

Our Primary Purpose

www.ottawaaa.org

Ottawa Area Intergroup of
Alcoholics Anonymous 

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

12-Step
Coordinator:

Engages members
and provides
training for
volunteers to carry
out 12-Step calls

This could be you
this year!

Let your light shine!



We all need the light of God's reality,
the nourishment of His strength, and the
atmosphere of His grace. AA 12 & 12 p.97

A New Year—a time for New Beginnings

Step 1 We admitted we were powerless over alcohol—that our lives had become unmanageable.

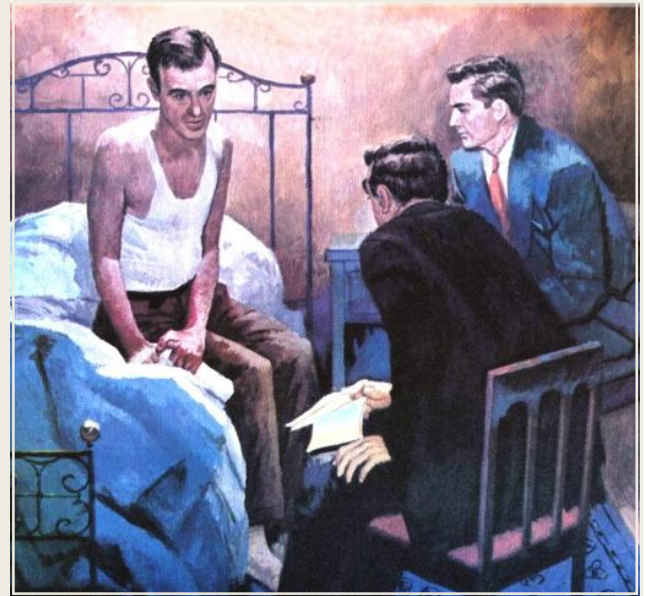
Tradition 1 Our common welfare should come first; personal recovery depends upon A.A. unity.

What is a 12-Step Call?

A 12 Step Call is when AA members make an in-person visit or zoom or phone call with an alcoholic, many times a desperate drunk. The 12 Step call volunteer asks the alcoholic a very important question: Would you like to have an AA member(s) come to see you or speak to you on the phone, and talk to you about the program of Alcoholics Anonymous and how the AA program could help you to stop drinking?

Desperate Alcoholic Traits:

- * bloodshot eyes
- * hands shaking so violently, they cannot hold a bottle of booze
- * throwing up
- * drinking their last bottle of Listerine, cough syrup of traditional booze, a bottle of Jack Daniels, or in some cases, multiple bottles of B&G Cuvee Speciale Rouge
- * not able to attempt to go on an in-person AA Closed or Open meeting because of their physical unwellness



The 12-Step in-person calls are not for every AA member. It is for the AA member who believes in the picture "Man on the Bed" (Alcoholic #3 Bill Dotson). Being available to call the alcoholic up and say: two of us alcoholics would like to come over to meet with you tonight? What would be a good time for you?

The 12-Step Call

We introduce ourselves as Alcoholics. We allow the Alcoholic the opportunity to share their situation. We share with the Alcoholic, our story, and how we reached Alcoholics Anonymous, and how we work the AA program one day at a time. We do this to achieve another day without picking up the first drink. We then ask our new friend, if that new friend has a willingness to stop drinking. If the answer is 'Yes', we hand them a copy of the Big Book with an AA handshake. We give our contact information, and ask the Alcoholic to read the first 164 pages. If they have any questions, we ask them to give us a call or call the Telephone Answering Service hotline. We leave them with a copy of the Meeting Directory, outlining meetings in their immediate area that they may want to attend and GSO approved information.

If you want to become a 12-Step Call List member, please contact the Ottawa Area Intergroup 12-Step coordinator at: 12Step@ottawaaa.org or send inquiries to: info@ottawaaa.org

Let us remember, every time two AA members successfully complete a 12-Step in-person visit, zoom or phone call, the Alcoholic has an opportunity to understand the meaning of the word "hope" to stop drinking. And the two alcoholics working the 12-Step Call are able to carry the message to the still suffering alcoholic.

Service Opportunities!



If you want to do service, here are many ways you can contribute. Intergroup is looking for the following:

- Intergroup Vice-Chair: the right hand support of the Ottawa Intergroup Chair, who, after two years, becomes the Intergroup Chair
- 12-Step Coordinator: connects volunteers with members for 12-Step calls.
- Newsletter Coordinator: using computer and editorial skills, produces Our Primary Purpose monthly newsletter
- Spring Conference Chair & Vice-Chair: plan and execute this important annual event

Contact info@ottawaaa.org for more information.

Attend the Intergroup monthly meeting on the second Wednesday of the month to put your name forward. (see page 10)



My Friendship with Alcohol

My friendship with alcohol started on my 16th birthday. I'll never forget the feeling, the exhilaration; there was an immediate attraction. The early days were more of a friendship as we didn't see each other every day. However, as time passed, I started to appreciate how good of a friend alcohol was becoming. If I was feeling shy, then it would help bring me out of my shell. If I was wanting to really celebrate, then I had a partner who was more than willing to aid in amplifying the experience. The relationship was held on a controllable dull roar throughout my high school years.

I joined the military immediately following graduation; it was honestly easy to keep my relationship with alcohol in high regard throughout the next 27+ years while serving. There were occasions almost every week where I could continue to build the relationship. TGIFs, retirements, promotions, "sports days" were just some of the events where my companion and I could spend time together. I lost my license twice and was put on administrative warnings, yet I continued to progress to a very high rank. I had become wed to alcohol.

As part of the administrative action put on me after the 2nd offence, I was forced to seek counselling. This led to my voluntary participation in a treatment center program. This was the first time where I started to take stock of what my relationship with alcohol was costing. However, like all of my other studies throughout my academic career, I felt that if I completed it with diligence, then I could consider myself cured – course complete, finished. My eyes had been opened to the impacts, yet I wasn't ready to make any changes. I tried a separation from the relationship, but it didn't last long. It's like I needed

to hire someone to help me make a break.

Part of my recovery plan included participating in AA. I didn't go in the beginning because I figured I could again take what I had learned and figure it out on my own. I wanted a separation (from alcohol) agreement, but wasn't ready to pay for a "lawyer" to make it binding. I would go a few months in a temporary state of separation, but it never lasted. I kept relapsing; it was time to ask for other professional help so I hired a different sort of lawyer. I started to invest, but not monetarily.

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been opened
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changes.

My payments began when I started to attend regular AA meetings and I really started to invest when I commenced working the entirety of the program. I desperately wanted a divorce, so, similar to what it would cost in a legal sense for a lawyer to take this action, I started to increase my payments to the program. The more I paid (worked), the more I was able to keep the separation in place. It's when I really started to pay for a great lawyer (truly invest in all aspects of the program)

that I've been able to stay sober for 6 months. Sometimes the rates are higher, but the investment is always worth it. The sanity, clarity and beauty of life are the rewards. I offset the price of alcohol to ensure I continue to pay my AA lawyer. The cost of sobriety is truly priceless.

Paul A.



From the AA Archives: Crossroads Group

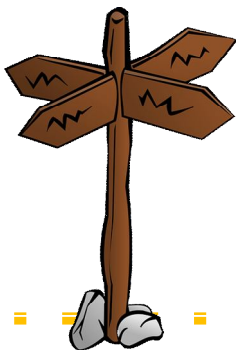
Founded: January 1970

Founding members Ambrose H., Eddie H., Dillon H., Frank K., Bob K., Jack L. and Ernie O. started the Group in January 1970. Six of the founders were members of the Triangle Group and the 7th did not have a home group. All lived in Ottawa's West End and wanted to start up a meeting that would be located closer to home.

Over the years, Crossroads has spawned several spin-off Groups – Kanata (Monday), Parkwood Hills, Queensway-Carleton and Share & Care.

Crossroads used to be an open speaker format. In 2018, it changed to a

closed discussion meeting with an open speaker meeting being held the last Monday of the month. The readings used are the "Serenity Prayer, How it Works, The Steps and The Traditions, and The Lord's Prayer. Initially there were 8 members at the first meeting and within two years, attendance had grown to 80-90. That has since dropped to approx. 20 with 10 members. Most are over 40 years of age with a mixture of 80% male 20% female.



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



IMPORTANT

>>>ANNOUNCEMENTS<<<

Pier B. with 2 yrs on December 2, 2023
Kelly M. with 3 yrs on December 15, 2023
Ryan S. with 2 yrs on December 26, 2023
Barb SP. with 49 yrs on December 27, 2023
Millie 9 yrs on December 27, 2023
Dawn-Marie M. 21 yrs on December 28, 2023

All anniversary announcements are welcome!
Send to newsletter@ottawaaa.org

Happy Hour is Back! Two in-person meetings:
Tuesdays 5:15pm & Thursdays 5:15pm
Richelieu-Vanier Community Centre
300 Pères-Blancs Ave Ottawa, ON

Centennial Group
Saturday 1pm
St. Giles Church 181 First Ave
closing effective Dec 31, 2023

Eastern Canada Regional
Forum to be held at the
Delta Hotels by Marriott
in Ottawa, ON
August 23—25, 2024

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

Thank you, OPP Editor

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

Alcoholics Anonymous

Area 83 Eastern Ontario International



1. **SAVE THE DATE:** Exciting opportunity (free of charge)!! The 2024 Eastern Canada Regional Forum will be hosted by Area 83, IN YOUR CITY... OTTAWA!! on August 23-25, 2024 at the Delta Hotels by Marriott, in-person event.

Forums are weekend-long sharing and informational sessions that provide unique opportunities to share and exchange valuable experience, ask questions and spark new ideas. They are also intended to help the General Service Board, A.A. World Services, AA Grapevine, and G.S.O. and Grapevine staff members stay in touch with A.A. members, trusted servants and newcomers throughout the A.A. service structure.

Regional Forums carry A.A.'s message of love and service by improving communication at all levels of our Fellowship.

2. **SAVE THE DATE:** March 17, 2024 Eastern Canada Delegates' Orientation. An Online Event.

The purpose of this event is to prepare Delegates for the General Service Conference (GSC) which will be held April 14-20, 2024. The Alternate Delegates will also be taking part in this event.

We are striving to develop greater unity among the members, groups and areas of the Eastern Canada Region; to encourage the participation of our members with their input for their Delegate to attend the General Service Conference with the voice of their Area, fostering the Recovery, Unity and Service legacies of A.A.

All members of A.A. are welcome to attend!

Translation will be available.

3. **SAVE THE DATE:** Area 83's Service Information Day, that usually is a 1-day event of Service-related workshops on the day before the Spring Assembly will take place as an ONLINE event on February 10, 2024. More information and an agenda will follow in the new year.

4. The Workshops for GSRs (formerly called GSR sessions) meets on the 3rd Tuesday of the month at 8 pm. Upcoming activities will include:

- January 16th: Introductions and Discussions- Welcome new GSRs-and discussion about what to expect in 2024.

These sessions are open to anyone interested in General Service.

5. The General Service Board has compiled the list of Preliminary Agenda Items for the 74th General Service Conference.

- In January, the final list will be available.
- After February 15, 2024 Agenda Items with Background information (in French, English and Spanish)

The pre-conference agenda sharing will take place in person on the Saturday of the assembly weekend. For more details see:

<https://www.area83aa.org/events>

Theme for the 74th General Service Conference "Connecting with Love, Unity and Service". The workshop topic is "Connecting Home Groups to the Conference Throughout the Year, to Better Inform the Group's Conscience."

The principle that we should find no enduring strength until we let go absolutely is the main taproot from which our whole Society has sprung and flowered.

(AA 12 & 12 p. 21,22)

**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

*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

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Newsletter Editor
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 – Steve R.
Literature – Walter H.
12-Step Coordinator– vacant
Spring Conference – vacant
Eastern Ontario Conference– Kevin O.
Newsletter – Dawn-Marie M.

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eoc@ottawaaa.org
newsletter@ottawaaa.org

Ottawa General Service Districts and Committees

District 54 – Ottawa East – 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 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.

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.

National Suicide Crisis line 9-8-8 24/7