MONDAY

7:00amPassItOn (Hybrid)

Alano Club, #206-321 Wallace St. Nanaimo



12:00pm Trudging The Broad Hwy

St. Andrews Presbyterian, 4235 Departure Bay Rd,



12:00pm Let it Begin With Me Scout Hut, 445 Comox Rd, Nanaimo

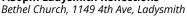


5:00pm Candlelight Meeting Kin Hut, 2730 Departure By Rd.

Nanaimo 7:00pm Big Book Cover To Cover 7:00pm Big Book Cover 10 Cover District Teachers Assoc Bldg, 3137 Barons Rd, Nanaimo



7:30pm Ladysmith Reflections





7:30pm Monday Big Book 4951 Rutherford Rd, Nanaimo 8:00pm Nanaimo Step Group

Hope Lutheran, 2174 Departure Bay Rd, Nanaimo



TUESDAY

7:00am Pass it On (Hybrid) Alano Club, #206-321 Wallace St

10:00am Tuesday Morning Women's Grp First United Church, 232 High St, Ladysmith



12:00pm Let it Begin With Me Scout Hut 445 Comox Rd, Nanaimo

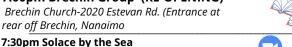


7:00pm Live & Let Live LGBTQ+Allies



7:00pm Brechin Group (RE-OPENING) Brechin Church-2020 Estevan Rd. (Entrance at

The Alano Club, #206-321 Wallace St, Nanaimo



St. Paul's Anglican Church, 100 Chapel St, Nanaimo



Online ZOOM - see nanaimoaa.org/meetings for link



7:30pm Ladysmith Men's (Online) Online ZOOM - see nanaimoaa.org/meetings for link

> Mid Island Intergroup Society (250)753-7513

> > nanaimoaa@shaw.ca

WENESDAY

2221 Bowen Rd.

Nanaimo

7:00am Pass It On (Hybrid)



9:00am Chairman's Choice (NEW)

Alano Club, #206-321 Wallace S Nanaimo

Community Hall-2200 South Rd. Gablriola



9:30am The Promises Group, Salvation Army (19 Nicol St. Nanaimo

1:00pm Step Sisters - Women's Meeting



12:00pm Let it Begin With Me Scout Hut, 445 Comox Rd, Nanaimo



Nanaimo 5:00pm Candlelight Meeting

Kin Hut, 2730 Departure By Rd.



7:00pm Saints We Ain't (NEW MEETING)

6011 Doumont Rd. Nanimo, Back Side of Tinity United Church

7:00pm The Grapevine Trail

District Teachers Assoc Bldg, 3137 Barons Rd, Nanaimo *C * *Open*_ T_h_e_ L_a_s_t_ W_e_d_o_f_t_h_e_ M_o_n_t_h_

7:00pm The Hermits Gabriola Fellowship Church, 775 Church St. Gabriola





7:30pm Just for Today Eagles Hall (d-stairs) 921 1st Ave, Ladysmith



THURSDAY

7:00am Pass It On (Hybrid) ,Alano Club, #206-321 Wallace S Nanaimo



12:00pm Let it Begin With Me Scout Hut, 456 Comox Rd, Nanaimo

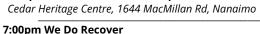


12:00pm Noon Meeting

Christ Community Church, 2221 Bowen Rd, Nanaimo



7:00pm Cedar Discussion Group Cedar Heritage Centre, 1644 MacMillan Rd, Nanaimo



The Alano Club #206-321 Wallace, St, Nanaimo *The first 20 minutes is a speaker, followed by open sharing. **THURSDAY**

7:30pm Thursday Night Women's Circle

Neighborhood Church, 4951 Rutherford Rd, Nanaimo



7:30pm Ladysmith Step & Traditions First United Church, 232 High St, Ladysmith



7:30pm Thursday Night Discussion Group Church of the Nazarene, 2150 Departure Bay Rd,

Nanaimo



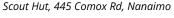
FRIDAY

7:00am Pass it On (Hybrid)

, Alano Club, #206-321 Wallace St. Nanaimo



12:00pm Let it Begin With Me





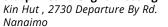
12:00pm Casual Fridays

2221 Bowen Rd.,

Gabriola Fellowship Church, 775 Church St

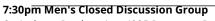


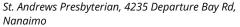
Nanaimo 5:00pm Candlelight Meeting





5:30pm Keep It Simple (Hybrid) Neighborhood Church, 4951 Rutherford Rd, Nanaimo







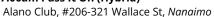




(250) 753 7513 - nanaimoaa@shaw.ca

SATURDAY

7:00am Pass It On (Hybrid)





8:00am Ladysmith 11th Meditation and Prayer Meeting (Online)

Online ZOOM - see nanaimoaa.org/meetings for link

10:00am Women's Steps on Saturday SOS (Hybrid District Teachers Assoc BLDG.3137 Barons Rd Nanaimo

12:00pm Let it Begin With Me Scout Hut 445 Comox Rd, Nanaimo

7:00pm Saturday Night Discussion Group First United Church, 232 High St, Ladysmith



7:30pm Back to Basics

Nanaimo District Teachers Assoc Bldg, 3137 Barons Rd, Nanaimo



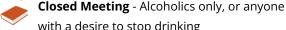
8:30pm Saturday Night Cedar Group Cedar United Church, 1644 Cedar Rd, Nanaimo



SUNDAY - see other side

Pamphlet Legend

Open Meeting - Anyone can attend



with a desire to stop drinking **Online Meeting** - This meeting is available



Hybrid Meeting - This meeting is hyrbid, available both in person and online



Wheel Chair Accessible

Men's Only - Only those who identify as male may attend

Woman's Only - Only those who identify as female may attend

*All Online and Hybrid meeting ZOOM links can be found at: nanaimoaa.org/meetings www.nanaimoaa.org

SUNDAY

7:00am Pass it On (ONLINE ONLY) Nanaimo



10:00am Sunday Serenity

Alano Club, #206-321 Wallace St, Nanaim



11:00am I am Responsible

Cedar Heritage Centre, 1644 MacMillan Rd, Nanaimo

11:00am Sunday Morning Breakfast Grp

Country Grocer, 82 Twelfth St, Nanaimo, BC V9R 6R6

11:00am Sunlight of the Spirit Nanaimo District Teachers Assoc Bldg, 3137 Barons

Rd Nanaimo

6:30pm Sunday Night Ladies Meeting (Hybrid) Alano Club, #206-321 Wallace St, Nanaimo

7:00pm One Day at a Time

Gabriola Fellowship Church, 775 Church St, Gabriola



7:00 PM Sunday Living Sober NEW TIME & LOCATION (Downstair) St Pauls Church 100 Chapel St.



Intergroup Service **Opportunities**

Office Volunteers (3+ Month sobriety)

- Volunteering within the office
- Assisting with administration and sales
- Phone answering and information providing

After Hour Phone Volunteers

(3+ Month sobriety)

- Answering the phone after the office has closed Supplying information to callers
- Forwarding calls to 12 Step Volunteers

12 Step Members

(1+ Year sobriety)

- Listening to new members stories
- Taking New/Returning members to meetings (if able, **not** required)
- Visiting the home of an alcoholic (in pairs and upon request)

Call for more information (250) 753 7513

More about ALCHOLICS ANONYMOUS

Alcoholics Anonymous is a fellowship of people 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.

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Service Meetings

Mid-IslandIntergroup Society

Intergroup Meeting

The 2nd Tuesday of the month at 6:00pm. Please check meeting dates online or at the office. Online: ZOOM ~All are welcome to attend nanaimoaa.org/intergroup-rep-resources/

District 7 GSR Meeting

The 3rd Monday of the month at 5:30pm.

Hybrid Meeting

First Baptist Church, 1650 Waddington Road, Nanaimo

District 6 GSR Meeting The 2nd Sunday of the month at 10:00am. **Hybrid Meeting**

ZOOM Links: nanaimoaa.org/districts-7-6/

Phone Numbers of New **Friends**

ALCOHOLICS ANONYMOUS Mid-Island Intergroup Society DISTRICT 7

Nanaimo, Lantzville, Gabriola Island Ladysmith

MEETING LIST

NOV/DEC 2025

Please check the website for the most current meeting schedule.

nanaimoaa.org



SCAN ME

Office Hours

Mon-Fri 9:00am-4:00pm

(PLEASE CALL AHEAD)

CHRISTMAS HOURS

DEC24-CLOSED AT NOON AND WE WILL RE-OPEN @ 9:00 am FRI JAN 2ND All calls will be directed to the Crisis Line

Phone: (250) 753-7513

Email: nanaimoaa@shaw.ca

321 Wallace St. Unit #206B

Nanaimo, V9R 5B3

Drive Down Robson (Last parking lot on Right)