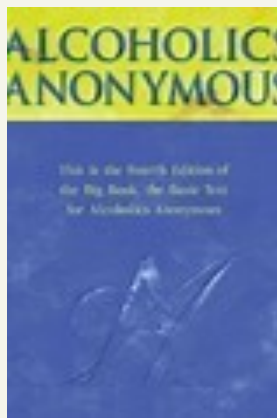


Abbotsford AA District 39

Newsletter

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Alex P. Part 2 The toughest fight of his life

As a young man Alex fought many battles in the boxing ring but nothing like the battle he had when after 19 years in the fellowship he drank again. Three things happened that set up him up to return to the abyss of active alcoholism. First, his sponsor died and he didn't get another, second when he moved from Campbell River to Vancouver he didn't join a home group and third, he drifted away and stopped going to meetings. It took Aex 4 years to get back into the fellowship and sober up. He was coaxed into being the door greeter so he wasn't able to isolate, he moved to setting up the meeting and making coffee for a group of over 100 attendees. After the meeting he would have up to 30 members come to his home till the wee hours of the morning. His wife, Evelyn, who was so happy to witness Alex's recovery she would stay up making coffee and listen to the stories. Very much like Anne Wilson, the wife of our Co-founder Doctor Bob. He moved to Merritt and got involved in service above the meeting level



Actual Gloves used by Alex in a match

as that districts an int-group representative. Then back in North Vancouver he went from Alternate General Service Representative and then General Service Rep of his group. Then he became the District Committee Member D.C.M. for the North Vancouver district.

He also ended up chairing the North Shore Roundup which is now one of the largest Alcoholics Anonymous Rally's in Western Canada.

In Area 79 B.C. Yukon he volunteered as the Grass Roots Chair and then onto the treasurers position. He moved onto the Alternate delegate position in 93 to 94 and then the Area Delegate in 95 to 96. He was sent to the San Diego International Convention also chairing the B.C. Yukon Convention in 1997. He worked in so many round

ups and workshops gratitude constant continuously to many to list.

Then his travel in service intensified in 1999 after becoming Trustee at large Canada which automatically positioned him as the World Service Delegate. He went to New York a minimum of 4 times a year for Quarterly meetings and the General Service Conference once a year. Their mission was to carry the successes of Alcoholics Anonymous to the world.

Alex as our World Service Delegate attended Redela Zonal meetings (The meetings of the Americas) in El Salvador and Columbia. He also went to the countries of Panama, Peru and Brazil and has great stories to tell of those adventures. He went to Spain, Portugal and Lithuania which struck him so much because he said he was impressed how in a few short years A.A. grew from a very few members to over 100 groups). He also travelled to England, Japan, Hong Kong and Thailand.

Continued on Page 4

District Representatives

DCM Report – Mike J
Alternate DCM Attila F
Secretary– Danielle H
Treasurer- Jane
Literature –Brendon D
Meeting Lists –Brendan W
Events Chair– vacant
Archives –Duncan T
Grapevine–Lonnie
Telephone Chair– Marie
Treatment Chair– Rob A
CPC/PI Chair– Ranjit
Corrections Chair– Lex M
Newsletter Chair– Jim R
Web Master/Tech Support – Mike



February 15th DCM Report – Mike J.

Hello everyone,

Since our last meeting I have attended the budget meeting, attended the Alano meeting on February 9, in the spirit of cooperation but not affiliation, spoke with a couple chairs and helped where I could. I also took a 12 step call and spoke with a couple DCMs about travel plans for Smithers in July. I will also be attending the CPC/PI meeting on February 24 at 530 pm at the Alano club. At this meeting I will be training members to give school presentations and sharing a bit of my experience on going into schools. It is open to anyone to attend and encourage those wanting to be a part of carrying the message to the young ones to come out. Contact our CPC/PI Chair Ranjit at cpc@abbotsfordaa.org at for more information.. The budget meeting was attended by 8 members and I would like to thank those who attended and let them know that it was appreciated. The report for this meeting will be given by the treasurer*. Contributions to district are down by a considerable amount compared to previous years. Our budget will reflect these matters and some measures in regard to that will have to be addressed. This will be brought up in new business. The Alano club matters will be in the secretary report.

The agenda for the upcoming *quarterly in Vernon* on April 3/4 is out and I will get it forwarded along with the minutes after the district meeting. I hope we will have some members join me and I look forward to seeing you guys there.

Added note: Smither's is a considerable cost which is why I am speaking with other DCMs regarding travel for this trip. Given all of the cost estimates it is looking best and most cost effective to fly.

Any questions or comments please feel free to contact myself Michael J. at 778 246 3487 or at dcm@abbotsfordaa.org

- Editor's notes Since this report the Quarterly in Vernon has been cancelled due to the Corona Virus concerns.
- For treasurer report contact treasurer@abbotsfordaa.org

UPCOMING CAKES

Because of the **Corona Virus situation** gatherings and meetings have been testy at best. Please check out the meeting list off the website at www.abbotsfordaa.org and call the groups GSRs for meeting verification. If the information isn't correct please email the following chairs and let them know. Thanks.

meetinglist@abbotsfordaa.org and/or the webmaster@abbotsfordaa.org
 Congratulate the following members for their inspiration on their upcoming celebration.

Attitude Adjustment 6:40am at the Alano Club Bill F. Fulk April 4th 20 years.

Monday Night Beginners 8pm Gladwin United Church 3474 Gladwin Rd
Lex M. 2 years on the 13 April and Jackie S. 2 years on the 20th April

Abbotsford Correction and Treatment Center Meetings

M – Men Only W – Women Only WA – Wheel Chair Accessible



The Man on the Bed
Bill Dotson meeting with Bill and Bob

CORRECTIONS INSTITUTIONS

CSC Clearance required (WA)

Fraser Valley Women's Institution

Matsqui Men's Institution

Pacific Men's Institution

All located at 33344 King Rd

For information contact

corrections@abbotsfordaa.org

Or corrections@bcyukonaa.org

MONDAY

6:00 pm D Unit – Pathfinders Pacific Inst.

7:30 pm R.R.A.C.C. – Pacific Inst.

33344 King Rd

TUESDAY

6:30 pm Matsqui Inst. 33344 King Rd

7:00 pm Fraser Valley Inst (Medium)

33344 King Rd

8:00 pm Fraser Valley Inst (Minimum)

33344 King Rd

WEDNESDAY

7:30 pm Peardonville Treatment Center (WA)

825 Peardonville Rd (O)

THURSDAY

10:30 am Kinghaven Treatment Center (WA)

31250 King Rd (O) Men Only

FRIDAY

1:00 pm Peardonville Treatment Center (WA)

825 Peardonville Rd (O) Women Only

7:00 pm Pacific Inst. Chapel

33344 King Rd

8:00 pm Pacific Inst.

33344 King Rd

7:30 pm Life Recovery (WA)

2693 Braeside St (O) Women Only

SATURDAY

10:30 am Kinghaven Treatment Center (WA)

31250 King Rd (O) Men Only

8:00pm Kinghaven Treatment Center (WA)

31250 King Rd n (O)

SUNDAY

12:30 pm Kinghaven Treatment Center (WA)

31250 King Rd (O)

Valley Noon Group Step Meeting

*******Important Update*******

Upper Fraser Valley A.A. Corrections Round Up Postponed

Because of the Corona Virus Concerns this event

which was scheduled for Saturday March 21st

is being rescheduled due to the Corona Virus concerns.

For more information contact Clifford T. 604-796-9360

A.A. in correctional facilities

There are approximately 1,487 A.A. groups meeting in correctional facilities throughout Canada and the United States. Each has a local arrangement between the administrators of the prison and nearby A.A. groups.

A frequent question is why inmates have any need of A.A. while they are incarcerated. The answer is that the A.A. program is far more than staying away from alcohol. A.A. has been called a way of life, and its success for groups that meet while in custody shows that this program can help the alcoholic inmate live a sober and contented life, both while in custody and after release.

Many inmates were sentenced for crimes in which alcohol abuse was an important factor. This percentage appears to be somewhat higher among inmates in facilities for young offenders.

Corrections professionals often find many benefits for those inmates who attend A.A. meetings, and feel that an inmate's chance of making it on the outside is improved by participation in the A.A. program

Abbotsford AA District 39

24 Hour Phone Line (604) 615 – 2911 General Inquiries: info@abbotsfordaa.org
Mailing Address: Alcoholics Anonymous District 39 Unit 4-32465 South Fraser Way Suite 125 ABBOTSFORD, BC V2T 0C7

District 39 Email contacts for Chairs and Support

Support for Men: supportformen@abbotsfordaa.org Support for Women: supportforwomen@abbotsfordaa.org

DCM District Committee Member dcm@abbotsfordaa.org Alternate DCM altdcm@abbotsfordaa.org

Newsletter newsletter@abbotsfordaa.org Meeting Lists meetinglists@abbotsfordaa.org

Archives archives@abbotsfordaa.org Telephone/AA Hotline telephone@abbotsfordaa.org

Cooperation With The Professional Community cpc@abbotsfordaa.org

Public Information pi@abbotsfordaa.org Telephone/AA Hotline telephone@abbotsfordaa.org

Corrections corrections@abbotsfordaa.org Events events@abbotsfordaa.org

Treatment/treatment@abbotsfordaa.org Bridging the Gap bridgingthegap@abbotsfordaa.org

Grapevine grapevine@abbotsfordaa.org Literature literature@abbotsfordaa.org

Technical Support for Chairs techsupport@abbotsfordaa.org Webmaster webmaster@abbotsfordaa.org



Check out the latest edition of the Grapevine A.A.'s Meeting in Print

A blizzard couldn't stop this home group from plugging in the coffee. And one guy's very happy they did.

**The A.A. groups primary purpose is
to help the still suffering alcoholic.**

Alex P. From the Front Page

Q and A for Alex: What bothers you most about A.A.

So many people who come to the fellowship and just sit in a chair, putting nothing in but expecting something out of it. They do not understand that without getting involved in service to each other, the group and above the group level A.A. will die. They don't understand that the structure of general service which includes the GSR, the DCM the members of the Area committee and the G.S.O. in New York is so important to our survival.

If you started up a worldwide business with no organization or no one in authority, no dues or fees and everyone works on a volunteer basis.

Business leaders would say impossible but that is just the way A.A. works. Our fellowship works just the opposite of how every other business structure operates. Alcoholics Anonymous has been successful in helping those suffering alcoholics for over 80 years. Still many people want to modernize the program, rewrite the Big Book along with other changes.

Alex what do you like best about A.A.?

It works if you work it. A.A. saved my life and allowed me to lead a life of value. It works the way it is written. Everyone has and can voice an opinion. The minority voice is very important. We have the opportunity

to disagree without being disagreeable. We can voice our opinion through a motion and vote on it. Our ultimate authority is God through our group conscience.

On a personal note, Alex and his wife Evelyn lost two daughters and a son over the past decade to illness. And through those tragedies Alex says, "Taking a drink was never an option."

Alex now has 42 years of continuous sobriety since he got back into A.A. after his relapse. He and Evelyn still live in Abbotsford hosting many friends in their home and still carrying the message.

Evelyn still makes the coffee.

