SAGEBRUSH NEWS

DISTRICT 62 • NOVEMBER 2026

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



"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."

-Tradition Eleven

A NOTE FROM YOUR DCM

DCM Report
November 1st, 2026

My name is Shiloh, and I'm an alcoholic.
I had the privilege of attending the Area 79 Voting Assembly in Port Alberni from October 23–25. What an incredible experience.
I travelled alongside 48 other service members on the Serenity Bus. We had 13 members from District 62 attend, and it was wonderful to see so many of us come together in service & fellowship.

As I reflect on this assembly, I'm reminded of just how beautiful this journey in service has been. I've had the opportunity to work alongside so many amazing people. Service has given me so much. It has brought friendships, experiences as well as a deep personal growth.

I have brought with me today the 2027 Budget, Contributions List, an Income and Expense Summary, and a Balance Sheet.
At the end of September, Area 79 was approximately $2,000 above break-even. However, the projected cost of the assembly is $18,000, with additional literature costs, service and travel assignments, and rent expenses still to come.

Some financial updates
• The General Service Board and AA World Services are projecting a year-end surplus.
• Literature sales continue to be slow as members anticipate the Fifth Edition of the Big Book in 2027.
There was a nomination for the Area 79 candidate for Trustee-at-Large Canada. Rio, our Panel 73 Delegate, was selected as Area 79's nominee. This was wonderful news, I just love her.
Area 79 Panel 77 – Area Service Committee Elections
We welcomed our new Panel 77 Area Service Committee members:
• Our New Delegate: Paul.T
• Alternate Delegate: Joanne
• Chair: Michelle
• Alternate Chair: Dawn
• Treasurer: Candice
• Secretary: Spencer
• Registrar: Emily
Back in September 2025, a motion was brought forward to create a single-page leaflet outlining district service positions and their descriptions.
As a member of the Area 79 Literature Committee throughout Panel 75, I was honoured to be part of the committee that worked on creating this leaflet.
I have brought a copy today for everyone to look at and I will ask the secretary to include them in the minutes.

Area 79 Voting Assembly – Motions
There were seven motions brought forward.

Motion 1 – Submitted by District 62
To modify the Area 79 BC/Yukon Bidding and Hosting Guidelines for quarterly assemblies by adding a provision that, when a district hosts an Area quarterly assembly with venue costs under $8,000, Area 79 would cover the cost of brewed coffee up to a maximum of $8,000.
This motion was Defeated.

Motion 2 – Submitted by the Area 79 Grapevine Committee

That Area 79 forward a proposed agenda item for consideration by the 78th General Service Conference to discontinue the flag ceremony at International Conventions.
This motion Passed.

Motion 3 – Submitted by District 18

This motion was amended to read
"That the phrase complicated tricky and difficult on page 64 of the Plain Language Bigbook be removed and replaced with cunning baffling and powerful."
But the motion was ultimately defeated.

Motion 4 – Submitted by Panel 75, Area 79 Public Information Committee

That the BC/Yukon Area 79 YouTube channel be made publicly accessible and available for subscriptions, with all content curated by the Area 79 Public Information Committee and oversight provided by the Area Service Committee.
The motion Passed.

Motion 5 – Submitted by District 43

That any changes to the BC/Yukon Area 79 Guidelines or Procedure documents be presented as a motion by the Area Service Committee for approval by the Area 79 voting body.
This motion was Defeated.

Motion 6 – Submitted by District 43

That the pamphlet The "God" Word: Agnostic and Atheist Members in A.A., on page 86, be updated to include sharing from alcoholics who have experienced harmful religious experiences that created barriers to accessing and participating in A.A., but who have found sobriety through the Twelve Steps.
This motion Passed.

Motion 7 – Submitted by Lucky People Group, District 43

That Area 79 revert to the previous version of the minority opinion procedure in the voting guidelines.
Under the proposed procedure, the chairperson would invite those who voted against the outcome to speak. Once the minority voice had been heard, members of the majority would be asked if they wished to change their vote. If one or more members indicated yes, the vote would be taken again.
This motion was Defeated.

It's been an absolute privilege to work alongside so many incredible people throughout this Panel. I've learned so much, grown in ways I never anticipated and experienced the true meaning of connection through service. I feel very fortunate to have been part of this experience, and I'm grateful for every person who has shared this journey alongside me.

Thank you for allowing me to be of service.

Shiloh.T

DISTRICT 62 | THE LATEST



Announcements

- **Literature Corner is Back!**
  Join the BC/Yukon Area 79 Literature Committee on **November 19 at 7:00 PM** for *Literature from Our History*. **Zoom ID:** 879 8807 7565 | **Passcode:** Literature

- **District 62 Elections**
  District elections will take place **November 29**, following the district business meeting. Get involved and be of service!
  Bridging the Gap will be looking for a new chair! Th 2 year term is up this year
  Entertainment chair is currently vacant!

- **RIH Hospital Meeting Relocation**
  From **November 1 to April, 2027**, hospital meetings will temporarily move to the boardroom behind the Sacred Space. Maximum capacity: 15 people.
  November Chair: Westsyde Hidden Gem
  December Chair: North Shore Group

- **Corrections Service Needs Volunteers**
  A.A. meetings at KRCC are being re-established, and volunteers are welcome! Female members can also participate with security clearance.
  Contact: correctionschair62@icloud.com

- **Next District Business Meeting**
  Sunday, November 29 | 11:00 AM
  1607 Greenfield Avenue, Kamloops

- **Service Opportunity**
  2027 Kamloops Roundup is looking for a Decorations Chair and additional volunteers.

- **AA Answering Service**
  6 calls from men
  5 calls from women

- **HOSPITAL MEETING CONFIRMATION**
  GSRs to go back to their groups to reaffirm their commitment to chairing the hospital meetings by the end of November please!

- **Origins Group** is no longer meeting on Saturdays at Sage.
- **Sun Peaks Group** **Friday @ 7 pm** has moved to **Tuesday @ 7pm**
  Location has also changed to the Sun Peaks Activity Center

NOVEMBER 2026 | A.A. SURROUNDING AREA EVENTS

BC/Yukon Area 79 • Upcoming fellowship and service events

DATE / TIME	EVENT	LOCATION & DETAILS
NOV 1 6–8:30 PM	**Armstrong Pleasant Valley Perogie Night**	Zion United Church, Armstrong. A.A. and Al-Anon speakers; perogie potluck. Bring a dish.
NOV 7 8–9 PM	**Traditions Workshop Speaker Series**	Living Faith Lutheran Church, Sechelt. Monthly Twelve Traditions workshop.
NOV 13–15	**36th Annual Vancouver RoundUp**	Hyatt Regency Vancouver. Speakers, panels, meetings, entertainment and fellowship.
NOV 14 9 AM–3:30 PM	**SC Mini Assembly & Elections**	First Baptist Church, Kelowna. 2027–2029 elections and service discussions.
NOV 14 10:30 AM–3 PM	**Service Workshop**	Powell River Recreation Complex. District service positions and responsibilities.
NOV 14 11 AM–3 PM	**District 75: Our A.A. History**	Junction Covenant Church, West Kootenays. Stories from longtime members.
NOV 15 11 AM–Noon	**Gabbin' About the Grapevine**	Online. Meeting ID: 831 0773 4645 • Passcode: 526279.
NOV 19 7–8:30 PM	**Literature Corner**	Online. Meeting ID: 879 8807 7565 • Passcode: Literature.
NOV 21–22	**Chilliwack Annual Round-Up**	Evergreen Hall, Chilliwack. Theme: Warmth of Recovery.
NOV 28 1:30–4:30 PM	**District 43 Panel Speaking Workshop**	Langley Alano Club. Speaking on panels at meetings outside A.A.
NOV 29 7–8 PM	**Corrections Corner**	Online. Open speaker meeting about recovery and the corrections system.

For full event details, please see the event flyers or the BC/Yukon Area 79 calendar.



Birthdays



Name	Years	Home group	Cake date
Matt E	5	Miracle group	November 21, 2026
Ardin M.	19	Living Sober Group	November 26, 2026
Colin	42	Attitude Adjustment	November 1, 2026
Joel W.	5	Bannock Group	November 10, 2026
Bill K	1	New Horizons	November 11, 2026
Justice	1	New Horizons	November 16, 2026
Brandi	2	Warrior Sisters	November ?, 2026
Maureen C.	13	Grassroots Group	November ?, 2026
Jeanie	2	Attitude Adjustment	November ?, 2026
Edith K.	14	Attitude Adjustment	November ?, 2026
Robynn D.	7	Daily Freedom Group	November ?, 2026
Brianna	4	Outhouse Group	November ?, 2026
Mike D.	40	Westsyde's Hidden Gem	November ?, 2026
Karl W.	34	Westsyde's Hidden Gem	November ?, 2026
Mike B.	2	Westsyde's Hidden Gem	November ?, 2026

ARCHIVES

To Love Rather Than Be Loved

When I was drinking, the whole world revolved around me, the Kingpin, or so I thought. I viewed my family members in light of how they helped or hindered my drinking. This perception followed me into recovery. It has taken me over five years of staying sober a day at a time to begin to get an inkling that these family members are individual people with feelings, fears, hopes, and dreams, independent of me.

Sharing around the tables started this awakening. Slowly I came to realize that my AA friends also shared the same daily struggles and successes that I had. But the awakening at home was even slower and more reluctant. While trying to work the Eighth and Ninth Steps, it was suggested that I demonstrate my willingness to make amends to my husband by saying daily the St. Francis prayer found in the Eleventh Step, inserting my husband's name, I was surprised how unwilling I was to do this, even though I had frequently chanted the refrain of how I wanted our marriage to work. The words of the prayer literally got caught in my throat as I tried to say, "Lord, grant that I may seek rather to comfort my husband than to be comforted by him--to understand my husband, than to be understood by him--to love my husband, than to be loved by him." What? No way! This was all too new. But I used to "act as if" and I continued to say the prayer daily whether I meant it or not. Slowly my attitude softened and I began to see a husband who has the same struggles as I have and who needs the same encouragement and love that I want.

Now as I pray and talk to my AA friends, I am learning that I am capable of supplying some of that encouragement and love to my husband. I find that I am clumsy and inconsistent in my encouragement and frequently I feel inadequate and powerless. But that's OK, too. I had thought I was the greatest lover and the supreme care-giver but I am finding that I know very little about loving and caring. Yet with willingness, prayer, and a sense of humor I know I can learn how to relate to this man I have lived with for twenty years but whom I have just begun to really see.

And the children? I thought that would be easy. I've always loved and cared for them, or so I thought. Yet the process was just as surprising and demanding. The words of the St. Francis prayer again stuck in my throat. I found I wanted my kids to comfort me, to understand me, and to love me, more than the other way around. I was shocked--what kind of mother am I? I am not what I thought I was. But with this painful revelation has come the opportunity to listen and learn from my children.

Working the Eighth and Ninth Steps at home has opened my eyes to my family members who have feelings independent of me. I didn't know this before. I thought they all revolved around me, the Kingpin. It is a new freedom to discover that I am no longer the Kingpin, but instead only one in a family of five, all of whom are trying to find their own way in this world. For this I am grateful.

By: Joanne L. | Madison, Wisconsin

March 1990

STEP 11 • REFLECTION CORNER

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him…”

- **Finding Peace in the Present**

Step 11 reminds us that we don't have to figure everything out on our own. Through prayer and meditation, we learn to quiet our minds, seek guidance from our Higher Power, and trust that we will be given what we need for today.
Life doesn't always go the way we expect. Sometimes we find ourselves worrying about tomorrow, trying to control outcomes, or searching for answers we simply don't have.
Step 11 invites us to slow down, listen, and remember that we don't have to carry everything at once.

- **This month's reflection:**

Am I taking time each day to connect with my Higher Power, or am I allowing fear and worry to guide my decisions?

- **A simple practice for November:**

Take five quiet minutes each morning. Ask for guidance, patience, and the willingness to accept whatever the day brings.
One day at a time, we can find peace without needing to know what tomorrow holds.

A question to carry into the month:

How can I make time for quiet reflection and listen for guidance today?

ALCOHOLICS ANONYMOUS

24 Hour Hotline
1-800-727-7710

DISTRICT 62 MEETINGS - KAMLOOPS -

October 2026 Edition

Daily

-7 am; Attitude Adjustment Group
320 Royal Ave (TRRC)
-12 pm; Daily Freedom Group
320 Royal Ave (TRRC)
-12 pm; Miracle Group *Excluding Sundays*
421 St. Paul St (Kamloops United Church Basement)

Monday

-6 pm; Warrior Sisters Group *Women Only*
320 Royal Ave (TRRC)
-6 pm; Westsyde's Hidden Gem
2826 Bank Rd (St. John Vianney Parish)
-6:30 pm; A New Horizons Group
1607 Greenfield Ave (A New Tomorrow)
-7 pm; Rising Sun Group *Men Only*
101 Columbia St (Sage Health Centre)

Tuesday

-8 pm; Bannock Group
320 Royal Ave (TRRC)

Wednesday

-6:30 pm; A New Horizons Group *Hybrid*
1607 Greenfield Ave (A New Tomorrow)
-7 pm; Knutsford Outhouse Group
695 Robson Dr (Hills of Peace Lutheran Church)
-7:30 pm; Dallas Group of AA
1250 Hillside Crt (Below the Beijing Restaurant)
-8 pm; Acceptance Group
320 Royal Ave (TRRC)
-8 pm; Westsyde's Hidden Gem
2826 Bank Rd (St. John Vianney Parish)

Thursday

-7 pm; Saged and Sober *Women Only*
101 Columbia St (Sage Health Centre)
-7:30 pm; Mustard Seed Group
320 Royal Ave (TRRC)
-8 pm; Living Sober Group
1565 Summit Dr (Sahali Fellowship Church)
-8 pm; A New Horizons Group *Young People's*
1607 Greenfield Ave (A New Tomorrow)

Friday

-6 pm; Warrior Sisters Group *Women Only*
320 Royal Ave (TRRC)
-7 pm; Grassroots Group
1975 Summit Dr (Summit Drive Church)
Al-Anon welcome last Friday of the month
-8 pm; Hospital Meeting
311 Columbia St (Royal Inland Hospital, Conference Room #1, First Floor)

Saturday

-10 am; Day One Society Meeting
922 3rd Ave
-4 pm; North Shore Group
320 Royal Ave (TRRC)
-6:30 pm; A New Horizons *Candlelight*
1607 Greenfield Ave (A New Tomorrow)
-8 pm; The Origins Group
101 Columbia St (Sage Health Centre)

Sunday

-10 am; Sunday Morning Serenity Group
320 Royal Ave (TRRC)
-7 pm; River Street Group
2288 Park Dr (Valleyview Community Hall)
-7:30 pm; Candlelight Group
320 Royal Ave (TRRC)

Download the Meeting Guide App!

For meeting schedule updates, accessibility, meeting type, and additional information on meetings in District 62 visit: www.District62aa.org

ALCOHOLICS ANONYMOUS

24 Hour Hotline
1-800-727-7710

Scan to link to our website!

DISTRICT 62 MEETINGS

KAMLOOPS SURROUNDING AREAS

October 2026 Edition

Barriére
Monday 7:30pm; Barriére 12X12
4818 Annesty Rd

Clearwater
Tuesday 7 pm; Sunshine Group
72 Tarin Dr (Elk's Lodge)
Wednesday 10 am; Wednesday's Morning Glory Meeting
72 Tarin Dr (Elk's Lodge)
Friday 7 pm; Walk the Line
Vavenby Christian Church

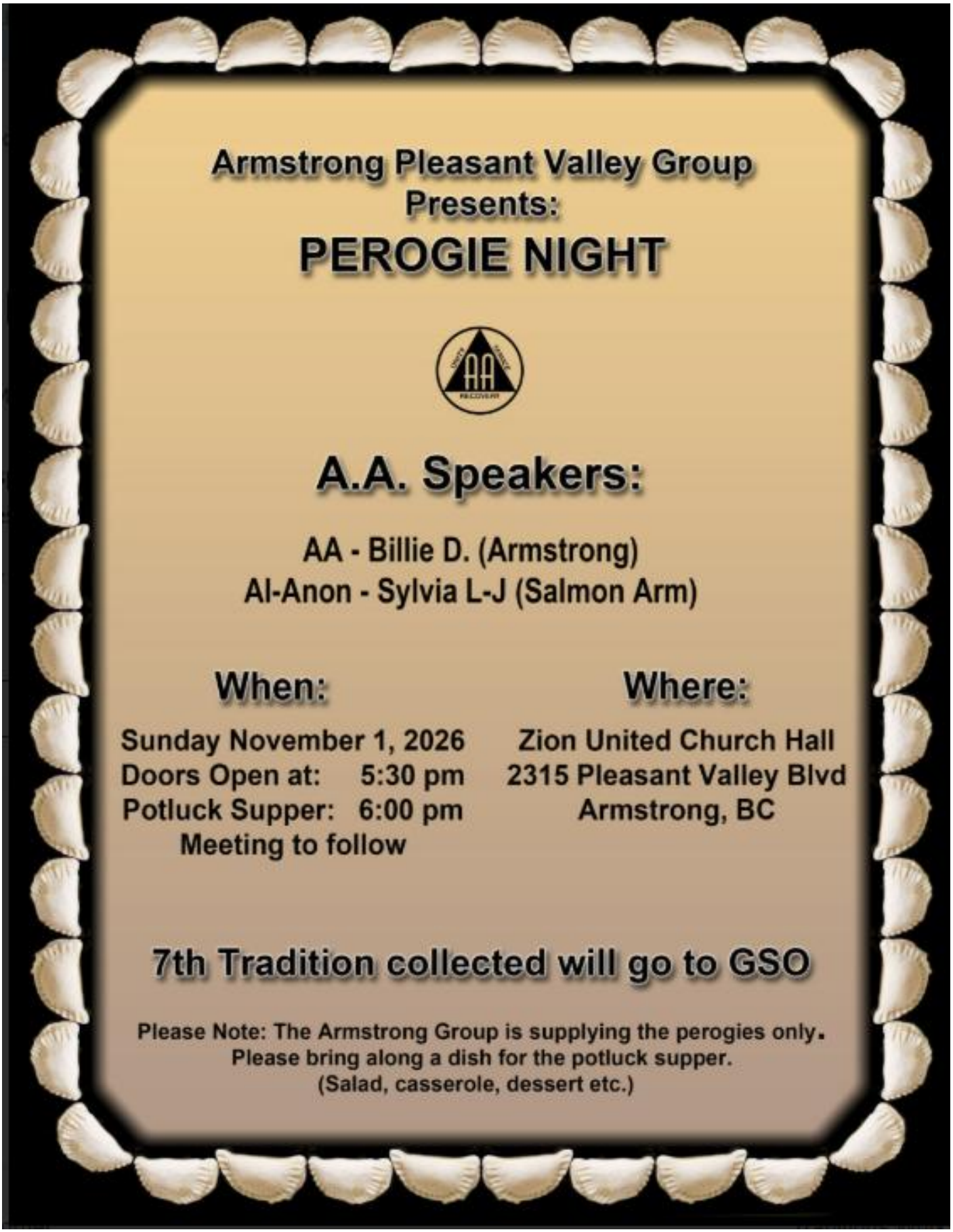
Chase
- Tuesday 7 pm; 3 W's Group
701 Chief Neskonlith Dr (Neskonlith Hall)
- Wednesday 8 pm; Candlelight Group
295 Shuswap Ave (Free Evangelical Church)
- Thursday 8 pm; Adams Lake Unity AA Group
6453 Hillcrest Rd (Adams Lake Reserve)

Logan Lake
Friday 7:30 pm; You Are Not Alone Group
108 Chartrand Ave
(Logan Lake Fire Hall)

Merritt
All meetings located at 1899 Quilchena Ave
(Trinity United Church)
- Monday 12 pm; Big Book Study Group
- Wednesday 7 pm; 12 x 12 Study Group
- Friday 7 pm; Surrender Group
- Saturday 7 pm; Merritt AA Group

Sun Peaks
Friday 7:30 pm; Sun Peaks Survivors Group
3105 Creekside Way
(Sun Peaks Secondary Academy)

Contact List


Armstrong Pleasant Valley Group
Presents:
PEROGIE NIGHT
A.A. Speakers:
AA - Billie D. (Armstrong)
Al-Anon - Sylvia L-J (Salmon Arm)
When:
Sunday November 1, 2026
Doors Open at: 5:30 pm
Potluck Supper: 6:00 pm
Meeting to follow
Where:
Zion United Church Hall
2315 Pleasant Valley Blvd
Armstrong, BC
7th Tradition collected will go to GSO
Please Note: The Armstrong Group is supplying the perogies only.
Please bring along a dish for the potluck supper.
(Salad, casserole, dessert etc.)


36th Annual
VANCOUVER ROUNDUP
From Bridge To Shore.
TICKETS: $50
NOVEMBER 13-15, 2026
HYATT REGENCY VANCOUVER
655 BURRARD ST. VANCOUVER BC, V6C2R7
SPEAKERS
PAULA P (CHAMPAIGN, IL)
NATE Y (POCATELLO, ID)
MATT G (VANCOUVER, WA)
RIKKI M (STUDIO CITY, CALIFORNIA)
EVENING ENTERTAINMENT & FELLOWSHIP LOUNGE
AA WITH AL-ANON PARTICIPATION
www.vanroundup.com

SOUTH CENTRAL MINI-ASSEMBLY

HOSTED BY DISCTRICT 71

Workshop Hosted By BC Yukon Alternate Chair Joanne

"Principles before Personalities: How to apply spiritual principles in real life situations"

Saturday November 14th, 2026

First Baptist Church Kelowna
1309 Bernard Avenue

Doors open at 8:30am
Mini Assembly Business and Elections
9:00am-12:00pm
Workshop
1:00pm-3:00pm
Lunch $10

EMILY
DCM District 71
Cell
250-300-3686

emilycinservice@gmail.com

District 47
presents a workshop on
Service Positions in our District

Guest Presenter
Michelle B.
Area 79 CPC Chair
Kelowna, BC

DATE: Saturday, November 14, 2026

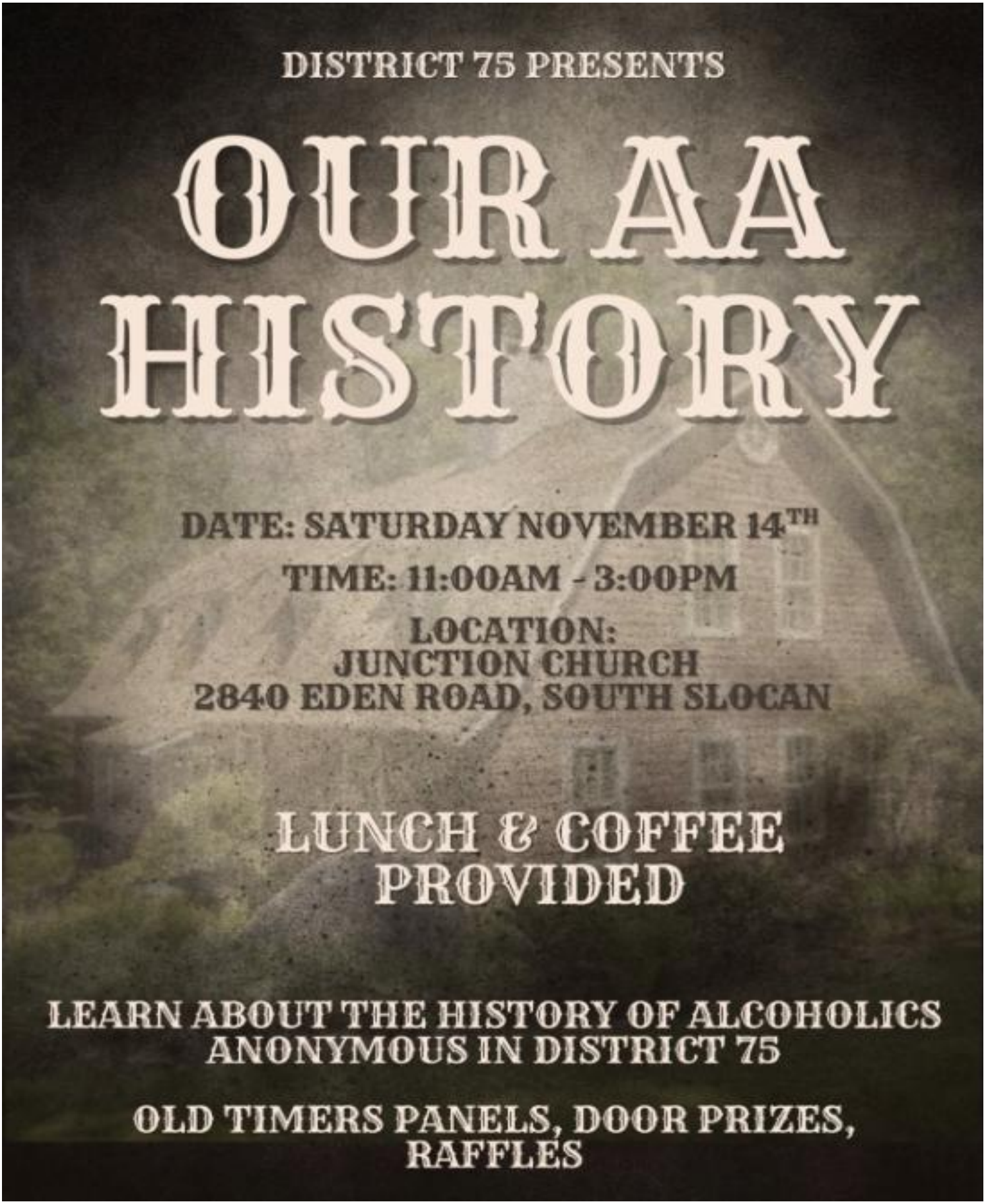
TIME: 10:30 AM to 3:00 PM

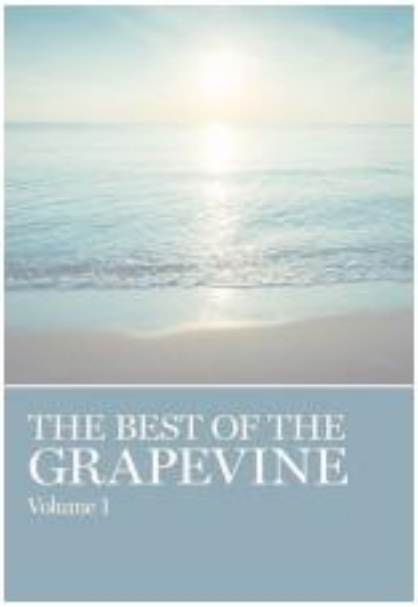
LOCATION: PR Rec Complex - Lower Level - Rehearsal Room

FOR MORE INFO PLEASE CONTACT: praaworkshop@gmail.com

NO KITCHEN FACILITIES
Bring your own lunch

Coffee, Tea, Water & LITE SNACKS Provided


DISTRICT 75 PRESENTS
OUR AA HISTORY
DATE: SATURDAY NOVEMBER 14TH
TIME: 11:00AM - 3:00PM
LOCATION:
JUNCTION CHURCH
2840 EDEN ROAD, SOUTH SLOCAN
LUNCH & COFFEE PROVIDED
LEARN ABOUT THE HISTORY OF ALCOHOLICS ANONYMOUS IN DISTRICT 75
OLD TIMERS PANELS, DOOR PRIZES, RAFFLES



Gabbin' About The AAGRAPEVINE

Join Your Area 79 Grapevine Committee at 11:00am

SEPT 20th

OCT 18th

NOV 15th

Meeting ID 831 0773 4645

Passcode 526279

Literature Corner

Hosted by your BC/Yukon, Area 79 Literature Committee

7:00 pm

August 20–"AA's Hidden Literature: Beyond the Big Book"

September 17–TBA

October 15 –"Our Great Responsibility: How AA Came of Age and Built its Service Structure"

November 19 – "Literature from Our History"

Join us online:

Meeting ID: 879 8807 7565

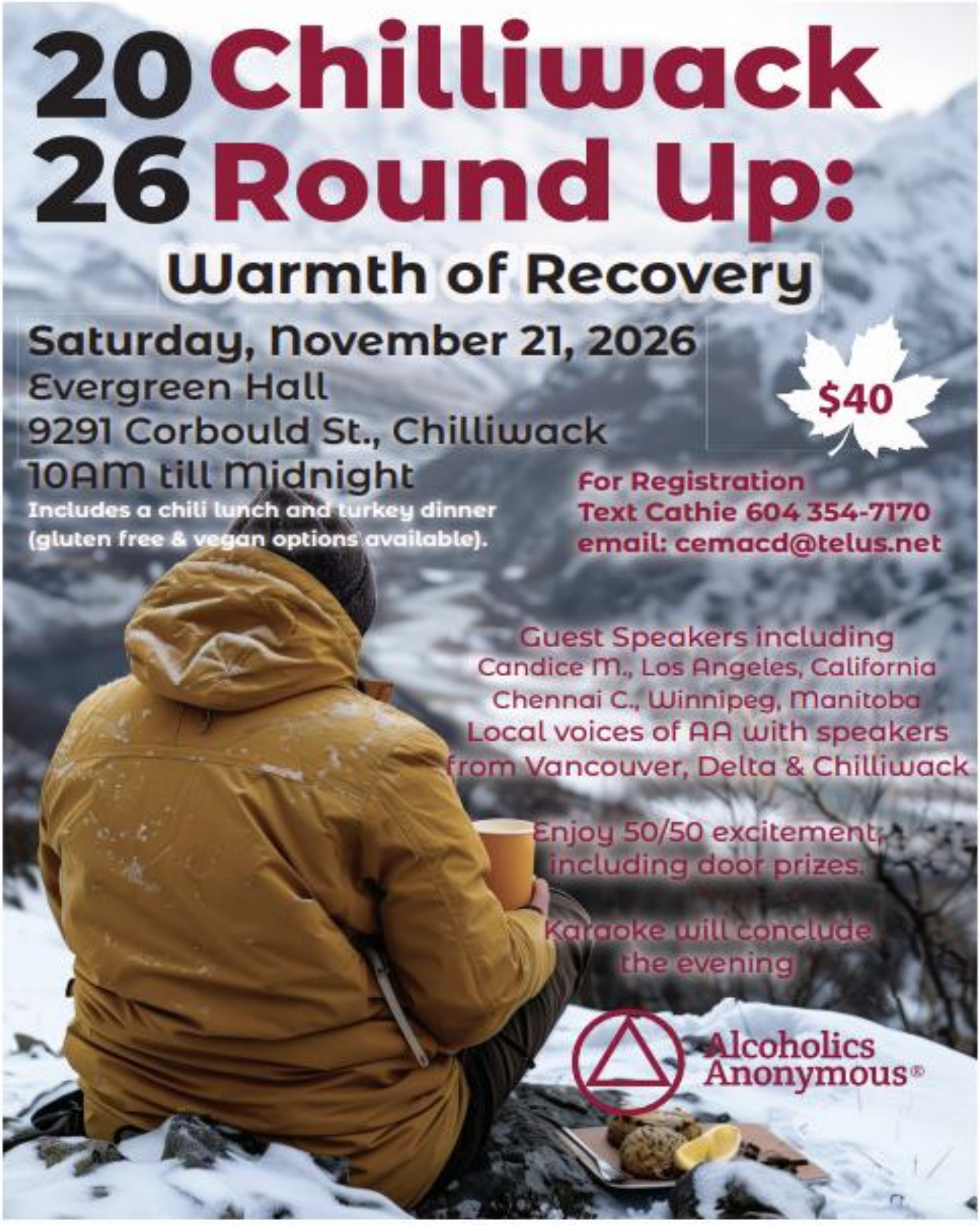
Passcode: Literature

All A.A. members are welcome

At every Literature Corner

Sharing from District Literature Committee Chairs

What's new in Literature and did you know...?


20 Chilliwack
26 Round Up:
Warmth of Recovery
Saturday, November 21, 2026
Evergreen Hall
9291 Corbould St., Chilliwack
10AM till Midnight
Includes a chili lunch and turkey dinner
(gluten free & vegan options available).
$40
For Registration
Text Cathie 604 354-7170
email: cemacd@telus.net
Guest Speakers including
Candice M., Los Angeles, California
Chennai C., Winnipeg, Manitoba
Local voices of AA with speakers
from Vancouver, Delta & Chilliwack
Enjoy 50/50 excitement,
including door prizes.
Karaoke will conclude
the evening
Alcoholics Anonymous®

ALCOHOLICS ANONYMOUS
TREATMENT & ACCESSIBILITIES
PANEL SPEAKING WORKSHOP

SATURDAY, NOVEMBER 28
1:30 PM – 4:30 PM
ALANO CLUB • 20473 DOUGLAS CRES, LANGLEY

LEARN • SHARE • CARRY THE MESSAGE

A workshop for A.A. members interested in speaking on panels at treatment centers and helping carry the message of Alcoholics Anonymous to people seeking recovery.

WHAT WE'LL COVER

1. What to expect when speaking on a treatment-center panel
2. Sharing experience, strength and hope effectively
3. Keeping the focus on recovery and A.A.'s primary purpose
4. Questions, discussion and sharing of experience

COME SHARE YOUR EXPERIENCE, STRENGTH & HOPE

"Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

CONTACT INFORMATION

Email:
Access@district43aa.org

PIZZA LUNCH PROVIDED
POTLUCK DESSERT •
BRING A DESSERT TO SHARE

CORRECTIONS CORNER

New Format!

"JAILS, INSTITUTUIONS 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 Committeee



Monthly speaker announced in Distrct 43 newsletter

For more information contact corrections@district43aa.org