

# Our Primary Purpose

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

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For when  
harboring  
such feel-  
ings we  
shut our-  
selves off  
from the  
sunlight of  
the Spirit.

Big Book  
pg. 66

Ottawa Area Intergroup of  
Alcoholics Anonymous



**D**id You Know...that Alcoholics Anonymous World Services, Inc. (A.A.W.S.) is a not-for-profit corporation with nine directors on the Corporate Board. They are responsible for oversight of the General Service Office (G.S.O.), group services, printing and distribution of Conference-approved literature and service material. (This excerpt was taken from the General Service Final Report 2018, page 36 and Chapter 10 of the A.A. Service manual)

A reminder to groups: update your meeting list information regarding in-person/on-line/vaccination requirements. Send to [info@ottawaaa.org](mailto:info@ottawaaa.org).

# Pandemic, what pandemic?

## How recovery can have the power to distract us

From getting wasted and robbing people at knifepoint...to writing poetry and reading books about spirituality. That's a dramatic transformation, and it's also a tribute to the power of 12 Step recovery.

Dan (his name has been changed to protect his anonymity), who is 30, admits that for 15 years following his expulsion from high school, life could be summed up in two words: crime and addiction.

But thanks to a forward-thinking judge, and the kindness of strangers, he is now six months into a year-long treatment program, with the very real chance of turning his life around.

### Bad decisions

Dan was brought up as an only child by his mother and grandparents. His mother worked three jobs to try and make ends meet. "I was the redhead, without a father. I was taunted and bullied in the school yard. I started to drink and do drugs in order to fit in and be accepted."

It all began to unravel when he stole his grandmother's debit card and drained her bank account. Bad decisions snowballed, and before long he found himself in and out of jail.

"It all came crashing down when my lawyer showed me my rap sheet. I had 56 charges against me, and I could honestly only remember

about six. From armed robbery, to assault, to fraud...it was all just a blur."

### By the grace of...

Dan and his girlfriend had passed out on the front steps of a small business. The couple who owned the business offered them a meal and listened to their story. "They wanted to help and filled out an application for a treatment program. But I wasn't ready."

Fate once again smiled on Dan when, faced with additional jail time, a judge offered to let him go straight to treatment. Last summer he entered a six-month, 12-Step based program. He has just graduated from stage one and is now living in a recovery home. He hopes to move on to a transition house, find a job and re-enter society.

### A power greater

Dan was never one to go to church. Maybe once a year, at the urging of his mother and grandmother. God, or the God of one's understanding, was not something he thought much about. But now, in the context of the 12 Steps, he has chosen to put his trust in a higher power.

"For many years I had a very low opinion of myself and couldn't trust anyone. When I lost my mother and grandmother, both of whom died in the same year, I lost the only two people who I thought really cared about me."

Sobriety, the 12 Steps, and now scripture, are all combining to bring Dan some self-esteem and the ability to trust in a power greater than himself. "I had an epiphany when I read these words, 'But Jesus looked at them and said: with men this is impossible; but with God all things are possible.'"

### An open mind

Some of us believe in God, some of us don't. Some of us equate God to a higher power, some of us think of AA as our higher power. What works for you may not work for me. Dan is coming to believe in a form of spirituality that is helping him to change the way he thinks about himself, and the way he lives his life.

And, oh by the way, did anyone tell Dan there's a pandemic going on? That the world is in crisis?

"I was in jail when the pandemic started. And now I'm busy discovering the wonders of recovery. For the first time in my life, I'm getting a sense of what I might be truly passionate about. I'm writing poetry and reading interesting books."

Pandemic, what pandemic?

### Service Opportunities:

Chair Eastern Conference  
2022

Vice-Chair Eastern Conference  
2022 Vice-Chair Spring  
Conference 2022



**AREA 83**  
Assembly Information

Area 83 Assembly - March 25-27, 2022

Help maintain the 24/7 phone lines for the next suffering alcoholic.

Intergroup is currently looking for volunteers to take shifts.

You will be trained!

Contact:  
TAS@  
ottawaaa.org

# From the AA Archives... H.O.P.E Group



The new group was founded on 15 Feb, 2011 and it was named the H.O.P.E. group (an acronym for "How Our Problems End"). The two founding members were Eric B. and Steve M.

The two founders were immediately joined by some other regular members, Greg F. Bill M., Ewald H., and Rollie. The group eventually attracted other members over the months that passed. Some early members that joined were; Colette R., Vaughan J., Sharron P., Ian P., Mike F., Gord H., Donna P., and Ron C.

The group continued to grow. We began to attract members from other groups which found our location more convenient. Our attendance grew and the group thrived.

Despite a somewhat diminished attendance, the H.O.P.E. group continues to meet every Monday, Wednesday and Friday at 12:30 p.m. It is located in Nepean at the Trinity Church on Maitland Ave (just south of the Queensway).

Our meetings follow the usual format, i.e. we open with the Serenity prayer, AA Preamble, Steps and Traditions and we close with the Responsibility Declaration and the Lord's Prayer (for those who wish).

Our meeting format is closed discussion sub-groups using the Big Book of A.A., the 12 Steps and 12 Traditions and the text "As Bill Sees It" (on Wednesdays). We have the Church basement hall, a kitchenette and a daycare area in which to hold our meetings. Member anniversaries are celebrated with an open speaker meeting (optional) on the last

Friday of the month.

Our group has a steering committee chairperson, a secretary, a treasurer a GSR an Intergroup Rep. We also have a Literature Rep and a supplies person.

Our membership consists of seniors, retired persons, newcomers early in recovery, and working people on their lunch hour. It's a 60/40 ratio of seniors to young members. We promote the sponsorship principle.

We have dedicated regular members who do most of the service work involved with running the group meetings. We contribute regularly to the four AA entities in the service structure, GSO, Area 83, District 62 and Ottawa Area Intergroup.

On rare occasions the members have been asked by visitors to sign court cards.

We carry AA literature in hard covered books as well as A.A. pamphlets. We subscribe to Grapevine Magazine for four monthly copies which are resold at cost.

We also support local AA events such as Spring and Fall conferences, Alkathon, Longtimers Lunches, Sponsorship Days and other annual events.

The H.O.P.E. group invites all of you to come and share a meeting with us.

Send your group history to [archives@ottawaaa.org](mailto:archives@ottawaaa.org)

Send your updated group/meeting information to:

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

**Public Information and Cooperation with the Professional Community Committee (PI and CPC)** invites you to an upcoming North American PI and CPC Conference. This virtual conference is taking place over two days, on February 12 and 13, 2022, for 4.5 hours on Saturday and 2.75 hours on Sunday. French and Spanish translation will be available. Below are links to the Conference Program in English, French and Spanish. To register, simply open the Program and register using the link at the bottom of the page.

This is a unique opportunity for us to hear from some Class A speakers. The Rev. W. Ewing, for example, had a heavy hand in drafting the new and recently released pamphlet, "*Faith Leaders ask about AA*". Dr. Mooney and Judge Flores will share their perspectives on working with professionals in their respective fields.

Equally interesting is the fact that there are three Canadian panelists on the Program. Jan L., our Eastern Canada Regional Trustee, will be sharing

her thoughts on *Social Media within the AA Traditions*. Two other Canadians are from Western Canada: the current and former Regional Trustees: Irma V and Cate W., the former will speak about *Diversity & Inclusion* and the latter will discuss the topic *How to Speak at non AA meetings*.

The Conference promises to be informative, educational and inspirational. It's free by the way! It's for **all A.A. members**, not only those in PI and CPC service work.

Please share this with everyone in your area and encourage them to attend.

Yours in love and service,

*Jo D  
CPC Chair  
Area 83 Eastern Ontario International*

# NORTH AMERICA CPC & PI CONFERENCE

## Saturday February 12th 2022

PST	CST	EST	Duration	Panel	Topic	Panelist
10:00 AM	12:00 PM	1:00 PM	15 minutes	Panel 1	Our Primary Purpose at Scale using Technology	Fred M. - Past Registrar, Area 49
10:15 AM	12:15 PM	1:15 PM	15 minutes	Panel 1	Podcasts at a Public Level	Daniel C. - PI Liaison Officer, East Lancashire Intergroup, England
10:30 AM	12:30 PM	1:30 PM	15 minutes	Panel 1	Social Media within the Traditions	Jan L. - Class B Trustee, Eastern Canada Region
10:45 AM	12:45 PM	1:45 PM	15 minutes	Panel 1	Anonymous Not Invisible	Peter F. - District PI/CPC Chair, Area 48
11:00 AM	1:00 PM	2:00 PM	15 minutes	Panel 1	Questions	
11:15 AM	1:15 PM	2:15 PM	30 minutes	BREAK		
PST	CST	EST	Duration	Panel	Topic	Panelist
11:45 AM	1:45 PM	2:45 PM	30 minutes	Panel 2	Working with Legal Professionals	Judge Flores - Past Class A Trustee
12:15 PM	2:15 PM	3:15 PM	30 minutes	Panel 2	Working with Healthcare Professionals	Dr. Mooney - Class A Trustee
12:45 PM	2:45 PM	3:45 PM	15 minutes	Panel 2	Questions	
1:15 PM	3:15 PM	4:15 PM	15 minutes	BREAK		
PST	CST	EST	Duration	Panel	Topic	Panelist
1:30 PM	3:30 PM	4:30 PM	15 minutes	Panel 3	Attraction rather than Promotion	Amy B. - CPC Coordinator, GSO
1:45 PM	3:45 PM	4:45 PM	15 minutes	Panel 3	Diversity and Inclusion	Irma V. - Class B Trustee, Western Canada Region
2:00 PM	4:00 PM	5:00 PM	15 minutes	Panel 3	7th Tradition and Carrying the Message	Betty G. - Member, Area 64
2:15 PM	4:15 PM	5:15 PM	15 minutes	Panel 3	Speaking at Non A.A. Meetings	Cate W. - Past Class B Trustee, Western Canada Region
2:30 PM	4:30 PM	5:30 PM	15 minutes	Panel 3	Questions	

## Sunday February 13th 2022

PST	CST	EST	Duration	Panel	Topic	Panelist
10:00 AM	12:00 PM	1:00 PM	30 minutes	Panel 4	A.A. and Faith Leaders- Working Together	Rev. Ewing - Past Class A Trustee
10:30 AM	12:30 PM	1:30 PM	30 minutes	Panel 4	Working with Traditional Media Outlets	Tim C. - Lead, National PI & CPC Working Group
11:00 AM	1:00 PM	2:00 PM	15 minutes	Panel 4	Questions	
11:15 AM	1:15 PM	2:15 PM	30 minutes	BREAK		
PST	CST	EST	Duration	Panel	Topic	Panelist
11:45 AM	1:45 PM	2:45 PM	1 hour	Panel 5	Ask it Basket	All Panelists

**CALL FOR VOLUNTEERS!**

## CFT COMMITTEE

The Corrections Facilities & Treatment Committee is looking for volunteers to fill two positions. Each is a two year commitment ending Dec 2023:

1. Ottawa Withdrawal Management Centre
2. Treasurer

Elections to take place at the Committee meeting February 22, 2022 on Zoom:

Meeting ID: 815 5183 4935

Passcode: 521429

**SERVICE!**

For more information please contact: [cft@ottawaaa.org](mailto:cft@ottawaaa.org)

Everyone is welcome to join our regular meeting! We meet the fourth Tuesday of every month at 6:30pm on Zoom.

We are also looking for volunteers for our Bridging the Gap program which helps connect people with meetings when they are leaving facilities and moving back into the community. If you are interested in adding your name to the list or if you have any questions, please send an email to: [btg@ottawaaa.org](mailto:btg@ottawaaa.org)

Greetings Members of Area 83.

Each spring, the General Service Conference takes place in New York. The Conference is made up of 93 Area Delegates, the Trustees and Directors of A.A. World Services and Grapevine, and the General Service Office Staff.



The General Service Conference is the annual business meeting for Alcoholics Anonymous and the focus of the Conference are the Agenda items for each of the 13 Conference committees. The major work of the Conference is done during these committee meetings where comprehensive background information is reviewed and deliberated for each agenda item.

Conference committees discuss numerous issues of interest to the Fellowship as a whole and come up with recommendations. Some recommendations result in Conference Advisory Actions. Not all Conference discussions become Advisory Actions. Some important matters addressed at the Conference result in “additional considerations” - more informal suggestions and guidance on how best to carry the message.

“As voting members of the Conference, Delegates bring to its deliberations the experiences and viewpoints of their own areas.” (Service Manual 2018-2020 edition page S50) **The members of Area 83 play an important role in providing our Delegate with experiences and viewpoints to take to the General Service Conference (GSC).**

We are inviting you to be part of the decision-making process and to share your input on the items that will be discussed. Your views and ideas will be collected and shared with our Delegate who will represent Area 83 at the 72<sup>nd</sup> Annual General Service Conference 24-30 April 2022.

Pre-Conference Sharing Sessions

**When:**

Sharing Sessions will be held **March 20–April 11, 2022, from 7pm to 9pm**

**How:** Join on Zoom or phone in. Go to: [area83aa.org](http://area83aa.org) for login information.

Same link & password for all sessions.

Meeting ID: 844 5600 2519

Area 83 is striving to improve communication between the Fellowship and the General Service Conference

**All members of Area 83 are welcome!**

Date and Time 7-9 pm	Participating Districts	General Service Conference Agenda Committee	Session Chair
March 20, Sunday	10, 86	Grapevine	Jane S
March 22, Tuesday	18, 74, 78	Literature Part 1	Bill C
March 30, Wednesday	16, 62, 70	Literature Part 2	JoAnn P
March 31, Thursday	2, 30, 48	Accessibilities	Jenny C
		Treatment	Tim F
April 5, Tuesday	34, 36	Corrections	Marty M
April 6, Wednesday	6, 28, 50	Cooperation with the Professional Community	Jo D
April 9, Saturday	26, 82	Finance	Dave L, Bev H
April 10, Sunday	12, 14, 54	Public Information	Jack R
April 11, Monday	22, 66, 42	Archives	Shane H
		Agenda	Past Delegate
		Trustees	
		International	
		Conventions/Regional Forums	
Policy and Admissions			
Report and Charter			

# 2022 OTTAWA SPRING CONFERENCE

An Alcoholics Anonymous Event

## TOGETHER WE CAN



**zoom** link coming soon!

Volunteers needed | Contact: [spring@ottawaaa.org](mailto:spring@ottawaaa.org)

***Saturday, April 30<sup>th</sup>, 2022***

“Together, we can do what none of us could accomplish alone. We can serve as a source of personal experience and be an ongoing support system for recovering alcoholics.”

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



# Pearls of Wisdom

## From my Sponsor

This column features simple pearls of wisdom which have been imparted to me and others over the years by our respective Sponsors. These statements are in no particular order in our recovery or of importance:



Surrender *them* (your loved ones) to God. Put *them* in the God box.

Say the Step 3 prayer: God, I offer myself to Thee...

God, as I don't understand Him!

God has a plan.

H.P. is in control. You have no control over it.

Don't try to take care of it; You're not that powerful.

Let God guide you in what you are to say.

Feeling that you are God; that the world revolves around you.

When fear knocks, answer with faith.

God is taking care of me – I don't have to.

God gives us the freedom to choose.

We're trying to discover your character defects.

Trying to change.

Please submit your Pearls of Wisdom to: [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)

Thank you for your service!

## **Ottawa Intergroup Office**

211 Bronson Avenue, Suite 108  
Ottawa, Ontario, K1R 6H5  
Office Hours: 10 am – 4 pm,  
Monday-Friday and  
1 pm – 4 pm Saturday  
Telephone: (613) 237-6000  
Email: info@ottawaaa.org

Newsletter Coordinator  
newsletter@ottawaaa.org  
Article submission deadline is  
the 20th day of the month  
preceding publication date

## **Ottawa Area Intergroup**

Chair – Mary K.  
Vice-Chair – John D.  
Secretary – Isabel P.  
Treasurer – Tim W.  
Website – Carolyn O.  
Telephone Answering– Eric S.  
Literature – Al L.  
12-Step Coordinator-Adele M.  
Spring Conference – Dick G.  
Eastern Ontario Conference– vacant  
Newsletter – Dawn-Marie M.

chair@ottawaaa.org  
vice@ottawaaa.org  
secretary@ottawaaa.org  
treasurer@ottawaaa.org  
webmaster@ottawaaa.org  
tas@ottawaaa.org  
literature@ottawaaa.org  
12step@ottawaaa.org  
spring@ottawaaa.org  
eoc@ottawaaa.org  
newsletter@ottawaaa.org

## **Ottawa General Service Districts and Committees**

District 54 – Ottawa East – Kevin O.      district54@ottawaaa.org  
District 62 – Ottawa West – Trevor F.      district62@ottawaaa.org  
Cooperation with Professionals - Jo D.      cpc@ottawaaa.org  
Public Information/Media Contact - Jo D.      pi@ottawaaa.org  
Corrections Facilities & Treatment - Elaine H.      cft@ottawaaa.org  
Archives – Sue L.      archives@ottawaaa.org

# 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)

([Zoom Meeting ID 815 5183 4935 Passcode 521429](#))

**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 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](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 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!*