

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

WEB
webmaster@abbotsfordaa.org

STAYING COOL IN FALL

As autumn arrives, we're reminded that change is a normal part of life. The weather cools, routines shift, and the holiday season begins to approach. For many of us in recovery, this time of year naturally slows things down and gives us a chance to check in with ourselves and our program.

The shorter days encourage reflection, and the steady rain can feel like a reset—helping us let go of stress and fear. As the holidays draw closer, Fall offers a useful sense of stability. It's a good time to reconnect with each other, strengthen our recovery, and focus on staying present.

HELP LINE 24/7

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

604-615-2911

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. If you have a home group and are comfortable in your sobriety, all you have to do is speak to your group GSR or Secretary. All groups have monthly business meetings 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.

FIND A MEETING

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:

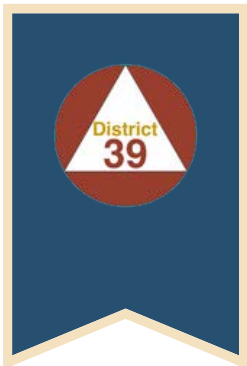
telephone@abbotsfordaa.org
or call Dave direct
778-908-6670

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



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

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

The core spiritual idea is developing a deeper, ongoing connection with a Higher Power—however each member may personally understand that. Step 11 encourages calm, reflection, inner guidance, and a willingness to act with clarity and purpose rather than impulse or fear.

STEP 11 PRAYER

God, I pray that I may continue to grow in understanding and effectiveness, that I may seek Your guidance in all my affairs, and that I may carry out Your will in my life.

Grant me the serenity to accept what I cannot change, the courage to change what I can, and the wisdom to know the difference. Help me to remain aware of Your presence and to serve others through the knowledge of Your will.

CONCEPT 11

The World Service Business Conference shall observe the spirit of the rotation of trusted servants.

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

TRADITION 11

Checklist



Personal Anonymity: Do I respect my anonymity in public media (press, radio, TV, social media)? Am I careful not to share other members' identities without permission?



Focus on the Program: Is the attention on AA's principles and recovery, not on personalities? Do I avoid promoting myself or my group as a "solution" to others?



Attract Rather Than Promote: Does my group rely on the example of recovery to draw others in? Are we inviting, not advertising, AA to the public?



Unity and Humility: Are we maintaining the group's integrity without seeking publicity? Do we act with humility in all AA-related communications?



Review Regularly: Do we check our literature, website, and social media for alignment with Tradition 11? Are newcomers and members reminded of this Tradition periodically?



FINDING MY HIGHER POWER

As I have moved through these Steps, I have felt better about myself and am very happy with how my relationship with God has blossomed. I have set up a program of prayer and meditation that I follow daily. So, now I am ready to proceed to Step 11.

I thought long and hard about how to proceed and talked to my sponsor and friends in the program. I went to church the following Sunday and spoke to one of the Pastors.

My whole life had changed for the better and I knew I still had work to do but I was willing to trust in God and I face each day eagerly. My morning prayer routine sets me up for the day and I find myself talking to God throughout the day. In the evening, I do a complete Step 10 including a personal inventory.

So, after talking to my peers and my pastor, I was ready to

except God—as I understood him—into my life.

I went to Church and met with the Pastor who had been helping me and the same one who helped me when I got Baptized. He led me in prayer and it almost brought me to tears. And I felt very humble after that.

I finished off with the Serenity Prayer and went home knowing that I had done the best I could. I have never looked back, and I follow my prayer routine every morning. It's been a few years now and I've never regretted doing these steps and accepting God into my life.

After over 50 years of not going to church or believing in any kind of higher power and finally moving forward with these Steps, I have finally found peace and have a relationship with God. I pray for guidance every day and have found peace and serenity.

I am now looking forward to Step 12 and being able to help others.

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

UPCOMING PANELS

Ladies' Panel
Tuesday, 25 November @ 12:30pm
Life Recovery, Abbotsford

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

Accessibility Update

Three members have stepped in to lead the distribution of AA Literature and Meeting Guides to facilities to reach Seniors, Youth/Students, and Indigenous Communities.

The committee has ordered the following literature to create packages to drop off at identified facilities:

- Is A.A. For Me?
- A Newcomer Asks
- Do You Think You're Different
- Frequently Asked Questions About A.A. (Large print)
- A.A. For Alcoholics With Mental Health Problems
- LGBTQ Alcoholics In A.A.
- Is There An Alcoholic In Your Life
- Serving All Alcoholics (used to be 'with special needs')
- OUR STORIES: First Nations, Inuit & Metis Recovery
- Frequently Asked Questions About AA
- Young People in AA - Revised 2023

LITERATURE CORNER

Literature Corner is on **Thursday November 20th** and it will cover the following pamphlets:



P-44 A.A.'s Legacy of Service

https://www.aa.org/sites/default/files/literature/P-44_0925.pdf

P-16 The A.A. Group...Where It All Begins

https://www.aa.org/sites/default/files/literature/P-16_0624.pdf

P-84 Many Paths to Spirituality

https://www.aa.org/sites/default/files/literature/P-84_1025.pdf

Everyone is welcome!
ZOOM details:

Meeting ID: 879 8807 7565
Passcode: Literature

Hope you can join us at **7:00pm**

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.

D39 Newcomers Kit
Envelope now available via
Langley Intergroup (email
me for details:
literature@abbotsfordaa.org.)

To place an order, send an
email to
literature@abbotsfordaa.org
with inventory code and title
(available at
www.abbotsfordaa.org)

GRAPEVINE 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



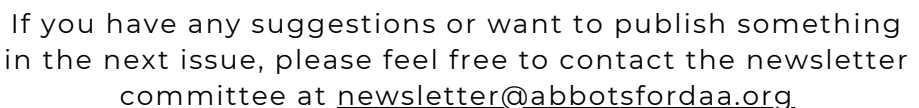
Free Shipping

From Nov 1—Dec 31, 2025, Grapevine is offering free shipping (assuming the postal strike has ended).

Featured Items

- **International Convention Book & Journal** – \$19.99
- **The Language of the Heart** – hardcover edition
- **AA Grapevine International Journal** – filled with inspiring quotes and reflections

Greeting cards



CORRECTIONS CORNER

CARRYING THE MESSAGE BEHIND THE WALLS

Fraser Valley Institution (Women)

A.A. Meetings

Meetings – **Tuesdays, 6:30 and 7:30 p.m.**

An A.A. Step Group (Joe & Charlie) is offered by two other volunteers on Saturdays.

Pen Pal Plus

Several women have commented that they are receiving letters from their outside Pen Pals and are thrilled.

Pre-Release Arrangements

The pre-release program connects inmates 3-6 months from release with a temporary outside contact for recovery support, explicitly excluding financial or housing assistance.



TELEPHONE /HOTLINE REPORT

Nothing much to report, everything is working well. 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 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



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

24-Hour Help Line
604-615-2911



EVENTS

THE AREA 79 LITERATURE CORNER

NOVEMBER 20 @ 7 PM—8 PM

This is an event that reoccurs on the third Thursday of the month with no meeting in Dec. We review at least 3 pamphlets and have other Literature related announcements.

Meeting ID: 879 8807 7565

Passcode: Literature

WHAT IS DISTRICT?

NOVEMBER 22 @ 2 PM—4 PM

This Workshop is for anyone interested in getting to know what their District does, how they can participate and why it's so important.

Park House, 5400 River Road, Richmond, BC. Hosted by District 36.

UNITY SPEAKER MEETING ONLINE

NOVEMBER 22 @ 7 PM—8 PM

A speaker meeting held online every Saturday. Meeting room opens 6:45 pm Pacific Time. A speaker tells their story for approx. 30 to 45 minutes of what they were like, what happened and what they're like now.

Meeting ID: 564 054 5402

PW: Unity

**For more information go to
www.bcyukonaa.org**



EVENTS

CORRECTIONS CORNER

NOVEMBER 30 @ 7 PM—8 PM

An open speaker meeting featuring AA members whose lives and recovery were impacted by the corrections system. Speakers come from all over North America but the meeting is hosted by the District 43 corrections committee. We recently introduced a new format and the meeting now includes a sharing session on a corrections related topic to promote discussion and understanding of this vital AA service work. We welcome all who want to learn more or hear amazing recovery stories, no previous involvement in corrections required!

Zoom ID: 991 5032 3288

Password: langley (all lower case)

TRADITION 5 WORKSHOP

DECEMBER 6 @ 1:30 PM—3:30 PM

Tradition 5 Workshop “In keeping with our primary purpose”

All members of AA are welcome. Bring your 12×12, your questions and an open heart.

Fellowship starting at 1:30pm. Presentations start from 2—3pm with questions to follow. Please join us for food, fellowship and fun!

Park House, 5400 River Road, Richmond, BC. Hosted by District 36.

**For more information go to
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
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

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.

