



ONE DAY AT A TIME NEWSLETTER

DISTRICT 39 COMMITTEE

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DISTRICT 39 NEWSLETTER RELAUNCH

Hello, we're your new Newsletter Committee and we're all alcoholics. We're happy to be your trusted servants in bringing you news from the District 39 community! We have Brianne M. on design and dreaming up interesting content, Louise T. on gathering all types of content from the community, Liam M. our amazing artist, and Ronel A. our chair.

On the 1st of every month, we will do our best to bring important, interesting, and fun content. Please feel free to contact us at newsletter@abbotsfordaa.org if there is specific news you would like for us to include, or if we have (gasp!) made any mistakes—we look forward to hearing from you!



TRENDING THIS MONTH :

- Greetings
- A Members Story
- Committee List
- Trivia and Fun
- DCM Report
- Literature Corner
- Eighth Tradition
- Share your Story

DCM REPORT

Fraser Valley Rally

51st
Anniversary



My name is Dedar and I am an alcoholic and I am currently serving as the District Committee Member (DCM) for District 39. The District Committee meeting for June was held on June 18 at 6pm as an in-person meeting.

On May 25, 2024 I attended the Mountain A.A. event. The A.A. members there really appreciate outside members who go to institutional A.A. meetings. The feedback I got was, "They found freedom behind bars and are grateful for A.A. meetings behind bars." If you are interested in becoming more involved with institutional visits, please contact corrections@abbotsfordaa.org to find out more.

The June Quarterly took place on June 25 and June 28–30. It was held at Seaquan Secondary School situated at 11584 Lyon Road, Delta. We're grateful to the many members from District 39 who attended!

Speaking of which, District 39 is in the process of bidding to host an Assembly or Quarterly in Abbotsford (D39) in 2025. We are looking at locations for conference room and accommodation, and any help and/or suggestions are appreciated. The proposed Assembly/Quarterly hosting dates are January or April 2025.

The September 2024 Voting & Election Assembly is being held in Victoria, B.C. at the Songhees Wellness Center, 1100 Admirals Road, Victoria, BC V9A 2P6. On September 3 are the Breakout Committee meetings (online only), and on September 6–8 is the continuation of the Assembly in a hybrid format. Not sure what this meeting is all about? There is a Newcomer's Orientation online on Tuesday September 23 at 6pm. You can register here.

That's it for this report. Take care everyone and have a great month.

Dedar B

District 39 DCM
dcm@abbotsfordaa.org

COME AND EXPERIENCE

Guest Speakers Don L from Bellingham and Jason J from Oregon. Panels AI Anon Participation Sobriety Countdown 50/50 Draw Dinner and Ice Cream Social

Pot Luck Dessert
so bring your favourite to share!



September 14th

10:00 am to 9:00 pm

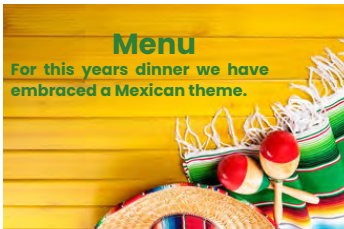
Tickets \$25 Each
For tickets or more information contact

Kris 778-773-2098
Donna 604-533-2977

Located at St. Dunstan's Anglican Church
3025 264 St.
Aldergrove, BC V4W 2W4

Menu

For this years dinner we have embraced a Mexican theme.



IF YOU HAVE ANY SUGGESTIONS PLEASE FEEL FREE TO CONTACT COMMITTEE

NEWSLETTER@
ABBOTSFORDAA.ORG

OR WANT TO PUBLISH SOMETHING IN THE NEXT ISSUE!



THE TWELVE TRADITIONS

Tradition Eight

Alcoholics Anonymous Tradition Eight

Tradition 8 states, "Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."

While A.A.'s Twelfth Step is never to be paid for, special workers can help make our Twelfth Step work possible.

There is no professional class of members in A.A. being paid to carry the message to others. This is something we do for ourselves - and for each other.

As Bill W. makes clear, while A.A. has to hire people where there are legitimate jobs to fulfill, "what is not to be paid for is face-to-face treatment of a drunk."

Tradition Eight Checklist

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Does my own behavior accurately mirror the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward - even if not money - for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? on AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which illustrate the wisdom of this Tradition?
8. Have I read the book *Twelve Steps and Twelve Traditions*? How about the pamphlet "A.A. Tradition - How It Developed"?
9. Can my group rely on me to fulfill my service responsibilities without someone checking on me?



Spiritual Principle

Step Eight : Love

Made a list of all persons we had harmed and became willing to make amends to them all.

Love is the unselfish deep concern for others. In addiction, we hurt others and did things to them we would never wish upon ourselves.

We practice love in step 8 by taking responsibility for the harm we have done others and cultivating the willingness to make it right.

Step 8 Prayer

Higher Power,
I ask Your help in making my list of all those I have harmed.
I will take responsibility for my mistakes, and be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.



Trivia Time

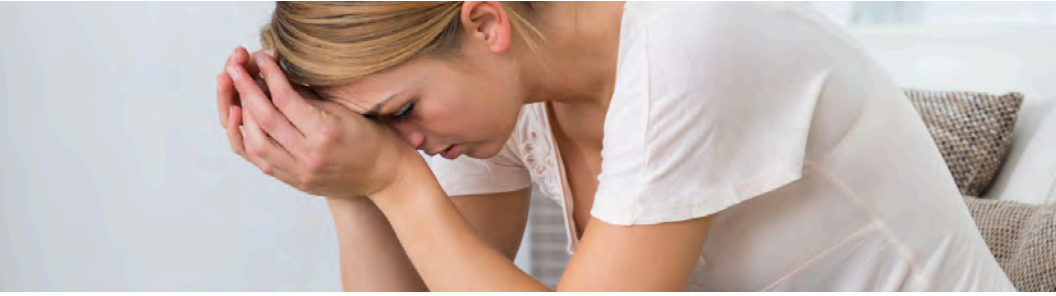
Tradition Eight

1. Alcoholic Anonymous should remain _____, but our service centers may employ special workers.”
2. Non-professional help in AA involves _____ support based on shared experience.
3. By maintaining non- professionalism, Tradition 8 helps support the principle of _____ within AA.
4. Can AA receive payment for their service work according to tradition 8?

5. What does Tradition 8 imply about qualifications needed to help another alcoholic in AA?



STEP EIGHT



A Members Story

I'll speak for myself, but after 15 years of sobriety, I know I am not alone. When I got to Alcoholics Anonymous, I was lost. While I knew I wanted to stay sober and was willing to go to any lengths to hold tight to my newfound life, I was not prepared for the interpersonal dynamics of the rooms. I came in with paradoxical beliefs about people. They are unsafe, and they are necessary. My generation was largely raised on the idea that any human attention is good attention and marriage is the pinnacle of human existence for us. When I arrived at AA, my sense of self worth was non-existent, and I desperately wanted acceptance and belonging. That desire to belong had taken me to so many dark places. That desire to belong led to being sexually assaulted, harassed, and abused by others during my drinking career.

Now I was in the rooms with folks who had drank like me, and I made assumptions that if I'm working a rigorous program then they must be too. I wrongly assumed that sexual assault, harassment, and abuse couldn't happen in AA because – weren't we all trying to be better? I allowed the shininess of people's words to temporarily fill that need to belong until the reality of their actions just confirmed my deepest fear, that I wasn't worthy of love. Alcoholics Anonymous became an unsafe place for me. It took pain, and lots of it, for me to look inward, and examine my own beliefs about who I am and my worthiness to change my course of action. Once I was able to scratch the surface of my worthiness, I sought safety in the rooms. Not only did I seek safety, I became wholly unimpressed by the shiny people with the loudest voices at meetings.



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I stopped mistaking charisma for wisdom, and I stopped using them – and allowing them to use me – as a means of temporary ease and comfort. Through working the steps, I know that my relationship status is the least interesting thing about me. As a single woman, I am whole and lovable and very comfortable in my own skin. There is no need for validation temporary or otherwise. It was up to me to find my home in Alcoholics Anonymous. I started a meeting where people share how to make it through illness, employment, marriage, death, divorce, and parenting without picking up a drink. Where people relate the words in the literature to the actions they were taking in life to see the AA promises come to fruition. At this meeting women surround other women and lift them up, learning to love and honour themselves before they know how to do it for themselves. At this meeting the men also stand up, they make sure they're part of creating a safe environment for not only the women, but for all newcomers. Our primary purpose is to stay sober, to help other alcoholics achieve sobriety. I am so grateful for the circle of sober men and women in my homegroup who are committed to this purpose and committed to creating an environment that allows me to keep safely trudging this road.



FREE WORKSHOP | SEPTEMBER 19 |

ABBOTSFORD ALANO CLUB

| 2584 CYRIL STREET 7-9 PM

**SHARE YOUR STORY
SAVE LIVES**

**“No matter how far down the scale we have gone,
we will see how our experience can benefit others”**

Build confidence in sharing your story

**HOSTED BY DISTRICT 39 TREATMENT COMMITTEE
MORE INFO: TREATMENT@ABBOTSFORDAA.ORG**

RECOVERY

WORD SEARCH



difficulty in sleeping
relapse prevention
self confidence
Institution
alcoholic
careless
crave

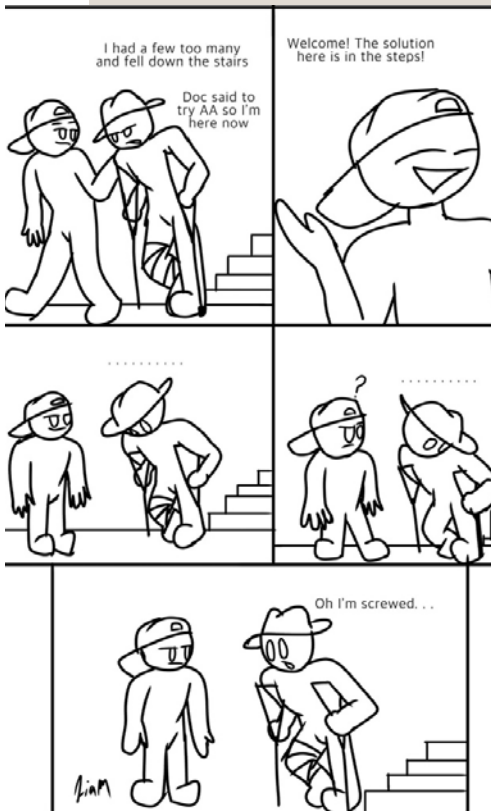
Financial difficulties
Lose time from work
Lower companions
drink alone
reputation
craving
family

Inferior
environment
unhappy home life
jeopardizing
efficiency
ambition
remorse

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First Nations, Inuit and Métis Recovery Our Stories



In 2022, a motion received overwhelming support at a Voting Assembly: "To create a pamphlet, book, and/or recordings featuring personal recovery narratives from Alcoholics Anonymous members within Indigenous, First Nations, Inuit, and Métis communities across the BC/Yukon Area." Subsequently, the Area Service Committee (ASC) established an ad hoc committee in April 2023 to initiate the project. This pioneering local literature, a first of its kind, was unveiled and made available for purchase at the June 2024 Quarterly in Surrey. The primary aim of this initiative is to offer recovery stories from First Nations, Inuit, and Métis members to Indigenous Peoples who are still seeking a path to sobriety. We trust that these personal accounts within this collection will resonate with you and convey a message of hope. Remember, members of Alcoholics Anonymous are here to support your recovery journey. We urge you to reach out—know that you are never alone.