

# Our Primary Purpose

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

Service

Ottawa Area Intergroup of  
Alcoholics Anonymous 

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

**\*\*\*Important call to action!**

A Secretary helps Intergroup run smoothly. A  
12th Step Coordinator can save a life!

We need both!

If you are interested in filling either of these positions, please contact [chair@ottawaaa.org](mailto:chair@ottawaaa.org) & attend the next Intergroup Membership meeting the second Wednesday of the month on Zoom. Please visit: <https://ottawaaa.org/ottawa-intergroup> for the Zoom Meeting ID and password. See description of positions on page 5



# Coincidence...or...

## God's way of remaining anonymous?

Of course, there are bound to be way more than two guys, two friends of Bill, living in the Wakefield, Quebec community...and for those of you who are living under a rock... Wakefield is Ottawa-Gatineau's answer to the Muskoka.

But what are the chances that two guys, named John, would both, independently, be going about re-establishing an AA beachhead in a rural community where there had not been a "meeting" for years and years? And neither one knew anything about the other?

Call it coincidence, or the work of a Higher Power...or a purely teachable moment.

"Try as you might, it's difficult not to harness your ego a little bit when you go about starting a new AA meeting, and dream of the ways in which your individual efforts might help the still suffering alcoholic," said John F, who decided the Gatineau Hills would be the perfect place to live after retiring from the public service in late 2019.

"It was obviously with a mix of pride, excitement and a call to service, that I thought long and hard about the need to open a new meeting in my new backyard," said John P, who late last year, moved from Ottawa to the village of Saint-Cecile-de-Masham, a few kilometers northeast of Wakefield.

### Just what were the odds?

It was the last Sunday in May. John F was picking up a key from one of the members of the Anglican parish which operates a pretty little church on the main street of Wakefield, overlooking the Gatineau river. He was putting the finishing touches on his plans to hold a first meeting, the very next day, in the church basement.

Call it coincidence, or the work of a Higher Power...or a purely teachable moment.

"I was getting a final look at the venue, in preparation for our inaugural meeting, when the parishioner said to me, 'didn't I see a classified in the local paper, announcing the opening of a new AA meeting at the Wakefield Legion, tomorrow (Monday) at 7 p.m.?"

Needless to say, John was taken aback, wondering how on earth someone else could be starting a new meeting, on the very same day, at the very same time, in the

very same little town of Wakefield.

### God gets the last laugh

They say if you want to make God laugh, tell him about your plans.

John F, feeling a mix of incredulity and perhaps a touch of righteous frustration, quickly drove over to the Wakefield Legion...where he happened to find the legion president.

"Do you, by any chance, have a new AA meeting scheduled to begin here, tomorrow at 7 p.m.?" he asked.

"Yes," came the reply.

John F, now officially gob smacked, got the number of the legion meeting's organizer, astonishingly named John, of course. And gave him a call.

### No meeting is "your" meeting

Later that day, the two Johns managed to speak to each other, and share their respective amazement about the seemingly unbelievable tale of 'two new AA meetings in Wakefield.'

"It took us about one heartbeat to agree that we should collaborate, and combine our efforts to hold one Monday night meeting," said John P.

(continued page 6)

# Editorial: plugging in a higher power

There's a line in the 12 and 12 about how we take electrical power for granted. It probably wasn't one of the first things that came to mind a few weeks ago when that so-called derecho (in case you haven't heard, that's the 21<sup>st</sup> century term for a wicked 'wind-storm') came ripping across Ontario, and down through the Ottawa valley.

Leaving tens of thousands without power...some of us, for days, if not weeks.

It's easy to look back at it now...hindsight is always 20-20. Are storms like this going to become more and more common place due to climate change? And, as devastating as it was to our power grid infrastructure, most of us escaped without injury or much damage to our homes.

Still, an outage of this magnitude is a huge imposition, especially when we consider how much of our daily activity is energy dependent. Not to mention the loss of our creature comforts...like not being able to binge on Netflix, let alone keep our favorite ice cream from turning into a creamy mush...how did we ever survive?

But survive we did!

And, as is often the case, when faced with an emergency or a crisis, we learned something about ourselves and our neighbors.

We may, on occasion, be without e-power...but we are never without a Higher Power.

It is this same Higher Power...the one that motivates us to roll up our sleeves, open our doors to strangers...offering them space in our freezers, or simply a shoulder to cry on after that 4-storey oak tree came crashing through the roof. It is the same Higher Power that directs us, as members of this incredible fellowship, to help the alcoholic who still suffers.

The moral of the story is that we don't need to wait for mother nature to usher in the next natural disas-

ter for us to open our hearts to those who are in need or in trouble.

The wonderful thing about this recovery journey we are all sharing is that, on any given day, we can choose, through a random or deliberate act of kindness, to help someone.

Now go over and plug in the latest fancy appliance that you just purchased online. Watch the lights come on and realize just how lucky you are...lucky to be alive. BUT, also lucky enough to be able to be of service.

And please...no need to add "enjoying electrical power" to your next gratitude list. We all have another source of power that produces much greater wattage!

Jeff F



ter for us to open our hearts to those who are in need or in trouble.



.....  
**WELCOME**  
★ **BACK** ★  
.....



## Vanier Round Up / Rassemblement Vanier

Richelieu-Vanier Community Centre - 300 Père Blanc

7th Tradition  
BBQ - 10\$



Saturday, August 13, 2022 - 12:00 - samedi, le 13 aout, 2022

For food, or financial  
contributions please email:  
Pour faire des dons  
alimentaires ou financiers  
veuillez envoyer un e-mail:

To volunteer please email:  
Pour vous porter volontaire  
veuillez envoyer un e-mail:

[vanierroundup@gmail.com](mailto:vanierroundup@gmail.com)

See next page for more details



## Vanier Round Up

August 13, 2022

Time: 12pm—11pm

Richelieu Vanier Community Centre

300 Pères Blancs

Cost: \$10 for panels, speakers, lunch, dinner and a dance

Lunch: hot dogs

Dinner: burgers, salads & cold cuts

Water and cold drinks for \$1 each

Panels: 2 x English “Emotional Sobriety in Times of Turmoil”

Panels: 2 x French

Speakers & Banquet speaker

Dance 8pm—11pm

Come enjoy fellowship and much more!

## Important: Intergroup Service Positions Vacant

The Ottawa Area Intergroup Board positions of Secretary and 12th Step Coordinator are still vacant. This is a great opportunity to do service! You will be given support.

**Secretary:** Take minutes; maintains group rep lists. The Intergroup meeting cannot run properly without a secretary.

**12th Step Coordinator:** A Step12 call can save a life. It's a lifeline to the still suffering alcoholic. The Coordinator maintains and updates the 12 Step list of volunteers.

# From the AA Archives....

## Gratitude Group

### Founded: July 25, 1975

Founding members were Blake K. and Bill F. They started the Group on July 25, 1975 with two to three members.

Blake was attending meetings in Ottawa and newcomer Bill F. approached Blake for help. After a few weeks they contacted the local Anglican Church to request a meeting place. A few years later, Claire H started a spin off Group, The Monday Night Discussion Group.

The Meeting format is open speaker and the readings used are "The Serenity Prayer, How it Works, The Steps, The Traditions, The Responsibility Declaration, The Slo-

gans, The Chips and The Lord's Prayer".

The Group maintains a supply of AA meeting lists and brochures, Grapevine, Directories and sells AA Books at cost. The Group membership is 20 with 75% male 25% female with half being over 40 years of age.



## God's way of remaining anonymous (continued)

"The meeting has now convened at least half a dozen times...and believe it or not, on one occasion, there were five guys named John in attendance. Can you still hear God laughing?

The big take-away from this flurry of activity has to be that we will spend the rest of our sober days trying to find the humility we need to be of true service to the one who still suffers. This was never meant to be 'my' meeting, but simply 'another' meeting," said John F.

So, come on up to Wakefield, on a Monday night. Simply follow the sound of God chuckling in the Gatineau Hills.

Area 83 has posted a link to the Delegate's Post Conference Booklet using the Glide App.

Go to: <https://fascinated-advertisement-9540.glideapp.io/>

**HAPPY NOONERS** is resuming 'in person' at the Richelieu Community Centre, at the top of the hill on Pères Blancs (White Fathers) on July 4th, at noon, Monday to Friday. Zoom meetings will continue 7 days per week. Zoom link on the [ottawaaa.org](http://ottawaaa.org) website.



# 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:

The challenge we have in being honest,  
is that we become accountable.

The difference between perseverance and obstinance is—  
One is a strong will, and one is a strong won't.

Enforcing your fears on others.

Deal with the feelings—they are there to help us.

Using people: robs us of friendships.

Putting people on a shelf.

Ask yourself: am I willing to do whatever this  
person asks of me to set this right?

Make things right in God's world.

When ready—talk to God (Step 6 & 7).

Don't listen to your head.

This is where you do nothing.



Get out of your comfort zone.

Scarcity-minded as opposed to abundance-minded.

Say yes more.

You are all you are thinking about.

Be a conduit of love and serenity.

You are under the delusion that you can fix this.

Saying: "I'll manage this".

**Please submit your Pearls of Wisdom to: [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)  
Thank you for your service!**

# JULY 8 - 10, 2022 UNITY & SERVICE

An A.A. Conference Focused on Applying the 12 Traditions & 12 Concepts in All Our Affairs

ATTEND IN PERSON - \$45 REGISTRATION  
OR ONLINE - \$35 SUGGESTED REGISTRATION

THE HILTON - CONCORD, CA  
SPECIAL HOTEL ROOM RATES

FRIDAY NIGHT MEET & GREET NACHO BAR

SATURDAY NIGHT SPEAKER BANQUET

SUNDAY CONCEPTS BREAKFAST

ADDITIONAL FEE FOR MEAL OPTION EVENTS

ASL INTERPRETATION FOR THE DEAF 



SPACE IS LIMITED!  
REGISTER TODAY  
SCAN CODE OR VISIT:

[WWW.UNITYANDSERVICECONFERENCE.ORG](http://WWW.UNITYANDSERVICECONFERENCE.ORG)

info@unityandserviceconference.org  
(925) 222-5639



## SPEAKERS

**LINDA CHEZEM**

CLASS A TRUSTEE, GSB CHAIR

**JIMMY D.**

AA MEMBER RIGHTS & RESPONSIBILITIES  
Dallas, TX

**CHUCK & BETH H.**

3 LEGACIES IN RELATIONSHIPS  
Destin, FL

**REILLY K.**

12 CONCEPTS  
Winston, OR

**KAREN C.**

SPONSORSHIP  
Oakland, CA

**ANDREW S.**

HELPING OR HURTING AA?  
*The importance of how we are being recommended*  
Marin, CA

**ANJANA G.**

INSPIRED BY YPAA - FUTURE LEADERS OF AA  
Antioch, CA

WITH AL-ANON PARTICIPATION

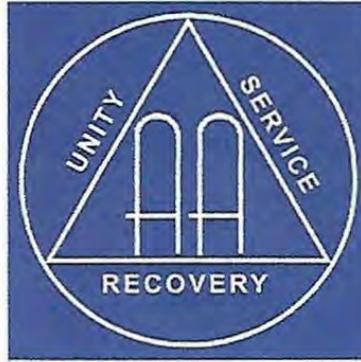
More speakers to be announced...

Presented by  
the Love & Service Group of A.A.

We look forward to seeing you soon! (in person & virtually)  
July 8-10, 2022!

To register go to: <https://unityandserviceconference.org>

FRIDAY JULY 8		SATURDAY JULY 9		SUNDAY JULY 10	
		9:00am – 10am	Daya, Tradition 6 Vignette Anjana G., Antioch, CA Inspired by YPAA Future Leaders of AA	8:00am - 9:00am	Concepts Breakfast (*Ticketed Event)
		10:30am – 12:15pm	Service Panels: General Service Hospitals & Institutions Public Information Grapevine Al-Anon	9:00am – 10:30am	Bob D. Concept Vignette Reilly K., Winston, OR Our 12 Concepts
4:00pm	Event Registration OPENS!! Coffee & Fellowship	1:45pm – 3:00pm	Frank H. Tradition 5 Vignette  Karen C., Oakland, CA Sponsorship	10:45am-11:45am	Ask-it-Basket All Main Speakers
5:30 – 6:30pm	Friday Night Nacho Bar Fellowshipping with Speakers (*Ticketed Event)	3:15pm – 5:15pm <small>*incl 15 min Break</small>	Al-Anon Vignette Chuck & Beth H., Destin, FL 3 Legacies in Relationships	11:45am	Conference Close Raffle
7:00pm - 8:00pm	Spanish Speaking Vignette Linda Chezem Class "A" Trustee	6:00pm – 7:30pm	Sat Night Unity Banquet (*Ticketed Event)		*All Sessions will have ASL Interpretation for the Deaf and Spanish Translation
8:15 – 9:15pm	Ann M. Tradition 2 Vignette  Andrew S. Marin, CA Helping or Hurting AA? The Importance of How We Are Recommended	8:00pm - 9:30pm	Apryll Concept 4 Vignette  Jimmy D., Dallas, TX AA Members' Rights vs. Responsibilities		<i>*Each Main Speaker Session opens with a 10 min Vignette, where a member shares on a Concept or Tradition they've applied to their life.</i>



***2022 Chelsea Round Up***

***July 9, 2022***

***St. Mary Magdalene Church  
537 Quebec Rte 105,  
Chelsea, Quebec  
J9B 1L2***

***10:30 am – 8:00 pm***

***Pot Luck Lunch***

***Spaghetti Dinner***

***7<sup>th</sup> tradition***

***Contact person:  
Mike 819-271-8949***



ARGENTINA



CANADA

# SAVE THE DATE

*“Beyond Language, Culture and Geography: Sobriety Within Everybody’s Reach.”*



## Alcoholics Anonymous®

### North/South Connections Virtual Special Forum — A.A. in Remote Communities

Saturday, July 16, 2022 – 11am-7pm EDT

Members from the service structures of Argentina, Canada, Chile and the United States will share their experience, strength and hope in extending the hand of A.A. to Remote Communities.

All sessions will be interpreted into American Sign Language (ASL) and English, French and Spanish.

***The event is open to all members!***

Registration and program will be available June 13, 2022, at [www.aa.org](http://www.aa.org).

**If you have any questions, please contact the Regional Forums desk at G.S.O.: [northsouthconnections@aa.org](mailto:northsouthconnections@aa.org) or (212) 870-3400**

UNITED STATES



CHILE





Cornwall & Area—District 50

**73rd Annual AA Conference**

with Al-Anon participation

Be  United

November 11th & 12th, 2022

Registration Fee: \$15, Banquet Ticket: \$55 (includes registration fee)

**Friday, November 11<sup>th</sup>**

Registration	5:00pm
AA Speaker Meeting	6:30pm
Al-Anon speaker Meeting	6:30pm
AA Speaker Meeting	8:00pm

**Saturday, November 12<sup>th</sup>**

Registration	8:30am
Norma z., King City, ON	1:00pm
Al-Anon Main Speaker	3:00pm
Banquet	6:00pm
Butch M., Barrie, ON	7:00pm

See Cornwallaa.com to download flyers

**Ramada Inn Conference Centre**

805 Brookdale Ave, Cornwall, ON  
613-933-8000

Ask for Conference special room rates of \$130 +Tax  
(Deadline to book: October 7, 2022)

For AA info call Claude P. at 613-362-7513 or email us at [cornwallaaconference@yahoo.com](mailto:cornwallaaconference@yahoo.com)

For Al-Anon info call 613-937-4880

Any Reserved Tickets must be picked up at Registration by 11am Sat, Nov 12th, 2022

**Advanced Tickets Mail-in Registration**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_ #Tickets: \_\_\_\_\_

Cheques payable to "Cornwall AA Conference"

Mail cheque and registration form to: Claude Pilon - 1380 Lochiel, Cornwall, ON K6H 6N2

Note: Pre Paid Advanced Tickets will be held at the Registration Desk for pick-up during registration.

## Ottawa Intergroup Office

211 Bronson Avenue, Suite 108  
 Ottawa, Ontario, K1R 6H5  
 Office temporarily closed.  
 Curbside pickup Saturday 2-4pm  
 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 – vacant  
 Treasurer – Tim W.  
 Website – Carolyn O.  
 Telephone Answering – Eric S.  
 Literature – Al L.  
 12-Step Coordinator- vacant  
 Spring Conference – Dick G.  
 Eastern Ontario Conference – Derek R.  
 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!*