

Our Primary Purpose

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

Ottawa Area Intergroup of
Alcoholics Anonymous



www.ottawaaa.org

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 août, 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

See details inside



Vanier Round Up

August 13, 2022

Time: 12pm—11pm

Richelieu-Vanier Community Centre

300 des Pères-Blancs Ave

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!

WHAT IS A ROUND-UP?

An AA Roundup is a gathering of members of Alcoholics Anonymous.

We come together as a fellowship to share our experience, strength and hope with each other. Anyone is welcome to attend!

Editorial – Feelin’ the heat!

There are a couple of times a year when it’s really hard to watch other people drink and be merry.

One is the under-the-mistletoe, bring-in-the-New Year scene. The other is the heat wave, people-out-on-the-patio, havin-a-cold-brew thing.

Of course, we’re well into the dog days of summer. No doubt you’ve found yourself looking for a nice cold drink to cool you off...and had to endure the screams and shouts of those drink-swillin party people.

What to do?

There are the obvious solutions. Refrain from walking through the Byward Market on a Saturday night when everyone is out showing off their tans and sippin away on their mojitos.

Or take a pass on the day-long, lets-grab-the-beer-cooler-and-go-cruising-round-the-lake pontoon boat trip.

Maybe we should just do what comes naturally: Open up our AA toolbox and pull out the appropriate device.

Let’s review what’s in that tickle trunk, shall we? First of all, a home group. It’s our anchor (pardon the boating pun), the community who keeps us

grounded. Second, a sponsor. Not just a name, but someone who you feel accountable to... someone you can call at “any” time to talk about what’s really making you think about taking a drink.

Third, a daily routine...getting up early enough to build a solid foundation for the day, which includes some quiet reading or meditation. Aided by a balanced diet, adequate restful sleep, and daily exercise.

And let’s not forget SERVICE. Just because it’s summer doesn’t mean we stop helping others. The ultimate act of service is to be there for your fellow suffering alcoholic, as a temporary or fulltime sponsor. But if that shoe doesn’t fit, then there are plenty of other options.

How about attending your home group’s next business meeting? Volunteering to be a greeter or doing “set-up.” Or, if you’re on zoom, asking if you can “host.”

And...wait for it...perhaps the most impactful service you can offer: Go up to that person, the newcomer you’ve never met before...introduce yourself, with a smile...welcome them to your meeting...look them straight in the eyes...and simply ask, “How are you today?”

You may be surprised by what they say, or how it makes you feel.

Hurry up, soon we’ll be complaining about the cold!

Jeff F.



Intergroup stills needs...a Secretary & a 12th Step Coordinator! What can you do to keep AA strong?



Travelling with AA

I was given the opportunity to travel for work during my career throughout the US and Canada. At first I was full of fear but got help from the old-timers in my group. My first trip sober was to Winnipeg and I had a young girl offer me a drink sitting beside me. I said no thanks, that Dr. (Bob) had told me I could not drink. No questions asked, and I stayed sober. I went to a meeting every night. I was only 6 months sober and the old-timer's advice kept me sober.

Tips for Travelling:

- ♦ Plan your AA schedule as your first order of business before you leave. It's a way of putting meetings as a commitment in your head to stay sober. In North America, I always phoned/emailed the Intergroup Office where I was staying and asked for advice. Use the AA International Meeting Directory to see if contacts are available. Ask if you can call/email and other visiting information.
- ♦ Use Apps when travelling e.g. Face time & Skype. Install Links/Apps for specific countries or your favorite AA apps/on-line meetings. The current App on the www.aa.org website gives you contacts/meetings based on location. Also included are the Daily Reflections and daily Grapevine quotes.
- ♦ Ask around at meetings, many AA's have been in the city/country you're travelling to and will give you suggestions.
- ♦ Stick to your routine as best you can. Maintain your practice of prayer and meditation. Bring the small version of the Big Book (B35) without the stories. You can read it anywhere, e.g. plane or train. It just looks like a book, plain color, no title standing out for others to see.
- ♦ On the plane/train/boat etc. if offered a drink just say no thanks or no thanks I am working. People don't see not drinking as an issue to be discussed.
- ♦ If drinking impulsively is a concern, contact the hotel ahead of time and request that the alcohol be secured by lock or removed from the room. If not, hopefully the bar fridge has a key. Take the key downstairs and give it to the reception people. You can get a water/pop outside your room. Ice is usually in machines outside your room. If no key exists for the fridge, I would just put in a door stop or cover it with a blanket
- ♦ If you could not plan ahead (emergency) just Google AA in the town you're in. The office could connect you with someone in the neighborhood/meeting. I have been taken home from meetings by members who did not want me walking through bad neighborhoods at night. Many hotels have shared computers you can use. If you have no smart phone/laptop, just ask the receptionist at the hotel. They usually know.
- ♦ If you cannot find a meeting, phone the embassy in that country. They will know. This was recommended by member I knew when travelling to countries unknown to you e.g. Mongolia, China or Russia.
- ♦ Meetings in other languages: Just go to the meeting even though it's in another language. Many people in Europe speak English/French. I loved French meetings in Quebec.

Continued on page 8

Intergroup stills needs...a Secretary & a 12th Step Coordinator! See page 8 for duties.

From the AA Archives....

Westboro Step Sisters Group Founded: August 4, 2017

The idea for the Group began in early 2017. Founding members were Chris J, Christina D, Isabelle B, Monica V, Elizabeth H, Chantal A and Calista H. All believed that there was a need for a women's Friday night discussion meeting.

As the Intergroup website was down at the time, information about the new meeting was only through flyers, word-of-mouth and District 62. The District provided incredible help towards the founding of the meeting.

It was also the start of the August long weekend. The founding members weren't expecting many people for the first meeting in the Church on August 4th, 2017.

They put out 8 chairs.....thirty-five women showed up! And ever since that day, there's been something very special -- very spiritual about that meeting. You can feel it.

The group is strong on sponsorship and working the 12 Steps of Alcoholics Anonymous. We get a variety of women with varying lengths of sobriety; from newcomers, women coming back, to women with short and long term sobriety. We give out monthly chips, and encourage anyone to chair, no matter how long they have been sober.

The Meeting format is always closed discussion, even during celebrations. We celebrate sobriety birthdays on the last Friday of each month, and often the women celebrating will choose to have a gratitude meeting.

A regular meeting includes reading the Preamble, How It Works, the 12 Steps followed by the 12 Traditions. Then the group does a reading from the book Twelve Steps and Twelve Traditions, in which we read a Step, followed by a group discussion. Although we read the steps in succession, if there is a newcomer or someone coming back, we read Step 1. We don't break out into smaller groups, so there's always a lot of strength and energy in the room.

Then we do the chips and read the 9th Step Promises. Finally, we close with the Responsibility Pledge and the Serenity Prayer. On average there is between 15-25 people at each meeting.

We have conducted our meetings on-line since Covid-19, but are happy to report that effective the 3rd of June, 2022, we have resumed in-person meetings at All Saints Church. So, any women that are looking for something to do on a Friday night at 7 pm are welcome to join us!



Bill W. outlined four principles that permeate all of AAs services:

Principles which express tolerance, patience and love of each other.

Principles which could do much to avert friction, indecision and power-driving.

The words he gave for them are: petition, appeal, participation and decision.

(This excerpt was adapted from "Our Great Responsibility" Page 149)



How AA Taught Me to Stop Tilting At Windmills

By Stephan P.

On page 266 of the Big Book, in the story "He Sold Himself Short," the author talks about finding purpose in daily living and ceasing to tilt at windmills. Unfamiliar with the phrase, I discovered it means "to use time and energy to attack an enemy or problem that is not real or important."

For years, I felt like I was tilting at windmills. As an active alcoholic, I constantly battled against anything I found threatening or uncomfortable. If someone said something I didn't like, I would either lash out in anger or withdraw in fear. If a situation made me uncomfortable, I would try to control it or avoid it altogether. I was constantly fighting enemies that didn't exist, which was a losing battle.

But all that changed when I found Alcoholics Anonymous. Living in

sobriety and practicing the 12 steps of Alcoholics Anonymous helped me to "stop tilting at windmills." Thanks to what I have learned (and continue to learn) in this program, I no longer spend my days burning energy on things that don't matter. Instead, I can focus on living each day to the best of my ability. Providing that I am sticking close to the program and engaging in regular spiritual practice, I don't have to worry about the things that used to send me into a tailspin.

I stay sober one day at a time and take things one day at a time. I don't worry about what tomorrow will bring because I know that today is all that I can handle. Instead, I can focus on and find joy in what is possible and within my reach. Tasks and events that I thought mundane or a chore are now opportunities to

engage with life and practice gratitude. Even the tough days are a little bit easier when I remember that this too shall pass.

The 12 steps of AA have given me a roadmap for living a sober and fulfilling life. They have also taught me how to deal with difficult emotions and situations without turning to alcohol. As a result, I am now better equipped to handle whatever life throws my way.

I am grateful for the peace and serenity that sobriety has brought into my life. I no longer feel like I'm constantly struggling against an invisible enemy. I am free to live my life to the fullest and enjoy each moment. And thankfully, I no longer have to tilt at windmills!





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:

Think it through.

Turn to God.

Forgive yourself.

Obsession.

Manipulation.

Do you find your conduct objectionable?

Catastrophizing.

Not being like other people.

Swimming in fears—never free.

Enforcing our fears on others.

What are you still fighting?

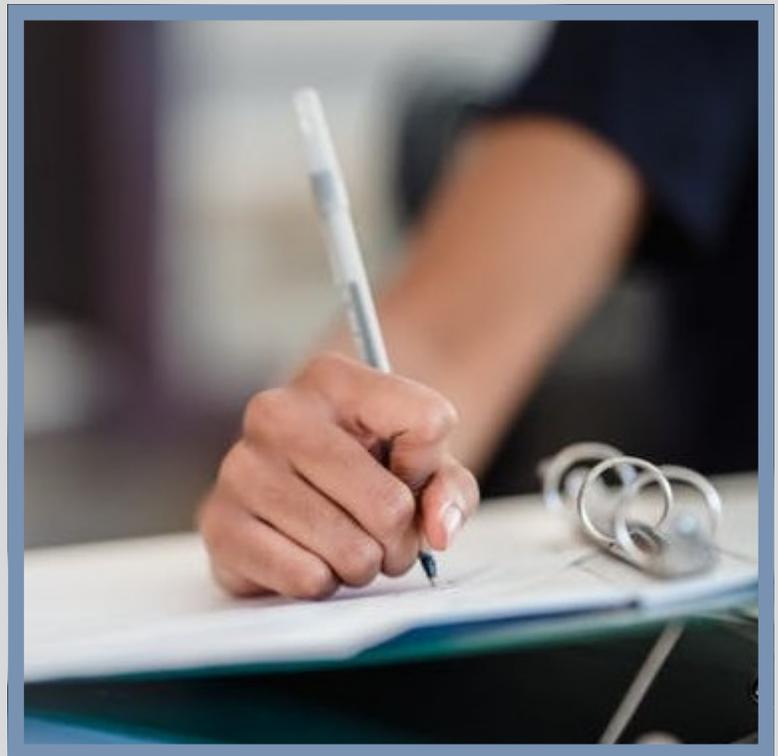
Don't tell them what to do.

New power from God for the words to speak.

Don't judge your experience.

Approval seeking leaves.

You're left with a person you can respect.



Please submit your Pearls of Wisdom to: newsletter@ottawaaa.org
Thank you for your service!

Travelling with AA (continued)

- ♦ I always got phone numbers from members in the city I travelled to. I had contact information if I returned or if I knew a member who was travelling to that location. I always took a paper AA Meeting list from the city/country I visited; it was my souvenir of the trip.
- ♦ If you cannot get out to a meeting try on-line meetings.
- ♦ Don't forget about your Intergroup office back home as a person you can talk to if need be.
- ♦ That quiet evening time in the hotel room is a good time to listen to recordings of AA talks found on YouTube & in podcasts.
- ♦ Make a deal with your Sponsor, Partner/Children to spend time with them through call/text/Face Time/Skype or Zoom. It's a commitment to stay sober.
- ♦ Travelling for work might mean lunch/dinner with business clientele. I always told my boss I had made arrangements to meet a friend at 8pm and had to leave to see them. The boss told people in the office that when we travelled, I knew someone in the city/town everywhere we went! It's a great gift of AA to have friends everywhere you go!

Mickey R.

Intergroup stills needs...

Secretary: Takes 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.

WEB EXCLUSIVES | GRAPEVINE ONLINE EXCLUSIVES

Grapevine's New Podcast

BY: CHRIS C. | PUBLISHER, AA GRAPEVINE, INC.

The AA Grapevine Half-Hour Variety Hour. Featuring AA members Don and Sam.

The AA Grapevine Half-Hour Variety Hour. Featuring long-time AA members Don and Sam. Each week

Don and Sam will interview a different member about their experience, strength and hope, in a casual

“meeting after the meeting” manner. Special features will enhance each episode. A new podcast episode

will be available in English every Monday at 9:00 am EST.

To hear the podcasts go to aagrapevine.org/podcast.

Email us at podcast@aagrapevine.org

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

Creating Access to AA as a Whole

A Town Hall for Online AA Groups

Providing Information on Accessing the AA Service Structure



Saturday August 6, 2022

2pm-4pm Eastern - 11am-1pm Pacific

Zoom Meeting ID: 949 5119 4588 / PW: Unity2022

Hosted by: Three Legacies Study Group and the Get Into Action Committee

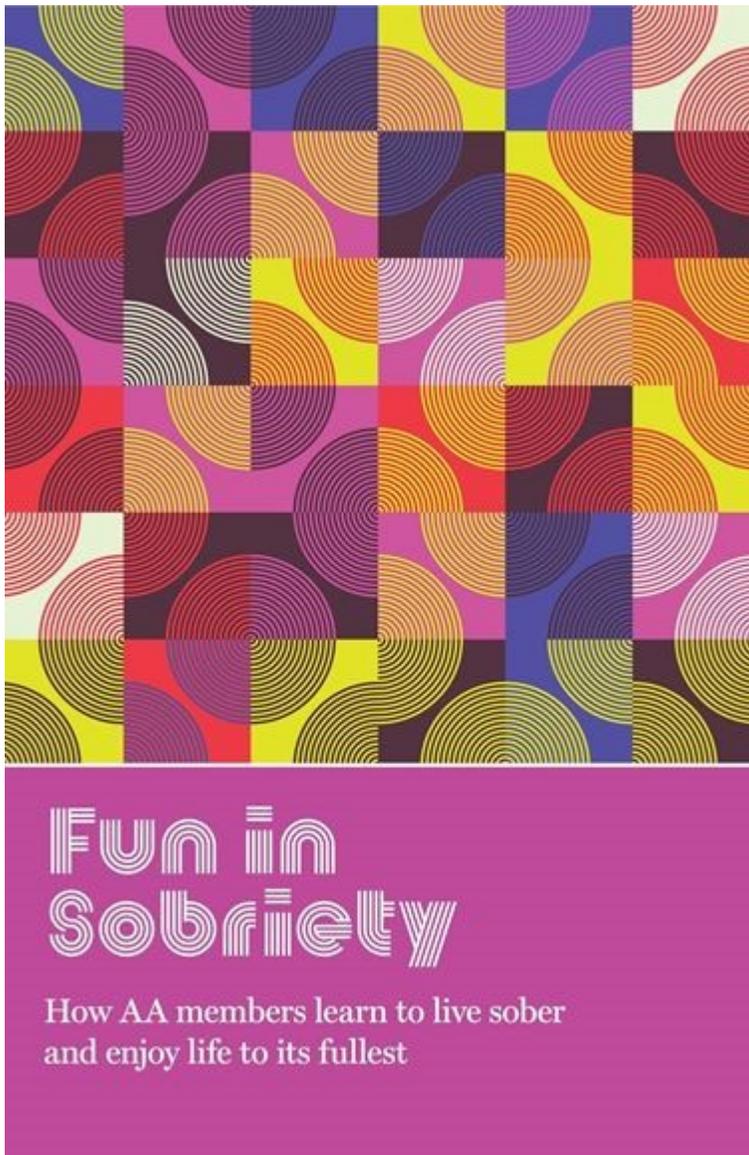
Contact us at: threelegaciesstudygroup@gmail.com

Town Hall Program Features

- ❖ Shared experience from two virtual districts in the US / Canada service structure
- ❖ Shared experience from virtual groups participating in virtual & geographic districts
- ❖ Presentation and review of proposals to create virtual districts & areas in the US / Canada
- ❖ How a virtual group looking to participate in General Service can find a district to join
- ❖ Challenges/successes accommodating virtual-only groups within geographic areas
- ❖ Sharing your experience, questions, and needs related to virtual groups and AA as a whole



The Get Into Action Committee fosters collaboration among online groups to participate in the US/Canada General Service Structure of Alcoholics Anonymous.



Fun in Sobriety

Fun in Sobriety features 50-plus inspiring stories by members of Alcoholics Anonymous about the many ways they've learned to have a good time after putting down the drink.

In stock

Did You Know... Recovery, Unity and Service are the Three Legacies given to the whole membership of A.A. by its founders and their fellow old timers. When this heritage was announced, at the St. Louis Convention in 1955, celebrating A.A.'s 20th birthday, Doctor Bob was already gone. But Bill W. spoke for him and the other pioneers, as well as for himself, in turning over to all of us the responsibility for A.A.'s continuation and growth.

"The A.A. Service Manual" is the current version of the handbook first known as "The Third Legacy Manual". It is a practical guide to organization and procedure of Alcoholics Anonymous and is firmly based upon spiritual principles.

(This excerpt was taken from The A.A. Service Manual, page S1 and S20)



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 11th

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

Saturday, November 12th

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

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.

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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? 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!