

PASS IT ON

District 6 & 7 Newsletter

May 15th - June 15th 2026

Events & Announcements:

Acceptance Is The Key, 78th Annual Kamloops Roundup:

May 15th - 17th
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

May 2026 CPC/PI Luncheon

May 23rd, 11 am - 1 pm
It will include speakers, a brief film, a comedic skit, discussions, and a pizza lunch.
The Alano Club
321 Wallace street.
Parking and entrance at the rear of the building. Please RSVP on the website because space is limited.

Founder's Day Picnic

June 13th, 11 am - 2 pm
Join us for games & fun & fellowship! Bring your family, friends, and your own chair! Let's celebrate the gifts of recovery together! Suggested donations for food, no one turned away!
Mansfield Park, 800 St. Andrews St., Nanaimo

****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.****

Scan the QR code to see which Intergroup service positions need filling!



'We Do Recover' meeting upcoming speakers:

Thursday - 7:00pm
Nanaimo Alano Club

- May 21st - Claudette
- May 28th - Marcia
- June 4th - Josh
- June 11th - Shawna
- June 18th - Gerry

Young People in A.A.

Some myths and misconceptions about alcoholism:

I can take one drink and get away with it.
While many of us could sometimes take just one drink and not drink again that night or the next day, sooner or later, we'd get drunk again. Just trying to control drinking is a sign of trouble.

I know I have a problem. But I can beat it.
If you are like us, the chances are you can't beat it alone. Alcoholism is a progressive illness; and if an alcoholic keeps on drinking, the illness will always get worse.

A.A. is for bums and old people.
The illness of alcoholism strikes people of all ages, races and economic situations. A.A. can and does help people from all walks of life.

I can't be an alcoholic, because I can't drink too much. I get sick.
You'll see some of our stories in this pamphlet are about young people who kept on drinking even though our stomachs protested. We too are alcoholics.

I can't be an alcoholic, because I can drink a lot. I never get sick.
Some of our stories in this pamphlet are about young people who had large capacities for alcohol. We are also alcoholics.

If the party is a real success, then naturally nobody can remember it.
Most people do not have blank spots in their memory, or "blackouts." Getting this wasted is not normal, and blackouts are a symptom of alcoholism.

A.A. makes you give up drinking for the rest of your life.

A.A. doesn't "make" us do anything, and we don't swear off drinking forever. We just stay away from one drink — the next drink — for one day at a time. Just for today, we're not drinking.

I'm a bad, weak-willed drinker.
We learned that alcoholism is an illness, not a moral weakness. Like most other illnesses, it can strike anyone. Alcoholism can't be cured; it can only be arrested. Instead of taking medicine, we participate in the A.A. program

Read more on A.A. for young people in the pamphlet of the same name!

Admitting powerlessness releases us from control & creates the possibility of a better outcome.

Upcoming cakes!!!



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|--|---|
| Erika S - 1 year
May 21 st , Thursday Night Discussion Group | Ang H - 13 years
June 14 th , I Am Responsible |
| Adam C - 17 years
May 22 nd , Departure Bay Step Group | Jim P - 28 years
June 20 th , Pass It On |
| Kevin W - 31 years
May 27 th , Next Guy On The List | Trevor M - 3 years
May 22 nd , - Keep it Simple |
| Ryan C - 2 years
May 28 th , Thursday Night Discussion Group | Margaret - 49 years
Arlene - 30 years
May 27 th , Grapevine Trails |
| Jeff C - 8 years
May 29 th - Departure Bay Step Group | |
| Alaska W - 2 years
May 31 st , Sunday Serenity | |



*Please submit cake dates by the 13th of the previous month

Pass It On

May 15th - June 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**
- Theresa H - **Volunteer Chair**
- Molly B/Candice H - **Newsletter Co-Chairs**
- Vacant - **Archives Chair**
- Leslee B - **Member at Large**
- Nora M - **Member at Large**
- Julie R - **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/>

April Group Contributions

Sunday Serenity, Just for Today (Ladysmith), & Men's Closed Discussion Group

Thank you for your contributions!



What is Step 5 in A.A.?

Step 5 can feel challenging because it involves honestly acknowledging—both internally and out loud—the actions, behaviors, and experiences that may have harmed us or others. We share these reflections with ourselves, with our Higher Power, and with another person. Step 5 focuses on honesty, accountability, and connection. By openly sharing our experiences, we begin to better understand how our actions have affected our lives and relationships, while also reducing feelings of isolation and shame.

While this Step can support self-acceptance, its primary purpose is to bring integrity and trust into the recovery process. Many people find that speaking openly about their experiences helps ease emotional burdens and creates space for a calmer, clearer perspective.



What is Tradition 5 in A.A.?

Tradition 5, in simple terms states our singleness of purpose. To carry the message which was freely given to us. Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose — that of carrying its message to the alcoholic who still suffers. The main purpose of an AA group is to share experience, strength and hope to the still suffering alcoholic. The fifth tradition of A.A. protects groups from becoming distracted by money, property, prestige, politics, or any of its individual member's personal priorities.

This quote from Bill W, from Problems Other Than Alcohol, summarizes the spirit of the 5th tradition nicely: "An AA group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world. Sobriety—freedom from alcohol—through the teaching and practice of the Twelve Steps, is the sole purpose of an AA group."

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

BIRTHDAY CARDS in stock!!!

Purchase from Central Office



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.



<https://nanaimoAA.org/>

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