

# One Day At A Time District 39 Newsletter



## DCM REPORT

### **A.A. International Convention (90<sup>th</sup> Anniversary in Vancouver)— Experience of a Lifetime**

The A.A. International Convention in Vancouver marks the 90<sup>th</sup> Anniversary of Bill W's first meeting with Dr. Bob, the birth of Alcoholics Anonymous, and beginning of the fellowship's founding. Vancouver will welcome A.A. members (and their families/friends) from around the world to attend meetings, workshops, dances, events, and the traditional flag ceremony to celebrate sobriety worldwide.

The International Conventions has steadily grown since 1950 (about 3000 attendees) to present (about 50,000+/- attendees). To experience a weekend like no other in A.A., where people are smiling, laughing, hugging one another, excitement filling the air, and the city filled with alcoholics around the world would be like no other weekend.

Experience to be had by hosting such an event requires many volunteers (approximately 5000). As the convention approaches, its website is being regularly updated with registration and volunteer information. Currently, about 2000+ volunteers have registered and more are needed to host this special 90<sup>th</sup> Anniversary International Convention in Vancouver (our home country and backyard).

The volunteer Kick-Off event was a great success; and an upcoming volunteer Training & Orientation event is scheduled for June 8, 2025 (1:00 – 4:00 PM). More volunteers are needed to greet thousands of attendees at the BC Place Stadium and the Convention Centre.

In the spirit of A.A., I encourage every A.A. member to partake in the experience of a lifetime, partake in volunteer service at the International Convention, experience what it is like to be free of alcoholism, and celebrate world sobriety (the Fellowship's unity, health and growth).

**Also, it is a pleasure to let our A.A. members know that their 7<sup>th</sup> Tradition contributions have replenished D39's annual operating budget. Keeping with the spirit of A.A., and following the footsteps of our co-founders, this District is looking to its A.A. members to consider hosting a PI/CPC event open to all (A.A. members, non-members, and the professional community) at no charge for attendance.**

**This event would be an informational event about what A.A. is and what A.A. is not; and we could have some experienced A.A. members attend (such as past delegates). While D39 did struggle bit in 2024; now it is in a position to expand service in carrying the A.A. message to our local community as the Groups' Conscienceness prevails.**

**- GOD BLESS ALL -**

**In Service,  
Dedar B.**



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

## Vancouver, British Columbia




**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!**

**Advance 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](mailto:supportformen@abbotsfordaa.org)

AA SUPPORT FOR WOMEN  
[supportforwomen@abbotsfordaa.org](mailto:supportforwomen@abbotsfordaa.org)

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# TRADITION FOUR

EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS  
AFFECTING OTHER GROUPS OR A.A. AS A WHOLE.

With respect to its own affairs, each A.A. group should be responsible to no other authority other than its own conscience. But when its plans concern the welfare of neighbouring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.


This means that each A.A. group has the freedom to operate as it sees fit, making decisions based on what works best for its members, without being controlled by outside entities. However, if a group's actions could impact other groups or the larger A.A. fellowship, they should consider the potential consequences. It emphasizes self-governance while promoting unity within the broader community.

**"GOD, GRANT US THE SERENITY TO  
ACCEPT THE THINGS WE CANNOT  
CHANGE,  
THE COURAGE TO CHANGE THE THINGS  
WE CAN,  
AND THE WISDOM TO KNOW THE  
DIFFERENCE,  
AS WE PRACTICE AUTONOMY IN OUR  
GROUPS, WHILE MAINTAINING UNITY IN  
A.A."**

## CHECKLIST

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA as a whole?
3. Do I judge or criticize other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths - their lengths, not mine - to stay sober?
6. Do I ever criticize certain groups because I think they don't do things how I believe AA should be done?

# STEP FOUR



Dear God, please help me to honestly take stock. Help me to search out the flaws in my make-up which caused my failure.

Help me to see where resentment has plagued me and resulted in spiritual malady, but more importantly help me to understand my part in these resentments.

Help me to resolutely look for my own mistakes and to understand where I had been selfish, dishonest, self-seeking and frightened.

Please help me to be searching and fearless in my endeavor to write my inventory.

**"Made a searching and fearless moral inventory of ourselves."**

This step is about taking an honest look at your life. You examine your actions, thoughts, and behaviors — both good and bad — without holding back or being afraid of what you might find. The goal is to recognize the things you've done wrong and understand the reasons behind your alcoholism and you can start healing and moving forward.

## CONCEPT

### FOUR

Throughout our structure, the chain of command is never to be understood as working from the top down. Our leaders are but trusted servants; they do not govern. Leadership is about serving and guiding, not controlling and that everyone in A.A. is treated equally with right to be heard with love and respect.

At all responsible levels, we ought to maintain a traditional "Right of Participation", allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

1. Servant Leadership: Leaders in AA are there to serve the group, not to govern or control. Their role is to help, not to give orders.
2. No Top-Down Power: AA's structure isn't based on a traditional hierarchy. Power doesn't come from one person at the top; instead, it's shared.
3. Collective Responsibility: The ultimate decisions are made by the whole group, not just a few leaders. Everyone's voice matters.
4. Equal Leadership: No one in AA has power over anyone else. Leaders are simply people chosen to help and serve the fellowship.

Meetings urgently requiring more members:

**Clearbrook Podium Group (O)**

Tuesday 7:30 PM

Alano Club

2584 Cyril Street, Abbotsford, BC

Phone: Alex R. 778-779-4553

**Hand of A.A. (O)**

Thursday 7:00 PM

Alano Club

2584 Cyril Street, Abbotsford, BC

Phone: Mark 236-862-9850

**D39  
SERVICE  
POSITIONS**

Jan 01, 2025 through

Dec 31, 2026

**Archives: Open  
PI / CPC: Open**

**My thoughts on Prayer**

When I attended my first AA meeting I thought that was all I had to do to get Sober. But then I was encouraged to "do" the Steps. AND learn how to pray. I could say the words but not with conviction. I had lost many friends to alcoholic deaths. So, I thought I should try a little harder. I went and checked with the pastor at the local church. I learnt the Lord's Prayer first and never looked back. My life improved and I was able to work on the steps. Every morning I do my prayers and blessing and I know I'll stay sober that day. By doing them and attending meetings I have stayed Clean and Sober for a few years now and can now pass this message on to new people.

What have you got to lose?  
.... more on this next month.



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

[treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.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](mailto: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**



# One Man's Journey

## Step by Step

### *Four*

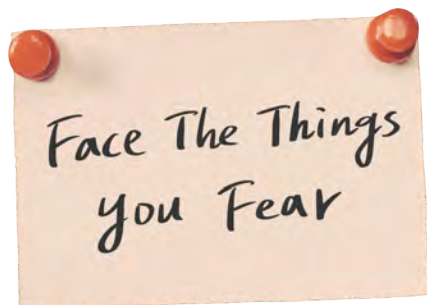
When I had completed Step 3 to my satisfaction, I was ready to tackle Step 4. To say I was terrified would be an understatement! My sponsor encouraged me and several members of my home group. But I also heard the horror stories and had seen friends drag it on and sometimes disappear from the group. But with my new-found faith in God and my daily prayer routine I carried on... I read everything in the Big Book and in the 12 and 12; I said a prayer and got to it.

I had tried Step 4 years ago along with Step 5, but didn't take it too seriously. Having a fairly extensive drinking career spanning 50 years I knew it would be a challenge, but I went back as far as I could and started writing it out. My list of resentments filled two pages and I thought it would only take a couple of hours, but in reality it took me a couple of afternoons.

The next day I reviewed it and realized I was messed up in every area of my life. I had drunk to suppress feelings of fear, frustration, depression and rejection in my life. All my instincts were running wild and out of control. But alcohol had smoothed everything over and I thought I was doing great. After a few broken relationships and a couple of bank robberies, I got married. That didn't help much; I lasted a while, but not long, and I was soon back in prison again.



BE HONEST



By this time, I had pages of issues to deal with. So, back to the Big Book and my Sponsor and friends. I tried to figure out how to deal with the four pages of things I had written. I went to the Church and spoke to the Pastor who had baptized me, and he said to trust in God and it would all work out. I was pretty skeptical about all this, but as my life had improved since I had started a morning prayer routine and attending regular meetings, I continued on.

A lady in the group said to me... *"You've got too much to gain ...to lose"*. That phrase has stuck with me for over 7 years and someday it is what holds me together.

I finished Step 4 on a Thursday and was given a couple of days to prepare for Step 5. I reread what I had written and prayed my heart out over the whole thing. I had a solid support group behind me; however I knew I had to move forward if I was going to have any success in Alcoholics Anonymous. I got a phone call from the program facilitator that I was "booked" for my Step 5 on Tuesday evening... But that's a story for another time... .

## A.A. DISTRICT 39 INVENTORY MEETING SUMMARY

March 2, 2025 – Abbotsford Alano Club  
Facilitated by Eileen, Area 79 Archives Chair

The District 39 Inventory Meeting opened with the reading of the sharing session from the A.A. Group Service Manual. Attendees introduced themselves, their service positions, and their reasons for attending.

### Inventory Items Discussed

- a) What is the basic purpose of our District?
- b) How is our District fulfilling its responsibility to the 7th Tradition?
- c) Does our District do its fair share toward participating in the purpose of A.A. – as it relates to our Three Legacies of Recovery, Unity, and Service?
- d) Are all members given the opportunity to speak at meetings and to participate in District activities?
- e) Mindful that holding a service position is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our service representative(s) with care?

### Discussion Topics

#### **A) What is the basic purpose of our District?**

The facilitator referred to page 7 of the pamphlet *Where Money & Spirituality Mix*, emphasizing the District's role as the conduit between Groups and Area.

- District helps unify Groups, communicate needs, and uphold A.A. Traditions.
- G.S.R.s serve as the voice of their Groups, bringing concerns to District and reporting back.
- An emphasis on "Unity" from members.
- Communication at all levels is very important.
- Important that our voices are heard. There are no chiefs. Put EGO's aside
- A workshop on the "upside-down triangle" was suggested to clarify the service structure.
- Pre-Conference workshops and assemblies are vital to keeping G.S.R.s informed and engaged.
- Service Representatives are encouraged to have a service sponsor to navigate challenges, including EGO issues.

#### **B) How is our District fulfilling its responsibility to the 7th Tradition?**

Reference was made to *Where Money & Spirituality Mix*, emphasizing that financial resources should always serve A.A.'s primary purpose: carrying the message to the alcoholic who still suffers.

- Concerns were raised about funds sitting idle instead of being used to help alcoholics.
- Accountability and transparency in District spending were discussed.
- Literature: what to do with the literature inventory, as it remains in storage instead of reaching the still-suffering alcoholic. This is especially relevant given the unfilled District Literature Chair position.
- Groups need to understand how 7th Tradition funds flow and how surplus funds should be allocated.
- Members emphasized that while money is necessary, human connection remains the heart of carrying the message.

## A.A. District 39 Inventory Meeting Summary (continued)

### C) Does our District do its fair share toward participating in the purpose of A.A., as it relates to our Three Legacies of Recovery, Unity, and Service?

- Strong Groups create a strong District, which in turn supports A.A. as a whole.
- We need to practice the Traditions and Concepts.
- A focus on Recovery and Unity is evident, but participation in Service is lacking.
- The importance of filling vacant service positions was emphasized.
- The importance of the spirit of rotation was discussed.
- Members discussed making service more appealing and encouraging participation.
- The role of the service structure, including the "triangle," was discussed.
- Better outreach and advertising were suggested to increase District meeting attendance.

### D) Are all members given the opportunity to speak at meetings and to participate in District activities?

- Emphasis on the importance of sharing our opinions.
- Strategies were discussed to encourage participation.
- There was concern about why there aren't more members, especially G.S.R.'s attending the monthly District meetings.
- How we conduct ourselves is always in our Service Manual.
- Ensuring a respectful and welcoming environment was highlighted.

### Special Thanks

A huge thank you to *Eileen, Area 79 Archives Chair*, for facilitating this valuable discussion. Her guidance and insights were deeply appreciated.

Meeting Notes taken by: Barbara W

### E) Mindful that holding service position is a great responsibility, not to be viewed as the outcome of a popularity contest, are we choosing our service representatives with care?

- The A.A. Service Manual provides guidance on electing trusted servants.
- When voting, candidates should leave the room to ensure an unbiased process.
- It is important to match skills and experience with service positions.
- A resume process was suggested for District positions.
- A.A. Service Representatives are responsible for sharing our primary purpose.
- Service should be attractive, balanced, and rooted in humility, not ego. We want to be mindful of not voting in a member if they clearly are not ready for that position.
- Members emphasized making service enjoyable while maintaining accountability.
- Whether we are a door greeter (Service at the Group level) or a G.S.R. (General Service), we are all equal.

### Key Takeaways and Next Steps

- Service should be transparent and engaging.
- G.S.R.'s play a crucial role in communication between Groups, District, and Area.
- Funds should be actively used to support A.A.'s primary purpose.





## 24 HOUR HELPLINE REPORT APRIL 2025

The helpline is working well and is looking for volunteers to help out.

If you can be available to answer the phone for 1 shift a week, We should talk. Times are flexible and all info can be supplied. Shifts are 6 hours.

If you are interested and need more info, contact me and I'll be glad to answer any questions. Email me at [telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org) or call me at 778 908 6670.

If you have a Home Group, please let your GSR or Secretary know so they can announce at your meeting. And please remember....

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

## What is an A.A. Service Resumé?

An A.A. service resumé is a document that outlines an individual's experience, skills, and contributions related to service within the Alcoholics Anonymous community. It focuses on the person's involvement in helping others through various A.A. roles, events, or activities. It can be used to apply for positions within A.A. service structures or to highlight one's commitment and experience in supporting the principles of A.A.

In an A.A. service resumé, you might include:

Service Positions: The roles you have held within A.A. (e.g., Group Chair, Secretary, Treasurer, Sponsorship Chair, etc.).

Committees and Events: Any service work or events you've participated in, such as organizing group activities or district-level events.

Sponsorship: Experience in sponsoring others and helping guide them through the 12 Steps.

Service Length: The amount of time you have been involved in A.A. service activities.

Skills and Training: Any relevant skills or training, such as knowledge of the 12 Steps, Traditions, or Service Manual, or any leadership development you've undertaken.

Achievements: Special contributions or successes in your service work (e.g., starting a new group, leading a workshop, etc.).

This type of resumé is unique in that it highlights personal recovery and service within the A.A. community, rather than traditional work experience or education. It helps demonstrate your dedication to A.A.'s values and mission.



# CORRECTIONS CORNER INTRODUCTION

My name is Marion, and I am an alcoholic. This report highlights updates and information about District 39's Corrections work, which focuses on carrying the A.A. message of recovery to Alcoholics in correctional facilities. If you're interested in Corrections work, we can guide you through the process required for Federal and Provincial correctional facilities (contact information is below).

## Mission and Goals

Our main goal is to bring the A.A. program of recovery to Alcoholics in correctional facilities and help them transition to the larger A.A. community through pre-release contacts.

## Historical Reflection

The following is an excerpt written by our co-founder, Bill W., to a prison group in 1949:

"Every A.A. has been, in a sense, a prisoner. Each of us has walled himself out of society; each has known social stigma. The lot of you folks have been even more difficult: In your case, society has also built a wall around you. But there isn't any real essential difference, a fact that practically all A.A.s now know. Therefore, when you members come into the world of A.A. on the outside, you can be sure that no one will care a fig that you have done time. What you are trying to be—not what you were—is all that counts with us."

## UPDATES

### FEBRUARY & MARCH 2025

Your D39 Corrections Chairs, Marion and Michael, focused on:

1. Completing the requirements for Corrections Service Canada's reliability status, which included completing an application form, fingerprinting, and a five (5) hour online course, National Volunteer Training. We have our CSC photo ID now required for correctional service work "inside".
2. March 22's FV Corrections, Seconds & Inches Roundup. Between the two of us, we sold 30 tickets at \$20.00 each. We thank Murray S. and Don R., who also sold tickets. The stories told, the conversations in between, the resources on display, the food, and the raffle made for a great day. Marion chaired the 1:00 to 2:00 portion, introducing Teresa O.

The 3 Pillars of Corrections are:

1. Inside Meetings: carrying the A.A. message through regular meetings in correctional facilities.
2. Letters: connecting with inmates through correspondence programs like CCS and Penpal to offer ongoing support.
3. Pre-Release Program: helping incarcerated members transition into the broader A.A. community upon release.



## APRIL & MAY 2025

1. April 8, 11, 12. Area 79 Pre-Conference.
2. April 27. FV AA Corrections Roundup Wrap-Up dinner in Langley.
3. April 29. CSC has extended an invitation to attend FVI for a Volunteer Appreciation event.
4. The Winter Issue of Sharing Behind the Walls has arrived! It is our A.A. Corrections newsletter, published by G.S.O. You will see that the A.A. message on the inside is no different than on the outside.
5. Grapevine Magazines needed.
6. Recommend watching the A.A. videos: "A New Freedom". AA.org has three versions: a 4-minute, 15-minute, and 30-minute.
7. Corrections Chilliwack will be hosting a Corrections Workshop soon.
8. Corrections Langley hosts Zoom meetings monthly. Corrections Corner Speaker Meeting will be held on April 27th.
9. Corrections Canada hosts Zoom meetings monthly.
10. Corrections Corner Abbotsford will include a report such as this monthly in the D39 Newsletter.

### Inside Meetings

We are proud to hold A.A. meetings in the following correctional facilities:

#### Women's Correctional Facilities –

Fraser Valley Women's Institution (FVI)

- Minimum Security: Tuesdays at 6:30 PM
- Medium Security: Tuesdays at 7:30 PM

#### Men's Correctional Facilities

- Kent Institution (Maximum Security)
- Matsqui Institution (Medium Security)
- Mission Institution (Medium Security)
- Pacific Institution

We are always looking for more volunteers to help bring A.A.'s message to these facilities. If you're interested, please reach out!

Chair Transition: As the new Corrections Chairs, Marion and Michael are actively getting familiarized with the role and appreciate your support!

Thank you for this opportunity to be of service.  
Marion T and Michael S, Corrections Chairs  
[corrections@abbotsfordaa.org](mailto:corrections@abbotsfordaa.org)

2025 A.A. INTERNATIONAL CONVENTION

VOLUNTEER WELCOME

COMMITTEE

Subcommittee

Spotlight

### Accessibilities

- Create connections through a unique 1-on-1 service opportunity
- Help navigate obstacles that might prevent anyone from having the best experience possible
- Make the convention as diverse and inclusive as possible, supporting those who have the most barriers

### Global Languages

- Be the welcoming face for someone who speaks another language and needs assistance
- Share your pride of your culture if you speak other languages
- Be right in the middle of the International community
- Meet people from all over the world!

scan me!



Visit [www.icvwc2025.org](http://www.icvwc2025.org)

to learn more about how to volunteer at the  
2025 A.A. International Convention.

Volunteering is open to local AND out-of-town  
registrants. We are excited to meet you all!

# EVENTS

## 2025



**APR**  
**5**

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### TRI-CITIES SPRING RALLY 2025 12:00 PM – 11:00 PM

The 37th annual Tri-Cities Spring Rally featuring AA and Al-Anon Speakers and Panels. Beginning at Noon and finishing the event with a 19+ Sober Panel Comedy Show. All Saints Parish, 821 Fairfax St, Coquitlam

**APR**  
**08**

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### 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**

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### 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.

**APR**  
**18-20**

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### NORTH SHORE ROUND UP APRIL 18 @ 1:00 PM – APRIL 20 @ 1:00 PM

Join us for the 53rd Annual North Shore Round Up! This year's event includes 4 AA speakers and one Al-Anon speaker, a comedy variety show Friday night and a dance on Saturday night.

See [poster](#) or visit our [website](#).



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FOR MORE INFORMATION VISIT  
**[BCYUKONAA.ORG](http://BCYUKONAA.ORG)**

# COMICS

ALCOHOLIC ANNONOMOUS  
EDITION



I'm not made by one, but by many together,  
We decide with wisdom, to last forever.  
I consider what's right, what's wrong, and what's best,  
The voice of the group puts decisions to the test.  
What am I?

I help you look at yourself, deep and true,  
Through every fault and flaw that you knew.  
I bring the past into the light,  
So you can heal and make things right.  
What am I?

I am a mirror, but I don't reflect,  
I show the truth, with no regret.  
I can be harsh, but I'm what you need,  
To help you grow and to succeed.  
What am I?

