



One Day At A Time
DISTRICT 39 NEWSLETTER

Issue 8
MARCH, 2025

DCM Report

District 39 A.A. General Service (or any level in A.A. World Service Structure)
The A.A. service begins in a home group where the A.A. members accept service responsibilities and learn to sustain connections with other recovering alcoholics.

Within

the home group, the individual A.A.'s are afforded the privilege of voting on issues that affect the Fellowship as a whole; hence, The role of General Service Representative (GSR) is essential to the purpose of General Service as a whole.

The GSR is the link between the group and "A.A. as a whole" – thus a channel through which news, information, opinions, and ideas can flow back and forth (between group, district, area, etc.). To get group consciousness on how to conduct A.A. business at

District 39, an inventory session was held on March 2nd, 2025.

District 39 inventory session was facilitated by Area 79 (Eileen); and fourteen A.A. members participated in the session. The inventory topics focussed on the following:

A. What is the basic purpose of our District 39?

- Making more and better Twelfth Step work possible (hosting workshops, helping alcoholics connect with A.A. Fellowship, A.A. meetings, etc.).

B. How is our District fulfilling its responsibility to the 7th Tradition?

- Discussion concluded that through the wisdom of 7th Tradition, we have not diverted from our primary purpose to carry the message to the alcoholic who still suffers – where ever they may be.

C. Does our District do its fair share toward participating in the purpose of A.A.?

- Concluded that the district is; however, the district can use more support through filling of vacant service positions at the district level.

D. Are all members given the opportunity to speak at meeting and to participate in district activities?

- Everyone is given the opportunity to speak; but sometimes there is not enough time for everyone to speak (meeting 6:00 – 7:30 PM). Hence, DCM will allot time for any member with a burning desire to share as well as limit initial sharing to 2 mins – thus allowing time for everyone to speak.

E. Being mindful that holding service position is a great responsibility; and are we choosing our service representative(s) with care?


- Great responsibility (and humility) is to be exercised by both: those in service position(s) as well as those who choose our service representative(s) with care.

The District will continue to encourage every A.A. member to bring their voice to

D39 business meetings; support the group conscious of the Fellowship as a whole; affect the Fellowship's unity, health and growth; and carry the A.A. message in its entirety.

Mark Your Calendars and Make Plans to Attend 2025 A.A. International Convention

Vancouver, British Columbia, Canada




July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

ONLINE REGISTRATION IS NOW OPEN

Check the IC 2025 [webpage](#) for more information about online registration.

Taking place every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.



**Let's celebrate sobriety together
in Vancouver in 2025!**

**Advanced Rates (ends April 15, 2025)
\$160 USD per person**

Price Increase and Onsite Rates from
April 16 - July 6, 2025
\$185 USD per person

AA SUPPORT FOR MEN
supportformen@abbotsfordaa.org

AA SUPPORT FOR WOMEN
supportforwomen@abbotsfordaa.org

DCM (DISTRICT COMMITTEE
MEMBER)
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 Three

The only requirement for AA membership is a desire to stop drinking.

Tradition three emphasizes inclusivity, meaning that anyone who wants to overcome alcoholism is welcome, regardless of background, beliefs, or other factors. It's about focusing on shared struggle and support rather than specific qualifications for membership.

To practice Tradition 3, let go of any expectations or judgments about who is qualified to join AA, and focus solely on the shared desire to achieve sobriety. This means offering support to anyone who shows up with a willingness to stop drinking, no matter their personal history.

Tradition Three Checklist



1. In my mind, do I prejudge some new AA members as those who likely will not make it?
2. Is there some kind of alcoholic whom I privately or publicly do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or not?
4. Do I set language, religion (or lack of it), race, education, age, sexual identity or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their other problems are?

Step Three

Step 3 involves making a decision to turn your will and life over to the care of a Higher Power, as you understand it. It's about surrendering control and trusting in spiritual guidance for recovery. The step emphasizes faith and willingness rather than understanding or perfection. The decision is foundational, setting the stage for future actions in the program, including self-examination and making amends in later steps. The Big Book suggests that relying on a Higher Power, rather than on one's own will, is key to overcoming addiction and achieving lasting recovery.



**MADE A
DECISION TO
TURN OUR
WILL AND
OUR LIVES
OVER TO THE
CARE OF GOD
AS WE
UNDERSTOOD
HIM.**

STEP 3 PRAYER

God
I offer myself to Thee

To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better
do Thy will.

Take away my difficulties,
that victory over them may bear
witness to those I would help of Thy Power,
Thy Love and
Thy way of life,
May I do Thy will always!



CONCEPT **THREE**

"The right of decision, based on group conscience, is the sole authority for the group and its activities."

Concept 3 in Alcoholics Anonymous states that the right to make decisions belongs to the group as a whole through a process called group conscience. This means that decisions about the group's activities are made collectively by all members, not by a single person in charge. Everyone has an equal voice in discussions, ensuring that decisions reflect the group's shared needs and goals. The concept emphasizes democracy, unity, and shared responsibility, with no one person having more power than others.

HIGHER POWER, HELP ME TRUST IN THE WISDOM OF
OUR GROUP CONSCIENCE. GRANT ME THE PATIENCE
AND HUMILITY TO LISTEN TO OTHERS AND
CONTRIBUTE TO OUR DECISIONS FOR THE GOOD OF
THE GROUP. GUIDE US TO WORK TOGETHER IN UNITY,
WITH RESPECT AND LOVE FOR ONE ANOTHER. MAY OUR
DECISIONS REFLECT YOUR WILL AND LEAD US ALL
TOWARD RECOVERY. AMEN.

D39 SERVICE POSITIONS

Jan 01, 2025 through Dec 31, 2026

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



One Man's Journey

Step by Step

Although I was using my home group as my higher power I did not know where to go from here. Step 3 looked impossible. To back up a bit, my mother told me there was no God or he wouldn't have taken my father. And my mother wouldn't lie, right? So, for the next 50 years or so I bounced around jails and treatment centers and got nowhere. I stayed sober for short periods of time (Dry Drunks?). But this time was different, I had never contemplated suicide before and I had lost several friends to alcoholic deaths. So, I decided I better at least try...But I didn't know a prayer or how to pray. I had a good friend helping me and an understanding sponsor they both said, try praying every morning for a month and see if your live improves. The prayer was "The Lord's Prayer". And with help from a pastor I had met at Church, I made up a personal prayer which I also said every morning and finished with "Let thy will not my will be done". I didn't have a lot of faith in this but seeing the people at my group, some with 30-40 years sobriety I decided to try. On the way to the meeting in the morning we would stop by the park and say these prayers together. After a month I had them memorized and could admit to praying to God daily when asked to speak at the meetings.

In my second month of sobriety the pastor at the church suggested I get baptized. And I was terrified ! He asked me if I could stand up in front of 250 people and tell my story. I had a sleepless night but I went to my usual morning meeting and said a few extra prayers. When I got to the church, I found that around 10 members of my home group had shown up for support. I repeated my prayers several times along with the Serenity prayer until my turn came. I calmed down and got it done. Speaking to 250 people didn't bother me as I had been to lots of AA meetings over the years and getting up and telling my story was not too difficult. After it was over, I realized that I felt better about myself and was not ashamed to admit that I pray daily and that I believe in God. My family life had improved slightly and I felt motivated to find a bit of work to bail myself out of debt. Although I had a few rough days I stuck with it and I realized the compulsion to drink was gone. So, using my prayer and meditation time as suggested I came up with a prayer routine that I've followed to this day. I go to 7 meetings a week and was encouraged to do the steps and an opportunity came along. And that led me to
Step 4.....
but that's a story for another time.....

One Man's Journey

24-hour Helpline Report

Everything is working well, I have 18 volunteers covering 28 time slots and to make sure no calls get missed I am now able to add a second volunteer to selected time slots. Sometime "live happens" and the primary volunteer may be driving or at work or at a meeting. In that situation the call will switch to second volunteer. We try to answer their questions and give them support and directions to meetings etc. and encourage them to get to a meeting and get connected. Sometimes it's just a simple question about A A and how it works and how much does it cost. The shifts are 6 hours a piece at least once a week and whatever time slot that we work out.

The Shifts are from 6am till noon and noon till 6pm as well as 6pm till midnight. The calls come in as AA Hotline so you know where it's from. What all this means is that I need more volunteers to cover those spots. If you are interested in a service position and are willing to help, email your phone number to telephone@abbotsfordaa.org and best time to call. And please remember.....

"I am Responsible.
When anyone, anywhere,
Reaches out for help,
I want the hand of A.A. always to
be there.
And for that:
I am responsible"

Dave R
Telephone Chair, District 39



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



HELP LINE
IF YOU NEED HELP OR
WOULD LIKE TO TALK TO
SOMEONE ABOUT YOUR
DRINKING, CALL US **24/7**
604-615-2911

EVENTS 2025

MAR
22

CORRECTIONS ROUNDUP

Level Ground Church, 31216 King Road, Abbotsford. BC Ticket Information: fraservalleyaa.roundup@gmail.com 9am-5:30pm
*Registration Opens at 8:30am Speakers * Panels * Raffles *
AI-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
[BCYUKONAA.ORG](https://bcyukonaa.org)

**TREATMENT
COMMITTEE**

UPDATE

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

treatment@abbotsfordaa.org

LET LITERATURE CARRY THE MESSAGE TOO

Tradition 5: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Abbotsford (District 39) fulfills A.A.'s primary purpose through meetings, sponsorship, literature and resources, public information and outreach, and anonymity & non-profit structure.

WE HAVE A PROBLEM & SOME SOLUTIONS TO PROPOSE

Service Opportunity. Become the District 39 Literature Chair!

Are you looking for a meaningful way to serve in A.A. while strengthening your own recovery? District 39, Abbotsford, BC, is looking for a dedicated member to step into the role of Literature Chair—an essential service position that helps carry the A.A. message through its written word.

Why Consider This Role?

A.A. literature is a cornerstone of our fellowship, offering experience, strength, and hope to alcoholics at every stage of their journey. As the District Literature Chair, you will:

- ✓ Ensure A.A. groups in District 39 have access to essential literature, from the Big Book to pamphlets and service materials.
- ✓ Help newcomers and long-time members find resources that support their recovery.
- ✓ Deepen your own understanding of A.A.'s principles and traditions.
- ✓ Connect with other trusted servants in Abbotsford and beyond, building strong relationships in service.
- ✓ Play a key role in carrying the message to those who need it most.

This is a two-year commitment that will not only enhance your service experience but also contribute to your personal growth and recovery. Service keeps us sober, and your willingness to step up matters.

If you're interested or want to learn more, please reach out to your District 39 Committee or attend our next district meeting. Your service makes a difference—are you ready to take the next step?

Marion T
(Former District Literature Chair)

WHAT YOU CAN DO

- Attend the next District Meeting on March 18th and nominate a Literature Chair.
- Consider a Literature Chair with less than two years of sobriety.
- Register your home group's knowledge of 7th Tradition monies to cover the storage expenses to date so our next Literature Chair has a cushion to start with.

**Nominate a Panel 75
District Literature Chair
who will have
LITERATURE TO (help
you) CARRY THE
MESSAGE to the alcoholic
who still suffers.**



Why did the AA member bring a garden hoe to the meeting?

Because they wanted to grow in their recovery, one step at a time!



Why don't AA groups play chess?

Because in AA, everyone gets the Right of Decision, and no one wants to be the pawn!

I ask for a choice, a step to make,
To trust in a higher power, for recovery's sake. I turn my life over, with faith I agree,
What is the step that sets my mind free?
What am I ?

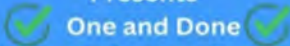
In this program, power is shared far and wide,
Each group, each trustee, gets to decide. From the top to the bottom, every level has sway,
Ensuring decisions are made in a fair and just way. No one is alone with all of the power,
What concept ensures decisions don't tower?
What am I ?

I don't ask for much, just one thing to show, A wish for change, for the desire to grow. No status, no title, no forms to complete, What simple thing makes you a part of this meet?

What am I ?

BC/Yukon Area 79

Presents



April Pre-conference Registration
and Committee Assignment



NORTH SHORE 53rd ANNUAL ROUNDUP

APRIL 18th-20th, 2025

Name: _____ \$60
Early Bird \$55
Group: _____ 0500

VANCOUVER CONVENTION CENTRE EAST - 999 CANADA PLACE

REGISTER NOW!

RECEIVE YOUR ASSASSIGNMENT IN ONE EASY STEP - CLICK THE LINK BELOW

[Registration and Assignment Here](#)



Focus on your and your DCM's assigned
Committee Now

- Review last year's conference agenda items before the release of this year's items
- Make contact with your assigned Area Committee Chair
- Discuss with your DCM in advance

Please complete one step registration by
April 1, 2025

NORTH SHORE ROUNDUP



Scan for the schedule
or visit:
northshorerooundup.com/meetings/

Best Hotel: Pan Pacific
Area Room Code
2024/2025 0500 01234
1 800 883 3333
Hotel Reservation Dept
www.panpacific.com
Access Code: 883004

This ticket is your registration badge. Registration badges must be worn at all times at the event. Registration badges are required for admission. Tickets are non-refundable.

Check out Grapevine on

YOUTUBE!

CLICK



- Listen to our weekly podcast
- Watch helpful app how-to video shorts
- Hear members share in their own voices
- Hundreds of GV & La Vinya videos in English and Spanish!

New playlists!
• Stories by young people in AA
• Member stories in ASL

www.youtube.com/aagrapevine

Since 1944 AA Grapevine has been carrying the message of Alcoholics Anonymous to everyone interested in alcoholism through its magazines, website, and related items. Written, edited, illustrated, and read by AA members and others interested in the AA program of recovery from alcoholism, Grapevine is a lifeline linking one alcoholic to another. AA Grapevine is available online at aagrapevine.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-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

Questions? Want to Help Out? Contact: Michelle F (604) 376-9693 Barb A (250) 522-0254 John N (250) 813-1280



Tickets \$20 (Lunch Included)

Please bring your own coffee cup

Tickets available from Marion T. (604-853-2777) and Michael S. (604-217-6159)