

# Our Primary Purpose

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

Ottawa Area Intergroup of  
Alcoholics Anonymous 

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



Give yourself the gift  
of sobriety

**Intergroup  
Elections:  
December  
13th, 2023  
at the  
Intergroup  
meeting.  
See the  
back page  
for the  
link.**



**See inside for description of vacant Intergroup positions.**

What is your Higher Power calling you to do?  
Put your name forward! Attend the December 13th  
Intergroup meeting and give a brief service history.

### **Vice-Chairperson**

Step up as Vice-Chairperson, the right-hand support for the Chair. You'll cover their responsibilities when absent and have the opportunity to impact Intergroup as you learn from the Chair and prepare to step into that position yourself. Ideal for those with 4 to 5 years of sobriety or more and prior Intergroup service.

### **Telephone Answering Service Coordinator**

Connect people to the help they need by managing our telephone answering service and its volunteer network. If you have 3 to 5 years of sobriety or more, strong organizational skills, and a knack for communication, this role is for you.



### **Newsletter Coordinator**

Passionate about carrying AA's message through the written word? As Newsletter Coordinator, you'll oversee the monthly publication of "Our Primary Purpose." Requires 3-5 years sobriety, strong English skills, and a keen editorial eye.

### **Eastern Ontario Conference Vice-Chairperson**

Become an essential part of a beloved annual event. Help manage committees & ensure spiritual alignment. Previous service and 4-5 years of sobriety are recommended.

### **Spring Conference Chairperson**

Lead the charge in planning and executing the Spring Conference. From setting agendas to mentoring new officers, it's a hands-on role that offers ample rewards. Ideal for those with prior conference experience and organizing events. 4-5 years of sobriety is recommended.

### **Spring Conference Vice-Chairperson**

Guide committees and offer counsel to ensure the Spring Conference aligns with AA's Twelve Traditions and Concepts. You'll move into the Chair role next year, making this a stepping stone to greater service. Recommended sobriety length is 4 to 5 years.

## A message from the outgoing Chair of EOC 2023

When I decided to run for the Chair position of the EOC (Eastern Ontario Conference) in 2023, a myriad of considerations weighed on my mind. First and foremost, my personal motivation was purely selfish – a needed to rekindle my relationship with Alcoholics Anonymous. The toll that Covid had taken on me left me feeling lukewarm about my involvement with AA, despite once describing myself as "on fire" for the program. I found it challenging to reengage with live meetings, service, and the fellowship in general. Running for the Chair position presented the perfect opportunity for me to dive back into the center of AA.

Another crucial objective was to ensure inclusivity in our event. I aimed to create an atmosphere where everyone felt represented, regardless of age, race, or sexual orientation. Deliberate efforts were made in selecting panelists and volunteers, and we tailored our late-night activities on Friday to cater specifically to a younger audience. While recognizing that there is room for improvement, I believe we made significant strides in fostering a sense of belonging for all.

Running for the Chair position presented the perfect opportunity for me to dive back into the center of AA.

Budget considerations were also at the forefront of my mind. Recognizing the economic challenges many faced, I was committed to making the event budget-friendly. With a keen awareness that I was spending others' money, not my own, I approached the planning with careful consideration, cutting costs where possible. I'm pleased to report that we not only stayed on budget but also broke even in the end, ensuring that the event was enjoyable and accessible to all.

Lastly, I extend heartfelt thanks to the outstanding committee that worked cohesively as a true team and to every individual who attended the event. It stands as one of the most fulfilling experiences of my life. For those wondering how to immerse themselves in the heart of Alcoholics Anonymous, I recommend taking an active role in events like the upcoming Spring Conference and the EOC. It has been a transformative journey for me, fostering a profound sense of gratitude and connection to something truly remarkable.

Kerri D.





# IMPORTANT

## >>>ANNOUNCEMENTS<<<

### **Morning Glory**

**Woodroffe United Church  
207 Woodroffe Ave December  
18, 2023 10am Speaker  
meeting followed by Potluck**

### **Anniversaries**

**Claire L. 39 years Oct 8  
Debbie B. 3 years Nov 14  
Don C. 41 years Nov 27**

### **Oasis**

**Rideau Park United Church 2203  
Alta Vista Dr. Monday December  
11, 2023 Potluck following  
the 8pm meeting.**

### **Share and Care**

**4026 Old Richmond Rd December  
24, 2023 10am Speaker meeting  
followed by Potluck**

The Workshops for GSRs meets on the 3rd Tuesday of the month at 8pm. Upcoming activity: December 19th, "Generating Interest in Concepts. What a CONCEPT!" How to generate interest in the aforementioned within your groups and Districts

Saturday 11AM Westboro Speaker in-person meeting has started up again. All Saints Anglican Church, 347 Richmond Rd. Ottawa, Ontario. For more information contact: joetheaaguy@gmail.com

To have an announcement posted here contact: newsletter@ottawaaa.org



# We tried to carry this message...

The more meetings I attend, the more gets revealed.

I recently heard the story of a man who died with 40+ years of sobriety. He attributed it to intensive work with other alcoholics - it was said he sponsored over 200 people, including five members of the clergy. Three of these clergymen, however, did not get it. They drank themselves to death.

This sponsor was asked, what happened? He said, "they failed to find an all-encompassing, all-loving, all-merciful Higher Power."

I told that story at another meeting. A man responded, "I know that man. He was my first sponsor. He taught me the intellectual basis of AA. He knew it because he had studied the Big Book in detail for years."

Therefore, to carry the message it definitely helps to study the message. This is set out in Chapter 7 of the Big Book. First, be kind. Cooperate. Talk, in general conversation, about your experiences, symptoms, habits and how baffled you were when you finally learned you were sick. No judgmentalism is permitted. Avoid passion for "crusade or reform". Never talk down "from any moral or spiritual hilltop."

It is striking that the Big Book tells us to say to a drunk person, who thinks he can control his drinking, *that possibly he can*.

The odds may be nil. But, "the more hopeless he feels the better." The desire to stop must come from within. In fact, that's how it went with me.

If a person admits powerlessness, we can encourage him to believe in the solution - to accept that a power greater than himself can restore him to sanity. We begin to "lay out the kit of spiritual tools for his inspection." But we have to be humble.

My first sponsor bought me a Big Book, took me through Bill's Story, and then gave me an assignment. It was to attend the *Carry the Message* meeting at the McNab Centre. He told me to look at people and to jot down notes of their demeanor. I saw that they were: calm, friendly, mature, cheerful, happy, serious and focused on what was going on. They warmly welcomed me, the newcomer.

I have to be like them. To try to be a walking Big Book, an instrument of peace; choosing my words carefully, and not drinking - just for today. If I can do these things and maintain a spiritual condition, I will be able to extend the hand of AA when anyone, anywhere, reaches out for help.

John C.

Our co-founder said our gratitude can best be shown by carrying the message to others.



# East-A-Thon

Christmas Day &  
New Years Day

10am - 9pm

Richelieu-Vanier  
Community Centre

300 des Peres-Blancs Avenue

Join us for food,  
fun and fellowship!

- Continuous AA Meetings
- Music in Recovery (hosted by Terry McC.)
- Festive Sobriety Countdowns
- Jolly old Saint Nick!!!

## 7th Tradition

To donate food, group contributions,  
host a meeting or get involved,  
please contact:

Mike H.

613.361.2474

[mhirstwood@aol.com](mailto:mhirstwood@aol.com)

(e-transfers accepted)





## Anonymity & Spiritual Significance

Tradition 12 is the topic, and its long form is my reference point. Anonymity and spiritual significance are the essence of the first sentence. Keeping anonymity in tact is important: my anonymity, that of other members, and that of the newcomer. Our willingness to forgo last names is a starting point. It would appear that our founders considered it very important and tied it into the highest level when they proposed it is spiritual. Spiritual to me is “of God” in some manner and then it goes on to bring in humility as an attribute to be sought after as we practice the principles of the program. There are tons of principles such as honesty, consideration, tact, gentleness. Humility

is mentioned as a specific attribute I can seek as we travel this road of life. Humility has many aspects, one of which maybe suggests that my being part of this wonderful organization is of no special importance, yet I know in my heart that my part is very important. No more important than every other member, as we are an organization of equals, we can remain identified simply as fellow alcoholics, seeking peace and serenity as we are relieved of the burden of the necessity to drink and then the opportunity to rectify our past. I could not stay stopped, try as I might but then with simple prayer (spiritual part), it was gone. My name mattered to God as the grace was given where my willpower had failed. Yes I need to continue to ask for this grace as I journey each day, and within our organization grace abounds. It's in the rooms of eve-

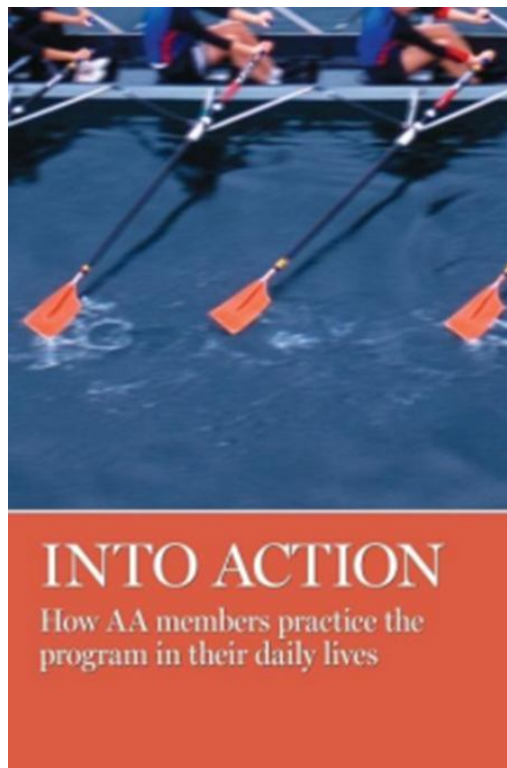
ry meeting, in the hearts of our members. Those who share from the heart of the experiences, the hurts of their journey as well as the joys of reunited families, employment and re-employment. The “of God” part relates to the soul, as opposed to the body, for my physical body is on a downhill slide. I have heard within the rooms that we are humans on a spiritual journey, trapped for a time in this existence. I only guess at the reasons for my personal existence but hope that the directions I'm following today, to incorporate the steps of AA with the traditions, will help others as they too journey. Thanks for reading my thoughts once again. May you find peace in the text, practicing the suggestions, assisting others as you can.

Scott F.

If you would like to contribute a recovery related story to Our Primary Purpose email to: [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org) by the 15th of the month.

Thank you, OPP Editor





This collection of Grapevine stories shows the many ways members work the program of AA. Written by men and women, young and old, with different lengths of sobriety, the articles in this book highlight how members practice the Twelve Steps, use our literature and slogans, and get into service, sponsorship and fellowship. The stories demonstrate the various ways members get active in AA to stay sober, carry the message and live rich and rewarding sober lives.

## Pearls of Wisdom

Simple pearls of wisdom which have been imparted to members over the years:

Does this need to be said?

Does this need to be said now?

Does this need to be said by me?

WAIT: Why Am I Talking?

Every conversation I'm in needs three participants: The other party, myself and my Higher Power.

Live and let live...but Live.

Wherever I go, God needs to go first.

Stop SHOULDing on yourself, others and life.



Thanks Stephan P. for these Pearls!

Send your Pearls to [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)!



## From the AA Archives: Awakening Group



Founded: December 6, 1981

Founding members Bill T and Daniel C started the Group on December 6, 1981 as a spin-off of The Turning Point Group (a breakfast meeting at Billings Bridge) that had become too large.

Meetings were held at several locations over the years:

Riverside Mall Restaurant - December 6, 1981 to October 12, 1986

Menalon Restaurant – October 19, 1986 to February 4, 1990

Miss Westgate Restaurant – February 11, 1990 to June 24, 1990

Champlain Park Community Centre July 1, 1990 to present (Toast & Coffee Served)

The Group started with 5-6 members, which grew to 15 people attending 18 months after the Group started. Attendance has been as high as 50-60 in the late 80's, then dropped to 30-40 in the 90's. The mix is 75% males, 25% females, with the majority of the group being over 40 years of age.

The Meeting format is open speaker and the readings used are "Serenity Prayer, How it Works, The Steps and The Traditions, The Chip System and Lord's Prayer". The Group maintains a supply of AA meeting lists and brochures, Grapevine, Directories and AA Books.

If you would like to see your Group featured in Our Primary Purpose, please contact [archives@ottawaaa.org](mailto:archives@ottawaaa.org). This will also ensure that your group has a current Group History stored in the Ottawa AA Archives.

Two new in person meetings: **Happy Hour group Tuesday 5:15pm & Thursday 5:15pm** 300 Pères-Blanc Ave Ottawa. Closed discussion mtgs.

# INTER-AREA REMOTE COMMUNITIES FORUM

December 3, 2023

Find your time zone below!

9-12 HST | 10-1 AKST | 11-2 PST | 12-3 MST  
1-4 CST | 2-5 EST | 3-6 AST | 3:30-6:30 NST



Language, Culture, Geography  
Three Topics, Nine Speakers, One Fellowship.

ID: 818 4471 6180

PW: 1935

French, Spanish and ASL translation will be available



Pre-Register  
to Win!  
Free Hotel Room!  
+ \$100 The Keg  
Gift Card!\*

ORC  
2024

ONTARIO REGIONAL  
CONFERENCE of  
ALCOHOLICS ANONYMOUS  
with AL-ANON/ALATEEN

MARCH 15 - 17 2024  
**A NEW FREEDOM**

SHERATON CENTRE TORONTO HOTEL

John A, Heartland, TX  
Ruth L, Montreal, QC  
Katie P, Austin, TX  
Steve L, Nashville, TN

**Family Panel:**

Amanda B & Angie B

**Al-Anon Main Speaker:**  
Catherine K, Dallas, TX

Registration: \$55 | Banquet: \$105 | Special Hotel Rate: \$215/night

**To register please visit: [www.aaorc.ca](http://www.aaorc.ca)**

\*Each ticket purchased by Feb 1, 2024 will be entered into a random draw, with one winner selected on Feb 9, 2024.  
The winner will receive a \$100 The Keg Gift Card and be given a free hotel room for Mar 15 and 16.



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

Newsletter Editor  
[newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)  
Article submission deadline is  
the 15th 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 Service – Eric S.  
Literature – Walter H.  
12-Step Coordinator– Steve R.  
Spring Conference – vacant  
Eastern Ontario Conference– Kevin O.  
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)  
[webmaster@ottawaaa.org](mailto:webmaster@ottawaaa.org)  
[tas@ottawaaa.org](mailto:tas@ottawaaa.org)  
[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 –	<a href="mailto:district54@ottawaaa.org">district54@ottawaaa.org</a>
District 62 – Ottawa West – Jamie B.	<a href="mailto:district62@ottawaaa.org">district62@ottawaaa.org</a>
Cooperation with Professionals - Chris M.	<a href="mailto:cpc@ottawaaa.org">cpc@ottawaaa.org</a>
Public Information/Media Contact - Chris M.	<a href="mailto:pi@ottawaaa.org">pi@ottawaaa.org</a>
Corrections Facilities & Treatment - Elaine H.	<a href="mailto:cft@ottawaaa.org">cft@ottawaaa.org</a>
Archives – Andrew F.	<a href="mailto:archives@ottawaaa.org">archives@ottawaaa.org</a>



# 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 meeting suspended)  
([ZOOM Meeting ID 815 5183 4935 Passcode 512429](#))

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

**OTTAWA ARCHIVES**..... Third Wednesday (6:30pm)  
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](mailto: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](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 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.