



ONE DAY AT A TIME NEWSLETTER

DISTRICT 39 COMMITTEE MEMBERS

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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).

D39, Panel 75, Service Positions → Please come along and and Vote/Elect service positions during our Nov 19th district meeting at the Alano Club!

I look forward to seeing/meeting as many of you are able to attend this meeting and partake in this journey in service – and carrying the A.A. message.

We Connected with Area 79 to have A “Twelve Step Calls” workshop CONFIRMED for November 17th, 2024 1:30–3:30 PM (Sunday).

We connected with Area 79 and asked them to help us complete our D39 Inventory – proposed Jan 2025 (one of 18th, 19th, or 26th dates).

We reached out to D39 members to partake in a GSO Public Information questionnaire to consult with Young People to gain perspective on ways to communicate with our young members.

2025 Year at a Glance:
Jan 7th (5–9 PM) – January Quarterly: Breakout committees (Online).
Jan 10th–12th – January Quarterly (hosted by D37 & D38, South Surrey area and surrounding municipalities; location details pending).
Apr 8th (5–9 PM) – Pre-Conference Assembly: Breakout Committee (Online)
Apr 11th–13th – Pre-conference Assembly (hosted by D70, Vernon).
Jun 3rd (5–9 PM) – June Quarterly: Breakout Committees (Online)
Jun 6th–8th – June Quarterly (hosted by D71, Kelowna).
***** Jul 3rd–6th** – A.A.

International Convention in Vancouver, B.C. *******
Sep 9th (5–9 PM) – Voting Assembly: Breakout Committees (Online)
Sep 12th–14th – Voting Assembly (Hosted by D75, Castlegar).

TRENDING THIS MONTH:

DCM Report
Committee List
Up Coming Events
EleventhTradition

Story
Treatment Committee
Cartoon / Coloring Page
Literature Corner

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

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
the newsletter committee at:

**NEWSLETTER@
ABBOTSFORDAA.ORG**

THE TWELVE TRADITIONS

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Eleventh Tradition—a guiding principle that speaks to the importance of nurturing our spiritual growth within the fellowship.

The Eleventh Tradition states: "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." Now, that might sound like a mouthful, but trust me, it's packed with wisdom.

At its core, the Eleventh Tradition reminds us that A.A. is not about advertising or self-promotion—it's about attraction. It's about living our lives in a way that inspires others to seek the same serenity and sobriety that we've found. It's about embodying the principles of A.A. in our actions, rather than shouting them from the rooftops.

For me, the Eleventh Tradition is a powerful lesson in humility and authenticity. It's about being true to ourselves and our values, even when the spotlight is shining brightest. By maintaining personal anonymity, we shift the focus away from ourselves and onto the principles of A.A.—unity, recovery, and service.

But here's the beauty of the Eleventh Tradition: it's not about hiding in the shadows—it's about shining our light for all to see. By living our lives in accordance with the principles of A.A., we become beacons of hope and inspiration for those who are still struggling. It's through our actions, not our words, that we carry the message of recovery to others.

So, next time you find yourself reflecting on the Eleventh Tradition, remember the importance of nurturing your spiritual growth and leading by example. Let's continue to embody the principles of A.A. in our daily lives, and inspire others to seek the same path to serenity and sobriety. Together, we can make a difference.

Social Media and the Internet In 2013, the 63rd General Service Conference affirmed that "the Internet, social media, and all forms of public communications are implicit in the last phrase of the short form of Tradition Eleven, which reads: '...at the level of press, radio, and films.'" As Bill W. wrote: "At this altitude [public], anonymity — 100 percent anonymity — was the only possible answer. Here, principles would have to come before personalities without exception."

Tradition Eleven Checklist

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.

1. Do I sometimes promote A.A. so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an A.A. member?
3. Am I careful about throwing A.A. members' names around – even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would A.A. be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of A.A. when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for themselves?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?





Spiritual Principle

Step Eleven Spirituality

What is the main focus of Tradition 11?

- a) Unity
- b) Anonymity
- c) Service

What does Tradition 11 emphasize about personal anonymity?

- a) It's optional
- b) It should be maintained at the public level
- c) It's only for members

True or False: Tradition 11 states that members should seek recognition in public as A.A. members.

True or False: Tradition 11 is rooted in the principle that members should prioritize personal recovery over the public perception of the organization.

In the context of A.A., what does anonymity help protect?

- a) The group's identity
- b) Members from public scrutiny
- c) Both a and b

True or False: Tradition 11 restricts A.A. members from sharing their recovery stories in professional contexts.

True or False: Tradition 11 only addresses anonymity regarding personal identification, not the collective identity of the A.A. fellowship.

Principle eleven is really about developing, dedicating, and devoting time to spirituality –and what you put in, is what you get out of it. Whether it's good times or bad, having that established relationship with God helps. But I have found that it's especially during the hardest times that I have the most profound opportunity to grow. I like to say, "If God is the goal even the worst of times can be the best because that's when we are the closest with Him."

The principle of spirituality is a reminder that we all have challenging days but we can turn to prayer and meditation, asking God for guidance. There is a quality of being grounded and at peace in my life because I know that 'this too shall pass'. When I pause and take a moment to look back and see that I have made it through the other side of a dark time and back into the light, I am reminded that with the connection to God and spirituality I have the courage, strength, and wisdom to get through anything- sober. Honestly, even people who are not addicts feel lost or broken sometimes, and can benefit from a relationship with God.... Let's put it this way: I've never met anybody whose life got worse by having a good relationship with God.

God, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. God, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen

HIGHER POWER,
AS I UNDERSTAND YOU,
I PRAY TO KEEP MY CONNECTION
WITH YOU OPEN AND
CLEAR FROM THE CONFUSION OF
DAILY LIFE.
THROUGH MY PRAYERS AND
MEDITATION I ASK ESPECIALLY FOR
FREEDOM FROM SELF-WILL,
RATIONALIZATION, AND WISHFUL
THINKING.
I PRAY FOR THE GUIDANCE OF
CORRECT THOUGHT AND POSITIVE
ACTION.
YOUR WILL, HIGHER POWER, NOT
MINE, BE DONE.

Voting on Panel 75 D39 Service

Positions: November 19th

On 19 Nov at the Alano Club, District 39 will be voting for 2025-2027 Service Positions. The following service positions need filling: *Archives, Grapevine, Literature, Meeting Lists, PI / CPC*. 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 or 604-710-7220 for further details.



Colouring in Image created by Michael S.

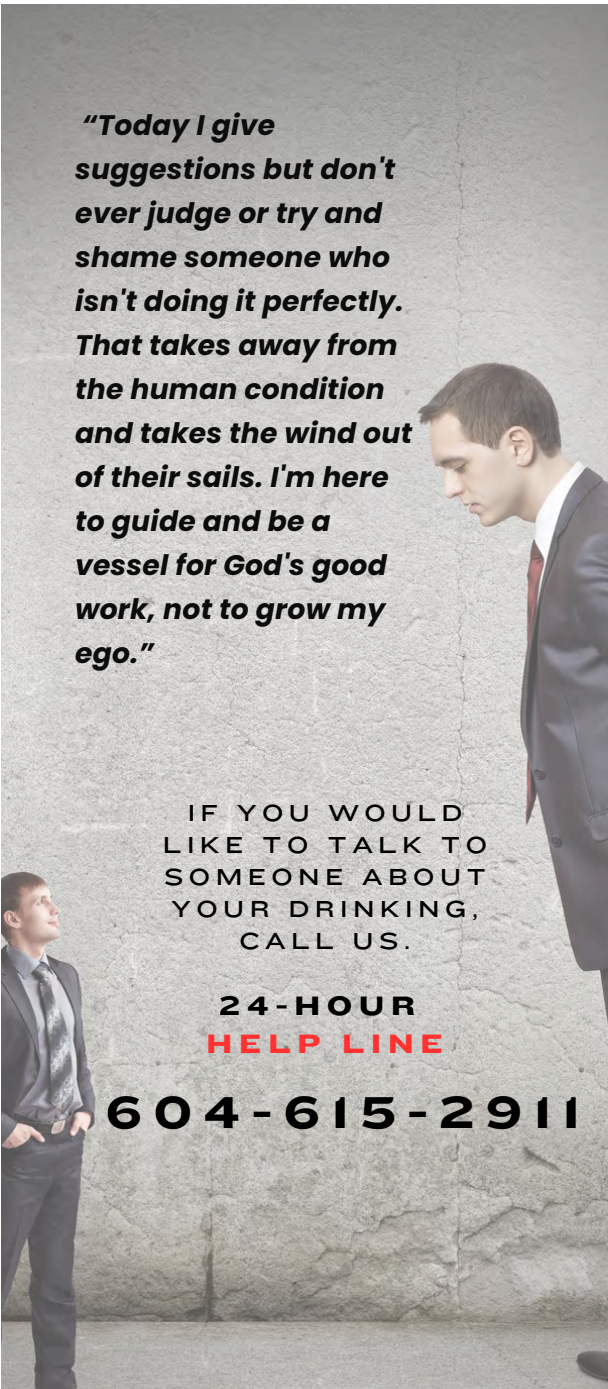
ANONYMOUS MEMBERS OF AA

ATTRACTION rather than Promotion

For me I had a rough start in getting sober. I was in and out for 9 years. 18 recovery houses and 4 times in a treatment center. 1 time in detox.

I remember being in detox and a panel came in and 5 members shared their stories. One of the lowest parts of my life and I felt positive after they left.

Then I went to one of the last recovery houses before getting sober and someone took me through the steps and I did it as honestly and thoroughly as I'd ever done. This was a man who walked the principles in his life and didn't try and cram the big book down my throat and that was attractive to me. I'd had a few people who were probably frustrated by my chronic relapses that literally tried telling me everything I needed to do. It felt like I couldn't do anything right. I felt defeated when they did this. The man who took me through the steps became my sponsor. And he taught me that sometimes it's best to be a quiet example. He taught me to walk it out. And even though when I got sober I wanted to give everyone the gift I had gotten I realized I was working "on" alcoholics not working with alcoholics.



"Today I give suggestions but don't ever judge or try and shame someone who isn't doing it perfectly. That takes away from the human condition and takes the wind out of their sails. I'm here to guide and be a vessel for God's good work, not to grow my ego."

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

But for the grace of God, and the beautiful program of Alcoholics Anonymous, I am sober today. I am a grateful alcoholic and a grateful woman.

I am writing this article because anonymity is a mainstay of the program, and the heart of tradition eleven. Anonymity assures newcomers that they will not be ridiculed or exposed to the stigma that can come from admitting to being an alcoholic, and that they are powerless and need help at a public and/or workplace level. The spirit of anonymity focuses more on humility and self-sacrifice. It is important that we constantly examine our possible motives or hidden agendas, when interacting with others. I don't need to tell anyone I am an alcoholic unless I choose to. If it is going to assist someone who reached out for help, I will be there for them. To me, the definition of anonymity is: Being humble and not driven by ego. We don't use full names, or name groups when discussing personal recovery with the public or media. This anonymity is for the good of the program, and not only about protecting the identity of the member. We attract others to the program and steps, rather than promote ourselves.



How many times have we seen so called "Program Role Models" relapse? People would then think that the A.A program is not effective, and would be hesitant to enter the room when they are ready to seek sobriety. It's all about the message, not the individual. Besides, our reputation is so much better than our character. Not everyone needs to know my story, unless I choose to talk about it. A.A is not only a platform for past war stories but also a platform for a new beginning, and a sober way of life with other likeminded people.

Alcoholics Anonymous is a program for people who want it. Through suiting up and showing up, learning how to communicate, dress, and conduct ourselves both inside and outside the room, we are carrying the message. People in our community see the differences in our new selves, long before we see it ourselves. This could be referred to as attraction, not promotion. We attract to the program rather than ourselves. In sobriety we are not running on our ego anymore. Try to do something kind and anonymously for somebody, and soon you will find that "God Is In The Details" Miracles happen in this program, that we are so blessed to be a part of, as we continue this path of sobriety together. This is unity.

Anonymous Member of District 39

Upcoming Treatment Panels & Opportunities

Volunteers Needed

Saturdays at 11 am – Kinghaven

- Need male speaker volunteers
- More male A.A. members are encouraged to attend this weekly meeting and make connections with the men in Treatment
- For more information, or to volunteer to be a speaker, please contact Vicki at 778-779-4238

Thursdays at 7:30 pm – Life Recovery In-House Meetings (Women Only)

- Attend to share your experience, strength, and hope with women in treatment.

November 7 at 10:30 am – Peardonville House

- Need female volunteers to share on a panel with 5-6 other women
- GSR's please announce this at your home groups

December 18 at 7 pm – Life Recovery Christmas Panel, bring treats and mingle afterwards (if you would like!)

- Need female volunteers to join and share on a panel with 5-6 other women
- GSR's please announce this at your home groups

* For more information or to volunteer at women's facilities, contact Terri-Lynn at 604-556-6525 or email treatment@abbotsfordaa.org

WELCOME IN 2025 WITH US
• DECEMBER 31 •
PRESENTED BY DISTRICT 39 EVENTS COMMITTEE
NEW YEARS EVE
2025
Party

Meeting At 7:30 Music Dancing Games 50/50 Draw

KIDS UNDER 12 GET IN FOR FREE DOOR PRIZES DOORS OPEN 7PM-1AM TICKETS \$10.00
FOOD AVAILABLE FROM CONCESSION AT ALANO CLUB

ALANO CLUB 2584 CYRIL STREET ABBOTSFORD



12 Step
**CALL
WORKSHOP**

SUNDAY,
NOVEMBER 17th
1:30pm

ALANO CLUB
2584 CYRIL ST.
Abbotsford

Literature Corner

**Announcing:
a new book from AAWS on sale November 1, 2024**

PLAIN LANGUAGE BIG BOOK

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference-approved literature

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* “the Big Book.” It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*. This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.’s lifesaving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the “abridged version” (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

The *Plain Language Big Book* is A.A. General Service Conference-approved literature.

PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- Publication (on-sale) date: November 1, 2024
- List Price \$16 Cdn
- Item B-90
- 192 pages; 8 ½ x 11”
- Softcover format with flaps

For more information on available literature or service please contact Marion at literature@abbotsfordaa.org or 604-853-2777