

AUGUST 2021 Greater Vancouver Intergroup Monthly A.A. Newsletter

Pass It On . . .

WHAT'S IT LIKE? AN OPERATING COMMITTEE NEWBIE SHARES HER EXPERIENCE:

Hi - I'm Lucie and I'm an alcoholic. I've been on our Intergroup's Operating Committee for the past six months. In a few words: it's been rewarding and I've learned a lot!

But let me back up a teeny bit. I have been sober a long time, and been an active member of the Loughheed Speaker Group since 1998. Throughout my sobriety, I've taken jobs at the group level and volunteered to answer the Intergroup phones.

Yet somehow, I have always shied away from stepping up to service positions beyond that. I know those areas are incredibly important to keep AA alive and kicking... But, like most of us, I told myself I was too busy etc etc.

When I retired in early 2019, I ran out of reasons. So I said 'yes' to my group selecting me as their Intergroup Rep. My awakening came when I realized how few people were willing to step up and serve a full term on the Operating Committee.

At the end of my year as Intergroup Rep, I simply had to put my hand up to help out. I'm so glad I did.

I am now way more aware of the fellowship beyond my group, and I have come to see what it takes to make sure our Intergroup office is supported to carry the message in our area in dozens of ways, including answering the phones and distributing the literature.

More than anything, I've got to know really inspiring fellow members, who show their gratitude by supporting our Intergroup. After all, Intergroup belongs to the fellowship - to all the groups in our area. We're all responsible for keeping the doors open.

Central Office Hours:

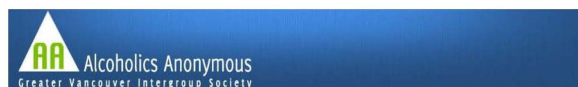
- Mon.- Fri.: 8:00AM to 6:30PM
- Sat.- Sun.: 9:30AM to 1:00PM
3457 Kingsway, Vancouver, BC, V5R 5L5
- Phone Lines: 24/7

Office will be closed on statutory holidays.

So I'm grateful I was elected to Operating Committee last February. I'm learning every day. I get to give back. And I am so inspired by so many of you who show me what service is all about in AA. Thanks for my sobriety.

Operating Committee elections take place every February. There are 10 Operating Committee positions.

MOTION AFFECTING CO HOURS:



NOTICE OF MOTION

SUBMITTED @ July 20, 2021, INTERGROUP

MOTION:

To allow Central Office to sales hours to be from 9:30am to 6:30pm Monday to Friday, except on statutory holidays when it will be closed for literature sales. With no changes to staffing wages or hours of work.

HISTORY OF CURRENT PRACTICE:

Currently Central office hours are by appointment only. This was enacted during the COVID-19 Safety plan.

Without the COVID restrictions, the sales hours of Central Office are, Monday to Friday, except on statutory holidays when it is closed for literature sales are 8:00am to 6:30pm. Weekend hours are 9:30am to 1:00pm. There are no changes to these hours.

IF PASSED:

The phone lines will have to be continued to be answered remotely from 8:00am till 9:30am. Therefore the 8am to noon shift will be remote. Staff will have more time when two staff members are present, allow more work to be done uninterrupted or on combined projects.

IF NOT PASSED:

Staff will resume opening the office at 8am Monday to Friday.

FOR FURTHER CONSIDERATION:

The parking lane out front of Central Office is closed for parking till 9:30am each morning. Rarely do members attempt to come to Central Office between the hours of 8am and 9:30am. The manager is still available by phone at 8am although remotely.

MOTION SUBMITTED BY:

Colleen Meaney
Manager of Central Office

CONTACT US:

TELEPHONE: 604-434-3933 FAX: 604-434-2553 E-MAIL: staff@vancouveraa.ca
WEBSITE including DIRECTORY: www.vancouveraa.ca
3457 Kingsway, Vancouver, B.C. V5R 5L5

Intergroup Meeting:

- Orientation for new Reps at 7:00PM .
- Intergroup meeting at 7:30PM.
3022 E 49th Ave, Vancouver, BC V5S 1K9
- Next meeting: Tuesday, September 21, 2021

All members are welcome!

Intergroup Page: Unity, Service, & Recovery

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.

Reprinted from Intergroup Operating Procedures and Guidelines 2018 with permission.

Accessibility:

SERVICE OPPORTUNITIES:

Recording Secretary

Committee members

Out next meeting will be held Thursday, September 2nd on Zoom, at 6:45pm. [Meeting ID: 987 6106 0478](#), PW: [GVIS](#)

For more information contact Jamie at

accessibilities@vancouveraa.ca

Co-operation with Professional Community:

SERVICE OPPORTUNITIES

We are in need of a Vice Chair, and Secretary for the Committee. We welcome anyone with a desire and passion to work in Cooperation with the Professional Communities with or without experience.

Our next meeting will be held August 26th: [Meeting ID: 978 8477 1407](#), PW: [GVIS](#)

For more information contact Elton at

cpc@vancouveraa.ca

Corrections:

SERVICE OPPORTUNITIES

Need volunteers – particularly men to take meetings inside – no outside sponsor, no meeting can be held – requirement: 2 years + sobriety, 5 years + completely outside the system. Get a police record check and attend an orientation as scheduled by the institution.

Need volunteers to participate in the Roundup planning & management on November 13th, 2021.

[Next meeting on Zoom \(link on Intergroup meeting website\) Friday Sept. 10 at 7 pm](#)

For more information contact Viki at:

corrections@vancouveraa.ca.

Phone Room Stats:

2021	July	June	May
12 th Step Calls	16	17	21
Help Lines	1117	1090	1179
Answering Service	≤ 100	≤ 100	≤ 100
Staff	465	313	338
Total Calls	1635	1403	1517

Sub-Committees: continued

Detox:

SERVICE OPPORTUNITIES:

Continuing to look for a home group to take the Harbour Light alternate Sunday while Lost & Found fills in for now.

Groups who are interested in taking on the responsibility of a monthly detox panel.

Our next meeting is Sunday, September 12, 2021 at 1pm,

[Meeting ID: 920 3898 8341](#), PW: [GOD](#)

For more information please contact Raj at:

detox@vancouveraa.ca.

Hospitals:

SERVICE OPPORTUNITIES:

Chairperson of Committee: 1 year commitment with the option for a 2nd year.

Vice-chairperson: 1 year commitment.

For more information please contact Diamond, Operating Committee liaison at:

hospitals@vancouveraa.ca

Public Information:

SERVICE OPPORTUNITIES:

Recording Secretary position is available. Our next meeting is: August 25th, 2021 we are going to a hybrid meeting.

For more information contact Joel at:

public.info@vancouveraa.ca.

Telephone:

SERVICE OPPORTUNITIES:

Individual members needed for the 10pm–2am shift.

Please sign up for phone shifts online: <https://www.vancouveraa.ca/for-aa-members/intergroup/telephone/telephone-service/>

Our next Telephone Committee meeting will be held on September 14th at 7pm. Meeting ID: 950 4042 2897.

Password: Gratitude.

telephones@vancouveraa.ca.

Treatment:

SERVICE OPPORTUNITIES:

Chairperson of Committee: 1 year commitment with the option for a 2nd year.

Vice-chairperson: 1 year commitment.

**Need more information about service positions?
Call 604-434-3933, Email: staff@vancouveraa.ca or
come by Central Office: 3457 Kingsway, Vancouver
— you are always welcome!**

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

Directory Updates August 2021

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

LOCATION TEMPORARILY CLOSED:

Please review the following list, if your Group/ Meeting Name appears and you are presently meeting in person, please contact Central Office to update your meeting listing.

Name	Region	Zone
220 BEGINNER'S	North Vancouver	Zone 1
220 GROUP	North Vancouver	Zone 1
4th DIMENSION RECOVERY	Burnaby	Zone 4
6:30 SERENITY	Richmond	Zone 4
A NEW FREEDOM	Vancouver	Zone 3
A NEW HAPPINESS	Vancouver	Zone 2
A PLACE OF VISION	White Rock	Zone 5
A VISION FOR YOU	Tsawwassen	Zone 4
AA QUEER+TRANS all welcome	Vancouver	Zone 3
AA SPEAKER/POTLUCK MEETING	Vancouver	Zone 2
AA-VGH SUNDAY AFTERNOON	Vancouver	Zone 3
ABC NOONER	Surrey	Zone 5
ALIVE AFTER THE DRIVE	Vancouver	Zone 3
ALIVE AFTER THE DRIVE-BEGINNERS	Vancouver	Zone 3
ANOTHER CHANCE	Surrey	Zone 5
ANVIL NOONER AT 1:00	New Westminster	Zone 5
AS BILL SEES IT	White Rock	Zone 5
AS U R	White Rock	Zone 5
ATTITUDE ADJUSTMENT GRP	Richmond	Zone 4
AVALON NS MTG	North Vancouver	Zone 1
AVALON WOMEN'S STEP	Vancouver	Zone 2
BACK TO AA BASICS	Vancouver	Zone 2
BACK TO BASICS - lgbtq	Vancouver	Zone 2
BATTLE OF HASTINGS	Vancouver	Zone 3
BEAR CREEK NO SMOKE	Surrey	Zone 5
BECAUSE WE CARE	Vancouver	Zone 3
BEGINNER'S MEETING	Surrey	Zone 5
BEGINNER'S MEETING LOUGHEED	Burnaby	Zone 4
BILL'S BOOK STUDY	Surrey	Zone 5
BLAINE INTERNATIONAL	White Rock	Zone 5
BOWEN ISLAND TUESDAY GROUP	Bowen Island	Zone 1
BOWEN WOMEN'S STEP	Bowen Island	Zone 1
BREAKFAST WITH BILL	Vancouver	Zone 2
BURNABY EVENING OWLS	Burnaby	Zone 4

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Name	Region	Zone
CAME TO BELIEVE	Burnaby	Zone 4
CANADA AM	North Vancouver	Zone 1
CAN-US GROUP	White Rock	Zone 5
CAPILANO	North Vancouver	Zone 1
CARRY THE MESSAGE	Vancouver	Zone 2
CENTENNIAL	White Rock	Zone 5
CORNERSTONE RESTORATION	Surrey	Zone 5
CRESCENT HEIGHTS DISCUSSION	White Rock	Zone 5
DAILY REFLECTIONS	White Rock	Zone 5
DEEP COVE BEGINNERS	North Vancouver	Zone 1
DEEP COVE GROUP	North Vancouver	Zone 1
DEEP COVE VISION FOR YOU	North Vancouver	Zone 1
DEER LAKE FEELINGS	Burnaby	Zone 4
DELTA HOSPITAL	Delta	Zone 4
DENMAN BEGINNERS	Vancouver	Zone 3
DENMAN GROUP	Vancouver	Zone 3
DESIGN FOR LIVING	West Vancouver	Zone 1
DIVINE DELIVERANCE	North Vancouver	Zone 1
DOUBLE JEOPARDY	Vancouver	Zone 3
DOWNTOWN	Vancouver	Zone 3
DUNDARAVE	West Vancouver	Zone 1
EXPERIENCE, STRENGTH & HOPE	White Rock	Zone 5
EXPO GROUP	Ladner	Zone 4
FALCON DRIVE DISCUSSION	Coquitlam	Zone 6
FELLOWSHIP OF THE SPIRIT BEGINNER'S	Vancouver	Zone 2
FENTIMAN GROUP	Richmond	Zone 4
FIREHALL STEP AND TRADITIONS	Delta	Zone 4
FIRESIDE GROUP	Vancouver	Zone 3
FIRST THINGS FIRST	Vancouver	Zone 2
FLEETWOOD ACTION GROUP	Surrey	Zone 5
FLICKERING SPIRITS	Richmond	Zone 4
FORTUNATE FEW	Burnaby	Zone 4
FRIDAY NIGHT STEP - Men's	Vancouver	Zone 2
FRIENDSHIP CIRCLE	Vancouver	Zone 3

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Name	Region	Zone
FRONT RUNNERS	Vancouver	Zone 2
GEORGE PEARSON HOSPITAL	Vancouver	Zone 2
GOLDEN KEY	Vancouver	Zone 2
GOLDEN KEY BEGINNER'S	Vancouver	Zone 2
GOLDEN KEY STEPS & TRADITIONS	Vancouver	Zone 2
GOOD VIBRATIONS	White Rock	Zone 5
GRANDVIEW GROUP	Vancouver	Zone 3
GRANVILLE ISLAND MEN'S	Vancouver	Zone 2
GRUPO RENACIMIENTO	Vancouver	Zone 3
HAPPY DESTINY	Vancouver	Zone 3
HARRIS ROAD NO SMOKE	Pitt Meadows	Zone 6
HEALING SPIRITS	New Westminster	Zone 5
HIGHLAND	North Vancouver	Zone 1
HOPE FOR FREEDOM	Surrey	Zone 5
HORSESHOE BAY MEN'S	West Vancouver	Zone 1
INDO CANADIAN	Surrey	Zone 5
INTO ACTION	Burnaby	Zone 4
ISLAND GROUP	Richmond	Zone 4
JUST 4 TODAY	Vancouver	Zone 3
KENNEDY HEIGHTS	Surrey	Zone 5
KERRISDALE A2	Vancouver	Zone 2
KEYSTONE BIG BOOK STUDY	Maple Ridge	Zone 6
KITSILANO	Vancouver	Zone 2
KITSUN BEGINNER STEP	Vancouver	Zone 2
KITSUN WOMEN'S STEP MEETING	Vancouver	Zone 2
LADNER SATURDAY NITE	Ladner	Zone 4
LADNER WEDNESDAY NITE	Ladner	Zone 4
LAITY ST. BIG BOOK DISCUSSION	Maple Ridge	Zone 6
LAND OF THE MOSS	Pitt Meadows	Zone 6
LANGUAGE OF THE HEART	Vancouver	Zone 3
LAST CHANCE	Vancouver	Zone 2
LIFELINE GROUP	Vancouver	Zone 2
LION'S GATE	North Vancouver	Zone 1
LIVE & LET LIVE	Vancouver	Zone 2

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Name	Region	Zone
LIVING SOBER	Vancouver	Zone 2
LOUGHEED SPEAKER	Burnaby	Zone 4
MEN'S DAILY REFLECTIONS	Bowen Island	Zone 1
MEN'S MEETING	Sechelt	Zone 1
METRO CENTRE BREAKFAST	Vancouver	Zone 3
MILLSIDE GROUP	Coquitlam	Zone 6
MONDAY NIGHT BIG BOOK	Vancouver	Zone 3
MONDAY NIGHT LIVE	Vancouver	Zone 3
MONDAY NIGHT MEDITATION	Vancouver	Zone 2
MOUNT PLEASANT WOMEN'S	Vancouver	Zone 3
MOUNT SEYMOUR STEP	North Vancouver	Zone 1
MTWTF	Vancouver	Zone 3
NEWPORT MEN'S	Coquitlam	Zone 6
NOON REFLECTIONS	Gibsons	Zone 1
NORTH SHORE MEN'S	North Vancouver	Zone 1
NORTH SHORE MEN'S STEP	North Vancouver	Zone 1
NoSYP	North Vancouver	Zone 1
OFF THE WALL	Vancouver	Zone 3
ON AWAKENING	Vancouver	Zone 3
OPEN DOOR DISCUSSION	Surrey	Zone 5
OUT TO LUNCH BIG BOOK STUDY	Vancouver	Zone 3
OUT TO LUNCH BUNCH	Vancouver	Zone 3
PARTICIPATION	Vancouver	Zone 2
PARTICIPATION STEP	Vancouver	Zone 2
PENDER HARBOUR GROUP	Madeira Park	Zone 1
PHOENIX MEN'S STEP	Delta	Zone 4
PITT MEADOWS BIG BOOK	Pitt Meadows	Zone 6
POWER HOUR	Vancouver	Zone 3
RAINBOW REFLECTIONS	Surrey	Zone 5
REFLECTIONS	Vancouver	Zone 3
RIDGE MEADOWS MEN'S	Pitt Meadows	Zone 6
RIFF RAFF GRP	Vancouver	Zone 3
RIGHT SPOT	Vancouver	Zone 3
ROYAL COLUMBIAN HOSPITAL	New Westminster	Zone 5

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Name	Region	Zone
SATURDAY AM	Coquitlam	Zone 6
SATURDAY MORNING SERVICE TOPICS	Surrey	Zone 5
SATURDAY NIGHT LIVE - Speaker	Sechelt	Zone 1
SATURDAY NIGHT SOBRIETY	Surrey	Zone 5
SATURDAY NIGHT SPECIAL	Maple Ridge	Zone 6
SCOTT ROAD	Surrey	Zone 5
SECHELT NOONERS	Sechelt	Zone 1
SECHELT WOMEN	Sechelt	Zone 1
SHERBROOKE GROUP (RCH)	New Westminster	Zone 5
SILENT ECHO MEN'S	White Rock	Zone 5
SINGLENESS OF PURPOSE	White Rock	Zone 5
SOBER SUNDAY	Gibsons	Zone 6
SOBRIETY 101	Gibsons	Zone 1
SOBRIETY AT SIX	New Westminster	Zone 5
SOLO POR HOY	Surrey	Zone 5
ST ANDREW'S MEN'S	Coquitlam	Zone 6
STEP / DISCUSSION - Beginner	West Vancouver	Zone 1
STEP SISTERS	Vancouver	Zone 2
STEPS & TRADITIONS	Maple Ridge	Zone 1
STEPS TO SOBRIETY	New Westminster	Zone 5
STRATHCONA MEN'S	Vancouver	Zone 2
SUNDAY AFTERNOON	Vancouver	Zone 3
SUNDAY GRATITUDE	Port Moody	Zone 6
SUNDAY NIGHT BIG BOOK STUDY	Surrey	Zone 5
SUNDAY NIGHT CANDLELIGHT	Vancouver	Zone 3
THANKSGIVING GROUP	Sechelt	Zone 1
THE FOUR HORSEMEN	Burnaby	Zone 4
THE NOONER	Vancouver	Zone 3
THE WOLF PACK	Surrey	Zone 5
THERE ARE THOSE TOO	White Rock	Zone 5
THERE IS A SOLUTION	Vancouver	Zone 3
THREE-FIVE	North Vancouver	Zone 1
THURSDAY MEN'S LUNCH	Vancouver	Zone 3
TRADITION 3	Surrey	Zone 5

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Name	Region	Zone
TRADITION 5	Port Moody	Zone 6
TRADITIONAL STEP SISTERS	Maple Ridge	Zone 6
TRUDGERS STEP	Surrey	Zone 5
TRUTH OR CONSEQUENCES	Surrey	Zone 5
TSAWWASSEN 12th AVE. MEN'S	Tsawwassen	Zone 4
TUESDAY NIGHT WEST VAN BEGINNERS	West Vancouver	Zone 1
TUESDAY NIGHT WEST VANCOUVER	West Vancouver	Zone 1
UNITY GROUP	Burnaby	Zone 4
UNITY, SERVICE AND RECOVERY	Surrey	Zone 5
VANCOUVER YOUNG PEOPLE	Vancouver	Zone 2
WAKE UP & LIVE	Burnaby	Zone 4
WAKE UP AND LIVE AND BREATHE - Men's	Coquitlam	Zone 6
WALKING THE TRADITIONS	Vancouver	Zone 3
WEST END 7 AM	Vancouver	Zone 3
WEST END MEN'S	Vancouver	Zone 3
WEST END STEPS AND TRADITIONS	Vancouver	Zone 3
WESTWOOD GROUP - Men	Coquitlam	Zone 6
WHITE ROCK FIVER	White Rock	Zone 5
WHITE ROCK MEN'S	White Rock	Zone 5
WHITE ROCK SATURDAY NIGHT	White Rock	Zone 5
WHITE ROCK SUNDAY NIGHT BIG BOOK	White Rock	Zone 5
WHYTECLIFF	West Vancouver	Zone 1
WHYTECLIFF BEGINNERS	West Vancouver	Zone 1
WILLING WOMEN	Vancouver	Zone 2
WILLINGDON HEIGHTS	Burnaby	Zone 4
WILLINGDON HEIGHTS BEGINNERS	Burnaby	Zone 4
WILLINGNESS OFF WILLINGDON	Burnaby	Zone 4
WOMEN'S CANDLELIGHT	Maple Ridge	Zone 6
YOU ARE NOT ALONE: Remote Connections	Richmond	Zone 4

Upcoming Events

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

Intergroup Events:

Nov 2021 Corrections Roundup: for more information ask your Intergroup Representative.

EVENTS:

Sept. 11, 2021: Sponsorship Workshop by District 40:

Sept. 18, 2021: Tri-Cities Women's Day: Staying Connected

Sept. 18, 2021: Area 79 Service: How you can Help & Delegates Report by D32, 34, 40

TELEPHONE FUNSHOP!

HOSTED BY THE GVIS TELEPHONE COMMITTEE

WHEN

August 21st, 2021 at 10am

WHERE

Meeting ID: 604 434 3933
Password: GVIS

Topics include:

- * Telephone help line how to
- * Twelve Step call how to
- * Much more!

ENQUIRIES:
TELEPHONES@VANCOUVERAA.CA

PLEASE NOTE: THERE IS A SUGGESTED 3 MONTH SOBRIETY REQUIREMENT TO DO PHONE SHIFTS

Birthday Contributions:

Central Office Birthday Plan!!

Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety.



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.

Sept issue: Sept. 16, 2021 Submission deadline.

Email submissions to: newsletter@vancouveraa.ca. For posters to be mailed out in the newsletter electronically we require a pdf and jpeg format

Subcommittee Meeting Dates:

2021	AUG	SEP
Accessibilities @ 6:45PM	5TH	2ND
Corrections @ 7:00PM	6TH	10TH
C.P.C. @ 7:00PM	26ST	23RD
Detox Mtg @ 1:00PM	8TH	12TH
Hospitals @ 7:00PM	19TH	16TH
**Intergroup Meeting @ 7:30PM	17TH	21ST
**Intergroup Orientation @ 7:00PM	17TH	21ST
Public Information @ 7:00PM	25TH	22ST
Telephone Committee Mtg 7:00PM	10TH	14TH
Telephone Workshop 10AM	21ST	18TH
Treatment @ 1:00PM	8TH	12TH
**Meeting location CHECK www.vancouveraa.ca		

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