

March 2025

Leap of Faith

The month of March often brings to mind images of shamrocks and rainbows which symbolize good luck, and discovering hidden pots of gold. Thankfully, we have something far better than depending on “good luck” available to us every day! We have a program that teaches us how to depend on **faith**. This is our true treasure and one that’s available in plain sight when our eyes and hearts are open to it. “As I took the **leap of faith** into recovery, I was amazed to recognize God’s generous provision for my needs” (ABA, pg. 214).

Having the willingness to come to ABA for many of us was a leap into the unknown, and not exactly one of **faith**. All we knew was that we wanted a different experience in life. We desperately wanted to quit suffering mentally, physically, and emotionally.

We experienced a moment of awareness (or is often referred to as “a moment of desperation”) when we realized that our only chance to change must come from a source or support beyond ourselves. This was our proverbial pot of gold.



It is this awareness that gave us the willingness to make a sincere **leap**, first into our ABA program and today continues to provide us the willingness to keep leaping.



Many of us begin slowly at first. We can take small **leaps** as we read the literature, participate in meetings, connect with a sponsor,

March 2025

Another Leap...

and work the steps. As we continue, something beautiful happens. We experience a transformation in our relationship to ourselves, others and a God of our own understanding (a Higher Power).

We develop **faith** as we witness recovery in our fellow members. Our faith deepens as a desire inside us grows to serve our ABA community. This new pull we feel to take the next right action and continue working the steps produces a change in our attitude which becomes less self-centered and more interested in contributing to life. This shift in outlook is evidence of grace or something greater than ourselves transforming us.

When we enter into the latter stages of the steps, our literature describes this experience, "We didn't recognize it at the

time, we actually made a quantum **leap** as we moved through Steps 8 and 9 because we were now more concerned about others than about ourselves" (ABA, pg. 127).

Through the Steps we develop a willingness and commitment to serve that are foundational to building a life in recovery, a life of freedom. Paradoxically, we will see our needs being met by focusing on and connecting with something Greater than us. By completing the Steps and living them in our daily lives, the fellowship of ABA continues to grow and thrive. ***This commitment to serve, serves us!***

Our AGM is on March 16th. As a collective membership, we rely on the participation of our members to share in the many forms of service available. Take the **leap** and join us! See pgs. 6 & 7 for more info.



Personal Reflection:

What does “Leap of Faith” mean to me?

My recovery has been filled with leaps of faith—big and small. The greatest was the day I surrendered to this program. “... I took a small action that proved to be the next move in the direction of wholeness” (ABA, pg. 18).

If recovery starts with a small action, why call it a leap? Surely a leap is a wholehearted, full-bodied launch forward!

I’ve found that deep surrender often feels like that jarring moment when my foot misses a step on the stairs. I panic. I flail. I forget. Then, just as I brace for impact, my foot hits solid ground. I am humbly reminded that nothing bad ever happens when I trust in something Greater than myself.

As an anorexic and bulimic, my default setting is control. My character defects, defense mechanisms, and first thoughts are all driven by

fear. So doing something as simple as trusting in the step below both creates and takes a miracle.



“Faith is an action”

Faith is an action, not a feeling. Sometimes, the deepest faith I can summon looks like a foot tentatively dipping down to the next step, eyes closed, hand shaking. But faith without works is dead. I can believe the step is there, lovingly placed by my Higher Power, but if I never move my foot, I am not acting in faith.



In early recovery, staying sober took multiple leaps a day—great jumps into what felt like the unknown, hoping but not yet believing that the worst wouldn’t happen. I relied on the reassurances of my sponsor and fellows who had walked this path before me.

March 2025

Continued....What does “Leap of Faith” mean to me?

Little did I know that the simple (but not easy) acts of eating a granola bar, going to a restaurant, or taking a bus were the foundations upon which my life would grow.

By following the steps of ABA, my sponsor’s suggestions, my dietitian’s guidance, and my Higher Power’s wisdom, I have built an inner faith. Today, I can save the great leaps for life, not lunch.



This faith carries me through my greatest challenges. I am still excavating, uncovering, and evolving.

Today, I can support my mother in her journey through terminal cancer. I am here in the face of her fear and pain. I am present in the joy of my sister’s journey into motherhood.

I revel in the miracles of life—big and small.

“I continue to grow, sometimes with one step forward and two steps back. I see how far I have yet to go, yet I celebrate with gratitude how far I have already come. Knowing that life is a journey and not a destination gives me faith and hope to go on. Every day I remember that miracles still happen today, for I am living witness to one.” (ABA, 1st Ed, pg. 210).

My disease and character defects are always there, waiting for me. But so is my Higher Power, endlessly patient as I forget and relearn how to walk. The path is there, even when I can’t see it, and there is always an outstretched hand ready to steady me.

ABA has been the greatest leap of my life.

-Phoebe UK



March 2025

AGM FUN Acronyms

Whilst AGM stands for Annual General Meeting, we are reminded that the acronym is also many other loving examples...



A lot of Great Minds

Assimilating Good Mojo

Affirming God's Miracles

A Grateful Mix

A Great Meaning

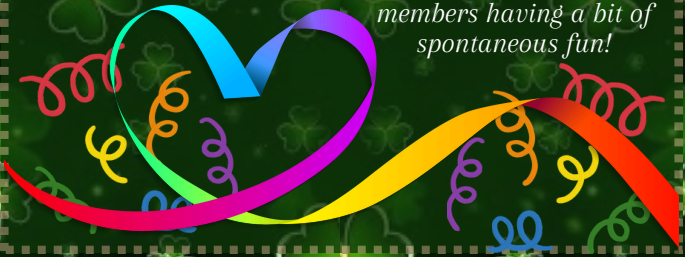
Actively Giving Members

Acknowledging Great Miracles

A Guiding Map

Answering God's Message

**This pg. was inspired in a conversation between two members having a bit of spontaneous fun!*



AGM

March 2025



**Come make the LEAP..
Check us out!**



Every ABA member is warmly invited to attend the AGM. There are no sobriety requirements to vote. We will welcome new Directors (also called board members), hear a recap of highlights for 2024, and the Board and committees will share their goals for 2025.

**Come Celebrate
ABA's commitment
to live out our
traditions!**

We need a minimum of 12 ABA members to make quorum. The need for a quorum is to ensure that the voting process honours Concepts 1 and 4. This equality engenders a responsibility of every willing ABA member to participate. This is vital in all areas of service including the process for voting in our new members. Our AGM is a once a year opportunity for any ABA member to exercise their voting privileges to ensure that

the GSA continues to serve the ABA Fellowship well. Everyone has a vote and a voice, which is embedded in our Traditions and Concepts.

Our Board allows ABA members and non-ABA members to gather together as a cohesive whole. Some of our Board members serve on a committee, creating continuity between the Board and the committees. The Board of Directors is the General Service Association (GSA). The GSA is responsible for stewarding financial and other organizational decisions for the well-being of ABA. It is also responsible for the maintenance of ABA's World Service Office.

Our Board members who identify as ABA members are required to have 1 year of continuous sobriety.



March 2025

AGM Extra Leaps

Our committees allow ABA members to gather to implement ABA's vision and goals. We have 6 primary committees: Public Information, GSO & Personnel, Website, Self-Support, Literature and Outreach, Retreat and Conference. Also, a new adhoc committee is being formed with the sole purpose of creating a service manual. Each committee has varying requirements from 0 to 2 years of continuous sobriety to join one of the committees.

The GSR is a committee but not a subsidiary of the GSA. The GSR is an autonomous body of ABA

members (representatives) whose aim is to be the voice for ABA members. Each group is encouraged to select a GSR as they are a link between our members and the Board. The GSR currently has a suggested minimum 1 year requirement of continuous sobriety which is presently under revision.



All of the inter-service arm branches are here to serve our fellowship. It is one of mutual support, inspiration and commitment and starts with our fellow ABA members' participation!



We NEED BOARD MEMBERS.. Both ABA and non-ABA.

Currently, we have no non-ABA Board members. Is there anyone amongst your family, friends or colleagues who may be a good fit? The personal approach is the most effective way to generate interest in serving as we all know!

If you or your potential prospects have any questions contact gsooffice@aba12steps.org.

March 2025

Heaps of Leaps

7th Tradition

The GSA and various committees are doing amazing work to fulfill our primary purpose. These tools help us to more effectively carry out our part in keeping with our 7th tradition. The 7th tradition has two branches of contribution: the giving generously of our time and our finances. ABA has had an amazing year of accomplishments with the Hebrew text and meditation book near completion. The office is also updating our website to create a more fluid experience which requires upgrades. Not to mention, we had our first face-to-face retreat in years! We have many new projects that the GSA would like to implement and we hope our membership can take a deeper leap into aiding with these resources.

The GSA and various committees are doing amazing work to fulfill our primary purpose. We are below prudent reserve to cover these projects' additional costs.

We now have a banner on our website highlighting service positions.

There are many positions available on our committees. The Personnel and Website Committees also are looking for chairs, and we are in need of a vice-chair for the Board.

**"Service:
Our most
powerful tool."**

-pg. 147

March 2025

More Heaps of Leaps

Group Inventory

The GSRs recently completed a group inventory. Click on the icon below to read a one-page summary of their findings.



GSR Wants your input

We are working with experienced members to provide an information session on the 12 Traditions, particularly how they work in service. We want to find out what members would like to know about the Traditions. Please send any questions you might have to louisafisher1@gmail.com by the 1st of April.



Service Manual

We now have an initial plan for creating a tool that will allow us easy access to often-asked questions from the board and the various committees. If you love to write or organize materials and information, contact jessaatheart@gmail.com to be included in this short term project!



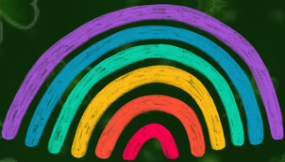
Meditation Book

The board just voted to give the literature committee \$ 350.00 so that we can also provide an E-copy of our meditation book! More info to come.

March 2025

Community Connections

Psychic Workshop Recording



12 Step List

Our 12-step contact list where members speak with those who are new or struggling needs more volunteers. Please check within your heart whether you can sign up for this 5th Tradition service. If so, contact the GSA at gsooffice@aba12steps.org

Personal Testimony

The Psychic Change workshop was a great opportunity for me to deepen my recovery and better understand the intimate details of what drives my addiction. I enjoyed hearing the experiences and perspective of my fellows as it allowed me to broaden my own perspective on a number of topics concerning recovery. Namely, I feel more empowered to take actions each day toward connecting to and developing a relationship with the Higher Power of my understanding.

I am in awe of the continual gifts I am being given by my participation in this Fellowship and its outreach opportunities. I am blessed by so many tiny miracles each day and part of my psychic shift occurs when I connect with my fellows who can help me notice them! - Molly J

Sponsorship Corner

Kate T. from B.C. Canada is available to Sponsor.

Best to reach her by

WhatsApp @
+1- 778-389-1135



March 2025

Birthdays

Louisa, Fiji
10 years

Phoebe, UK
6 years

Simone, USA
4 years

Gabrielle, CAN 4 years (March)
celebrating March 21st
Friday World Hope 7pm EDT

Jessa, CAN 6 years (March)
celebrating March 18th
Tuesday Book Fellowship 8pm EDT

Amy G, CAN 14 years (March)
celebrating April 1st
Tuesday Victoria Zoom Meeting
9:30pm EDT



Upcoming Meetings

Board Meeting
AGM IN MARCH

Sunday, 16th March
Noon EDT

Zoom: 8995-585-5708
PW: serve2020

The GSR Meets

Saturday, 1st March
at 2:30 EDT

Zoom: 883-1435-6561
PW: surrender

*Want to start
a meeting?*

Contact Louisa at
+679 7844740



Leap into our inbox!

Take a leap of faith & share your experience, news,
musings, & suggestions. Please contact Jessa:

jessaatheart@gmail.com

