

ONE DAY AT A TIME



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

DCM REPORT

We would like to extend a warm thank you to Dedar for his incredible service in his previous position of District 39 DCM!

With that, we would like to extend a warm welcome to Marie-Ange who is filling this position. We wish her all the best during her service period, and we all commit to supporting her and the work that she will be doing.

Welcome, Marie-Ange!

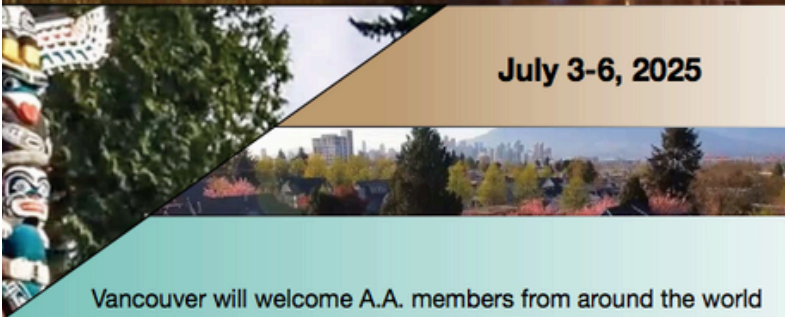
HELP LINE *24/7*

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

604-615-2911

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

www.abbotsfordaa.org

STEP SEVEN

**Humbly asked Him to
remove our
shortcomings.**

Step 7 Prayer

**My Creator, I am
now willing that you
should have all of
me, good and bad.
I pray that you now
remove from me
every single defect
of character which
stands in the way of
my usefulness to
you and my fellows.
Grant me strength, as
I go out from here, to
do your bidding.
Amen.**

**This step is about becoming truly
willing to change and asking a
Higher Power to help us do what we
can't do alone. After identifying our
character defects in the previous
steps, Step 7 is the act of surrender
—where we humbly ask for those
shortcomings to be removed. It's not
about becoming perfect but about
being open to spiritual growth. This
step teaches humility by reminding
us that real change comes from a
power greater than ourselves. We let
go of pride, fear, selfishness, and
other defects, trusting that through
this willingness and honest effort,
we can grow into the people we were
meant to be.**

CONCEPT SEVEN

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Concept VII explains that the General Service Board has the legal authority to manage AA's world services, like handling money and making contracts. However, the General Service Conference — which represents the voice of AA as a whole — doesn't have legal power. Instead, it works through spiritual principles and group conscience. This concept shows how AA balances legal responsibility with spiritual guidance: while the Trustees have the legal tools, they are expected to follow the will of the Fellowship, not act on their own.

Tradition

7

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

AA groups should pay their own way and not take money from anyone outside of AA.

This helps keep AA independent, focused only on helping alcoholics, and free from outside control or influence. Members chip in what they can to cover things like rent, coffee, and literature. It's a way of taking responsibility for our own recovery and keeping AA safe and honest for everyone.

7

T R A D I T I O N

CHECKLIST

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a barroom?
2. How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
3. If GSO runs short of funds some year; wouldn't it be OK to let government subsidize AA groups in hospitals and prisons?
4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. Does my group have a "prudent reserve"? If yes, what that amount is?
7. If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

ON SPONSORSHIP

The benefits of sponsorship are many. But the joy of guiding a new prospect through the Steps and onto a successful sober life with his or her family is hard to explain. I have had the pleasure of helping a few people over the years. A friend who I had met at a meeting asked me for advice on doing the Steps; He asked me to be his sponsor and I accepted. I didn't think I knew where to start so I asked my

sponsor who suggested the Big Book and chapter 5. I gave my friend a Big Book and asked him to read chapter 5 from beginning to end and we would discuss it in a few days. That's where we started and we followed the suggestions in chapter 5 and he went through the steps in just over two months, and he has been sober for over 5 years. He moved away for work and lives up country but we still talk or text daily. I have been involved with other people as well as either a temporary sponsor or adviser and it helps me stay focused on my own program. The Big Book and the 12 x 12 and the patience of my sponsor is what got me sober and a lot of help from my higher power who I chose to call God.



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.



DISTRICT 39 SERVICE POSITIONS

Jan 01, 2025 through Dec 31,
2026

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

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

**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

**For more info contact the hotline
at:**

**telephone@abbotsfordaa.org
or call Dave direct
778-908-6670**

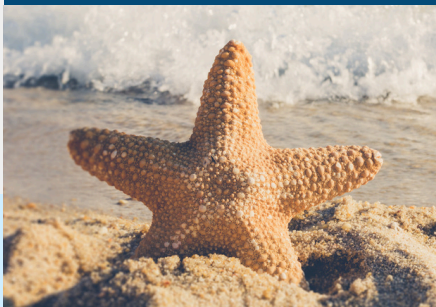
If you have a Home Group, please let your GSR or Secretary know so they can announce at your meeting.

Upcoming MALE Panels

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 604-556-6525.

Email
treatment@abbotsfordaa.org



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



LITERATURE CORNER

We would like to extend a warm welcome to Yogesh P. for taking up the Literature Chair role as of June!

We are in need of book shelves for the literature inventory being stored at Excell Storage. The picture attached shows how our inventory was stored previously, and gives an idea of what

dimensions would be useful. If you hear of a 'good deal' or know anyone who might want to make book shelves out of pallets, please let me know.

To place an order, send an email to literature@abbotsfordaa.org with inventory code and title.

The inventory and price list is available at www.abbotsfordaa.org.

Methods of pre-payment are by e-transfer to Ykpatel831@gmail.com or by cheque payable to: Yogesh Patel

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.



CORRECTIONS CORNER

"The purpose of a corrections committee is to coordinate the work of individual A.A. members and groups who are interested in carrying the A.A. message of recovery to alcoholics in correctional facilities, and to set up means to help the person in custody transition from the facility into the A.A. community." [Corrections Workbook, pg. 41].

THANK YOU to D39 fellowship for your 7th Tradition contributions. Our budget for this term will enable Michael S and I to donate books to Matsqui prison (men) and Fraser Valley Institute (women).

Based on the three pillars of service, here are some highlights during the month:

1) Attend A.A. Meetings

"Meetings within prison function like meetings outside, but with heightened need to be consistent, and to follow security protocols, and respect rules of institutions. Our purpose is to share experience, strength and hope. We also provide literature." [Area79 Corrections Chair Chad P, Grassroots, April Issue, page 35].

Michael and I attend A.A. meetings in the prisons on Tuesday nights, and the insiders keep us informed of their literature needs and wants.

2) Corrections Correspondence – a special kind of service – A.A. Form F-26

Two female D39 A.A. members applied during the month of May. Copies of this form are on the bulletin

board of the Alano Club downstairs or ask your Correction Chairs (Michael S and Marion T.) for a copy.

"Members correspond by mail with members of the same gender identity. Members correspond with members 700 miles away.

No prison experience is needed; A.A. experience is.

People inside must choose to participate on their own.

We do not provide letters of reference or sponsors for people inside."

[Grassroots, April Issue, page 35].

3) Corrections Pre-Release.

"Past experience has shown that attending an A.A. meeting on the outside on the day of release from prison is one of the most effective tools in making a sober transition and maintaining continued sobriety in the free world. It is strongly recommended that anyone in custody who is an A.A. member have an A.A. contact on the outside (preferably with at least one year's sobriety and of the same sex) who contacts and arranges to meet him or her on the day of release to help in "Bridging the Gap" between the institution and A.A. on the outside."

Two Pre-Release applications were collected from Fraser Valley Institution (women) and forwarded to Area79's Correction Chair, Chad P.

Two members from D39 participated in the entire Area79 June Assembly, namely your two Correction Chairs!! It was a very FULL-filling weekend, one highlight of which was to hear our Area Delegate's Report; the other was to witness D45's winning bid to host WRAASA 2027 assembly in Abbotsford at the Clarion Conference Centre.

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 14th
to Darlene @
peachesncream68@live.ca

Campground details
here:



AA WEST KOOTENAYS

AA FAMILY CAMPOUT
Agenda

Friday July 25th

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 26th

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 27th

8:30am

- Morning Coffee & Farewell Meeting

11:00am

- Cleanup, pack-up and goodbye

Keep it Simple!



DISTRICT 41 PRESENTS

FAMILY FRIENDLY

BBQ
Annual Party

SUNDAY, JULY 27 2025
11AM - 4PM

BBQ • FELLOWSHIP • GAMES

Burgers, Hotdogs, Soda, Water provided
Bring a Potluck dish to share
Bring a Chair... or Two!

MAPLE RIDGE PARK
13180 232 St,
Maple Ridge

More info:
Shareane - district41dcm@gmail.com

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Shareane - district41dcm@gmail.com



Beachcombers AA Rally 23 Aug 2025

6000 William Head Road, Metchosin BC

Carrying the message behind the walls

Speaker – Chad . P



- All guests must have gov issued ID
 - Entry at 11AM-1140AM, Dep prior to 4PM
 - 7th Trad taken in Parking area
 - Names to be submitted to Jeff.E no later then 23 July 2025, via mobile or email, 250-507-1159
- beachcombersrally@gmail.com**

EVENTS

August 1, 2, 3 & 4th Ashnola Powwow Grounds,
1400 Ashnola Rd, Keremeos, B.C

You don't have to be a biker to attend, but you might just leave as one.

Enjoy bike games, show & shine, raffles, 50/50, poker run, AA speakers and much more!!

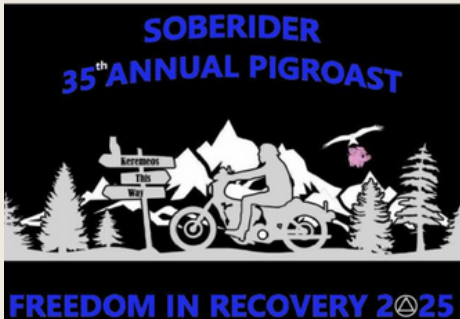
Tickets available May 1st: \$85 in advance (ends July 1) or \$100 at the gate. Saturday only available \$45 for dinner and speaker.

Tickets include: 3 nights camping, Friday night chili and a movie, Saturday, breakfast and dinner, baron of beef and pig. Sunday breakfast and dinner. Gates open at 4pm

Concession is also available: burgers, hotdogs, pop, chips, ect..

For tickets or more information, please contact Leslee (chair) @ 250-714-4359 or Lisa (registration) @250-954-5656

Email: annualsoberiderpigroast@gmail.com



Smithers Roundup 2025

"One Step at a Time"

August 1-3 — Pioneer Activity Centre
4018 Mountainview Ave. (behind Coast Mountain GM)
— Sorry, no overnight parking on-site —

FRIDAY
Doors open 6 pm • Meeting • Workshop

SATURDAY
Doors open 8:30 am • Meetings all day • Al-Anon participation • Dinner • Speaker

SUNDAY
Doors open 8 am • Breakfast • Speaker • Farewell meeting

Tickets:
Weekend: \$55 • Sat. dinner & speaker only: \$35 • 15 yrs. & under: Free

Info:
Chris – 250-643-6004 | Lori – 250-643-0238

HIT THE ROAD! SERENITY BUS

AREA 79 VOTING ASSEMBLY
12-13-14 SEPT 2025

\$175
ROUND TRIP

CASTLEGAR & DISTRICT COMMUNITY CENTRE
2101 - 6TH AVENUE

KAMLOOPS → VERNON → KELOWNA → CASTLEGAR

TICKETS AVAILABLE: EMAIL TRANSFER
SCMINTREAS@GMAIL.COM

CUT OFF DATE FOR TICKETS
AUGUST 15 !!!

MORE INFO:
CALL STUART N
250-666-0246
OR JOHN S
778-214-7464



HAND OF A.A. THURSDAY NIGHT MEETING IS LOOKING FOR RECYLCED MONTHLY A.A. CHIPS.

join us and donate them Thursday @ 7pm Alano Club Abbotsford or call 778-685-0345

RESOURCES

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

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.

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.

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.

Alcohol and Drug Info and Referral Service

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



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

www.abbotsfordaa.org/newsletter

or scan the QR code below



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.

