

PASS IT ON

District 6 & 7 Newsletter

December 15th - January 15th 2025/6

Announcements & Events

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!

Me with my sleepytime tea at 8pm reminiscing about all the crimes I used to do



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.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous:

1. *Line up extra AA activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at the clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at the hospital.
2. *Be host to AA friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for coffee.
3. *Keep your AA telephone list with you all the time.* If a drinking urge or panic comes – postpone everything else until you've called an AA
4. *Find out about the special holiday parties, meetings, or other celebrations* given by groups in your area, and go. If you're timid, take someone newer than you are.
5. *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.
6. *If you have to go to a drinking party and can't take an AA with you, keep some candy handy.*
7. *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.
8. *Worship in your own way.*
9. *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.
10. *Don't start now getting worked up about all those holiday temptations.* Remember – "one day at a time."
11. *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts – but this year, you can give love.
12. *"Having had a ..."* No need to spell out the Twelfth Step here, since you already know it.

Armed with
humility, we who
once dreaded
change as much as
death can learn to
face real life with a
new courage and
hope.

Bill P, Drop The Rock

Upcoming cakes!!!

Chelsea T - 6 years
December 26th - Pass it On

Kris P - 2 years
December 28th - Sunday
Night Living Sober

Scott C - 2 years
December 29th - Pass It on

Geoffrey S - 5 years
January 3rd - Pass It on

Andrea T - 7 years
January 4th - Sunday Night
Ladies Meeting

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



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

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

Vacant - 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**

Leslee B - **Member at Large**

Nora M - **Member at Large**

Vacant - 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

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

<https://nanaimoAA.org/>

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What is Step 12 in A.A.?

Step 12 is about having a spiritual awakening from the previous steps, then carrying the message of recovery to other alcoholics and practicing these principles (like honesty, service, spiritual growth) in all aspects of life, making sobriety a way of living through helping others and personal transformation. It's the action phase, focusing on service (sponsorship, meeting support) and integrating recovery into daily living, solidifying one's own sobriety by giving it away.

The Three Parts of Step 12

1. **Spiritual Awakening:** A profound inner shift, not necessarily dramatic, leading to a new perspective on life, purpose, and a connection with a Higher Power (God as you understand Him).
2. **Carrying the Message:** Reaching out to help other suffering alcoholics by sharing your experience, strength, and hope (ESH) – a core way to keep your own sobriety.
3. **Practicing Principles in All Affairs:** Applying AA principles (like honesty, open-mindedness, service) to your job, relationships, and daily challenges, moving from self-centeredness to maturity.



What is Tradition 12 in A.A.?

Tradition 12 emphasizes anonymity as the spiritual foundation, stressing "principles before personalities" to maintain humility and focus on recovery, not individuals, preventing ego and self-promotion, ensuring all members are equal, and protecting the group from public controversy by keeping member identities private at the public level (press, radio, films).

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!

'We Do Recover' meeting upcoming speakers:

Thursday - 7:00pm
Nanaimo Alano Club

December 18th - Steve
December 25th - Stephanie D
January 1st - Ken N
January 8th - Ken F
January 15th - Ashley S

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



November's Group & District Contributions: Next Guy on the List, Let it Begin With Me, Sunday Night Ladies Meeting, 7am Pass it On, Fiver, Echo Group, Big Book Cover to Cover, Sunlight of the Spirit, Keep it Simple, District 6, Sunday Morning Breakfast Group, Ladysmith Tuesday Morning Women's Group, Sunday Morning Gratitude Group, Cedar's Saturday Night, District 7 & Women's Steps on Saturday (SOS)

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