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The Circle &
 The Triangle
 The Three
 Legacies of
 A.A.
 (Recovery,
 Unity,
 Service)

Hello, I am Dedar, an alcoholic, and I am your D39 DCM.

The circle stands for the whole world of A.A., and the triangle stands for A.A.'s three Legacies. Within this we find remedy and freedom from our fatal obsession (addiction and alcoholism). This is an old spiritual symbol that depicts the unity of mind, body and spirit.

We alcoholics are emotionally, physically and spiritually ill; and to overcome this illness, we need to do work in all three aspects (in our lives).

To help alcoholics in remaining sober, the A.A. program seeks to achieve balance in these three areas. Recovery, unity (togetherness), and service are the keys to overcoming the disease's three components (physical, mental, and spiritual).

Recovery—The base of the triangle is our work with the 12 Steps to recovery (as we do - our words, minds, actions, and personalities change - resulting in our lives changing for the better). The cyclical disease of addiction persists until steps taken to break it. The 12 Steps serve as the core of our program.

Unity (Togetherness)—This entails A.A. members joining a group and attending meetings. This is vital in early sobriety so newcomers can find support and advice from individuals who have gone through the recovery and the 12 Steps. Long-term sobriety requires support groups; A.A. is a wonderful place for people to meet and build lifetime friendships. The 12 Traditions help build harmony within our fellowship.

Service—This entails spreading the A.A. message to other alcoholics (guided by the 12 Concepts) and putting these ideas into practice in daily life. This results from the spiritual awakening that occurs after completing the 12 Steps (and 12 Traditions).

THIS MONTH

DCM Report/Committee List
 Tradition, Step and Concept 2
 Ones Man's Journey
 Literature Corner

Corrections Committee
 Upcoming Events
 Committee Announcements
 Fun in A.A.

The equilateral triangle is the strongest structure known to us in nature. The A.A. triangle stands for the balance needed between all 36 guiding spiritual principles that one needs to keep sobriety.

Step Two helps us understand the importance of an open mind and shows us a variety of ways to build faith in a Higher Power.

Tradition Two teaches us how A.A. gets direction – Sole authority in A.A. is a loving God as He may express Himself in the group conscience; thus the leadership in A.A. is as the group conscience speaks.

Concept Two allows these groups to carry on their A.A. primary purpose; and elect to manage A.A.'s world service affairs by delegation of leadership role to the General Service Conference (GSC) – they do so by electing a General Service Representative (GSR) for each group and these GSR's carry their group conscience through the A.A. upside-down service triangle, to the GSC.

Hence, the A.A. Steps, Traditions, and service Concepts are the supporting pillars of our entire fellowship; and carry the A.A. message in its entirety.

-Dedar

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

July 3-6, 2025

Save
the
Date!

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



Scan here!



~~MY~~ GOD'S PLAN Tradition Two



For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

CHECKLIST

1. Do I criticize or do I trust and support my group officers, A.A. committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA twelfth step jobs or other A.A. responsibilities?
3. Do I look for credit with my A.A. jobs, praise for my A.A. ideas?
4. Do I often feel the need to "save face" in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with A.A. chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made?

Tradition 2 reminds us that in A.A., the ultimate authority is a loving God as expressed through the group conscience, guiding our decisions with unity and shared wisdom.

What is a "trusted servant"?

Someone who takes on a service role, like chairperson or treasurer or committee member, to help the group run smoothly. They are responsible for specific tasks but do not have authority over others ensuring that decisions are made in the best interest of the group as a whole focusing on humility and selflessness, following the principles of service rather than governance.

THE TWELVE STEPS:

STEP TWO

Came to believe that a
Power greater than
ourselves could
restore us to sanity.

DO I ADMIT I CAN'T HANDLE
THIS ON MY OWN?

AM I OPEN TO THE IDEA OF
SOMETHING BIGGER THAN ME
HELPING?

HOW COULD TRUSTING
IN SOMETHING GREATER
HELP ME FEEL BETTER
AND FIND PEACE?

ASK



Yourself

What is my **Higher Power** ?

Many people in A.A. have different opinions of what a Higher Power is. It could be God, the universe, nature, or even the group itself. The discussion often focuses on how to find or define a higher power in a way that feels authentic and meaningful for each individual.

Step 2 Prayer

God, I know in
my heart that
Only You can
restore me to
sanity.
I humbly ask
that **You** remove
all twisted
thoughts and
addictive
behavior from
me this day.
Heal my spirit
and restore in
me a clear mind.



CONCEPT TWO

Higher Power, we ask for Your guidance in our journey. May we come together in unity, understanding, and trust, always remembering that our group's purpose is to serve You and each other. Help us to seek Your wisdom through the collective conscience of our fellowship, knowing that Your will leads us to healing and growth. May we always recognize Your loving presence in every decision we make, and may we find strength in each other as we walk this path.

The General Service Conference of A.A. has the final authority in the World Service Matters. It is the final decision-making body in A.A.'s overall service structure, but it is directly responsible to the A.A. groups.

We develop discipline in order to serve the group conscience by obeying it as a trusted servant. We do what God delegates to us through the group.

People often explore topics like how the structure of A.A. decision making ensures unity and how to stay true to A.A.'s principles in challenges.



PANEL 39 SERVICE POSITIONS

Jan 01, 2025 through Dec 31, 2026

Literature: **Open**
Archives: **Open**
Grapevine: **Open**
PI / CPC: **Open**



One Mans Journey

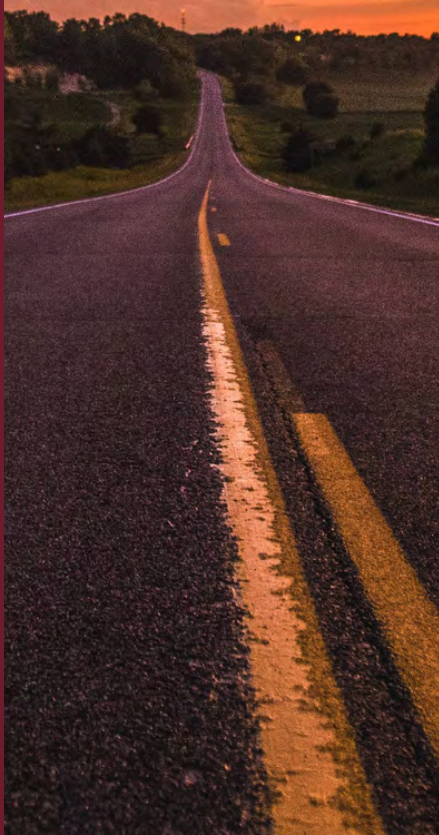
A few years ago, while contemplating suicide or pulling off a robbery to finance my drinking I got a phone call from a friend who came over to talk to me. He convinced me to attend a meeting the next morning and as I walked down the stairs and looked at the 12 steps on the wall, I knew I had Step 1 without a doubt.

I took the group as my higher power for the next few days before looking at Step 2. My friend said I had to learn to pray and I said I don't know any prayers and hadn't been in a church in many years and had no beliefs of any kind in God. He taught me to pray and although I had no faith I had to try, or face an alcoholic death. He told me to pray several prayers and when I was not to excited, he said just try it for a month and see if things get better in your life. We went to church that Sunday which was an eye opener for me. After a few weeks I realized that my life was improving in little ways. My homelife improved and I got motivated to find a bit of casual work to catch up on my bills. With help from my sponsors and my friend and friends in the group I put together a program of prayer and meditation which I follow to this day. At that point I accepted God into my life and ask for guidance daily. I realized that if I wanted a life of peace and serenity, I should do the 12 steps to the best of my ability. I was offered a chance to get into a step group and I took it. As a lot of people do, I struggled with steps 4 and 5 but I got threw them. At the church it was suggested I get baptized and I agreed, standing up in front of 250 people and telling my story was terrifying but as several members of my home group were there for support, I got threw it. This whole process took 6 months. I threw myself into a bit of service work for the group and for district where I volunteered for the 24-hour helpline, answering the phone a couple days a week. that's a few years ago and I am now chairmen of the helpline committee. I try to pass on the required information to whoever calls. I have connected with a lot of struggling alcoholics and have gained a couple of sponsees from it. It's been over 7 years and 3 months since I walked down those stairs and there have been days that weren't great, But I got threw them sober. To this day I do my morning prayer routine and go to lots of meeting. My routine has not changed a bit and I've had no desire or compulsion for alcohol. I have been around AA for quite a few years but never took it seriously.

Over 2,000,000 sober alcoholics are enjoying peaceful sobriety. If you can except step 1 you are on your way.....

Dave R

Beyond Step Two



CORRECTIONS

Marion T. and Michael S. get to serve Panel 75 (2025 and 2026) District 39 in the capacities of District Committee Chairs for both women and men, sharing an email contact of 'corrections@abbotsfordaa.org'. IKYK who's who.

This particular position was vacant for most of Panel 73 however we inherited years' worth of history that remains in the D39 Corrections email account, for our reading pleasure. What a goldmine!

February: These reading materials serve as our launching pad:

1. A.A. Guidelines for Corrections Committees (MG-6)
Our purpose is "to carry our message to alcoholics behind bars"

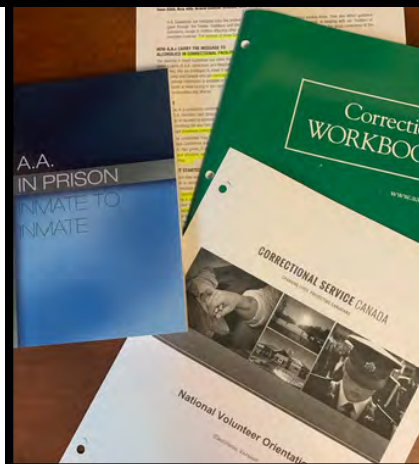
2. A.A. Corrections WORKBOOK (M-45)
"Our purpose is to form effective corrections committees who will carry the A.A. message of the confined alcoholic who wants to live sober, one day at a time."

3. CSC National Volunteer Orientation Training
Our purpose is to contribute to public safety by actively encouraging and assisting offenders to become law-abiding citizens while exercising reasonable, safe, secure and humane control".

There's so much more to tell you. Stay tuned for our article in the March edition. Meantime, Marion and Michael are selling \$20 tickets for the Fraser Valley Seconds & Inches Roundup, the purpose of which is to attract more volunteers.

We expect to receive the Area79 Pre-Conference Assembly materials soon, and that will offer many opportunities to review and discuss ways in which we want to move forward with A.A. as a whole.

In grateful service,
Marion T and Michael S
corrections@abbotsfordaa.org



Fraser Valley Corrections Roundup

Tickets \$20

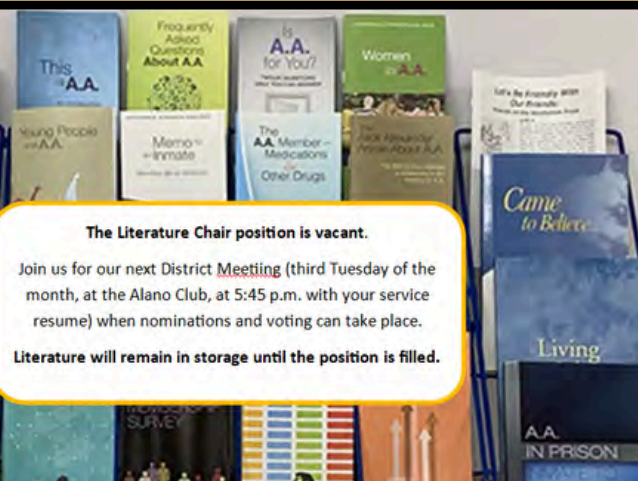
Lunch Included

Please bring your own coffee cup

Tickets from your D39 Correction Chairs Marion T (604-853-2777) & Michael (604-217-6159)



LITERATURE CORNER



The Literature Chair position is vacant.

Join us for our next District Meeting (third Tuesday of the month, at the Alano Club, at 5:45 p.m. with your service resume) when nominations and voting can take place.

Literature will remain in storage until the position is filled.

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-5:30pm *Registration Opens at 8:30am

* Speakers * Panels * Raffles * Al-Anon Participation

Level Ground Church, 31216 King Road, Abbotsford, BC

Ticket Information:

fraservalleyaa.roundup@gmail.com

EVENTS 2025

**FEB
9**

February 9 @ 2:00 pm - 4:00 pm
District 41 Presents "Safety In AA"
Workshop Maple Ridge Library
22470 Dewdney Trunk Rd, Maple
Ridge, BC, Canada Facilitated by
Kristina P. Area 79 Panel 75 Website
Chair Snacks and refreshments
provided. Hosted in the Fraser Room
See poster for more info



**MAR
22**

Add the Corrections Roundup details
here: [March 22, 2025 Level Ground
Church, 31216 King Road,
Abbotsford, BC](https://www.facebook.com/levelgroundchurch) Ticket Information:
fraservalleyaa.roundup@gmail.com
9am-530pm *Registration Opens at
830am Speakers * Panels * Raffles *
Al-Anon Participation

**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/)**

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

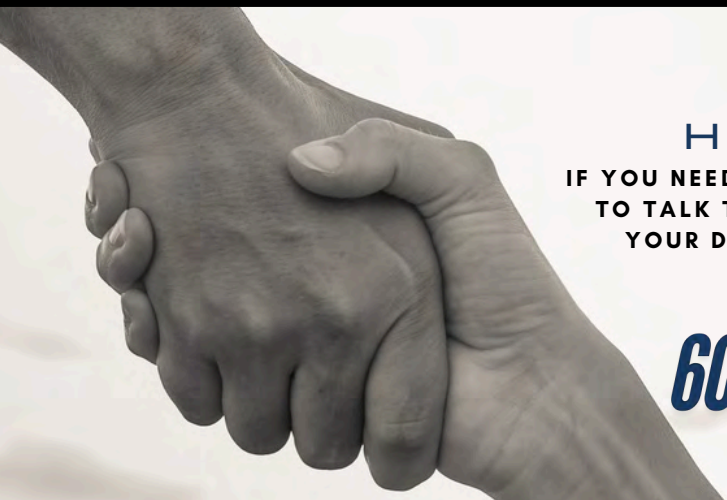


TREATMENT COMMITTEE

UPDATE

The Treatment Committee needs **volunteers**. If you're interested in sharing your story, please contact

treatment@abbotsfordaa.org.



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

LOVE IN RECOVERY

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

AFFECTION
 COMMITMENT
 DATING
 FORGIVENESS
 LOVE
 ROMANCE
 WIVES

ATTRACTION
 COMPANION
 DIVORCE
 HEART
 MARRIAGE
 TINDER

BOND
 CONNECTION
 FAITHFUL
 INTIMACY
 PARTNER
 WILLINGNESS

I'm flattered but I don't think you're ready to get into a serious relationship



Believe me, I'm ready I just took a 1 month chip, just give me a chance.

Ask your Sponsor



How do you fight loneliness in recovery?

This bridal party has so much in common like how much we all love the bride

and that we've all dated the groom

oh, that's why my sponsor suggested to date outside of my homegroup



CHECK ✓ YOUR ❤️

- EAT A HEART-HEALTHY DIET.
- GET ACTIVE.
- STAY AT A HEALTHY WEIGHT.
- QUIT SMOKING AND STAY AWAY FROM SECONDHAND SMOKE.
- CONTROL YOUR CHOLESTEROL, BLOOD GLUCOSE (SUGAR) BLOOD PRESSURE.
- MANAGE STRESS.
- GET ENOUGH SLEEP.