

## MONDAY

<b>12:00 GRASSROOTS NOONER. In Person (O)</b> Knights of Columbus, 5864 Indian Rd. Wed-Mon. (Not Tuesdays) <i>AA odd days, NA even days</i>
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<b>6:00 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>7:30 PM LIFELINE GROUP. Lk. Cowichan In Person (O,D,WA)</b> Cowichan Lk. Community Services 121 Point Ideal Rd.
<b>7:30 PM COBBLE HILL DISCUSSION GROUP. Hybrid. In Person:</b> The Shack 3141 Cameron Taggart Rd. <b>Online link:</b> Cowichanaa.ca <b>(C,D,WA,last Mon O).</b>

## TUESDAY

<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<b>5:00 PM COBBLE HILL DISCUSSION GROUP. In Person:</b> The Shack, 3141 Cameron Taggart Rd. <b>(O,D,WA)</b>
<b>7:00 PM CROFTON WATERFRONT. In Person (O,D,WA)</b> Senior's Centre, 1507 Joan Ave, Crofton
<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 GRASSROOTS NOONER. In Person (O)</b> Knights of Columbus, 5864 Indian Rd. Wed-Mon. (Not Tuesdays) <i>AA odd days, NA even days</i>
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<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> <b>In Person:</b> Alano club, 450 Whistler St. <b>Online:</b> Link: cowichanaa.ca
<b>7:30 PM Stepping Stones. Online (C)</b> Link: cowichanaa.ca

## THURSDAY

<b>12:00 GRASSROOTS NOONER. In Person (O)</b> Knights of Columbus, 5864 Indian Rd. Wed-Mon. (Not Tuesdays) <i>AA odd days, NA even days</i>
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<b>7:00 PM SISTERS OF SOBRIETY(SOS). Online</b> <b>Link:</b> cowichanaa.ca
<b>7:00 PM QUAMICHAN STEP STUDY. Hybrid (O,S,WA,T)</b> <b>In Person:</b> New Life church, Big D's portable to the left of the church. <b>Online:</b> cowichanaa.ca
<b>7:30 PM COWICHAN STN DISCUSSION GROUP. Hybrid (C,D,WA, 1st Thurs O and birthdays)</b> <b>In Person:</b> The Hub (Old Cowichan Station School, upstairs) 2375 Koksilah Rd.,Duncan <b>Online:</b> cowichanaa.ca
<b>7:30 PM LIFELINE (Lk. Cowichan). In Person (O,D,WA)</b> Cowichan Lk. Community Services, 121 Point Ideal Rd.
<b>7:30 - COBBLE HILL DISCUSSION GROUP. Hybrid. In Person:</b> The Shack 3141 Cameron Taggart Rd. <b>Online:</b> Link cowichanaa.ca <b>(C,D,WA)</b>

## FRIDAY

<b>12:00 GRASSROOTS NOONER. In Person (O)</b> Knights of Columbus, 5864 Indian Rd. Wed-Mon. (Not Tuesdays) <i>AA odd days, NA even days</i>
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<b>2:00 PM BRIGHT ANGEL PARK. In Person Outdoors (O)</b> Upper picnic shelter unless occupied. Look for us. 4528 Tigwell Rd, Duncan, Cowichan Station
<b>6:30 PM THE SOLUTION. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St. <b>Online:</b> Link: cowichanaa.ca
<b>7:30 PM COBBLE HILL DISCUSSION GROUP. Hybrid. In Person:</b> The Shack 3141 Cameron Taggart Rd. <b>Online link:</b> Cowichanaa.ca <b>(O,D,WA).</b>
<b>8:00 PM FREEDOM FRIDAY. In Person (O,D,WA)</b> Duncan United Church, 246 Ingram St.

Tofino Meetings are Daily. At Noon and at 7:30 p.m.

<https://zoom.us/j/4195859765>

Phone in password is 376942

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

**THIS DIRECTORY CHANGES FREQUENTLY**

**VISIT [cowichanaa.ca](http://cowichanaa.ca) FOR UPDATES**

**And LINKS to Zoom meetings**

## SATURDAY

<b>9:30 SATURDAY AM MEN'S GROUP. Hybrid (C,D,O birthdays) In Person:</b> 450 Whistler St. <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<b>10:30 AM SAT AM WOMEN'S GROUP. In Person (O,D,WA,W)</b> Burns Hall, (old location) Duncan United Church, 246 Ingram St.
<b>12:00 GRASSROOTS NOONER. In Person (O)</b> Knights of Columbus, 5864 Indian Rd. Wed-Mon. (Not Tuesdays) <i>AA odd days, NA even days</i>
<b>12:00 OUTDOOR MEETING. D,O.</b> Cobble Hill Youth Hall, 4565 Watson Ave.
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca

## SUNDAY

<b>12:00 GRASSROOTS NOONER. In Person (O)</b> Knights of Columbus, 5864 Indian Rd. Wed-Mon. (Not Tuesdays) <i>AA odd days, NA even days</i>
<b>12:00 PM BROWN BAGGERS. Hybrid (O,D)</b> <b>In person:</b> 450 Whistler St., <b>Online:</b> Phone 1-778-907-2071 ID 957 027 3473 Link: cowichanaa.ca
<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>*Open Meetings</b> are for those that wonder "What is Alcoholics Anonymous?" Everyone is welcome.	<b>**Closed Meetings</b> are only open to members who have a desire to stop drinking

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*“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.”*

**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

**ALCOHOLICS ANONYMOUS**  
**TOLL FREE IN BC 250-597-3282**  
 WWW.AA.ORG  
 WWW.COWICHANAA.CA  
 WWW.BCYUKONAA.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
Useful External Resource- Duncan Alano Club 450 Whistler St	250-748-0724

***Alcoholics Anonymous***  
**Cowichan Valley District 8**  
**Meeting Directory**  
**UPDATE OCT 9 2021**  
 TOLL FREE IN BC  
**250-597-3282**  
 (24 Hours)  
 PO Box 955, Duncan, BC V9L 3X3

**\*\*THIS LIST CHANGES FREQUENTLY\*\***  
**PLEASE CHECK**  
**www.CowichanAA.ca**  
**FOR UPDATES**

*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.*

**Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.**