

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

2025 A.A. CONVENTION



It was deeply moving to be surrounded by people from all around the world. It didn't matter what I was doing while I was there just being present in that moment was enough. I was simply grateful to be part of something so meaningful. It was also a powerful and humbling reminder that we are the chosen ones, entrusted with the responsibility to carry this message forward. — Darienne

The power that unites us was prevented, when the serenity prayer was recited in BC place. —Tenille

When they were doing count up and they were at 35yrs and close to half the stadium was still standing, 17,000 people it was insane. —Doug

HELP LINE 24/7

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

604-615-2911

2025 International Convention Experience

When I look around this stadium at the thousands of people whose lives have not simply been restored, but the thousands of people who have been given new lives, lives with purpose and meaning, freedom and joy. I ask myself, and I ask each of you, what will I report when we gather five years from now at our next International Convention? What will I report about the sacrifices that I have been willing to make to help some alcoholic I will never meet avoid being doomed as we once were? What will I report that I have done to help that person be given the opportunity for a new life the way we have been given that opportunity.

This has been a joyous time. A time where we have been able to celebrate these new lives. We have done much good while we have been here, but there is much work to be done before we can get each report back next time. I look forward to hearing those reports from you when we next gather like this. I would also be delighted to hear your reports along the way because we will surely meet as we trudge this road of happy destiny.

May God bless you and keep you until then.
Excerpt from the Sunday Big Meeting closing remarks of Scott H., General Service Board chair



INTERNATIONAL CONVENTION FAQS

Where can I purchase the 2025 International Convention Souvenir Book?

The 2025 International Convention Souvenir book can be purchased by visiting our online bookstore - onlineliterature.aa.org, emailing Member Services at memberservices@aa.org or calling [212-870-3023](tel:212-870-3023).

I paid for an AAWS 2025 International Souvenir book with registration but did not receive my book by mail and/or did not pick up my book in Vancouver.

Please email Member Services at memberservices@aa.org or call [212-870-3023](tel:212-870-3023) and we will be happy to assist.

Where can I purchase the 2025 International Convention Anonymity-Protected Stadium Photograph, Convention audio recordings, and the official convention mug?

- The 2025 International Convention Anonymity-Protected Stadium Photograph can be purchased by visiting faingoldphoto.com/shop/.
- Convention audio recordings can be purchased on <https://2025ic.sclivelearningcenter.com/MVSite/Default.aspx>
- The official 2025 International Convention mug can be purchased at zazzle.com/2025_ic_commemorative_mug_-256341579390769154



Newsletter Volunteers Needed

We need your help on the Newsletter
Committee!

BENEFITS

Bring the message to the A.A. community
Work in a Service role
Learn new skills
Forge friendships

More information



778-345-6782



newsletter@abbotsfordaa.org



STEP EIGHT

**Made a list of all persons we
had harmed and became
willing to make amends to
them all.**

Step 8 in AA is about taking responsibility for the harm you've caused others. It means making a list of all the people you hurt during your addiction and becoming willing to make things right with them. You're not actually apologizing yet — this step is about getting honest with yourself, preparing emotionally, and being open to making amends when the time comes. It's a way to start healing relationships and clearing the path for personal growth.

Step 8 Prayer

"Higher Power, I ask for the strength and willingness to face the people I have harmed. Help me to see clearly who I need to make amends to and give me the courage to be honest and humble. Let me approach this step with love, patience, and a sincere heart. Amen."

CONCEPT EIGHT

Concept 8 says that the trustees (leaders) in A.A. are in charge of planning and overseeing major decisions and finances, but they don't do all the day-to-day work themselves. Instead, they delegate tasks to trusted people and committees. It's about trusting others to carry out responsibilities, so things run smoothly without being micromanaged.

Tradition

8

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

A.A. defines professionalism as the occupation of counselling alcoholics for fees or hire. but we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. Our usual twelfth step work is never to be paid.

T R A D I T I O N 8

CHECKLIST

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. Do I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal A.A. efforts?
4. Do I try to sound in A.A. like an expert on alcoholism? On recovery? On medicine? On sociology? On A.A. itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own A.A. life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet A.A. Tradition—How It Developed?

Service needs YOU!!!

Help is always needed in the different AA groups and on up to District level.

There are many positions available from coffee maker and door greeter. If you have a home group and are comfortable in your sobriety all you have to do is speak to the group GSR or Secretary. All groups have business meeting monthly and so does the district which is one level up from the AA groups. District meetings are monthly as well and they have several groups looking after different areas such as monthly newsletter, 24-hour helpline and several others.

If you have the time and want to give back to the groups that helped you...why not give it a try. Service is a important part of the AA program. I have been doing for a number of years now and it is very rewarding.

PS...The 24-Hour Hotline is always looking for phone volunteers. 778-908-6670
Try It, You'll Like it.

Dave R.





I MADE A LIST

I thought long and hard about Step 8. Using my Step 5 conversation and consulting with my Sponsor, I thought that I was ready to deal with Step 9 but let's not get ahead of ourselves here.

I grew up on the poor side of town so I learned to steal at a young age. As I got older that didn't change and I eventually got caught and thrown in jail. I was in and out of various jails for over 10 years. If I needed money to finance my alcoholism, I just stole anything I could whether it was cash or a car which I could sell. I lost many good jobs and destroyed a marriage with my infidelities.

I eventually ended up in a penitentiary and was introduced to AA. And that is where this begins...

I managed to get myself into a treatment center and started on the 12 steps. I failed the first time but realized where I had gone wrong: I had not accepted any higher power in my life. I had to learn to pray and accept God into my life and I put a Prayer program together that I follow daily. I completed Steps 4 and 5 and I have all the information I need for Step 9 but am I ready? Using my extensive Step 4 notes I felt quite confident to proceed.

In my case, as I live with my immediate family and I've been sober a couple of years, I thought that now was the time. I spoke to my sponsor and the pastor at the church I've been attending. I read everything there was in the big book and the 12x12, and after church that Sunday I thought that I was pretty well ready. I gave myself 24 hours to review everything I had written and see if I saw anything missing. I did not. I looked over my Step 5 summary and said a prayer and started. I knew other things would pop up as I started so I put pen and paper out to make notes if necessary. Was I ready? Absolutely.

As I live with my children and my 1st wife it seemed like an obvious place to start. If you want to know how that turned out? Check back here next month.... for the...

Results of Step 9!!!

Dave R.

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. Committee members will provide literature and guidelines for setting up an A.A. meeting in facilities.

Upcoming Panels

Male members: If you'd like to know more or share your story on a Kinghaven panel, please contact Corey at treatment@abbotsfordaa.org.

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.

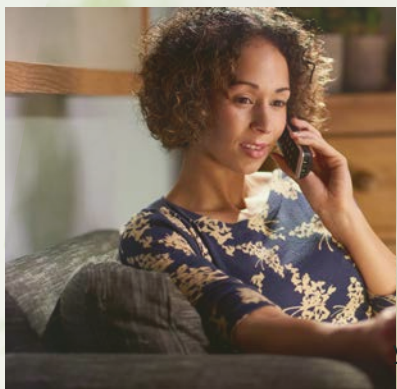


THE 24-HOUR A.A. HELPLINE NEEDS YOU

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.





ABBOTSFORD AA PRESENTS

SERVICE, SHARING & SOCIAL

HOSTED BY THE TREATMENT & ACCESSIBILITY COMMITTEE

COME FOR CONNECTION—LEAVE WITH PURPOSE



SEPTEMBER 24, 2025

6:30 PM

ABBOTSFORD ALANO CLUB

● SERVICE

Learn about Service opportunities and how Service helps us stay sober.

● SHARING

Get a quick orientation on how to tell your AA story in 3—5 minutes with clarity and heart.

● SOCIAL & SIGNUP

Meet other members and find out ways to get involved with our committee and local service.

Light refreshments provided

All AA members welcome!

For more information please email treatment@abbotsfordaa.org

SUGGESTIONS...

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



LITERATURE CORNER

UPCOMING

AUGUST 19, D39 BUSINESS MEETING

AUGUST 21 AREA79 LITERATURE CORNER ZOOM MEETING,

THEME: 7TH TRADITION (3 PAMPHLETS)

SEP 9, AREA79 VOTING ASSEMBLY, BREAKOUT COMMITTEE

SEP 12-14 – AREA79 VOTING ASSEMBLY

NOTES

AREA79 LITERATURE TOOL, NO LONGER AVAILABLE

NEW: D39 NEWCOMERS KIT ENVELOPE NOW AVAILABLE
(.70 EACH)

"A BOOK OF FELLOWSHIP" (CONVENTION SOUVENIR) AT
AA.ORG

DCM & LITERATURE CHAIR HAVE KEYS FOR EXCELL
STORAGE

*INVENTORY & PRICE LIST ON WEBSITE:

WWW.ABBOTSFORDAA.ORG

*LITERATURE STOCK & PRICES INCLUDE CURRENCY
EXCHANGE

LITERATURE ORDERS PRE-PAID WITH E-TRANSFER OR
CHEQUE

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.

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.

GRAPVINE REPORT

JULY 2025

NIKKI O.

SUBSCRIPTION PRICES (USD)

PAPER EDITION:

1 MONTH: \$6

1 YEAR: \$36

2 YEARS: \$68

3 YEARS: \$90

DIGITAL EDITION:

MONTHLY PAYMENT \$2.99

1 YEAR: \$29.99

2 YEARS: \$49.00

3 YEARS: \$69.00

DIGITAL SUBSCRIPTION PERKS:

FULL ACCESS TO ALL BACK ISSUES

FREE THINGS!

- ACCESS TO THE GV APP (TRACKS SOBRIETY TIME)*
- FREE ACCESS TO PODCASTS AND YOUTUBE CHANNEL (INCLUDES ALS INTERPRETER)

**THE GV APP IS FREE TO DOWNLOAD, BUT SOME FEATURES REQUIRE A SUBSCRIPTION.*

INTERACTIVE FEATURES:

- SUBMIT OR VOTE ON COMIC CAPTIONS
- SIGN UP FOR THE DAILY "QUOTE OF THE DAY"
- SUBSCRIBE TO THE NEWSLETTER
- FOLLOW ARTICLE SUBMISSION GUIDELINES AND CONTRIBUTE YOUR STORY
- AND SO MUCH MORE!



CORRECTIONS CORNER

D39 CORRECTIONS

**PAMPHLET P-33 ~
IT SURE BEATS SITTING IN A CELL**
WAS A TOPIC FOR DISCUSSION ON JULY 17
DURING THE LITERATURE CORNER ZOOM
MEETING. D39 CORRECTIONS CHAIR WILL
DROP COPIES OFF AT THE COURT HOUSE,
THE POLICE STATION, OR THE HOSPITAL
PSYCHIATRIC WARD?

**PAMPHLET P-20
A MESSAGE TO CORRECTIONS
PROFESSIONALS**
WAS PRESENTED BY OUR D39 LITERATURE
CHAIR, YOGESH. THANK YOU.

SHARING FROM BEHIND THE WALLS
THE CORRECTIONS DESK PUBLISHES THIS
NEWSLETTER QUARTERLY. IT CONTAINS
EXCERPTS FROM LETTERS SENT TO GSO BY
PERSONS IN CUSTODY WITH THEIR
PERMISSION. THESE NEWSLETTERS ARE FOR
DISTRIBUTION TO A.A. MEMBERS IN
CORRECTIONAL FACILITIES. ANYONE CAN
COPY SFBTW TO SHARE WITH ALL MEMBERS
IN THE FELLOWSHIP, ESPECIALLY THOSE
INCARCERATED. NO PERMISSION IS NEEDED
FROM A.A. WORLD SERVICES, INC.

🌐 **WEBSITE: WWW.AA.ORG**

NEWS: One insider is being released from FVI Minimum this month. She was given several books as part of her A.A. spiritual toolkit. FVI Medium appreciated July's donation of the Big Book, Service Manual, GSR Handbook, and copies of Sharing From Behind the Walls. D39 Corrections Chair (Women), Marion T.

corrections@abbotsfordaa.org

MARION (WOMEN) AND MICHAEL (MEN)



Telephone Chair Report – July 22nd 2025

Nothing much to report, everything is working great; the new backups are in place and have only been used a few times so were well worth the effort. Volunteer lists are up to date and are current. We are still receiving 2 to 10 calls per week and can usually answer most questions. I have a full slate of volunteers at the moment. I am now at the point where I am advertising for new volunteers because some people go away on holidays etc. We have had a number of solid contacts in the last few months so system is working well.

If there's any questions: feel free to ask.

Yours in Service
Dave R
Telephone Chair



**HAND OF A.A.
MEETING IS LOOKING FOR RECYLCED MONTHLY A.A.
CHIPS.
JOIN US THURSDAY NIGHT 7PM @ THE ALANO CLUB OR
CALL
778-685-0345**

EVENTS

2025 Voting Assembly: Breakout Committees

Sept 9 @ 5:00pm—9:00pm
Online only

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. To register click [here](#)

2025 Voting Assembly Sept 12—Sept 14

2025 Voting Assembly is in person and online

Hosted by District 75 Castlegar

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. To register click [here](#)

Agenda package available [here](#)

Full Agenda [here](#)



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
SCMINITREAS@GMAIL.COM

CUT OFF DATE
FOR TICKETS
AUGUST 15 !!!

**MORE
INFO:**

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

For more information go to
www.bcyukonaa.org

EVENTS



Fun in the Sun!

Games

Potluck and Barbecue

Bring chairs

Music: Bring instruments

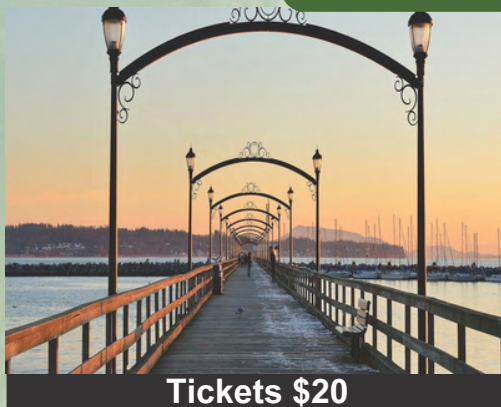
WHEN: Sunday, August 10th, 11AM–4PM
WHERE: Centennial Park – Shelter #2
7526 Wallace Dr, Saanichton
WHO: Families & Friends of Bill W.
Hosted by District 15

To volunteer: ask your GSR or email landscape@duck.com

make
it happen

ALL EVENT INFORMATION
CAN BE FOUND
AT THE FOLLOWING ADDRESS
[HTTPS://BCYUKONAA.ORG/EVENTS/](https://bcyukonaa.org/events/)
one day at a time...

EVENTS



Tickets \$20

Pancake Breakfast
Ice Cream Social
Concession



Speakers
Panels
All Day Meetings

'Pass It On'

38th Annual White Rock Round-Up

Saturday, August 9th

Doors Open 8am

The Star of the Sea

15262 Pacific Ave, White Rock, B.C.

For more information or tickets contact

Jody C. @ 604-505-3671 or altdcm@district37aa.org

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



Roundup Campout @ Columbia Lake

Come join us for a fantastic weekend filled with fabulous fun and fellowship!

We are back at the beautiful
Ranch Beach property
on Columbia Lake, British Columbia
~~ August 15 - 17, 2025 ~~

A 60-minute drive North from Cranbrook, BC and
15-minute drive south of Fairmont, BC.

An open welcome to all AA
members and their families.

There is plenty of free range, no
service room for RVs, trailers,
campers & tents.

There will be traditional events
and meetings, games for both
young and young at heart, and
sandy beaches. Good times just
waiting to take place!

For additional information, to be
part of the organizing group or to
volunteer at the Roundup
Campout, please call or text
• Darcy V @ 250-421-0427
• Debbie V @ 250-421-8590

Alcoholics Anonymous, District 24, Area 78

Ranch Beach

- 📅 August 15, 16, 17, 2025
Friday Noon to Sunday Noon
- 👤 \$40 per person - full weekend
Camping and most meals included
- 👤 \$30 per person - Saturday
Three meals included
- 👤 Free - children 11 and under
Must obtain a ticket to attend.
- 👤 Buy Paper Tickets:
Debbie V laughing192@shaw.ca
250-421-8590 (mobile)
- 🌐 or Buy Tickets Online



One Day at a Time!

DISTRICT 37 PICNIC

AUGUST 16TH

AT REDWOOD PARK • 17900 20 AVE
11-3 PM

*Come Celebrate
Recovery
POTLUCK*

Please contact Kandice with questions
(778) 723-0555

EVENTS

August
23-24 2025

The Road of Happy Destiny

SEA TO SKY

ROUNDUP

TICKETS \$35

TOTEM HALL 1380 STAWAMUS RD, SQUAMISH, BC

SATURDAY

8am: Registration

9am: Welcoming Ceremony &
Roundup Official Opening

10:40am-12:30pm Panels

2:00pm: Al-Anon Main Speaker
Meeting **Bonnie A (Vancouver, BC)**

7:30pm: AA Main Speaker Meeting
Paige F (Calgary, AB)

9:00pm: Stand-Up Comedy

Unfortunately there are no refunds for this event.
We encourage you to donate your ticket if you can't make it.

SUNDAY

9:00am: Coffee and Fellowship

9:30am: Prayer and Meditation
Meeting

10:30am: Sobriety Countdown
Results, 50/50 Draw

10:45am: AA Main Speaker Meeting
Andy C (Victoria, BC)



Scan the QR code to
get your tickets
today!



CAMPING

There are **limited** spots for the
Fellowship Campout this year!

Join us for two nights at a nearby
campground to add to the **fun**
and **fellowship** of the Roundup
weekend!

Organized games on Friday
afternoon and a Campfire meeting
Friday evening.

Two nights of camping for \$50 per
person

For registration or more details:
seatoskyroundup@gmail.com

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

BC Government Health Information

811: Call from anywhere in B.C. to speak to a health services navigator. They can help you find health information and services or connect you directly with a registered nurse.

Mental Health Support Line

310-Mental Health (310-6789), no area code needed): Call toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues. Available 24 hours a day.

Alcohol and Drug Info and Referral Service

1-800-663-1441: Information and referrals, emergency support.

For more information go to www.abbotsfordaa.org.

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.