



Alcoholics Anonymous

OTTAWA AREA MEETINGS

www.ottawaaa.org

613.237.6000

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 25 FOR MORE SUGGESTIONS

CONTENTS

WEEKLY MEETINGS

<i>Code Descriptions and Meeting Changes</i>	2
<i>English - Ottawa / Gatineau</i>	3
<i>English - Ottawa Surrounding</i>	15
<i>French / Français</i>	18
<i>Spanish / Español</i>	21
<i>Russian / Русский</i>	21

SERVICE INFORMATION

<i>Monthly Intergroup and District Meetings</i>	22
<i>Monthly Service Committee Meetings</i>	23

FINDING HELP

<i>Is A.A. for You? (12 Questions)</i>	24
<i>Find Help in the Ottawa Area</i>	25

MEETING RESOURCES

<i>12 Steps</i>	26
<i>12 Traditions</i>	27

CONTACT INFORMATION ON INSIDE BACK COVER

Please visit 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 for the most up-to-date meeting times and locations, including holiday hours.

Please contact info@ottawaaa.org to request updates, additions or removals from this directory.

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	Vanier Happy Nooners	C D
317 Cody Avenue (Our Lady of Assumption Church)		Vanier
12:30 pm	The H.O.P.E. Group	C D
1099 Maitland Avenue (Trinity United Church)		Nepean
1:00 pm	Women's Group	C D WO &
550 Codd's Road (East Gate Alliance Church)		Vanier
7:00 pm	Crossroads	C D Last OS &
3955 Old Richmond Road (Bells Corners United Church)		Bells Corners
7:30 pm	Aylmer Triple A	C D
1, chemin Eardley (St. Andrew's Presbyterian Church)		Aylmer (Gatineau)
8:00 pm	12 & 12	C D
55 Appleford Street (St. Gabriel Church)		Beacon Hill
8:00 pm	Discovering the Big Book	C D
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 STEP**
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 Loving Kindness Meditation Meeting** **O M** & ♿
1111 Orleans Boulevard (Orleans United Church-Youth Lounge-Rear Entrance) Orleans
- 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
- 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 Last O S** & ♿
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 - Rear Entr.) 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 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 O S &**
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 STEP**
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 East End** **C D**
317 Cody Avenue (Our Lady of Assumption Church) Vanier
- 8:00 pm Flimsy Reed Group** **O S &**
3013 Jockvale Road (Barrhaven United Church) Barrhaven

THURSDAY**OTTAWA/GATINEAU**

- 8:00 pm From the Heart** **C D BB &**
180 Percy Street (McNabb Community Centre - Meeting Room B) Centretown
- 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** **O S**
109 Larch Crescent (Roy G. Hobbs Community Centre) Orleans
- 8:00 pm Parkwood Hills** **O S &**
10 Chesterton Drive (Parkwood Hills Presbyterian Church) Nepean
- 8:00 pm Triangle** **O S &**
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

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 BB**
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. Martin's 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**
14 Fringewood Drive (Fringewood Community Centre) Stittsville
- 9:00 am Westboro Big Book Study** **CD &**
347 Richmond Road (All Saints Church - Rear Entrance) Westboro
- 9:30 am Saturday Morning Big Book** **CD &**
579 Parkdale Avenue (St. Stephen's Church - Sherwood Drive Entrance) Civic Hospital
- 10:00 am Share and Care Saturday** **CD Last TT &**
4026 Richmond Road (Royal Canadian Legion - Downstairs) Bells Corners
- 11:00 am East End** **OS**
317 Cody Avenue (Our Lady of Assumption Church) Vanier

OTTAWA/GATINEAU

SATURDAY

11:00 am Friendly	OS
181 First Avenue (St. Giles Church)	Glebe
11:00 am Saturday Morning Westboro	OS &
347 Richmond Road (All Saints Church - Rear Entrance)	Westboro
1:00 pm Centennial	CD
181 First Avenue (St. Giles Church)	Glebe
3:00 pm Men's AA Newcomer Group	CD STEP MO &
181 First Avenue (St. Giles Church)	Glebe
8:00 pm Back to Basics	CD STEP
1303 Leaside Avenue (St. Elizabeth's Church)	Nepean
8:00 pm East End	OS
317 Cody Avenue (Our Lady of Assumption Church)	Vanier
8:00 pm Fellowship	OS
429 Parkdale Avenue (Parkdale United Church)	Hintonburg
10:00 pm The Labyrinth Young People's Group	CSD &
760 Somerset Street West (St. Luke's Church)	Centretown West

OTTAWA/GATINEAU

SUNDAY

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
9:30 am Sunday Morning Venture Group	OS
389 Richmond Road (Royal Canadian Legion)	Westboro

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

OTTAWA/GATINEAU

SUNDAY

- 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 Big Book Study Group** **C D Last O S &**
1485 Duford Street (Queenswood Heights Community Hall) Orleans
- 8:00 pm Sunday Night 12 Step Meeting** **C D &**
347 Richmond Road (All Saints Church - Rear Entrance) Westboro

OTTAWA SURROUNDING

MONDAY

- 7:30 pm Greely Group** **O S D**
7275 Parkway Road (Parkway Church) Greely
- 8:00 pm Kemptville Monday-Friday** **C D**
400 Prescott Street (St. John's United Church) Kemptville
- 8:00 pm Prescott-Grenville** **C D &**
425 Centre Street (St. Andrew's Presbyterian Church) Prescott
- 8:30 pm Russell Goodwill** **C D &**
139 Castor Street (St. Mary's Anglican Church) Russell

OTTAWA SURROUNDING

TUESDAY

- 7:00 pm The Elephant Room** **O D BB**
2675 Concession Road (Kemptville Hospital - Boardroom) Kemptville
- 8:30 pm Winchester** **O S**
519 St Lawrence Street (Winchester United Church) Winchester

WEDNESDAY**OTTAWA SURROUNDING**

- 8:00 pm 12 and 12** **C D**
31 Meikle Street (St. Mary's Church) Morrisburg
- 8:00 pm Osgoode Step** **C D STEP &**
2015 River Road (St. Brigid Church) Osgoode
- 8:00 pm Rockland Hometown Group** **C D STEP Last O S &**
2178 Laurier Street (St. Trinity Catholic Church) Rockland
- 8:30 pm Kemptville Gratitude Group** **O S**
400 Prescott Street (St. John's United Church) Kemptville

THURSDAY**OTTAWA SURROUNDING**

- 1:00 pm Women's Freedom & Growth Group** **O D WO &**
2659 Concession Road (North Grenville Community Church) Kemptville
- 7:30 pm Prescott-Grenville** **C D STEP &**
425 Centre Street (St. Andrew's Presbyterian Church) Prescott
- 8:00 pm Morrisburg Gratitude** **O S &**
19 Lakeshore Drive (Lakeshore United Church) Morrisburg
- 8:30 pm Metcalfe Last Chance** **O S &**
8140 Victoria Street (Holy Trinity Anglican Church) Metcalfe

FRIDAY**OTTAWA SURROUNDING**

- 8:00 pm Algonquin Group** **C D**
314, rue Principale Sud (Community Hall - Across from Esso) Maniwaki
- 8:00 pm Friday Night Chelsea Big Book Meeting** **C D**
537 Route 105 (Mary Magdalene Church) Chelsea

OTTAWA SURROUNDING**FRIDAY****8:00 pm Kemptville Monday-Friday****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

OTTAWA SURROUNDING**SATURDAY****11:00 am 12 and 12****O D STEP &**

566 Louise Street (Winchester District Hospital - Boardroom)

Winchester

7:00 pm Fourth Dimension**O D BB**

6556 Prince of Wales Drive (Cornerstone Wesleyan Church)

North Gower

8:00 pm Russell Saturday Night**C D Last OS**

38 Mill Street (Russell United Church - Castor Street Entrance)

Russell

OTTAWA SURROUNDING**SUNDAY****9:30 am Sunrise****C D**

555 King Street West (Prescott Health Clinic)

Prescott

10:00 am Sunday Morning Study Group**O D Last OS**

311 Van Buren Street (Masonic Community Centre)

Kemptville

7:00 pm Big Book Study Group**O 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

LUNDI**FRANÇAIS**

- 12 h 00** **Midi partage** **C D**
17, rue des Groseilliers (Église St-Pierre-Chanel) Gatineau (Hull)
- 12 h 00** **Midi-Réflexion** **C D**
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 20 h 00** **Du bonheur** **O S**
799, rue Jacques Cartier (Église St-François-de-Sales) Gatineau (Gatineau)
- 20 h 00** **Hull Central** **O S &**
255, rue St-Rédempteur (École secondaire de l'île) Hull (Gatineau)
- 20 h 00** **Notre-Père** **C D First O S**
67, rue Couvent (Centre alimentaire) Aylmer (Gatineau)
- 20 h 00** **Orléans** **O D &**
4831, rue Innes (Paroisse Sainte-Marie d'Orléans) Orléans (Ottawa)
- 20 h 00** **Retour à la Vie** **O S &**
490, rue Charles (Our Lady of Victory Church) Buckingham (Gatineau)

MARDI**FRANÇAIS**

- 12 h 00** **Midi partage** **C D**
17, rue des Groseilliers (Église St-Pierre-Chanel) Gatineau (Hull)
- 12 h 00** **Midi-Réflexion** **C D**
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 20 h 00** **Briser les chaînes** **C D**
25 ½, rue Saint-Médard (Paroisse Saint-Médard) Aylmer (Gatineau)
- 20 h 00** **De retour sur terre** **C D**
144, rue Jean René Monette (St. Andrews United Church) Gatineau (Gatineau)

FRANÇAIS

MARDI

- 20 h 00 Le Réveil** **0 S**
575, rue Gréber (Centre résidentiel communautaire) Gatineau (Gatineau)
- 20 h 00 Par La Grâce** **0 S**
36D, rue Principale Gracefield
- 20 h 00 Sagesse** **0 S &**
13, rue Sainte-Bernadette (Église Catholique Portugaise du Saint-Esprit) Hull (Gatineau)

FRANÇAIS

MERCREDI

- 12 h 00 Midi partage** **C D**
17, rue des Groseilliers (Église St-Pierre-Chanel) Gatineau (Hull)
- 12 h 00 Midi-Réflexion** **C D**
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 20 h 00 Avec Amour** **0 S**
350, rue Victoria (Église St-Jean-L'Évangéliste) Thurso (Quebec)
- 20 h 00 Du Portage** **0 D &**
115, boulevard Sacré-Coeur (Église Notre-Dame de l'île) Hull (Gatineau)
- 20 h 00 Main dans la main** **0 S**
175, rue Broadway Est (Église, Anglicaine St-Georges) Gatineau (Gatineau)
- 20 h 00 Renaissance** **0 S &**
33, rue Quill (Centre Communautaire Overbrook) Overbrook (Ottawa)

FRANÇAIS

JEUDI

- 12 h 00 Midi partage** **C D**
17, rue des Groseilliers (Église St-Pierre-Chanel) Gatineau (Hull)

JEUDI

FRANÇAIS

- 12 h 00** **Midi-Réflexion** **CD**
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 19 h 00** **Voyageur** **CD &**
1900, boulevard St-Joseph (Terrasses Montfort Renaissance) Orléans (Ottawa)
- 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** **Un Jour à la Foix** **OS**
799, rue Jacques-Cartier (Paroisse St-François-de-Sales) Gatineau (Gatineau)

VENDREDI

FRANÇAIS

- 12 h 00** **Midi partage** **CD**
17, rue des Groseillers (Église St-Pierre-Chanel) Gatineau (Hull)
- 12 h 00** **Midi-Réflexion** **CD**
5, rue St-Arthur (Église St-Rosaire - Salle Emmaüs) Gatineau (Gatineau)
- 20 h 00** **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)

SAMEDI

FRANÇAIS

- 12 h 00** **Midi-Vanier** **OS &**
242, rue Cantin (Maison Fraternité) Vanier (Ottawa)

FRANÇAIS

SAMEDI

20 h 00 Je suis responsable**OS** 

250, rue Somerset Est (Centre Comm Côte-de-Sable)

Côte-de-Sable (Ottawa)

FRANÇAIS

DIMANCHE

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, rue Somerset Est (Centre Comm Côte-de-Sable)

Côte-de-Sable (Ottawa)

12 h 00 Midi-Vanier**OS** 

242, rue Cantin (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)

ESPAÑOL

SPANISH

FRI 7:00 pm Nueva Esperanza**CD** 

211 Bronson Avenue (Bronson Centre, Room 222)

Downtown (Ottawa)

SAT 7:00 pm Nueva Esperanza**CD** 

211 Bronson Avenue (Bronson Centre, Room 222)

Downtown (Ottawa)

SUN 7:00 pm Nueva Esperanza**CD** 

211 Bronson Avenue (Bronson Centre, Room 222)

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 MEETINGS

Corrections Facilities and Treatment

Fourth Tuesday

6:30 pm

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

Cooperation with Professional Community

Third Monday & Public Information

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.

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 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.

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

Ontario Drug and Alcohol Helpline (24/7)

1.800.565.8603 www.drugandalcoholhelpline.ca

Ottawa Crisis Line (24/7)

1.866.996.0991 www.crisisline.ca

Ottawa Withdrawal Management (Detox) (24/7)

613.241.1525 1777 Montreal Road www.owmc.ca

Al-Anon Family Groups

613.860.3431 Fr: 819.669.0543 www.al-anon-ottawa.ca

Narcotics Anonymous

1.888.811.3887 Fr: 1.855.544.6362 www.ottawana.org

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OTTAWA AREA CONTACTS

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

www.ottawaaa.org info@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 webmaster@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

Monday - Friday 10:00 am - 4:00 pm

Thursday 4:00 - 8:00 pm, Saturday 1:00 - 4:00 pm

Subject to volunteer availability. Call in advance.

You are not alone.

We are here to help. Just ask!
Write names and phone numbers below:

Meeting Directory and Information

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ML-1 Updated March 8, 2019