

# ONE DAY AT A TIME



**District  
39**

**AA SUPPORT FOR MEN**  
[supportformen@abbotsfordaa.org](mailto:supportformen@abbotsfordaa.org)

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

**DCM (DISTRICT COMMITTEE MEMBER)**  
[dcm@abbotsfordaa.org](mailto:dcm@abbotsfordaa.org)

**ALTERNATE DCM**  
[altdcm@abbotsfordaa.org](mailto:altdcm@abbotsfordaa.org)

**ARCHIVES**  
[archives@abbotsfordaa.org](mailto:archives@abbotsfordaa.org)

**PUBLIC INFORMATION**  
[pi.cpc@abbotsfordaa.org](mailto:pi.cpc@abbotsfordaa.org)

**CORRECTIONS**  
[corrections@abbotsfordaa.org](mailto:corrections@abbotsfordaa.org)

**EVENTS**  
[events@abbotsfordaa.org](mailto:events@abbotsfordaa.org)

**GRAPEVINE**  
[grapevine@abbotsfordaa.org](mailto:grapevine@abbotsfordaa.org)

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

**BRIDGING THE GAP**  
[bridgingthegap@abbotsfordaa.org](mailto:bridgingthegap@abbotsfordaa.org)

**MEETING LISTS**  
[meetinglists@abbotsfordaa.org](mailto:meetinglists@abbotsfordaa.org)

**NEWSLETTER**  
[newsletter@abbotsfordaa.org](mailto:newsletter@abbotsfordaa.org)

**COOPERATION/PROFESSIONAL  
COMMUNITY**  
[pi.cpc@abbotsfordaa.org](mailto:pi.cpc@abbotsfordaa.org)

**SECRETARY**  
[secretary@abbotsfordaa.org](mailto:secretary@abbotsfordaa.org)

**TECHNICAL SUPPORT FOR CHAIRS**  
[techsupport@abbotsfordaa.org](mailto:techsupport@abbotsfordaa.org)

**TELEPHONE/AA HOTLINE**  
[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)

**TREASURER**  
[treasurer@abbotsfordaa.org](mailto:treasurer@abbotsfordaa.org)

**LITERATURE**  
[literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org)

**WEBMASTER**  
[webmaster@abbotsfordaa.org](mailto:webmaster@abbotsfordaa.org)

## What is A.A.?

**Just as important, what is A.A. to a newcomer?**

**How are we, as A.A. members, being an example to the newcomer? Are we “trying to be motivation for alcoholics to recover” or do we lead by example – a line easily blurred at times.**

**The literature (Pamphlet F-1) simply says, “A.A. is a voluntary worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership.”**

**In 2019, my life was crumbling around me again; and I faced the dilemma of drinking my problems into an abyss or to completely stop drinking alcohol so that I could have a fighting chance in life. By the Grace of GOD, I called an A.A. member who provided non-judgmental advice and invited me to an A.A. meeting that evening.**

**In my early A.A. days/weeks/months/years, it did not matter what words or how they were written in A.A. literature nor did I care much. All that mattered was to get the help I desperately needed to stop drinking alcohol so I could work on bettering my life (mentally, spiritually, physically). And that help came with the “personal touch” from the fellowship – heart-to-heart mentorship.**



Nowadays at meetings, I am often perplexed to hear many debates about how the words need changing in A.A. literature for the new suffering alcoholic, how the personal ego/personalities are at play, or debates over 7<sup>th</sup> Tradition, etc. Rarely, I get to witness the spirit of A.A. being embraced at the heart of conversations. I wonder, what message is a newcomer hearing/receiving at our meeting(s) – whether being at a home group, at a District or at an Area event?

The A.A. Steps/Traditions/Concepts provide spiritual guidance for each of us for our daily living and in carrying the A.A. message to the alcoholic who still suffers – while helping us to overcome our own personal defects (personal ego's) and grow spiritually/mentally/physically.

Step 5 asks us to admit to GOD and another human being the exact nature of our wrongs. Tradition 5 says a groups primary purpose is to carry the message to the still suffering alcoholic. Concept 5 aids in effectively carrying out A.A. service by allowing for right of appeal as well as allowing for minority voice to be heard and personal grievances to receive careful consideration. The three Legacies, practiced in their entirety, not only help to deflate the unhealthy self (ego) but enables each of us to grow spiritually (as well as develop a healthy ego that no longer needs to live in fear or envy).



Hence, when A.A. Steps/Traditions/Concepts are applied together in our daily life situations, they assist (like a benevolent stranger) to bring about harmony and unity within ourselves and amongst our fellowship – a blessing to a newcomer (suffering alcoholic) by the Grace of GOD.

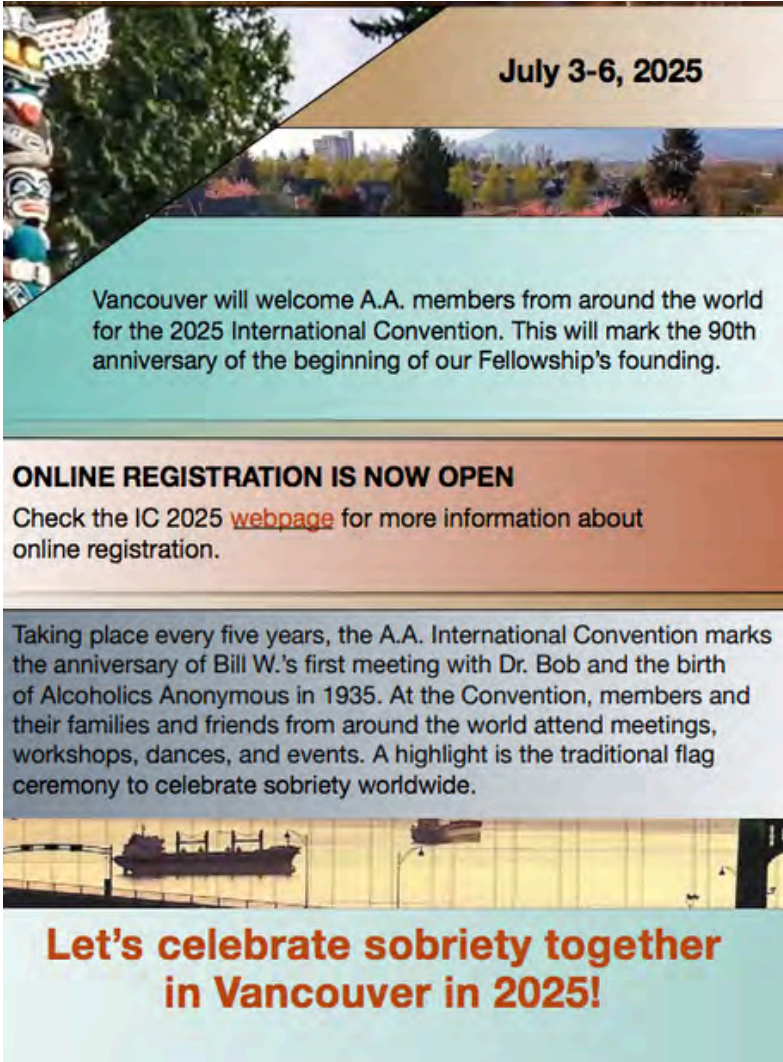
Ask yourself, “What message is the newcomer receiving at A.A. (before, during, and after meetings)?” Is it your message or is it the A.A. message?

🙏 GOD BLESS 🙏

Dedar B.  
DCM D39

# Make Plans to Attend the 2025 **A.A. International Convention!**

Vancouver, British Columbia

A promotional banner for the 2025 A.A. International Convention in Vancouver. The banner is divided into several horizontal sections. The top section features a background image of a Vancouver park with a totem pole on the left and a cityscape in the distance. The date "July 3-6, 2025" is displayed in the top right. The middle section has a light blue background with text about the 90th anniversary. Below that is a brown section with the heading "ONLINE REGISTRATION IS NOW OPEN" and a link to the registration webpage. The bottom section has a light blue background with text about the convention's history and a photo of a ship at a dock. The final line of the banner is a call to action in large, bold, orange letters.

**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!**

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

# STEP FIVE



Admitted to God, to  
oneself, and to another  
human being the exact  
nature of our wrongs.

## Step 5 Prayer

Almighty God, my  
inventory has shown me  
who I am,  
I admit to my wrongs, yet I  
ask for your help in  
admitting my wrongs to  
another person and to You.  
Assure me, and be with me  
in this step, for without  
this step I cannot progress  
in my recovery.

With your help, I can do  
this.   
Amen.



Step 5 is about letting go of  
guilt and shame by being  
honest and open about your  
past mistakes. It's a way to  
face the truth, release denial,  
and start healing through  
self-reflection and  
connection with others. This  
step helps you move forward  
by building trust and  
accountability.

## CONCEPT FIVE

Throughout our world service structure, a traditional “right of appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.



This tradition reminds us why AA exists: to help alcoholics recover. Our meetings, our service work, and our group efforts all center around one goal – sharing the message of recovery. By focusing on this purpose, we ensure that the hand of AA will always be there for the next person who needs help. Tradition Five keeps us united and effective by gently guiding us away from outside issues or distractions. It's not about fixing everything – it's about helping the alcoholic who still suffers, one day at a time.

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.



# T R A D I T I O N

## CHECKLIST

1. Am I willing to firmly explain to newcomers the limitations of A.A. help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
2. Have I ever imposed on any AA member for a special favour or consideration simply because I am a fellow alcoholic?
3. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
4. Do I help my group in every way to fulfill our primary purpose?
5. Do I remember that A.A. long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
6. Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?



# PRAYER KEEP IT SIMPLE

When I first joined A.A., I had no clue how to pray, I had not been in a church in 50 years or so, and I had no beliefs in anything besides myself. A friend helped me learn the Lord's Prayer and group members told me to keep it simple. So, I memorized the Lord's Prayer and that was my beginning.

I wrote out a personal prayer and asked for guidance with my alcoholic problem. Within a month or so my compulsion for alcohol vanished. I put this all together into a morning prayer routine together with some time for meditation. I finished with some set aside time in the evening for time to review my day, Step 10. If this sounds overly simple...it wasn't. I went to lots of meetings and talked to group members and slowly it evolved into a comfortable routine that I follow to this day.

It has been several years now and I've never looked back. I got into Service work for the group and for our District in an effort to give back to A.A. for what it has given me...MY LIFE! I was encouraged to Keep It Simple, but just do it. So, that's what I did and I've never looked back. It's all outlined in the Big Book and if you get a Sponsor to help you and talk to group members...you can do it too.

You Can Do It!



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).



**The Treatment and Accessibility Committee needs volunteers. If you're interested in sharing your story, please contact**  
[treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)

**D39 SERVICE  
POSITIONS**

**Jan 01, 2025 through  
Dec 31, 2026**

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

**HELP LINE**  
**24/7**

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

**604-615-2911**

# ONE MAN'S JOURNEY

## STEP BY STEP FIVE

**So, the time had come to proceed with Step 5.** To say that I was nervous would be an understatement.

I had sought advice from my sponsor and my pastor and from friends that had done their Step 5 already. I knew that I would have to tell my story first and go from there. The man I did it with was a complete stranger to me and put me at ease. As I had a long drinking career, I had pages of lists. But as I read things off and answered his questions, I was able to relax a bit. Over the next couple of hours, a pattern showed up and the reasons I drank showed up. I had lots of resentments. I drank if I succeeded at my job, I drank if I failed. And it was the same for love, lust, or prestige. Whatever I did, win or lose, was a good reason to drink.

I had a separate list where I'd listed what I thought my part was, and another list of what I thought I should do about each item that I had written down. Having a somewhat checkered past of being in and out of jail for over 10 years, many relationships, and a failed marriage, I had a lot to deal with. It took over 2 hours to get to the end of my lists but I now had an idea of what I had to do as far as restitution and amends were concerned.

We stopped and had a prayer break and he did a review and asked me a few questions I was very willing to answer anything he asked because I knew that if I did it right, I would be able to move on with the Steps. I knew that I had done lots of screwy things like stealing cars as a teen and moving up to bank robbery. I had been deported out of the United States and lost my license a couple times, and had several bad car accidents which to this day I am still paying for. These were all things I would have to deal with as I moved forward.

But finally, we reached the end. The relief I felt is hard to explain, I was drained and was close to tears but I knew that I had done the best I could. We were DONE.

Before he left, he told me that if I remembered something that I'd missed, I could call him in an hour or two. I did call him and told him everything was good. I thanked him for his time and help.

The next morning at the morning meeting I thanked my Sponsor and other Friend who had helped and supported me. I will be going to church Sunday and will thank the Pastor who helped me with my prayer program.

I know what to do now and I will not hesitate, but you know...

**THAT'S A STORY FOR  
NEXT MONTH**

# CORRECTIONS CORNER

**This report highlights updates and information about District 39's Corrections program, which focuses on carrying the A.A. message of recovery to Alcoholics in correctional facilities. D39 elected two Correction Chairs: DCC Corrections for women: Marion T. DCC Corrections for men: Michael S.**

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. The 3 Pillars of Corrections are:

1. Inside Meetings: carrying the message through regular meetings in correctional facilities.
2. Corrections Correspondence programs: inside and outside members connection with each other discussing A.A. related topics.
3. Pre-Release Program: helping inside members transition into the broader A.A. community upon release.

## 1. Inside Meetings

In March 2025, my application for Corrections Service Canada (CSC) National Volunteer Orientation Training was finalized, followed by a tour of the Fraser Valley Institution (FVI) and a site ID badge.

FVI Freedom from Within ~ A.A. meetings:

- Minimum Security: \*Tuesdays at 6:30 PM, with 2 to 5 women
- Medium Security: \*Tuesdays at 7:30 PM, with 4 to 9 women.
- Maximum Security: Wednesdays at 7:00 PM. \*Inside residents chair the meetings. The format is very similar to our outside meetings: a moment of silence, the preamble, how it works, the promises, readings from As Bill Sees It and Daily Reflections, as well as three suggested topics. Having prison experience is not a prerequisite—sobriety in A.A. is the only requirement. People in custody are more interested in learning how we got and stayed sober through A.A.'s Twelve Steps.

## 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 has 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."**

**May 5 D45 Corrections Workshop**

**May 6 A.A. meetings at FVI.**

**\*D39 literature donation \$187**

**May 7 D43 Corrections Committee Mtg**

**A special thank you to Myrna P & Cass B who attended FVI meetings with me.**

## Rapid Corrections Correspondence (F-26)

During three local A.A. meetings, I've announced that women inside FVI would like to receive and write letters from women on the outside. All three times, there was a positive response. On one occasion, up to six women asked for the form F-26.

## Pre-Release

At FVI on May 6, two women talked about their parole hearings and requested help with pre-release details. Area79 Corrections Chair (Chad P.) assists with pre-release.

**I look forward to discovering, alongside all of you, how we can deepen our service and extend our message of recovery where it is so greatly needed - D39 DCC Corrections Chair, Marion T.**



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!*



BC Yukon Area 79 presents  
A series of Outreach Workshops:  
**Workshop Two**



**Building Committees at the Local Level**  
The next level:  
**Communicating Responsibly**

**When?** May 25th at 2pm  
**Where?** Zoom! Log in from anywhere.  
ID: 897 9065 8922  
PW: 442105

**Who is welcome? Everyone!**  
GSRs, DCMs, PI/CPC Chairs, Intergroups, and anyone  
interested in Public Information and Cooperation with the  
Professional Community Work.

**Facilitated by:**



**Joanne C.**  
Area 79  
Public  
Information  
Chair



**Michelle B.**  
Area 79  
Cooperation  
with the  
Professional  
Community  
Chair

## THE 24-HOUR A.A. HELPLINE NEEDS YOU

The helpline has 28 time slots to cover and 25 volunteers covering them, 24 hours a day, some people are covering two slots.

Time slots are 6 hours long, which is broken down from 6am till noon, noon to 6pm, and 6pm to midnight. And one more from midnight till 6am.

The Program is 100% anonymous, no one sees your name or number. This is just a small way you can help and you just might be someone's first call to AA.

I have made several good contacts in the years I've been doing it and am working with a couple of new people who are doing well.

**For more info contact me at:**  
**[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)**  
**Or call me direct**  
**778 908 6670**

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

## Responsibility Pledge

I am Responsible.  
When anyone, anywhere,  
reaches out for help,  
I want the hand of A.A.  
to always be there,  
and for that:  
I am Responsible.



District 39 & 45



# 2026 BC/YUKON

## A.A AREA QUARTERLY COMMITTEE MEETING

We are pleased to announce that District 39 Abbotsford, and District 45 Chilliwack together, will be hosting the 2026 BC / Yukon A.A. Area Quarterly.



**MONDAY**  
**12 MAY, 2025**



**TIME:**  
**7:00PM - 8:00PM**

● **CHILLIWACK ALANO CLUB** ●  
**46035 VICTORIA AVE. CHILLIWACK, BC**

**WE WOULD LOVE FOR YOU TO BE A  
PART OF THIS BIG OPPORTUNITY  
AND INVITE YOU TO JOIN US FOR  
OUR FIRST HOST COMMITTEE  
MEETING .**





# The Area 79 Literature Corner

Hosted by your BC/Yukon, Area 79  
Literature Committee



**MAY 15TH 7pm**

**THE MEETING WILL  
HAVE THREE  
DIFFERENT PAMPHLET  
PRESENTATIONS  
FOLLOWED BY  
DISCUSSION AND Q&A**



**Meeting ID: 879 8807 7565**  
**Passcode: Literature**

***ALL A.A. MEMBERS ARE  
WELCOME***



# COMICS

ALCOHOLIC ANNONOMOUS  
EDITION

ANSWERS TO LAST MONTHS  
GROUP CONSCIENCE  
HONESTY  
MORAL INVENTORY

I TRAVEL FAR WITHOUT A FACE,  
A WHISPER CARRIED PLACE TO PLACE.  
BORN FROM TRUTH AND SPOKEN CLEAR,  
I FIND THE ONES WHO NEED TO HEAR.  
I'M NOT FOR GLORY, NOT FOR FAME —  
JUST TO HELP ANOTHER DO THE SAME.  
WHAT AM I?

STEP 5: "ADMITTED THE  
EXACT NATURE OF OUR  
WRONGS..."

ME: "DO I HAVE TO BE  
EXACT, OR CAN I  
ROUND DOWN?"



All we're supposed to do is help you not drink. This.. got out of hand.

I speak when few oppose the crowd,  
A softer voice, but just as proud.  
Though not the choice that most may  
make,  
I still deserve a fair debate.  
I guard the right to disagree—  
To keep us whole, to keep us free.  
What am I?"

I COME IN TWOS BUT START THE SAME,  
A MIRRORED PAIR, A MATCHING NAME.  
SUPPORT IS KEY, I HELP YOU THROUGH,  
TWELVE STEPS I OFFER, GUIDING TRUE.  
WHAT AM I?