

## CONTACT PHONE NUMBERS


## I AM RESPONSIBLE.

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP,  
I WANT THE HAND OF AA ALWAYS TO BE THERE.  
AND FOR THAT: I AM RESPONSIBLE.

## HERE ARE THE STEPS WE TOOK, WHICH ARE SUGGESTED AS A PROGRAM OF RECOVERY

1. WE ADMITTED THAT WE WERE POWERLESS OVER ALCOHOL – THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.
4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
5. ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
7. HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.
8. MADE A LIST OF ALL THE PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
9. MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.
10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.
11. SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR THE KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.
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.

## THE SERENITY PRAYER

GOD GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE;  
COURAGE TO CHANGE THE THINGS I CAN;  
AND WISDOM TO KNOW THE DIFFERENCE.

## ALCOHOLICS ANONYMOUS MEETING LIST DISTRICT 6

ENCOMPASSING:

<b>PARKSVILLE</b>	<b>PORT ALBERNI</b>
<b>QUALICUM</b>	<b>NITINAHT LAKE</b>
<b>COOMBS</b>	<b>BAMFIELD</b>
<b>NANOOSE BAY</b>	<b>UCLUELET</b>
<b>BOWSER</b>	<b>TOFINO</b>
	<b>LASQUETI IS.</b>

24 HOUR TOLL FREE NUMBER:  
**1-833-753-7513**

CURRENT TO:

**SEPTEMBER 2021**

## AA PREAMBLE

ALCOHOLICS ANONYMOUS IS A FELLOWSHIP OF MEN AND WOMEN WHO SHARE THEIR EXPERIENCE, STRENGTH AND HOPE WITH EACH OTHER THAT THEY MAY SOLVE THEIR COMMON PROBLEM AND HELP OTHERS TO RECOVER FROM ALCOHOLISM.

THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP DRINKING. THERE ARE NO DUES OR FEES FOR A.A. MEMBERSHIP; WE ARE SELF SUPPORTING THROUGH OUR OWN CONTRIBUTIONS. A.A. IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION; DOES NOT WISH TO ENGAGE IN ANY CONTROVERSY, NEITHER ENDORSES NOR OPPOSES ANY CAUSES. OUR PRIMARY PURPOSE IS TO STAY SOBER AND HELP OTHER ALCOHOLICS TO ACHIEVE SOBRIETY.

## UCLUELET/TOFINO

**\* ALL IN PERSON AND HYBRID MEETINGS FOLLOW STANDARD COVID PROTOCOLS \***

### IN PERSON:

UCLUELET MEETING: MONDAY 12&12 (C) 8PM AND THURSDAY DAILY REFLECTION (O) 8PM HOLY FAMILY PARISH (1663 PENINSULA RD.) \*BRING YOUR OWN COFFEE/TEA & CHAIR. 8 PEOPLE MAX. MASKS REQUIRED, CONTACT TRACING INFO REQUIRED.

TOFINO AA GROUP: TUESDAY STEP GROUP 7:30 PM.: FRIDAY DISCUSSION GROUP 7:30 PM ST FRANCIS OF ASSISI CHURCH (441 MAIN ST.)  
\*10 PEOPLE MAX, MASKS REQUIRED, CONTACT TRACING INFO REQUIRED.

### ONLINE:

TOFINO FOREVER GROUP: NOON DAILY & 7:30 PM DAILY MEETING ID: 419 585 9765 PASSWORD: 376942


## PORT ALBERNI


 : WHEELCHAIR ACCESSIBLE


### IN PERSON:

NOON GROUP: (O) DAILY ALANO CLUB (3028 2ND AVE)

PORT ALBERNI WOMEN'S MEETING: (O) TUESDAY 7 PM BREAD OF LIFE CENTRE (3130 3RD. AVE.) 

OPEN DOORS MEETING: (O) WEDNESDAY 5:30-8 PM; (C) 8-9 PM BREAD OF LIFE CENTRE (3130 3RD. AVE.) 

OPEN DOORS MEETING: (O) THURSDAY 8 PM BREAD OF LIFE CENTRE (3130 3RD. AVE.) 

OUR COMMON WELFARE: (O) SUNDAY 7 PM BREAD OF LIFE CENTRE (3130 3RD. AVE.) 

### ONLINE:

ECHO GROUP: MONDAY 7 PM AND FRIDAY 8 PM MEETING ID: 669 389 5517 PASSWORD: 775877

SATURDAY HOSPITAL GROUP: SATURDAY 8 PM MEETING ID: 224 293 050 PASSWORD: GRATITUDE

## PARKSVILLE/QUALICUM

### IN PERSON:

ERRINGTON NOON MEETING: (O) MONDAY-FRIDAY OUTDOOR AT THE ERRINGTON COMMUNITY PARK 

EMOTIONAL SOBRIETY: MONDAY 7:30 PM SHELLY HALL (186 SHELLY RD.)


MONDAY NIGHT QUALICUM AA MEETING: 7:30 PM ST STEPHENS CHURCH (150 VILLAGE WAY QB) \*MAX 15 PEOPLE


KEEP IT SIMPLE (MEN'S): (C) TUESDAY 7:30 PM KNOX UNITED CHURCH (345 PYM ST.) 

GRACE GROUP: TUESDAY 7 PM ERRINGTON HALL (OLD FIRE HALL) 1390 ERRINGTON RD. \*COVID GUIDELINES, NO FOOD OR COFFEE. 

LIGHTKEEPERS MEETING: (O) (QUALICUM BAY) FRIDAY 7:00 PM UP THE HILL FROM LIGHTHOUSE COMMUNITY HALL, MEETING ROOM IN LIONS HALL NEXT TO BASEBALL FIELD.

CAME TO BELIEVE: (C) FRIDAY 7:00 PM ST. STEPHENS CHURCH (150 VILLAGE WAY QB) 

SATURDAY NIGHT LIVE: (O) 7:00 PM SOS (245 HIRST AVE WEST) 

SUNDAY NIGHT 12&12: (C) 7:30 PM SOS (245 HIRST AVE WEST) 

### HYBRID:

BROWN BAGGERS: (O) MONDAY, WEDNESDAY, FRIDAY NOON. FRATERNAL ORDER OF THE EAGLES HALL (281 ISLAND HWY) MEETING ID: 961 405 0160 PASSWORD: 321123 

PRIMARY PURPOSE GROUP: (C) TUESDAY 7:30 PM OUR SAVIOUR LUTHERAN CHURCH (795 W. ISLAND HWY.) ZOOM ID: 845 8537 1088 PASSWORD: BIGBOOK 

SERENITY PRAYER STEP II MEDITATION MEETING: WEDNESDAY 7:30 PM SHELLY HALL (186 SHELLY RD.) MEETING ID: 671 147 570 PASSWORD: 919198

SUNDAY MORNING GRATITUDE: (O) 10:30 AM ZOOMED FROM SHELLY HALL (186 SHELLY RD.) \*MASK PROTOCOL. MEETING ID: 961 405 0160 PASSWORD: 321123

### ONLINE:

BROWN BAGGERS: NOON

TUESDAY ZOOM MEETING: MEETING ID: 995 722 708 PASSWORD: 893964

THURSDAY ZOOM MEETING: MEETING ID: 185 085 166 PASSWORD: 893964

SATURDAY ZOOM MEETING: ID: 961 405 0160 PASSWORD: 321123 (GENERALLY A SPEAKER MEETING)

COFFEE POT STEP DISCUSSION GROUP: WEDNESDAY 7 PM MEETING ID: 742 919 610 PASSWORD: 141146

NANOOSE BACK TO BASICS: WEDNESDAY 7:30 PM MEETING ID: 269 926 869 PASSWORD: 734593

### CLOSED (C) MEETINGS:

ARE FOR AA MEMBERS ONLY, OR FOR THOSE WHO HAVE A PROBLEM WITH ALCOHOL AND HAVE A "DESIRE TO STOP DRINKING."

### OPEN (O) MEETINGS:

ARE AVAILABLE TO ANYONE INTERESTED IN ALCOHOLICS ANONYMOUS. NON-ALCOHOLICS MAY ATTEND OPEN MEETINGS.