

MARCH 2026

ISSUE 19

DISTRICT 39 NEWSLETTER

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

Hello friends,

We are the District 39 Newsletter Committee, a group of recovering alcoholics grateful for another month of sobriety. This newsletter serves as a practical bridge between our groups, keeping us informed and connected to the work being done throughout the district.

Recovery requires a steady transition from isolation to active participation. While the early days of sobriety often feel like simply holding our ground, the discipline of the steps eventually leads to a more functional way of living. We find that the internal work—the persistent effort even when results aren't immediate—builds the foundation for a life that is no longer dictated by crisis.

We are glad to be part of this community with you. Let's keep showing up for our home groups and for each other.

**HELP
LINE** 24/7

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

604-615-2911

I AM WILLING

DAVE R.



I thought long and hard before moving onto Step 3. After years of jumping in and out of the program and doing nothing about my spiritual fitness I decided it was time to make an honest effort.

I could stay sober for a while and then fell flat on my face. A senior member said to me that I should do the steps AS WRITTEN and use the Big Book as a guide.

I had a hard time on my last relapse and was contemplating suicide or going on a robbery spree to finance my drinking. A friend helped me to a meeting and it was obvious that I had a solid Step 1. I used the group as my higher power to start with, and

started attending a local church. I spoke to a pastor there and explained what I was doing. I learned to pray and that brings me to where I am today.

I memorized the Lord's Prayer and spoke to my pastor friend and he suggested that I get baptized so I took classes on how to proceed and got it done one Sunday morning during the service. I was now ready and willing to proceed with this step. And I was certainly willing which is the key to this step. I went to the church and prayed with the pastor. As we proceeded, I began to feel that a load had been lifted off of my shoulders. I finished off with the **Third Step Prayer**:

God, I offer myself to thee—to build with me and to do with me as thou wilt.

Relieve me of the bondage of self, that I may better do thy will.

**Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love and thy way of life.
May I do thy way always.**

As soon as I was able, I got together with my AA/Spiritual counselor to put a more appropriate prayer routine together which I felt a need to do each morning. I started with the Lords Prayer and added a personal prayer thanking God for taking away my alcohol addiction.

I finished with my blessing for friends and family. I now fallow that prayer routine every morning before I go to my morning meeting. And throughout the day I repeat the Serenity prayer. I feel that I am now ready to take on Step 4.

EASY DOES IT BUT DO IT

MEETING UPDATES

MEETINGS NEEDING SUPPORT

The following meetings would love for us to give them extra support:

Hand Of AA

7pm Thursdays
Alano Club

Back To Basics

7pm Mondays
Seven Oaks Alliance Church
(Gladwin entrance)

NEW MEETINGS

The following meetings have started up and could use our support:

Sunday Night Jay Walkers

8pm Sundays
Into Action Treatment Centre

11th Step Meditation Meeting

6pm Tuesdays
Alano Club (upstairs)

MEETING CHANGES

The following meetings have new details:

Back To Basics

7pm Mondays
Seven Oaks Alliance Church
(Gladwin entrance)



TREATMENT CENTER MEETINGS

Please support these meetings to help pass the message to newcomers in treatment:

Life Recovery (Ladies Only)

7:30pm Fridays

2693 Braeside St., Abbotsford

Kinghaven (Co-ed)

Saturdays

31250 King Rd., Abbotsford

MONTHLY DISTRICT MEETING

3rd Tuesday of the month

6pm

Alan Club (upstairs)

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.



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 meeting 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?

DISTRICT 39 OPEN SERVICE POSITIONS

- SECRETARY
- GRAPEVINE
- 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 THREE

The only requirement for A.A. membership is a desire to stop drinking.

Tradition Three is often described as the most inclusive statement in the A.A. program. It serves as the "open door" policy that prevents any individual or group from acting as a gatekeeper to recovery.

KEY PRINCIPLES

- **No Professional Gatekeeping:** Membership is not determined by doctors, lawyers, or even long-term members. It is based entirely on the individual's own assessment of their need and desire.
- **Removal of Barriers:** This tradition ensures that no other factor—religion, politics, race, gender, or even other addictions—can be used to exclude someone. It protects the newcomer from the personal prejudices of the group.
- **Self-Identification:** You are a member if you say you are. There are no dues to pay, no papers to sign, and no oaths to take.
- **Group Autonomy vs. The Individual:** While a group has the right to manage its own affairs, it does not have the right to deny membership to any alcoholic who expresses a desire to stay sober.



STEP 3 PRAYER

God, I offer myself to Thee
—to build with me and to do
with me as Thou wilt.

Relieve me of the bondage
of self, that I may better do
Thy will. Take away my
difficulties, that victory over
them may bear witness to
those I would help of Thy
Power, Thy Love, and Thy
Way of life.

May I do Thy will always!

CONCEPT 3

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

While the Traditions protect
the groups, the Concepts
provide the framework for the
A.A. service structure.
Concept 3 is designed to
make service leadership
effective by granting trusted
servants the authority to act.



KEY ELEMENTS OF THE PRAYER

While the language is traditional, the utility of the prayer
for most members is grounded in three specific actions:

- **The Relinquishing of Control:** It acknowledges that "self-will" (living in the extremes of active addiction) has become unmanageable.
- **The Removal of the "Bondage of Self":** This isn't about becoming a saint; it's about becoming useful. It asks for the removal of the self-centeredness that blocks a person from effectively helping others.
- **The Witness of Utility:** The goal of overcoming "difficulties" is not just personal comfort, but to serve as a practical example for the person who is still suffering.

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.

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.

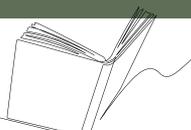


You may be the reason someone finds recovery. And in doing so, you'll strengthen your own.

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!

treatment@abbotsfordaa.org



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.

OFFICIAL A.A. PODCAST

Our Primary Purpose



Official Podcast of the
General Service Office
Alcoholics
Anonymous®

Our Primary Purpose is the official podcast from the General Service Office (GSO) of Alcoholics Anonymous for the U.S. and Canada. Through interviews with GSO staff and voices from A.A. history and the Fellowship today, we explore how GSO supports A.A. to carry the message of recovery to those who need it most, which is **Our Primary Purpose**.

SEASON 1

- Episode 1 - Flipping the Triangle
- Episode 2 - Welcome to GSO
- Episode 3 - Behind the Mic
- Episode 4 - Plain Language, Big Impact
- Episode 5 - Sobriety, Service and Second Chances
- Episode 6 - Unlocking the Vault
- Episode 7 - Beyond the Rooms
- Episode 8 - Leading with Service

Key highlights of **Season 1** include a tour of the **A.A. Archives**, insights into the development of the **Plain Language Big Book**, and the work of committees like **Corrections** and **Public Information**. The season emphasizes how **service work** ensures the message remains accessible globally, concluding with a special focus on the logistics and spirit of the **2025 International Convention**.

Season 2 launches on 17 March 2026!

<https://www.aa.org/gso-podcast>

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



CORRECTIONS CORRESPONDENCE FORM

- **Help wanted:** A list of volunteers (male and female) willing to write letters to insiders and matched by corrections@aa.org. More than 700 miles will separate our volunteer writers and insiders.

PRE-RELEASE ARRANGEMENTS

- The pre-release program connects inmates 3—6 months from release with a temporary outside contact for recovery support. See *pamphlet F-162 A.A. Corrections Prerelease Contact Information* (OUTSIDE).
- **Help wanted:** A list of volunteers willing to correspond with an inmate prior to release and willing to meet at their first A.A. meeting on the outside.

GSR's Announcements For Home Group Meetings

Help wanted: A list of volunteers willing to correspond with an inmate prior to release and willing to meet them at their first A.A. meeting on the outside.

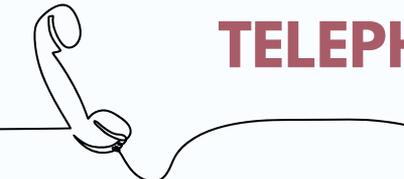
Reference: PreRelease.

Help wanted: A list of volunteers (male and female) willing to write letters to insiders and matched by corrections@aa.org. More than 700 miles will separate.

Reference: Correspondence Corrections

Tickets for the **Seconds & Inches Corrections Roundup** on **Saturday March 21** are being sold by your D39 Correction Chairs at a cost of **\$25** per ticket. Email corrections@abbotsfordaa.org.

A poster for the Seconds & Inches Corrections Roundup is available on the [BCYukon website, events page](#).



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.

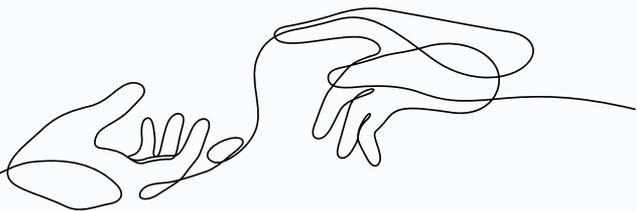
The calls come in as “AA Hotline” so you know where it’s from.

HELP LINE
24/7

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

604-615-2911

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.



EVENTS

SECONDS AND INCHES A.A. CORRECTIONS ROUNDUP MARCH 21 @ 9 AM—5:30 PM

How One Person Can Make a Difference

The difference between those free on the outside and those incarcerated on the inside is sometimes just seconds & inches.

Speakers * Panels * Raffles * Al-Anon Participation

Registration Opens 8:30am

Tickets **\$25** – Lunch is Included in Ticket Price

Coffee by Donation (Please bring your own coffee cup)

Information: fraservalleyaa.roundup@gmail.com

12 STEP CALL WORKSHOP MARCH 21 @ 2—4 PM

Learn more about making a 12th-Step call. **Hybrid event.** For in-person use the left side entrance.

Immaculata Parish Church, 248 3 Ave, Burns Lake, BC

Meeting ID: 869 4502 1590

Passcode: 165534

UNITY SPEAKER MEETING – ONLINE MARCH 28 @ 7—8 PM

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

Speaker: Neil F. – South Surrey

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

For more information go to
www.bcyukonaa.org



EVENTS

2026 PRE-CONFERENCE ASSEMBLY:
BREAKOUT COMMITTEE

APRIL 14 @ 5—9 PM

Online Only

Hosted by District 40 in Burnaby

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—please [register here](#).
Information will be in the agenda package closer to the date.

2026 PRE-CONFERENCE ASSEMBLY
APRIL 17—19TH

[Register here](#)

Hosted by District 40 in Burnaby

2026 Pre-Conference Assembly is **in person** and **online**.

The Pre-Conference Assembly is where the collective "group conscience" of Area 79 is gathered. Its primary purpose is to provide the Area Delegate with clear guidance on agenda items for the upcoming General Service Conference in New York.

GSRs from District 39 attend to voice their home groups' opinions on vital fellowship matters, such as literature changes or financial policies. This ensures that A.A. remains a grassroots organization where the groups hold ultimate authority.

This hybrid event allows members to participate in the democratic process that shapes the future of the fellowship.

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

Seconds & Inches

2026 AA CORRECTIONS ROUNDUP



How one person can make a difference.

LEVEL GROUND CHURCH
31216 KING ROAD, ABBOTSFORD, BC

WANT TO HELP? QUESTIONS?
BARB A (250) 522-0254
LEAH F (236) 622-3252 TICKETS

SATURDAY, MARCH 21, 2026

9AM – 5:30PM

(REGISTRATION OPENS AT 8:30 AM)

\$25 TICKET

INCLUDES LASAGNA LUNCH
COFFEE BY DONATION
(BRING YOUR OWN CUP)



TICKET INFORMATION:

FRASERVALLEYAA.ROUNDUP@GMAIL.COM



BC/Yukon Area 79



Presents



April Pre-conference Registration
and Committee Assignment

REGISTER NOW!

RECEIVE YOUR ASSIGNMENT

IN ONE EASY STEP - CLICK THE LINK BELOW
[Registration and Assignment Here](#)



Focus on the committee assigned to you
and your DCM now

- Committee assignment will be emailed mid-February
- Review last years conference agenda items before the release of this years items
- Make contact with your assigned Area Committee Chair
- Discuss with your DCM in advance

Please complete onestep registration by
April 1, 2026

CORRECTIONS CORNER



"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

AA DISTRICT 54

12 STEP CALL WORKSHOP

Join us to learn more!
Zoom access available:
Meeting ID: 86945021590
Passcode: 165534

MARCH 21, 2026

AT 2:00 PM

Dawnn from Area 79 will be joining us in person to share this presentation.



Gabbin' About The



A A GRAPEVINE

Join Your Area 79 Grapevine
Committee Every 3rd Sunday
of the Month at 11am

Meeting ID 831 0773 4645
Passcode 526279

**NO MEETING IN APRIL DUE TO
PRECONFERENCE**

248 3rd Avenue (Immaculata Parish Church - left side entrance)
Burns Lake, B.C.

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.