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

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 in 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!

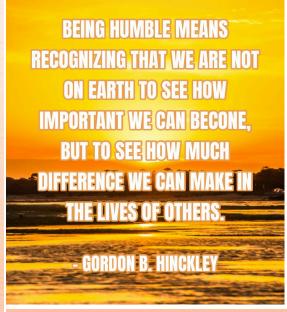
Musings On Fellowship From A Local Member

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.

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





Upcoming cakes!!!

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

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

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

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

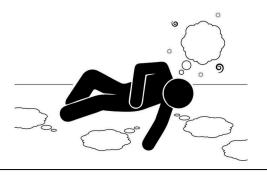


Jen W - 3 years November 18th, Thursday Night Women's Circle

*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.



BINGE THINKING



Pass It On

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://nanaimoA.A..org

Area 79 Website: https://bcyukonaa.org/

AA World Service: https://www.aa.org/

MIIS Resource Library: https://nanaimoaa.org/miisresource-library/

Area 79 Literature App: https://area79literature. glideapp.io/

Newsletter Content: https://nanaimoaa.org/newsl etter-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

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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.

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/.

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,

https://nanaimoaa.org/

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