

Greater Vancouver Intergroup Monthly A.A. Newsletter

DECEMBER 2019

Pass It On . . .

Holiday Service Opportunity:

Friday, December 24th from 5:30PM to December 26, 2019 at 10:00PM the phone room will be the responsibility of the Fellowship.

We need the phones answered and if you have some time off or struggling with the holiday season - this could be for you! We are asking you to give four hours of your time to give back what was so freely given to you. Please call staff at Central Office to schedule your gift of sobriety.

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 central office (telephones@vancouveraa.ca or call 604-434-3933); speak (detox@vancouveraa.ca, treatment@vancouveraa.ca or call 604-434-3933), help with dishes, or visit a hospital meeting (hospitals@vancouveraa.ca).

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 until you've called an A.A. (604-434-3933 for 24/7 A.A.s).

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. <http://www.vancouveraa.ca/events/list/>

5. Skip any drinking occasion you're 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.



I am sick, my car broke down, the dog ate my invite, and on and on.

12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



I live by these steps and get better. I try to help other alcoholics.

I can help a take a long-timer get to a celebration meeting!

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Central Office Hours:

- Mon.- Fri.: 8:00AM to 6:30PM
- Sat.- Sun.: 9:30AM to 1:00PM
3457 Kingsway, Vancouver, BC, V5R 5L5
- Phone Lines: 24/7

Office will be closed on statutory holidays.

December 25th, 26th, 2019 and January 1st, 2020

Intergroup Meeting:

- Orientation for new Reps at 7:00PM .
- Intergroup meeting at 7:30PM.
3022 E 49th Ave, Vancouver, BC V5S 1K9
- Next meeting: **December 17th, 2019**

All members are welcome!

Tel: (604) 434-3933 Email: staff@vancouveraa.ca Web: vancouveraa.ca

Intergroup Page: Unity, Service, & Recovery

Tradition Twelve:

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

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Tradition Discussion Questions:

- “Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?”
- “Does my personal behaviour reflect the Sixth Tradition—or belie it?”

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Sub-Committees:

The purpose of every outreach subcommittee is to assist the Intergroup Committee in carrying out the primary purpose of Alcoholics Anonymous as expressed in Tradition 5. Each outreach subcommittee is therefore assigned a particular area of responsibility.

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Accessibility:

Please come join us on Thursday, December 5, 2019 or January 2, 2020 at 6:45pm at Central Office. Our purpose is to serve the fellowship by finding new ways for alcoholics with barriers to work the program of A.A. We could really use enthusiastic service workers! Questions, comments or need our assistance? Email: accessibilities@vancouveraa.ca.

Co-operation with Professional Community:

We have ratified a new chair and his name is Monty. Please come to the next meeting to welcome him and help! You can reach him at: cpc@vancouveraa.ca. Please help us in welcoming Monty to this exciting service position. Thank you Monty for stepping up to fill the need!

Corrections:

Phone Room Stats:

	OCT	SEPT	AUG
12 th Step Calls	50	52	79
Al-Anon	5	4	5
Answering Service	180	151	119
General	582	566	623
Total Calls	817	773	826

Sub-Committees: continued

We need sober members to facilitate meetings in all the institutions. Please join us at our monthly meeting to become involved. Thank you to everyone who helped make the Corrections roundup a success. The annual roundup allows us to provide literature at no cost to the alcoholic serving time. If you have comments or questions you can reach our Chairperson Cathy L. at corrections@vancouveraa.ca.

Detox:

We have new service commitments to fill! Come join us at our monthly workshop: December 14th at 11AM. We would love your input and support. Questions or comments email Serena at: detox@vancouveraa.ca

Hospitals:

We are moving forward and are making ourselves available in all the hospitals in our area. Come help us do our valuable Twelve Step work! We meet at Central Office and have lots of fun while we take on our serious task of getting A.A. into hospitals. Contact Sean at:

hospitals@vancouveraa.ca.

Public Information:

We need a chairperson for this valuable committee. If you are interested, please contact Central Office staff or email: public.info@vancouveraa.ca.

Telephone:

Our committee is busy with looking at new technology and better ways to reach out and be available to the still suffering alcoholic. We need Groups to make the commitment to monthly phone shifts and individuals to help out. Email: telephones@vancouveraa.ca if you are interested. Sabrina, our chair. will welcome your involvement. **Please call our Christmas volunteers and say thank you over the holidays!**

Treatment:

We are a busy committee. We are letting people know there is a place to help once you leave a facility. We are letting them know about A.A. and the solution to getting freedom from the obsession that binds us. Please join us to make our Twelve Step commitments in our community! Questions or comments? Contact us via email: treatment@vancouveraa.ca or call Central office.

Need more information about service positions?

Call 604-434-3933, email: staff@vancouveraa.ca or come by CO at 3457 Kingsway, Vancouver — you are always welcome!

Seasons Greetings on behalf of all the subcommittees!

Directory Updates December 2019

For a complete listing, check: www.vancouveraa.ca under meetings

New Meetings:

Sunday: “ALIVE AFTER THE DRIVE-BEGINNERS” 7:00PM, 320 E 15th Ave., Van.

Sunday: “SUNDAY NIGHT BIG BOOK STUDY” 8:00PM, 14455-104th Ave., Surrey Church upstairs in N/W rm.

Sunday: “THE FOUR HORSEMEN” 1:00PM, 7638—6th St. Burnaby.

Tuesday: “DEEP COVE NEWCOMERS” 7:00PM, 3625 Banff, Ct, North Van.

Tuesday: “NOON REFLECTIONS” 12:15PM, 682 Gibson’s Way, Salvation Army Hall, Gibsons.

Wednesday: “RIFF RAFF GROUP” 7:00PM, 1655 Barclay St. Van., Sunset Towers Garden rm.

Wednesday: “TWISTED SISTERS” 7:00PM, 7277 King George Hwy, Surrey, mtg in the small rm.

Friday: “ANVIL NOONER AT 1:00PM” 1:00PM, 777 Columbia St., New West. 4th flr.

Meeting Changes:

Monday: “INDIGENOUS SOBRIETY CIRCLE” 7:00PM, 13632—110A Ave., Surrey *new name*. Formerly “Dry Dogs”. *Fall Directory correction*.

Wednesday: “TWISTED SISTERS” 7:00PM, 7277 King George Hwy, Surrey, mtg in the small rm. *new name*. Formerly “New Women’s AA Meeting”.

Wednesday: “ROYAL OAK GROUP” 7:30PM, 4812 Willingdon Ave, room 3030, *new mtg rm location*

Thursday: “STEP/DISCUSSION—BEGINNER” 8:00PM, 1068 Inglewood Ave., West Vancouver *new start time*.

Thursday: “LIVE & LET LIVE” 8:00PM, 1825 W 16th Ave., Van, *wheelchair accessible*.

Friday: “FRONT RUNNERS” 8:00PM, 181 Roundhouse Mews, Roundhouse CC, 2nd flr, Multi Media rm. *New mtg rm location*.

Friday: “LAND OF THE MOSS” 7:00PM, 19700 Salish Rd., Pitt Meadows. *new start time*.

Saturday: “PAGE 13” 7:30PM, 659 E 52nd Ave., Van., *new location*.

Discontinued Meetings:

Sunday: “COME OUT AND SOBER UP” 7:00PM, 7638 6th St. Burnaby, Burnaby Fellowship Ctr.

Monday: “THE MESSAGE” 7:00PM, 4405 W. 8th Ave., Van.

Tuesday: “TUESDAY NIGHT BEGINNERS MTG” 7:00PM, 9537 Prince Charles Blvd, Surrey. *Fall Directory correction*.

Wednesday: “AA QUEER & TRANS STEP11 MEDITATION” 8:00PM, 1661 Napier St. Van.

Thursday: “12:15—AT THE ALANO—LIVING SOBER” 1525 W 7th Ave Van.

Friday: “FRIDAY NIGHT MEN’S, 9:00PM, 7260- St. Alban’s Road, Richmond.

Group Corner:

Gratitude

Hello, my name is Colleen and I am alcoholic. I have the honour and privilege to be employed as your Greater Vancouver Intergroup manager. As such, I get to observe all the wonderful Twelve Step work that happens in and around Central Office.

Since this is the last newsletter of 2019, I wanted to take this moment to say **thank you** to everyone who has added to our fellowship’s *Pass It On* monthly newsletter and done service at Intergroup and Central Office. This newsletter is one of the tools in your Twelve Step tool kit. In December of 2011, the newsletter ceased being mailed monthly. The decision was made to go bi-monthly. Due to budget concerns. In 2019, the group conscience was made to decrease the number of copies for each group to three.

In 2019 we are making the same offer as 2011. Sign up for a monthly email by going to the bottom of the front page of the website or email newsletter@vancouveraa.ca and request to be added to the monthly mailing list.

Use *Pass It On* to tell the rest of the fellowship about your group and the wonderful Twelve Step work you do. Continue to use it to invite the rest of us to your events. Carry on letting it assist in keeping us unified so we remain a vibrant and welcoming fellowship for all.

Once again, **thank you** for all the service you so freely give Central Office. Our gratitude is beyond words.

Upcoming Events

For a complete listing, check: www.vancouveraa.ca under events

Events:

Nov.23: The 3 Legacies Workshop: Recovery, Unity, Service: 1PM to 4PM, Scott H, North Shore Alano Club, 176 E.2nd St. North Van.

Nov.28: Happy Destiny Meeting: Speaker Series, 8PM, Bob M. from SOS Grp, Bellingham. Free parking available. Christ Church Cathedral, 690 Burrard St., Van.

Dec.07: Ladner Saturday Night Meeting and 62nd Annual Ham Dinner: meeting at 8PM, dinner at 9PM. Ham provided, potluck for side dishes. Bring a dish and join us for fellowship. 960 48th Ave. Ladner.

Dec.08: Fraser Valley Young People: 66th Anniversary Celebration: 8PM. Special meeting followed by potluck. 1320 7th Ave., New Westminster.

Dec.10: Vancouver Heights Grp Christmas Dinner & Meeting: 7PM for dinner, 8PM meeting, dessert after the meeting. 4550 Kitchener St., Burnaby.

Dec.10: Denman Group Gratitude Night: 8PM, followed by food & fellowship at 9:15PM. 1155 Thurlow St. @ Davie, Van.

Dec.10-26: District 42 Surrey 12 Days of Christmas, see poster online @ vancouveraa.ca/events All meetings are potluck.

Dec.10: Loughheed Seasonal Celebration Event: 8PM. Meeting will be upstairs, potluck and fellowship after meeting. 8765 Government St., Burnaby.

Dec.11: West End 7AM Holiday Potluck Party Meeting: 7AM. 870 Denman St., Van.

Dec.14: Edmonds Noon Sobriety Holiday Celebration: 10AM start - 90 min. meeting, followed by potluck luncheon, and fellowship. A sobriety countdown too! St. Alban's Church, 7717 19th Ave., Burnaby.

Dec.15: Daily Reprieve Holiday Celebration: 11AM meeting followed by potluck luncheon. Burnaby Fellowship Ctr, 7638 6th Street, Burnaby.

Dec.16: West Vancouver Group Christmas Meeting & Dinner: 6:30PM turkey dinner, 8PM meeting. 1068 Inglewood Ave., West Van.

Dec 17: Woman's Candlelight Potluck Christmas Dinner: 6PM dinner followed by 7PM meeting. 22270 North Ave., Maple Ridge.

Dec.19: Lifeline Holiday Mtg. 8 pm, Sweet & Savoury snacks after meeting. New Pacific United Church, 2195 W.45th Ave., Memorial Centre, Vancouver

Dec.24: There is a Solution: 8PM, St. Patrick's Church, 2881 Main St., Van.

Dec.24: Christmas Eve Meeting: 11PM. North Shore Alano Club, 176 East 2nd St., North Van.

Dec.31: New Year Eve's Dance, Speaker, dinner & dance party. Doors open 6:30PM, buffet dinner 7:30PM. Tickets \$25 until

Dec.15th, \$30 from Dec.16th, at Trinity Lutheran Hall, 11040 River Road, Delta. Tickets available from **Central Office**.

Jan.1: The Old Timers' Meeting: New Years Day, fellowship, coffee, snacks 1PM to 1PM Meeting from 2PM to 4PM, North Shore Alano Club, 176 East 2nd St., North Van.

Feb.16: Heart-to-Heart: 11:15AM is first meeting. All meetings

Birthday Contributions:

Doug G.: 4th Dimension: 25 years!

Greg K.: Ladner Saturday Night: 1 year!



Next Newsletter Deadlines:

Jan. Issue: Dec.12th / Feb. Issue: January 16th.

Email submissions to: newsletter@vancouveraa.ca.

For posters to be mailed out in the newsletter there is a \$20.00 fee.

Want the Newsletter by Email?:

Sign up for our monthly E-newsletter.

Please visit www.vancouveraa.ca.

Scroll to the bottom of page and sign up. The Newsletter will be emailed out to you monthly.

Sub-Committees Meeting Dates:

2019	Dec	Jan
Accessibilities @ 6:45pm	5	2
Corrections @ 7:00pm	6	3
C.P.C. @ 7:00pm	19	16
Detox @ 10:00am Workshop @ 11am	14	11
Hospitals @ 7:00pm	19	16
**Intergroup Meeting @ 7:30pm	17	21
**Intergroup Orientation @ 7:00pm	17	21
Public Information @ 7:00pm	25	22
Telephone @ 11am Workshop 10am	21	18
Treatment @ 10:00am	14	11
**Meeting location is not Central Office		