

# Alcoholics Anonymous

OTTAWA AREA MEETINGS

[www.ottawaaa.org](http://www.ottawaaa.org)

**613.237.6000**

[info@ottawaaa.org](mailto:info@ottawaaa.org)

## **WHO WE ARE (A.A. PREAMBLE\*\*)**

Alcoholics Anonymous is a fellowship of men and women 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 self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; 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.

## **RESPONSIBILITY STATEMENT**

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

## **TO THE NEWCOMER**

The most important thing is to keep coming back. If your first meeting doesn't suit you, try another, and another. Ask for phone numbers. Use them. Soon you will discover a group where you feel comfortable, and be surrounded by people who freely offer you support on your journey of recovery.

**SEE PAGE 33 FOR MORE SUGGESTIONS**

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## CONTACT INFORMATION ON INSIDE BACK COVER

Please visit [www.ottawaaa.org](http://www.ottawaaa.org) for the most up-to-date meeting information.

## MEETING CODE DESCRIPTIONS

- O** Meeting is open to the general public.
- C** Meeting is closed to members only or to anyone with a desire to stop drinking.
- S** Speaker. A member shares his or her experience with alcoholism and recovery.
- D** Discussion. Sharing of our experiences with alcoholism and recovery. Participate or just listen.
- M** Meditation meeting.
- TT** Talkathon. Open podium topic meeting.
- L** Lecture meeting.
- BB** Focus on basic text of Alcoholics Anonymous.
- STEP** Focus on 12 Steps of Alcoholics Anonymous.
- LGBT** Focus on Lesbian, Gay, Bi and Transgender issues.
- WO/MO** Women Only / Men Only
- First/  
Last** Description of first or last meeting of the month (if different from regular format).
-  Wheelchair accessible

## MEETING CHANGES

Changes or cancellations may occur on short notice. Please visit [www.ottawaaa.org](http://www.ottawaaa.org) for the most up-to-date meeting times and locations, including holiday hours.

Please contact [info@ottawaaa.org](mailto:info@ottawaaa.org) to request updates, additions or removals from this directory.

<b>7:30 am</b>	<b>New Day Meeting</b>	<b>C D Last OS</b> &
971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am)		Woodroffe
<b>8:00 am</b>	<b>Vanier Early Birds</b>	<b>C D</b>
317 Cody Avenue (Our Lady of Assumption Church)		Vanier
<b>10:00 am</b>	<b>Morning Glory</b>	<b>C D BB</b> &
207 Woodroffe Avenue (Woodroffe United Church)		Woodroffe
<b>12:00 pm</b>	<b>Lunch with Bill</b>	<b>C D</b> &
470 Roosevelt Avenue (Westminster Presbyterian Church - Rear Entrance)		Westboro
<b>12:00 pm</b>	<b>Monday-Friday Lunch Bunch</b>	<b>C D</b> &
211 Bronson Avenue (Bronson Centre - Room 221)		Downtown
<b>12:00 pm</b>	<b>Vanier Happy Nooners</b>	<b>C D</b>
317 Cody Avenue (Our Lady of Assumption Church)		Vanier
<b>12:30 pm</b>	<b>The H.O.P.E. Group</b>	<b>C D</b>
1099 Maitland Avenue (Trinity United Church)		Nepean
<b>1:00 pm</b>	<b>Women's Group</b>	<b>C D WO</b> &
550 Codd's Road (East Gate Alliance Church)		Vanier
<b>7:00 pm</b>	<b>Crossroads</b>	<b>C D</b> &
3955 Old Richmond Road (Bells Corners United Church)		Bells Corners
<b>7:30 pm</b>	<b>Aylmer Triple A</b>	<b>C D</b>
1, chemin Eardley (St. Andrew's Presbyterian Church)		Aylmer (Gatineau)
<b>8:00 pm</b>	<b>12 &amp; 12</b>	<b>C D</b>
55 Appleford Street (St. Gabriel Church)		Beacon Hill
<b>8:00 pm</b>	<b>Discovering the Big Book</b>	<b>C D</b>
317 Cody Avenue (Our Lady of Assumption Church)		Vanier

**MONDAY****OTTAWA/GATINEAU**

- 8:00 pm Hull Liberty** **OS** &  
115, boulevard Sacré-Coeur (Église Notre-Dame-De-L'Île - Back door) Hull (Gatineau)
- 8:00 pm Maitland Step Group** **CD**  
940 Rex Avenue (St. Basil's Church) Nepean
- 8:00 pm Manotick Long Island Group** **CD**  
5567 Manotick Main Street (Manotick United Church) Manotick
- 8:00 pm Oasis** **OS** &  
2203 Alta Vista Drive (Rideau Park United Church) Alta Vista
- 8:00 pm Pinecrest** **OS**  
153 Woodroffe Avenue (Our Lady of Fatima Church) Woodroffe
- 8:00 pm Remember When** **OS**  
85 Leacock Drive (Christ Risen Lutheran Church) Kanata
- 8:00 pm Step By Step** **CD Last OS** &  
579 Parkdale Avenue (St. Stephen's Church-Sherwood Dr. Entrance) Civic Hospital
- 8:30 pm Uptown** **OS**  
120 Lisgar Street (Knox Presbyterian Church) Downtown

**TUESDAY****OTTAWA/GATINEAU**

- 7:30 am New Day Meeting** **CD Last OS** &  
971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am) Woodroffe
- 8:00 am Vanier Early Birds** **CD**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 12:00 pm 12 & 12 Lunch Bunch** **CD**  
135 Woodfield Drive (Nepean Baptist Church) Nepean

- 12:00 pm Lunch with Bill** **C D**   
470 Roosevelt Avenue (Westminster Presbyterian Church - Rear Entrance) Westboro
- 12:00 pm Monday-Friday Lunch Bunch** **C D**   
211 Bronson Avenue (Bronson Centre - Room 221) Downtown
- 12:00 pm Vanier Happy Nooners** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 12:15 pm The Podium/Hill Group** **C D**  
82 Kent Street (St. Andrew's Church) Downtown
- 6:00 pm Sisters of Sobriety** **C D WO**   
971 Woodroffe Avenue (St. Paul's Presbyterian Church - Rear Entrance) Woodroffe
- 7:00 pm Secular Sobriety Group** **C D**   
250 Somerset Street East (Sandy Hill Community Centre) Sandy Hill
- 7:30 pm Attitude of Gratitude Women's Group** **C D WO**   
175 Third Avenue (Glebe Community Centre) Glebe
- 7:30 pm Welcome Home Group** **C D**   
3955 Old Richmond Road (Bells Corners United Church - Shalom Room) Bells Corners
- 8:00 pm Barrhaven Tuesday Night Group** **C D Last O S**   
3013 Jockvale Road (Barrhaven United Church) Barrhaven
- 8:00 pm Beacon Hill** **C D**   
55 Appleford Street (St. Gabriel Church) Beacon Hill
- 8:00 pm East End** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 8:00 pm Freedom** **O S**   
630 Island Park Drive (Kitchissippi United Church) Civic Hospital






**TUESDAY****OTTAWA/GATINEAU**

- 8:00 pm Heritage** **C D First O S &**  
 971 Woodroffe Avenue (St. Paul's Presbyterian Church) Woodroffe
- 8:00 pm New Life - New Hope** **O S**  
 241 Bell Street North (Korean Community Church - Rear Entrance) Centretown West
- 8:00 pm Ottawa Alano Group** **C D &**  
 91 Pike Street (Gloucester Presbyterian Church) Greenboro
- 8:00 pm Stittsville Second Chance** **C D Last OS**  
 1619 Main Street South (St. Thomas Anglican Church) Stittsville
- 8:00 pm Sunshine** **C D &**  
 685 Walkley Road (Holy Cross Church) Mooney's Bay
- 8:00 pm Tuesday/Friday** **O S &**  
 320 Jack Purcell Lane (Jack Purcell Community Centre - Second Floor) Centretown
- 8:30 pm Stepping Ahead** **C D Last OS**  
 109 Larch Crescent (Roy G. Hobbs Community Centre) Orleans

**WEDNESDAY****OTTAWA/GATINEAU**

- 7:30 am New Day Meeting** **C D Last OS &**  
 971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am) Woodroffe
- 8:00 am Vanier Early Birds** **C D**  
 317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 10:00 am Morning Glory** **C D &**  
 207 Woodroffe Avenue (Woodroffe United Church) Woodroffe
- 12:00 pm Lunch with Bill** **C D &**  
 470 Roosevelt Avenue (Westminster Presbyterian Church - Rear Entrance) Westboro






- 12:00 pm Monday-Friday Lunch Bunch** **C D**   
211 Bronson Avenue (Bronson Centre - Room 221) Downtown
- 12:00 pm Vanier Happy Nooners** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 12:00 pm Wednesday Noon Glebe** **C D**   
15 Aylmer Avenue (Southminster United Church - Rear Entrance) Old Ottawa South
- 12:15 pm The Podium/Hill Group** **O S D**  
82 Kent Street (St. Andrew's Church) Downtown
- 12:30 pm The H.O.P.E. Group** **C D**  
1099 Maitland Avenue (Trinity United Church) Nepean
- 7:15 pm Namaste Meditation Meeting** **O M**   
971 Woodroffe Avenue (St. Paul's Presbyterian Church - Rear Entrance) Woodroffe
- 7:30 pm Co-founders Group** **C D**   
140 Abbeyhill Drive (Glen Cairn United Church) Kanata
- 7:30 pm Women in Step** **C D WO**  
6 Epworth Drive (City View United Church) Nepean
- 8:00 pm Beginners** **C D**   
320 Jack Purcell Lane (Jack Purcell Community Centre - Room 201) Centretown
- 8:00 pm East End** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 8:00 pm Joy of Living** **O S**  
164 rue Principale (Aylmer United Church) Aylmer (Gatineau)

**WEDNESDAY****OTTAWA/GATINEAU**

- 8:00 pm Keep It Simple** **C D**  
3008 Carp Road (Christ Church Huntley) **Carp**
- 8:00 pm Osgoode Step** **C D STEP &**  
2015 River Road (St. Brigid Church) **Osgoode**
- 8:00 pm Ottawa Men's Group** **C D MO**  
971 Woodroffe Avenue (St. Paul's Presbyterian Church - Rear Entrance) **Woodroffe**
- 8:00 pm Ottawa South** **C D &**  
15 Aylmer Avenue (Southminster United Church - Rear Entrance) **Old Ottawa South**
- 8:00 pm Rainbow** **C D &**  
1064 Wellington Street West (Hintonburg Community Centre) **Hintonburg**
- 8:00 pm Search for Serenity Orleans** **C D Last O S &**  
1220 Old Tenth Line Road (Grace Presbyterian Church) **Orleans**
- 8:00 pm Uplands** **C D Last O S**  
469 De Niverville Private (Corner of Breadner Boulevard) **CFB Uplands**
- 8:00 pm Willing to Change** **C D &**  
2345 Alta Vista Drive (St. Thomas Apostle Church) **Alta Vista**
- 8:30 pm Trinity Group** **C D Last O S**  
1099 Maitland Avenue (Trinity United Church) **Nepean**

**THURSDAY****OTTAWA/GATINEAU**

- 7:30 am New Day Meeting** **C D Last OS &**  
971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am) **Woodroffe**
- 8:00 am Vanier Early Birds** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) **Vanier**

- 12:00 pm Lunch with Bill** **C D**   
470 Roosevelt Avenue (Westminster Presbyterian Church - Rear Entrance) Westboro
- 12:00 pm Monday-Friday Lunch Bunch** **C D**   
211 Bronson Avenue (Bronson Centre - Room 221) Downtown
- 12:00 pm Vanier Happy Nooners** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 12:15 pm The Podium/Hill Group** **O D**  
82 Kent Street (St. Andrew's Church) Downtown
- 7:00 pm Easy Does It Women's Group** **C D Last O S WO**   
550 Codd's Road (East Gate Alliance Church) Vanier
- 7:00 pm Together We Can** **C D**   
233 Murray Street (Shepherds of Good Hope) Downtown
- 7:30 pm 12 Steps to Serenity** **O D STEP**   
2255 St. Laurent Boulevard (Serenity Renewal for Families) St. Laurent South
- 7:30 pm Gleaning the Big Book** **C D BB**  
6 Epworth Avenue (City View United Church) Nepean
- 7:30 pm Queensway-Carleton** **O D**   
3045 Baseline Road (Queensway-Carleton Hospital - Innovation Room) Nepean
- 8:00 pm Badge of Courage** **C D Last OS**  
Contact 613.237.6000 or info@ottawaa.org for location Nepean
- 8:00 pm Carp Fellowship Group** **O S**   
434 Donald B. Munro Drive (Old Carp Memorial Hall) Carp
- 8:00 pm Flimsy Reed Group** **O S**   
3013 Jockvale Road (Barrhaven United Church) Barrhaven

**THURSDAY****OTTAWA/GATINEAU****8:00 pm Laurier-Sandy Hill O D BB Last OS**

151 Laurier Avenue East (St. Joseph's Parish) Sandy Hill

**8:00 pm Orleans Hub OS**

109 Larch Crescent (Roy G. Hobbs Community Centre) Orleans

**8:00 pm Parkwood Hills OS &**

10 Chesterton Drive (Parkwood Hills Presbyterian Church) Nepean

**8:00 pm Triangle OS &**

15 Aylmer Avenue (Southminster United Church - Rear Entrance) Old Ottawa South

**8:00 pm West End C S D**

2120 Prince Charles Road (St. Martins Anglican Church) Carlingwood

**8:30 pm Metcalfe Last Chance OS &**

8140 Victoria Street (Holy Trinity Anglican Church) Metcalfe

**FRIDAY****OTTAWA/GATINEAU****7:30 am New Day Meeting C D Last OS &**

971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am) Woodroffe

**8:00 am Vanier Early Birds C D**

317 Cody Avenue (Our Lady of Assumption Church) Vanier

**10:00 am Morning Glory C D BB &**

207 Woodroffe Avenue (Woodroffe United Church) Woodroffe

**12:00 pm Lunch with Bill C D &**

470 Roosevelt Avenue (Westminster Presbyterian Church - Rear Entrance) Westboro

**12:00 pm Monday-Friday Lunch Bunch C D &**

211 Bronson Avenue (Bronson Centre - Room 221) Downtown

**12:00 pm Orleans Noon C D &**

1111 Orleans Boulevard (Orleans United Church - Rear Entrance) Orleans

- 12:00 pm Vanier Happy Nooners** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 12:15 pm The Podium/Hill Group** **O D**  
82 Kent Street (St. Andrew's Church) Downtown
- 12:30 pm Daily Reflections** **C D &**  
2400 Alta Vista Drive (St. Timothy's Church) Alta Vista
- 12:30 pm The H.O.P.E. Group** **C D**  
1099 Maitland Avenue (Trinity United Church) Nepean
- 7:00 pm Bells Corners Big Book Discussion** **C D BB**  
3861 Old Richmond Road (Christ Church Bells Corners - Room 200) Bells Corners
- 7:00 pm Conscious Contact** **O M &**  
15 Aylmer Avenue (Southminster United Church - Room 6 Upstairs) Old Ottawa South
- 7:00 pm Step Sisters** **C D WO &**  
347 Richmond Road (All Saints Church - Rear Entrance) Westboro
- 7:30 pm B-United** **C D &**  
1064 Wellington Street West (Hintonburg Community Centre) Hintonburg
- 7:30 pm By the Book** **O L BB &**  
940 Rex Avenue (St. Basil's Church) Nepean
- 8:00 pm Alta Vista 12 Step Group** **C D &**  
2400 Alta Vista Drive (St. Timothy's Church) Alta Vista
- 8:00 pm Alta Vista Open Door** **O S &**  
1758 Alta Vista Drive (Immaculate Heart of Mary Church) Alta Vista
- 8:00 pm East End** **O TT**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier

## FRIDAY

## OTTAWA/GATINEAU

- 8:00 pm Manotick Gratitude** **OS**  
5533 Dickinson Street (Knox Presbyterian Church - Next to Old Mill) Manotick
- 8:00 pm Serenity** **OS**  
2120 Prince Charles Road (St. Martins Anglican Church) Carlingwood
- 8:00 pm Tuesday/Friday** **CD &**  
320 Jack Purcell Lane (Jack Purcell Community Centre - Second Floor) Centretown
- 8:30 pm 12 & 3 Discussion** **CD &**  
15 Aylmer Avenue (Southminster United Church - Rear Entrance) Old Ottawa South

## SATURDAY

## OTTAWA/GATINEAU

- 7:30 am New Day Meeting** **CD Last OS &**  
971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am) Woodroffe
- 8:00 am Vanier Early Birds** **CD**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 9:00 am Serenity at Sunrise** **CD BB Last OS**  
15 Fringewood Drive (Fringewood Community Centre) Stittsville
- 9:00 am Westboro Big Book Study** **CD &**  
347 Richmond Road (All Saints Church - Rear Entrance) Westboro
- 10:00 am Share and Care Saturday** **CD Last TT**  
4026 Richmond Road (Royal Canadian Legion) Bells Corners
- 11:00 am East End** **OS**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 11:00 am Friendly** **OS &**  
181 First Avenue (St. Giles Church) Glebe

## OTTAWA/GATINEAU

## SATURDAY

- 11:00 am Saturday Morning Big Book** **C D &**  
579 Parkdale Avenue (St. Stephen's Church - Sherwood Drive Entrance) Civic Hospital
- 11:00 am Saturday Morning Westboro** **O S &**  
347 Richmond Road (All Saints Church - Rear Entrance) Westboro
- 1:00 pm Centennial** **C D &**  
181 First Avenue (St. Giles Church) Glebe
- 3:00 pm Men's AA Newcomer Group** **C D STEP MO**  
174 First Avenue (St. Giles Education Building - Third Floor) Glebe
- 8:00 pm Back to Basics** **C D STEP**  
1303 Leaside Avenue (St. Elizabeth's Church) Nepean
- 8:00 pm East End** **O S**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 8:00 pm Fellowship** **O S**  
429 Parkdale Avenue (Parkdale United Church) Hintonburg
- 10:00 pm The Labyrinth Young People's Group** **C S D &**  
760 Somerset Street West (St. Luke's Church) Centretown West

## OTTAWA/GATINEAU

## SUNDAY

- 7:30 am New Day Meeting** **C D Last OS &**  
971 Woodroffe Avenue (St. Paul's Presbyterian - Doors Lock 7:45 am) Woodroffe
- 8:00 am Vanier Early Birds** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 9:30 am Sunday Morning Venture Group** **O S**  
389 Richmond Road (Royal Canadian Legion) Westboro

- 10:00 am Hand in Hand** **OS** ♿  
33 Quill Street (Overbrook Community Centre) Vanier
- 10:00 am Hope in Recovery** **CD** ♿  
1525 Bank St (Hometown Grill-priv back rm) (Breakfast at 9) Alta Vista
- 10:00 am Share and Care** **OS** ♿  
4026 Richmond Road (Royal Canadian Legion) Bells Corners
- 10:30 am Awakening Group** **OS** ♿  
149 Cowley Avenue (Champlain Park Field House) Westboro
- 11:00 am McNabb Sunday Morning** **OS** ♿  
180 Percy Street (McNabb Community Centre - Assembly Hall) Centretown
- 12:00 pm Vanier Happy Nooners** **CD**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 6:00 pm Carry the Message** **OS** ♿  
180 Percy Street (McNabb Community Centre) Centretown
- 7:00 pm Merrivale Group** **CD Last OS** ♿  
9 Rossland Avenue (Julian of Norwich Church - Hall) Nepean
- 7:00 pm We Can Recover** **CD BB** ♿  
20 Young Road (St. Paul's Anglican Church) Kanata
- 7:30 pm Spirit of Hope** **CD**  
140 Laurier Avenue West (First Baptist Church - Side Entrance Basement) Downtown
- 8:00 pm Big Book Study Group** **CD Last OS** ♿  
1485 Duford Street (Queenswood Heights Community Hall) Orleans
- 8:00 pm First Avenue to Recovery** **CD**  
181 First Avenue (St. Giles Church - Basement) Glebe



## OTTAWA/GATINEAU

## SUNDAY

- 8:00 pm Live and Let Live (Gay/Lesbian)** **C D Last O S LGBT**  
473 Cumberland Street (St. Paul's Eastern United Church) Sandy Hill
- 8:00 pm Living Sober** **C D**  
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 8:00 pm Richmond 11th Step** **O S &**  
67 Fowler Street (St. John the Baptist Church) Richmond
- 8:00 pm Sunday Night 12 Step Meeting** **C D &**  
347 Richmond Road (All Saints Church - Rear Entrance) Westboro

## OUT OF TOWN

## MONDAY

- 10:00 am Monday Big Book Meeting** **C D BB**  
28 Russell Street East (Old Post Office - Basement) Smith Falls
- 12:00 pm A Step Ahead Group** **C D &**  
16 Edward Street (Kenwood Centre - Room 102) Arnprior
- 12:00 pm Brockville Lunch Bunch** **C D &**  
33 Central Avenue West (Brockville Wesleyan Church - Side Door) Brockville
- 12:00 pm The Nooners Group** **O D &**  
780 Sydney Street (Wesleyan Church) Cornwall
- 7:00 pm Glad Awakenings Women's Group** **C D WO**  
10 Wall Street (Wall Street United Church) Brockville
- 7:00 pm Griffith 12 & 12** **C D &**  
25991 Highway 41 (Denbigh-Griffith Lions Club) Griffith
- 7:00 pm Long Sault Meeting** **C D**  
3 Mille Roches Road (Christ Church Seaway - Across from OPP) Long Sault

<b>7:00 pm</b>	<b>St. Columbans</b>	<b>C D</b> &
434 Second Street West (St. Francis de Sales Church - The Hut)		Cornwall
<b>7:30 pm</b>	<b>12 &amp; 12 to Serenity</b>	<b>C D</b>
17 D'Arcy Street (First Baptist Church - Rear Entrance)		Perth
<b>7:30 pm</b>	<b>Keep It Simple</b>	<b>O S</b>
291 Plaunt Street South (Trinity St. Andrew's Church)		Renfrew
<b>8:00 pm</b>	<b>Gold Bond</b>	<b>O S</b>
99 Victoria Street (Melville United Church)		Eganville
<b>8:00 pm</b>	<b>Heritage Valley Group</b>	<b>O S</b> &
225 Edmund Street (St. James Anglican Church - Hall off Bell Street)		Carleton Place
<b>8:00 pm</b>	<b>Land-O-Lakes Group</b>	<b>C D</b>
1042 Elizabeth Street (Sharbot Lake United Church - Church Centre)		Sharbot Lake
<b>8:00 pm</b>	<b>Monday-Friday Big Book Discussion</b>	<b>C D</b>
400 Prescott Street (St. John's United Church)		Kemptville
<b>8:00 pm</b>	<b>New Hope Group</b>	<b>C D Last O S</b>
2 George Street North (St. John's Church)		Smith Falls
<b>8:00 pm</b>	<b>Prescott-Grenville</b>	<b>C D</b> &
425 Centre Street (St. Andrew's Presbyterian Church)		Prescott
<b>8:00 pm</b>	<b>Shawville Group</b>	<b>O S</b>
530, rue Main (St. Paul's Anglican Church)		Shawville
<b>8:00 pm</b>	<b>Williamstown Group</b>	<b>O D</b>
19659 Country Road 19 (St. Mary's Church)		Williamstown
<b>8:30 pm</b>	<b>Russell Goodwill</b>	<b>C D</b> &
139 Castor Street (St. Mary's Anglican Church)		Russell

<b>7:15 am</b>	<b>On the Dot Group</b>	<b>C D STEP</b>
	80 Pine Street (St. Lawrence Anglican Church)	Brockville
<b>12:00 pm</b>	<b>Brockville Lunch Bunch</b>	<b>C D &amp;</b>
	33 Central Avenue West (Brockville Wesleyan Church - Side Door)	Brockville
<b>12:00 pm</b>	<b>Grapevine Meeting</b>	<b>C D</b>
	41 Market Street North (Trinity United Church Smiths Falls - Hall)	Smith Falls
<b>7:00 pm</b>	<b>Safe Haven Group</b>	<b>O S</b>
	800 12th Street East (Knox-St Paul's Church)	Cornwall
<b>7:00 pm</b>	<b>The Elephant Room</b>	<b>C D</b>
	2675 Concession Road (Kemptville Hospital - Boardroom)	Kemptville
<b>7:30 pm</b>	<b>Beachburg Meeting</b>	<b>C D</b>
	9 Hannah Street (Lion's Club Hall)	Beachburg
<b>7:30 pm</b>	<b>White Lake Group</b>	<b>C D</b>
	3 Burnstown Road (St. Andrews United Church)	White Lake
<b>8:00 pm</b>	<b>Athens Third Tradition Group</b>	<b>C D</b>
	3 George Street (St. Denis Church)	Athens
<b>8:00 pm</b>	<b>Mississippi Group</b>	<b>C D Last OS &amp;</b>
	37 Franklin Street (Zion Memorial Church)	Carleton Place
<b>8:00 pm</b>	<b>Phoenix Group</b>	<b>C D</b>
	80 Pine Street (St. Lawrence Anglican Church)	Brockville
<b>8:00 pm</b>	<b>Primary Purpose</b>	<b>C D</b>
	12 Harvey Street (St. James Anglican Church)	Perth

**TUESDAY****OUT OF TOWN****8:00 pm Smiths Falls By the Book 12 Step**

28 Russell Street East (Old Post Office - Basement)

**C D STEP**

Smith Falls

**8:30 pm Winchester**

519 St Lawrence Street (Winchester United Church)

**O S**

Winchester

**WEDNESDAY****OUT OF TOWN****12:00 pm As Bill Sees It Meeting**

279 Alicia Street (First Baptist Church)

**C D**

Arnprior

**12:00 pm Brockville Lunch Bunch**

33 Central Avenue West (Brockville Wesleyan Church - Side Door)

**C D &**

Brockville

**12:00 pm Renfrew Lunch Bunch**

291 Plaunt Street South (Trinity St. Andrew's Church)

**C D**

Renfrew

**12:00 pm The Nooners Group**

780 Sydney Street (Wesleyan Church)

**C D &**

Cornwall

**8:00 pm 12 and 12**

31 Meikle Street (St. Mary's Church)

**C D**

Morrisburg

**8:00 pm 12 & 12 Step Meeting**

41 Market Street North (Trinity United Church Smiths Falls)

**C D STEP**

Smith Falls

**8:00 pm Hawkesbury Wednesday**

166 John Street (St. Paul's Presbyterian Church)

**O S**

Hawkesbury

**8:00 pm Highlands Discussion Group**

207 Robertson Drive (North Lanark Community Health Centre)

**C D &**

Lanark

**8:00 pm Rockland Hometown Group**

2178 Laurier Street (St. Trinity Catholic Church)

**C D STEP Last O S &**

Rockland

## OUT OF TOWN

## WEDNESDAY

<b>8:00 pm Renfrew Group</b>	<b>O S</b> ♿
291 Plaunt Street South (Trinity St. Andrew's Church)	Renfrew
<b>8:00 pm Seaway Group</b>	<b>O S</b>
10 Wall Street (Wall Street United Church)	Brockville
<b>8:00 pm Sunshine Group</b>	<b>C D</b> ♿
434 Second Street West (St. Francis De Sales Church - The Hut)	Cornwall
<b>8:00 pm Steps &amp; Traditions Group</b>	<b>C D</b> ♿
295 Albert Street (St. John Chrysostom Church - Basement)	Arnprior
<b>8:00 pm The Harbour</b>	<b>C D Last O S</b>
176 Shirreff Street (St. George's Anglican Church)	Fitzroy Harbour
<b>8:00 pm Westport by the Book</b>	<b>C D</b>
24 Church Street (Westport United Church)	Westport
<b>8:30 pm Kemptville Gratitude Group</b>	<b>O S</b>
400 Prescott Street (St. John's United Church)	Kemptville

## OUT OF TOWN

## THURSDAY

<b>12:00 pm Brockville Lunch Bunch</b>	<b>C D</b> ♿
33 Central Avenue West (Brockville Wesleyan Church - Side Door)	Brockville
<b>12:00 pm Heritage Valley II Group</b>	<b>C D</b> ♿
225 Edmund Street (St. James Anglican Church - Hall)	Carleton Place
<b>12:00 pm Sunshine Group</b>	<b>O D</b> ♿
80 Pine Street (St. Lawrence Anglican Church)	Brockville
<b>1:00 pm Women's Freedom &amp; Growth Group</b>	<b>O D WO</b> ♿
2659 Concession Road (North Grenville Community Church)	Kemptville

**THURSDAY****OUT OF TOWN**

<b>7:00 pm</b>	<b>The Spirit of Hope</b>	<b>C D BB</b>
291 Plaunt Street South (Trinity St. Andrew's Church)		Renfrew
<b>7:30 pm</b>	<b>Prescott-Grenville</b>	<b>C D</b>
425 Centre Street (St. Andrew's Presbyterian Church)		Prescott
<b>7:30 pm</b>	<b>Turning Point Group</b>	<b>O S</b>
279 Alicia Street (First Baptist Church)		Arnprior
<b>7:30 pm</b>	<b>The Meeting</b>	<b>C D</b>
12 Perth Street (Christ United Church)		Lyn
<b>8:00 pm</b>	<b>Closed Discussion</b>	<b>C D</b>
28 Russell Street East (Old Post Office - Basement)		Smith Falls
<b>8:00 pm</b>	<b>Living Sober Group</b>	<b>C D Last OS</b>
10 Wall Street (Wall Street United Church)		Brockville
<b>8:00 pm</b>	<b>Morrisburg Gratitude</b>	<b>O D &amp;</b>
19 Lakeshore Drive (Lakeshore United Church)		Morrisburg
<b>8:00 pm</b>	<b>Perth Tay Group</b>	<b>O S</b>
12 Harvey Street (St. James Anglican Church - Court House Street Entrance)		Perth
<b>8:00 pm</b>	<b>Seaway International</b>	<b>C D</b>
105 Second Street West (Trinity Church - Rear Entrance)		Cornwall
<b>8:00 pm</b>	<b>Way of Life</b>	<b>O S</b>
18 Crawford Street (Grace United Church)		Cobden

**FRIDAY****OUT OF TOWN**

<b>12:00 pm</b>	<b>Brockville Lunch Bunch</b>	<b>C D &amp;</b>
33 Central Avenue West (Brockville Wesleyan Church - Side Door)		Brockville

<b>12:00 pm Big Book Step Discussion</b>	<b>C D STEP</b>
17 D'Arcy Street (First Baptist Church - Nursery through Rear Entrance)	Perth
<b>12:00 pm The Nooners Group</b>	<b>C D &amp;</b>
780 Sydney Street (Wesleyan Church)	Cornwall
<b>7:00 pm Arnprior Big Book Study</b>	<b>C D &amp;</b>
16 Edward Street (Kenwood Centre - Room 102)	Arnprior
<b>7:00 pm East End Group</b>	<b>C D First OS &amp;</b>
353 Montreal Road (House of Hope)	Cornwall
<b>7:00 pm Friendship Group</b>	<b>C D &amp;</b>
28 Hawthorne Avenue (St. Mary's Church)	Carleton Place
<b>7:00 pm Our Common Welfare Group</b>	<b>C D</b>
291 Plaunt Street South (Trinity St. Andrew's Church)	Renfrew
<b>8:00 pm Algonquin Group</b>	<b>C D</b>
314, rue Principale Sud (Community Hall - Across from Esso)	Maniwaki
<b>8:00 pm Back to Basics Group</b>	<b>C D</b>
10 Wall Street (Wall Street United Church)	Brockville
<b>8:00 pm Big Book Study Meeting</b>	<b>C D Last OS</b>
41 Market Street North (Trinity United Church Smith Falls - Hall)	Smith Falls
<b>8:00 pm Center City Group</b>	<b>C D &amp;</b>
434 Second Street West (St. Francis De Sales Church - The Hut)	Cornwall
<b>8:00 pm Douglas Group</b>	<b>O S</b>
1766 Barr Line Road (Bromely Town Hall - Off Highway 60)	Douglas
<b>8:00 pm Elgin Closed Discussion Meeting</b>	<b>C D</b>
77 Main Street (Elgin United Church)	Elgin

## FRIDAY

## OUT OF TOWN

- 8:00 pm Friday Night Chelsea Big Book Meeting** **C D**  
537 Route 105 (Mary Magdalene Church) Chelsea
- 8:00 pm Monday-Friday Big Book Discussion** **C D**  
400 Prescott Street (St. John's United Church) Kemptville
- 8:00 pm Woodlawn** **C D**  
3794 Woodkilton Road (St. Thomas Anglican Church - Basement) Woodlawn
- 8:30 pm Iroquois-Dundas Group** **O D &**  
2 Elizabeth Drive South (Iroquois United Church) Iroquois

## SATURDAY

## OUT OF TOWN

- 9:30 am Sober Sunrise** **O S**  
80 Pine Street (St. Lawrence Anglican Church) Brockville
- 10:30 am Beginners Meeting** **O D**  
105 Second Street West (Trinity Church - Rear Entrance) Cornwall
- 11:00 am 12 and 12** **O D &**  
566 Louise Street (Winchester District Hospital - Boardroom) Winchester
- 7:30 pm Calabogie** **O S**  
1044 Madawaska Street (St. Andrews United Church) Calabogie
- 8:00 pm Arnprior Saturday Night** **C D &**  
295 Albert Street (St. John Chrysostom Church) Arnprior
- 8:00 pm Russell Saturday Night** **C D Last OS**  
38 Mill Street (Russell United Church - Castor Street Entrance) Russell
- 8:00 pm Serenity Group** **O S &**  
780 Sydney Street (Wesleyan Church) Cornwall



## OUT OF TOWN

## SATURDAY

**8:00 pm Saturday Night Smiths Falls****OS**

41 Market Street North (Trinity United Church Smith Falls)

Smith Falls

**8:00 pm Young People's Group****OS**

10 Wall Street (Wall Street United Church)

Brockville

## OUT OF TOWN

## SUNDAY

**9:30 am Sunday Morning Group****OD &**

80 Pine Street (St. Lawrence Anglican Church)

Brockville

**9:30 am Sunrise****CD**

555 King Street West (Prescott Health Clinic)

Prescott

**10:00 am Happy Days****OS**

210, rue Macvicar (Royal Canadian Legion)

Brownsburg (Quebec)

**10:00 am Perth Sunday Morning Group****CD**

23 Gore Street East (Perth Restaurant - Breakfast at 9:00 am)

Perth

**10:00 am Sunday Morning Study Group****OD &**

311 Van Buren Street (Masonic Community Centre)

Kemptville

**10:30 am Sunday Morning Group****OS**

28 Russell Street East (Old Post Office - Basement)

Smith Falls

**10:30 am Sunday Morning Group****OS**

30 Sixth Street East (Cornwall Navy Veterans Hall)

Cornwall

**4:00 pm Steps to Freedom****CD BB &**

28 Hawthorne Avenue (St. Mary's Church)

Carleton Place

**7:00 pm Autonomy Group****OS &**

80 Pine Street (St. Lawrence Anglican Church)

Brockville

**SUNDAY****OUT OF TOWN**

- 7:00 pm Big Book Discussion** **C D &**  
434 Second Street West (St. Francis De Sales Church - The Hut) Cornwall
- 7:00 pm Big Book Study Group** **C D**  
10535 Main Street (South Mountain United Church) South Mountain
- 7:00 pm Serenity Big Book Study Group** **C D BB**  
20 High Street (St. John's Anglican Church) Morrisburg
- 7:30 pm Serenity Group** **C D Last O S**  
291 Plaunt Street South (Trinity St. Andrew's Church) Renfrew
- 7:30 pm Sunday Steps** **C D STEP**  
440 Stanley Street (Holy Trinity Anglican Church) Hawkesbury
- 8:00 pm First Things Discussion Meeting** **C D**  
477 Stone Road (Admaston-Bromley Township Office) Renfrew
- 8:00 pm Kinburn Big Book** **C D**  
3045 Kinburn Side Road (Kinburn Community Centre) Kinburn
- 8:00 pm Merrickville Sunday Night** **O D**  
105 Church Street (Holy Trinity Anglican Church) Merrickville
- 8:00 pm New Beginnings Group** **O S**  
28 Russell Street East (Old Post Office - Basement) Smith Falls

**LUNDI****FRANÇAIS**

- 12 h 00 Midi-Réflexion** **C D**  
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 20 h 00 Amour et partage** **O S &**  
501, rue des Mille Fleurs (Chalet en bois rond) Montebello (Quebec)

## FRANÇAIS

## LUNDI

<b>20 h 00</b>	<b>Du bonheur</b>	<b>O S &amp;</b>
799, rue Jacques Cartier (Église St-François-de-Sales)		Gatineau (Gatineau)
<b>20 h 00</b>	<b>Hull Central</b>	<b>O S &amp;</b>
255, rue St-Rédempteur (École secondaire de l'île)		Hull (Gatineau)
<b>20 h 00</b>	<b>Notre-Père</b>	<b>C D First O S</b>
67, rue Couvent (Centre alimentaire)		Aylmer (Gatineau)
<b>20 h 00</b>	<b>Orléans</b>	<b>C D &amp;</b>
4831 Innes Road (Paroisse Sainte-Marie d'Orléans)		Orleans (Ottawa)
<b>20 h 00</b>	<b>Retour à la Vie</b>	<b>O S &amp;</b>
490, rue Charles (Our Lady of Victory Church)		Buckingham (Gatineau)

## FRANÇAIS

## MARDI

<b>12 h 00</b>	<b>Midi-Réflexion</b>	<b>C D</b>
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs)		Gatineau (Gatineau)
<b>20 h 00</b>	<b>Briser les chaînes</b>	<b>C D</b>
25 ½, rue Saint-Médard (Paroisse Saint-Médard)		Aylmer (Gatineau)
<b>20 h 00</b>	<b>De retour sur terre</b>	<b>C D</b>
144, rue Jean René Monette (St. Andrews United Church)		Gatineau (Gatineau)
<b>20 h 00</b>	<b>Du Canal</b>	<b>O S</b>
93, rue Maple (Centre de Santé d'Argenteuil)		Grenville (Quebec)
<b>20 h 00</b>	<b>Le Réveil</b>	<b>O S</b>
575, rue Gréber (Centre résidentiel communautaire)		Gatineau (Gatineau)
<b>20 h 00</b>	<b>Les bons amis</b>	<b>O S WO &amp;</b>
332 MacDonald Boulevard (Don Johnson Building)		Alexandria

**MARDI**

FRANÇAIS

**20 h 00 Par La Grâce OS**

36D, rue Principale

Gracefield (Quebec)

**20 h 00 Sagesse OS &**

255, rue St-Rédempteur (École secondaire de l'île)

Hull (Gatineau)

**MERCREDI**

FRANÇAIS

**12 h 00 Midi-Réflexion CD**

5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs)

Gatineau (Gatineau)

**20 h 00 Avec Amour OS**

350, rue Victoria (Église St-Jean-L'Évangéliste)

Thurso (Quebec)

**20 h 00 De la Trinité OS**

501 Main Street East (Centre Guindon - Scouts Hall)

Hawkesbury

**20 h 00 Du Portage OD &**

115, boulevard Sacré-Coeur (Église Notre-Dame de l'île)

Hull (Gatineau)

**20 h 00 Mains dans la main OS**

144, rue Jean René Monette (Église St-Andrews)

Gatineau (Gatineau)

**20 h 00 Nouvelle Liberté CD STEP &**

2074 Route 500 West (Église Baptiste Évangélique - Forest Park)

Casselman

**20 h 00 Renaissance OS &**

33 Quill Street (Overbrook Community Centre)

Vanier (Ottawa)

**JEUDI**

FRANÇAIS

**12 h 00 Midi-Réflexion CD**

5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs)

Gatineau (Gatineau)

## FRANÇAIS

## JEUDI

- 20 h 00 Amour et détente** **OS**  
30, rue Principale (Paroisse St-Casimir-de-Ripon) Ripon (Quebec)
- 20 h 00 Amour et Fraternité** **OS**  
17, rue des Groseillers (Église St-Pierre-Chanel) Hull (Gatineau)
- 20 h 00 Partage du Gros Livre** **CD**  
5, rue St-Arthur (Église St-Rosaire) Gatineau (Gatineau)
- 20 h 00 Saint-Joseph d'Alfred** **OS &**  
297 St-Philippe Street (Paroisse Saint-Victor) Alfred
- 20 h 00 Un Jour à la Fois** **OS**  
799, rue Jacques-Cartier (Paroisse St-François-de-Sales) Gatineau (Gatineau)

## FRANÇAIS

## VENDREDI

- 12 h 00 Midi-Réflexion** **CD**  
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 19 h 30 Libération** **CD**  
50, boulevard Montclair (Café le Rendez-Vous) Hull (Gatineau)
- 20 h 00 Espérance** **OD**  
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 20 h 00 Groupe Touristique** **OS**  
85, rue Principale (Église Chénéville) Chénéville (Quebec)
- 20 h 00 Main dans la main** **OS**  
501 Main Street East (Centre Guindon - Scouts Hall) Hawkesbury

## SAMEDI

FRANÇAIS

- 12 h 00** **Midi-Vanier** **OS &**  
242 Cantin Street (Maison Fraternité) Vanier (Ottawa)
- 19 h 00** **Nativité** **OS**  
300 Montreal Road (Église Nativité) Cornwall
- 20 h 00** **Harmonie** **OS &**  
429 Mary Street (Centre Chrétien Viens et Vois) Hawkesbury
- 20 h 00** **La belle étoile** **OD &**  
255, rue St-Rédempteur (École secondaire de l'île) Hull (Gatineau)
- 20 h 00** **Joie de vivre** **OS**  
345, rue Principale (Église catholique Saint-Louis-de-France) Brownsburg (Quebec)
- 20 h 00** **Je suis responsable** **OS &**  
250 Somerset Street East (Sandy Hill Community Centre) Sandy Hill (Ottawa)

## DIMANCHE

FRANÇAIS

- 10 h 00** **Amour et Sérénité** **OS**  
861, boul. Saint-René Est (Église Ste-Rose-de-Lima) Gatineau (Gatineau)
- 10 h 00** **Fraternité** **OS &**  
250 Somerset Street East (Sandy Hill Community Centre) Sandy Hill (Ottawa)
- 12 h 00** **Midi-Vanier** **OS &**  
242 Cantin Street (Maison Fraternité) Vanier (Ottawa)
- 20 h 00** **Amour et Fraternité** **OS**  
17, rue des Groseillers (Église St-Pierre-Chanel) Hull (Gatineau)
- 20 h 00** **Eurêka** **OS**  
1194, boulevard St-René ouest (Église St-Jean XXIII) Gatineau (Gatineau)

## FRANÇAIS

## DIMANCHE

**20 h 00 Saint-Ludger****OS** 

326, rue Principale (Église Notre-Dame des Sept Douleurs)

Grenville (Quebec)

## ESPAÑOL

## SPANISH

**FRI 8:00 pm Nueva Esperanza****CD** 

211 Bronson Avenue (Bronson Centre)

Downtown (Ottawa)

**SAT 8:00 pm Nueva Esperanza****CD** 

211 Bronson Avenue (Bronson Centre)

Downtown (Ottawa)

**SUN 8:00 pm Nueva Esperanza****CD** 

211 Bronson Avenue (Bronson Centre)

Downtown (Ottawa)

## РУССКИЙ

## RUSSIAN

**WED 8:00 pm NADEZHDA****CD** 

15 Aylmer Avenue (Southminster United Church)

Old Ottawa South (Ottawa)

## MONTHLY SERVICE MEETINGS

### Ottawa Area Intergroup

**Second Wednesday**

**7:00 pm**

211 Bronson Avenue (Bronson Centre)

Downtown (Ottawa)

### District 48 (Seaway Valley North)

**First Tuesday**

**7:00 pm**

519 Saint Lawrence Street (Winchester United Church)

Winchester

### District 54 (Ottawa East)

**First Thursday**

**7:30 pm**

33 Quill Street (Overbrook Community Centre)

Vanier (Ottawa)

### District 58 (Ottawa Centre)

**Second Monday**

**7:00 pm**

211 Bronson Avenue (Bronson Centre)

Downtown (Ottawa)

### District 62 (Ottawa West)

**Second Monday**

**7:30 pm**

347 Richmond Road (All Saints Church - Rear Door) Westboro (Ottawa)

### District 66 (Golden Triangle)

**Last Wednesday**

**7:30 pm**

41 Market Street North (Trinity United Church Hall)

Smith Falls

### District 70 (Renfrew-Pontiac)

**Third Sunday**

**1:00 pm**

291 Plaunt Street (Trinity St. Andrew's United Church)

Renfrew



## MONTHLY SERVICE COMMITTEES

### Corrections Facilities and Treatment

**Fourth Tuesday**

**6:30 pm**

211 Bronson Avenue (Bronson Centre - Rm. 108) Downtown (Ottawa)

### Cooperation with Professional Community

**Third Monday**

**6:30 pm**

211 Bronson Avenue (Bronson Centre - Rm. 108) Downtown (Ottawa)

### Public Information

**Third Monday**

**6:30 pm**

211 Bronson Avenue (Bronson Centre - Rm. 108) Downtown (Ottawa)

### Ottawa Area Archives

**Third Wednesday**

**7:00 pm**

211 Bronson Avenue (Bronson Centre - Rm. 108) Downtown (Ottawa)

## GET INVOLVED

All A.A. members are welcome to attend any of the preceding service meetings or committees.

Carrying the message of recovery to the still-suffering alcoholic is the basic service the A.A. fellowship gives; it is our principal aim and the main reason for our existence.

Whether new or around for a while, find out ways you can contribute by visiting the section on doing service at

[www.ottawaaa.org](http://www.ottawaaa.org).

## IS A.A. FOR YOU?

Do you think you have a drinking problem? Only you can answer that question. We've prepared **12 questions** to help you decide.

The answers are nobody's but your own:

- 1.** Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
- 2.** Do you wish people would mind their own business about your drinking — stop telling you what to do?
- 3.** Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
- 4.** Have you had to have an eye-opener upon awakening during the past year?
- 5.** Do you envy people who can drink without getting into trouble?
- 6.** Have you had problems connected with drinking during the past year?
- 7.** Has your drinking caused trouble at home?
- 8.** Do you ever try to get “extra” drinks at a party because you do not get enough?
- 9.** Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
- 10.** Have you missed days of work or school because of drinking?
- 11.** Do you have “blackouts”?
- 12.** Have you ever felt that your life would be better if you did not drink?

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## WE ARE HERE TO HELP

A.A. does not promise to solve all life's problems. But we can show you how we are learning to live without drinking "one day at a time." We stay away from that "first drink." If there is no first one, there cannot be a tenth one. And when we got rid of alcohol, we found that life became much more manageable. Here are some suggestions to help you get started on your journey:

### Learn about the A.A. Program of Recovery

Visit the **Find Help** section at [www.ottawaaa.org](http://www.ottawaaa.org) for information and links to pamphlets produced by the A.A. General Service Office. Free hard copies and newcomer packages are also available at meetings.

### Contact Us in Ottawa

If you still have questions, call our helpline at **613.237.6000**. It's open between 10AM and 10PM, 7 days a week. You can also email us at [info@ottawaaa.org](mailto:info@ottawaaa.org).

### Attend a Local Meeting

There are hundreds of A.A. meetings a week in Ottawa and surrounding regions of Eastern Ontario and Western Quebec. If you think you have a drinking problem, you can go to any of these at anytime. There is no cost, no registration, and it's completely anonymous. You become a member when you say you are. All you need to do is show up!

### Meet us in Person

We know it can be intimidating to go to a new place for the first time. We can arrange to have two A.A. members meet you in advance. They can respond to your questions, and if you are still interested, accompany you to a meeting. Please contact us to make arrangements.

## THE TWELVE STEPS\*

- 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 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.

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## THE TWELVE TRADITIONS\*

- 1.** Our common welfare should come first; personal recovery depends upon A.A. unity.
- 2.** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3.** The only requirement for A.A. membership is a desire to stop drinking.
- 4.** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- 5.** Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
- 6.** 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.
- 7.** Every A.A. group ought to be fully self-supporting, declining outside contributions.
- 8.** Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
- 9.** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10.** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- 11.** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- 12.** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## MEETINGS OUTSIDE OTTAWA

For information on A.A. and meetings in other areas visit:

<http://www.aa.org>

For information about online A.A. meetings visit:

<http://aa-intergroup.org>

## OTHER LOCAL RESOURCES

*A.A. is not affiliated with any outside organization; the following information is provided as a community service.*

### **Health and Social Services Information (24/7)**

Call 2-1-1 [www.211ontario.ca](http://www.211ontario.ca)

### **Ontario Drug and Alcohol Helpline (24/7)**

1.800.565.8603 [www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

### **Ottawa Crisis Line (24/7)**

1.866.996.0991 [www.crisisline.ca](http://www.crisisline.ca)

### **Ottawa Withdrawal Management (Detox) (24/7)**

613.241.1525 1777 Montreal Road [www.owmc.ca](http://www.owmc.ca)

### **Al-Anon Family Groups**

613.860.3431 Fr: 819.669.0543 [www.al-anon-ottawa.ca](http://www.al-anon-ottawa.ca)

### **Narcotics Anonymous**

1.888.811.3887 Fr: 1.855.544.6362 [www.ottawana.org](http://www.ottawana.org)

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## OTTAWA AREA CONTACTS

A.A. Helpline and General Information.....**613.237.6000**

**info@ottawaaa.org**

**www.ottawaaa.org**

French A.A. Helpline..... (Gatineau) **819.561.2002**

(Hull / Aylmer / Ottawa) **819.595.1916**

Literature Requests..... literature@ottawaaa.org

Newsletter Editor..... newsletter@ottawaaa.org

Telephone Answering Service..... tas@ottawaaa.org

Website ..... info@ottawaaa.org

Public Information / Media Inquiries..... pi@ottawaaa.org

Cooperation with Professionals .....cpc@ottawaaa.org

Corrections Facilities and Treatment .....cft@ottawaaa.org

Fall Conference ..... fall@ottawaaa.org

Spring Conference.....spring@ottawaaa.org

### **Ottawa Area Intergroup Office**

211 Bronson Avenue, Suite 108

Ottawa, Ontario K1R 6H5

**Open for Literature Sales**

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