

Our Primary Purpose

www.ottawaaa.org

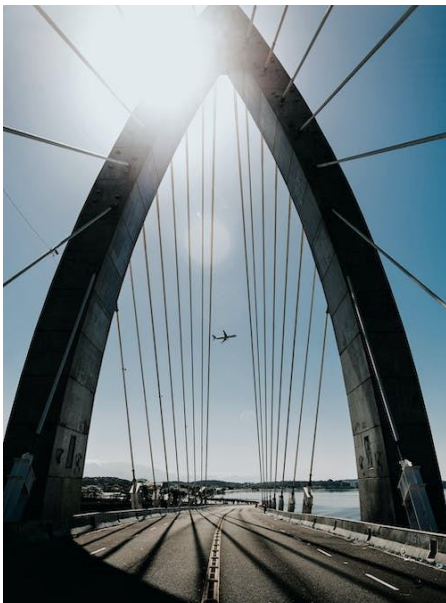
Ottawa Area Intergroup of
Alcoholics Anonymous 

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



“Wondering if the engineer of this bridge over Mackenzie River south of Yellowknife is one of us?”

Some of us had already walked far over the Bridge of Reason toward the desired shore of faith. B.B. p. 53



69th Annual Eastern Ontario Conference 2023

It works—it really does.

October 20-21, 2023

Hellenic Banquet Centre
1315 Prince of Wales Drive, Ottawa K2C 1N2

Be sure to join us starting Friday with an evening packed with entertainment and recovery!

Friday's line-up:

 Keynote Speaker Marty C. from Hamilton, ON

 **Stand-up comedian Bobby K.**

 Speaker meeting—Amanda B.

Bio for Bobby K.: Originally from Thunder Bay, Bobby K. now resides in Ottawa. He has performed on The Fresh Meat Showcase at The Second City, NXNE Music & Comedy Fest. He has had numerous appearances on Much Music and MTV Canada and has toured across Canada headlining with Yuk Yuks.

For more information eoc.ottawaaa.org

An Alcoholics Anonymous Event with Al-Anon Participation

It works—It really does.

69th ANNUAL EASTERN ONTARIO CONFERENCE

An Alcoholics Anonymous Event with Al-Anon Participation

October 20-21, 2023 | Hellenic Banquet Centre

1315 Prince of Wales Drive, Ottawa, ON K2C 1N2

Doors open on Friday at 10:00 am. For general information regarding registration, accomodation, schedule, and to volunteer, visit <http://eoc.ottawaaa.org>, or contact Kerri D. at eoc@ottawaaa.org or call or text **613.913.8556**.

\$25.00 ADVANCE ADMISSION TICKETS

\$25.00 advance admission tickets include access to all events, with the exception of the banquet (see below). Tickets available from Committee members and your local Intergroup or General Service Representative. Admission is \$30.00 at the door. Tickets are cash only.

\$75.00 REGISTRATION W/ BUFFET BANQUET

Printed form may be submitted in person to conference committee members. Do not drop off at Intergroup. Cheque only.

To submit via mail, send envelope to: **Ottawa Area Intergroup, 211 Bronson Ave, #108, Ottawa, ON K1R 6H5**
Envelope must be postmarked by latest October 10, 2023. Cheque only,

Cheques are to be made payable to: **Ottawa Area intergroup**
Indicate in comments **EOC registration** and include Intergroup mailing address.

For other arrangements, including cash payment, please email eoc@ottawaaa.org.

Contact Name _____

Email Address _____ Phone Number _____

	Delegate Full Name (Badges only first name, last initial)	Phone Number	Affiliation (AA/Al-Anon, Homegroup, City)	Special*
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

10 places per table. You may reserve up to one table per form.
Collect badges at registration desk upon arrival.

* Indicates dietary / accessibility requirements

\$75.00 (incl. tax) x (# of delegates) = \$

HELP OTHERS ATTEND OUR EVENT

Your donation will go towards purchasing registration tickets for those new or in need in our fellowship. Your support is greatly appreciated.

Donation = \$



**Volunteer
Donate**

Hospitality Suite at Eastern Ontario Conference



**October
20-21, 2023**

Great opportunity to do service in the Eastern
Ontario Conference at the
Hellenic Banquet Centre

Interested in giving a couple of hours or making a
donation? Please contact Yolande C. at
613.807.7082



Thank you for your support!

Literature for Corrections Facilities and Treatment

- ▶ Our service commitment with OCDC is, temporarily, on hold until further notice. Our only way to carry the message of AA to the inside member is through literature.
- ▶ CFT continues to ask for literature donations (OCDC can only accept soft cover but hardcover books can be donated to the other centers we support).
- ▶ CFT will have a table at the Eastern Ontario Conference and you can bring your book donations there or contact cft@ottawaaa.org and we can make an arrangement to pick up literature.

Thank you for your support!



“We Want More”

Cooperation not Affiliation

Clients and Staff members at The Ottawa Withdrawal Management Center (detox), 1777 Montreal Road, have requested more Introductory / Beginner’s Service Meetings. Fantastic news!

This success is a direct consequence of the dedicated members who have volunteered and conducted AA Service meetings at the Center. Congratulations and thank you!

The new calendar will include **Tuesdays and Thursdays at 7:00 pm and Saturdays at 10:30 am**. If you have already registered with the liaison simply email owmc@ottawaaa.org or call TAS at (613) 237-6000 to fill a commitment on the calendar. Members who are interested in this life-saving service are asked to use the above contact information to ensure they receive, by email or by Canada Post, the pertinent documents and links to helpful information to continue AA’s success in this Treatment Setting.



Here, you can borrow
my belief in you,
until you can
find yours again.

It is an extraordinary experience to be at a regular meeting months or years later, and have a smiling stranger come up and say “You don’t remember me, but I remember you. You visited the treatment facility while I was there. I wasn’t ready then, but a few months ago I remembered what you said, so here I am sober”. (P-27)

Literature donations are greatly appreciated by The Corrections Facilities and Treatment Committee (CFT) and are distributed to our three commitments, Ottawa Carleton Detention Centre, (OCDC), Ottawa Withdrawal Management Centre and Les Maisons. Let us know and we will pick them up! Reach us at cft@ottawaaa.org or TAS 613-237-6000.

Thank you!



From Hell We Rose

Spiders crawling

Through my skin

Waking me

The peek of dawn

Drenched by fears

Recalling steps

From the night before

Did the devil summon me again

One drop of poison

Awakens the beast

A destiny

never wished for

Still waiting

to be reached

Tick, tick, tick... the devil again

Mama, I'm sorry

I couldn't stop it

The wolves inside me

Screaming to be fed

Daddy, I'm sorry

I tried to stay sober

She couldn't save me

It's time we meet again

Tick, tick, tick... the devil counts to ten

WAIT

I am powerless over you

The devil laughs

I surrender to this fate

The devil looks Hella confused

I am what you want me to be

Tick, tick, tick.... Stops

I didn't choose this disease

Nor did the man on the street

I simply chose to follow

those who walked before me

It's a ticking time bomb

The devil is waiting

He patiently watches

Every step we take

Every decision we make

So before I go,

I shall lend a hand

To those he summons again

Please hold my hand

I'll walk through hell with you

From Hell We Rose

The devil asks again,

Which wolf will you feed today?

Sophie R.

Ready for Step 9?



The book includes chapters on making amends to parents, children, family members, exes, financial institutions, friends and coworkers. These powerful stories illustrate how practicing Step Nine can help us, as AA's co-founder Bill W. wrote, "know a new freedom and a new happiness."

MAKING AMENDS
Finding a new freedom



Real AAs, Real Recovery shows how AA members of all ages and all lifestyles from around the world; spiritual, religious and atheists; newcomers and old-timers have recovered and found a new way of life by working the Twelve Steps. Discover a variety of experiences

STEP BY STEP
Real AAs, Real Recovery

**Grapevine Books available at
ottawaaa.org (shop)**

Update on Printing Delays Good news! These items are back in stock: Big Book (Abridged) pocket softcover English (B-35) Twelve Steps and Twelve Traditions soft cover English (B15) "Pass It On English" (B-9) Came to Believe Large Print English (B-26)

From the AA Archives: Namaste Group

Founded December 2018

The definition of Namaste: An ancient Sanskrit greeting still in everyday use in India and especially on the trail in the Nepal Himalaya.

The word is spoken with a slight bow and hands pressed together, palms touching and fingers pointing upwards, thumbs close to the chest. Translated roughly, it means "The Spirit within me salutes the Spirit in you"

Namaste started on Saturday, October 6, 2007 by Dave MacD., and David T. The meeting was held in the home of Dave MacD. This is a silent meditation meeting, based on the Eleventh Step.

As the Group grew, and thanks to one of the original members, Beth S. who did the leg work to find a new home, the group moved on Friday, November 28, 2008 to the Bell's Corners United Church, in the Shalom Room. Attendance at the meeting was slow at first, however it grew quickly as it was the only Alcoholics Anonymous Meditation meeting in Ottawa.

The format of the meeting was to open with the Serenity Prayer, a moment of silence, the AA Preamble, and then a reading from the Big Book, pages 86 – 88. Silent mediation would then follow for twenty minutes. After meditating, we would share, if we wished, what came up in our meditation. There was a collection for the Seventh, and the meeting was closed with the Responsibility Declaration, and the Lord's Prayer. Fellowship was followed up in the kitchen.

The Group's first General Service Representative (GSR) was David T.

Over time, attendance started to dwindle. Paying the rent for the Church was becoming difficult and Namaste was now down to three to four regulars in attendance.

It was decided to move instead of closing the meeting. On Friday, May 10, 2013, Namaste moved to the home of Sue B. The format remained the same; however meditation was now thirty minutes in length.

When the meeting originally moved to Sue's, there was a communication error with Intergroup, and they thought the meeting had closed. Namaste was removed from the website, and the meeting list.

The meeting was manageable for some time in Sue's home. When the communication error was realized, and Namaste was once again listed with Intergroup, attendance began to grow to the point that the meeting became too large. It was time to look for a new location.

As Friday evenings were no longer available at the new location, the meeting moved to St. Paul's Presbyterian Church on Wednesday, September 24, 2014. It now meets Wednesday's, at 7:15 pm. The format of the meeting remained the same, however approximately one year later, the Group started to offer the white chip, along with the New Comer's Kit. The Group was now also selling the Big Book. The meeting at this time had also grown to an average of 22 members in attendance. The Business meeting of the group is held every third Wednesday of the month, after the meeting. Namaste is now capable of financially supporting the General Service Office, Area 83, Intergroup, and District 62.

This is an Open Meditation Group and is welcome to everyone. There are currently both AA members, Al-Anon members, and those that just wish to meditate in attendance. We invite you to come and join us.

Alternate Delegate Area 83 Report

August 9, 2023

- **Area committee Meeting:** Belleville September 17
- **Monthly GSR workshops:** 3rd Tuesday Month, 8 pm. Links to these meetings are found on the [Area 83's Glide App](#), with minutes and recordings for those who could not attend.
 - September: What to expect at the Fall Area Assembly? (agendas)
 - DCMs, please encourage your GSRs to attend as this might help them prepare and understand the importance of attending the Assembly...be that in person or online.



- **General Service announcements** continue to be shared with DCMs and are found on the Meeting guide app, located on the News Icon.
- **38th Annual Intergroup Central Office AAWS AA Grapevine (ICOAA) Seminar** October 12-15 in Cincinnati. Here is the link to preferred hotel rates and the program: <https://aacincinnati.org/ICOAA/program/>

Amy L.

Alternate Delegate

Area 83, Eastern Ontario

Alt.delegate@area83aa.org

Step 9: The reconstruction of my life is the prime goal in my recovery...The spiritual life is not a theory... Step 9 allows me to move into the final phase of the initial Steps which taught me how to live a spiritual life...I realize that God works for me through me. I must continue daily to seek God's guidance. He grants me a daily reprieve and will provide the power I need for reconstruction.

Daily Reflections p. 256

 **Bits 'n Bites**

The Keep it Simple group meets

Saturday mornings 10:00 am

Online Zoom meeting

12 Steps & 12 Traditions Big Book Closed

(Closed meetings are for A.A. members only, or for those who have a drinking problem and “have a desire to stop drinking”)

Meeting ID 88936570145

District 48 Seaway Valley North meets the first Tuesday of the month at 7pm (except for July and August). This meeting is an in-person meeting located at Winchester United Church 519 St. Lawrence Street in Winchester.

Also join on Zoom:

Meeting ID: 881 2957 8493 Passcode: District48

Cornwall & Area - District 50
74th Annual AA Conference
November 3rd and 4th, 2023

"TURNING POINT"

Best Western Parkway Inn
1515 Vincent Massey Drive, Cornwall, ON
(613) 932-0451

Registration fee: \$15 or Registration & Banquet: \$60

Friday, November 3rd - AA Speakers

4:30pm	Registration
5:30pm	Welcome
6:30pm	Kerry O. (Ottawa)
8:30pm	Ruth L. (Montreal)

Saturday, November 4th - Speakers

8:00am	Registration
9:00am	Irving M. (Washington, DC)
10:30am	Native Panel (Akwesasne)
11:30am	LUNCH
1:00pm	Arlene B. (Toronto)
2:30pm	Newcomer Panel
4:00pm	Al-Anon Main Speaker Greg M. (Toronto)
6:00pm	Banquet Dinner
8:00pm	John B. (Oshawa)

Special room rates available starting at \$160+tax (includes breakfast buffet)

****Dietary meals also available****

Deadlines for room reservations and dietary requirements: September 20, 2023

For more information, contact Christina at (613) 330-7118

By email: cornwall.aa@gmail.com

Visit our website: www.cornwallaa.com

Advanced Tickets Mail-In Registration [®]

NAME: _____

ADDRESS: _____

TELEPHONE: _____

TOTAL ENCLOSED: _____

NUMBER OF TICKETS: _____

MAILING ADDRESS: Christina Bergeron, #207-222 Sixth Street East, Cornwall, ON K6H 2N7

E-Transfer payments are encouraged to: cornwall.aa@gmail.com

Cheques are payable to: "Cornwall AA Conference"

Pre-paid advanced tickets will be held at the Registration table for pickup

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 – John D.
 Vice-Chair – vacant
 Secretary – Dick G.
 Treasurer – Stephan P.
 Website – Paul D.
 Telephone Answering– Eric S.
 Literature – Walter H.
 12-Step Coordinator– Steve R.
 Spring Conference – vacant
 Eastern Ontario Conference– Kerri D.
 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 – Jamie B. district62@ottawaaa.org
 Cooperation with Professionals - Chris M. cpc@ottawaaa.org
 Public Information/Media Contact - Chris M. pi@ottawaaa.org
 Corrections Facilities & Treatment - Elaine H. cft@ottawaaa.org
 Archives – Andrew F. 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](#))

DISTRICT 54 MEETING..... First Thursday (6:30 pm)
([ZOOM Meeting ID 834 9953 9650 Passcode 141892](#))

DISTRICT 58 MEETING..... First Monday (7:00 pm)
(Bronson Centre, 211 Bronson Avenue-Room 213-in-person meetings suspended)

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)
(Bronson Centre, 211 Bronson Avenue-Room 108-in-person meetings suspended)

PUBLIC INFORMATION/ COOPERATION WITH PROFESSIONALS Third Thursday (7pm)
([ZOOM Meeting ID 815 4385 6025 Passcode PICPC](#))

OTTAWA ARCHIVES..... Third Wednesday (6:30pm)

District 48 Seaway Valley NorthFirst Tuesday (7pm)

([Zoom Meeting ID 88129578493 Passcode District48](#))

Bronson Centre, 211 Bronson Avenue-Room 108 in-person meeting

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 question and you can also request an invitation to meet with us at our monthly 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 editor 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. Seeking neither 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 editor 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.