

Our Primary Purpose



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

Ottawa Area Intergroup of Alcoholics Anonymous 

Intergroup Service... What can you do?

Secretary

The secretary is responsible for keeping accurate records of facts, minutes of all meetings (& sending them out). Also records names of all represented groups attending the Intergroup meetings.

Treasurer

The treasurer is responsible for maintaining accurate and complete books and records for Intergroup activities and preparing financial statements in accordance with generally accepted accounting principles (GAAP).

Literature Coordinator

The literature coordinator is responsible for maintaining literature inventory and making literature available to members (curbside pickup).

Website / Email Coordinator

The website/email coordinator is primarily responsible for development and maintenance of the Ottawa Area Intergroup website.

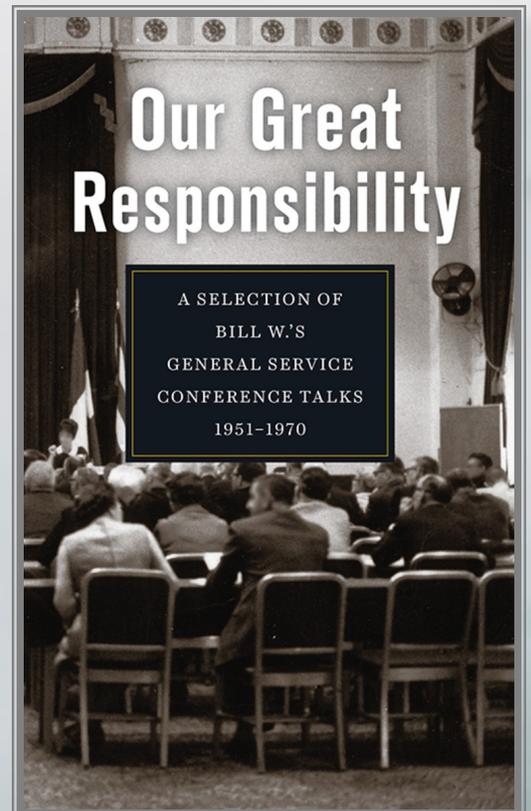
Spring & Fall Conference 2023

Chairs & Vice-Chairs

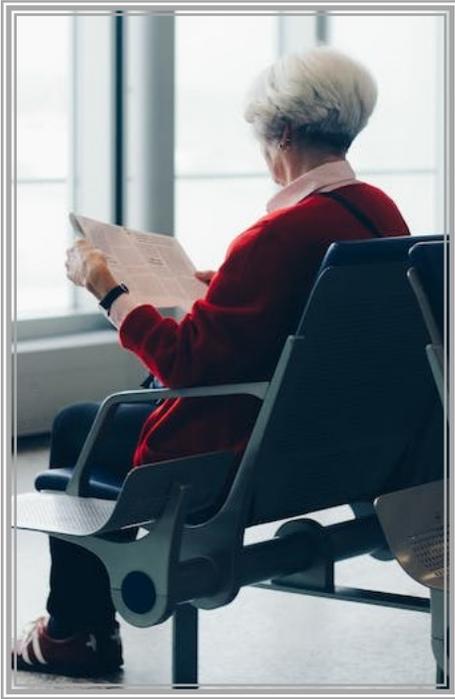
Responsible for planning Conferences and forming committees of member volunteers.

Support will be given for all positions.

For more information email: info@ottawaaa.org



Recovery for older alcoholics



I'm 66 as I key this. Been to meetings, pot-lucks, Al-Anon and AA for years. See, I didn't

have 'the problem' – Dad did. I now know better. Am considering CO-

DA as a next step for self. Kids are grown (grand kids are starting to appear) and I am divorced. So grateful to be sober. Why?

When I look at my life, some might say that it ain't great. I'm broke. I've various medical issues that take time and attention, and make me look old when in fact, I'm young at heart. My kids sort of talk to me. I'm not partnered and ... I'm free of the beast! I have enough time, funds, energy to live on my own, enjoy sunsets and rises, walk the dog, and give back to a society (cuz that's how the world works, eh?). No more fuzzy days or abusive partnering. No more isolation unless I seek it. Or Covid dictates that I do. Life on life's terms. I strongly doubt I'd enjoy any of this if I were

still drinking.

Online, I seek help and give it in private chat rooms. I do the same at in-person meetings. I'm starting to 'get' the word 'journey', as each is unique. I'm far from done my own. I have issues that seem to come out of no-

where and so I walk forward ever learning, ever humble. I've offered to sponsor folks and no one has accepted – that's ok. It wasn't ok a while ago but that too has been a journey, to come to a place of acceptance that I am not sponsoring. Today. Now.

Sure, I could lament not getting sober sooner, but I didn't and I won't sit on the pitty bench of life. I can't change the

past. I can't change the damage I left around me – to people I love and who love or hate me. I can focus on self and walk forward.

I've no idea about tomorrow. Don't worry about finances or health. So peaceful and fun and ... ok. Excuse me, gotta go piddle the dog on a gorgeous day. You shoulda seen today's sunrise!

Cynthia B.

“I strongly doubt I'd enjoy any of this if I were still drinking.”

Our Primary Purpose needs your submissions of creative writing, photography and/or poetry. If you have suggestions for topics for upcoming issues we are looking for those as well. Please send submissions to : newsletter@ottawaaa.org



The Home Group: Heartbeat of AA

A collection of Grapevine articles illuminating the varied experiences of belonging to an AA group today.

THE HOME GROUP: Heartbeat of AA

Selected Stories from the
AA Grapevine

SKU: **GV15**

Price: \$12

Alkathon 2022

The Alkathon is a yearly event of marathon meetings, food and fellowship over the Christmas & New Year's holiday. All are welcome!

The Alkathon committee is holding its planning meetings at the Bronson Centre. Volunteers are needed! We especially need a Secretary. We also are in need of financial support from AA groups.

For more information contact Andrew B. 613-809-4502 or andrewbalenda769@gmail.com

From the AA Archives...The Oasis Group

The Oasis Group started October 31, 1977 as a spinoff of the Crossroads Group.

Founding members Dillon H., Herb U. and Paul K. relocated to Ottawa South as they needed a more convenient location rather than Bells Corners. Initially there was a core group of between 7-10 members which grew steadily to 50 until the meeting became a non-smoking meeting then it grew rapidly to over 100.

The meeting format is open speaker and the readings used are "Serenity Prayer, The Steps, The Traditions, The Lord's Prayer and the Responsibility Pledge." The Group maintains a supply of AA literature and Grapevines. Although membership was largely male until the mid-80's,

when it then became a mix of both male and female, Oasis has evolved into a diverse and inclusive group of both male, female, and non-binary. Oasis currently has a large number of newcomers due to the proximity to various recovery homes in the area.

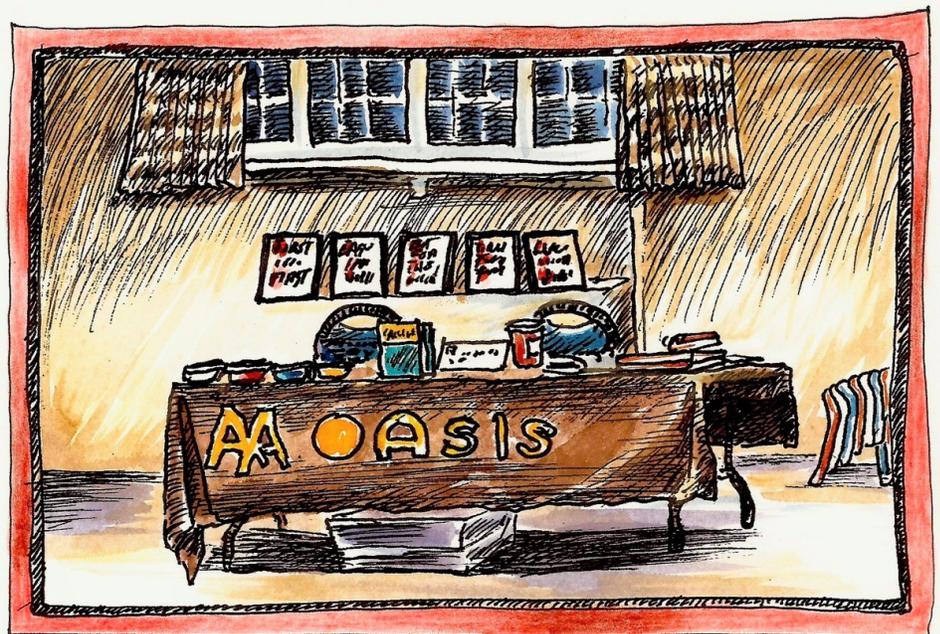


Illustration by Ron M.

The website now has a printable list of current in-person meetings. Go to www.ottawaaa.org to view or download meeting list.

The Wakefield AA Awakenings meets Sunday 7pm at the Wakefield Legion 27 Chem. De la Légion, Wakefield



Pearls of Wisdom

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

Willingness is the key.

Practice an attitude of gratitude.

When all else fails follow directions.

Formula for failure: try to please everyone.

You received without cost, now give without charge.

They are in God's hands.

We're responsible for the effort, not the outcome.



You're perfectly imperfect.

Act as if.

This, too, shall pass.

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

Excerpts from: Letter to the Fellowship from G.S.O. General Manager

Dear A.A. Friends,

September 7, 2022

Since my most recent communication, the office has planned and supported two Regional Forums, in Eastern and Western Canada, both of which were well attended and welcomed many first-time attendees. Our corporate boards, A.A.W.S. and AA Grapevine, held their June and July meetings here at the office.

The office is now moving ahead at full steam, implementing the group conscience expressed at our General Service Conference. A few items worth highlighting:

- Providing the background for the 73rd General Service Conference simultaneously in all three of our languages (English, French and Spanish): Plans are in motion to add additional translators and to utilize a focused, coordinated workflow to fulfill this very important service to the Fellowship.
- Launching the 2022 A.A. Membership Survey: This important initiative, which has in the past proven to be a highly effective tool to gain various understandings of our Fellowship, will help us to be more impactful both in reaching the suffering alcoholic and in serving our members.
- ◆ Implementation of automated processes for the licensing of our literature to other countries: This will enable us to get A.A. literature into the hands of those around the world who need it more quickly.

Over the past two years, the pandemic has brought much uncertainty and many challenges to how the office fulfills the services it provides. Throughout this period, the Fellowship has been more than generous with their contributions. As we have transitioned back to in-person events, our travel and other event costs have returned to pre-pandemic levels. Unfortunately, we continue to struggle with lingering effects of the global shutdown as they relate to the cost and production of our literature, resulting in a notable decrease in publishing revenue, which also supports the office. We continue to explore options to help us overcome these publishing challenges, including those related to access to materials as well as to production costs.

Mindful of our responsibility and stewardship of A.A.'s money, we are committed to continuously improving our budgeting process. Each department now prepares details of how it expects to utilize the A.A. dollar and provides justifications for each expense. This has been very beneficial to ensure that there is a direct line from expenses to the spiritual services we provide — in other words, ensuring that “money and spirituality mix”! ...In closing, I want to sincerely thank all of you for your service and participation in our beloved program. Your patience, dedication, and love are greatly appreciated.

With gratitude,

Bob W. General Manager, GSO



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.

2025 INTERNATIONAL CONVENTION VANCOUVER, BC JULY 3-6, 2025 90 Years – Language of the Heart

As many of you may know, planning is already underway for the 2025 International Convention that will be held July 3-6, 2025, in Vancouver, B.C., Canada.

Given the impact and uncertainty of the Covid-19 virus, it is vital that we obtain feedback from the Fellowship as it relates to domestic and international travel, attendance at large events, and thoughts regarding an in-person event with a partial, limited virtual component, and incorporate the feedback in our planning. We anticipate that the following survey will be one of several dispatched during the planning process so that we may remain current with the thoughts of the Fellowship.

Kindly take a few minutes and answer the questions below. Your responses are of great value in helping us to better plan for the International Convention. (All responses are anonymous.)

Please respond by October 31, 2022.

Thank you for your participation. Follow us on <https://www.aa.org/international-convention>

We hope to see you in 2025!



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– Jean H.
Spring Conference –
Eastern Ontario Conference–
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? 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!