



# Sagebrush News

## **District 62**

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

***JULY 2026***

### **DCM Report– Shilo T.**

June 29th 2026

Good morning, everyone. My name is Shiloh, and I'm an alcoholic.

I'd like to share a few of the things I've been working on as your DCM since my last report.

I'm still serving on the Area 79 Literature Committee. We met in June for our monthly meeting to prepare for the topics we'll be discussing at the July Assembly.

On July 7 at 7:00 p.m., I'll be participating in the breakout committee, where I'll be giving a presentation for GSRs on the Everything AA app. Alcoholics Anonymous has recently taken ownership of the app, and I'll be sharing some of its features and the exciting news that it is now an official AA resource.

I will also be giving a brief presentation on the advisory action on my pre-conference agenda item regarding the review process of the Plain Language Big Book.

I'll also be attending the July Assembly in Smithers from July 10th to 12th. I'll be serving as the recorder for the Literature Committee.

I'm also excited to share that Literature Corner will be starting up again in August. A flyer will be coming out soon with all the details. Literature Corner features presentations on a variety of AA-approved literature, followed by discussion and a question-and-answer period. I will be doing a presentation on Oct 15 along with the DCM of Kelowna on AA Conference Approved Books. Literature Corner was very well attended and received when we held it previously, so we're looking forward to bringing it back.

The Serenity Bus will be traveling to the Area 79 Voting Assembly, September 23–25.

The round-trip cost is \$275, with pick-up locations in Kamloops, Vernon, Kelowna, and Port Alberni. Some seats have already been reserved, but tickets are still available. To secure the bus for the Assembly, we need to sell the remaining seats as soon as possible.

If you're planning to attend, please consider purchasing your ticket early. Your support is greatly appreciated!

Thank you all for allowing me to be of service

Shiloh.T

## Announcements

**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:** Held quarterly in February, May, August & November

- The purpose of the Mini-Assembly is to provide a forum for Districts 62, 64, 66, 68, 70, 71, 73, and 75 to meet and discuss matters of local interest while offering GSRs and prospective GSRs exposure to and participation in service work at a level outside their Districts
- The upcoming South Central Mini Assembly (SCMA) will be held in Kamloops on August 22, 2026. The afternoon workshop is The Three Legacies of AA – Recovery, Unity, Service

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

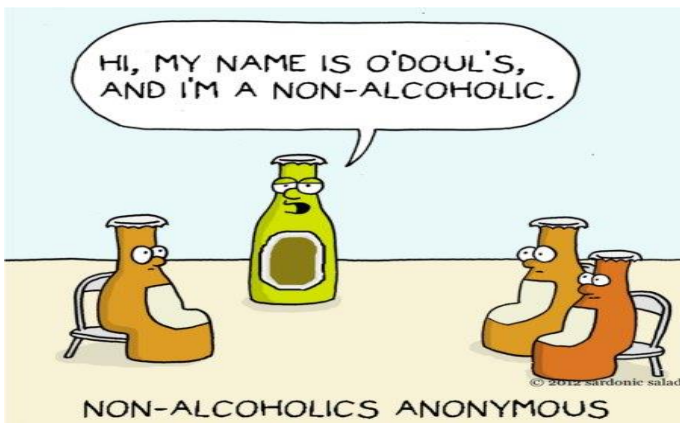
**Serenity Bus:**

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

**New district 62 website has launched!**

**2026 July Assembly - by District 54 in Smithers**

- 2026 July Assembly is in person and online.
- The [Breakout Committee Meetings](#) for the Assembly are held online only on the Tuesday evening before the continuation of the event on the following weekend. Registration is required. Information will be in the agenda package closer to the date.



“On a daily basis I choose not to drink – or to fear, hate, be angry, or indulge in any other defect that’s raising its ugly head. They’re all there waiting, and when given a chance they charge into the center of my life and try to take over. But when I work Step Seven I find that my life is filled with good, and people actually like to be around me – something they never did in my drinking days.”

-“A Lifetime Supply,” July 1995

## BC/Yukon Upcoming Events

| Date                   | Event                                   | Time                       | Location                                                                      |
|------------------------|-----------------------------------------|----------------------------|-------------------------------------------------------------------------------|
| <b>Date</b>            | <b>Event</b>                            | <b>Time</b>                | <b>Location</b>                                                               |
| July 4, 2026           | Traditions Workshop Speaker Series      | 8:00 PM - 9:00 PM          | Living Faith Lutheran Church, 4607 Whitaker Rd, Sechelt, BC                   |
| July 7, 2026           | 2026 July Assembly: Breakout Committees | 5:00 PM - 9:00 PM          | Online Only, Hosted by District 54, Smithers, BC                              |
| July 10-12, 2026       | 2026 July Assembly                      | All Day                    | Prestige Hudson Bay Lodge & Conference Centre, 3251 Hwy 16 East, Smithers, BC |
| July 26, 2026          | Corrections Corner                      | 7:00 PM - 8:00 PM          | Online, BC, Canada                                                            |
| July 31-August 3, 2026 | Soberider Pigroast AA Event             | 4:00 PM - 11:00 AM (Aug 3) | Ashnola Campsite, 1400 Ashnola Road, Keremeos, BC                             |

## Area 79 Literature Corner Starting back up in August!!

Monthly Discussion Meeting

7:00 PM PDT

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

Meeting ID: 879 8807 7565

Passcode: Literature

All A.A. members welcome.

## Hospital Meeting

It is the New Horizons 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  |
|-------------|-------|-----------------------|---------------|
| Bernice     | 39    | Warrior Sisters       | July 2026     |
| Brian S.    | 37    | New Horizons          | July 2026     |
| Jim         | 25    | Daily Freedom         | July 2026     |
| Kevin       | 34    | Daily Freedom         | July 2026     |
| Luke E.     | 1     | New Horizons          | July 1, 2026  |
| Ken M.      | 4     | Miracle Group         | July 2, 2026  |
| Rhiannon E. | 17    | Warrior Sisters       | July 3, 2026  |
| Daniel B.   | 1     | New Horizons          | July 8, 2026  |
| Les         | 44    | Macdonald Park - Noon | July 21, 2026 |
| Marcella    | 49    | Living Sober Group    | July 30, 2026 |
| Tracee B    | 1     | Living Sober          | July 30, 2026 |

### STEP 7:

*“Humbly asked Him to remove our shortcomings.”*

The Big Book suggests that when ready, we say something like this:

***"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."***

*- Alcoholics Anonymous, p.76*

Step 7 is where willingness turns into action. After identifying our character defects in Step 6, we now humbly ask our Higher Power to remove the shortcomings that block us from living a better life. Humility doesn't mean thinking less of ourselves. It means being honest about who we are, accepting that we cannot change everything through willpower alone, and becoming willing to receive help.

This step is not about becoming perfect overnight. Many of our defects have been coping mechanisms that once served a purpose. Step 7 asks us to let go of our old ways of thinking and trust that change is possible. It is a daily practice of surrender, honesty, and growth.

## Questions for Step 7

1. What shortcomings am I asking my Higher Power to remove today?
2. Where does my pride or self-will keep me from changing?
3. Am I willing to let go of old behaviors, even when they feel familiar?
4. What does humility look like in my daily life?
5. How can I practice asking for help instead of trying to control everything?
6. What changes have I already seen since becoming willing to grow?

## The Freedom to Change--Or Not

I used to wonder how long it would take to be rid of my character defects. I remember complaining to my sponsor about the pain and suffering they still caused after being sober several years and about the fact that some of them seemed to be as bad as ever. What would it take to be rid of these negative emotional ties to the past? Would I have to drink again and get a good case of the jitters, as described in the Big Book, or was I going to straighten out some day?

This weighed heavily on me, so I asked my sponsor what to do. He said, "I have good news and bad news." (Whenever he uses that phrase, I want to become invisible.) I asked him for the bad news first. He said, "The bad news is, the day we put you in the ground, providing you stay sober that long, you will be the same person you were the day you came here. The good news is you will enjoy that a lot less." He went on to explain that, like most people, alcoholics have the usual set of character defects, but we hone them to a razor's edge and use them to cut our lives to ribbons. Just because we get sober does not mean that these traits will disappear. On the contrary, they become more noticeable than ever, because when we shed light on our defects, they become easier to see and more difficult to practice.

It turns out that the reason I still revert to my old ways is because I still value them, much as I hate to admit it. As Step Six says, some of my character defects may be lifted as the desire to drink was; but as for the rest, I will have to be content with patient improvement.

When I took inventory and looked at the nature of my wrongs, I also learned that everything brings forth its own kind. For example, anger brings forth more anger; it never brings forth happiness. The same is true with love. It never brings forth hate; it can only bring forth affection. Seeing this was a real wake-up call, because when I now look around at what I have created, be it good or bad, I'm forced to take responsibility for it. When my life is full of happiness and joy, it means that happiness and joy are important to me, and anger and depression are valueless. Originally, I could not accept this simple truth because it was too easy, and I'd been taught that anything worthwhile is hard. I mean if it were that simple, then

everyone could have it. But I eventually learned that this was the basic truth I had been seeking, and it has given me the ability to change my life.

The next question was, How could I bring about this change when all I've known is chaos? Experience has shown that when I combine one thought with another thought, I get a headache; but when I combine a thought with action, it always produces a result. The paradox that says I have to give it away to keep it is true enough; however, it is also true that I must give it away to get it. When I give love, then I am able to experience love, and the more I give, the more I have. The old tape that says I must receive love to have love is false. The truth is, I must give love so that I may truly experience it. God makes that possible.

I find it amazing how capable I am of overlooking the obvious. I mean, this is what the literature has been telling me all along. I guess my receiver was off the hook, or maybe I just had to hear the message on a different frequency. Whatever the case may be, I have gained much freedom from this simple truth. What's more, just as I have the freedom to use the God of my understanding or not, I have that same freedom to practice my character defects or not. God also makes that possible.

So it would seem that I am a product of my actions more than my thoughts, and through action I possess the ability to cause change in my life.

**BY: LARRY H. | PUYALLUP, WASHINGTON  
FEBRUARY 2001**

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# 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](http://www.sunshinecoastaa.com)

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# 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](mailto:corrections@district43aa.org)**



# 36th Annual SOBERIDER PIG ROAST

Ashnola Campgrounds – 1400 Aslnola Rd, Keremeos  
July 31 – August 3, 2026

## ★ REGISTRATION & PRICING ★

Full Weekend Package: \$85.00 until July 2<sup>nd</sup>  
\$100.00 after July 2<sup>nd</sup>

Saturday Only (Pig Roast Dinner) \$45.00

No Camping / No Meals : \$25.00

## ★ WEEKEND MEALS ★

- Friday Night: Chili
- Saturday Morning: Breakfast
- Saturday Night: Pig Roast & Beef Roast



## ★ RECOVERY & FELLOWSHIP ★

- AA Meetings
- Saturday Night Speaker: Dwayne W



## ★ CONCESSION STAND ★

Burgers • Hotdogs • Potato Chips • Pop

**Tickets & Info: E-transfer: [annualsoberiderpigroast@gmail.com](mailto:annualsoberiderpigroast@gmail.com)**

★ Registration Chair: Stephanie K – 778-991-8041

★ Event Chair: Leslee B – 250-714-4359



**\$275**

**OCTOBER 23-25**

ROUND TRIP

**KAMLOOPS - VERNON - KELOWNA - PORT ALBERNIE**



**CLIMB ON BOARD THE  
SERENITY  
BUS**

**CUT OFF DATE FOR SALES WILL  
BE SEPTEMBER 23 2026**

**SEAT PAYMENT CAN BE E-TRANSFERRED TO: [SCMINITREAS@GMAIL.COM](mailto:SCMINITREAS@GMAIL.COM)  
PLEASE INCLUDE YOUR NAME, PHONE NUMBER AND EMAIL IN ETX MESSAGE BOX.**