

PASSION

District 6 & 7 Newsletter

April 15th - May 15th 2026

Events & Announcements:

2026 Workshop Series:

Heart to heart

April 25th - 10am - 2pm

Sharing our stories, strengthening our connections.

Join us for a pizza lunch and an interactive AA workshop on fellowship,

connection, and the power of shared experience

Nanaimo Alano Club, 321 Robson Rd

Victoria Miracles Rally

April 24th at 5pm - April 26th at 1pm

Leonard DaVinci Center

195 Bay St, Victoria

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

****Please note that Central Office hours have changed to 10am to 4pm. Please leave a message if calling before 10am and it will be returned in the afternoon. We appreciate your support and patience.****

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.

A.A.'s Legacy of Service:

By Bill W.

Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. *Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.*

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer — ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service. Services include meeting places, hospital cooperation, and ntergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

Vital to A.A.'s Growth

These services, whether performed by individuals, groups, areas, or A.A. as a whole, are utterly vital to our existence and growth. Nor can we make A.A. more simple by abolishing such services. We would only be asking for complication and confusion. Concerning any given service, we therefore pose but one question: "Is this service really needed?" If it is, then maintain it we must, or fail in our mission to those who need and seek A.A. The most vital, yet least understood, group of services that A.A. has are those that enable us to function as a whole; namely, the General Service Office, A.A. World Services, Inc., the AA Grapevine, Inc., and our Board of Trustees, known legally as the General Service Board of Alcoholics Anonymous. Our worldwide unity and much of our growth since early times are directly traceable to this cluster of life-giving activities. Until 1950, these overall services were the sole function of a few old-time A.A.'s, several non-alcoholic friends, Doctor Bob, and me. For all the years of A.A.'s infancy, we oldtimers had been the self-appointed trustees for Alcoholics Anonymous.

**I am responsible. . .
When anyone, anywhere,
reaches out for help, I want
the hand of A.A. always to be there.
And for that: I am responsible.**



**BIRTHDAY CARDS in stock!!!
Purchase from Central Office**



Upcoming cakes!!!



Dennis P - 3 years
April 17th, Friday Night
Men's Group

Amy C - 3 years
May 3rd, I Am
Responsible

Nelson S - 4 years
April 24th, Departure Bay
Step Group

Dawn J - 1 year
May 14th, Thursday
Night Women's Circle

Kip H - 31 years
April 24th, Friday Night
Men's Group

Beth S - 10 years
April 26th, Sunday Night
Ladies Meeting

Charlie G - 30 years
Barry D - 46 years
April 27th, Monday Night
Big Book Group

Frankie M - 4 years
May 2nd, Women's Steps
On Saturday



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

<https://nanaimoAA.org/>

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

Pass It On

April 15th - May 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 - **Co-Chair**
Vacant - **Treasurer**
Natalie D - **Secretary**
Vacant - **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: office@nanaimoaa.org



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/>



Step 4 in Alcoholics Anonymous is "Made a searching and fearless moral inventory of ourselves". It is an action-oriented step involving writing down a detailed, honest analysis of one's past behaviors, character defects, resentments, and fears to identify patterns that fueled addiction, often done with a sponsor.

Key Aspects of Step 4:

- Purpose: to gain self-awareness, take responsibility, and identify "character defects" or "liabilities."
- Components: traditionally includes listing resentments, fears, and sex conduct, along with listing harm done to others.
- The Inventory Process: usually written on paper, this involves listing people, institutions, or principles with whom the individual is angry (resentment), why, and how it affected their lives.
- "Fearless" & "Searching": means looking at the truth without evasion or shame, aiming to uncover hidden patterns of selfishness or dishonesty.

It is considered an "ego-smashing" step that lays the foundation for making amends and finding long-term sobriety.



What is Tradition 4 in A.A.?

This tradition defines the balance between a local group's freedom to manage its own affairs and its responsibility to the broader AA fellowship.

Key Aspects of Tradition 4

- Group Autonomy ("Right to be Wrong"): Individual AA groups have complete freedom to choose their meeting format, location, time, and content. They are responsible to no other authority than their own conscience.
- Limitations (The "But"): This freedom is not absolute. If a group's actions affect other groups or AA as a whole—such as interfering with other meetings, changing the 12 Steps, or using outside literature—they should not act without consulting others.
- The "Common Welfare": Tradition 4 emphasizes that when a decision affects the broader fellowship, the common welfare of AA takes precedence over a single group's desires.
- Origin ("Rule 62"): This tradition was largely developed to prevent groups from taking themselves too seriously. It is often associated with the anecdote "Rule 62," which is "Don't take yourself too damn seriously".

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

April 16th - Kendra
April 23rd - James

April 30th - Leslee, Ross, Steve & Julie cake
May 7th - Liam
May 14th - James



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