

PASS IT ON

District 6 & 7 Newsletter

March 15th - April 15th 2026

Events & Announcements:

Acceptance Is The Key, 78th Annual Kamloops Roundup:

May 15th - 17th 2026

Ice cream social, long timers panel, AA Newcomer panel, dance, skit, cakewalk, campfire social and more! Registration opens at 4pm on the 15th.

Heffley Community Hall
6995 Old Highway 5, Kamloops

A Newcomer Asks:

If I go to an A.A. meeting, does that commit me to anything?

No. A.A. does not keep membership files or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

What happens if I meet people I know?

They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an A.A. meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

How do I join A.A.?

You are an A.A. member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

How much does A.A. membership cost?

There are no dues or fees for A.A. membership. An A.A. group will usually have a collection during the meeting to cover expenses, such as rent, coffee, etc., and to this all members are free to contribute as much or as little as they wish.

Is A.A. a religious organization?

No. Nor is it allied with any religious organization.

There's a lot of talk about God, though, isn't there?

The majority of A.A. members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others think it is the A.A. group, still others don't believe in it at all. There is room in A.A. for people of all shades of belief and non-belief.

What advice do you give new members?

In our experience, the people who recover in A.A. are those who:
a) stay away from the first drink;
b) attend A.A. meetings regularly;
c) seek out the people in A.A. who have successfully stayed sober for some time;
d) try to put into practice the A.A. program of recovery;
e) obtain and study the Big Book, Alcoholics Anonymous.

Here was hope.
Maybe I could find my way out of this agonizing existence.
Perhaps I could find freedom and peace, and be able once again to call my soul my own

- Alcoholics Anonymous, p.273

Upcoming cakes!!!



Pierre M - 28 years
Judy L - 35 years
March 30th, Monday
Night Big Book Group

Colleen U- 40 years
March 20th, Bring Your Own Coffee (BYOC)

Tara F - 18 years
April 2nd, Thursday
Night Women's Circle

Sharla L - 1 year
March 22nd, Sunday Night Ladies Meeting

Natalie D- 5 years
April 10th, Bring Your Own Coffee (BYOC)

Nick A - 17 years
Trevor S - 22 years
March 25th, Next Guy On The List

Terry K - 29 years
April 13th, Big Book Cover to Cover

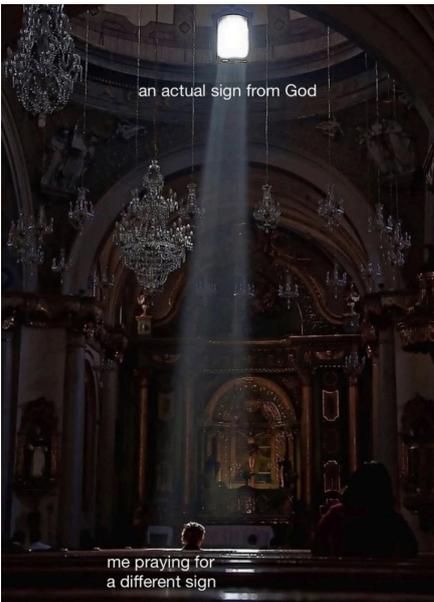
Sean D - 1 year
March 27th, Departure Bay Step Group

Leslee B - 22 years
March 28th - Pass It On

Gina G - 7 years
March 30th - Pass It On



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



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.

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

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March 15th - April 15th 2026

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**
- Vacant - **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/>



What is Step 3 in A.A.?

Step 3 of AA encourages those to make, "a decision to turn our will and our lives over to the care of God as we understood him." Some may initially have a hard time with this step, largely due to the way it is worded. Those who do not believe in God or have conflicting feelings of religion may initially shy away from AA Step 3. However, this step isn't meant to be a religious obligation. Instead, Step 3 of AA is meant to help people rely on something other than themselves to help them abstain from drinking alcohol. This can mean seeking help from friends, family, licensed professionals, religious beliefs, or anything that can help one ground themselves and accept help and guidance.

Many find it difficult to accept help because of their need for control. Those struggling with alcohol addiction sometimes spend energy resisting suggestions instead of making changes in their lives. Step 3 of AA suggests that one should instead be open to help from whatever source it comes, which has likely been helpful in the first two Steps and will continue to be as you move through the remainder of the Steps.



What is Tradition 3 in A.A.?

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself.

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

- March 19th - Stephanie D
- March 26th - Rayne L
- April 2nd - Monica
- April 9th - Milan
- April 16th - Kendra I.



<https://nanaimoAA.org/>

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