



Sagebrush News

District 62

Anglemont, Adams Lake, Barriere, Chase,
Clearwater, Kamloops, Logan Lake, Merritt,
Niskonlith, Quilchena, Savona, Simpcw, Tk'emlups

JUNE 2026

DCM Report– Shilo T.

May 31, 2026

I attended the Carry the Message Convention in Vernon on May 2, 2026. The convention featured a panel on various AA topics, including the history and founding of the Big Book, the Forewords, the Promises, the Twelve Steps, the Plain Language Big Book, and the stories of how the first 100 men and women recovered.

The Plain Language Big Book presentation was delivered by our Area 79 CPC Chair., along with various others. Our Nicole.R gave a wonderful presentation on The 12 Steps.

One quote that particularly stood out to me was: "Keep it simple. We alcoholics do not need a complicated theory when we are dying."

The convention was well attended and included participation from two treatment centres.

I attended the South Central Mini Assembly on May 23, 2026, in Greenwood. At the Mini Assembly we discussed its history.

The South Central Mini Assembly began in 1971 as a way for members within the South Central Area to come together between Area Assemblies. It was created to improve communication between districts and groups, encourage participation in service, and strengthen unity within the Area.

There was some discussion about a formation of an ad hoc committee to gather and preserve the archives and history of the South Central Mini Assembly. The goal is to compile a historical record of the Mini Assembly's development and service work over the years. Anyone who has historical information, or documents, please let me know so I connect you to the South Central Mini Assembly chair.

The Serenity Bus, will be travelling to the Area 79 Voting Assembly in Port Alberni on October 23–25. Tickets are \$275 round trip, including ferry costs. Pickup locations will include Kamloops, Vernon, and Kelowna.

At least 45 tickets need to be sold, and members are encouraged to help spread the word as tickets are already being sold.

Our Nicole R. is serving as Entertainment Chair for the Serenity Bus, and I will be giving a presentation on Voting Procedures on the bus.

The assembly also included discussions on safety in the rooms.

There was a presentation put on by a district corrections chair who also brought information for members interested in joining the Corrections Committee, including details on obtaining security clearance to attend meetings in facilities.

A Traditions workshop was also held in the afternoon, facilitated by our Area 79 Treasurer.

Kamloops will be hosting the next South Central Mini Assembly in August. A committee is currently being formed to assist with planning and coordination, and we are excited to welcome members who would like to be involved in this service opportunity. This is a great chance to participate, contribute ideas, and be part of putting on a meaningful and successful event in District 62.

Thank you for allowing me to be of service.

In Love and Service,
Shiloh.

Announcements

Round-Up Wrap Up: June 10th @ 5:30 pm at TRRC upstairs

Fishing Derby: Acceptance Groups Annual Fishing Derby at Paul Lake to be held on Saturday June 20, 2026. No license needed. Bring your own Fishing gear. Tickets are \$5 each or \$10 for family.

Service opportunities: District 62 is looking for a chair for the following committees:

- Entertainment
- Cooperation with the Professional Community

If you are interested in any of these positions, please attend the District meeting held the last Sunday of each month at 11:00 AM. For more information, please see the Meeting Guide page

Mini-Assembly: August 22, 2026 – more to come next month.

Dallas Group: needs support/ new members. Wednesday 730pm. Under the Beijing restaurant

Serenity Bus: Hosted by the South Central Mini Assembly. The Serenity Bus will going to Port Alberni in October 2026. \$275 roundtrip.

BC/Yukon Upcoming Events

Date	Event	Time	Location
June 5–6	Vernon Round-Up	Fri 5 PM–Sat 5 PM	Trinity United Church, 3300 Alexis Park Dr, Vernon, BC
June 6	How To Chair A Meeting Workshop	10:30 AM–3 PM	Cranberry Hall, 6828 Cranberry St, Powell River, BC
June 6	Traditions Workshop Speaker Series	8–9 PM	Living Faith Lutheran Church, 4607 Whitaker Rd, Sechelt, BC
June 12–14	Western Canada Regional Forum	Fri 6:30 PM–Sun 12 PM	Travelodge Saskatoon, 106 Circle Dr, Saskatoon, SK
June 14	Gabbin' 'Bout the Grapevine	11 AM–12 PM	Online – BC
June 19–21	Living Free AA Rally	Fri 3 PM–Sun 5 PM	Lighthouse Community Centre, 240 Lions Way, Qualicum Beach, BC
June 20	Women's Day	All Day	Tamasewtx Community Centre, 65 E Sixth Ave, New Westminster, BC
June 20	Peachland Fellowship 23rd Annual Gratitude Day	3–8 PM	Peachland 50 Plus Activity Centre, 5672 Beach Ave, Peachland, BC
June 26–28	AA Family Campout "There is a Solution"	Fri 2 PM–Sun 11 AM	Syringa Provincial Campground, 5570 Broadwater Rd, Robson, BC
June 26–28	Pacific Northwest Conference	Fri 3 PM–Sun 12 PM	Heathman Lodge, 7801 NE Greenwood Dr, Vancouver, WA, USA
June 28	Corrections Corner	7–8 PM	Online – BC

Area 79 Literature Corner

Monthly Discussion Meeting

June 19 • July 17 • August 21 • September 18

7:00 PM PDT

Pamphlet/service material presentations, discussion & Q&A.

Meeting ID: 879 8807 7565

Passcode: Literature

All A.A. members welcome.

6th Step

By: F. C. | Manhattan, New York

September 1970

Were entirely ready to have God remove all these defects of character.

I HAVE attacked Step Six many times. It has attacked me in return. We have had open warfare, and we have had moratoriums. For periods of time, I have purposely ignored this Step. Often, I have stated that it did not make sense to me.

The battle began some years back, when I regularly attended Step-discussion meetings. I had done my best on the first five Steps, I thought. I had even made a written list of all my defects. They counted up to twenty-seven.

Following the example of an old-timer friend of mine, whose quality of sobriety I admired, I printed, in ink, each one of my separate defects on a white poker chip. Then all twenty-seven chips went into a small, fat, yellow pitcher. Every morning on awaking, I plunged my hand into it (like picking a number from a goldfish bowl) and came up with the "chip for today." The defect might be anger, fear, pride, resentment, gossip, snobbery, self-pity, and so on, but whichever one it was had to be concentrated upon for the next 24 hours, and either reduced to a minimum or cast away.

It was a kind of game. I enjoyed wrestling with one "defect" a day. I felt I was making progress, really working the AA program. It hadn't yet occurred to me that I had gone overboard on this "defect" business. Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans.

Nevertheless, I kept up this game for two or three years, telling many AA friends about it and urging them to go and do likewise. I explained that, although the Step suggested that God would remove these defects when and if I became ready to let go of them, I was of the school that believed in the saying "Pray for potatoes, but reach for the hoe." I did ask my Higher Power to lend a hand on the day's defect I happened to confront, but I felt that He expected me to use energy on rooting it out of my character.

Still, these dozens of defects I had laid claim to kept cropping up again and again, over and over. It seemed that the harder I fought them, the harder they fought back. I became quite discouraged. I decided I had been willing, I had tried, and I would now let Number Six, and myself, have a vacation. I put the little yellow pitcher on a shelf behind some books and only now and then dipped into it. I kept busy and active in AA; I felt comfortable being sober; I was trying to practice the AA principles in all my affairs. Then, out of nowhere, came a deep resentment toward an AA friend. I agonized over it, prayed over it, but discussed it with no one. I had insomnia, indigestion, and fatigue. (Any good doctor can tell you that negative emotions make people physically ill.)

Fortunately, just about that time our group was slated for discussion of Step Six. I opened my copy of Twelve Steps and Twelve Traditions and read the Step all the way through. Although I had read it many times before, it seemed as if I saw its meaning for the first time. I gathered that, instead of fighting mightily against a defect, I had to let go of it. Just simply open up my hands, my heart, and my mind and say to my Higher Power. "Here it is, this defect. I give it to you. Please remove it from me." In this case, it was the bitter and destructive resentment that I wished to be rid of. And so it happened. It faded away and never returned.

Since then, I have followed the same procedure on other serious emotional problems, with the same result. I just have to keep in mind that if I am not 100 percent sincere in my willingness to be rid of the problem, the procedure won't work. I have come to realize that Step Six means exactly what it says. No more, no less. When, and if, I become ready to have painful, inhibiting, or long-standing flaws removed, they will be. Not always permanently, not all of them. But if and

when they return, they will be weaker and much easier to let go of. As for all those bad habits I once listed as detects, I am trying to arrest them a day at a time, as I do my alcoholism.

A little progress has been made on pride. I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness. For how can I wallow in self-pity, weep over resentments, be sick with righteous anger, ache with envy, tense up with fears and anxieties unless all my thoughts are exclusively on poor me?

A long time ago, a very wise man, Marcus Aurelius, wrote: "A man's life is what his thoughts make it." Through Step Six, I have learned how true this is. I may never comprehend it fully, yet I know its value to me. It calls forth the most precious asset any recovering alcoholic can have: the willingness to get out of the driver's seat, to stop trying to run the show. I need to keep the Sixth Step message of letting go and letting God in my own thoughts at all times.

Hospital Meeting

June is the Sunday Serenity Group's turn to chair this meeting. It begins at 8:00PM. This is a vital and important service provided by the Fellowship to the outside community. It is always good to support this meeting whether you are in charge of chairing or not. A wonderful opportunity for service.

Enter via Columbia Street into the Clinical Services Building, take elevator to 2nd floor, cross the bridge and then take elevator or stairs down to 1st floor, turn right and then turn left and find Conference Rm 1.

Birthdays

Name	Years	Group Name	Date of cake
Kevin	36	Acceptance group	June 3, 2026
Joanne L	52	Merrit Big Book Study	June 7, 2026
Julie T	30	Miracle Group	June 16, 2026
Alli Q	6	River Street Group	June 21, 2026
Jim McN	16	River Street Group	June 21, 2026
Jay L	41	Living Sober	June 25, 2026
Lonnie	4	Living Sober	June 25, 2026
Jacob	3	Living Sober	June 25, 2026
Doug S	43	Merritt Wed/ Sat Group	June 27, 2026

STEP 6:

“We were entirely ready to have God remove all these defects of character.”

The focus of this step is willingness and readiness.

From the Big Book

The Step 6 paragraph is short:

"If we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable."

- Alcoholics Anonymous

This step is about becoming willing to let go of the character flaws and negative behaviors that fuel addiction, not just the drinking itself. It acknowledges that lasting change often requires help from a higher power, whether that's a spiritual deity or a secular source of strength and inspiration.

Before reaching AA Step 6, individuals have already:

- Admitted they have a problem with alcohol.
- Explored the concept of a higher power.
- Started forming a relationship with that higher power.
- Taken an honest inventory of their shortcomings.

Step 6 is the turning point where you prepare to release those flaws. It's not about perfection, and it doesn't require you to fix everything right away. Instead, it's about being open and ready to change.

Questions for Step 6

1. What character defects cause the most damage in my life today?
2. Which defects am I truly willing to let go of?
3. Which ones am I still secretly attached to?
4. What do these defects do for me?
5. What would my life look like without them?
6. Am I willing to trust a Higher Power with this change?

June 5th & 6th 2026 District 70 Alcoholics Anonymous



Potluck Dessert

DANCE
FRIDAY EVENING

DOORS OPEN

FRIDAY: 5:00PM

SATURDAY: 9:00AM

DELEGATES REPORT

SATURDAY: 10:45AM

YOUNG
PERSONS PANEL

SATURDAY: 3:30PM

Trinity United Church
3300 Alexis Park Drive

FREE RV PARKING UNTIL 9AM SUNDAY (NO HOOKUPS)

A.A.
SPEAKERS

FRIDAY: Drew W (Cumberland)

SATURDAY: Trish L (Whiterock)

AL-ANON
SPEAKERS

FRIDAY: Lorraine D (Vernon)

SATURDAY: Nancy M (Kelowna)



\$45.⁰⁰@ the door

Includes Saturday
Lunch & Supper

E-TRANSFER

rutreasurer
@gmail.com

District 47 presents
a Workshop on:
How to chair a meeting

*Everything you've been afraid
to ask and more!*

Saturday, June 6, 2026

10:30am - 3:00pm

Potluck lunch

Cranberry Hall

6828 Cranberry Street

Powell River, BC

Guest Presenter:

Dawnn F

Area 79 Registrar

For more info: d47aaworkshop@gmail.com



June AA Speakers

Unity Speaker Meeting on Zoom

Saturday 7pm

ID: 564 054 5402 PW: Unity

June 6	Anne B.	Pr. George
June 13	Josh N.	Vancouver
June 20	Laurel	Vancouver
June 27	Daniel	Coquitlam

Traditions Workshop

**For on AA unity depend our lives, and the lives of
those to come**

Hosted by Saturday Night Live and District 46
EVERYONE WELCOME

Living Faith Lutheran Church
4607 Whitaker Rd.
Sechelt, BC

First Saturday of Every Month
Starting January 3, 2026
8:00 pm



I am responsible.
When anyone, anywhere,
reaches out for help, I want
the hand of AA always to be there.
And for that: **I am responsible.**

www.sunshinecoastaa.com

Western Canada Regional Forum 2026

June 12-14, 2026 • Travelodge Saskatoon, SK

You're Invited!

Join us for the 2026 Western Canada Regional Forum—an opportunity for A.A. members and anyone interested in A.A. to connect, learn, and share.

Purpose of Regional Forums

Regional Forums strengthen communication and trust among A.A. members, the General Service Board, General Service Office staff, AA Grapevine/La Viña staff, and more.

Program Highlights

Presentations, workshops, and panels

Sharing sessions for questions, comments, and discussion

Moderated by the Western Canada Regional Trustee

Sample Program: https://www.aa.org/sites/default/files/literature/en_rf_sampleagenda.pdf

Registration

Registration is FREE and opens April 10, 2026. Pre-registration is encouraged; on-site registration will also be available.

<https://www.aa.org/event/2026-western-canada-regional-forum>

Hotel Information

Travelodge Hotel Saskatoon

106 Circle Drive West, Saskatoon, SK S7L 4L6

Rate: \$139 CAD per night (book by May 20, 2026)

Reservations: 306-242-8881 – Mention "Western Canada Regional Forum" for the group rate. Code: 061126AAW

More Information

regionalforums@aa.org • (212) 870-3120

We look forward to seeing you in Saskatoon!

D42 CORRECTIONS WORKSHOP



DATE:
Saturday,
June 13



LOCATION:
EDI Club,
7277 King George Blvd,
Surrey



TIME:
Noon - 3:00 PM

**LEARN WHAT WE DO ON THE
PROVINCIAL AND FEDERAL LEVEL**



SPEAKERS:
• Larry G
• Mauro Q
• Eileen M



**FOOD AND
FELLOWSHIP**

ALL AA MEMBERS WELCOME!

*Together we can change the message behind the walls
and behind the bars*

HOSTED BY

Okanagon Young People



In Alcoholics Anonymous

GALACTIC BEATS & FELLOWSHIP TREATS



SUMMER RAVE

SAT JUNE 13

THE KALANO CLUB
KELOWNA

9:30 PM

\$5 @ THE DOOR
NEON CUPCAKES

aakelowna.org

NEW VENUE!

ANON PARKSVILLE-QUALICUM BEACH
2026

LIVING FREE

AA RALLY

WITH AL-ANON PARTICIPATION

JUNE 19-20-21

REGISTRATION: \$25 REGISTRATION & DINNER: \$65
BREAKFASTS, LUNCH: \$10 EACH

ON SITE CAMPING: \$10 WEEKEND FIRST COME FIRST SERVED
GATE OPENS 3PM FRIDAY

SATURDAY BASEBALL GAME!

ONLINE TICKETS GO ON SALE JANUARY 1, 2026

LIGHTHOUSE COMMUNITY CENTRE

240 LIONS WAY, QUALICUM BAY

ONLINE TICKETS: WWW.PARKSVILLECOOMBSAARALLY.COM

CONTACT: TIG 236-638-5131 JANE 250-927-6308



FRIDAY

POTLUCK
AL-ANON SPEAKER
AA SPEAKER
MUSIC BINGO

SATURDAY

TOPIC MEETINGS
CATERED DINNER
COUNTDOWN
AA SPEAKER
MUSIC JAM

SUNDAY

FATHER'S DAY
BREAKFAST
TOPIC MEETING
AA SPIRITUAL SPEAKER
RALLY WRAP-UP

aa

New Westminster
*Women's
Day 2026*



Women in Recovery

**CELEBRATING
A NEW LIFE**

SATURDAY, JUNE 20th

9:30AM - 3:00PM

*təmasew̓tx^w Community Centre
65 E Sixth Ave, New Westminster
Multipurpose Room 1 AB*



\$20 a ticket

Panels - Lunch Included

Contact: 778-814-3329

23rd Annual Gratitude Day



Hosted by the Peachland Fellowship Group of Alcoholics Anonymous

Saturday, June 20, 2026
3:00 to 8:00pm

50 Plus Activity Centre, 5672 Beach Ave, Peachland, BC




Afternoon Speaker:		Doug M.	
Evening Speaker:		Rio	
Tickets \$20.00 (under 12yrs free)	DINNER INCLUDED	Door Prizes	

Ticket Inquiries?

John 250-212-9867

Patti: 250-826-9005



2026 AA CAMPOUT
WELCOME TO THE
“THERE IS A SOLUTION”
FAMILY CAMPOUT

≡ JUNE 26 - 28TH ≡

SYRINGA LAKE GROUP CAMPSITE G1

TENTS, CAMPERS & RV'S WELCOME

\$10.00 PER NIGHT PER PERSON

NO RV SERVICE / ROUGHING IT
CAMPING

LIMITED RV / CAMPER SPACE

PLEASE CONTACT DARLENE
@ PEACHESNCREAM68@LIVE.CA
FOR MORE INFORMATION

PLUS MORE FUN TO BE HAD!

SEE 2nd PAGE FOR DETAILED ITINERARY

Pacific Northwest Conference

June 26th - 28th 2026



Hosted by Western WA Area 72

Heathman Lodge

7801 NE Greenwood Dr, Vancouver WA 98662

Join us for a weekend of service panels, fellowship and fun in beautiful Western Washington.

**1ST PANEL STARTS FRIDAY 4P
ENDS SUNDAY 12P**

To register online visit www.pnc1948.org

REGISTRATION

Name: _____
Name on Badge: _____
Email: _____
City/State: _____
Phone: _____ Area: _____
Interpretation: Spanish _____ ASL _____
Volunteer by clicking [here](#)

Heathman Lodge

7801 NE Greenwood Drive, Vancouver, WA 98662

Cost: \$166 per night* + \$10 per add'l person

Group Rate "[Western Washington Area 72 AA](#)"

Book online [here](#)

For group rate please book by 05/27/2026

*Plus facilities fee of \$15 per night for amenities
(pool, sauna, wifi, parking, gym, laundry services)

Registration

In person \$45 _____

Online \$25 _____

Friday Taco Bar* \$34 _____

Veggie _____

Sat Burger, Tots & Salad* \$34 _____

Veggie _____

Sat Buffet Dinner* \$57 _____

Veggie _____

Sat Ice Cream* \$20 _____

Pre-Ordered Merch (see pg 2) _____

Total Enclosed _____

*Food Cutoff is 6/19/2026

Please make checks out to "PNC 2026 " at 3640 S Cedar St S, Tacoma, WA 98409

For more information contact PNC 2026

pnc2026chair@area72aa.org

01/18/2026

Okanagan Young People

Hosted By



In Alcoholics Anonymous

Beach Day

Bring Your Own Floatie!

Come for the Fellowship!

Floating Meeting

Fun in the Sun
Hot Dog & a Pop- \$5

June 27th, 2026
Sarson's Beach 4398
Hobson Rd, Kelowna
10AM

aakelowna.org

CORRECTIONS CORNER



"JAILS, INSTITUTIONS AND DEATH"

An open speaker meeting featuring AA members whose lives and recovery were impacted by the corrections system. We welcome all who want to hear stories of recovery from Alcoholism.

When : The last Sunday of each month @ 7pm

Where: On zoom. Meeting ID: 991 5032 3288

Zoom Password: langley (no capitals)

**Hosted by the
District 43
Corrections
Committee**



**Monthly speaker
announced
in District 43
newsletter**

**For more information contact
corrections@district43aa.org**