

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, members dedicated to sobriety and service. This publication is a functional tool for our groups, providing clear updates and maintaining the logistical links across our local recovery community.

Productive recovery moves us from isolation toward consistent involvement. While early sobriety is often focused on basic stability, the structure of the steps creates a practical framework for long-term health. We have learned that the steady application of the program—maintaining discipline regardless of immediate outcomes—establishes a reliable life no longer managed by chaos. We appreciate the opportunity to serve this district.

Let's continue prioritizing our home group commitments and supporting the collective work of the fellowship.

**HELP
LINE** 24/7

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

604-615-2911

THE WORK BEGINS



The key for me was my willingness to set down all resentments on paper, honestly. With a long drinking history, I thought it would be a challenge, and I asked friends in AA, sponsors and my pastor for their advice before beginning. I re-read chapter 5 and decided to follow the example given on page 65 in the Big Book and that's how I started, with a piece of paper and pen and with my willingness and determination to do these steps, I began.

I thought this would go quick, but it took me a lot longer than I'd ever imagined. I decided to start over and do it all again and I double spaced it that time. I was determined to do this as honest as I could and I hesitated about putting down anything about sexual abuse when I was quite young but I put it down. It seemed that every time I put something on paper it would remind me of something else. I

knew at some point I'd have to do Step 5 with someone, but I was determined to do this one as well as I could and deal with Step 5 when the time came. It took me almost two days to get down as much as I could. I re-read it and had to add a couple small things but I was determined to do this to

the best of my ability. Reliving a lot of this upset me quite badly so I'd stop and say a prayer and carry on.

I finished on a Saturday and told my sponsor that I had finished with Step 4 and he said that they would arrange Step 5 the following week. I got a call later that I would be doing Step 5 on Tuesday. I went to church on Sunday and told my pastor friend and we prayed together. On Monday I reread it and made sure I hadn't missed anything important; I went to an extra meeting that day. Tuesday morning, I did my usual morning prayers and an extra one asking for guidance as I went through the day. I knew that if I had any chance of completing the 12 steps, I had to do them to the best of my ability.

And I was willing to do that!



MEETING UPDATES

MEETINGS NEEDING SUPPORT

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

Clearbrooke Podium

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 meeting have been **discontinued**:

Hand of AA

7pm Thursdays
Alano Club



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

Alan0 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.



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.

YOUTUBE

The official A.A. YouTube channel can be found at
[Alcoholics Anonymous World Services, Inc.](#)

Alcoholism can affect anyone. Alcoholics Anonymous can help. Three medical professionals describe how A.A. can help patients and also serve as a vital resource for those in the healthcare field. For more information on how A.A. can be a resource for you, visit www.aa.org.

[Watch videos here](#)



GRASSROOTS

Grassroots is a newsletter serving the [BC/Yukon Area 79](#) (Area 79), aimed at improving communication, unity, and sharing information about district meetings and assemblies.

Grassroots is available at <https://bcyukonaa.org/category/news/grassroots-forum/>

Password is ***aagrassroots***
Grassroots is also available on the login side of the [BC/Yukon Area 79 website](#).

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

ARE ALL AA MEETINGS DIFFERENT?

DAVE R.

All AA meetings deliver the same message but the groups are free to structure the meeting themselves. This is usually done at a monthly Business meeting and voted on by home group members.

Some groups hold meetings with a volunteer chair who directs the meeting by calling on people to share their experiences. Other groups use a podium and the speaker speaks from there. Some groups use AA books to pick a topic such as “As Bill Sees It” or “Daily Reflections”. There are meetings for beginners and for women only. Other groups based on the Big Book like Big Book Discussion and 12x12 discussion groups and a meeting based on the “AA Promises”. There are groups for our Punjabi members.

There are meetings in the morning, noon and in the evenings all over Abbotsford. The meeting directory can be found at abbotsfordaa.org or you can call the AA 24-hr helpline at [604-615-2911](tel:604-615-2911) for more information.

No matter which group you attend you will be welcomed by the members and encouraged to participate. We all need to take that first step. Come join us, as we share our experiences, strengths and hope on our journey to contented sobriety.....



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 FOUR

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

This tradition is the "declaration of independence" for individual A.A. groups. Its core purpose is to allow groups the freedom to function in whatever way works best for their local members, provided they don't harm the reputation or operation of the rest of the fellowship.

KEY PRINCIPLES

- **Group Autonomy:** Groups can choose their own meeting formats (e.g., Big Book study, speaker meeting, or discussion), their own location, and how they handle their "coffee fund."
- **The Limit of Freedom:** A group's "right to be wrong" ends when their actions might impact other groups or A.A.'s global reputation. For example, a group shouldn't name itself after a specific religion or facility, as it might imply an outside affiliation.
- **The "Whole" Fellowship:** Before making a major change, a group asks: "Will this action help or hurt A.A. as a whole?"



STEP 4 PRAYER

This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.

KEY ELEMENTS OF THE PRAYER

In Alcoholics Anonymous, while there is no official "Step 4 Prayer" in the Big Book, most members use the "Resentment Prayer" found on page 67.

This prayer is used during the inventory process to help shift one's perspective from anger to compassion when dealing with people who have caused hurt or offense.

- **Shifting Perspective:** The prayer encourages the member to view the person they resent as being "spiritually ill," just as they themselves were or are.
- **Requesting Tolerance:** It asks for the same tolerance and pity one would show a sick friend.
- **Relinquishing Control:** By saying "Thy will be done," the member acknowledges they cannot control the actions of others, only their own reaction.

CONCEPT 4

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.



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.

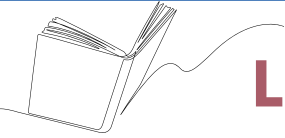


You may be the reason someone finds recovery. And in doing so, you'll strengthen your own.

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.

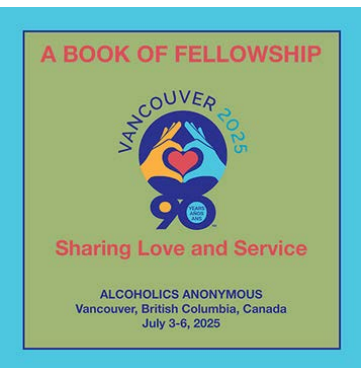
BOOK OF THE MONTH

THE 2025 INTERNATIONAL CONVENTION SOUVENIR BOOK

“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.



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



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.

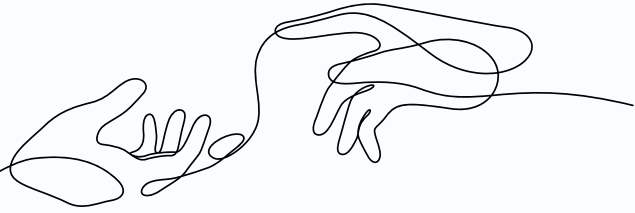
The calls come in as “AA Hotline” so you know where it’s from.

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

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



EVENTS

GRATITUDE DAY

APRIL 25 @ 8 AM—5 PM

Join District 43 for our annual district event, *Gratitude Day!*
This year, the theme is “**A Vision Beyond Today**” from *As Bill Sees It*.
Come for a day of fun, fellowship, meetings, speakers and more!
\$30

SouthRidge Fellowship Church
22756 48 Ave
Langley, BC V2Z 2T6

CORRECTIONS CORNER

APRIL 26 @ 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 welcome all who want to learn more or hear amazing recovery stories, no previous involvement in corrections required!

Meeting ID: 991 5032 3288

Passcode: langley (all lower case)

UNITY SPEAKER MEETING – ONLINE

MAY 9 @ 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: Haley S. – Surrey (4yrs Tonight)

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

DISTRICT 43 GRATITUDE DAY

2026

VISION BEYOND TODAY



CONCESSION
8AM-5PM

BREAKFAST - 8AM

LUNCH - 12PM

DINNER - 5:30PM

Potluck Desert

April 25, 2026

Registration - 8am

50/50 DRAW

Tickets: \$30

Early Bird Tickets \$25

By February 28th

Info

gratitudeday@district43aa.org

Location:

SouthRidge Fellowship Church

22756 48 Ave,

Langley City, BC. V2Z 2T6



Main Speaker: Stephen F
Area 79 Speaker: Wendy S
Al-anon Speaker Karen T

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***

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

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District 43
Corrections
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Monthly speaker
announced
in District 43
newsletter

For more information contact
corrections@district43aa.org



Gabbin' About The



AA 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**



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.