

# ONE DAY AT A TIME

**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)

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

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[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)

## DCM REPORT



My beloved District 39 family,

I am blessed to be of service to A.A. District 39. When I came to Abbotsford in August 2022, by the Grace of GOD, I was welcomed by warm hearts of D39 members and given opportunity to serve as Alt. DCM & DCM. I have very much appreciated the support from the "Elders" in serving our District, often they provided guidance in what is best for A.A. as a whole.

God's calling is often mysterious & in silence. Living life on life's terms is not always easy at time of calling; but it is only after the journey that we come to the realization that all was ok along. Now, I am hearing another silent calling in life.

With that & heartfelt gratitude, I am pleased to announce that I have nominated Marie-Ange and she has gracefully accepted the nomination for DCM. I invite other nominees for the

# HELP LINE

## 24/7

If you need help or would  
like to talk to someone  
about your drinking, call  
us

**604-615-2911**

DCM service position to be voted in during our June 2025 district meeting. I trust that District 39, once again will be pleased to have and support our new incoming DCM in serving the Abbotsford, Clearbrook and Matsqui district. I look forward to the official voting process at our June 17th district meeting and for the person voted in to serve as DCM\_D39.

I want to thank you all for your support in service and I look forward to our continued fellowship. While serving in district, we have had challenges, good times and not so good; but our Steps/Traditions/Concepts kept us together.

As outgoing DCM, I would like to inform you that our 7th Tradition funds in carrying out A.A.'s primary purpose were allocated at the May district meeting as follows:

- New improved Website \$2000
- Treatment & Accessibility \$1000
- Literature (Corrections) \$2000
- GSO (\$1500) / Area 79 (\$1500) suggested contributions were not discussed due to insufficient time.

Practising the steps in our daily life help with recognizing that we (may) have a problem, explore the

concept of higher power, begin and maintain relationship with that power, honestly look at our own self & our own shortcomings so that we each can get ready to ask our own higher power (our own concept of God) to remove the shortcomings so that we each can continue the path to peace and serenity.

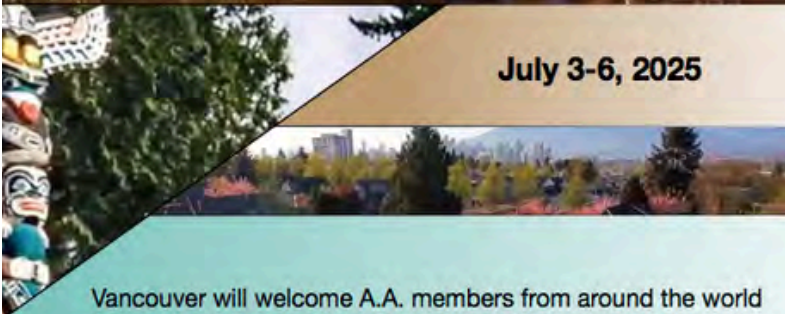
In **Step 6**, “we became willing to ask God to help us remove our defects of character”. This step brings each of us closer to an understanding & acknowledge that one cannot achieve change without the aid of some kind of higher power (whether that power be a deity or some kind of secular driving force, like inspiration). And we continue with the following A.A. steps in our journey together.

🙏 GOD BLESS 🙏



# 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!**

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

# STEP SIX

**Were entirely ready to  
have God remove all  
these defects of  
character.**

## **Step 6 Prayer**

**Dear God,**

**I am ready for Your help  
in removing from me the  
defects of character which  
I now realize are an  
obstacle to my recovery.  
Help me to continue being  
honest with myself and  
guide me toward spiritual  
and mental health.**

**Amen.**

**Step 6 of AA is about  
understanding and  
acknowledging that one  
cannot achieve change  
without the assistance of  
some kind of higher  
power; whether that  
power be a deity or some  
kind of secular driving  
force, like inspiration.**

## **CONCEPT SIX**

On behalf of A.A. as a whole, our General Service Conference has the principle responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the

chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

## Tradition

### 6

Every AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



# T R A D I T I O N

## CHECKLIST

1. Why is it important that we not get involved in outside enterprises?
2. Is it ever wise for a group to lease a small building or endorse an outside event?
3. Are all the officers and members of our local clubhouse familiar with "Guidelines on Clubs", which is available free from GSO?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Our group's landlord is raising money to pay for a new roof on the building. Should the group make a contribution? What if the landlord specifically asks the group to make a contribution?



# IS SERVICE FOR YOU?

I have been involved in service work for the last eight years and it is one of the cornerstones of my AA program.

When I first got a home group and got a sponsor, I asked him what can I do to help the group which helped to save my life. The answer was simple: speak to the secretary and attend the group's business meetings. There are several positions that are filled by volunteers and I ended up starting off as the morning greeter and moved up to coffee maker and meeting secretary.

The business meeting is where that is decided. They are usually held once a month. My sponsor suggested that I attend a district meeting which is one level up and looks after Committees such as 24-hour Helpline and District 39 Newsletter, along with Committees dealing with literature, corrections, archives, events like dances, and a few others. These groups are often looking for volunteers.

Getting involved with service was one of the best things I could do to try and pay it forward for the help I've got.

I've mentioned my sponsor a lot so I think next month's topic will be on...

**Sponsorship – The Ins and Outs**



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).

## DISTRICT 39 SERVICE POSITIONS

Jan 01, 2025 through Dec 31,  
2026

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



# Buses to the INTERNATIONAL CONVENTION!

**Abbotsford AA - Are you interested in riding a bus to the International AA Convention?**

Link to survey:

<https://forms.gle/kfSaw8tfzV9mdthB9>

We're exploring the option of renting a school bus for transportation to and from the upcoming 4-day convention.

Taking the bus would save you the hassle of driving, paying for gas, and daily parking at the venue (which costs \$56.75 per day). The estimated cost for the bus is between \$15 and \$30 per person per day, depending on how many people join.

If at least 47 people express interest in riding the bus, we will move forward with planning and determine specific pickup and drop-off times based on the needs and preferences of the majority of those riding the bus.

Please fill out this quick survey to help us determine interest and finalize logistics. This is not a commitment—just a way for us to see if a group rental is feasible.



## Questions?

Contact **Terri-Lynn,**  
Treatment & Accessibilities  
Chair:

[treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)  
or  
604-556-6525



# MY WORK STARTS HERE

## STEP BY STEP **SIX**

Having done a thorough Step 4 and a grueling Step 5, it was time to get on with Step 6. I felt ready to get right at it.

As I had developed a belief in a higher power and I now prayed to God daily, I was now willing to take the next step. I was certainly concerned about how to do it and how I'd feel, but my faith was strong so I said a prayer and looked at my "list".

With a long drinking history, I knew I'd have my work cut out. I spoke to my sponsor and friends within my home group, seeking advice on how to move forward. I got the same answer from all those I asked. They said to look over your Step 5 notes and find your obvious defects.

The seven deadly sins are:

Pride	Greed
Lust	Envy
Gluttony	Wrath
Sloth	

And with each of them I had noted what my part was. What an eye opener! I spoke to my pastor about all of this and he said that Drunkenness was also a sin but drinking was not. So, I soon realized I had a nasty lustful habit when drinking and I would do or say whatever it took to get my way. I was quite prepared to do anything to support my drinking, up to and including various robberies. On top of this there were lots of instances of marital infidelity.

I was quite willing to steal from my employers or anyone to support my alcoholism.

I got out my Big Book and my 12x12 looking for guidance. I realized I couldn't wish all my defects away with a simple prayer, and I would have to tackle them one at a time.

My compulsion for alcohol had left me a few months later and I had a solid program of prayer and meditation which I practice daily; I also go to lots of meetings. I felt that I was ready to work on these defects one at a time. I stopped there and reviewed everything I had written down and decided I had done all that I could, as honestly as I could. So, I felt ready to move on...

*BUT, that's a story for next month.*





## TREATMENT AND ACCESSIBILITY COMMITTEE

*Members of Treatment Committees work to carry the A.A. message into treatment settings where suffering alcoholics, and the professionals who treat them, may be introduced to A.A.*

### Upcoming FEMALE Panels

**Wed, June 25 at 6:30pm at Life Recovery**

Meet at 6pm in the parking lot. Since this is an evening panel, it's a great opportunity to ask women who work during the day if they'd like to share their stories on this panel—help us spread the word!

**Thurs, July 10 at 9:30am at Peardonville House**

Meet at 10am in the parking lot. Since this is an evening panel, it's a great opportunity to ask women who work during the day if they'd like to share their stories on this panel—help us spread the word!

#### Committee members:

- bring the message of hope for recovery to alcoholics in a variety of treatment settings
- demonstrate to administrators and staff "how it works" and are instruments of attraction to the A.A. program
- provide information about A.A., as well as literature and guidelines for setting up A.A. meetings in treatment facilities and outpatient settings

### Upcoming MALE Panels

**Wed, June 23 at 7pm at Kinghaven**

Contact Cory on 778-240-4971 for more information.

**Male members:** If you'd like to know more or share your story on a Kinghaven panel, please contact Corey on 778-240-4971.

**Female members:** If you would like to know more or share your story on a panel, please contact Terri-Lynn on 604-556-6255.

Email  
[treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)



## LITERATURE CORNER

Alcoholics Anonymous (A.A.) literature is not just helpful; it is essential to the A.A. program. It preserves the original message of recovery and offers consistent, trusted guidance to members around the world.

conscience process. This ensures the literature is representative of the Fellowship as a whole, not based on outside opinions or personal theories.

### 1. **Preserving the Message—**

Literature like the Big Book and Twelve Steps and Twelve Traditions captures the experience, strength, and hope of those who have recovered. It protects the integrity of A.A.'s message by offering a consistent foundation regardless of time or location.

2. **A Tool for Recovery—**Members use A.A. literature to understand their illness and work through the 12 Steps. It offers guidance, daily reflection, spiritual principles, and solutions for living sober. Literature is often read during meetings, alone, or with sponsors.

3. **Fellowship Unity—**Approved literature provides a shared language and common understanding across the global Fellowship. It ensures meetings worldwide remain anchored in the original A.A. program.

4. **Sponsorship and Step Work—**Sponsors use A.A. literature to guide others through the Steps. It prevents confusion by grounding personal sharing in collective A.A. wisdom.

5. **Group Conscience and Tradition—**All official A.A. literature is approved through a group

## IN SUMMARY

A.A. literature is the backbone of the program's unity, clarity, and spiritual direction. It safeguards the message, supports personal recovery, and unifies members with a shared foundation.

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

*-Tradition Seven*

## 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 the hotline at:

**[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)**  
or call Dave 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.

## EVENTS

### 2025 June Assembly

June 6 – June 15

2025 June Assembly is in person and online. Hosted by District 71 Kelowna.

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.

### Unity Speaker Meeting on Zoom

June 21 @ 7:00 pm – 8:00 pm

This is a speaker meeting with a new speaker chosen each week, telling their story of “what they were like, what happened and what they’re like now” for 30 to 45 minutes.

Doors open at 6:45pm PT with fellowship before and after.

Zoom ID: 564 054 5402

Password: Unity



**Language of the Heart**  
BEHIND INTERNATIONAL WALLS

*Including Speakers!* **COME AND SHARE YOUR EXPERIENCE WITH SERVICE IN CORRECTIONS!**

**FRIDAY, JULY 4, 2025**  
**From 1:00 - 3:00 PM**

**False Creek Community Centre**  
1318 Cartwright Street  
Vancouver, BC

If you have any questions or would like more information please contact  
[corrections@vancouveraa.ca](mailto:corrections@vancouveraa.ca)



**Area 79**  
**Literature Corner**  
**Monthly Discussion Meeting**  
Hosted by your BC/Yukon, Area 79  
Literature Committee

**JUNE 19**  
**JULY 17**  
**AUGUST 21**  
**SEPTEMBER 18**  
**7:00PM**  
**PDT**

THE MEETING WILL HAVE  
THREE DIFFERENT  
PAMPHLET/SERVICE  
MATERIAL/OR GUIDELINES  
PRESENTATIONS  
FOLLOWED BY  
DISCUSSION AND Q&A

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

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





# EVENTS

**AA WEST KOOTENAYS**  
**Sisters of Sobriety**  
*presents*

## **GIRLS JUST WANT TO HAVE FUN**

# **AA FAMILY CAMPOUT**

AA Members & families are invited to join us for the Inaugural Annual Campout! A weekend of Fellowship & Recovery.

**July 25-27, 2025**

- ✓ Pass Creek Campground, Castlegar, BC
- ✓ Tents, trailers & daily drop-ins welcome
- ✓ Meetings, potluck & fellowship

RSVP by July 14<sup>th</sup> to Darlene @ [peachesncream68@live.ca](mailto:peachesncream68@live.ca)

Campground details here: 



**AA WEST KOOTENAYS**  
**AA FAMILY CAMPOUT**  
**Agenda**

### **Friday July 25<sup>th</sup>**

3:00pm onwards

- Arrival, check-in at front office before picking your site. Payment for camping due upon arrival

7:00pm

- Welcome & Campfire Meeting

### **Saturday July 26<sup>th</sup>**

10:00am

- Morning Gratitude Meeting

11:00am to 5:30pm

- Free time, Swimming, playground, fellowship

5:30pm

Potluck Dinner & Social

7:00pm

- Evening Campfire Meeting

### **Sunday July 27<sup>th</sup>**

8:30am

- Morning Coffee & Farewell Meeting

11:00am

- Cleanup, pack-up and goodbye

**Keep it Simple!**



 **District 18**  
**Founder's Day**

**North Shore Alano Club**  
**Saturday June 14**

 11:00am Delegate Report  
*FREE Ice Cream Social*

1:00pm Group History Presentation 

 2:15pm AA History Trivia

3:30 Long Timer Shares 

**concession available**

- lunch and dinner menu
- coffee and desserts

Email [district18dcm@gmail.com](mailto:district18dcm@gmail.com) for more information

## RESOURCES

The following information is provided for awareness only. AA is not affiliated with any outside organisation.

### Need help with a drinking problem?

A.A. has a solution. That isn't an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

[www.abbotsfordaa.org](http://www.abbotsfordaa.org)  
604-615-2911

### How does Al-Anon work?

There is no magic formula that enables you to help someone stop—or cut back—on his or her drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

[www.al-anon.org](http://www.al-anon.org)

### Welcome to Narcotics Anonymous

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise is freedom.

[www.na.org](http://www.na.org)

### Alcohol and Drug Info and Referral Service

[1-800-663-1441](tel:1-800-663-1441): Information and referrals, emergency support.



For more information go to [www.abbotsfordaa.org](http://www.abbotsfordaa.org)

To sign up for an electronic copy of the  
monthly newsletter, please go to

[www.abbotsfordaa.org/newsletter](http://www.abbotsfordaa.org/newsletter)

or scan the QR code below

