

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

FEBRUARY: THE MONTH OF CLARITY

Hello friends,

February shines with sobriety through its birthstone, amethyst. The name means "not intoxicated" in Greek—ancient folks believed it kept them clear-headed against the wine god Bacchus.

It stands for real sobriety, honest courage, and sharp wits for life's daily battles.

This month's quiet days remind us: sobriety brings calm strength and true balance. Slip on some amethyst if it speaks to you, or just lean into that steady resolve that we all chase in AA.

One day at a time, we replace the fog with solid clarity.

You've got this!

HELP LINE 24/7

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

604-615-2911

FINALLY

DAVE R.

After years of struggling with alcoholism, Broken promises and Resolutions that never worked out, I decided to try AA and see if they could help.

I attended a few meetings and talked to members there. It didn't take me too long to realize I was in the right place. I talked to one man who became my sponsor and it didn't take long for me to admit that I was powerless over alcohol and my life had become unmanageable!

I got a copy of the Big Book of AA and read it from cover to cover. As I wasn't a religious person, I took the AA group as my higher power and that's where I started.

It was obvious that my next step was Step 2. I read everything I could and talked to other members about how to proceed and for once I followed directions. I was advised to keep it simple and follow directions as laid out in the Big Book. I believed that a power greater than myself could restore me to sanity. I spoke to many other people, some who were new and some with years of sobriety so I had a clear idea of what to do...

But I hadn't been in a church in years and had no idea how to pray but I had to try. I went to a local church with a friend to get some help and I met one of the pastors who said he would help. At that point I didn't even know the Lord's prayer. At this point I was going to an AA meeting three times a week and to the church twice a week and also went to the Sunday service.

Slowly I began to feel better about myself, and my AA sponsor suggested I add a personal prayer to my morning routine so

cont...

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 downloaded App.





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

24-Hour Help Line

604-615-2911

...cont

with help from my pastor friend I did that. It was suggested by other group members that I do the 12 steps of AA in order, as outlined in the Big Book of Alcoholics Anonymous.

Having had a short period of sobriety, and the only thing that has changed was my ability to pray daily and attend church on Sundays along with regular AA meetings, I felt I was moving forward. It was fairly obvious that a power greater than myself was helping me restore myself to sanity.

I read everything available from Alcoholics Anonymous on Step 2 and consulted friends and my pastor before I was satisfied that I had done Step 2 to the best of my ability.

I have had no compulsion to drink for a couple months so I am going to continue with the AA program and move onto the next step.

I've got too much to gain to lose.

GRAPEVINE

Subscription Prices (USD)

Paper Edition:

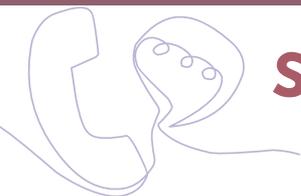
1 Month: \$6
1 Year: \$36
2 Years: \$68
3 Years: \$90

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!

aagrapevine.org



SERVICE NEEDS YOU!

DAVE R.

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 the 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, Treatment & Accessibility, 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 an 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 Like it.

Join the **Treatment & Accessibilities Committee!**
We meet once per month. The next meeting is **Monday, February 9 at 6pm** at Afterthoughts.

DISTRICT 39 OPEN SERVICE POSITIONS

- SECRETARY
- PI/CPC
- ARCHIVES

Please announce these vacant Service positions at your groups!

Contact dcm@abbotsfordaa.org for more information.

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.

TRADITION TWO

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

This tradition ensures no single person or ego dominates AA group decisions. Instead, a Higher Power guides through the collective wisdom of members, fostering humility and unity.

STEP 2 PRAYER

I admit that I am powerless
over my addiction.
I admit that my life is
unmanageable when I try to
control it.

Help me this day to
understand
the true meaning of
powerlessness.

Remove from me all denial
of my addiction.

CONCEPT 2

Final responsibility and
ultimate authority for A.A.
world services should
always reside in the
collective conscience of
our whole Fellowship.

STEP 2

*Came to believe that a Power greater than
ourselves could restore us to sanity.*

This step builds hope after admitting powerlessness in Step 1. It invites openness to a personal Higher Power—God, nature, the AA group, or inner strength—to break addiction's insanity of repeating harmful behaviors. Embracing this restores mental clarity, fosters faith, and motivates sobriety through guidance beyond self-reliance.

TRADITION 2

Checklist



Does God guide us? The group's ultimate authority is a loving God expressed through collective conscience, not individual leaders or agendas.



One purpose only? Stay focused solely on recovery; secondary goals or distractions undermine divine group guidance.



Leaders just servants? Trusted officers facilitate humbly without governing or seeking personal power over the group.



Does anyone dominate? Prevent any single voice from overriding the full group conscience and spiritual principles.



All voices heard? Ensure inclusive discussion reflects God's will democratically, honoring Tradition 2 fully.



HISTORY OF THE SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference

NIEBUHR'S CREATION

Reinhold Niebuhr, a Protestant theologian, first crafted it around 1932-1933 during sermons at Union Theological Seminary in New York. Rooted in Christian existentialism, it drew from ancient sources like

Marcus Aurelius's stoicism and Boethius's *Consolation of Philosophy*. Niebuhr's daughter recalled its debut in a 1943 Heath, Massachusetts, summer service as part of a longer prayer on facing life's limits with faith.

PATH TO AA

The prayer entered AA in 1941 via a New York Herald Tribune obituary version: "God grant me the serenity... Goodbye." An AA member shared it with Bill W., who exclaimed, "Never

had we seen so much AA in so few words." Bill printed it on wallet cards for members, and it exploded in popularity—distributed at USO centers, carried by WWII soldiers, and recited in meetings nationwide.

OFFICIAL EMBRACE AND LEGACY

By 1950, AA's *Grapevine* magazine formally credited Niebuhr after Bill W. confirmed authorship. Though not in the *Big Book* initially, it embodies Steps 1-3: surrender, action, and discernment. Niebuhr visited AA groups, affirming its

fit without claiming royalties. Today, it graces medallions, pamphlets, and prayers worldwide, a humble tool for sobriety amid chaos. Its evolution from sermon snippet to recovery icon underscores AA's genius for distilling spiritual truth into daily power.

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 FEMALE PANELS

We are looking for female AA members to join us and share their stories. Get in touch with Terri-Lynn *via text* at [604-556-6525](tel:604-556-6525) or email at treatment@abbotsfordaa.org, if you, or someone you know, has a message of recovery and would be willing to share on a female panel.

February 17 at 12:30pm

Life Recovery (arrive at 12:30pm, panel starts at 1pm)

February 26 at 10am

Peardonville House (arrive at 10am, panel starts at 10:30am)

TREATMENT CENTRE MEETINGS

GSR's please tell your Homegroup members that there are the following meetings at local treatment centres and AA Members are encouraged to attend in order to carry the message to newcomers in treatment.

This is a great way for members to do service, without having to commit to something.

Life Recovery (ladies only)

Fridays at 7:30pm
2693 Braeside St, Abbotsford

KingHaven (co-ed)

Saturdays at 11am
31250 King Road, Abbotsford

treatment@abbotsfordaa.org

GSR's please ask your Homegroup members if anyone is willing to help establish contacts, connect with the appropriate person, or deliver Literature Packages to local facilities.

Please text Terri-Lynn on
[604-556-6525](tel:604-556-6525) to explore Service opportunities!

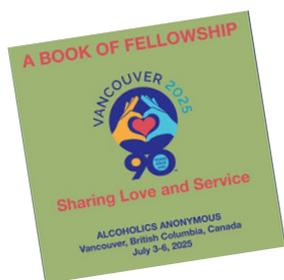
You may be the reason someone finds recovery. And in doing so, you'll strengthen your own.

LITERATURE CORNER



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.

BOOK OF THE MONTH



NOW \$15 USD

“A Book Of Fellowship: 90 Years of Love & Service” is a lavishly illustrated celebration of our Fellowship, its vibrant history, and A.A. around the world today. In these full-color pages, you'll read the inspiring stories of Bill W., Dr. Bob, and the early A.A. s who spread the word of Alcoholics Anonymous, one alcoholic to another, in ever-widening circles. A treasure trove of archival and new material, this autograph book-size volume brings to vivid life the message of Recovery, Service and Unity that lies at the very heart of our program. Including blank pages for notes and autographs, “A BOOK OF FELLOWSHIP: 90 Years of Love & Service” will make a one-of-a-kind keepsake of the 2025 Vancouver Convention.

NEW VIDEO

Marking On The Journey in three different formats.

This delightful, inspiring, and vastly informative "A.A. history lesson" now includes rare full-color home-movie footage of A.A.'s co-founders, Bill W. and, Dr. Bob, and their wives, filmed in the early 1940s in the garden at Stepping Stones.

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)

CORRECTIONS CORNER

CARRYING THE MESSAGE BEHIND THE WALLS

“Hi, my name is Marion, and I’m an alcoholic.”

As part of my service in District 39, I attend weekly A.A. meetings at the Fraser Valley Institution for Women, a federal prison in Abbotsford. Our group is called Freedom from Within. Attendance ranges from a few women to over a dozen, depending on the unit. Most are serving long sentences, and our volunteer presence is small—but meaningful.

The meetings follow a familiar A.A. format: readings, a chosen topic, and sharing. We close by joining hands and saying the Serenity Prayer. What may seem like a simple routine on the outside takes on profound meaning inside those walls. These women share honestly about family, health, parole preparation, grief, hope, and connection.

I chose this service after longtime volunteers describe prison meetings as the “highlight of their week.” I now understand why. Every Tuesday I walk through those gates, I’m reminded that I easily could have ended up on the other side.

Your Seventh Tradition contributions have contributed towards distributing Big Books, Daily Reflections, Experience, Strength and Hope, Plain Language Big Book, As Bill Sees It, and pamphlets.
Thank you!

What the women teach me, over and over, is that consistency builds trust. Showing up matters. Service enhances my recovery. It’s about showing up, listening, and giving back the grace I’ve been given.

CORRECTIONS CORNER

CARRYING THE MESSAGE BEHIND THE WALLS

THE THREE PILLARS OF A.A. CORRECTIONS—
FRASER VALLEY INSTITUTION (WOMEN)

A.A. MEETINGS

TUESDAYS 6:30 AND 7:30 PM

Minimum Security

- Insiders from Medium Security are being transferred to this building.
- Gate pass permits copies of books when needed.
- December 2 and 9—other plans cancelled the meetings

Medium Security

- December 2—low attendance due to 'Restoring Hope' event
- December 9—advised meeting was replaced with a Christmas event for the women.

An A.A. Step Group (Joe & Charlie) is offered by two other volunteers on Saturdays. Last I heard, this is attended by one person.

Pen Pal Plus—This topic is raised during every meeting.

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

Dave R

Telephone Chair

Everything is working well, I have 18 volunteers covering 28 time slots and to make sure no calls get missed, I am now able to add a second volunteer to selected time slots.

Sometimes “life happens” and the primary volunteer may be driving or at work or at a meeting. In that situation the call will switch to second volunteer.

We try to answer their questions and give them support and directions to meetings etc. and encourage them to get to a meeting and get connected. Sometimes it’s just a simple question about AA and how it works and how much does it cost.

What all this means is that I need more volunteers to cover those spots. If you are interested in a service position and are willing to help, email your phone number and best time to call, to telephone@abbotsfordaa.org.

The shifts are 6 hours each, at least once a week, and whatever time slot that we work out.

The shifts are:

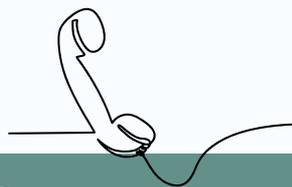
6am—noon

noon—6pm

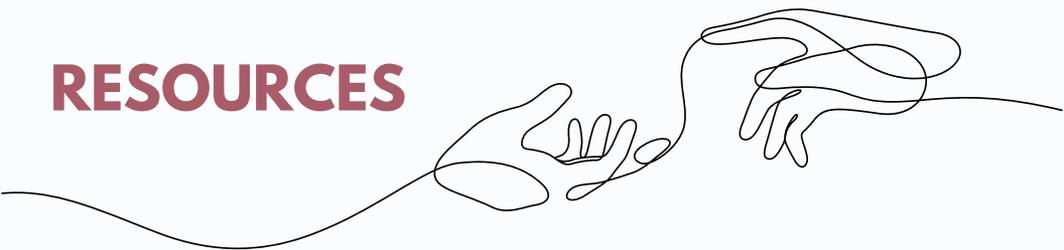
6pm—midnight.

The calls come in as “AA Hotline” so you know where it’s from.

I am Responsible.
When anyone,
anywhere,
Reaches out for help,
I want the hand of
A.A. always to be
there.
And for that:
I am responsible



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

BC Government Health Information

[811](tel: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](tel: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.



EVENTS

GABBIN' 'BOUT THE GRAPEVINE

15 FEBRUARY, 11 AM—12 PM

Monthly meeting open to the fellowship where we inform and share on Grapevine stories, audio clips, podcasts and more.

Meeting ID: 831 0773 4645

Passcode: 526279

YOU HAVE A STORY TO TELL— WRITING WORKSHOP

16 FEBRUARY @ 4—5:30 PM

This is a virtual writing workshop for members to write stories for two new pamphlets one for the **Transgender Alcoholic** and the other for the **Asian Alcoholic**.

There are three remaining occurrences of the opportunity.

Zoom ID: 842 434 92371

Password 705297

<https://bcyukonaa.org/event/you-have-a-story-to-tell-writing-workshop/>

AREA 79 LITERATURE CORNER

19 FEBRUARY @ 7—8 PM

This is an event that reoccurs on the third Thursday of the month. We review at least 3 pamphlets and have other Literature related announcements.

Meeting ID: 879 8807 7565

Passcode: Literature

<https://bcyukonaa.org/event/the-area-79-literature-corner-3/>

For more information go to
www.bcyukonaa.org

EVENTS

UNITY SPEAKER MEETING—ONLINE

21 FEBRUARY @ 7—8 PM

A speaker meeting held online every Saturday at 7:00 pm. Meeting room opens 6:45 pm. A speaker tells their story for approx. 30 to 45 minutes of what they were like, what happened and what they're like now.

Speaker: Tara A. – Maple Ridge, BC

This is an open Alcoholics Anonymous meeting. As per our Traditions, anyone may attend, however only those identifying as an alcoholic may be asked to share.

Zoom ID: 564 054 5402

Password: Unity

CORRECTIONS CORNER

22 FEBRUARY @ 7—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)

For more information go to
www.bcyukonaa.org/events

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.