 Cumberland Road.

To contribute to the newsletter, hand deliver to the Alano club or e-mail to:  
[grant-fuller@shaw.ca](mailto:grant-fuller@shaw.ca)

Serving Black Creek, Comox, Courtenay, Cumberland, Fanny Bay, Hornby and Denman Islands.



## IMPORTANT

Committee Chairs Needed for District Table- 2007-2008

Alternate DCM  
Grapevine Committee Chair  
Grassroots Committee Chair  
Archives Chair  
12th Step List and Telephone Committee

If you can help, please contact your home group GSR or email the newsletter editor:  
[grant-fuller@shaw.ca](mailto:grant-fuller@shaw.ca)

**How to Reach Us 24/7:  
call Comox Valley A.A.  
at 338-8042**

### Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## Minutes of the January 17, 2007 District 4 Meeting

At the January Assembly on Salt Spring Island I received request forms for volunteers for Bridging the Gap. These are available here for GSRs to take to their groups to fill out. Relevant information is on the sheet. This year there will be a subsidy from area for DCM travel from isolated areas. I will fill out the form to help with travel. This subsidy is intended to help with and not to take away from the need to be self-supporting at all levels. It is not meant to replace district support.

Group Information: It is suggested that all read the pamphlet "The AA Group . Where it all Begins." This is AA approved literature. The home group remains the strongest bond between the AA member and the fellowship. (see AA Service Manual) "As with all group conscience matters, each AA member has one vote; and this, ideally, is voiced through the home group." (not associate members)

Treatment: Assembly discussed informing treatment clients about the 12 Steps and the 12 Traditions. We must not rely on Treatment facilities to carry the message.

As your DCM (District Committee Member) I will follow the service manual to the best of my abilities. Although the District is a little off base I am sure with the grace of God through the groups and the fellowship we will grow in the valley.

Yours in service, Beau W.

Alternate DCM - Positon Vacant

Treasurer - Marilyn presented the financial report. Motion: moved ElijahJ., seconded Mike B. that the financial report be accepted as presented. Carried

Committee Reports - please submit reports in writing to Marilyn, secretary membree@telus.net

Archives - vacant

Bridging the Gap - Tom No report

Grapevine - vacant

Grassroots - vacant

Literature - Wayne No report

Newsletter - Grant reported that due to problems getting information the January newsletter is late. He showed a copy of new format. The new deadline for submitting information will be the 25th of the month. His email address is grant-fuller@shaw.ca

PI/CPC - Bill No report

Phone Answering - vacant (Terry acting) No report

12 Step - vacant (Terry acting) No report

Rally - Marty G. Marilyn reported that the first meeting of the Rally Committee on January 11th was poorly attended. More help organizing the rally will be needed. It would be good if every group would send a representative to work on the committee. Next meeting will be on February 1st at 6:00 p.m. in the district office.

**Group Reports - please submit reports in writing to Grant, newsletter chair grant-fuller@shaw.ca**

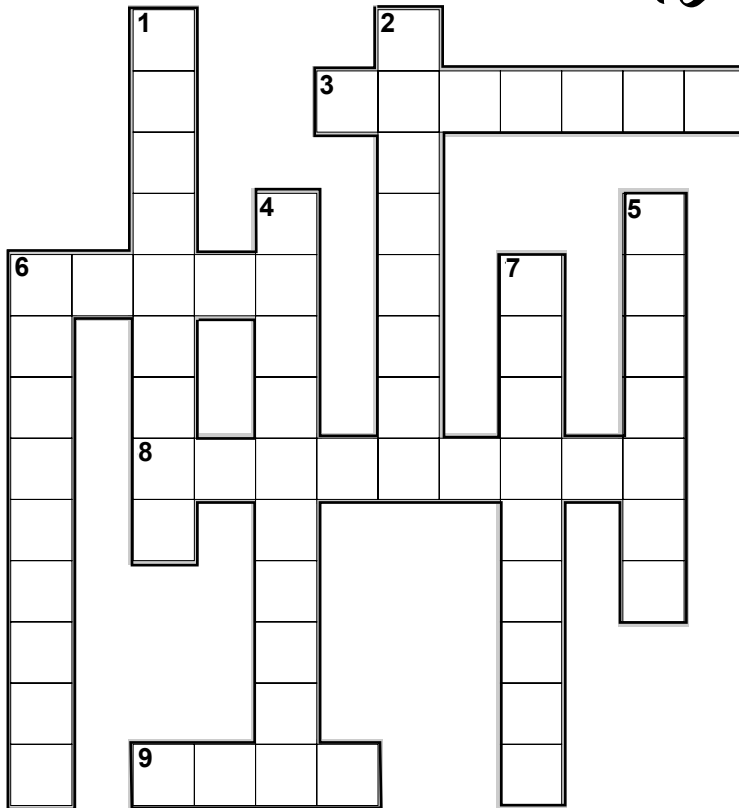
### AA Joyful Discovery Group report February 2007

Meeting held noon to 1pm each Saturday at Corker Hall part of St Peter's Anglican church property. 2108 Church Ave. Comox (amazingly it almost faces the Comox Liquor store branch).

With the new 2007 year comes updates:

This will be the 1st archive update regarding the group to be submitted on a yearly basis to district#4 - this will take place at the monthly meeting on 17th January. Group was founded January 4, 2006 and was registered with Central Office NY in April 2006.

Membership is growing and the membership list will be updated.



### Across

- 3. Imperfections
- 6. Heads the list
- 8. Without promotion
- 9. Positive future

### Down

- 1. Abstract faith
- 2. Freedom from worry
- 4. When we belong
- 5. Seeing reality
- 6. Can't quit
- 7. powerless over alcohol

**MEETING NOTICE** - Experience Strength and Hope Group meets every Tuesday and Thursday at noon in St. George's United Church, 505 Fifth Street in Courtenay.

The group is coming up with a treasury account spreadsheet anticipating income and expenses for 2007 Grapevine and Grassroots Forum subscriptions are in existence for the group for 2007. The group benefits from the information passed on from the Grassroots Forum issues which is the voice of the BC Yukon Area 79.

The group has a Grapevine representative and a Literature person and the group receives interesting and informed reports at each monthly business meetings. It is amazing how much knowledge is available to be accessed in this wonderful fellowship of ours.

Sometimes the group meets in the church presbytery and no doubt that place makes people feel connected.

Our new DCM - Beau W. paid our group a surprise visit on the 13th of January and found the group to be welcoming and structured giving the meeting a friendly and peaceful tone. Hearing the reading by the chairperson on tradition 3 was seen as being educational thus making the meeting a place of learning.

Following this Saturday visit the GSR welcomed the DCM to sit in/on any of our business meetings and provide us with feedback.

Birthdays ahead:

Louise H - 33 years on 17th of March—cake date TBA

Marti M - 7 years on 18th March—cake date TBA

In AA love and service Lorraine S.

#### Saturday Night Generic Group

Group is doing well, with 1 new member of late. We are honored that Wayne F. has chosen to celebrate his 6 years with us on February 3rd. The GSR will be canvassing members for interest in assisting with some aspect of the Comox Valley Rally.

Love in Service Cindy T.

#### Seekers Out To Lunch

Our Meetings are going well. Today we had a full room.

Today was Richard's 8th birthday. Every seat was full. Attendance will vary a lot dependent on a lot of unknown factors. We have a good quality of recovery sharing. We seem to have the same few that set up and make coffee etc. There is a good fellowship at our meetings. We have our next business meeting Wednesday, March 7th, 2007. I will see if we can make a donation to District 4 then.

We have several possible birthdays in March but I have to confirm them. I went to the Area 79 Assembly on Salt Spring Island for the installation of Panel 57, a wonderful experience.

We also have several new members who are quite active in our group. It is good to serve the group as G.S.R..

Yours in service, Elijah J.

7th Tradition was not taken. Omitted in error.

Old Business: 1. Vacant Positions - Volunteers are still needed to fill many vacant positions on the District Committee. 2. Bank Signing Authority - Marilyn reported that this will be done before the February meeting. 3. 7th Tradition Workshop - This is still in the works. More information next month. Help in organizing will be needed.

New Business 1. PI/CPC - Elijah reported that at the January quarterly committee meeting concern was expressed that we are losing support of some professionals due to new "harm reduction" strategies. Bill H., PI/CPC chair, will have information on how we might address this at the next meeting.

Motion: moved Lorraine S., seconded Mike B. that the meeting be adjourned. Carried.

Meeting closed with the Serenity Prayer at 7:35 p.m.



## Financial Report January 17, 2006

### Opening Balance 2396.80    Closing Balance 2518.18

Group	Income
Gratitude Day	200.00
Back to Basics	30.00
Sat. Night Generic	70.00
7th Tradition	24.76
Hi Newners	60.00
Sat Night Generic	10.00
Seekers out to Lunch	235.00
Comox 12 x 12	195.00
<b>Total</b>	<b>824.76</b>

Receivable	Expenses
Telus	83.41
Newsletter	40.00
Answering Service	111.30
C.V. Echo	30.51
C.V. Record	38.16
DCM Travel	400.00
<b>Total</b>	<b>703.38</b>

#### The Serenity group is announcing a time change!

Our group start time is going to change to 8 pm., instead of 8:30 beginning March 2nd. So, we meet Friday nights at the hospital in the clinical consulting room from 8-9pm. Kerry B will be taking an 8 yr cake on March 23rd. Dave O will be celebrating a 16 year cake in March and Lloyd M will be celebrating an 18 yr

cake. Date to be announced in early March.

Our group remains small, progressing weekly through each step, while introducing other necessary and often close-to-the-heart subjects. Our message to each other, 'we have the tools', and if we keep our minds open, we can hear the message, carry the message, find serenity.

Yours in fellowship and sobriety, Julie HB

Editor's Note: At the January 14<sup>th</sup>, 2006 meeting of District 4, a decision was taken to publish for contact purposes the names of District Table Officers and GSR's in this newsletter. If there are any errors or omissions in the following information please contact Grant F.. 890-2084 or email: [grant-fuller@shaw.ca](mailto:grant-fuller@shaw.ca)

DCM	Beau W.	338-0659
Alternate DCM		
Secretary	Marilyn E.	338-5984
Treasurer	Wayne M.	897-1255
Newsletter Editor	Grant F.	890-2084
Literature Depot	Wayne M.	338-7397
PI/CPC Chair	Bill H.	336-8541
12 <sup>th</sup> Step List	Terry N.	334-8045
Bridging the Gap	Tom S.	336-8389
GSR – Seekers Out to Lunch	Elijah J.	703-0029
GSR – Friday Night group	Jerry P..	703-2933
GSR – Comox 12x12	Margaret C.	334-3733
GSR- Cumberland MountainDew Group	Tom S.	336-8389

Experience, Strength & Hope Group	Contact: Rob	
Road Kill Big Book	Terry N.	338-8045
GSR – Back to Basics	Kevin M.	898-8496
GSR – Hi Newners	Dave S.	338-9071
GSR – We Are Not Saints	Gary M.	898-8633
GSR – Serenity Group	Julie H-B	338-5680
GSR – SNL/SLS	Mike B.	334-2613
GSR – Denman Island	Judy S	335-0654
GSR – Hornby Island Recycled	Garth M.	335-1889
GSR – Fanny Bay Group	Rick B.	335-0210
GSR - Tuesday Night Beginners	Glenn M. cell 7031084	H 337-2024
GSR – Airport Group	Bill O.	338-2223
GSR - Joyful Discovery	Lorraine S.	334-2967
GSR – Sun. Breakfast Meeting		Alano Club
GSR – Black Creek Group	Marlene	
CV Women's Group	Robin C	336-2923
Comox 12x12	Wayne M.	897-1255

### Literature Depot Report

Date	Income from Sales	Expenses	Balance
Des13, 2006			1637.68
	Sat. Night Generic 36,00		
	Courtnet Group 10.00		
	Individuals 13.00		
January 17, 2006		nil	
January 17, 2007			1696.68

Yours in fellowship and service, Wayne M.

### Newsletter Account

Date	Description	Credit	Debit	Balance
Jan 16, 2007	Deposit from Ron	30.09		30.09
Jan 18, 2007	Deposit for Jan + Feb	40.00		70.09
Jan 19, 2007	Sure Print Jan NL		10.17	59.92

Grateful in Service - Grant F.