



# ONE DAY AT A TIME NEWSLETTER

## DISTRICT 39 COMMITTEE

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## DCM REPORT

Hello D39 members,  
I am Dedar, member of Alcoholics Anonymous, and currently serving our District 39 as a DCM (District Committee Member). Foremost, I would like to extend my appreciation and gratitude to our D39 Newsletter team for the fantastic work they have done in creating our newsletter. The September newsletter was well organized, informative, clear and concise (easy to follow, read, informative); it captured the spirit of A.A. Thank you.

Now to my report, I attended the September 2024 Voting Assembly in Victoria BC; and partook in the election for our Area 79/Panel 75. The newly elected ASC's for Panel 75 (FY 2025-2027) are as follows:

Delegate: Drew W. Alt. Delegate: Monica Chair: Paul T. Alt. Chair: Shannon H. Treasurer: Spencer P. Secretary: Wendy S. Registrar: Dawnn S. While motions were presented, discussed and voted on; it became evident that these Motions were lacking the spirit of A.A. (or an informed Group Conscience in the true sense). This experience has taught me to be more diligent, within our district, in discussing A.A. business and bring forth our D39's informed consciousness. Careful consideration of our Three Legacies Recovery, Unity, and Service will guide our consciousness,

and help strive for Unity through enlightenment, spirituality, and adherence to our Steps/Traditions/Concepts. Of importance, our District 39 will be hosting our District elections in November (in person). If you, or someone you know, is interested in serving at the District level, please contact me or your District committee.

Our D39 upcoming A.A. business activities requiring your attention are as follows:

- ☑ October 22 nd - accepting nominations/volunteers to fill service positions;
- ☑ November 19 th - D39 elections (service positions for 2025-2026);
- ☑ December 17 th - 2025 D39 Budget discussion and vote for approval, as well as update signing authorities; and
- ☑ December ?? - New Years event (D39 Events Committee).

It is suggested that our members partake in D39 in the upcoming discussions, events, service positions and voting to help strengthen our A.A. Unity, Service and Recovery.

Every A.A. member voice counts, whether you are present as a GSR or present as an A.A. Member. It is through participation we reach true collective consciousness that will guide us in our service, recovery and unity. I look forward to seeing/meeting as many of you are able to attend and partake in this journey in service – and carrying the A.A. message.

## TRENDING THIS MONTH:

DCM Report  
Committee List  
Up Coming Events  
Tenth Tradition

Story  
Treatment Committee  
Cartoon/Word Search  
Literature Corner

## 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!



**Advanced Rates**  
(ends April 15, 2025)  
**\$160 USD per person**  
Price Increase and Onsite  
Rates after  
(April 16 - July 6, 2025)  
**\$185 USD per person**



IF YOU HAVE ANY SUGGESTIONS  
OR WANT TO PUBLISH SOMETHING  
IN THE NEXT ISSUE,  
PLEASE FEEL FREE TO CONTACT  
COMMITTEE AT :

NEWSLETTER@  
ABBOTSFORDAA.ORG



# THE TWELVE TRADITIONS

## Alcoholics Anonymous *Tradition Ten*

**No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.**

The tenth tradition is rather clear as it applies to A.A. A.A. has prospered by having no opinion on outside matters and not being drawn into controversy. For instance, A.A. has avoided the outside issues that tore apart the Washingtonians. A.A. has never become a temperance crusader or taken stands on important but outside issues, "particularly those of politics, alcohol reform, or sectarian religion". (See the long form of this tradition on p. 567 of the "Big Book".) What is an outside issue? An outside issue is anything outside of my relationship with God through sobriety. Another way of stating the same idea is to say that I engage in outside issues when I take your inventory. The tenth step and tenth tradition clarify each other: I take my own inventory and not yours. The relationship is even stronger than I have indicated: if I do not take my own inventory on a regular basis, I will end up taking your inventory! The principle of the tenth tradition is the same for the A.A. group and the A.A. member: we turn from a controversial point of view to a peacemaker point of view. The application of this principle is what differentiates me from A.A., however. A.A. is not involved in political or social issues or other important issues in the world, but I am.

## *Tradition Ten Checklist*

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA 'opinion'" on doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? Prescribed medications? Other drugs? Other 12-Step programs? Vitamins? Al-Anon? The federal or provincial government?
2. Can I honestly share my own personal experience concerning any of those without giving the impression that I'm stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. What would AA be without this tradition? Where would I be?
5. Do I breach this or any of its supporting traditions in subtle, perhaps unconscious ways?
6. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?
7. Should the meeting secretary intervene to remind AA members about this Tradition if a member starts criticizing one political party compared to others or favoring a religion over others?





What is the primary focus of Tradition Ten in Alcoholics Anonymous?

Why is it important for Alcoholics Anonymous to avoid taking public stances on outside issues, according to Tradition Ten?

Which of the following is an example of something that A.A. should avoid according to Tradition Ten?

- A. Supporting political candidates
- B. Organizing community service events
- C. Hosting fundraisers for the organization
- D. Providing literature on alcoholism

True or False: Tradition Ten suggests that individual members of A.A. should avoid expressing their personal opinions on political matters publicly.

One of the key principles of Tradition Ten is that the A.A. name should not be used to \_\_\_\_\_ or support any external causes or controversies.

True or False: Tradition Ten applies to individual members of A.A. expressing their personal opinions on public issues.

By following Tradition Ten, Alcoholics Anonymous helps to keep its focus on \_\_\_\_\_ and not on outside issues.

## Spiritual Principle Step Ten : 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 Ten Prayer

God, remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done. Amen.





## CHAD A.

### AN ALCOHOLICS OPINION ON TRADITION TEN

*I am Chad, a member of A.A. with just over half a decade of spiritual progression this time around. Discussing Tradition 10 throughout my years in A.A. has received mixed reviews. I've heard many opinions regarding outside issues, particularly religion, as it ties so closely with spirituality. In A.A., I've found that a significant number of people attending meetings are relatively new in their recovery journey. At six years in, I still feel that I am learning and progressing. At the beginning, I had little interest in understanding the traditions. I had a limited sense of who I was and no desire to learn about the background suggestions of the program; I was simply trying to find myself. Fast forward a few years, and the importance of staying on topic in a meeting has proven crucial to preventing groups from falling apart. I've witnessed this firsthand and seen the impact that outside issues can have on a group. Traditions serve as guidelines to keep A.A. as a whole effective and able to reach the next suffering alcoholic. Bringing outside issues into a group detracts from spreading the message and can ultimately hinder someone's first attempt at reaching out for help. These individuals were courageous enough to come to the meeting seeking a message on recovering from a hopeless state of mind, but instead, they hear about how the Mariners beat the Blue Jays. There is a time and place for everything, and it is imperative that groups remain on topic, guided by the outlined traditions. I often find myself reflecting on what I say during a meeting when asked to share. I even state, "That is an outside issue," almost as if I am keeping myself in check and signaling others to do the same, should it occur.*

*It sounds like I had a rocky start, doesn't it? Of course, I did. Many do! We are not saints, but we continue to do the work necessary to trudge the road of happy destiny. It is a spiritual journey, walking hand in hand with a higher power of your own choosing. It is not anyone's role to name your higher power. Others may have their own ideas and may share them with you, but ultimately, this is your decision. A.A. does not promote a specific religion. It is purely spiritual and inclusive for all, as stated in the A.A. preamble, which is shared at most meetings. It is imperative that all groups honor the traditions as outlined. Trials and tribulations have already played out over the course of A.A.'s existence. As alcoholics, we tend to want to control our surroundings. A.A. provides an encouraging environment that allows alcoholics to improve themselves and find, through their efforts, a sane and manageable future. Any group has an open-door policy, stemming from another important tradition. However, not all members belong to the same group.*

**(Continue on next page.)**



IF YOU WOULD LIKE TO TALK  
TO SOMEONE ABOUT YOUR  
DRINKING, CALL US.  
24-HOUR **HELP LINE**  
**604-615-2911**

# ONE DAY AT A TIME

## DISTRICT 39 NEWSLETTER

We must remember that we are sick people, and sick people sometimes don't mix well with other sick people. People, places, and things—all causes of resentment. Most meetings, believe it or not, start from resentment. A good meeting is one that endures over time, stays within the guidelines of the traditions, and maintains strong, responsible membership (not necessarily measured by years of service). Politics, religion, sports, sitcoms, social media—these are all examples of outside issues A.A. has no opinions on. Therefore, in discussions of these outside issues, the A.A. name is not brought up, keeping A.A. free of external influences and remaining self-sustained.

### TREATMENT COMMITTEE

**"No matter how far down the scale we have gone, we will see how our experience can benefit others."** *Alcoholics Anonymous pg. 84*

This promise comes true when we share with newcomers. Abbotsford AA members have some great opportunities to share with newcomers at local Treatment Centres, here's how:

#### MEN

Every Saturday at 11 am you are invited to attend the King Haven Treatment Centre meeting to connect with newcomers in Treatment. This is a great way to work Step 12, carry the message, and serve your Higher Power.

If you are interested in being a speaker at a meeting, please text 778-779-4238 or email [treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)<mailto:treatment@abbotsfordaa.org>.

#### WOMEN

Share your experience, strength, and hope on a panel with a few other women at one of our local Treatment Centers. This is a low-level commitment. Sign up to receive more information and choose the panel date/time that works for you.

**When:** October 15, 2024 at 1-2 pm **Where:** Life Recovery Treatment Centre

**How** to sign up: email [treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)<mailto:treatment@abbotsfordaa.org>

**When:** November 7, 2024 at 10:30-11:30 am **Where:** Peardonville House

If these dates don't work for you, but you want to get involved in the future, email [treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)<mailto:treatment@abbotsfordaa.org>.

### Needed: Homegroup Treatment Committee Liaisons

\* What does a Treatment Committee Liaison do? Attend Treatment Committee meetings once a month and communicate service opportunities, such as when we are looking for panel volunteers to share at treatment center's, to your Homegroup members and at meetings during Announcements

\* Why?

\* Share service opportunities within your Homegroup.

\* Encourage your Homegroup members to get involved and connect with people in Treatment Centres.

\* Help carry the message to newcomers in treatment.

\* Next committee meeting is October 10 at 5:30 pm at Afterthoughts<<https://www.afterthoughts.ca/>>

\* This service position usually runs alongside the GSR and Treasurer positions (2-year service commitment). Some groups have alternate Treatment Liaisons

\* Pre-requisites - there are none. When Bill carried the message to Bob, he only had 6-months of sobriety!

\* Questions - please email [treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)<mailto:treatment@abbotsfordaa.org>

*This non-influenced program creates a secure structure that gives the alcoholic a chance to recover, once and for all. Hence, myself. I would have never had this knowledge to share with the newsletter had I not put in the work to better myself, and it was an honor to be asked. Imagine that! People asking me. Six years ago, that would not have happened. Progression happens. Patience is key. Give yourself time to let the promises come true. You are a miracle, and you'll soon be doing things you never dreamed of! You just have to put in a little bit of work, guided by an agent of God as your sponsor and, of course, your higher power of your choice. Best of luck on your journey, reader.*

*-A Responsible member of Alcoholics Anonymous*

# STEP TEN WORD SEARCH

S, E, A, R, C, H

ADMITTED  
AMENDS  
CONDITION  
CONTINUED  
DISHONESTY  
FEAR  
GOD  
INVENTORY  
LAURELS  
MISTAKES  
PROMPTLY  
REMOVE  
RESENTMENT  
SELFISHNESS  
SPIRITUAL  
PERSONAL  
OVERNIGHT  
WRONGS  
AUTOMATICALLY  
VIGOROUSLY

Q	L	A	U	T	I	R	I	P	S	M	V	K	U	C
M	V	J	D	X	C	O	N	D	I	T	I	O	N	X
W	Y	R	V	I	G	O	R	O	U	S	L	Y	S	C
S	T	A	U	T	O	M	A	T	I	C	A	L	L	Y
Y	S	N	O	C	B	I	Y	M	Z	Q	D	Z	B	L
R	L	E	E	V	D	L	I	W	F	D	M	R	Y	A
O	V	D	N	M	E	S	Z	X	E	M	I	E	L	N
T	U	O	H	H	T	R	L	U	L	Q	T	M	T	O
N	Z	G	Z	A	S	N	N	A	I	U	T	O	P	S
E	T	F	K	S	M	I	E	I	U	N	E	V	M	R
V	Z	E	H	S	T	E	F	S	G	R	D	E	O	E
N	S	A	Y	N	L	I	N	L	E	H	E	N	R	P
I	D	R	O	T	J	K	L	D	E	R	T	L	P	M
G	C	C	L	W	R	O	N	G	S	S	Y	L	S	V
A	R	C	L	Z	Y	T	S	E	N	O	H	S	I	D



## District Elections

In October, District 39 will be hosting our District Elections in person. If you, or someone you know, is interested in serving at the District level, please reach out to Dedar our DCM at [dcm@abbotsfordaa.org](mailto:dcm@abbotsfordaa.org) or **604-710-7220** for further details.

# Literature Corner

## LGBTQ Alcoholics in A.A.

**The official A.A. literature includes a wonderful pamphlet on 2SLGBTQAI+ alcoholics published in 2018. This is intended for those that are part of the LGBTQ+ community as well as for allies who support us. The pamphlet includes stories by recovering alcoholics who self-identify as Two Spirited, Lesbian, Gay, Bisexual, Trans and Transitioning, Queer, Asexual, and Intersex individuals. Thirteen LGBTQ+ alcoholics chronicle their experience before and after joining Alcoholics Anonymous, and how—despite their trepidations about A.A.—they discover that they belong in any A.A. meeting, not just LGBTQ+ meetings. The stories all discuss the feelings each alcoholic felt before joining A.A., such as angry and resentful, gnawing anxieties, not fitting in, and many other adjectives that accurately describe most alcoholics before they enter recovery. The stories all end with feelings of real friendship and love, acceptance, welcoming attitude, and having a sense of purpose after joining the rooms, doing Step work, and connecting with the larger A.A. community. The overarching message therefore is that there is no selective process or barriers to joining the A.A. program: we are all equal as fellow recovering alcoholics. In addition, and probably the most important takeaway from the pamphlet, is that our recovery from alcohol is what binds us together, not our sexual identity.**

## LET LITERATURE CARRY THE MESSAGE, TOO.

You have a home group, a sponsor, you've completed a set of Steps (maybe more than once) and you've enjoyed two years or more of sobriety. All of that and more is laid out in Chapter 6 -- INTO ACTION -- of the Big Book, Alcoholics Anonymous, the basic text (for our Society), our LITERATURE.

"Frequent contact with each other is the bright spot of our lives." Questions arise. Want more information about the Home Group, about the position of the General Service Rep (GSR), about group inventories, about sponsorship, and other topics? The information is available in pamphlets, our LITERATURE.

Thirty-three in-person meetings are available to us every week. Sections from other books such as As Bill Sees It, Daily Reflections, Twelve Steps and Twelve Traditions are read aloud and members share their experience, strength and hope. Home groups depend on the D39 Literature Chair to have those books in stock, our LITERATURE.

The position of Literature Chair is vital to the support, growth and maintenance of our fellowship. Come to our next District 39 Business Meeting on October 22nd and volunteer to be our next Literature Chair, January 2025 to December 2026. (Submitted by D39 Literature Chair, Marion T.)

In Service and with gratitude.

**For more information on available literature or service please contact Marion at [literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org) or 604-853-2777**