



ONE DAY AT A TIME NEWSLETTER

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DCM REPORT

Hello D39 members,

Happy New Year, welcome to our Alcoholics Anonymous Panel 75 and may the A.A. Promises come true in each of our lives.

I am Dedar, grateful member of A.A., currently serving as DCM in your District 39 (Abbotsford, Clearbrook and Matsqui area).

On October 7th, 2019, I was facing an emotional abyss and drinking spree as my personal life had become unmanageable ("How dark it is before dawn!", *Big Book*, p 8). On October 10th, 2019, I attended my first A.A. meeting, and felt a warm welcome, sincerity, and a place of belonging. The old sense of loneliness and despair within me had started to dissipate, even though it was for a fleeting moment; but, it was the beginning for me. The sense of freedom, happiness and spiritual presence in the room was soothing to my soul - even though I did not comprehend much of it to any significant extent (I had taken my 1st Step in A.A.). Later I would discover the promises of Steps 2, 3, 4 and 5 as well.

Several months into my A.A. journey, I heard and read "The Promises" and believed that they were the promises of the program and often looked forward to when these promises would materialize in my life. Several years later, I learned that these "Promises" were of Step 9 and would materialize as I worked through it.

Through perseverance, I learned that the other Steps also have Promises and these Promises had materialized in my life earlier in my A.A. sobriety.

Today, the feeling of being part of something much greater continues to grow as I continue to in A.A. by following Steps, Traditions, and Concepts. And, that sense of inner peace, serenity and calmness that I had been seeking in my life is returning to me, often preceded by painstaking process(s) - as said in Step 9 Promises.

A.A. is rooted in love and with love all things are possible.
GOD IS LOVE & LOVE IS GOD.
🙏 GOD BLESS 🙏

THIS MONTH

DCM Report
Committee Livst
First Tradition
Upcoming Events

Story
Literature Corner
Treatment Committee
Word Search/Jokes

The Twelve Steps & Traditions



Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

What Does It Mean to Admit Powerlessness?

Admitting powerlessness is not the same as admitting weakness. It means asking for help, leaning on others and relying on your support system. It means admitting—and accepting—that you're living with a disease that alters your brain. It might seem backward, but when you admit that you don't have power, you finally access the power you need.

<https://www.hazeldenbettyford.org/articles/twelve-steps-of-alcoholics-anonymous#toc-3036-6>

Tradition 1 is based on the fact that unity within the group will allow members of Alcoholics Anonymous groups to make more progress.

The underlying message:

While you want to reach your own individual goal of sobriety, your journey can become rudderless if you place "self" over others.

Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I, in my group, a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?
2. Am I a peacemaker? Or do I foster arguments with statements such as "just for the sake of discussion"?
3. Am I gentle with those who rub me the wrong way, or am I sometimes abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I ever put down some AA activities for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support AA as a whole in every way I can, or just the parts that I understand and approve of?
7. Am I considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Dear Lord,

I admit that I am powerless over my alcoholism.
I admit that my life is unmanageable when I
try to control it.

Help me this day to understand the true meaning
of powerlessness.
Remove from me all denial of my addiction.



CONCEPT ONE

**Final responsibility and ultimate authority
for A.A. world services
should always reside in the collective
conscience of our whole
Fellowship.**

There are bosses in
AA. These bosses are
you and me, that's
what Concept 1 says.
The whole
membership is,
collectively, the one
and only ultimate
authority in AA.



I FOUND MY JOY IN RECOVERY!



Hi, I am an alcoholic and I am on a path of joy.

When I came to the program of Alcoholics Anonymous, I was happy on the outside, and I was absolutely miserable on the inside. I had no sense of purpose, I was about to lose my job, I was battling everyone and everything in my life, my relationships were poor, and my family was getting really tired of my bull...nonsense...if you know what I mean. I had given up on my dreams of completing my education, becoming a teacher, and becoming a wife and a parent. Like it says in our literature, "Quicksand stretched around me in all directions." I had no hope. I had long lost my joy. I knew I had a choice; I could admit defeat and be willing to make some changes, or I could go on to the bitter end.



I figured I had nothing to lose, so I came to A.A. At first, I gave it a solid 50%. I was sober from alcohol, but I was still using outside issues for about a year. It was in that time that I learned that some of the people in this program had true joy and happiness. The stories they shared were authentic. Their laughter was hearty and came from deep within their chests. They had a sparkle in their eyes that can only come from emotional sobriety. I knew that in order to have what they had, I needed to do what they did: build a connection with my Higher Power and work the program. I discovered that the only way I could build a connection with my Higher Power was to abstain from all mood and/or mind-altering substances.

The first couple of years were hard. I was digging my way out of an incredibly dark place. Thanks to the fellowship, I knew that I wasn't alone, and that many of us had dug our way out of that same darkness. I attended regular meetings. I got a sponsor, W.B., who changed my world. They gave me something that I had longed for my entire life, unconditional love and acceptance.

They took me through the Big Book. I did the steps. I uncovered the truth behind my misery, lack of purpose, constant battles, and lost dreams (spoiler, it was ME). While not all of it was my fault, I was responsible for at least some aspect of all of it. I began taking accountability for my actions and in my relationships. I became an active participant in my life, and I discovered that there was so much joy in that!

Today, my life has purpose. People in this program have guided me and supported me while I re-discover the dreams that I had long given up on. I am back in school. It's taken me many years to get a 4-year degree – so I focus on being grateful for the knowledge I have gained personally and academically in this long journey. I rescue senior cats. I no longer feel the need to comply to societal expectations to become a mother and a wife. I find my contentment in being an Auntie, an educator, and a steward to animals. I am learning that my recovery from alcoholism was only the beginning. I came to A.A. to stop drinking, but in the end, I stayed for the emotional sobriety. Today I have purpose in being of service to others, happiness in nature, and joy in connection with other alcoholics.



I can make a difference by making and sharing a simple pot of soup. I discovered that I am incredibly loved by my Higher Power and by those I walk this journey with today.

We can all find joy. We can all escape from the dark places we are in or we have been in. Our Higher Power wants that for us. Our fellows want that for us as well. We deserve it. To everyone who has been a part of my journey, I am grateful to you. May we continue to trudge the road of happy destiny together.

—Anonymous



Literature Corner

SERVICE MANUAL 2024-2026



Two titles in a single booklet.

The A.A. Service Manual is a critical resource for A.A. members involved in service. Chapters cover the roles of GSRs, DCMs, delegates, directors and trustees, as well as what happens at G.S.O. and Grapevine. Substantive appendices cover the principle of rotation, the Third Legacy Procedure and much more.

In *Twelve Concepts for World Service*, A.A. co-founder Bill W. articulates the principles by which A.A.'s world service operates and recounts how these emerged through A.A.'s early history and experience.

**For more information on
available literature or service
please contact Marion
604-853-2777**

THE A.A. SERVICE MANUAL

combined with

TWELVE CONCEPTS FOR WORLD SERVICE

by Bill W.



**Revised and fully reformatted
in 2024.
General Service Conference-
approved.
Softcover
8.375" x 10.875"
256 pages**

[https://onlineliterature.aa.org/Service-Manual-12-Concepts?
quantity=1&keywords=service%20manual](https://onlineliterature.aa.org/Service-Manual-12-Concepts?quantity=1&keywords=service%20manual)

2024-2026 Edition
REVISED AND UPDATED

We Need Your Help

In the absence of a D39 Literature Chair, the \$5,000+ inventory of literature will need to be moved to a storage locker, which will affect our District's 'bottom line' expenses.

If you know of someone with two years of solid sobriety, has a heart for carrying the message, has room to store literature (the equivalent of a den or second bedroom closet), familiar with Excel spreadsheet, please invite them to the next District Business Meeting on January 21 at which time we can nominate a Panel 75 D39 Literature Chair and the transition of inventory can be made.

Treatment Committee Update

The Treatment Committee is looking for volunteers. If you are interested, please join us on Thursday, January 16 at 6pm at Afterthoughts to discuss the ways you can help carry the message in local treatment centers.



2025 INTERNATIONAL CONVENTION
VOLUNTEER WELCOME
COMMITTEE

VOLUNTEER KICK-OFF RALLY

SATURDAY, JANUARY 25, 2025

1:00pm to 4:00pm
Vancouver Convention Centre

LIVE EVENT ONLY
SIGN-UP REQUIRED

(summarized video will be available after the event for out of town volunteers)

SIGN-UP FOR VOLUNTEER KICK OFF RALLY OPENS
MONDAY JANUARY 6, 2025

At the Kick-Off Rally, you'll:

Learn how the volunteer process will work and how to sign up.

Get acquainted with the various committees you can join.

Meet fellow volunteers and committee members to start building connections and teamwork.

Be part of the fun as we celebrate the beginning of this incredible event!

You'll receive an email from us the morning of January 6
with a link to sign up

YOU MUST BE ON THIS MAILING LIST TO GET THE LINK, SO BE SURE YOUR FRIENDS
ARE SIGNED UP FOR THE MAILING LIST TOO!

[SIGN UP HERE FOR THE MAILING LIST](#)

Thank you for your continued enthusiasm for this amazing event, and for your love of A.A.. We can feel the language of your beautiful hearts getting closer with every passing day!

Your 2025 International Convention Volunteer Welcome Committee

Questions about volunteering? info@icvwc2025.org
ICVCW website: icvwc2025.org

General 2025 AA International Convention Information: aa.org

Make sure you are registered for the Convention!

EVENTS 2025

**JAN
10**

2025 JANUARY QUARTERLY— HYBRID JANUARY 10 @ 5:30 PM—JANUARY 11 @ 11:59 PM 2025 JANUARY QUARTERLY IS IN PERSON AND ONLINE.

The breakout committee meetings for the Quarterly are held online only on the Tuesday evening before the continuation of the event on the following weekend. Registration is required. The in person location for the quarterly is the Croatian Cultural Center at 3250 Commercial Drive in Vancouver. The Agenda Package is now available.

**FEB
7-9**

WRAASA 2025 WINNIPEG
Working Together, Increasing Trust
Service Assembly
Area 80 Manitoba is hosting WRAASA 2025
Western Canada Region Alcoholics Anonymous Service Assembly.
wraasa2025@aamanitoba.org Registration: \$40

Save the date Winnipeg February 7 to 9, 2025

for more information visit
<https://bcyukonaa.org>

**APR
08**

2025 PRE-CONFERENCE ASSEMBLY: BREAKOUT COMMITTEE ONLINE ONLY APRIL 8 @ 5:00 PM—9:00 PM

The breakout committee meetings for the Assembly are held online only on the Tuesday evening before the continuation of the event on the following weekend. Registration is required. Information will be in the agenda package closer to the date.

**APR
11-13**

2025 PRE-CONFERENCE ASSEMBLY IS IN PERSON AND ONLINE. HOSTED BY DISTRICT 70 VERNON. APRIL 11—APRIL 13

The breakout committee meetings for the Assembly are held online only on the Tuesday evening before the continuation of the event on the following weekend. Registration is required.

Information will be in the agenda package closer to the date.

**FOR MORE INFORMATION VISIT
[HTTPS://BCYUKONAA.ORG/](https://bcyukonaa.org/)**

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

AA.org/International-Convention

Save
the
Date!

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



Fraser Valley Corrections Roundup

Seconds & Inches

The difference between those free on the outside and those incarcerated on the inside is sometimes just seconds & inches



SATURDAY
MARCH 22nd, 2025

9am-530pm

*Registration Opens at 830am

Speakers * Panels * Raffles * Al-Anon Participation

Level Ground Church, 31216 King Road, Abbotsford, BC
Ticket Information: fraservalleyaa.roundup@gmail.com



Tickets \$20 (Lunch Included)

Please bring your own coffee cup



HELP LINE

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

24/7

604-615-2911

GIGGLES & GRATITUDE

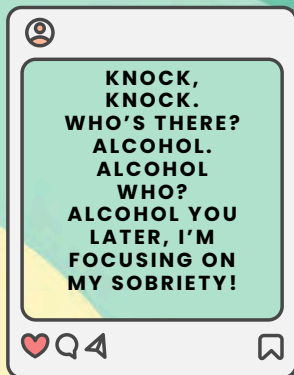


AN OPTIMIST SEES A PARTLY FILLED GLASS AND SAYS IT'S HALF FULL.

A PESSIMIST SEES A PARTLY FILLED GLASS AND SAYS IT'S HALF EMPTY.

AN ALCOHOLIC SEES A PARTLY FILLED GLASS AND SAYS, "HEY, WERE YOU GOING TO FINISH THAT?"

RECOVERY RHYTHMS



1. "RISE UP" – ANDRA DAY
2. "STRONGER" – KANYE WEST
3. "EYE OF THE TIGER" – SURVIVOR
4. "UNWRITTEN" – NATASHA BEDINGFIELD
5. "KEEP YOUR HEAD UP" – ANDY GRAMMER
6. "BRAVE" – SARA BAREILLES
7. "FIGHT SONG" – RACHEL PLATTEN
8. "CLEAN" – TAYLOR SWIFT
9. "NOT AFRAID" – EMINEM
10. "WALKING ON SUNSHINE" – KATRINA AND THE WAVES



I help guide you when you're lost and remind you you're not alone. You can call me anytime, day or night. What am I?

A Sponsor



Betcha can't just take one

WORD SEARCH



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

WORD LIST

ADMITTED
ALCOHOLIC
BAFFLING
CHRONIC
COMPLEX
CUNNING
DEADLY
DESPAIRING
POWERFUL
POWERLESS
PROGRAM
REHABILITATION
RESOLUTIONS
TREMBLING
UNMANAGEABLE