

PASSION

District 6 & 7 Newsletter

November 15th - December 15th, 2025

Announcements & Events

Professional Community Luncheon:

November 29th from 11:30 to 1:30

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

321 Wallace St. Unit 206 (Alano Club)

Parking and entrance at the rear of the building. Please RSVP on the website

ASAP because space is limited.

2025 ALCATHON:

24 hours of AA meetings beginning on December 24th at 1pm!

Available in person and online, with coffee and snacks provided.

Potluck food, please bring anything you like!

321 Wallace St. Unit 206 (Alano Club)

Nanaimo 2026 Rally:

A Message of HOPE

The rally is coming up at the end of January. There are many chair/co chair positions available including:

- Catering potluck/dinner co-chair
- Hospitality co-chair
- Registration chair/co-chair
- Recycling chair/co-chair
- Speaker and meetings co-chair
- Decorating co-chair

The committee meetings are held the first Sunday of each month at 1:00 at the Country Grocer in Chase River at 82 Twelfth st.

Telephone Answering Needed

Monday Evenings

Looking to do some service and available between 4pm to 11pm on Mondays? Contact Central Office (250-753-7513) if you're available to take its calls!

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

Please let us know if your group is having an event! Submit via the website's Newsletter submission page and we will happily publish it!
(<https://nanaimoaa.org/newsletter-content/>)

We also accept submissions for content! If there is something related to A.A. you'd like to see in the newsletter, let us know! If we think it's a good fit we'll be sure to include it in an upcoming edition.

Shattered

Kathryn Y.

Who was the girl before she took a drink?

I ask myself, didn't she think?

Of the pain she poured on herself and others

Her father, mother, sister and brother.

Now she walks with chains wrapped tight around,

Fighting to rise, but she keeps falling down.

She wonders still, what life could've been,

If she hadn't drowned her soul in sin.

She looks in the mirror, but someone else stares back,

Tears start to fall, her heart fades to black.

"Dear God" she cries, "please tell me why I'm too weak to live, too tired to try."

"I surrender, Lord, take control, I give You my body, my heart, my soul."

Her world is shattered, her past won't rest,

She clutches quilt deep inside her chest.

The silence screams, the nights are long,

She's begging now just to belong.

Hour after hour, the battle's not won, but she clings to hope like the rising sun.

One breath, one prayer, she tries again,

Calling out through the storm and the pain.

She looks in the mirror, sees a flicker of light, A girl reborn, still ready to fight.

"Dear God," she whispers, "I know You're near Give me the strength to face my fear."

"I surrender, Lord, take control, I give You my body, my heart, my soul."

Your character defects
are not where you're bad,
but where you're
wounded. But no matter
who or what causes the
wound, it's yours now and
you're responsible for it.

- Marianne Williamson

Upcoming cakes!!!

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



Myles J - 17 years
Don G - 35 years
November 20th, Thursday
Night Discussion Group

Sinclair S - 1 year
December 2nd, Solace by
the Sea

Georgia B - 1 year
November 26th, 5pm
Candlelight Meeting

Monica M - 29 years
December 7th, I Am
Responsible

Derek M - 1 year
November 29th, Back to
Basics

*Please submit birthdays
by the 13th in order to be
published in the next
newsletter.

Goldie S - 18 years
November 30th, Sunday
Night Living Sober



BIRTHDAY CARDS in stock!!!

Purchase from Central Office
Monday to Friday 9am to 4pm



<https://nanaimoAA.org/>

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

Pass It On

November 15th - December 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.

Visitors always welcome.

Zoom ID: ID: 821 6666 5997

Password: Intergroup

Operating Committee Members:

Geoffrey S - **Chairperson**

Vacant - **Vice-Chair**

Crystal M - **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**

Leslee B - **Member at Large**

Resources

Mid-Island Intergroup Society (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/>

Submit Newsletter Content:

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

Central Office phone :

250-753-7513

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 11 in A.A.?

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

This step focuses on a *daily* spiritual practice to strengthen your connection with a higher power, seeking guidance and strength for sobriety through prayer and meditation, not just as an occasional act. .

- Goal of the step: develop a spiritual foundation to help guide your choices and thoughts, leading to a life of sobriety and a sense of purpose.
- Methods: daily prayer and meditation to seek knowledge of your higher power's will and the power to follow it.
- How to work the step: develop a consistent spiritual practice, such as reflecting on your day before sleep, and continuing to work on your connection with a higher power as you move forward.



What is Tradition 11 in A.A.?

The 11th Tradition of Alcoholics Anonymous (AA) states that AA's public relations policy should be based on attraction rather than promotion and that personal anonymity must be maintained at the level of press, radio, and films. This means the fellowship relies on members sharing their experiences to attract others to AA, rather than using advertising or celebrity endorsements, which could promote individuals or the organization itself. The tradition's core purpose is to protect the fellowship from sensationalism and to ensure the focus remains on recovery rather than personal fame

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!

October's Group & District Contributions: Grapevine Trails, Thursday Nooner, Fiver, New Hope - Salvation Army Nanaimo, The Way Out Group, Tuesday Night Brechin, Sunday Night Living Sober, Thursday Night Discussion Group (in-person), Sunday Serenity, Thursday Night Womens Circle, District 6, Primary Purpose Group, Saturday Night Live, We Do Recover, P.I. CPC District 7, Women's Steps on Saturday (SOS)

<https://nanaimoAA.org/>

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

We are now accepting submissions of art/poetry/writing/opinions etc. for our new page 'Inspiration in recovery!' Please submit anything you'd like to share via the Newsletter submissions

page:

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



'We Do Recover' meeting upcoming speakers:

Thursday - 7:00pm
Nanaimo Alano Club

November 20th - Ryan
November 27th - Julie W
December 4th - Jamey
December 11th - Marcia
December 18th - Steve

Seeking members who are willing to put their names on a list for central office of people available to do Step 5s!!!!

Help us make this newsletter **better!**
Please let us know what you would like to see more, less, etc. of:
<https://nanaimoaa.org/newsletter-content/>

Inspiration in recovery



This painting depicts my daughter Cassidy with her cat Pip and her beloved Ben. During the past year, these family members have been preparing for their Father to pass over which would end his suffering from terminal cancer.

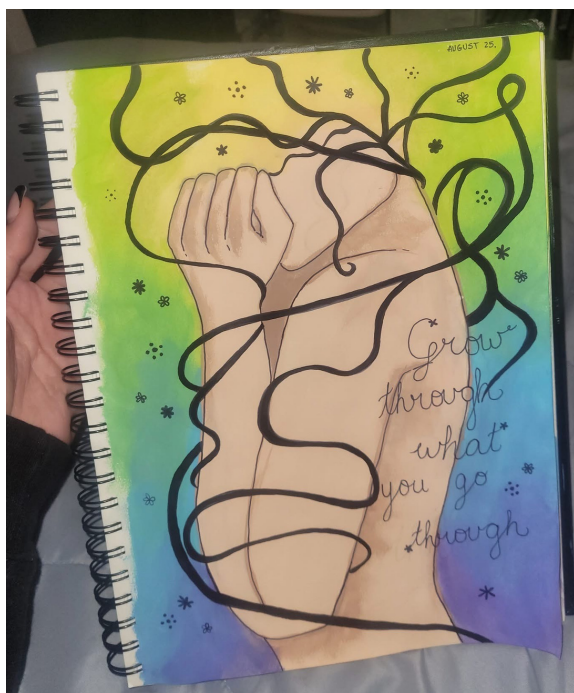
As much as it was a difficult time, it was a relief to be have seen my two daughters grow through what might've been considered a nightmare four years.

I was able to recover myself and be sober for the colours to shine through once again in our lives.

Even through the darkness, the light shines all around us in the company of family and love for one another.

Delight returns and joy can be once more seen in the colours and the music of remembrance. To dance and to dream and to be free of addiction and disease but mostly from the horror of self isolation.

- Michelle P



I hadn't painted anything in quite a while but the night before I reached two years [sober], I had a moment where I felt like I needed to create something with all the feelings I was having, and this is what came out of it. Those old beliefs and patterns that held me as a prisoner in my own mind are no longer in control of how I wish to live my life. I have a connection with God today, I have strong and vulnerable women in my life, I have self-love and self-respect, a beautiful relationship with a foundation of friendship and respect, I am going into my second year of university studying something I'm passionate about, I show up as a daughter, sister, friend, partner and woman in ways I can be proud of today. I'm excited for the growth ahead.

- Gabi T

They told me to surrender
But not to give up
And I questioned the difference

I've been fighting a war
Me vs myself
For years now
And if I put down the sword
If I stop fighting
Who wins?

Who will I be
If I stop bleeding
And start healing

Is surrender
Laying down
Or walking away

Freedom is found
Not in conquering
But rather
In the serenity
Of life not being a battle
Anymore

- Priya W.