

GREATER VANCOUVER INTERGROUP SOCIETY

PASS IT ON

# ***A.A. Newsletter***

## **DETOX COMMITTEE**

I have been a Vancouver detox Client 3 times. The 1st time I lasted 2 days. I hated it and left and went straight to the liquor store. The 2nd time, about 6 months later, in a drunken haze, I rolled down the embankment from 2nd avenue into the Vancouver Detox parking lot. I had separated my shoulder (not sure when) and was in extreme pain and calling for an ambulance. Two detox workers dragged me in. I stayed for a week, my longest term of sobriety for decades.

I had my first taste of AA. The panels that came in were an awakening. It was the people in the panels that really turned on a light switch. The stories they told were my stories, yet they were laughing, they were friends, they were happy. These were elements that had disappeared from my life. I look back now and realize that I longed for what they had.

The 3rd time, after another year or so of trying to control my drinking, I had reached the point of wanting to die ...or get sober. I was able to listen to what was said at the Detox panel meetings. Willing enough to do anything and honest enough to admit that I was indeed an alcoholic. I left Vancouver Detox after 5 days for what I hope is the last time as a client but not as a volunteer. I went straight to a sponsor and did everything he suggested and now nearing 3 years of sobriety. I am honoured to be one of those panel members I long ago admired, carrying the message of AA to the front lines.

About a month ago I had a particularly rewarding experience while delivering literature to Vancouver Detox. A client had just got off the phone with Central Office - he was looking for a big book. The Detox worker who just let me in, looked at him and said, "ask this fellow." I was able to reach into my bag and hand him a Big Book seconds after he had phoned to request one. That was rewarding.....and a little spooky!

I invite anyone who would like to participate in this rewarding 12<sup>th</sup> step work of carrying the message of AA into Detox facilities to check out the Detox subcommittee. We meet the 2<sup>nd</sup> Saturday of every month at 10 am at Central Office. There is opportunity to do committee work, panels, bridging the gap work, and delivering literature. And remember, service keeps you sober! Yours in Love & Service, Rob T.

## **Office Hours of Operation**

**Mon - Fri.....8:00 am to 6:30 pm**

**Saturday & Sunday.....9:30 am to 1:00 pm**

Central Office will be closed on Saturday, Nov. 11th for Remembrance Day

604-434-3933 or email: [staff@vancouveraa.ca](mailto:staff@vancouveraa.ca); [www.vancouveraa.ca](http://www.vancouveraa.ca)

# INTERGROUP CORNER

staff@vancouveraa.ca

Unity

Recovery

## INTERGROUP CORNER (see last 2 pages also)

Wasn't that a party! With a tantalizing breakfast, over 1800 years sobriety, engaging speakers, and a level of fellowship not seen every day! Of course we mean that amazing annual event "Take Your Sponsor to Breakfast." If you missed it, mark your calendar for September 29, 2018. And meantime, if you'd like the privilege of serving on this tremendous committee, call the office or see your Intergroup Rep for details! But DO NOT MISS IT AGAIN.

Welcome to Michael & Josh who are steering the Public Information Committee through the current school year and beyond. Please consider how you can support "Carrying this message to the alcoholic who still suffers" through the service committees chosen by members of Greater Vancouver. The dates of the meetings are on the last page of this newsletter.

It's Snowbird time once again, and some of our phone volunteers head to sunnier climes for the winter. Have time to spare? Want to participate in the "best meeting in town?" Help ensure the hand of A.A. is available to that person fearfully calling this number. C'mon to your office, share a few hours with other members grateful for their lives and giving back as they can, have some coffee or tea, get to know your staff, and be in the thick of things as they happen.

The Round Up sponsored by the Corrections Sub Committee was another success. This event was the brain child of members in the 90's in an effort to bring the sense of celebration to those people trying to find and maintain sobriety while serving time. At that time, some of the sponsors were able to bring people outside to attend and help with things like set up and clean up. At the end of the event, all profits continue to be set aside to pay for literature taken into the Provincial Correction units in Maple Ridge and Surrey. It was also agreed this might be an opportunity for members to learn more about the

valuable 12th step work of taking "THIS" message inside.

Is your group hosting a special Holiday event? Let us know before November 16th and it will be in the next printed newsletter.

The Telephone workshop attracted several dedicated people to discuss the future role of telephones in our critical 12th step work.

## GROUP CORNER

We've run out of stories! Tell us what is so special and/or unique about your group. Tell us why it's a great place to bring a new member or a long-timer.

## SUB-COMMITTEE TIME CHANGES:

Public Information, 7:00 pm, 4th Wednesday  
Accessibility: 6:45 pm, 1st Thursday  
Telephone 11:00 AM, 3rd Saturday  
Treatment/Detox 10:00 AM, 2nd Saturday  
Corrections, 7:00 pm, 1st Wednesday

## BIRTHDAY CONTRIBUTIONS

Kim P, 45 years  
Angela O, 44 years  
Cathy L, 31 years

## Phone Room Statistics

	September	August	July
General	1,114	1,038	1,085
12th Step	85	69	59
Al-Anon	5	6	5
Ans Serv	231	187	106
Total	1,435	1,300	1,252

# DIRECTORY UPDATES November 2017

## New Meetings

**Sunday:** "Aloha Spirit" John Lawson Park, 750-17 St.

In the gazebo. West Vancouver –8:00 am

**Sunday:** "Sunday Night Speaker" as of Oct 1, NSAC

176 E. 2nd St., North Vancouver—6:30 pm

**Monday:** "Shaughnessy Men's Step/Big Book" 1550 W. 33rd Ave., Vancouver –7:30 pm

**Monday:** "The Meeting" reinstated at new location VGH, Segal Centre room 326. Vancouver –7:00 pm

**Wednesday:** "Lion's Group Beginners" church, 7260 St. Albans Rd., Richmond –7:00 pm

**Friday:** "T.G.I.S." Holy Trinity Church, 1440 W. 12th Ave., Vancouver -8:30 pm

**Saturday:** "Over the Hill" 15869 Pacific Ave., White Rock –6:30 pm

## Meeting Deletions

**Sunday:** "Archway to Freedom" NSAC, 176 E. 2nd St., North Vancouver –7:00 pm

**Tuesday:** "Sobriety at Six" 529 Queens Ave. New Westminster –6:00 pm

**Wednesday:** "Agnostic 12 X 12" 1440 W. 12th Ave. Vancouver –7:00 pm

**Wednesday:** "UBC Hospital" Detwiller Pavillion, 2255 Westbrook Mall, Vancouver –7:00 pm

**Thursday:** "Agnostic Recovery Group" St. Paul's Hospital, 1081 Burrard St., Vancouver –7:00 pm

**Friday:** "Friday Night 12 Step" One Way Club, 22270 North Ave., Maple Ridge –7:00 pm

**Saturday:** "James Gang" 230 Gore St., Vancouver –2:00 pm

**Saturday:** "Centre Group" 220 W, 8th St., North Vancouver—8:00 pm

## Meeting Changes

**Sunday:** "Double Jeopardy" is at 8:00 pm, not 7:30 as stated in directory, Harbour Light Treatment, 119 E. Cordova St. Vancouver -8:00 pm

**Mon-Sat:** "Can-US" new location as of Oct 1, 1480 George St., White Rock –7:00 am

**Monday:** "Carry the Message" & the "Speaker" mtg.

new name, format & location. Now "The Message" is at 7:00 pm, "Carry the Message" is at 8:00 pm. Both mtgs. now at 4405 W. 8th Ave., Vancouver

**Wednesday:** "Ladner Step" new name & format Now "Ladner Wednesday Nite" and is no longer a step meeting. 4960 48th Ave. Ladner –8:00 pm

**Wednesday:** "Way Out Big Book" new name "Way Out Big Book Speaker" new format now a closed speaker meeting. VRC Vancouver –7:00 pm

**Wednesday:** "Coquitlam 12 x 12" NEW ROOM Dog-wood pavilion/North View Rm. 630 Poirier-8pm

**Wednesday:** "Cloverdale Ladies Big Book" new day NOW Thursday, Church basement, 17575 –58a Ave. Surrey –7:00 pm

**Thursday:** "Thursday Night Topic Discussion" 10553 148 St. Surrey. New time and new location 7:00 pm

**Friday:** "King Albert Serenity" new location as of Oct 1

Church, 1636 Regan Ave., Coquitlam –8:00 pm

**Saturday:** "Breakfast With Bill" new minimum \$7.25 Evelyn's Coffee Shop, 2176 W. Broadway.

Vancouver –8:30 am

**Saturday:** "Mission" new time, Central City Lodge, 415 W. Pender, 2nd flr, Vancouver –now 9:00 am

**Saturday:** "Ladner Saturday Nite" last Saturday of the month is now a speaker meeting.

4960 48th Ave. Ladner -8:00 pm

**Saturday:** "Saturday Night Candlelight" new time,

## **SERVICE OPPORTUNITIES**

**Accessibility Committee:** members needed to carry the message in Sign Language, to house-bound or challenged physically and/or mentally, to provide rides to meetings.

**Cooperation with the Professional Community:** Members with a good grasp of the 12 Traditions and What AA is and is Not to speak with professionals who may have alcoholics in their work day experience.

**Corrections:** Members to carry the message inside

**Detox:** Members to carry the message and provide a link to outside meetings.

**Hospitals:** Members willing to be responsible for meetings held in hospitals and to bring members from their rooms to the meeting.

**Public Information:** Members with a good grasp of the 12 Traditions to carry the message to the general public.

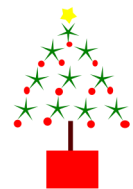
**Treatment:** Members to share experience with clients in treatment centres

**Chair people** are also needed for many of these committees. See the last page for times and show

# UPCOMING EVENTS

Check the website for posters: [www.vancouveraa.ca](http://www.vancouveraa.ca); For out of Area go to: [www.aa.org](http://www.aa.org) and open Box 459.

**STEVESTON GROUP 61st ANNIVERSARY** Nov 5,  
3720 Broadway, Richmond –8:00 pm  
**NATIONAL CORRECTIONS CONFERENCE** Nov. 10-12, St.  
Louis, Mo John 314-413-5939 or Jeff 978-902-2680  
**CAPILANO GRATITUDE NIGHT** Nov. 14th. 7:30 pm. Snacks  
& fellowship to follow.  
**FUN IN SOBRIETY** Nov. 18, 8:30—noon. Evangel Church,  
3261 Gordon Dr., Kelowna  
**72nd ANNIVERSARY PLANNING MEETING** Nov 23. 7:30  
pm, Central Office, 3457 Kingsway, Vancouver  
**12 TRADITIONS WORKSHOP** Dist. 43, Nov 25. 12-3 pm,  
Cloverdale United Church, 17575 58a Ave., Surrey  
**SAFETY IN AA WORKSHOP** Dists. 36 & 38, Nov 25. 1:30  
pm,  
Parkhouse, 5400 River Road., Richmond  
**WACYPA A21** At Last. Dec 28-31, 2017 Chateau Lacombe Ho-  
tel 10111 Bellamy Hill Rd. N.W., Edmonton, Alberta Cost: \$35/  
person <http://wacypaaxxi.weebly.com>  
**WELLINGTON, NEW ZEALAND** 55th Convention. January  
19—21 Ch., Box 2036, Wellington, NZ 6140  
**INTERNATIONAL WOMEN'S CONF.**, February 15 – 18,  
Phoenix, Az. [www.internationalwomensconference.org](http://www.internationalwomensconference.org)



**BURNABY ROUNDUP** March 10, Operating  
Engineers Hall  
4333 Ledger St., Burnaby . Tickets \$15  
**SPECIAL HOLIDAY  
MEETINGS/EVENTS**  
**60th ANNUAL HAM DINNER** Dec 9. Ladner

Saturday Night. 4960 48 Ave., Ladner—mtg. at 8:00 pm,  
dinner at 9:00 pm  
**FRASER VALLEY YOUNG PEOPLE 64TH** Christmas party  
December 10th, 8 pm. Turkey dinner after meeting. St.  
Aidan's Ch., 1320—7th Ave., New Westminster  
**CAPILANO "Christmas Celebration"** 7:30 pm, Turkey din-  
ner after meeting  
**KERRISDALE A2**, Dec 13, 12th & Hemlock, Vancouver.  
Mtg at 8:00 pm, fun, food & fellowship to follow.  
**CHRISTMAS PARTY** Dec 17. Daily Reprieve celebration  
following the 11:00 am meeting. 7638 6th St, Burnaby  
**1044 GROUP FAREWELL/GRATITUDE MEETING** Dec 17.  
1044 St. Georges, North Van.—7:00 pm potluck  
**CHRISTMAS EVE MEETING** Dec 24. NSAC, 176 E. 2nd St.  
North Vancouver –11:00 pm  
**NEW YEAR'S DAY OLDTIMER'S MEETING** Jan 1, food &  
Fellowship 1-2 pm, meeting 2-4 pm. NSAC,  
176 E. 2nd St., North Vancouver

## Area Happenings

(check [www.bcyukonaa.org](http://www.bcyukonaa.org) for details)

**JANUARY QUARTERLY**—Jan. 13 & 14, 2018 Powell River  
**PRECONFERENCE ASSEMBLY** April 7—9; Duncan, BC  
**District 26** new meeting location: Oblate House,  
1311 The Crescent, Vancouver, back lower door.  
4th Sunday of the month at 10 am.

## SUBCOMMITTEE MEETING SCHEDULE

Cooperation with Professional Community 1st Tuesday 7:00 pm  
Hospitals: 1st Tuesday, 7:00 p.m.  
Corrections: **1st Wednesday, 7:00 pm new day**  
Accessibilities: **1st Thursday, 6:45 pm new day & time**  
Detox: 2nd Saturday, 10:00 am; Workshop follows at 11:00 am  
Finance: Thursday before Intergroup, 6:00 pm  
Operating Committee: same night as Finance 7:00 pm  
Intergroup 3rd Tuesday, 7:30 pm, Orientation at 7:00 pm ( 49th & Kerr)  
Treatment: 2nd Saturday, 10:00 am  
Telephone: 3rd Saturday, 11:00 am  
Workshop: 3rd Saturday, 10:00 am  
Public Information: 4th Wednesday, 7:00 pm

## NOVEMBER

## DECEMBER

7th	5th
7th	5th
1st	6th
2nd	7th
11th	9th
16th	14th
16th	14th
21st	19th
11th	9th
18th	16th
18th	16th
22nd	27th

Subcommittee meetings are held at Central Office, 3457 Kingsway. All A.A. members are welcome.

## **MORE INTERGROUP CORNER**

My name is Doug G., and I am an alcoholic. I also am honoured to be serving as your Operating Committee chair for this year.

I hear members saying that they have no idea what Intergroup is, or what Intergroup is doing. At a recent workshop on the Future of the Phones, I heard people saying that they had no idea how desperate the phone situation was, and suggesting that Intergroup should be working harder to communicate what is happening to the groups.

Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. This is the reason the AA group exists. From AA Guidelines – Central or Intergroup Offices

*A central or intergroup office is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. A central/intergroup office is established to carry out certain functions common to all the groups — functions which are best handled by a centralized office — and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.*

In the Lower Mainland, for this purpose, The Greater Vancouver Intergroup Society (Intergroup) was founded for the purpose of facilitating the 12 Step work that is the lifeblood of the AA Group. With hundreds of AA groups, how would alcoholics find a meeting if it were not for a central office to keep our meeting listings, print directories and web page? If a drunk wanted to connect with AA, what number would they phone if we did not have a central office phone number with volunteers waiting to answer the phone? Central office plays a vital function in each group's 12 Step work. Intergroup is responsible for this office and our 12 step activities in the region.

There are three types of voting representatives at Intergroup;

### **Your Group's Intergroup Representative**

The Intergroup representative is the voice and vote for your group. Sending a well-informed representative ensures that your group is well represented by Intergroup. Your intergroup representative will be making decisions that affect AA here, and will be voting on an annual budget exceeding \$300,000.00, so this is a position of responsibility and your representative should be chosen accordingly. Your elected representative should be reporting back to your group on the work of Intergroup. If you are unaware of what Intergroup is doing, or if you have questions or issues with what is happening, sending a strong intergroup representative that can speak for your group and report back to your group is the best solution.

- It is suggested that the Intergroup representative be elected by their group to a one-year term from date of election.
- For this position, it is suggested the member have at least one year of sobriety.

## The Outreach Subcommittee Chairperson

To coordinate the 12 Step work AA groups are doing in the region and the public face of our fellowship, Intergroup has selected to organize Outreach Subcommittees. These include;

- Accessibility Committee
- Cooperation With The Professional Community Committee (CPC)
- Correction Facilities Committee
- Detox Committee
- Hospital Committee
- Public Information Committee (PI)
- Telephone Committee
- Treatment Facilities Committee

Each subcommittee has an elected chairperson. The Subcommittee Chairperson is the voice and vote of the subcommittee members at Intergroup. If you are elected to chair a subcommittee you are responsible to further the mandate of your subcommittee, working with Intergroup and the Operating Committee to carry the AA message from our groups into the appropriate facilities and communities.

- For this position, it is suggested the person have no less than one year of sobriety.
- This person will also serve as an active member of the Intergroup Committee with a vote and a voice.

In coming months we will elaborate on each of these subcommittees.

## The Operating Committee members

The Operating Committee members are the legal directors of the Greater Vancouver Intergroup Society. The Committee consists of nine elected members of Alcoholics Anonymous including three officers: Chair, 1st & 2nd Vice Chairs, plus the office manager. The Operating Committee is responsible to ensure the day-to-day needs of the fellowship are met by paying the bills, hiring the staff and carrying out the requests of Intergroup.

- It is suggested the member have at least two years of sobriety and preferably having served one full term on the Intergroup Committee.
- If you have served, past or present, as a Greater Vancouver Intergroup Representative or outreach subcommittee chair, you are encouraged to put your name forward as a member of the Operating Committee.

## Into Action

How effectively AA in the Lower Mainland reaches out to the suffering alcoholic depends on how active and involved our Intergroup members are. Achieving our primary purpose depends on healthy participation. If you are not currently involved in service, or it is time to rotate, why not consider becoming a part of the 12<sup>th</sup> step work in the region and get involved in Intergroup? If your group's intergroup representative is not reporting back to your business meetings, start asking questions and encouraging their active involvement. If your group hosts a detox panel, or a hospital or treatment facility meeting, or has a regular phone shift, make sure that you have a representative at the monthly subcommittee meeting so that your voice is heard, and communication is healthy between your group and Intergroup.