

DECEMBER 2025

ISSUE 16

DISTRICT 39 NEWSLETTER

# ONE DAY AT A TIME



## STAYING STEADY THROUGH THE HOLIDAYS

As the holiday season approaches, many of us notice emotions rising—excitement mixed with worry, gratitude mixed with loneliness.

This time of year can be challenging for people in recovery, especially when routines shift and old triggers resurface. The good news is that we have each other.

A.A. offers a safe place to share openly, stay grounded, and remember that we don't have to manage everything on our own. By reaching out, attending meetings, and keeping our program close, we can move through the season with steadiness and support.

Together, we can stay present, stay connected, and stay sober—one day at a time.

# HELP LINE 24/7

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

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

PUBLIC INFORMATION  
[pi.cpc@abbotsfordaa.org](mailto:pi.cpc@abbotsfordaa.org)

CORRECTIONS  
[corrections@abbotsfordaa.org](mailto:corrections@abbotsfordaa.org)

EVENTS  
[events@abbotsfordaa.org](mailto:events@abbotsfordaa.org)

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

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

BRIDGING THE GAP  
[bridgingthegap@abbotsfordaa.org](mailto:bridgingthegap@abbotsfordaa.org)

MEETING LISTS  
[meetinglists@abbotsfordaa.org](mailto:meetinglists@abbotsfordaa.org)

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

COOPERATION/PROFESSIONAL  
COMMUNITY  
[pi.cpc@abbotsfordaa.org](mailto:pi.cpc@abbotsfordaa.org)

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)

WEB  
[webmaster@abbotsfordaa.org](mailto:webmaster@abbotsfordaa.org)

604-615-2911



## LEST WE FORGET

As we move towards the holiday and look forward to Christmas, we must remember our first sober Christmas and support the men and women who are entering recovery now.

Some of them may have lost families, houses, and have nothing, and may be in a treatment center or a barren room. Support them in any way you can. Most of us have been there at one time or another.

The holidays bring up memories of a happier time, so reach out if you are able and make sure they are included in group celebrations.

I remember going for a long walk on Christmas day as I didn't feel welcome anywhere. But a couple of members offered to take me for coffee and that helped a lot. When I got home, I felt a lot better and managed to get through the holidays.

—Dave R.



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

**24-Hour Help Line**  
604-615-2911



## 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 downloaded App.



## 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!

## AREA 79 NEWS

The Alternate Chair and Grapevine Chair positions at the BC/Yukon Area 79 level are currently vacant, and we look forward to welcoming a new candidate to be confirmed at the January Quarterly.

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

For more info contact the hotline at:

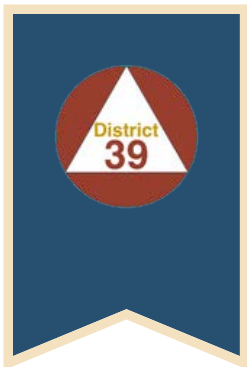
[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)  
or call Dave direct  
778-908-6670

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

DISTRICT NEWSLETTER

# VOLUNTEER RECRUITMENT

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 TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The core spiritual idea of A.A. Step 12 is service rooted in *spiritual awakening*.

After experiencing personal change through the Steps, we carry the message to others and live these principles in all areas of life. Step 12 is about giving back what was freely given to us, practicing selflessness, and continuing to grow spiritually by sharing hope, helping others, and living with integrity, compassion, and humility.

## STEP 12 PRAYER

Higher Power, thank  
You for my recovery.  
Help me share this  
message with those  
who still suffer, and  
guide me to live these  
principles in all my  
actions, with  
compassion, humility,  
and love each day.

## CONCEPT 12

A.A. Concept 12 says the General Service Conference has final responsibility for A.A.'s overall welfare, guiding the Fellowship while respecting individual group autonomy.

## TRADITION 12

Anonymity protects members and keeps the focus on recovery, placing principles above personalities.

# TRADITION 12

## Checklist



**Protect member anonymity:** Am I keeping members' identities private? Do I avoid sharing details outside meetings?



**Avoid personal gain:** Am I using A.A. for recognition or advantage? Do I keep my motives selfless in service?



**Focus on recovery:** Am I emphasizing sobriety over individual personalities? Do I center conversations on the message, not the messenger?



**Speak with discretion:** Am I careful when discussing A.A. publicly? Do I respect members when sharing experiences?



**Put principles above ego:** Am I prioritizing A.A.'s traditions over my opinions? Do I act with humility in all A.A. matters?



# MY THOUGHTS ON PRAYER

—Dave R.

When I attended my first AA meeting I thought that was all I had to do to get sober. But then I was encouraged to “do” the Steps AND learn how to pray. I could say the words but not with conviction.

I had lost many friends to alcoholic deaths, so I thought I should try a little harder. I went and checked with the pastor at the local church. I learnt the Lord’s Prayer first and never

looked back. My life improved and I was able to work on the steps.

Every morning I do my prayers and blessing and take some time for meditation and I know I’ll stay sober that day. By doing them and attending meetings, I have stayed Clean and Sober for a few years now and can now pass this message on to new people.

What have you got to lose?

## GRAPEVINE

### 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)

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

## FINALLY! STEP 12!

—Dave R.

I am pleased to be working on Step 12. It has been an interesting journey as I made my way through the Steps. I had a lot of help from sponsors, group members, and my higher power.

I struggled in the beginning as I actually had to learn to pray. But once I learned how, I was able to move forward. As I proceeded through the Steps, I tried to encourage the other newer members of my home group. But I met with limited success.

Once I got to Step 10 and got my own program in order, I was able to act as a temporary sponsor and get new people hooked up with

established members.

But now, after completing all the Steps, I felt confident enough to sponsor someone using my own experience and I was pleased to get positive feedback.

I have one sponsee with over a year's sobriety who lives out of town now, who came to my last cake and then I knew I had made the right choices. Being a solid member of my home group, I was able to take on a couple of service positions in an effort to give back what was so freely given to me....

Try it. You will never regret it.....

## TREATMENT & ACCESSIBILITY COMMITTEE

### Q & A

**What is a panel?** An opportunity to do service and share your story in 3-5 minutes with ~4-6 other panel members at a treatment centre.

**Who can be part of a panel?** A sober AA Member who has completed a thorough set of steps, has a Homegroup and a sponsor, and who is willing to share what it was like before AA, how AA has helped them, what it's like now, and how AA helps them stay sober.



## 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.*

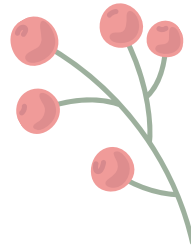
**Male members:** If you'd like to know more or share your story on a Kinghaven panel, please contact Corey at [treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org).

**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)

## SERVICE OPPORTUNITIES

1. Attend Treatment Centre Meetings to carry the message to newcomers
2. Share your story on a panel: females needed on Nov 25 at 12:30 pm
3. Help deliver\* AA brochures, booklets, and meeting guides to:
  - Senior homes
  - Youth/Student-service related facilities
  - Indigenous community offices



\*Gas money for delivering literature can be reimbursed.  
Lists of facilities will be provided to volunteers.

## LITERATURE CORNER



**Literature orders:** prepare to pre-pay with e-transfer or cheque.

Contact Yogesh 778-779-4906

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](mailto:literature@abbotsfordaa.org)  
g.

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

*SITTING ON THE FENCE*  
Come sit down beside me  
I said to myself,  
And although it doesn't make  
sense,  
I held my own hand  
As a small sign of trust  
And together I sat on the  
fence.



## GRAPEVINE

<https://www.aagrapevine.org/store/greeting-cards>

### Greeting cards

Each card is beautifully illustrated with a cartoon about humorous moments in sobriety. All cartoons are conceived and drawn by AA members and were previously published in AA Grapevine.

Perfect for giving to a sponsor, sponsee, or fellow member to celebrate a sober anniversary or any occasion!

Comes with **four** different cards in a box of **24** for **\$36 (USD)**.

Buy five or more boxes and save \$1.20 per box!

The Greeting Cards come in plain cardboard box — local offices, groups, and areas can then sell as individual cards, in sets, or however they choose.  
(Dimensions are 5 by 7 inches)



## NEWSLETTER 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](mailto:newsletter@abbotsfordaa.org).

# 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.



## "JAILS, INSTITUTIONS AND DEATH"

An open speaker meeting featuring AA members whose lives and recovery were impacted by the corrections system.

We welcome all who want to hear stories of recovery from Alcoholism.

**When:** The last Sunday of each month @ 7pm

**Where:** On zoom.

**Meeting ID:** 991 5032 3288

**Zoom Password:** langley (no capitals)

Hosted by the  
District 43  
Corrections  
Committee

Monthly speaker  
announced in  
District 43  
newsletter

For more information contact  
[corrections@district43aa.org](mailto:corrections@district43aa.org)

# 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 am still at the point where I am advertising for new volunteers because some people go away on holidays, etc.

Yours in Service,  
Dave R  
Telephone Chair

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.

## AREA 79 WEBSITE TEAM



### We Need Your Help!

- Do you have your own computer and access to the internet?
- Do you have adequate computer skills?
- Do you love working with a team while on your own?
- Do you have 2 years of sobriety?
- Do you have an understanding of the Traditions?
- Do you like doing service from your home?
- Do you live in BC or Yukon Territory?

If you answered "yes" then we would love to hear from you!

### What We Do

- Help to maintain Area 79 meetings
- Post upcoming Area or neighbouring events
- Maintain the Committee and Service Libraries
- And more!

For more information please contact our Website Chair at  
[website@bcyukonaa.org](mailto:website@bcyukonaa.org)

## EVENTS

### A.A. HOLIDAY SOCIAL

DECEMBER 13 @ 12 PM—3:30 PM

**12—12:15pm** Meet and Greet **12:15—1:15pm** Count Your

Blessings meeting **1:15—2:15pm** Coffee, tea, treats

**2:15—3:30pm** Drew's report on the General Service  
Conference in New York in April.

Please bring finger food for potluck, especially baking!

*Star Dusters Hall, 5399 Timberlane Ave, Powell River, BC*

### UNITY SPEAKER MEETING ONLINE

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—45 minutes of what they were like, what happened and what they're like now.

**Meeting ID:** 564 054 5402

**Password:** Unity



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

## EVENTS

### 2026 JANUARY QUARTERLY: BREAKOUT COMMITTEES

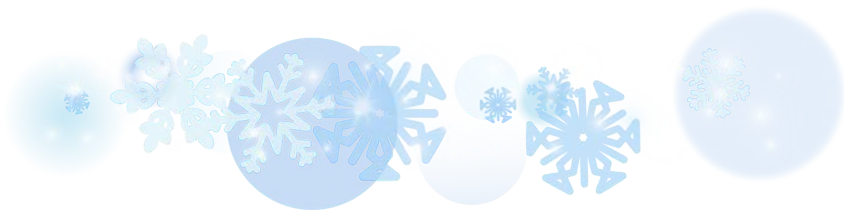
JANUARY 6, 2026 @ 5—9 PM

#### Online Only

Hosted by District 45 in Chilliwack

The breakout committee meetings for the Quarterly are held online only on the Tuesday evening before the continuation of the event on the following weekend. Registration is required. Information will be in the agenda package closer to the date.

<https://bcyukonaa.org/event/2026-january-quarterly-breakout-committees/>



### 2026 JANUARY QUARTERLY

JAN 9, 2026—JAN 10, 2026

#### Hybrid

Hosted by District 45 in Chilliwack:

Evergreen Hall, 9291 Corbould St, Chilliwack, BC

<https://bcyukonaa.org/event/january-quarterly/>

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



District 43 PI/CPC Committee  
wants to give you

*Somewhere To Be*

this New Year's Eve!

**Langley Alano Club**  
**8pm Dec 31—1am Jan 1 2026**

Join us for coffee, pot luck snacks, games, fellowship,  
and recovery support. Drop in, or stay all night!

Whether you are struggling in early recovery or just  
want a sober place to hang out and ring in 2026, we are  
here for you!

DISTRICT 71  
PEACHLAND, WEST KELOWNA,  
KELOWNA, LAKE COUNTRY

12 STEPS OF  
CHRISTMAS

DECEMBER 20-31

12 OPEN MEETINGS  
12 CONSECUTIVE DAYS - 12 CONSECUTIVE STEPS

Meetings Start Each Evening 9:15 PM

KALANO CLUB  
2108 Vasile Rd, Kelowna, BC

FOR INFORMATION ABBY J. @ 250-212-7727

**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.