

PASS IT ON

District 6 & 7 Newsletter

June 15th - July 15th 2026

Events & Announcements:

Living Free AA Rally

Registration \$25

Registration and dinner \$65

Baseball, music bingo, jam night and potluck Friday! With Al-Anon participation, first come first serve camping, and \$10 breakfast and lunch available.

June 19th - 21st

Lighthouse Community Centre
240 Lions Way
Qualicum Bay

76th General Service Conference Delegate Report

Join us for a special session of the We Do Recover speaker meeting where the guest speaker will be the Area 79 Delegate Drew W!

June 25th, 6:15pm - 8:00pm

Alano Club

321 Wallace st, Nanaimo

Soberriders Pig Roast 2026

Friday Night chili, Saturday morning breakfast, Saturday Night Pig & Beef Roast and speaker, and AA meetings!

July 31st - August 3rd

Ashnola Campgrounds

1400 Ashnola Rd, Keremeos

****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

June 18th - Gerry

June 25th - Drew

July 2nd - Lindsay

July 9th - Dwayne

July 16th - Frances

Understanding Anonymity

"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth?

If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

- At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.
- At the public level of press, radio, TV, film/video other public forms of the Internet and social media platforms, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain.

When using social media, A.A. members are responsible for their own anonymity and that of others. When we text or post something online, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.

The word "anonymous" in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.

The spiritual significance of anonymity in stressing the equality of all A.A. members — and unity in the common bond of their recovery from alcoholism — anonymity serves as the spiritual foundation of the Fellowship. Back in 1948, Bill W., our co-founder, wrote: "One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest — such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation."

For more information about the importance of anonymity in A.A. please see the pamphlet 'Understanding Anonymity', available online at www.aa.org

The essence of all growth is a willingness to make a change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.

As Bill Sees It, p 115

Upcoming cakes!!!

Kristine S - 9 years

June 17th, 5pm

Candlelight Meeting

Sarah S - 1 years

June 18th, Thursday

Night Women's Circle

Jim P - 28 years

June 20th, Pass It On

Linda - 6 years

June 24th, 5pm

Candlelight Meeting

Ken N - 10 years

June 24th, Grapevine

Trails

Will M - 2 years

June 26th, Departure

Bay Step Group

Ashley B - 6 years

Jade B - 6 years

Andrea M - 24 years

June 27th, Women's

Steps on Saturday



Brent O - 1 years

Brooke G - 12 years

June 29th, Monday

Night Big Book Group

Erika S - 5 years

July 2nd, Thursday

Night Discussion

Group

Michael H - 6 years

July 25th, Pass It On

Ron N - 35 years

July 27th, Monday Night

Big Book Group



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

<https://nanaimoAA.org/>

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

Pass It On

Intergroup meets the second Tuesday of each month (except July and August) 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**
Chris P - **Interim 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

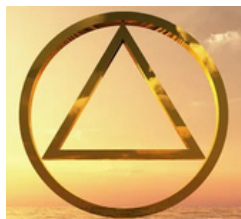


Scan the QR code to see which District 7 service positions need filling!

Did we miss something?

Submit events and announcements via: <https://nanaimoaa.org/newsletter-content/>

<https://nanaimoAA.org/>



What is Step 6 in A.A.?

Step 6 of Alcoholics Anonymous states: "We were entirely ready to have God remove all these defects of character." This step is about becoming willing to let go of the character flaws and negative behaviors that fuel addiction, not just the drinking itself. It acknowledges that lasting change often requires help from power greater than ourselves.

In previous steps we discovered how we harmed ourselves and others by acting out on our character defects. We learned about patterns of behavior and that we are likely to act in these patterns over and over. All of this knowledge helped us to become ready to have these defects of character removed.

So now, at Step Six, we've reached an awareness of our character defects, and we've become sick and tired of them. It is the turning point where we prepare to release those old behaviours. It's not about perfection, and it doesn't require us to fix everything right away. Instead, it's about being open and ready to change.



What is Tradition 6 in A.A.?

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

Although an AA group should not affiliate or lend the AA name to outside organizations, AA groups can and do work in a spirit of co-operation with outside organizations, for example taking meetings into hospitals, treatment centers and prisons, or running AA public information events for health professionals or policy makers.

By co-operating and simultaneously remaining unaffiliated with any other organization, disagreement, argument, division and problems about money, property and prestige are avoided and our focus in AA can remain on the primary purpose: carrying the message to the still suffering alcoholic.

June 15th - July 15th 2026

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?

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.



Big thanks to our contributors this month!



North Port Nooner, Ladysmith Reflections, Sunday Morning Breakfast Group, Gabriola (collectively), 5pm Candlelight Meeting

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