

A.A. Newsletter

December 2018

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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Office Hours of Operation

Mon - Fri...8:00 am to 6:30 pm Saturday & Sunday...9:30 am to 1:00 pm

Central Office closes at 5:00 pm on Dec. 24th & will be closed on Dec. 25th, 26th & Jan. 1st

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

Phone 604-434-3933 or Email: staff@vancouveraa.ca

staff@vancouveraa.ca

Group Corner

Three Legacies

Is a fairly new group having been established little over 3 years ago. We meet Sunday nights at 6 pm. at the Burnaby Fellowship Center, 7638 6th Street, Burnaby, B.C.

Every week we discuss Unity (Twelve Traditions), Service and/or Sponsorship, and Recovery (Twelve Steps). A member is chosen for each topic before the start of the meeting. Each person sharing has 5 minutes to give their experience with the chosen topic. The goal is not who knows each area well, although we have members of our group that do, but to give people the opportunity to learn, share and grow.

Our group members are very involved in Service in all areas. If service is what you are looking to learn about come and check us out and introduce yourself. Even though we are a small group, service is emphasized, and most members have a service position. We also as a group have a phone shift we are committed to once a month on the 25th. In December we have a double shift. 9:30 am -1:30 pm and 1:30 pm- 5:30 pm. We are going to have Christmas there. Please if you are around and looking for somewhere or something to be involved in come see us or leave your information with Central Office.

The last half of our meeting we have a speaker that comes to share their experience, strength and hope. We have been very blessed to have amazing speakers! We have had past and sitting delegates as well as speakers from out of town and even from across the border.

Our main goal of our group is to include anyone and everyone seeking recovery. It is our belief that “getting in the middle” is a sure way to stay sober and have a happy life in AA. As such we as a group will go for coffee, have dinner with each other, celebrate holidays and even hospital stays. We also like to go to anything that may sound like fun! Most group members and their friends and family will be at the District Bowling Party on December 16th from 2-4 pm at Zone Bowling. It costs \$20 a person for everything included.

We look forward to meeting you all as we trudge the road of Happy Destiny!

7638 6th Street, Burnaby. Sundays @ 6pm.

SERVICE OPPORTUNITIES

Telecommunications Committee

- There is an ad-hoc committee currently reviewing the communications technologies being used by GVIS. If you are a person with interest, and willing to serve, please forward your details to staff@vancouveraa.ca or call Central Office.

Intergroup Awareness Day 2019 Committee

- Committee Chair is needed for next year's event. The day is used to showcase the great Twelve Step work that each sub-committee does as well as introduce work of Intergroup. Contact: staff@vancouveraa.ca or call Central Office.

ACCESSIBILITY Committee:

- People may need rides to meetings and how we can try to let them know we are here to help those who have barriers?
- Display board not yet done. Will try to have ready for Vancouver and Corrections Roundups on October 19 and 20, 2018.

Meet 1st Thursday of the month, 6:45pm, at Central Office. Contact: accessibilities@vancouveraa.ca

COOPERATION WITH THE PROFESSIONAL COMMUNITY Committee (CPC):

- Need 2 persons to be on committee.
- Meet 1st Tuesday of the month, 7:00pm, at Central Office. Contact: cpc@vancouveraa.ca

CORRECTIONS Committee:

- Come and meet new Chair Wes
- Participate in bring meetings to correctional facilities at the provincial level.

Meet 1st Wednesday of the month, 7pm, at Central Office. Contact: corrections@vancouveraa.ca

PUBLIC INFORMATION Committee:

- When anyone comes to intergroup PI, we will direct them to the nearest active public information committee and continue to empower the active districts.

TELEPHONE Committee:

- Looking for more groups and individuals to volunteer for phone shifts
- If you are a group phone rep we encourage you to join us at our monthly meeting.

Meet 3rd Saturday of the month, 11am, at Central Office. After Workshop at 10am. Contact: telephones@vancouveraa.ca

TREATMENT Committee:

- Looking for a permanent Treatment Subcommittee Vice-Chair.
- If you are a Treatment Meeting Chair we encourage you to come to the Subcommittee Meetings and provide any feedback.
- Any help gathering information to update and/or confirm the current list of Treatment meetings and contacts is welcome.

Meet 2nd Saturday of the month, 10:00am, at Central Office. Followed at 11:00am with Workshop. Contact: treatment@vancouveraa.ca

If you are looking for a service position please contact Central Office and we will find you one! Telephone# 604-434-3933 or staff@vancouveraa.ca.

DIRECTORY UPDATES November 2018

For a complete listing, check the website: www.vancouveraa.ca

New Meetings

Tuesday: "Women's Candlelight Closed"
One Way Club, 22270 North Ave.,
Maple Ridge -7:00 pm

Wednesday: "Experience, Strength & Hope"
1469 George St., White Rock-7:00 pm

Thursday: "Bleeding Deacon" La Fontana Café,
101-3701 Hastings St., Burnaby -7:00 pm

Saturday: "Page 13" 6858 Fraser St.
Vancouver -7:30 pm

Thursday: "Step It Up" *new location*, Church,
4773 Piccadilly S., West Vancouver -7:30 pm

Friday: "Friends of Dr. Bob" *new location as of
Oct 5th* ABC Restaurant, 100 Schoolhouse St.
Coquitlam—12:15 pm

Meeting Deletions

Monday: "Meditating Friends" Park House,
5400 River Rd., Richmond -1:30 pm

Mon, Tue, Wed: "Grupo Renacimiento"
230 Gore Ave., Vancouver -7:00 pm
Still active on Friday and Saturday.

Thursday: "Good Council" 10504-139th St.
Surrey -8:00 pm

Thursday: "Meditating Friends II" Park House,
5400 River Rd., Richmond -3:00 pm

Friday: "Dream Speaker Circle" Kekinow Native
Housing, 14145-103 Ave., Surrey -8:00 pm

Meeting Changes

Sunday: "Aloha Spirit" *new location for Winter*
John Lawson Park, 750-17th St.
In the Gazebo. West Van. -8:00 am

Monday-Friday: "Sunrise Serenity" *new time*
Waves Café, 715 Columbia St.,
New Westminster. As of Dec. 1st —10:00 am.
Saturday & Sunday still at 9:30 am

Monday: "No Bull" temporarily moved from the
Princeton Grill @ 12:15 pm. Call Central Office
for new location details. 604-434-3933

Monday: "Experience, Strength & Hope" *new
time* 1469 George St., White Rock -now 4:30 pm

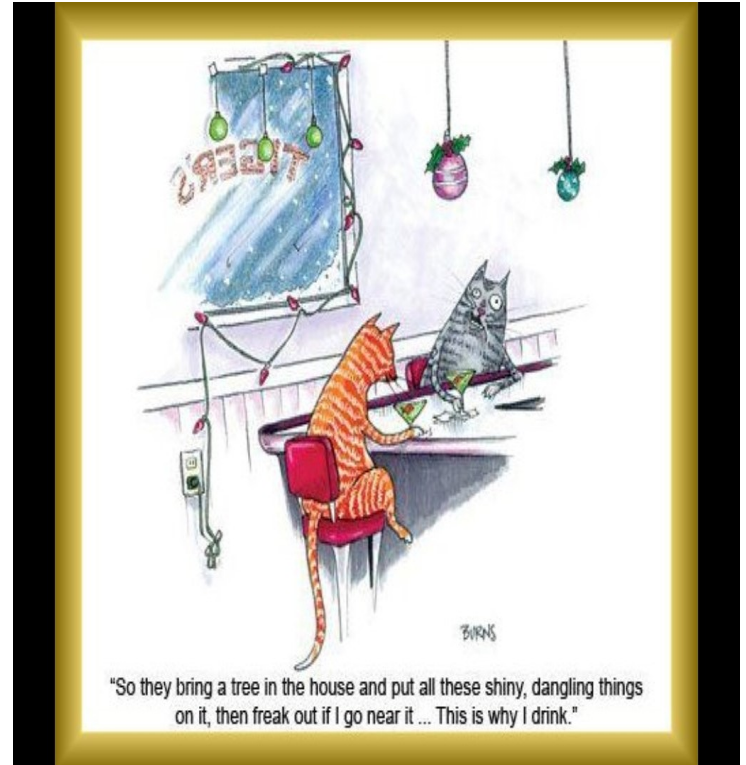
Tuesday: "First Things First" *new room* now
Conference room 9, level 1, St Paul's Hospital
1080 Burrard St., Vancouver -7:30 pm

Wednesday: "Lunch with Bill" temporarily moved
from the Princeton Grill @ 12:15 pm. Call Central
Office for new location details. 604-434-3933

Wednesday: "Royal Oak Group" *has resumed*
4812 Willingdon Ave., Burnaby -7:30 pm

Wednesday: "Circle of Life" *new location* now
1068 Inglewood Ave, West Vancouver -8:00 pm

Thursday: "Sober @ 7" Indian Friendship Ctre.,
10095 Whalley Blvd., Surrey -6:45 pm



BIRTHDAY CONTRIBUTIONS

Lorne 5 years

Annette G. 5 years

Brian P. 37 years

Elisabeth G. 53 years

IN MEMORIAM

Winnie Y.

Don T.

Lee W.

Ralph G.

JANUARY NEWSLETTER SUBMISSIONS

Deadline is December 13th

UPCOMING EVENTS

Events are listed here solely as a service not as an endorsement by the Greater Vancouver Intergroup.

BOWLING FUN Dec. 15th, hosted by District 32 at Zone Bowling, 16-228 Schoolhouse St., Coquitlam 2-4 pm, tickets \$20

HEART TO HEART Feb. 16, Fleetwood Community Centre, 15996-84 Ave., Surrey

NORTH SHORE ROUNDUP Apr. 19-21, Vancouver Convention Centre, East 999 Canada Place.

SPONSORSHIP BREAKFAST Sept 28, 2019. St. Mary's Ukrainian Church Hall, 3150 Ash St. Vancouver –10 am. Tickets still \$20



See our
Holiday Celebration Meetings List
Click on www.vancouveraa.ca

TELEPHONE SHIFT OPPORTUNITIES

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

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

Area Happenings

Western Regional A.A. Service Assembly
Feb. 22-24, 2019. Kelowna BC

Phone Room Statistics

	October	September	August
General	717	701	736
12th Step	38	48	56
Al-Anon	5	8	14
Ans Serv	243	232	155
Total	1,003	989	961

SUBCOMMITTEE MEETING SCHEDULE

DECEMBER

JANUARY

Accessibilities: 1st Thursday, 6:45 pm	6th	3rd
Cooperation with Professional Community 3rd Thursday 7:00 pm	20th	17th
Corrections: 1st Wednesday, 7:00 pm	5th	2nd
Detox: 2nd Saturday, 10:00 am; Detox Workshop: 11:00 am	8th	12th
Finance: Thursday before Intergroup, 6:00 pm	13th	10th
Hospitals: 1st Tuesday, 7:00 p.m.	20th	17th
Intergroup Rep Meeting 3rd Tuesday, 7:30 pm, Orientation at 7:00 pm (49th & Kerr)	18th	15th
Operating Committee: same night as Finance 7:00 pm	13th	10th
Public Information: 4th Wednesday, 7:00 pm	26th	23rd
Telephone: 3rd Saturday, 11:00 am, Telephone Workshop: 10:00 am	15th	19th
Treatment: 2nd Saturday, 10:00 am	8th	12th

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