

# Our Primary Purpose

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

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



“Together, I can do things I never thought possible...”

Ottawa Area Intergroup of Alcoholics Anonymous 

A reminder to groups: please update your meeting list information regarding on-line/ in-person/vaccination requirements.

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

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

**“The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members.”**



# A recipe for life balance

## How about some Step Eleven?

*Please find a comfortable seated position, and gently close your eyes. Take a few deep breaths. Let your body relax. Feel the muscles in your jaw, neck and shoulders softening. Try to let the muscles in your chest, abdomen, back and legs all do the same.*

Let's meditate.

For Ray N, now about a decade into his sobriety, meditation has become a twice daily ritual, and the benefits are far reaching. But it didn't come naturally. "During the first part of my recovery journey I tried to do everything suggested to me, including meditate. But the rewards didn't come fast enough, so I gave up. I tried to pray instead."

Years later, still sober, Ray found himself questioning why he couldn't manage his day-to-day stress. He was reacting quickly to those around him. The serenity he wanted wasn't there. He was doing all the right things. He had a home group and a sponsor, was working the steps, and doing service. He wondered what was missing.

### Going to school on Step Eleven

Ray decided to circle back to meditation, and it has changed his life. "Getting started was really quite easy. There are so many apps available, so many opportunities to learn, and so many different ways to bring meditation into your daily routine."

He started with just five minutes a day, sitting alone in his car after lunch. Gradually, he began to stretch it to ten, fifteen and twenty minutes. "It's like going to the gym. You don't see the results right away. But after a while you begin to realize that you're feeling more connected, that your life is more in balance. Your stress doesn't go away, but it's more manageable. Your quality of life is simply better."

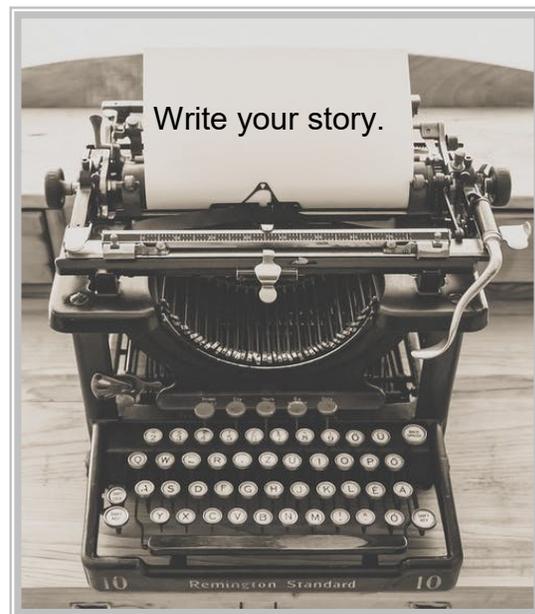
### Helping others

Midway through last year Ray decided he wanted to take meditation to the next level.

He enrolled in a course and became an accredited meditation leader. "I guess things happen for a reason. I soon realized that with more knowledge and perspective I would not only get more out of meditation for myself, but it would also be something I could share with my friends in the program."

As fate it would have it, the opportunity to help others came along right away. Ray's home group is Ottawa South. Pre-pandemic, the Wednesday night meeting was often attracting 50 to 75 people. Newcomers and a younger demographic characterize the group which welcomes a lot of younger members going through treatment. "When the Omicron variant pushed us back into lockdown, Ottawa South decided to add to its daily online meetings by offering other complementary gatherings. I felt the call to serve and to bring my love of meditation to others."

(continued on page 8 )







Ottawa Area Intergroup of  
Alcoholics Anonymous

# 2022 OTTAWA SPRING CONFERENCE

## “TOGETHER WE CAN”

Unity | Service | Recovery



AA Meeting ID: 821 5233 6660 | Passcode: 2022Spring  
<https://tinyurl.com/2022ottawaaaspring>

Al-Anon Meeting ID: 815 5647 8677 | Passcode: 156055

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)

# 2022 Spring Conference Saturday, April 30th, 2022

## “Together, We Can” [www.ottawaaa.org](http://www.ottawaaa.org)

Hello friends, I’m an alcoholic named Dick. I have the honor and privilege of being your Chair for the 2022 Spring Conference. Planning for the April 30<sup>th</sup> virtual conference is well underway. The organizing committee is looking for volunteers to fill the following roles. If you are interested in volunteering, have questions about the roles or the conference, please email [spring@ottawaaa.org](mailto:spring@ottawaaa.org). See flyer for zoom login information.

### Service Opportunities:

#### Greeters

Similar to in-person meetings, a Greeter will be available to foster a welcoming environment in our virtual platform. The Greeter will be responsible to monitor the waiting room, admit participants, and extend a welcome to conference attendees. In addition, Greeters may need to rename and unmute participants.

#### Chat Communications

From time to time throughout the conference there will be various announcements and reminders that will be helpful to communicate to conference attendees. In addition to this, participants will be asked to post any questions in the chat window.

#### Spiritual Bouncers

The Spiritual Bouncer Volunteers will be responsible to ensure that the Conference Zoom room is a safe place for all participants. They will be responsible to monitor what is visible on the participants screens throughout the conference, including removing any participants where inappropriate, objectionable, or offensive materials or behaviors are evident. The Spiritual Bouncer will have private chat capability to make requests or warnings to the participant in question or determine if immediate removal is prudent.

#### Moderators

The session moderators will be those who have volunteered to chair each session and introduce the speakers. They will mute all attendees at the beginning of the meeting and unmute all at the end of the session. They are also responsible to manage the open sharing sessions following each speaker. Participants will be asked to use the raise hand feature if they wish to ask a question or comment. The moderator will then monitor the raised hands, acknowledge the participant to speak and unmute the participant.

#### Timekeepers

The timekeepers will be responsible to monitor each of the sessions and advise speakers of their time limits and time remaining should they be requested to do so. The timekeepers will also be responsible to monitor time limits for participants during the open sharing sessions.

## From the AA Archives...

# Richmond 11<sup>th</sup> Step Group History

The Group started as the “Eleventh Step Group” on March 18<sup>th</sup> 1973. Yon V. was the first contact to the General Service Office (GSO) and the first General Service Representative (GSR), in a letter dated April 6, 1973. The GSO registered the Group on April 9, 1973. The first meeting had 45 attendees, and the second meeting had 43 attendees. Some other original members are Pat M., Joseph K. and Doug S.. Joseph K. was listed as a contact for the GSO from 1975 to 1984. In 1984, Harold M. was secondary contact and in 1985, he replaced Joseph K. as primary contact and Len H. was listed as the secondary group contact.

The women were also forming an Al-Anon Group with Yon’s wife, Marie V., as the contact.

The group met on Sundays at 8:30 pm with the 8:30pm start being common practice at

the time. Farmers were typically done in the fields by then, and this helped them make the meeting on time. The meetings were held in St. Paul’s United Church and today are held in St. John the Baptist Anglican Church, with both churches located in Richmond. The meeting now has an 8 pm start time. The GSO registered the name change to its current name, Richmond 11<sup>th</sup> Step Group, around 2013.

“The Business Meetings are informal and we don’t normally keep track of minutes as they typically occur once a month after the meeting. We have a number of members on the books, but there are four active members.”

September 13, 2021

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)

**Did You Know...**that Alcoholics Anonymous World Services holds copyrights in A.A. literature, and is responsible for translations of A.A. literature, including titles licensed to A.A. boards in other countries. Alcoholics Anonymous World Services directors include two general service trustees and two regional trustees, three non-trustee directors, General Service Office’s general manager and staff coordinator. Essential nonvoting support personnel attend each board meeting: these would include the finance director, publishing director, human resources director, General Service Office archivist, board secretary, and others. The board meets eight times a year.

(This excerpt was taken from the General Service Final Report 2018, page 36 and Chapter 10 of the A.A. Service manual)



# 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:

Afraid of doing something new.

You made a commitment.

Feeling stretched.

Start working today.

Control, control, control.

KISS (Keep it Simple Stupid!)

In the silence you will go deep.

Open your heart.

Make a plan.



Meditating holds everything together.

Have a new mind set.

What are the alternatives?

Energy choice is a good choice.

Have a time limit.

Make a decision.

Perfectionism: there is no perfect.

Give moral support.

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

Thank you for your service!

Ottawa Area Intergroup of  
Alcoholics Anonymous 

## 2022 OTTAWA SPRING CONFERENCE

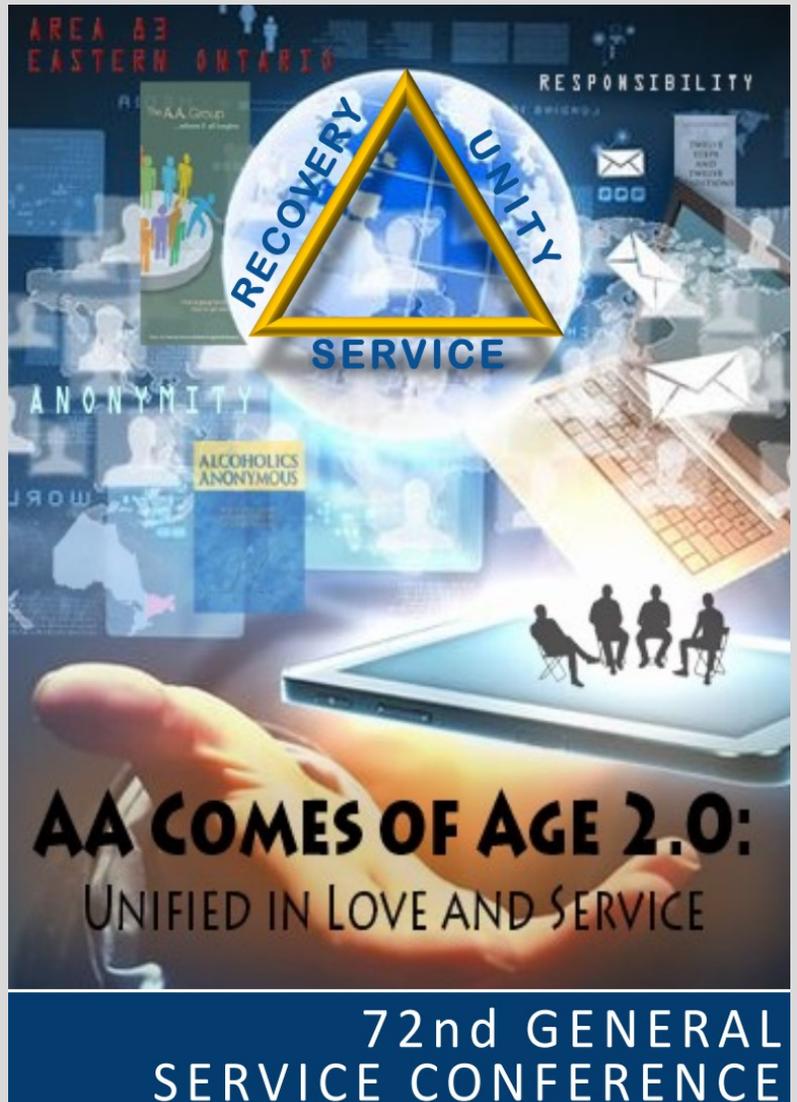
An Alcoholics Anonymous Event

### Service Opportunities: 12th Step Coordinator Vice-Chair Eastern Conference 2022

The 12th Step  
Coordinator maintains  
and updates the 12  
Step list.

**AREA 83**  
Assembly Information

Area 83 Assembly -  
March 25 - 27, 2022



**AA COMES OF AGE 2.0:**  
UNIFIED IN LOVE AND SERVICE

72nd GENERAL  
SERVICE CONFERENCE

## A recipe for life balance (continued from p. 2)

How about some Step Eleven?

You can join Ray on Tuesday night at 7 pm. The online coordinates are the same as they are for the daily 8pm Ottawa South meeting. "I'm definitely having a 'moment' of reflection right now...about who I am, about what I do for a living. And meditation has been one of the driving forces behind this introspection. I'm alive in a different way, and there's no question in my mind that meditation has been the catalyst."

Hey everybody...how about some Step Eleven???

# ROCKETED

into a 4th Dimension

## AA PROGRAM

zoom: 917 8933 1953 pw: orc2022

### FRIDAY MARCH 18, 2022

7:00 pm Billy N. Palm Beach Gardens, FL

### SATURDAY MARCH 19, 2022

9:00 am	Pushan V.	Mumbai, India.
11:00 am	Trish LaN.	Vancouver (Class B Trustee)
	Nancy McCarthy	Missouri (Class A Trustee)
1:30 pm	Family Panel	Scott C. (AA) Meredith C. (Al-Anon)
		Wyatt C. (Alateen) Los Angeles, California
3:30 pm	Ash S.	Austin TX.
5:00 pm	Paul McQ.	Rockaway Beach, NY.
7:30 pm	CeCe G.	Atlanta, GA.

### SUNDAY MARCH 20, 2022

11:00 am	Brian D.	Harrisburg, PA.
1:00 pm	Gratitude Countdown	
1:15 pm	Don C.,	Colorado Springs, CO.
	Closing	

## AL-ANON / ALATEEN PROGRAM

zoom: 927 4464 1386 pw: orc2022

### FRIDAY MARCH 18, 2022

6:30 pm	Wally C.	Nova Scotia (Delegate)
	Barb M.	Nova Scotia
8:00 pm	Anne K.	Saskatchewan

### SATURDAY MARCH 19, 2022

9:00 am	Thérèse L. S.	Quebec (Trustee)
10:30 am	Jazlyn W-L	Ontario (Alateen Speaker)
12:30 pm	Amy C.	Ontario
2:00 pm	Barb E.	British Columbia
	Owen H	British Columbia (Delegate)
4:00 pm	Carol H.	Manitoba
6:00 pm	Sandra & Greg J.	Newfoundland and Labrador

### SUNDAY MARCH 20, 2022

9:00 am	Carole D.	New Brunswick
10:30 am	Lorraine F.	Alberta (Trustee)
12:00 pm	Cheryl B.	Prince Edward Island
	Jordan B.	Prince Edward Island
	Reta K.	Prince Edward Island

# Ontario Regional Conference

## March 18 - 20 2022

Greetings Members of Area 83.

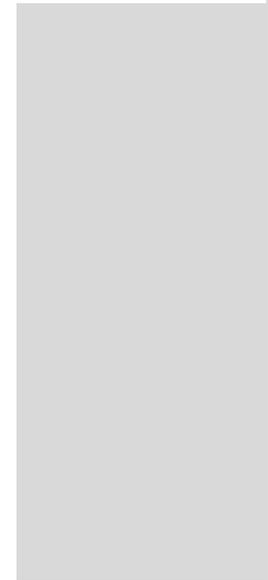
Each spring, the General Service Conference takes place in New York. The Conference is made up of 93 Area Delegates, the Trustees and Directors of A.A. World Services and Grapevine, and the General Service Office Staff.

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.



**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			

## **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](mailto:info@ottawaaa.org)

Newsletter Coordinator  
[newsletter@ottawaaa.org](mailto: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- vacant  
Spring Conference – Dick G.  
Eastern Ontario Conference– vacant  
Newsletter – Dawn-Marie M.

[chair@ottawaaa.org](mailto:chair@ottawaaa.org)  
[vice@ottawaaa.org](mailto:vice@ottawaaa.org)  
[secretary@ottawaaa.org](mailto:secretary@ottawaaa.org)  
[treasurer@ottawaaa.org](mailto:treasurer@ottawaaa.org)  
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[literature@ottawaaa.org](mailto:literature@ottawaaa.org)  
[12step@ottawaaa.org](mailto:12step@ottawaaa.org)  
[spring@ottawaaa.org](mailto:spring@ottawaaa.org)  
[eoc@ottawaaa.org](mailto:eoc@ottawaaa.org)  
[newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)

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

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