

GREATER VANCOUVER INTERGROUP SOCIETY

PASS IT ON

# A.A. Newsletter

August 2018

**“Having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know” – Step Eight**

*Twelve Steps and Twelve Traditions*

We are ‘part of a great whole’ says Tradition One. “No matter what version of a relationship an alcoholic is dealing with, sobriety is capable of healing it, stabilizing it, and ensuring its longevity. The stories in Forming True Partnerships show that by putting the drink down and getting involved in the AA program, we get the chance to heal old relationships and develop wonderful new, healthy ones. That’s quite a considerable gift.” (p.xiv)

The above is from the book: Forming True Partnerships: How AA Members Use the Program to Improve Relationships is a compilation of stories from AA Grapevine. Its topics include: family, marriage and divorce, dating and romance, on the job, friendship, pets and animals, and sponsorship.

Sponsorship, either a sobriety or service sponsor relationship, is often where many of us test out our new skills in relationships. It is often the most accepting and forgiving of our shortcomings being worked through.

## What is Sponsorship?

Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: “You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!”

He found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking, and out of their common need A.A. was born. The word “sponsor” was not used then; the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure.

What does A.A. mean by sponsorship? To join some organizations, you must have a sponsor — a person who vouches for you, presents you as being suitable for membership. This is definitely not the case with A.A. Anyone who has a desire to stop drinking is welcome to join us!

In A.A., sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.

When we first begin to attend A.A. meetings, we may feel confused and sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn’t enough. Many other questions occur to us between meetings; we find that we need constant close support as we begin learning how to “live sober.”

We select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor.

## Office Hours of Operation

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

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

The office will be closed Monday, August 6th for BC Day

Phone room will operate as usual

**3457 Kingsway, Vancouver, B.C. V5R 5L5**

**Phone 604-434-3933 or Email: [staff@vancouveraa.ca](mailto:staff@vancouveraa.ca)**

# INTERGROUP CORNER

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3457 Kingsway, Vancouver V5R 5L5 604-434-3933

Unity

Recovery

Service

Whether you are a newcomer who is hesitant about “bothering” anyone, or a member who has been around for some time trying to go it alone, sponsorship is yours for the asking. We urge you: Do not delay. Alcoholics recovered in A.A. want to share what they have learned with other alcoholics. We know from experience that our own sobriety is greatly strengthened when we give it away!

Sponsorship can also mean the responsibility the group as a whole has for helping the newcomer. Today, more and more alcoholics arriving at their first A.A. meeting have had no prior contact with A.A. They have not telephoned a local A.A. intergroup or central office; no member has made a “Twelfth Step call” on them. So, especially for such newcomers, groups are recognizing the need to provide some form of sponsorship help. In many successful groups, sponsorship is one of the most important planned activities of the members.

Sponsorship responsibility is unwritten and informal, but it is a basic part of the A.A. approach to recovery from alcoholism through the Twelve Steps. Sponsorship can be a longterm relationship.

## How Should a Sponsor Be Chosen?

The process of matching newcomer and sponsor is as informal as everything else in A.A. Often, the new person simply approaches a more experienced member who seems compatible, and asks that member to be a sponsor. Most A.A.s are happy and grateful to receive such a request. An old A.A. saying suggests, “Stick with the winners.” It’s only reasonable to seek a sharing of experience with a member who seems to be using the A.A. program successfully in everyday life. There are no specific rules, but a good sponsor probably should be a year or more away from the last drink — and should seem to be enjoying sobriety.

## How Does Sponsorship help the Sponsor?

Sponsorship strengthens the older member’s sobriety. The act of sharing sobriety makes it easier for a member to live without alcohol. By helping others, alcoholics find that they help themselves. Sponsorship also offers the satisfaction that comes from assuming responsibility for someone other than oneself. In a very real sense, it fills the need, felt by most human beings, to help others over rough spots.

## When is a member ready for sponsorship responsibility?

Our primary purpose is to carry the message of A.A. to the alcoholic who still suffers. A.A. members who have actually worked the Steps of A.A. as a way to attain sobriety are often in the best position to share their experience, strength and hope. The most successful sponsors seem to be men and women who have been in A.A. long enough to have a good understanding of the A.A. program outlined in the Twelve Steps. Many of us think it wise to seek advice from our own sponsors about when we may be ready to take on the responsibility of sponsoring another alcoholic. The member who has been sober for months or years is usually — but not always — able to work more effectively with newcomers than the member whose experience is limited to only a few weeks or days. Thus, length of sobriety is a factor, but not the only factor, in successful sponsorship. Just as importantly, the sponsor should have capacity for understanding, patience, and the willingness to devote time and effort to new members.

Portions reprinted with permission of A.A. World Services: P-15 Q&A On Sponsorship.

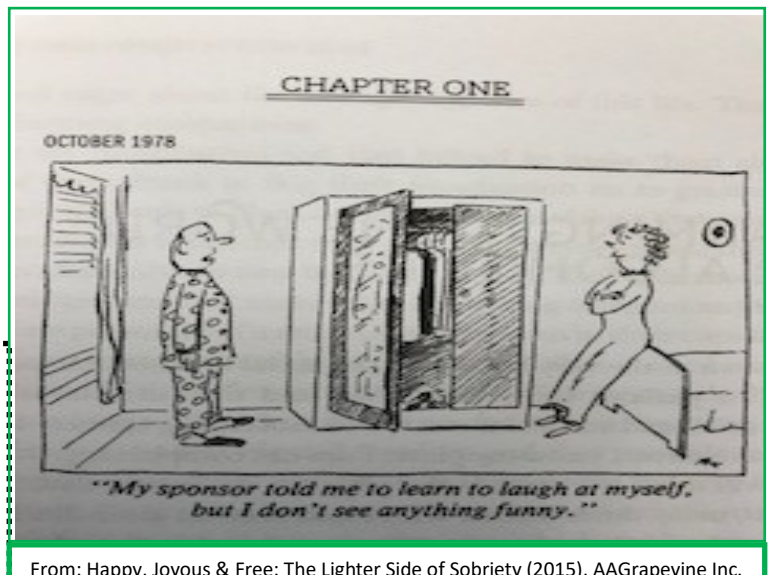
Still have questions and/or wish to see sponsorship in action?  
Join us for the

**“Take Your Sponsor to Breakfast”**

**Saturday, September 29, 2018.**

### URGENT NEED

Outreach Sub-committee Chairs!  
Correction, Treatment, and Hospital  
Committees are without people.  
Suggested: One Year of Sobriety.



# DIRECTORY UPDATES August 2018

For a complete listing, check the website: [www.vancouveraa.ca](http://www.vancouveraa.ca)

## New Meetings

**Monday:** "Monday Night Meditation" Holy Trinity Anglican Church, 3rd floor, 1440 W. 12 Ave., Vancouver –7:00 pm

**Thursday:** "Lost & Found" Killarney Park Church, 6426 Kerr St., Vancouver –8:00 pm

## Meeting Deletions

**Sunday:** "Timbergrove & Food" 13922—101 Ave., Surrey –7:30 pm

**Wednesday:** "Roses AA" Kekinow Housing, 14145 - 103 Ave., Surrey –noon

**Wednesday:** "Royal Oak" cancelled until Sept, 2018, 4812 Willingdon Ave., Burnaby –7:30 pm

**Wednesday:** "Lunch With Bill" location closing. Trocadero Restaurant, 2411 Nanaimo St., Vancouver –noon

**Thursday:** "Free Thinkers" St. James Community Centre. 3214 W. 10th Ave., Vancouver –7:30 pm

**Thursday:** "Thursday Night Topic Discussion" Church, 10553 - 148th St., Surrey - 7:00 pm

**Friday:** "St. David's Steps" St. David's Church, 1525 Taylor Way. West Vancouver –1:00 pm

**Friday:** "South Burnaby" 7551 Gray Ave. Burnaby –8:00 pm

## Meeting Changes

**Sunday:** "Aloha Spirit" new location Dundarave Beach, Bring a beach chair. West Van. –8:00 am

**Monday:** "Frantic Serenity" new location 2643 - 128th St. Surrey –7:30 pm

**Tuesday:** "Bear Creek No Smoke" temporarily moved to EDIC, 7277 King George Blvd., Surrey –8:00 pm

**Wednesday:** "Whytecliff & Beginners Mtg." new location 885 22nd St. West Vancouver –6:30 & 7:30 pm

**Wednesday:** "Super Steps" new format is now a closed meeting, 715 Columbia St., New Westminster –6:00 pm

**Friday:** "Lion's Gate Hospital" new room Meeting rm. A, past the gift shop, end of hall. Lion's Gate Hospital, 231 E. 15th St., North Vancouver –7:30 pm

## TELEPHONE SHIFT OPPORTUNITIES

\* Weekly day shift openings are ideal for those with flexible schedules.

\* Become a spare volunteer for cancellations.

\* At your next business meeting, suggest that your group sign on for a monthly shift.

## SERVICE OPPORTUNITIES

**Accessibility Committee:** members needed to carry the message in Sign Language, to house-bound or challenged physically and/or mentally, URGENTLY NEEDED members to provide rides for physically challenged members 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 the provincial institutions. Needs a Chairperson.

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

**Hospitals:** Needs a Chairperson.

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

**Treatment:** needs a Chairperson and volunteers *urgently!*

**Chair people** are also needed for many of these committees. See the last page for times and show up! Don't shortchange yourself, get everything that is coming to you in sobriety—participate!

**Bridging the Gap**—shaky members/potential members needing help acclimatizing to A.A. outside treatment, detox, jail, or the hospital need your help. Call or email the office if you can be available to the office in carrying someone to the message once they've been released to the outside world.

**Unity, Service, and Recovery!**

# 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.

**SOBERIDER PIGROAST** Aug 3 - 5 Ashnola Campground, Keremeos. \$65.00 in advance or \$80.00 at gate. Contact: Sean C. 604-816-3292

**WHITE ROCK ROUNDUP** Aug 10-11, tickets \$25 Star of the Sea, 15262 Pacific Ave., White Rock

**DISTRICT 18 PICNIC** Aug 12. Cates Park, North Vancouver ; 11:00 am –3:00 pm

**SALT SPRING IS. RALLY** Aug17 –19, Farmers’ Inst. 351 Rainbow Rd., Salt Spring Island

**MIRACLE BEACH ROUNDUP** Aug 30 -Sept 3 [vancouveraa.ca](http://vancouveraa.ca) for more info. Black Creek, BC.

**MEN’S FALL RETREAT** Sept 14-16 [vancouveraa.ca](http://vancouveraa.ca) for more info. Belcarra, BC

**KELOWNA ROUNDUP** Sept 14-16. Okanagan Mission Community Hall, 4409 Lakeshore Rd. Pat S. 250-869-2919

**TRI-CITIES AA WOMEN’S DAY** Sept 15 @ 9:30 am All Saints Parish, 821 Fairfax St. Coquitlam. \$20

**UPPER FRASER VALLEY RALLY** Sept 21-22 Agricultural Hall, 6800 Pioneer Ave., Agassiz. \$25

**WOMEN’S RETREAT** Sept 21-23. [vancouveraa.ca](http://vancouveraa.ca) for more info. Belcarra, BC

**TAKE YOUR SPONSOR TO BREAKFAST** Sept 29th, 15th & Ash, Vancouver.

**CORRECTIONS ROUND UP** Oct. 20, Operating Engineers Hall, Burnaby—Mark your calendars!

**RICHMOND ROUNDUP** Oct 27. Fraserview Church, 11295 Mellis Dr. Richmond

**NEW WESTMINSTER 1st ROUNDUP** Oct 27, Centennial Lodge in Queens Park, 103—3rd Ave.,

**BIRTHDAY CONTRIBUTIONS**  
Tom H.—17 years

## Phone Room Statistics

	June	May	April
General	692	676	686
12th Step	60	46	62
Al-Anon	5	9	4
Ans Serv	194	182	239
<b>Total</b>	<b>951</b>	<b>913</b>	<b>991</b>

## SUBCOMMITTEE MEETING SCHEDULE

	AUGUST	SEPTEMBER
Cooperation with Professional Community 1st Tuesday 7:00 pm	7th	4th
Hospitals: 1st Tuesday, 7:00 p.m.	7th	4th
Corrections: 1st Wednesday, 7:00 pm	1st	5th
Accessibilities: 1st Thursday, 6:45 pm	2nd	6th
Detox: 2nd Saturday, 10:00 am; Workshop follows at 11:00 am	11th	8th
Finance: Thursday before Intergroup, 6:00 pm	16th	13th
Operating Committee: same night as Finance 7:00 pm	16th	13th
Intergroup 3rd Tuesday, 7:30 pm, Orientation at 7:00 pm ( 49th & Kerr)	21st	18th
Treatment: 2nd Saturday, 10:00 am	11th	8th
Telephone: 3rd Saturday, 11:00 am	18th	15th
Workshop: 3rd Saturday, 10:00 am	18th	15th
Public Information: 4th Wednesday, 7:00 pm	22nd	26th

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