

PASS IT ON

District 6 & 7 Newsletter

July 15th - August 15th 2026

Events & Announcements:

CPC/PI Luncheon

AA members are invited to bring a professional from the community to our second luncheon! It will include speakers, a brief film, a comedic skit, discussions, and a pizza lunch.

July 25th, 11:00 - 1:00

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

'We Do Recover' meeting upcoming speakers:

Thursday - 7:00pm

Nanaimo Alano Club

July 16th - Frances

July 23rd - Liam

July 30th - Kelly

August 6th - Kara

August 13th - Tom

August 20th - Molly

After a week of being
"too busy" for
prayer and meditation...



****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!



Understanding Anonymity

1. Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.
2. The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.
3. To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."
4. At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.
5. Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.
6. The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.
7. The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.
8. The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.
9. Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.
10. Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.
11. The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.
12. The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

THE GREATEST
ENEMIES OF
ALCOHOLICS ARE
RESENTMENT,
JEALOUSY, ENVY,
FRUSTRATION,
AND FEAR.

Upcoming cakes!!!



Michael H - 6 years
July 25th, Pass It On

Ron N - 35 years
July 27th, Monday Night
Big Book Group

Donna A - 16 years
July 29th, Grapevine Trails

Niko T - 12 years
July 29th, Next Guy On
The List

Spencer I - 2 years
July 31st, Departure Bay
Step Group

Molly B - 7 years
August 1st, Back to Basics

John B - 16 years
Mike D - 39 years
August 31st, 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



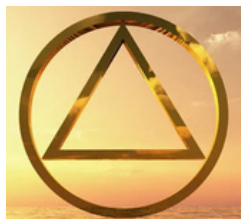
Scan the QR code to see which District 7 service positions need filling!

Did we miss something?

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

<https://nanaimoAA.org/>

July 15th - August 15th 2026



What is Step 7 in A.A.?

Humility is at the heart of Step 7: "We humbly asked Him to remove our shortcomings." This step is a process of humbling ourselves and of surrender. We are asking for help from a power greater than ourselves, not demanding instant perfection. It requires us to accept that we cannot cure our defects on our own, through sheer force of will. We begin actively choosing to surrender and release the defensive, prideful, or selfish patterns we developed in addiction. This step encourages ongoing self-reflection so that we can acknowledge our defects of character, and seek spiritual guidance for personal growth.



What is Tradition 7 in A.A.?

Tradition 7 in A.A. states that "Every group ought to be fully self-supporting, declining outside contributions." There are three key points of significance, the first of which says that responsibility extends to the members of each local group as it passes the basket for contributions to pay for its own rent and literature. The second part of this tradition protects the fellowship from the complications that could arise from accepting "outside contributions." It prevents members and groups from potentially feeling obligated to make concessions to the individual or organization making the donation, and keeps the fellowship independent from capitulating to outside influences. It also cuts out the need to constantly chase donor funding and government grants. The third key function of the 7th tradition is that it teaches personal responsibility and allows members to build dignity. Many alcoholics come to the rooms at rock bottom, and as we build our lives back up we become capable of giving back and participating in the continued functioning of our individual groups. After our time in active alcoholism, being able to contribute, when possible, to our communities builds self-esteem.

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!



Monday Night Big Book Group, Gabriola A.A., Pass It On, Tofino Forever, Sunday Serenity, Women's Steps On Saturday, We Do Recover, Step Sisters, Live & Live, Saints We Ain't

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