

### MONDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>6:30 PM THETIS ISLAND SERENITY. In Person (O,D,WA)</b> Library at community centre. For pick up off ferry call 250-246-5269 or 250-510-8647
<b>7:00PM CHEMAINUS MONDAY NIGHT ZOOM (O,D)</b> Online Only Zoom ID: 833 013 0687 P.W.: 746796
<b>7:30 PM LIFELINE GROUP. Lake Cowichan. In Person. (O,D,WA)</b> Cowichan Lake. Community Services 121 Point Ideal Rd.
<b>7:30 PM COBBLE HILL DISCUSSION GROUP. Hybrid. (C,D,WA, Last Mon, O)</b> In Person: The Shack, 3141 Cameron Taggart Rd., Zoom I.D. 8978 733 6888 P.W. 419436

### TUESDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>5:00 PM COBBLE HILL DISCUSSION GROUP. In Person:</b> The Shack, 3141 Cameron Taggart Rd. (O,D,WA)
<b>7:00 PM CROFTON WATERFRONT. In Person (O,D,WA)</b> Seniors Centre: 1507 Joan Ave., Crofton Speaker meeting, last Tuesday of month.
<b>7:30 PM COURAGE TO CHANGE. In Person (O,D,WA)</b> Sylvan United Church, 985 Shawnigan-Mill Bay Rd., Mill Bay

### WEDNESDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>1:30 PM Heart to Heart. In Person (O,D,W,WA)</b> St. John's Anglican Church, 486 Jubilee St. Duncan.
<b>7:00 PM CHEMAINUS GROUP. In Person (O,D,WA)</b> United Church, 9814 Willow St. (at Alder), Chemainus. No food.
<b>7:00 PM HUMP DAY UNITED. Hybrid (O,D)</b> In Person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:30 PM Stepping Stones. In Person (C)</b> Cobble Hill Youth Hall ,3565 Watson Ave, Cobble Hill

### THURSDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>6:30 PM QUAMICHAN STEP STUDY (O,S,WA,T)</b> In Person: New Life Church, 1839 Tzouhalem Rd., Duncan. Big D's portable to the left of the church.
<b>7:00 PM SISTERS OF SOBRIETY(SOS). Online (O,D,W)</b> Zoom I.D. 3352915483 P.W. 323488
<b>7:00 PM WARMLAND'S HOUSE AND OUTREACH MEETING. (O,D)</b> In Person: Warmland's Shelter, 2579 Lewis St., Duncan
<b>7:00 PM COWICHAN STATION DISCUSSION GROUP. Hybrid (C,D, 1<sup>st</sup> Thurs O and birthdays)</b> In Person: The Hub (upstairs) 2375 Koksilah Rd., Zoom I.D. 157308586 P.W. hubaa
<b>7:30 PM LIFELINE GROUP. Lake Cowichan. In Person. (O,D,WA)</b> Cowichan Lake. Community Services 121 Point Ideal Rd.
<b>7:30 - COBBLE HILL DISCUSSION GROUP. Hybrid. (C,D, WA)</b> In Person: The Shack 3141 Cameron Taggart Rd. Zoom I.D. 8978 733 6888 P.W. 419436

### FRIDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:00 PM FREEDOM FRIDAY. In Person (O,D,WA)</b> Duncan United Church, 246 Ingram St.
<b>7:30 PM COBBLE HILL DISCUSSION GROUP. Hybrid. (O,D,WA)</b> In Person: The Shack 3141 Cameron Taggart Rd. Zoom I.D. 8978 733 6888 P.W. 419436

### SATURDAY

<b>9:30 SATURDAY AM MEN'S GROUP. Hybrid (C,D,M,Open on birthdays)</b> In Person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>10:30 AM SAT AM WOMEN'S GROUP. In Person (O,D,WA,W),</b> Duncan United Church, 246 Ingram St. Access meeting from Driveway off Jubilee St.
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub

### SUNDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> In person: Alano club, 450 Whistler St., Duncan Zoom I.D.:957 027 3473 P.W.: alanoclub
<b>7:00 PM CHEMAINUS Big Book study. In Person (O,BB,WA)</b> United Church, 9814 Willow St. (at Alder), Chemainus, No food

### MEETING CODES

<b>O = Open Meeting*</b>	<b>C = Closed Meeting**</b>
<b>D = Discussion Meeting</b>	<b>BB = Big Book Meeting</b>
<b>SP = Speaker Meeting</b>	<b>S = Step Meeting</b>
<b>W = Women's Meeting</b>	<b>WA = Wheelchair Access.</b>
<b>T = Traditions Meeting</b>	<b>M = Men's Meeting</b>
<b>O = Open Meetings</b> Everyone is welcome & anyone interested in learning about A.A.	<b>C = Closed Meetings</b> only those who have a desire to stop drinking may attend.

**THIS DIRECTORY CHANGES FREQUENTLY  
VISIT [cowichanaa.ca](http://cowichanaa.ca) FOR UPDATES  
And LINKS to Zoom meetings**



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

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**Here are the steps we took, which are suggested as a program of recovery:**

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for the knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

[www.cowichanaa.ca](http://www.cowichanaa.ca)  
[www.bcyukonaa.org](http://www.bcyukonaa.org)  
[www.aa.org](http://www.aa.org)

**Additional AA Phone Numbers**

Ladysmith	250-753-7513
Nanaimo	250-753-7513
Campbell River	250-287-4313
Gulf Islands	250-537-7573
Victoria	250-383-7744
Vancouver	604-434-3933

*"God, Grant me the Serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."*

**Alcoholics**  
**Anonymous**  
**Cowichan Valley District 8**  
**Meeting Directory**

**UPDATED March 11 , 2025**

**24 hour helpline:**  
**250-597-3282**

Scan for the Meeting Guide App!

*Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.*

*The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are fully self-supporting through our own contributions.*

*A.A. is not allied with any sect, denomination, politics, organizations or institutions, does not wish to engage in any controversy, neither endorses nor opposes any causes.*