

PASS IT ON

District 6 & 7 Newsletter

October 15th - November 15th 2025

Announcements & Events

District 4 A.A. Workshop

October 19th at 11:30am

On Sponsorship

Potluck lunch

St. George's United Church
505-6th Street, Courtenay

Professional Community Luncheon

October 25th at 11:30pm

A.A. members are invited to our second luncheon. It will include speakers, a brief film, a comedic skit, discussions, and a pizza lunch.

\$20

Alano Club

206-321 Wallace St, Nanaimo

District 6 A.A. Workshop

October 25th, 12:00pm-4:00pm

The Group... Where it All Begins

Potluck lunch

Shelley Road Centre

186 Shelley Rd, Parksville

Cowichan A.A. Rally in the Valley

October 24th & 25th

With A.A. Speakers, and Area 79 facilitated workshop 'Our Primary Purpose', a cash 50/50 draw and raffle, and much more!

\$20 registration, \$50 registration and dinner, lunch by donation.

Contact Christie via text/call for tickets at 250-510-0897

Eagles Hall, 2965 Boys rd, Duncan

Plain language big book back in stock

Our Primary Purpose podcast streaming now and available on podcast platforms

Is there a birthday, rally, workshop, bbq, potluck, outing, or other event you'd like people to know about?

In order to keep you informed of what's happening in our districts we need you to tell us what is going on in your group! Submit it on the website and we will publish it in the newsletter to help spread the word!

We also accept submissions for content! If there is something related to recovery you'd like to see in the newsletter, let us know! If we think it's a good fit then we are happy to publish it for you!

Musings On Fellowship From A Local Member

Graeme O

When I really started to embrace the fellowship of AA, I found that the rooms were filled with people that really wanted to be helpful to me as a newcomer and a fellow alcoholic, people of all ages and backgrounds. Once I overcame my fear of asking for help, things miraculously began to happen for me. I was destitute. I had no home, job, friends, or nearby family. The people in AA were more than happy to help me, and I needed a lot of help. My AA friends helped me find jobs, safe places to live, and they were always there to pick me up when I stumbled. More importantly, the fellowship was there to help me with the stuff that can't be quantified practically - my feelings and my fears. I have survived because my friends in recovery have listened to my feelings, shared their fears with me, empathized with me, and given me suggestions based on their own experiences. I have had the opportunity to do the same for others. There is nowhere that I don't talk about recovery and the challenges of life with my friends. The friendship, honesty, and trust have kept me alive, it still helps me to grow as a person. I wouldn't give up the friendships I have gained in AA for anything, and I will never stop passing along the message that the fellowship not only saved my life but made it more fulfilling than I could have ever imagined.

**BEING HUMBLE MEANS
RECOGNIZING THAT WE ARE NOT
ON EARTH TO SEE HOW
IMPORTANT WE CAN BECOME,
BUT TO SEE HOW MUCH
DIFFERENCE WE CAN MAKE IN
THE LIVES OF OTHERS.**

- GORDON B. HINCKLEY

Upcoming cakes!!!

Geordie F - 3 years
October 19th, Sunday
Night Living Sober



Leah K - 1 year
October 30th, Thursday
Night Women's Circle

Jen W - 3 years
November 18th, Thursday
Night Women's Circle

Kendall P - 7 years
Jim E - 12 years
Lillian - 42 years
October 31st, Departure
Bay Step Group

Kim B - 3 years
November 8th. Back to
Basics

*Please note:
The newsletter is published on the 15th of every month. Please submit birthdays for the following month via the website by the 15th of the previous month.



"We are all just a paw's length away from that first drink!"



BINGE THINKING



<https://nanaimoAA.org/>

321 Wallace St. Unit 206B, Nanaimo, BC, V9S 5B6

Pass It On

October 15th - November 15th 2025

Intergroup meets the second Tuesday of each month both in-person and online (Zoom) at 6:15pm at Coastal Support Services, 2135 Bowen Rd., Nanaimo

Operating Committee Members:

Geoffrey S - **Chairperson**

Vacant - Co-Chair

Crystal - **Treasurer**

Natalie D - **Secretary**

Bailey T - **Telephone Answering Service (TAS) Chair**

Matt J - **Resource Chair**

Trevor M - **Website Chair**

Molly B/Candice H - **Newsletter Co-Chairs**

Donna A - **Archives Chair**

Kari F - **Member at Large**

Nora M - **Member at Large**

Vacant - Member at Large

Resources

MIIS Website:

<https://nanaimoAA.org>

Area 79 Website:

<https://bcyukonaa.org/>

AA World Service:

<https://www.aa.org/>

MIIS Resource Library:

<https://nanaimoaa.org/miis-resource-library/>

Area 79 Literature App:

<https://area79literature.glideapp.io/>

Newsletter Content:

<https://nanaimoaa.org/newsletter-content/>

Central Office phone :

250-751-7513

Central Office email:

nanaimoaa@shaw.ca



Scan the QR code to see which District 7 service positions need filling!

Did we miss something?

Submit events and announcements to

Nanaimoaa@shaw.ca

or via submissions button at nanaimoaa.org



What is Step 10 in A.A.?

Step 10 in Alcoholics Anonymous (A.A.) means shifting from reflecting on past actions to applying lessons from earlier steps to daily life through continuous self-assessment. This step requires taking a personal inventory regularly and promptly admitting when wrong to prevent resentments from building up, maintaining emotional balance, and applying the A.A. way of living consistently.

It entails:

- Daily self-reflection
- Admitting and correcting wrongs
- Taking responsibility:
- Balancing positives and negatives

Why it's important:

- It's a maintenance step
- It prevents problems
- It's about practicing principles



What is Tradition 10 in A.A.?

Tradition 10 of Alcoholics Anonymous states that no A.A. group or member should express an opinion on outside, controversial issues, such as politics, sectarian religion, or alcohol reform, in a way that implicates A.A. The purpose is to protect A.A.'s primary mission of helping alcoholics by avoiding controversy that could divide the fellowship, alienate potential members, or distract from recovery. This tradition ensures A.A. remains a neutral, safe place for alcoholics from all backgrounds to find help.

Thank you to all the groups and individuals who contributed to Intergroup this month!

Monday Nite Big Book Group, Cedar's Saturday Night, Friday Night Men's Group, 7am Pass It On, Thursday Night Discussion Group, Let It Begin With Me, Doreen, Ladysmith Thursday Night, Departure Bay Step Group, 5pm Candlelight Meeting, Big Book Cover to Cover, Next Guy On The List,



What is Intergroup & what can it do?

A central office or intergroup is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. A central office/intergroup is established to carry out certain functions common to all the groups — functions that are best handled by a centralized office — and it is usually maintained, supervised and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers

Intergroup is responsible for:

- Inquiries
- Toll-free phone line
- Website
- Office facilities
- Meeting lists and other literature
- Information exchange
- Local committees on public information
- A.A. in correctional and treatment facilities
- Local A.A. events
- A.A. Bulletin or newsletter
- Accessibilities



Scan the QR code to see which Intergroup service positions need filling!

Digital Mailboxes are here!

Automatically update your group on local A.A. information like:

- District meeting minutes
- A digital copy of this newsletter!
- General service resources
- Intergroup meeting minutes
- An Intergroup Welcome Package

You can use this email address for all group related correspondence, and the Google Drive to store useful information like your group's member list, financial updates and other resources.

Submit your request for a digital mailbox at <https://nanaimoaa.org/miis-digital-mailbox-request-form/>.

<https://nanaimoaa.org/>

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