



DISTRICT 39 ONE DAY AT A TIME NEWSLETTER 2024 HOLIDAY SEASON



Hello D39 members,

I am Dedar, member of Alcoholics Anonymous, and currently serving our District 39 as a DCM (District Committee Member) for Abbotsford, Clearbrook and Matsqui area.

As we close out the Jan 2022–Dec 2024 rotation and prepare for the upcoming Jan 2025–Dec 2026, I extend my gratitude to the D39 committees for their dedication and hard work during this rotational transition. I would like to thank our outgoing dedicated servants (Marie-Ange, Matt and Janna) for their enthusiasm, service, and support in serving our District. While serving alongside them, I have experienced the relation(s) grow from being strangers, when I first met them, to that of brother/sisterhood; and I feel blessed to have them in my life.

Our service in A.A. is rooted in love and we are all connected in a chain of hearts. When one or more of the servants need to move on for any reason, there will emerge new ones in time and with different names. Hence, a heartfelt congratulations to our committee chairs that have emerged for Jan 2025–Dec 2026 term. I look forward to working with you all and partake in this journey in service—and carrying the A.A. message, especially during the Christmas & New Year’s holiday season.

While the Christmas holiday season is quite joyous for many healthy families, it is also a season that is extremely difficult for many of us for a myriad of reasons (feeling the pains of loneliness & undue stress). These feelings of loneliness and despair can be overwhelming, thus, leading to overuse of alcohol or drugs to compensate for such feelings. During such times, there is a stronger need to stay connected and support one another, within our fellowship as well as reaching out to those who are in need (of the “Hand of A.A.”). Let us stay united and remember to reach out to at least one person over the holidays (in an attempt to touch their heart so that they too can feel like a part of something greater than themselves (i.e. A.A. Family), even if it is for few seconds.

In my past 5 years, A.A. has kept the doors open, provided me refuge, strength, and help during my dark moments; and I look forward to working with our A.A. fellowship to keep A.A. doors open to those who need A.A. support.

BY THE GRACE OF GOD

"AA SUPPORT FOR MEN
supportformen@abbotsfordaa.org
AA SUPPORT FOR WOMEN
supportforwomen@abbotsfordaa.org
DCM
dcm@abbotsfordaa.org
ALTERNATE DCM
altdcm@abbotsfordaa.org
ARCHIVES
archives@abbotsfordaa.org
PUBLIC INFORMATION
pi.cpc@abbotsfordaa.org

CORRECTIONS
corrections@abbotsfordaa.org
EVENTS
events@abbotsfordaa.org
GRAPEVINE
grapevine@abbotsfordaa.org
TREATMENT
treatment@abbotsfordaa.org
BRIDGING THE GAP
bridgingthegap@abbotsfordaa.org
MEETING LISTS
meetinglists@abbotsfordaa.org
NEWSLETTER
newsletter@abbotsfordaa.org
COOPERATION/PROFESSIONAL
COMMUNITY
pi.cpc@abbotsfordaa.org
SECRETARY
secretary@abbotsfordaa.org
TECHNICAL SUPPORT FOR CHAIRS
techsupport@abbotsfordaa.org
TELEPHONE/AA HOTLINE
telephone@abbotsfordaa.org
TREASURER
treasurer@abbotsfordaa.org
LITERATURE
literature@abbotsfordaa.org
WEBMASTER
webmaster@abbotsfordaa.org



TRADITION TWELVE

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities and that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of him who presides over us all.

Tradition 12 reminds A.A. members to maintain anonymity as the cornerstone of the fellowship, ensuring that the focus remains on recovery rather than on individual status or recognition. It encourages a culture of humility, unity and spiritual growth by prioritizing principles over personalities. This tradition helps protect the fellowship's integrity, allowing it to continue to serve alcoholics in a way that fosters trust, equality, and support for everyone involved.

The core idea behind Tradition 12 is the importance of anonymity in the A.A. fellowship. Anonymity means that members of A.A. are not identified by name, and that their personal identities remain private. This principle is essential because it prevents the fellowship from becoming about any one individual, whether a member or a public figure. Instead, the focus stays on the collective well-being and shared recovery journey of all members.

Anonymity creates a safe space for individuals to recover from alcoholism without the fear of judgment or exposure. It encourages open, honest sharing without concern for personal reputations. This is particularly important in A.A. because addiction can be a deeply stigmatized issue, and many members come to the fellowship feeling vulnerable.

Tradition 12 applies both in public and private life. While anonymity is a vital part of A.A. in meetings, it also extends to members' involvement in the outside world. Members are encouraged to keep their A.A. affiliation private in public settings to avoid creating confusion about the fellowship's principles. This protects both the integrity of A.A. and the privacy of individuals.

However, this does not mean that anonymity is about secrecy. It's about maintaining a humble and equal fellowship where no one is seen as superior or more important than another. Every member, regardless of their background or status, is equal within the walls of A.A.

CHECKLIST

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust or agree with AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AA's, do I imply that membership requirements go beyond the desire to stay sober?
4. Have I a personal responsibility to help an AA group fulfill its primary purpose? What is my part?
5. Do I do all I can to support AA financially?
6. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA attractive so that other drunks might want it?
7. What does anonymity mean to me?
8. In light of increased awareness of alcoholism and AA's program of recovery among the general public, why is the principle of anonymity still important?
9. Am I mindful to respect the anonymity of other AA members who may work in my place of employment or my industry? How about AA members who live in my area or neighborhood?
10. What does 'principles before personalities' mean to me?

ONE DAY AT A TIME DISTRICT 39 NEWSLETTER



SERVICE TWELVE STEP PRAYER

**DEAR GOD,
MY SPIRITUAL AWAKENING
CONTINUES TO UNFOLD.
THE HELP I HAVE RECEIVED I SHALL
PASS ON AND GIVE TO OTHERS,
BOTH IN AND OUT OF THE
FELLOWSHIP.
FOR THIS OPPORTUNITY I AM
GRATEFUL.
I PRAY MOST HUMBLY TO CONTINUE
WALKING DAY BY DAY
ON THE ROAD OF SPIRITUAL
PROGRESS.
I PRAY FOR THE INNER STRENGTH
AND WISDOM TO PRACTICE THE
PRINCIPLES OF THIS WAY OF LIFE IN
ALL I DO AND SAY.
I NEED YOU, MY FRIENDS,
AND THE PROGRAM EVERY HOUR OF
EVERY DAY.
THIS IS A BETTER WAY TO LIVE.**

I have heard it said, and it is my personal experience that "the principle of service is one that keeps us sober." I am 6 years into my own recovery and if not for service work, and getting out of myself to help others, I would not be where I am today. I would not have been able to stay sober after losing my daughter to an overdose, 14 months into my recovery journey. I had my recovery community reach out and embrace me; it was as if they grieved with me. They showed me love and gave me the support and encouragement I needed to get through it. For me, service is about being selfless and giving without expecting anything in return. In the beginning it was as simple as making coffee, setting up chairs for the meetings, and helping with the clean up afterwards. Eventually, I started chairing meeting and took on a service position, or two. Then I started sponsoring people and that has been a true blessing in my own life. I probably learn more from my sponsees than they do from me. My point is, that by committing to do these things each week, it has helps me to feel a part of and it gives me a sense of purpose. It has changed the way I connect with others. Service has helped me to overcome my fears of inadequacy and push through the barriers that kept me isolated for so long. A fellow member once shared, "Not only do we learn to see beyond our differences and begin to recognize our shared humanity, but service fosters a sense of unity and interconnectedness." I found my voice in these rooms, and I learned how to speak my truth, set healthy boundaries with others. All this has contributed to my personal growth in so many ways. Service work gave me a sense of community and connection which is something I hadn't felt in a long time. I find such joy and fulfillment in giving back because it is an expression of my gratitude for what the program has given me. When others shared their story in meetings, it helped me to feel understood knowing that they have been there. I no longer felt alone. Our disease wants to isolate us, but recovery is about connection and sharing ourselves our truth with others. Today, it is important for me and my own sobriety to share with the newcomer what the program, the Twelve steps, and service have done for me because that's what gave me hope in my early recovery. It gives others hope that they too can get sober and find a new way to live. That's what this program is about. It's about personal transformation, connection and giving back. Service is about giving a listening ear, having compassion, empathy and being fully present for others. Doing service is where trust and supportive relationships are built. I have found my family in these rooms and that is something I cherish always. So, if you are given the opportunity to give back, I say, "Do it!" There are many principles of recovery, and they all promote wellbeing, integrity, and will not only keep you sober but help you to become a better person. But more importantly, service helps to keep the door of AA open for the newcomer, and they are the most important persons here. We go from isolate to connection and find a new way to live. I know, I did. written by June B.

INTERNATIONAL CONVENTION

JULY 2025

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

Registration Opens September 10, 2024

AA.org/International-Convention

2025 A.A. International Convention
July 3-6, 2025



Scan here!



Service Positions

- **BC Place Greeters**
- **Convention Centre Greeters**
- **Guest Welcome and Volunteer Headquarters Room**
- **Global Languages**
- **Hotel Lobby Greeters**
- **Marathon Meetings**
- **Registration**
- **Sidewalk Greeters and Thursday Night Block Party**
- **Walk the Walk**
- **Accessibilities**
- **Topic Meeting Greeters & Counters**
- **Transportation Hub Greeters**
- **SkyTrain Greeters**
- **Volunteer Kick-Off Meeting & Training Orientation**
- **Communications Committee**

**For more
details**

<https://icvwc2025.org/about/>

THE SPIRITUAL FOUNDATION OF ANONYMITY IN ALCOHOLICS ANONYMOUS



TRADITION TWELVE

Alcoholics Anonymous (AA) has been a cornerstone of recovery for millions of men and woman worldwide for nearly 89 years... At the heart of AA's 12-step program lies a set of guiding principles known as the 12 Traditions. Tradition 12, which emphasizes the importance of anonymity, which serves as the spiritual foundation of all AA traditions. This tradition is vital because the key significance of Tradition 12, is exploring its role in promoting humility, unity, and spiritual growth within the AA fellowship free from the bondage we once faced, when our alcoholic minds kept us sick..

At its core, Tradition 12 reminds AA members to place principles before personalities. One of the most powerful day to day reminders for one's Ego to be kept in check. This phrase serves as a powerful reminder that the true purpose of AA is to provide a supportive environment for individuals while accepting them for WHO they are at their core and not judge them based on the manifested personality defects that kept them sick. While understanding that WE were also very much once like them and working on our defects that caused us to struggle allows us the gift of empathy in understanding their struggles. The importance of the "Principles" part is a constant mindful reminder to stay focused on our new ideals and values that have replaced our old behaviors that serve a negative character of ourselves....

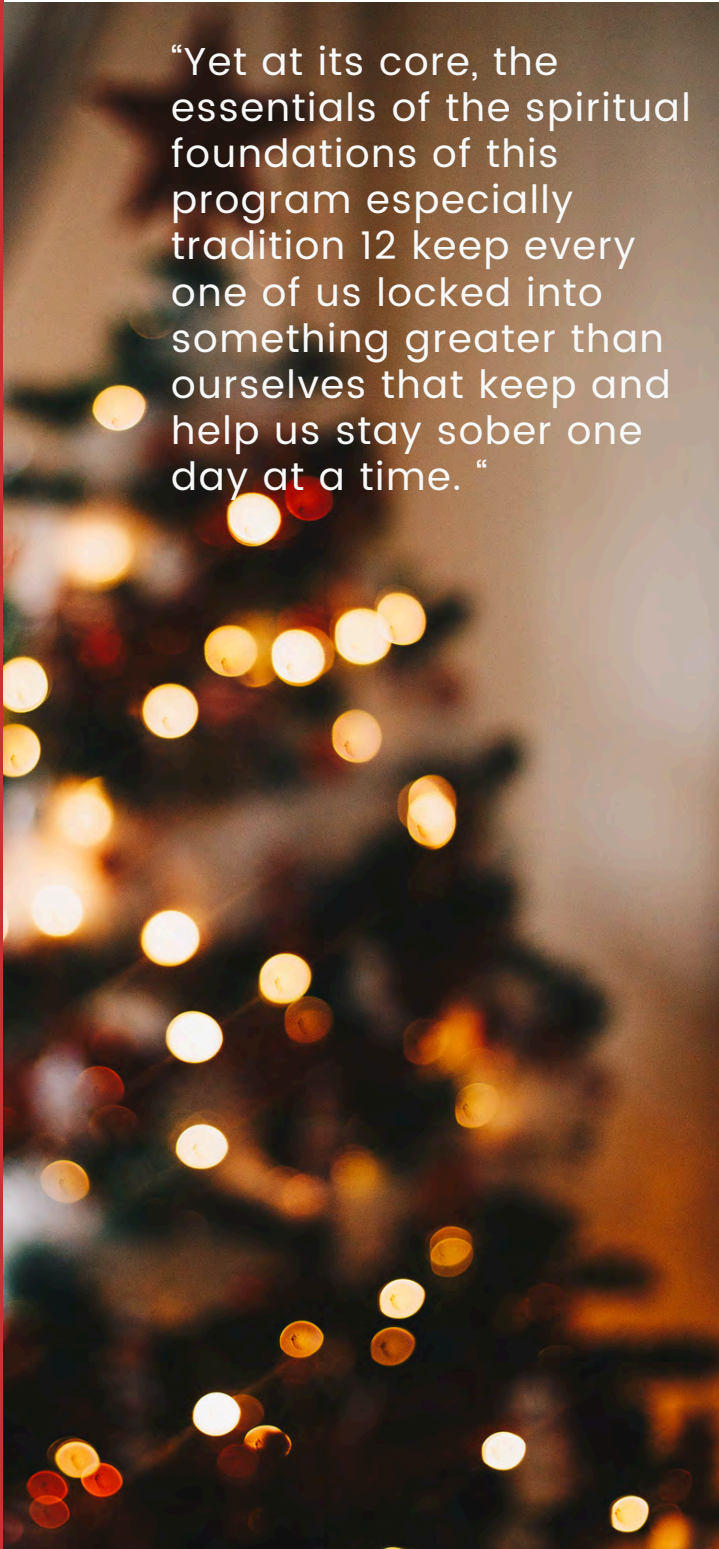
AA members are encouraged to focus on the message of recovery rather than personal differences or ego-driven motives. This helps to create a sense of unity and shared purpose within the fellowship, as members from diverse backgrounds come together to support one another in their journey towards recovery and recognize their similarities that unite them in struggle in an effort to overcome, recover and stay recovered.

The role of ego in recovery is a critical aspect of Tradition 12. Ego and self-centeredness can be significant obstacles to recovery, if not the biggest obstacle, as it often leads individuals to prioritize their own interests and desires above the needs of others. By embracing anonymity, AA members are able to let go of their ego and focus on the greater good. This helps to create a sense of humility and selflessness, as members recognize that their individual recovery is inextricably linked to the recovery of those around them, it's a compelling motivation for members to stay united feeling a sense of importance and connection to the greater good of all... a sense of purpose if you will..



Continued.....

THE SPIRITUAL FOUNDATION OF ANONYMITY IN ALCOHOLICS ANONYMOUS



“Yet at its core, the essentials of the spiritual foundations of this program especially tradition 12 keep every one of us locked into something greater than ourselves that keep and help us stay sober one day at a time. “

The broader meaning of anonymity extends far beyond protecting individual identities. At its deepest level, anonymity represents a spiritual and ethical commitment to the principles of AA. By embracing anonymity, AA members demonstrate their commitment to the greater good, recognizing that their individual recovery is not solely about personal achievement, but rather about contributing to the collective well-being of the fellowship. This commitment to anonymity also helps to ensure that AA remains a safe and supportive environment for all members, regardless of their background or circumstances. Further to this, anonymity also goes to protect the greater good of those who seek to see the success of the program actively being lived and worked in their lives and not to be taken as a failure by those who don't choose to work the program by those looking inwards. A most detrimental obstacle the program has faced in the past and will most likely face in many years to come.

A common misconception and a detriment overall to the greater good and efficacy of the program is when somebody doesn't work the program in their lives and relapse is present; observationally it can be taken and misconstrued as a failure of the program in which is a misunderstanding. Anonymity protects this And presents a unique opportunity for people to know based on the attraction of the program from those who succeed and exhibit a new life in the public eye and those seeking to find a new way of living will have a place to do so..

For me personally I believe that times have changed and the disease has taken shape and evolved to something that is causing a great deal of Destruction and Devastation within our communities. I feel more can be done by way of providing more information to the communities and those who struggle themselves about the program yet still protecting the anonymity of those involved. Too many people are dying in the trenches that could have significantly benefit from this program perhaps more emphasis needs to be placed in spreading the word to the world as loud as we can.. Those are my personal thoughts.

What a gift....

PERSONAL SHARE BY SCOTTY.H

ONE DAY AT A TIME
DISTRICT 39 NEWSLETTER

• 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

CALL FOR TICKETS:
VICKY 778-779-4238

Family Fun For All



EXPERIENCE, STRENGTH AND HOPE

A.A. for
Alcoholics with
Mental Health
Issues

—and their
sponsors

Literature Corner

YOU ARE NOT ALONE

The stories in this pamphlet, part of the A.A. General Service Conference-approved literature, relate the experiences of 12 women and men—all of whom are alcoholics coping with serious mental health issues—who have found sobriety and a new way of life in Alcoholics Anonymous. These stories represent their experience, strength and hope. Also included in this pamphlet are the perspectives of five A.A. members with long-term sobriety who have worked closely as sponsors with alcoholics who have mental health issues, helping them to gain and maintain sobriety in A.A. And at the end of this pamphlet is an Afterword, based on solid A.A. and medical experience, aimed at helping A.A. members find the right balance regarding prescribed medication and minimizing the risk of relapse. If you think you have a drinking problem as well as ongoing mental health issues, you may identify with the experiences shared in these stories. We hope you will discover, as these women and men did, that you are welcome in Alcoholics Anonymous, and that you, too, can find a new freedom and a new happiness in this spiritual way of life.

A.A. for Alcoholics with Mental Health Issues—and their sponsors

MENTAL HEALTH & ADDICTION

I Woke up 6 years clean and sober today, and it's been a long hard journey to get here to say the least. I've been separated from drugs and alcohol more times that I can count and I've been to detox dozens of times, inpatient treatment centers more times than I count. In my experience getting sober was relatively easy but I was never able to remain sober for long periods.

I'll say I wasn't even actually sober although drugs and alcohol were not in my system. I was only abstinent. I didn't give up no matter what. I kept on going and coming back. Relapse is a big part of my story but it's not a requirement and does not have to be part of yours. Somewhere, somehow I was giving the gift of desperation and was completely beat into a state of reason where I completely surrendered and did everything that was suggested by people who came before.

There was zero resistance I just did what was clearly and masterfully outlined from Nov 02, 2018 and followed direction. I than heavily involved myself in service work as the more I contributed to others the less I thought about myself.



I still do the same fundamentals today I did really early on. I do it because it works and to show others how it works. I can't keep what I have unless I give it away. I won't pretend like it's been easy especially this past year because it hasn't. I found myself burning my life down completely and not understanding "why" as I was literally doing everything suggested and more.

I hit a wall at 5 years in, than reached another bottom this time sober that brought me to my knees, where I was desperate. I was honest I was willing thank god and I reached out for help for my mental health disorders.

Had I not taking action and asked for "the right" help I would not be alive today. I took action trusted the right healthcare professionals There are those to who suffer from GRAVE emotional and mental disorders but most of them DO recover IF they have the capacity to be honest. I ended up voluntarily taking myself to the hospital because this time I had suicide ideations with a plan to kill myself.

CONTINUED

Again this took action vulnerability and courage. I couldn't just sit and expect things to get better without doing my part. I was admitted into the psych unit and I'm grateful for all of the help and support I received from healthcare professionals, the people I know and trust that knew that my problem was beyond more than AA could cure and so because of that gift of desperation I was given at the beginning by what I chose to call the God of my understanding.

I was able to stay sober through everything by continuing to show up for my life and other's. I'm finally experiencing true peace, serenity and happiness inside of me for the first time in my life and it's absolutely beautiful.

Thank you so much for everyone who's played a part in my journey as there are so many. I'm grateful to have purpose today, I'm grateful to be present and useful. Recovery has given me countless beautiful gifts, however it can all disappear quickly if I do not continue to do what I've been doing. If you're struggling or suffering in addiction please reach out no matter how hard it is.

There are way too many people dying out there and most cases are all preventable. If you fall 1,2,3,20x just get back up because there's always hope. I'm an example of we can make it out of the dark no matter how far down the scale we have gone. There are countless stories like mine and you can have the same.

A program of recovery is beautiful the way it is simple and profound in its purpose. It gives people a path to self-discovery, personal transformation, and freedom. Recovery helps people understand their struggles with addiction and empowers them to take responsibility for their lives in a way that fosters healing, growth, and hope allowing us to be present in the moment, joyous happy and free.

A PERSONAL
STORY BY
JASON M

**EMERGENCY
9-11**

**SUICIDE CRISIS
LINE**

**1-800-SUICIDE 1-800-
784-2433**

**MENTAL HEALTH
SUPPORT LINE
24/HR**

310-6789

**KID'S HELP
PHONE**

1-800-668-6868

**ALCOHOL AND
DRUG INFO AND
REFERRALS**

1-800-663-1441

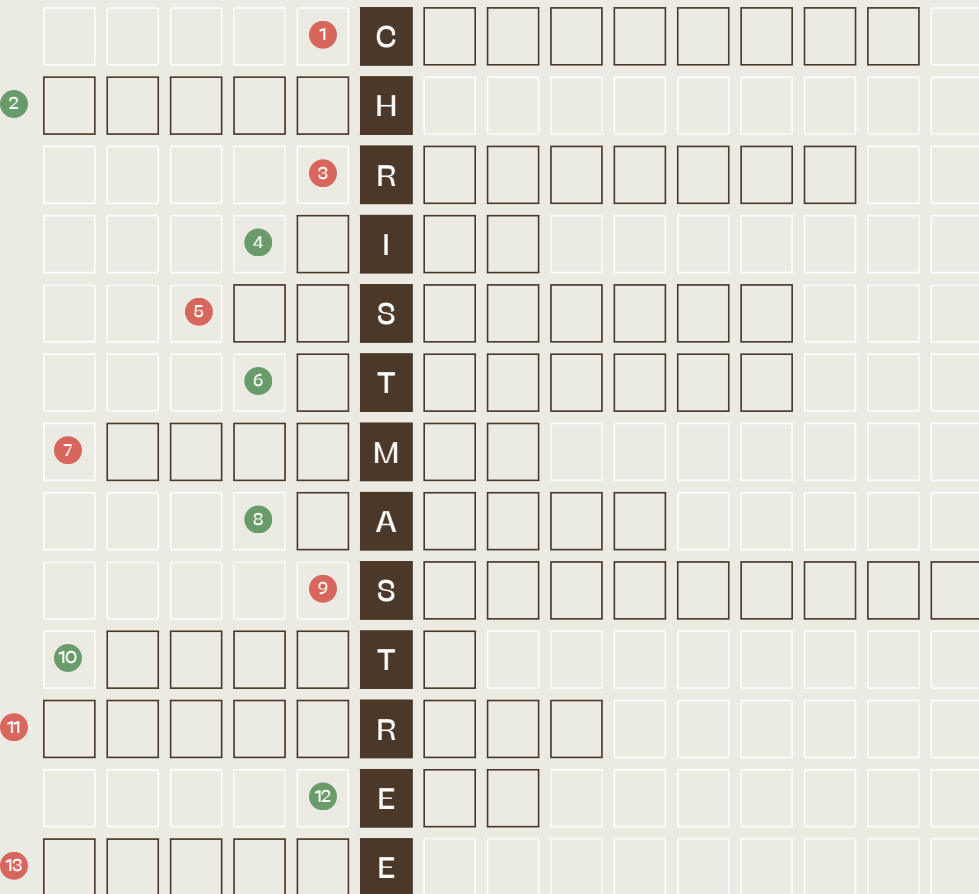
**GOV. HEALTH
SERVICE
NAVIGATOR**

811



CHRISTMAS

CROSSWORD



- 1 Sweet holiday treat, usually with red, green, and white stripes.
- 2 Vehicle used by children to play on the snow.
- 3 Animal associated with pulling Santa's vehicle.
- 4 A present given during the holiday season.
- 5 A festive plant often associated with kissing.
- 6 Traditional hanging decoration for small presents.
- 7 Iconic winter figure made of snow.
- 8 Decoration often lit for a warm and festive glow.
- 9 Jolly figure in a red suit who delivers gifts.
- 10 Circular decoration hung on doors during the holidays.
- 11 A sweet, spiced cookie typically shaped like a person and decorated with icing.
- 12 Santa's little helper with pointy ears.
- 13 The sound of bells during the festive season.



If you have any suggestions please feel free to contact committee newsletter@abbotsfordaa.org or want to publish something in the next issue!

