

Our Primary Purpose

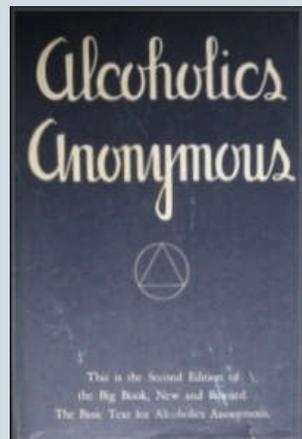
Stories, news and information from our fellowship in the National Capital Region

www.ottawaaa.org



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Getting sober: One transaction at a time

How one of us has helped countless suffering alcoholics

When was the last time you scrambled to find a meeting, or a zoom address? Maybe you needed to place an order for some Big Books, AA literature or medallions?

all things online, here in the Ottawa AA community.

Huge responsibility - simple goals

If you did, chances are you got what you needed with a few simple clicks on your phone, or your laptop. And you can thank Carolyn O, Ottawa Area Intergroup Webmaster, for the ease and elegance of that transaction.



Very few of us have ever written a line of computer code, let alone programmed a webpage or an entire site. Yet, increasingly our quality

of life depends upon the expertise of computer scientists and technologists.

The omnipresence of technology in our lives is a constant blessing and curse. We waltz through our day triggering dozens of online requests with unconsciously high expectations that what we need will magically appear on our screen within milliseconds, and it usually does. In the case of our local AA website, virtually every keystroke has been made more efficient by Carolyn.

There's hardly a square inch of the Ottawaaa.org website that Carolyn has not had a hand in shaping or redesigning.

"Really all I'm trying to do is make it easier for people to get what they need. Whether it's a meeting or a book, or general information about AA itself, and how the fellowship might be able to help the individual with a drinking problem."

"I would like to think that most of the things I've been able to do with our website have, in one way or another, helped improve the lives of the suffering alcoholic," said Carolyn, now more than 3 years into her role as master of

(Continued on p. 5)

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the 20th day of the month
preceding publication date

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District 58* – (See note below)
District 62 – Ottawa West – Trevor F district62@ottawaaa.org
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Corrections Facilities & Treatment cft@ottawaaa.org
Archives – Sue B archives@ottawaaa.org

*District 58 is no longer meeting. Please contact District 54 or District 62.

Editorial: Everyone is a User

There's a good possibility you've never heard of the NAATW. Those letters stand for: National AA Technology Workshop.

At first blush you might ask, "so what, why should I be interested?" And it is easy to assume that such an event is aimed solely at those who might call themselves geeks or nerds.

Of course, the majority of those who attend the annual NAATW are in fact computer savvy people who are very interested in dots and dashes, all things computer/technology related.

But the question you might need to ask yourself is: "does a room (or in this case a zoom-room) full of like-minded geeks and nerds, interacting with each other, produce the best ideas for next-gen technology?" And in our case, technology that's going to help the suffering alcoholic.

Of course, the answer to that question would be a resounding NO.

We've all heard that expression...*a little knowledge is a dangerous thing*. As it turns out, when you put a whole bunch of like-minded people together, all possessing a "little knowledge" about something, then often the obvious, dare we say "stupid" questions, never get asked.

So, what the upcoming NAATW really needs are more people like you...people who are NOT necessarily computer literate...but who ARE normal, everyday USERS.

You're no doubt familiar with that phrase, USER EXPERIENCE. The only tried and true way that the user experience is going to improve is if you, the user, tell the computer programmer all about your frustrations, and what you would really like to be able to do when you go online to transact.

If those who are creating the user interface never hear from the user, or at least not early enough in

the development cycle, then they tend to produce sophisticated, yet clunky, experiences that drive users crazy.

Have you given any thought to what hybrid AA meetings might look like in the future...meetings that combine the in-person and virtual experience? Have you thought about how a "chat" function might make more sense than a telephone answering service, when it comes to attracting younger people to AA?

If so, and simply because you are a USER, then it would make perfect sense for you to attend the NAATW. Your questions or observations might be just what is needed to help the geeks and nerds come up with the NEXT BIG IDEA!

Jeff F

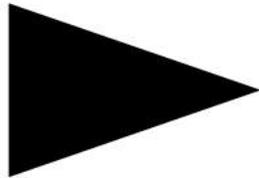


Alcoholics Anonymous



NAATW

National AA Technology Workshop



Theme: 'AA
and
Technology
in a Time of
Change'

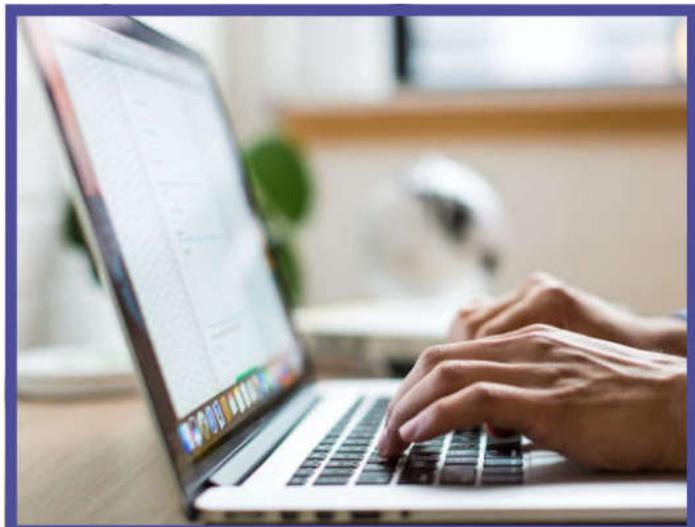
*"As we emerge
from the pandemic:
technology lessons
learned, what
worked, what didn't
and where we go
from here"*



Save the Date!

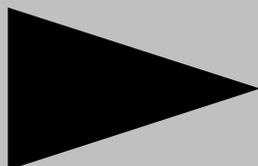
September 17th to 19th, 2021
Check the website for details.

For more information and
links to registration go to:
<https://naatw.org/2021-online-workshop/>



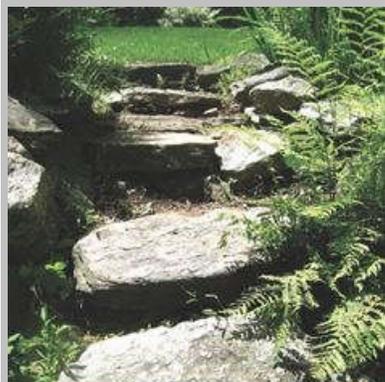
“A.A. needs to meet young people where they are...”

2018 AA Communications



IMPORTANT NOTICE:

District 58 is no longer meeting. Please contact District 54 or District 62. (See page 2)



STEP BY STEP
Real AAs, Real Recovery

How one of us has helped countless suffering alcoholics

(Continued from front page)

The pandemic pivot

Carolyn, herself, finds it hard to rank the relative impact her web-based accomplishments have had for local members of AA, from newcomer to old-timer. But it would be an oversight not to highlight the work she did in March 2020 to help the fellowship pivot from in-person to online meetings.

“Those couple of weeks, when the curtain came down, are a blur.”

As Covid-19 shuttered the doors of churches and community centers, home groups clambered to get online and stay connected. Carolyn, with a cool hand and the patience of Job, recreated the AA online meeting list, and provided members with the critical coordinates they needed – on a timely basis – to get instant access to virtual meetings.

“I guess I’m lucky to be blessed with the ability to instinctively drill down on what’s needed, at that moment in time, to get the desired result.”

And that she did. Within hours she had Zoom addresses posted, and, seemingly, without much fanfare, AA changed course...never to be the same again.

The lasting legacy

What’s maybe even more remarkable about Carolyn’s contribution to Ottawa Area Intergroup are projects complementary to the website, involving the Telephone Answering Service (TAS), and e-commerce.

Her bold vision of ‘what could be’ helped bring e-tap technology to local events and conferences, so that members could purchase literature with their credit cards. She spearheaded a new telephone answering system and streamlined the user interface for TAS volunteers, making it easier for members to get trained and work remotely.

“It’s all about the user experience. If you can make it more intuitive for people to transact or volunteer, then they are more likely to come back sooner and make greater use of the technology. That’s my greatest reward.”

Grapevine – Step By Step

\$17.00

In Step by Step, you will discover a variety of experiences from AAs that have written about the Steps for the pages of Grapevine.



Social Media.... here we come!

AA ON INSTAGRAM At the abbreviated 70th General Service Conference the Conference Committee on Grapevine discussed a request for A.A. Grapevine, Inc. to establish an Instagram account in line with the Twelve Traditions and encouraged them to continue with their planning. The committee suggested that the Grapevine Board provide additional information on implementation, anonymity, security, affiliation, outside contributions, privacy and promotion and bring a progress report back to the 71st General Service Conference.

This year, there was an agenda item to: Review Progress Report on the development of an Instagram Account and this was discussed at our March 21st, 2021 Pre-Conference Agenda Sharing session.

At the 71st General Service Conference it was recommended that: The AA Grapevine Board implement an Instagram account and that a report on the Instagram account be brought back to the 2022 Conference Committee on Grapevine and La Viña.

This would be an outreach both to the public and for members. As a free form of social media, it can be used to share photos, quotes, book covers and videos and has an array of other features.

The Communication audit found that we need to meet young people where they are to introduce them to Grapevine materials.

Keep an eye out for more information!

A.A. needs to meet young people where they are

2018 AA Communications Audit

What is Service Material?

Service material is available to A.A. members upon request. This material differs from Conference-approved literature in that it has not come about through Conference Advisory Action. It is produced when there is a need for readily available information on a specific subject. Service material reflects A.A. group experience as well as specific and timely information that is subject to change.

Examples of Service Material available from the General Service Office can be found [HERE](#)



G.S.O. Podcast

The Conference Committee on Public Information made the following committee consideration at the 70th General Service Conference in 2020:

The committee discussed a request to develop a plan to create an A.A. podcast. The committee suggested that the General Service Office (G.S.O.) explore the development of a draft plan to create a G.S.O. podcast to be brought back to the 2021 Conference Committee on Public Information. The committee suggested that information such as function, target audiences, participation, possible episode topics and an implementation plan be included.

This was discussed on March 16th, 2020 at our Pre-Conference Agenda sharing session where all members were welcome to attend.

This year at the 71st General Service Conference, it was decided that: Podcasts providing sharing within the Fellowship and information about A.A. to the public be produced and distributed by G.S.O. in cooperation with the Grapevine Office. The committee requested that a progress report on the development and implementation of podcasts be forwarded to the 2022 Conference Committee on Public Information.

The committee noted that podcasts would serve as a new format to produce "service material" to communicate on topics with similar sharing that can be found in Box 4-5-9, About AA, aa.org, and sharing from AA Grapevine and La Viña.

A.A. World Services has a YouTube channel

Have you looked at the A.A. World Services YouTube channel yet? There are currently 18 videos in 3 languages. Each of the PSA's (Public Service Announcement) have been Conference approved. The latest video is called A New Freedom. <https://www.youtube.com/watch?v=QWjshnqygil>

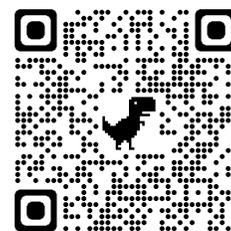
During the 71st General Service Conference, two more PSA's were approved. One is called "Party" and the other "Wall". At the Conference we viewed both these videos. It gave me goosebumps watching them. These have been developed in response to a 2019 Advisory Action.

The videos are very grabbing with diversity in mind. They both, in very different ways, illustrate the idea that you can get sober even though you are isolated or locked in your house. Timely considering the current pandemic.

Also on this YouTube channel is one video for each of the Steps and Traditions taken from the Twelve Steps and Twelve Traditions, a collection of Bill W.'s essays on the Steps and the Traditions of Alcoholics Anonymous in American Sign Language (ASL).

The YouTube channel was developed in response to a 2017 Conference Advisory Action. Content posted is guided by AA principles and AAWS copyrights. Comments are disabled. The purpose of this YouTube channel is to provide a platform to share AA videos with a broader audience to carry the message to alcoholics, the general public and the professional community.

From Area 83 Summer 2021 Newsletter



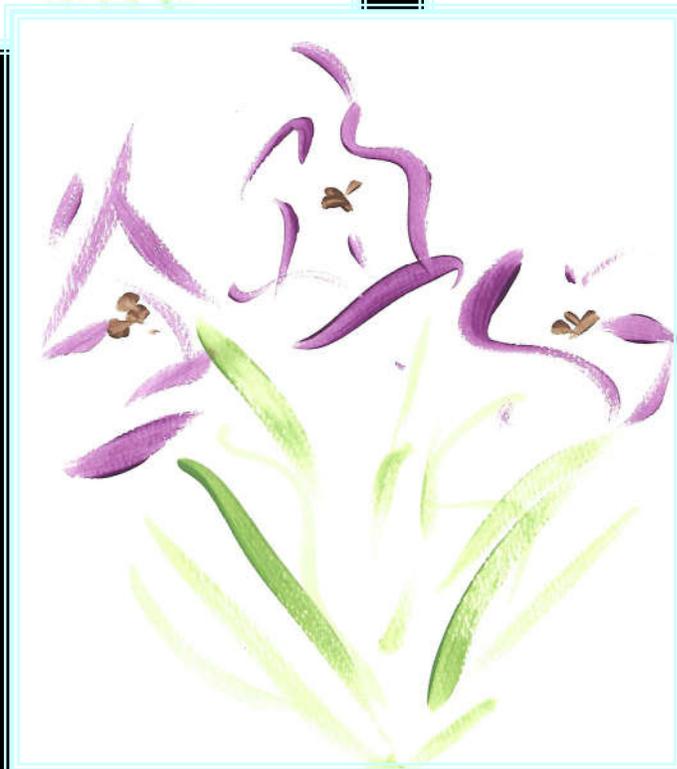
Important Dates:

October 22-23, 2021—Area 83
Service Information Day

October 24, 2021—Area 83 Assembly

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



*Paintings by
Dawn-Marie*

Orleans Hub Group

Founded: August 2, 1979

First A.A. meeting in Orleans

The "Hub" Group initially started August 2, 1979. The name "Orleans HUB" was chosen, because all the members came from various parts of Orleans to meet at this "HUB". At the August 9th meeting, approximately 65 people attended; Father Tom M. gave his message and the Orleans Hub Group was officially born.

In 1980 the first of many moves began, from the Old Fire Hall, to a School Library, to the land-mark Church on St Joseph Boulevard, to a School Gymnasium, to the Queenswood Heights CC, and finally to its current location, the Roy Hobbs Community Centre.

The Group came close to folding four times. Up until the mid-90's, founding members Gwen B. and John L. along with Dave F., Doug M., Teresa and Owen (the big "O") kept the HUB meeting alive. During the 90's and into the 2000's there were many, in fact far too many, challenges to conquer. Members like Terry B., Doug M., John L., Neil MacD., Bill U., Randy M., Peter F., Don S., Bob G., Grant H., Lucille G., Joe DK., among others, steadied the group. "Longtimers" showing the power of example attracted many Newcomers, young and old, including other Longtimers.

Today the Orleans Hub Group is strong and growing. Service work has always been a commitment for the HUB Group and over the years, service work included such areas as: The Detox Centre, the Royal Ottawa Hospital, the jails in

Ottawa, Brockville and Gatineau, Grapevine Promotion, District 54 GS committees, TAS duties and active involvement at the Intergroup level.

Of the 9 founding members, two have moved to Vancouver Island, one to Nova Scotia, one sadly has passed on, 3 are still active in Ottawa and we've lost track of 2.

Vibrant speaker meetings, a solid AA message, monthly AA anniversaries, in addition of newcomers makes this AA Group a "must place to be" on Thursday nights at 8pm. This meeting is now on-line and in-person. (4845 Innes Rd. Redeemer Alliance Church)





August 20 - August 21, 2021

Richmond, Virginia

25th Annual Southeast Woman to Woman Conference

“Secrets Women Don't Share”

A Conference for sober Alcoholic women with Al-Anon participation



This is a Virtual Event

Speakers

Workshops

Old Timers Panel

Marathon Meetings

Registration is free but required at www.sewomantowoman.org

For more information, contact:

Robin S., Registration Chair
804-687-8584, richmond.sew2w2020@gmail.com

Julie H., Co-Chair
804-901-1055, SEW2WJulie@yahoo.com

Flo D., Chair
804-715-7073, flood930@gmail.com

Shirley P., Hospitality Chair
252-292-9823, shirleybp01@aol.com

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* Discontinued. Please contact District 54 or District 62.

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

(ZOOM Meeting ID 638 562 068 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? Please send all updates as well as temporary closures to Ottawa Intergroup at info@ottawaaa.org.

Do you have a question for the Intergroup board? Please email us with your questions and you can also request an invitation to meet with us at our monthly virtual board meeting. Send your email to chair@ottawaaa.org.

If your group needs insurance, please contact Ottawa Intergroup at 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 newsletter coordinator 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. It neither seeks 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 newsletter coordinator 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!