

# Our Primary Purpose

Stories, news and information from our fellowship in the National Capital Region

Spring Conference 2021

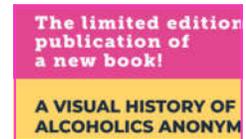


Pages 4 & 5

Al-Anon Participation

Al-Anon & Alateen  
OTTAWA SPRING CONFERENCE Page 6

AA Souvenir Book



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## Put some Spring in your Step(s)! Come join the Virtual Spring Conference April 17, 2021

**The 42<sup>nd</sup> Annual Ottawa Spring Conference 2021 is almost here!!!**

We are just a few days away from our very first Virtual Conference with Al-Anon and Alateen Participation.

The committee has been working extremely hard to make this event a success. To help you get the most out of this day, here are a few helpful tips:

**Joining the Spring Conference on Zoom – Before you are admitted you will be greeted in the waiting room.**

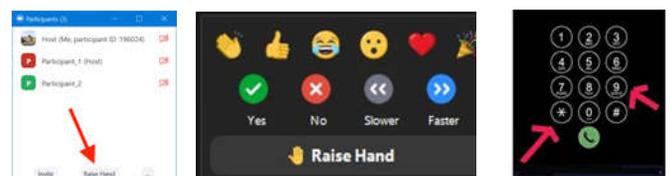
**Anonymity – Your Zoom Name.** Before joining our Conference, please ensure your zoom name appears as your first name and last initial. If you would like to add your Homegroup or where you are from, we would love to know that too.

**Video** – Our speakers love to speak to an audience, please keep your video on as much as possible. Please also be mindful of your background to ensure there are no distractions and to protect members anonymity. Virtual backgrounds will not be permitted.

**Audio** – You will be muted upon entry. The meeting co-hosts will be able to mute and unmute you at the appropriate times. This is to protect the event from zoom bombers.

**Participation** – There will be opportunity for you to participate during the Conference, with time available for general sharing following each speaker. To participate we ask that you raise your Virtual Hand and limit your share to 3 minutes to allow others the same opportunity. A time-keeper will gently remind you when your time is up. We ask that you be respectful of your time, to allow others to participate.

**Raising your Virtual Hand** – Depending on your version of Zoom, you can find the Raise Hand feature under the Reactions icon, or in the participant window either next to your name or at the bottom of this window. If you are calling in from a phone, you can press \*9:



See Conference continued pages 4-6

## Ottawa Intergroup Office

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Article submission deadline is  
the 20th day of the month  
preceding publication date

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Vice-Chair – Frank O  
Secretary – Charlene R  
Treasurer – Vacant  
Website – Carolyn O  
Telephone Answering – Carolyn S  
Literature – Al L  
12-Step Coordinator-Natalie L  
Spring Conference – Cindy E-M  
Eastern Ontario Conference-Vacant  
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# Editorial: Just “showing up” is service!

Funny how life works. Sometimes we play mind games with ourselves in efforts to rationalize being lazy and sitting on the sidelines while others pick up the slack.

We often do this when we're 'on the fence' about going to a meeting. That little voice inside our head can be heard saying, "I'm too tired, I need a break from all this recovery stuff, they won't miss me, I wasn't going to share anyway, I'll go tomorrow or next week."

And, of course, it's been even easier to play this game of 'no show' during the pandemic. With meetings online, is anyone really going to notice if there's one fewer square on the Zoom screen? How often have we had that notion over the past 12 months?

If you're wondering where this is going...let's dispense with the mystery.

In case you haven't heard: The [AA Spring Conference](#) is upon us, and...YOU SHOULD ATTEND!

At the risk of being preachy...let the sermonette begin.

For starters, let's show some respect and kindness towards our fellow AAs who have made sacrifices with their time, and volunteered to be on the planning or operating committee. Our local Ottawa Area Intergroup conferences, virtual or not, take hours and hours to conceive and execute.

Did you ever stop to think that by making that supreme effort to do no more than walk across the room, and turn on your computer, you might actually learn something and enhance the quality of your recovery journey?

All it takes is one idea, one thought, one little tip that someone shares...and you could be moving in a whole new direction, or at least looking at your life through a slightly clearer lens.

And maybe the easiest part of this whole exercise, and

perhaps most ironic, is that by simply **SHOWING UP** you are engaging in a profound act of service to AA and your fellow suffering alcoholics.

In the same way that 'showing up' to your own home group, or any meeting for that matter, is of service to your friends in the program, so is logging in to the Spring Conference on **Saturday, April 17, 2021**.

You may not utter a word, but by just being there you bring a little more wattage to the event. And when the light shines brighter it makes its way into more of the darker corners of powerlessness and unmanageability.

We're all trying to move towards the light. So, take off your sunglasses and squint along with the rest of us. The sun is going to shine on all of us as we come together, in unity, to help each other stay sober one more day.

See you at the Spring Conference!

Jeff F

**“...perhaps most ironic, is that by simply **SHOWING UP** you are engaging in a profound act of service to AA and your fellow suffering alcoholics.”**



# Spring Conference 2021 continued

**Breakout Rooms** – We are pleased to offer Breakout Rooms during some of the breaks throughout the day. A Newcomer Room will be available for anyone new to A.A. to be able to speak to a member and ask questions. Please join in to share your experience, strength and hope. In addition our Public Information and Cooperation with the Professional Community as well as the Corrections and Treatment Facility Committees will be available to provide information on how they help to carry the message.

**Joining a Breakout Room** – If you have the most recent version of Zoom you will be able to join a Breakout Room on your own using the Icon in the menu on your screen. Instructions and help will be available to you during the conference.



**Update your Zoom.** Make sure your Zoom is at least version 5.5.2 to make available features that allow for freely moving between breakout rooms. If you do not see the breakout room icon at the bottom of the screen, your zoom is not up to date, and you will have to rely on a co-host to move you into breakout rooms. To update your Zoom application, go to: <https://zoom.us/download>

*Note: The use of the Zoom platform and providing the link to Zoom should not be construed as an endorsement. As per Tradition 6, Ottawa Intergroup does not endorse any outside organizations, we are only using this application to facilitate our inability to meet in person.*

The zoom ID, password and phone numbers associated with the event are as follows:

Topic: AA Spring Conference - "When We Look Back"  
Time: Apr 17, 2021 08:00 AM Montreal

Join Zoom Meeting [https://us02web.zoom.us/j/82300642904?](https://us02web.zoom.us/j/82300642904?pwd=K3ZpRW12dkJrc084TW9VNnBNQ3M0Zz09)  
pwd=K3ZpRW12dkJrc084TW9VNnBNQ3M0Zz09

**Meeting ID: 823 0064 2904**      **Passcode: 20210417**

One tap mobile

+16475580588,,82300642904#,,,,\*20210417# Canada  
+17789072071,,82300642904#,,,,\*20210417# Canada  
Dial by your location

+1 647 558 0588 Canada  
+1 669 900 9128 US (San Jose)  
+1 253 215 8782 US (Tacoma)  
+1 301 715 8592 US (Washington DC)  
+1 312 626 6799 US (Chicago)  
+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)  
+1 778 907 2071 Canada  
+1 204 272 7920 Canada  
+1 438 809 7799 Canada  
+1 587 328 1099 Canada  
+1 647 374 4685 Canada

## AI-Anon Participation:

Please see the AI-Anon flyer for all the details for their event. They have a separate zoom link.

“WHEN WE LOOK BACK”

**42nd Annual Ottawa Spring Conference - Sponsored by Ottawa Area Intergroup**

**2021 Virtual Spring Conference – Saturday April 17, 2021**

(All times are in Eastern Time)

Zoom Meeting ID: 823 0064 2904 Password: 20210417

Conference room opens at 8:00 am (Fellowship)

Opening Remarks : Cindy E-M (Chair) 8:25am

Therese D. (New Jersey, New York) Steps 1&2: 9:00 am - 10:00 am  
Saturday Beginners, NY

Marti R. (Buda, Texas) Step 3: 10:15 am -11:15 am  
Buda Big Book Group, TX

Erik B. (Austin, Texas) Steps 4&5: 11:30 am -12:30 pm  
Reading Rainbow , TX

Newcomer Breakout Room 12:30 pm - 1:00 pm

Stacy S. (San Antonio, Texas) Speaker: Experience, Strength & Hope  
(Virtual) Bronx Big Book Study, NYC (1:00 pm - 2:00pm)

Laurel T. (Austin, Texas) Steps 6&7: 2:15 pm - 3:15 pm  
Some are Sicker Than Others, TX

Brandon P. (Dallas, Texas) Steps 8&9: 3:30 pm - 4:30 pm  
The Chicago Group, TX

Anastacio A. (New York City, New York) Steps 10&11: 4:45 pm - 5:45 pm  
High Noon, NYC

Colleen K. ( Naremburn, Australia ) Step 12: 6:00 pm - 7:00 pm  
Sunday Naremburn Group, Australia

Newcomer Breakout Room 7:00 pm - 7:30 pm

Message from Ottawa Intergroup Chair - Harry B. 7:15 pm - 7:30 pm

Polly P. (Jacksonville, Florida) Speaker: Experience, Strength & Hope  
Westconnett Group, FL. (7:30 pm - 8:30 pm)

Conference Closing Remarks: - Cindy E-M (Chair) & Dick G. (Vice-Chair) 8:35pm

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“When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.”

BIG BOOK PG 100

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**With AIAnon and Alateen participation.**

Contact them for zoom information:  
[www.al-anon-Ottawa.ca](http://www.al-anon-Ottawa.ca)

Any questions for AA please contact:

Cindy spring@ottawaaa.org  
or www.ottawaaa.org



# Al-Anon & Alateen OTTAWA SPRING CONFERENCE

70 years of Al-Anon “One Day at a Time”

Meeting I.D: 833 9657 8192

Passcode: 703207

APRIL 17<sup>th</sup>, 2021  
Al-Anon Event Schedule



9:30 am - 10:00 am: *“Opening Remarks & Welcome” to the Ottawa Spring Conference by Shawn K.*

10:00 am - 11:00 am: *“Speaker” Heather W. from Austin, Texas*

11:15 am - 12:15 pm: *“Speaker” Neil S. from Grimsby, Ontario*

*- Break for Lunch - (45 Minutes)*

1:00 pm - 2:00 pm: *“Alateen” Speaker or Panel (TBA) Hosted by Linda M. from Ottawa*

2:15 pm - 3:15 pm: *“Speaker” Jane H. from Whitby, Ontario*

3:30 pm - 4:30 pm: *“Speaker” Cathy M. from Austin, Texas*

4:45 pm - 5:45 pm: *“Closing Speaker” Chuck K. from South Haven, Michigan*

5:45 pm - 6:00 pm: *“Closing Remarks”*

*In Participation with AA*

OTTAWA SPRING CONFERENCE



For Zoom link and Info visit  
OTTAWAAA.ORG

# A Member Shares...

## I have never been happier!

My son was born January 5, 2021. I have never been happier, but at the same time never more terrified. Thanks to the program, I was able to provide support to my wife throughout her labor. I didn't take it personally, when, during one of her more difficult contractions, my wife commented to the nurse that I didn't know what I was doing. I took a prenatal class, but it's hard to remember all the support tips apparently. We chuckled about it afterwards. My wife is also in Al-anon, which is a huge gift. We were able to say the serenity prayer on numerous occasions, and repeat the slogan 'this too shall pass' during difficult contractions.

Although we had a birth plan, we were told by the doctors late in labor that it would be best to perform a caesarean section for the health of the baby. We were able to ask for a minute to ourselves, have a little cry, and say the serenity prayer once more.

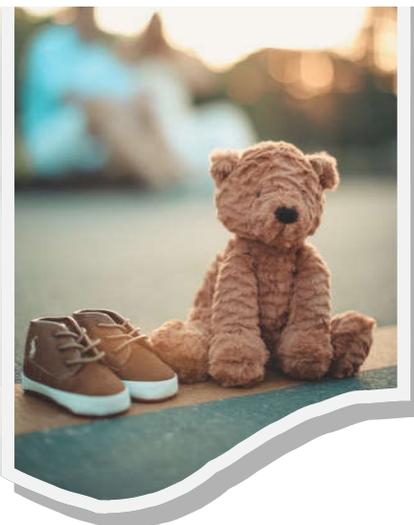
Later, as I waited to enter the operating room where my wife was, I was afraid; I didn't want anything bad to happen to my wife or my son. I know my HP doesn't want me to live in fear, but it was challenging.

As I entered the operating room, there were several doctors and nurses around my wife. One doctor coached my wife through the procedure, and explained step by step what was happening. Suddenly, I was told to look over the cloth partition to see my son. "Get your camera out!", one nurse said. I took a few pictures, but put my phone away so I could enjoy the moment.

I was overwhelmed to say the least when I saw the nurses toweling off our little boy. I cut the umbilical cord. When one nurse asked what we were naming our child, I got choked up, and started to cry tears of joy. I'm so grateful I can express my feelings these days. When I was still drinking, I pretty much ran from any uncomfortable feelings. As a consequence, I also missed out on so many positive emotions. Today is so different.

Despite our disappointment with needing a C-section, we ended up being somewhat grateful because it meant we stayed two days in the hospital. I got plenty of practice swaddling, and more important, diaper changes! Since I dealt with some of my own crap in AA, I could now help my son with his!

I was able to leave the hospital briefly to go home and change, take a shower, and grab something to eat for my wife and I. As I drove back to the hospital, I chatted with my best friend on the phone. I met him in AA at my first home group & we've been friends ever since. He has 3 kids of his own, and he was



*"We were able to say the Serenity Prayer on numerous occasions."*

God grant me  
the serenity to  
accept the things  
I cannot change.  
Courage to  
change the  
things I can. And  
wisdom to know  
the difference.

# A Member Shares...continued from page 7

was excited for my wife and I to start a family. In chatting with him, he said something that I will always remember. He related his experience being at home for the first time, laying in bed with his wife and baby daughter, experiencing a new level of serenity. I loved hearing that so much.



The first night home from the hospital, I was actually able to log into zoom to make my home group (From the Heart on Thursday nights). In spite how crappy this pandemic has been, I am grateful for online meetings. I got to share that I was overjoyed, but also had a lot of fears. Meetings are a safe place for me to go when I am fearful. I share about my fears and *poof!* they suddenly lose their hold on me.

Having a son felt like a spiritual experience for me. I instinctively started to think of his needs instead of my own. I still have a lot of fears, like the fear of repeating the same mistakes as my biological father (self-admitted alcoholic), but I know with my higher power, and the program that I can break the cycle of alcoholism in my new little family.

Sean B

**SAVE THE DATES**

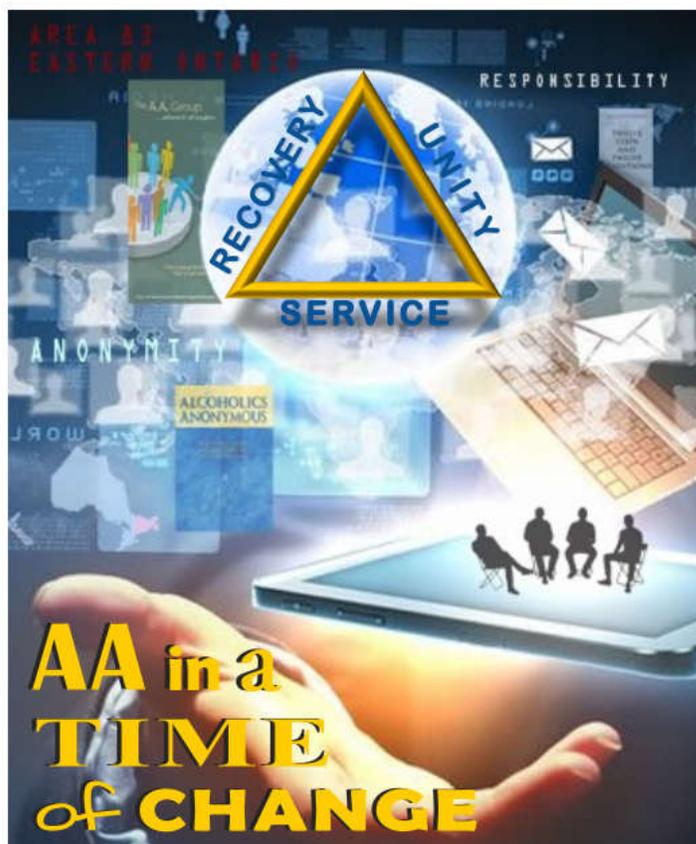
## Preconference Agenda Sharing Sessions 7-9 pm on the following dates

Date	General Service Conference Agenda Committee
March 21, Sunday	Grapevine
March 22, Monday	Literature Pt 1
March 30, Tuesday	Literature Pt 2
March 31, Wednesday	Accessibility/Treatment
April 6, Tuesday	Corrections
April 7, Wednesday	Cooperation with the Professional Community
April 8, Thursday	Finance
April 11, Sunday	Public Information
April 12, Monday	Archives Agenda Trustees International Conventions/Regional Forums Policy and Admissions Report and Charter



Click on the above logo for more information

All members of Area 83 are welcome and invited to participate in any one or all sharing sessions.



**AA in a  
TIME  
of CHANGE**

# REWARD: Recovery

Maybe you don't even know it, but  
You're the light for someone's darkness,  
Your life story is the testimony that will  
Make someone free,  
You're the string of hope that's keeping  
someone from falling apart, you  
mean the world to someone and you  
should know this!

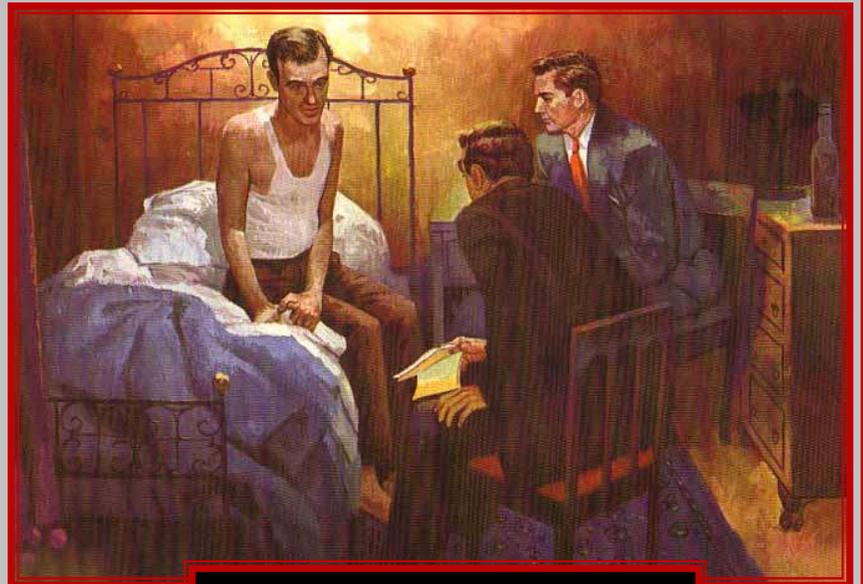
-A.Kinglock-Murray

**WANTED!**

HONESTY  
OPEN-MINDEDNESS  
WILLINGNESS

**REWARD  
RECOVERY**

On this day you surrendered, you mustered up some courage and asked for help. You began a new way of life. Slowly, you became honest. You sought to help others. You became a giver. You took less. You began to feel...pleasure, pain, sadness and joy. On this day...you got sober.



**12**  
STEPS  
TO RECOVERY

## The OPP Creative Corner

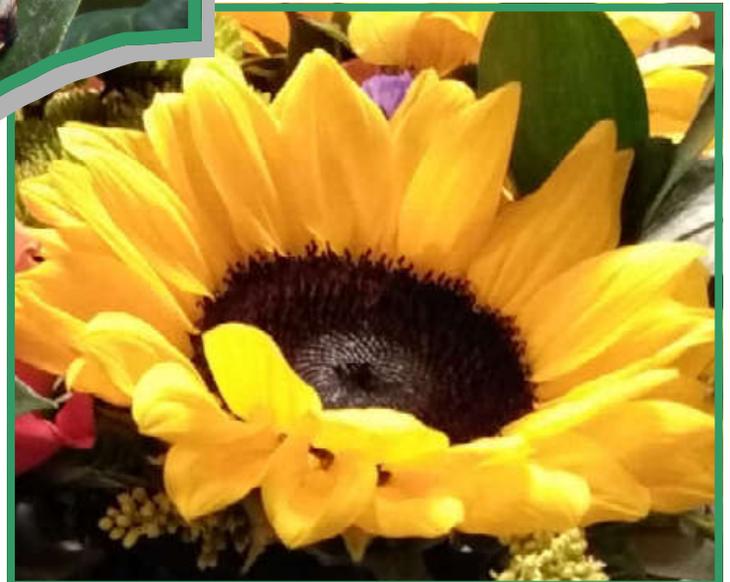
Covid-19 is giving us gifts. We have more time to reflect and to create. Our new "Creative Corner" is a place where we can share what AA members are doing with extra time on their hands during the pandemic. ***Send us your poetry, or your paintings, or your photographs.*** You can reach us at: [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)



**A Taste of  
Spring**



**Photos by D-M**



**ANNOUNCING:**

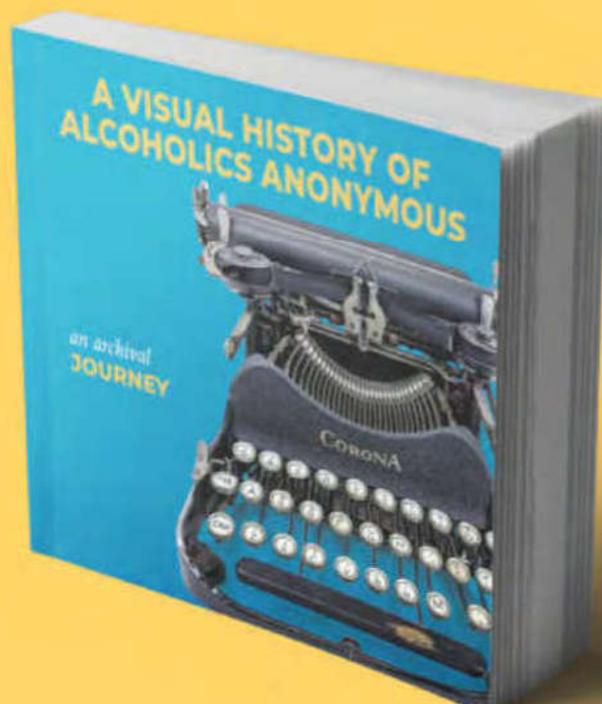
**The limited edition  
publication of  
a new book!**

**\$16.50  
CAD**

## **A VISUAL HISTORY OF ALCOHOLICS ANONYMOUS:**

*An Archival Journey*

Lavishly illustrated, this lively tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in our shared history — from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life.  
4.75" x 3.75", 416 pages.



**Now available through the online bookstore!**

**Originally developed as the souvenir book for the  
2020 International Convention in Detroit.**

# From the AA Archives...

## Lunch With Bill Group Founded: April 16, 1998 Celebrating 21 years!

Lunch With Bill was a spin-off meeting from the Medallion Noon Group. Founding members were Gus K., Eric B., Ewald H., Derek R., and along with six other AA members, they started the Lunch With Bill Group on April 16, 1998.

Meetings were originally held at the Westboro Baptist Church on Richmond Road, then in February 2006, the Group moved to the Masonic Temple on Churchill Avenue for a few months only. In July 2006, the Lunch With Bill Group settled into the Westminster Presbyterian Church on Roosevelt Avenue where it remains today. Meetings have always been held at noon each day from Monday to Friday. The format is five closed discussion groups – Beginners, Beginners Step Study, As Bill Sees It, 12 Step Discussion and Big Book Discussion. The last Friday of the month is an open speaker format and birthdays are celebrated.

Lunch With Bill was one of the first AA meetings in Ottawa to pivot to an online format, when the pandemic shuttered its doors in March 2020. Under the leadership of John M., the meeting quickly established a strong virtual presence, and attracted participation both locally and internationally. With the use of dynamic "in-meeting" graphical material, and a companion website it has provided exemplary AA programming five days a week.



# SERVICE CALENDAR

*Online meeting logistics are shown for committees that have provided it.*

No matter how much sobriety you have, you can help and be part of the greater whole. All AA members are welcome to attend any of the following committees:

**OTTAWA INTERGROUP MONTHLY MEETING**..... Second Wednesday (7:00 pm)

([ZOOM Meeting ID 824 3878 6359 Passcode OAIG2020](#))

**DISTRICT 54 MEETING**..... First Thursday (6:30 pm)

([ZOOM Meeting ID 834 9953 9650 Passcode 141892](#))

**DISTRICT 58 MEETING**..... First Monday (7:00 pm)

(Bronson Centre, 211 Bronson Avenue-Room 213-in-person meetings suspended)

**DISTRICT 62 MEETING**..... Second Monday (7:30 pm)

([ZOOM Meeting ID 638 5623 068 Passcode 016224](#))

**CORRECTIONS FACILITIES AND TREATMENT**..... Fourth Tuesday (6:30 pm)

(Bronson Centre, 211 Bronson Avenue-Room 108-in-person meetings suspended)

**PUBLIC INFORMATION/ COOPERATION WITH PROFESSIONALS**.....Third Monday (6:30 pm)

([ZOOM Meeting ID 815 4385 6025 Passcode PICPC](#))

**OTTAWA ARCHIVES**..... Third Wednesday (7:00 pm)

(Bronson Centre, 211 Bronson Avenue-Room 108-in-person meetings suspended)

**Is your AA Group's meeting information correct on [ottawaaa.org](http://ottawaaa.org)?** Please send all updates as well as temporary closures to Ottawa Intergroup at [info@ottawaaa.org](mailto:info@ottawaaa.org).

**Do you have a question for the Intergroup board?** Please email us with your question and you can also request an invitation to meet with us at our monthly board meeting. Send your email to [chair@ottawaaa.org](mailto:chair@ottawaaa.org).

**If your group needs insurance**, please contact Ottawa Intergroup at [info@ottawaaa.org](mailto:info@ottawaaa.org) to discuss.

"Our Primary Purpose" publishes articles reflecting the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. In determining content, the editor relies on the principles of the Twelve Traditions. "Our Primary Purpose" values the shared experience of individual AA members working the AA program and applying the principles of the Twelve Steps. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful or contentious manner, "Our Primary Purpose" tries to embody the widest possible view of the AA Fellowship.

*The editor of "Our Primary Purpose" reserves the right to accept or reject material for publication, based on the AA traditions. Note: this policy is consistent with that of the AA Grapevine.*

*Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or Ottawa Area Intergroup. Submissions are always welcome.*