

DISTRICT 39 NEWSLETTER

SEPTEMBER 2025

ISSUE 13

# 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)

**ARCHIVES**  
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**PUBLIC INFORMATION**  
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**CORRECTIONS**  
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**EVENTS**  
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**GRAPEVINE**  
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**TREATMENT**  
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**BRIDGING THE GAP**  
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**MEETING LISTS**  
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**NEWSLETTER**  
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**COOPERATION/PROFESSIONAL  
COMMUNITY**  
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**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)

## 2025 Alcoholics Anonymous Voting Assembly

**Castlegar** is set to welcome members of Alcoholics Anonymous from across British Columbia and the Yukon for the **Area 79 Voting Assembly**, taking place from **September 12 to 14, 2025**. Hosted by the local District 75, this significant event will be held at the Castlegar and District Community Complex.

The assembly functions as the business meeting and collective conscience of the Area. It is where General Service Representatives (GSRs), District Committee Members (DCMs), and Area Officers gather to represent their home groups. Attendees will discuss, debate, and vote on motions that guide the fellowship's activities, including matters of finance, public information, and recommendations

# HELP LINE 24/7

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

**604-615-2911**

sent to the General Service Conference. This hybrid event ensures all members can participate, with an **online-only session for committees** preceding the main assembly on **Tuesday, September 9th**, allowing every group's voice to be heard.

To assist members with transportation, a **Serenity Bus** will be running from Kamloops to Castlegar for the event. This dedicated service provides a convenient and supportive travel option for those attending from the

interior. Round-trip tickets for the bus are available for \$175. Interested members should contact their local district representative for more information and to reserve a seat.

This gathering provides an important opportunity for fellowship and service, reinforcing the unity and shared purpose of Alcoholics Anonymous. The local A.A. community is looking forward to hosting this event and welcoming attendees to Castlegar.

## 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 to door greeter. There are also numerous Committees that you can join!

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.

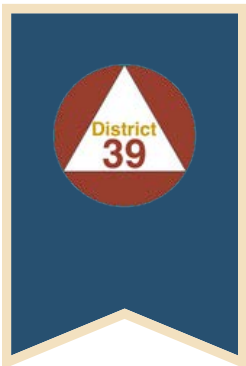
Try It, You'll Love it!





# VOLUNTEERS NEEDED

We need your help on the District 39  
Newsletter Committee!



## BENEFITS

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

## More information



Ronel 778-345-6782



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



# STEP NINE

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

**The spiritual principle involved in Step 9 is that of forgiveness, not only from others but forgiveness of self, which can bring healing to both parties.**

## STEP 9 PRAYER

God, with regard to this amend, please remove my fear and give me strength, courage, and direction to do the right thing, no matter what the personal consequences may be.

Amen.

## TRADITION 9

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

## CONCEPT 9

A.A. Concept 9 is a principle of world service that emphasizes the importance of good, selfless leadership at all levels of the fellowship.

It states that for Alcoholics Anonymous to function safely and effectively in the future, it must continuously seek out and elect qualified leaders who act as trusted servants, not as governors.

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.

# TRADITION 9

## Checklist



**Non-Organization Principle:** Reflect on how your group adheres to the principle of being a fellowship rather than an organized entity. Does your group avoid hierarchical structures that might lead to governance over its members.



**Service Committees:** Evaluate how service committees function within your group. Do they exist to serve the group and its members, rather than to exert control or authority?



**Decision-Making Process:** Assess the decision-making process within your group. Is it based on group conscience, allowing all members to have a voice, rather than a top-down directive?



**Leadership Roles:** Examine how leadership roles are perceived. Are they viewed as opportunities for service rather than positions of power?



**Clarity of Purpose:** Ensure your group maintains clarity about its primary purpose—helping alcoholics achieve sobriety. Are activities and decisions aligned with this purpose?



**Flexibility and Autonomy:** Consider how your group upholds flexibility and respects the autonomy of other groups and members, recognizing that each group can operate in ways that best serve its needs.

## 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. There was 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.

Since 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 (care homes, hospitals, etc.) where suffering alcoholics, and the professionals who treat them, may be introduced to A.A.*

### 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](mailto: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](mailto:treatment@abbotsfordaa.org).

**FIND A MEETING**  
[www.abbotsfordaa.org/meetings](http://www.abbotsfordaa.org/meetings)

**Meeting Guide:** A free mobile app for iOS and Android. Designed to be simple, fast, and help you find A.A. meetings wherever you are. Zoom or Dial In From the APP



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

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.



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](mailto:treatment@abbotsfordaa.org)

## NEWSLETTER SUGGESTIONS...



NEWSLETTER

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)

## LITERATURE CORNER

- Area 79 Literature Tool, no longer available
- NEW: D39 Newcomers Kit Envelope now available (.70 each)
- “A Book of Fellowship” (Convention Souvenir) at [aa.org](http://aa.org).
- DCM & Literature Chair have keys for Excell Storage
- Inventory & Price List on [www.abbotsfordaa.org](http://www.abbotsfordaa.org).
- Literature stock & prices include currency exchange
- Literature orders pre-paid with e-transfer or cheque
- Frequently asked questions on practicing the seventh tradition at virtual meetings: [Click here](#)
- New pamphlet: Indigenous People in A.A. (P-21\_0725) — [Click here](#)
- Revised pamphlet: Twelve Steps Illustrated: [Click here](#)

### 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.

During the Literature Corner meeting this evening, we were advised that the previous version of the **Area 79 Literature and Resources Tool** expired and our old links and QR codes no longer work.

To place an order, send an email to [literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org) with inventory code and title.

The inventory and price list is available at [www.abbotsfordaa.org](http://www.abbotsfordaa.org).



# GRAPVINE REPORT

## 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



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

## 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!*

**SUBSCRIBE at [aagrapevine.org](http://aagrapevine.org)**

# CORRECTIONS CORNER

## THE HEART OF CORRECTIONS SERVICE CARRYING THE MESSAGE BEHIND THE WALLS

**When we talk** about A.A. Corrections Service, it's easy to focus on logistics — clearances, schedules, facility policies. But at its core, this service is about something much deeper: hope, connection, and responsibility.

**Incarcerated alcoholics** often feel forgotten — by family, by society, sometimes even by themselves. For many, an A.A. meeting inside a correctional facility is the first time they hear someone say, "I've been where you are. You're not alone."

**Corrections Service** is one of the clearest expressions of our Twelfth Step: carrying the message to the alcoholic who still suffers — no matter where they are. We don't go behind the walls to save or fix anyone. We go to share our experience, strength, and hope. Sometimes, it's just sitting in a circle and telling the truth. And that's enough.

**There's no hierarchy** in those rooms. Titles, sentences, and circumstances

fall away. What remains is the "we" of A.A. — alcoholics helping alcoholics, one day at a time.

**And there's a paradox** here: some of the most spiritually free people in A.A. are still physically incarcerated. They've found freedom not through the system, but through surrender, honesty, and connection.

**This service** doesn't just help others — it keeps us sober. Every time we show up, we remember where we came from and what was freely given to us.

**As the A.A. Responsibility Statement** reminds us:

*"I am responsible. When anyone, anywhere, reaches for help, I want the hand of A.A. always to be there."*

**Corrections Service** makes sure that hand reaches all the way behind the walls.

**Thank you** for the privilege of serving in this capacity,  
Marion T (Fraser Valley Institute)  
and Michael S (Matsqui),  
Panel 75, D39 Correction Chairs

## TELEPHONE /HOTLINE REPORT

Nothing much to report, everything is working well. Volunteer lists are up to date and are current.

We have had a few problems with dropped calls but are working with tech support to solve the problem. 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 still 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  
recycled monthly a.a. chips.  
join us Thursday night 7pm @  
the Alano club or call  
778-685-0345

## EVENTS

### 2025 VOTING ASSEMBLY

#### 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](#)

**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](#)

#### 2026 JANUARY QUARTERLY

The next planning meeting, via zoom, is **Sunday September 29th**. Meeting ID: 884 706 7802, no password.

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

## EVENTS



# 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**

## EVENTS

# Men's Fall Retreat A walk through the Steps

Friday Sept 12th to Sunday Sept 14 2025

Sasamat Outdoor Centre  
3302 Senkler Road, Belcarra, BC <http://sasamat.org/>

**Steve L - 7/27/96 - from Redondo Beach CA**  
**will walk with us through the 12 Steps of Alcoholics Anonymous.**

**\$250.00**

**- for the whole weekend -**

**\*Limited Space**

- ☐ **All Included:** Amazing Food, Lodging, Fellowship, a Guided 12 Step Experience
- ☐ **Additional Activities:** Campfire Meetings, Morning Meetings, Morning Meditation, Canoeing, Kayaking, Swimming, Group Hiking & additional sign-up activities



- Cabins, Cottages, & Yurts sleep 2 to 10 people. Rooms are heated and have electricity. Washrooms and showers are located in the main lodge. Attendee Package will be emailed.



- **Space Is Limited** this year, please reserve your experience by Cash, Cheque, Tap (+\$5 Bank Fee) or E-Transfer \$250.00 to: [mensfallretreat@gmail.com](mailto:mensfallretreat@gmail.com)

***Please include your email address in the E-Transfer for your confirmation message to be sent.***



FOR MORE INFORMATION PLEASE CALL OR TEXT

Warren I. 604 -908-8863  
Steve D. 604-512-4272  
Ian B. 778-867-4822



For Attendee package or more information

[mensfallretreat@gmail.com](mailto:mensfallretreat@gmail.com)

## EVENTS

**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 GUIDLINES  
PRESENTATIONS  
FOLLOWED BY  
DISCUSSION AND Q&A**

### Pamphlets

Q Search



**Meeting ID: 879 8807 7565**

**Passcode: Literature**

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

## EVENTS



**September 5th, 6th and 7th-  
2025**

**Sandy K from Ottawa and Vickie C from Oregon**

Take us through the 12 steps Join us for a weekend  
of fellowship and recovery! @3498 Luxton Road in  
Langford, BC

- \$50 weekend pass
- Camping available (\$40 Tent Site~\$60 Power/Water)
- Full showers and Bathrooms available for campers
- \$5 Pizza and Drink options Friday Night
- Saturday- Soup and Sandwich included in your ticket
- Snacks available at the Concession all weekend

Get your tickets and more info at:

**[westshorerecoveryretreat.com](http://westshorerecoveryretreat.com)**

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

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

### Alcohol and Drug Info and Referral Service

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

### 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.



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



## 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.