



# ONE DAY AT A TIME NEWSLETTER

## DISTRICT 39 COMMITTEE

AA Support for Men

[supportformen@abbotsfordaa.org](mailto:supportformen@abbotsfordaa.org)

AA Support for Women

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DCM District Committee Member

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Bridging the Gap

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Meeting Lists

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## TRENDING

### THIS MONTH :

- DCM Report
- Committee List
- Up Coming Events
- Ninth Tradition
- Your Story
- Crossword
- Cartoon
- Literature Corner

## DCM REPORT

Hello District 39;

On September 6-8th 2024 the Voting Assembly in Victoria is taking place. Please contact [dcm@abbotsfordaa.org](mailto:dcm@abbotsfordaa.org) if you would like to attend and share accommodation.

The A.A. International Convention, Vancouver, BC requires 5000+ volunteers. For information, please visit [aa.org](http://aa.org) for frequently asked questions. Registration opens September 10, 2024 and is \$160 (USD) per person; and then a few months prior to the convention the price rises to \$180 (USD). Virtual sessions will be available (fee not yet listed). Matt has been accepted for a Chair position and is looking for a couple of other District members to help out. Dedar will help and Corey may be voluntold.

Received great feedback regarding the Group Inventory workshop held on July 27, 2024. Well done everyone!

In November 2024 we anticipate that we (D39) will have a District Inventory workshop. This will help us identify how to improve what we do and pass on our experiences/strength/hope.

### Treasurer's Report

Contributions have slowed down in the past few months. District needs contributions coming in to meet the budget set for the year; district still has 1 more payment of fixed expenses to pay this year and need to have the same amount ready in the bank to pay at the start of 2025 so the district can start the year out in the black. Treasurer position will be open for filling for the upcoming fiscal year Jan 2025 – Dec 2026. Please contact [treasurer@abbotsfordaa.org](mailto:treasurer@abbotsfordaa.org) for more information. Thank you and keep up the good work everyone!

Yours in Service,  
Dedar B.

District 39 DCM  
[dcm@abbotsfordaa.org](mailto:dcm@abbotsfordaa.org)

**MAKE PLANS TO ATTEND THE 2025 A.A. INTERNATIONAL  
CONVENTION SCHEDULED IN VANCOUVER**

*Registration Opens September  
10, 2024*

**Save  
the  
Date!**

AA.org/International-Convention

**2025 A.A. International Convention**

**July 3-6, 2025**



Scan here!



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

**ZOOM INTO AA  
CORRECTIONS SERVICE**

Join our Zoom meeting 6:00 to

7:00pm Sept.11/24

Meeting #285 909 9992

ID# 427 248

**CORRECTIONS CONNECTIONS  
COMMITTEE**

604-317-5910 (Myrna) for more  
information

**IF YOU HAVE ANY SUGGESTIONS  
PLEASE FEEL FREE TO CONTACT  
COMMITTEE**



**NEWSLETTER**

**@  
ABBOTSFORD  
AA.ORG  
OR WANT TO  
PUBLISH  
SOMETHING  
IN THE NEXT  
ISSUE!**

# THE TWELVE TRADITIONS

## Alcoholics Anonymous *Tradition Nine*

**“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”**

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

The idea of Spirit of Service and Organization and Service aren't mutually exclusive.

## *Tradition Nine*

### Tradition Nine Checklist

AA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need constitution and bylaws?
7. Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
8. What has rotation to do with anonymity? With humility?



## Spiritual Principle Step Nine : Discipline

The word "discipline" comes from the Latin word "disciple", which means student...one who follows a given set of teachings, learning, or training. This couldn't be more appropriate, because following a twelve-step program of recovery is a learning process aimed at attaining a set of skills that are necessary to achieve the desired goal of sobriety.

Discipline by choice is mindfulness before you make a decision that could negatively impact you. It's an opportunity to create a structure to your day so you don't fall into those bad patterns of behavior. When you're disciplined all of the actions that you're taking are manifesting a better outcome and improving your quality of life. We are in control of our lives and we can choose if it's going to be "one day" or day one.

The principle of discipline offers an opportunity for us to better ourselves; it's not necessarily the things that you want to do, but the things that you need to do. Discipline by choice is creating or developing healthy habits to enable success in your life. To me, discipline starts with a routine

## Step 9 Prayer

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends.



## Trivia Time Tradition Nine

1. The Twelve Traditions were first published in \_\_\_\_\_, and the Ninth Tradition was included in that original publication.
2. The primary purpose of the Ninth Tradition is to ensure that AA remains a non-professional, self-supporting fellowship, avoiding any outside \_\_\_\_\_ or \_\_\_\_\_.
3. The Ninth Tradition suggests that AA should not engage in \_\_\_\_\_ or \_\_\_\_\_ to promote its message.
4. In accordance with the Ninth Tradition, AA does not seek \_\_\_\_\_ from outside entities and remains focused on its primary purpose of helping those with alcoholism.

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5. According to the Ninth Tradition, the focus of any service boards or committees should be on serving the \_\_\_\_\_ rather than seeking \_\_\_\_\_ or professional recognition.
6. True or False: The Ninth Tradition of Alcoholics Anonymous allows the fellowship to create professional positions to manage its services.
7. True or False: The Ninth Tradition of Alcoholics Anonymous supports the creation of service boards and committees that are accountable directly to the fellowship they serve.



## THROUGH SHARING YOUR STORY:

### What does the Treatment Committee do?

- The Abbotsford AA Treatment Committee exists to carry the message to those suffering in Abbotsford treatment facilities. We currently do this by organizing panels of people to share their stories in our local treatment facilities on a monthly basis; and by encouraging AA members to attend open treatment facility meetings.
- We believe that AA is for everyone suffering from addiction. The Big Book is where the solution is for alcoholics and addicts.
- We want to help bridge the gap between our local treatment facilities and Abbotsford AA. Panel members can share the importance of sponsorship, a homegroup, and their experience since joining AA.

### Why do you feel that the work you do is important?

- Many people can feel lost after they finish treatment. We want to help treatment clients connect with our local AA members before they complete their programs to start building relationships with people who can offer support, share experiences, and provide accountability. Very few people make it alone in sobriety, so connection is vital.

### What does "sharing your story" mean to the newcomer?

- Sharing your story is a powerful way to support newcomers, provide them with hope and practical advice, and help them feel connected to a community that understands and supports their journey toward sobriety.
- Sharing our stories can show treatment clients that sobriety is achievable and AMAZING! It also shows them that they are not suffering alone in their feelings—we get it; we felt it too, and here's what worked for us. We learn in AA that we are all connected by the common feelings we experience in our active addictions and at our rock bottoms. "The feeling of having shared in a common peril is one element in the powerful cement which binds us." Page 17, The Big Book of Alcoholics Anonymous.
- Hearing stories of others who have successfully navigated the challenges of addiction can be incredibly inspiring. It shows newcomers that recovery is possible and that others have faced similar struggles but found a way to overcome them. This can instill hope and motivation for those just starting their journey.
- When you share your story, you provide a real-life example of how the AA program has worked for you. This can help newcomers understand the practical benefits of the program and how the steps, principles, and fellowship have contributed to your own recovery.



FREE WORKSHOP | SEPTEMBER 19 | 7-9 PM  
ABBOTSFORD ALANO CLUB | 2584 CYRIL STREET

## 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](mailto:TREATMENT@ABBOTSFORDAA.ORG)

# ONE DAY AT A TIME DISTRICT 39 NEWSLETTER

## *Explain what the workshop is going to entail.*

- *The Langley Treatment Chair will facilitate the workshop. The Langley Treatment team has fine-tuned this workshop over the past couple of years and has been asked to give this workshop in other districts and other events. A couple of us (Abbotsford Treatment Committee members) attended one of them, and we not only learned a lot, but we also had a lot of fun and met some new AA members!*
- *We will look at things that people connect with and ways to integrate those things into our shares.*
- *We will review the Greater Vancouver Intergroup Society's Guidelines for sharing stories at Treatment Facilities. Note: we encourage all AA members to attend the workshop, even if they don't want to share at Treatment Facilities. There is no volunteer commitment required.*

## *Who would benefit from attending this workshop, and why?*

- *All AA members would benefit from attending this workshop because it will help them gain confidence in sharing at meetings.*



## **DISTRICT 39 TREATMENT AND ACCESSIBILITIES CHAIR**

*Terri-Lynn G.*

We are approaching the A.A. Voting month, anticipating rotation for positions within both the Area 79 and District levels. At our local level, we encourage Abbotsford membership to consider service positions within our District 39, such as District Committee Member (DCM), District General Service Representatives (GSRs) and District Committee Chairs (DCCs). Contact [dcm@abbotsfordaa.org](mailto:dcm@abbotsfordaa.org) for more info!

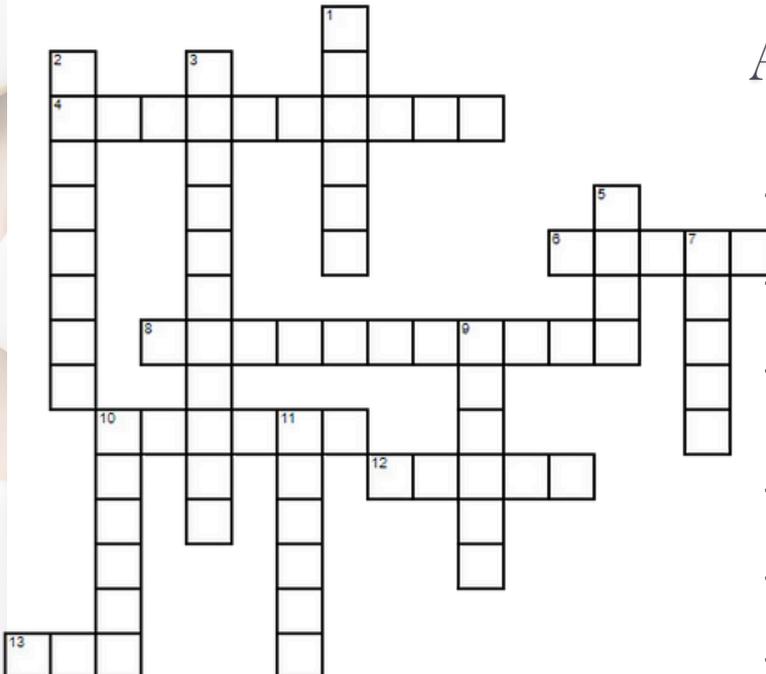
IF YOU NEED HELP OR WOULD LIKE TO TALK TO  
SOMEONE ABOUT YOUR DRINKING, CALL US.

24-HOUR HELP LINE

604-615-2911

# STEP NINE CROSSWORD

## ACROSS



4. Feeling bad

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6. Not left but

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8. Take ownership

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10. We can make living \_\_\_\_\_

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12. Liability

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12. Higher Power

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## DOWN

1. Total Steps

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2. Assurances

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3. Ask for \_\_\_\_\_

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5. This month's step

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7. Injures

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9. Harm

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10. Astounded

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11. Made \_\_\_\_\_amends

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# Literature Corner

## The Role of the District Literature Chair

The DCCs support the General Service Structure in our respective Districts and are considered “the boots on the ground”. Every position carries with it an opportunity to carry the message to the still suffering alcoholic. As Literature Chairs, our motto is “Let Literature Carry the Message, Too”. Abbotsford has no Intergroup and therefore having a DCC for Literature is particularly important to help meet the literature needs of the district. What’s involved?

- Preferably two or more years of sobriety, a personal credit card and bank account for transactions, and an Excel sheet of inventory items and prices.
- Maintain a stock of suggested literature, number pamphlets for easy access, and keep an inventory of what is on hand, purchases, etc. Utilize the Area 79 Literature Tool for information on all available literature (books, pamphlets, etc.)
- Order literature to support local service workshop topics (e.g. service, sponsorship)
- Review literature updates in Area79’s Grassroots newsletter and New York’s Box 4-5-9 Newsletter.

Some Literature updates:

- P-48 Alcoholics Anonymous 2022 Membership Survey now available.
- P-4 Young People in A.A. pamphlet is completely revised and redesigned.
- First Nations, Métis, and Inuit story Project, new Area 79 booklet, is now published and available via Vancouver and Langley Intergroup offices, or Area79 Voting Assembly the week of September 3 – 10.

Coming this Fall:

- “Black in A.A.” as Pamphlet 51, completely rewritten
- Literature Workbook, a brand new publication
- Plain Language Big Book, a literature tool and companion to the Big Book, Fourth Edition.

Thank you for the privilege and honor of being your Literature Chair for the past two years,  
Marion T.

**For more information on the upcoming  
Literature Chair Position please contact  
Marion at [literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org)**