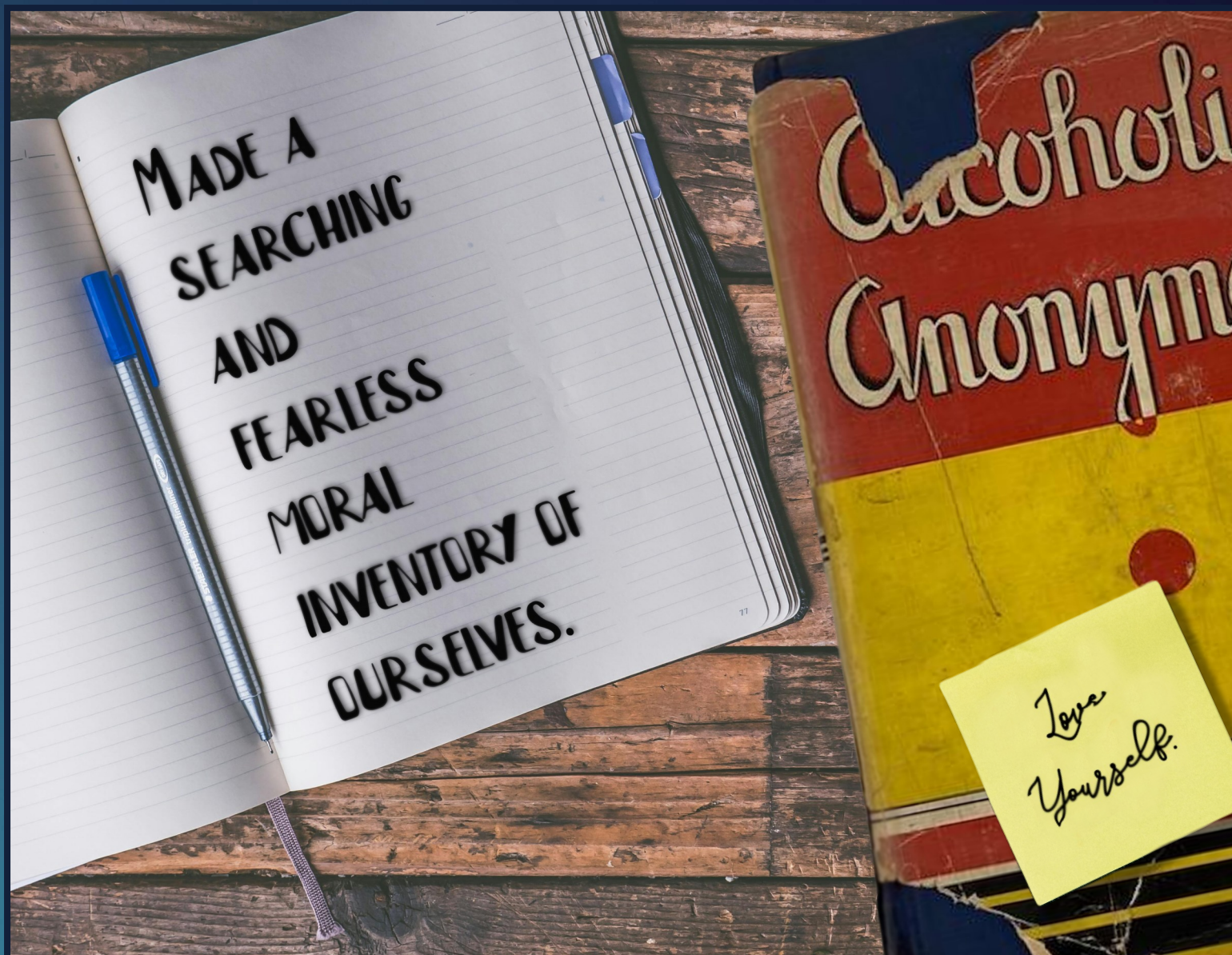


# Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous



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

- Step 4
- Poetry
- Service Opportunities
- Pearls of Wisdom
- Group History
- AA Anniversaries
- Announcements
- Upcoming events

# STEP 4.

By D.L.

**The idea of Step 4 terrified me.** I drank to forget bad memories, anger, fear, loneliness, weakness, guilt, shame -- but now I'm supposed to deliberately focus on them -- and put them in writing, all without my anesthetic!?

I imagined that this was to punish me, to try to put me off drinking in future by showing me what a bad person it let me become. But I had it wrong.

I'd been stuffing down 'bad feelings' ever since I was a kid instead of dealing with them, and booze let me carry on without noticing the wounds festering below the surface. Now I think of it as dropping bags of trash down the basement instead of getting them to the dump. It's like I was letting the dogs do their business downstairs instead of taking them out for a walk. If I heard rumbles from downstairs, I just tried to drown them out instead of going down to see what critters had moved in down there. If I got sick it never occurred to me there was disease and mould coming up the air vents.

But it turns out Step 4 wasn't meant to beat me up or punish me. Taking inventory meant going downstairs to face what piles of garbage or filth, vermin or bacteria were poisoning my life upstairs year after year. The Step 4 questions helped me figure out what resentments or fears or shame had burrowed into my subconscious, and were controlling me all this time without my even knowing why?

Having completed my searching and fearless moral inventory as well as I could at the time, I now know what was growing below the surface, what was my part in it, and what price I've been paying year by year



for letting it all fester down there and subtly poison everything above the surface.

The bad news is that being aware of all this can make all that crap feel very real!

The good news is that having an inventory gets me ready to admit to all that crap and to share the info with my Higher Power and someone who can help (Step 5). An inventory helps me start to let go of whichever behaviours are holding me back, making me sick, and keeping me miserable (Steps 6-7).

Later, after clearing out that basement, the Step 4 inventory points me to the other people who've had to endure the noxious fumes in my life or the wildlife I had let shelter in my mess (Step 8). Making amends to them gets that guilty weight off my shoulders so I can look them in the eye from now on and sleep guilt-free. (Step 9) Without making a searching and fearless moral inventory of my own life, I wouldn't have discovered what was below the surface all this time that was making me so resentful, fearful, ashamed and lonely.

It's Step 4 that shows me I'm not a 'bad' person but I have unknowingly been a sick one, an increasingly sick person, and now I can see the reasons why. I didn't feel great right after admitting all that to myself in a searching and fearless inventory. But, happily, the next steps can help me use that info to get well, stay that way, and enjoy my life like never before.



POETRY

# Fork In The Road

By: Eric D. (with artwork by the author)

Let's begin with something I've learned  
This knowledge is simple yet hard  
earned,

There is a fork in the road which you  
must pass

One of desert, one of grass,

Come follow me and take my hand  
And we will water this barren land,

Mere moments in 'time' so remember  
them well

Make it positive and do not dwell,

Your faith might rise or it might fall  
But in the end we'll all know all,

The true dimension hides from our view  
But only when our spirit chooses to,

I'll say once more if you choose to grow  
Knowledge is light and what love is for,

So spread your love to all things true  
Because creation/God is a part of you.



# Pearls of Wisdom

This column features simple pearls of wisdom which have been imparted to members over the years.

Blessed are the flexible, for they do not get bent out of shape.

God is spelled G-O-D, not D-O-G, so stop telling him to fetch!

Thanks HP for keeping your power on for me!

Trying is praying.

You received without cost, now give without charge.

We're responsible for the effort not the outcome.

Humility is our acceptance of ourselves.

E.G.O. = Edging God Out.

Keep your sobriety first to make it last.

AA will work if you want it to work.

What you hear and see here, stays here.

If you turn it over and don't let go of it, you will be upside down!

Serenity is not freedom from the storm but peace amid the storm.



experience

Please submit your Pearls of Wisdom to: [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)  
Thank you for your service!

# Group History

Presented by Ottawa AA Archives

## Lunch With Bill Group

**Founded: April 16, 1998**

Lunch With Bill was a spin off meeting from the Medallion Noon Group. Founding members were Gus K., Eric B., Ewald H., Derek R., and along with six other AA members, they started the Lunch With Bill Group on April 16, 1998.

Meetings were originally held at the Westboro Baptist Church on Richmond Road, then in February 2006, the Group moved to the Masonic Temple on Churchill Avenue for a few months only. In July 2006, the Lunch With Bill Group settled into the Westminster Presbyterian Church on Roosevelt Avenue where it remains today.

Meetings have always been held at noon each day from Monday to Friday. The format is five closed discussion groups – Beginners, Beginners Step Study, As Bill Sees It, 12 Step Discussion and Big Book Discussion. The last Friday of the month is an open speaker format and birthdays are celebrated.



# Announcements

## Ottawa Area Intergroup of Alcoholics Anonymous

- Starting Tuesday, April 2, 2024, the Beacon Hill group meeting will start @ 7pm;
- "Please welcome Meghan S. as the new Ottawa AA Archives Committee Chair. The Archives Committee continues to look for new members. If you are interested in joining the Archives Committee please reach out to Meghan at [archives@ottawaaa.org](mailto:archives@ottawaaa.org) "
- Bud celebrated 64 years of continuous Sobriety at Vanier Happy Nooners on Good Friday—29 March 2024.
- Submissions for the May Newsletter: Please send me stories, pictures, anecdotes , anniversaries, and any and all information related to our fellowship. Send to : [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org).



# AA Anniversaries

Ottawa Area Intergroup of Alcoholics Anonymous

## APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	<b>5</b> Morning Glory: Mary Ellen C 24Years	6
<b>7</b> Morning Glory: Ben A. 12 Years	<b>8</b> Vanier Happy Nooners: Pierre B (Pierre the Mover) - 34 years	9	10	<b>11</b> Morning Glory: Mia M 20 Years	12	13
14	15	16	17	18	19	20
21	22	23	24	25	<b>26</b> Morning Glory: Bill M 5 Years	<b>27</b> Morning Glory: Steven B 5 Years
28	29	30	1	2	3	4

# Service Opportunities

## Ottawa Area Intergroup of Alcoholics Anonymous

### Service Opportunity

### Contact Info

### Notes:

Telephone Answering Service

[tas@ottawaaa.org](mailto:tas@ottawaaa.org)

Vacant shifts available—one time or monthly. See information in this edition

Ottawa Withdrawal Management Centre (OWMC),

[owmc@ottawaaa.org](mailto:owmc@ottawaaa.org)

Carry the message. See information in this edition of Our Primary Purpose

Intergroup Alternate Webmaster

[webmaster@ottawaaa.org](mailto:webmaster@ottawaaa.org)

See information in this edition of Our Primary Purpose.

Intergroup Treasurer (upcoming vacancy)

[treasurer@ottawaaa.org](mailto:treasurer@ottawaaa.org)

Intergroup 12-Step Coordinator

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





# TAS NEEDS YOU!

*Our Primary Purpose is to carry the message to the still suffering alcoholic.*

**Telephone Answering Service (TAS)** is the front line when the alcoholic reaches out for help. TAS is a help-line there for people reaching out, staffed by volunteer members of AA. These volunteers respond to a wide range of calls from questions about meeting locations to providing peer support to supporting someone in distress. For someone in desperate need, this could be their first step towards getting support. And we need your voice to be on the other end of the phone.

Taking a TAS shift is a great way to do service in AA, and can be done in person or virtually. You can do it from home. It can be done together with your sponsor, or with a group of people. TAS is based out of the Intergroup Office. This is a service commitment that can be picked up on a monthly basis either as an individual or as a group. Steve R, the TAS coordinator, has a slick calendar that shows what shifts are available. A shift is 3 hours. Check out the calendar here:

[TAS Calendar – Ottawa Area Intergroup \(ottawaaa.org\)](https://ottawaaa.org)

Mario C, who often takes on the commitment for the Freedom Group, had this to say:

*“most people that call in are looking for a meeting and I help them find something in their part of town. There was one caller I remember—they were concerned that it was a religious program—I was able to steer them towards the spirituality of AA. The training you get is good and easy to follow. In terms of what qualities you need—kindness, a willingness to listen, and some general knowledge of AA steps and traditions and the big book.”*

Thanks Mario!!

The sobriety requirement for this commitment is 1 year. If you have less, bring your sponsor. For more information, please reach out to Steve R at [tas@ottawaaa.org](mailto:tas@ottawaaa.org).



## OTTAWA WITHDRAWAL MANAGEMENT CENTRE

From Bill and Bob's first visits to suffering alcoholics in hospitals and institutions in 1942 until the present day, AA has ceaselessly carried the message of hope and recovery to the alcoholic who is confined.

This is an opportunity to carry this life saving message. We urge you to join in our efforts to perform this vital work by volunteering to host service meetings at Ottawa Withdrawal Management Centre (OWMC), its two transition homes (Maison Billy Buffet and Maison Gilles Chagnon) and the Ottawa Carleton Detention Centre (OCDC). For all new and returning volunteers, the Committee and members are here to help you every step of the way.

Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. ("Alcoholics Anonymous" pg. 89). AA members and groups who want to strengthen their sobriety or who want more AA joy in their lives are encouraged to get their names on the list as soon as possible! Sign up at [cft@ottawaaa.org](mailto:cft@ottawaaa.org) or [owmc@ottawaaa.org](mailto:owmc@ottawaaa.org). If you do not have access to a computer, please call the Ottawa Intergroup Office at 613-237-4000 and they will forward your information to the Corrections and Treatment Facilities (CFT) committee.

Suggested preparation would include:

The Corrections Workbook ([https://www.aa.org/sites/default/files/literature/M-45i\\_en\\_1221\\_0.pdf](https://www.aa.org/sites/default/files/literature/M-45i_en_1221_0.pdf)) The Treatment Workbook ([https://www.aa.org/sites/default/files/literature/m-40i\\_TFWorkbook.pdf](https://www.aa.org/sites/default/files/literature/m-40i_TFWorkbook.pdf)) and

Suggestions for Leading Beginners Meetings ([https://www.aa.org/sites/default/files/literature/mu-1\\_suggforleadingbegmeet.pdf](https://www.aa.org/sites/default/files/literature/mu-1_suggforleadingbegmeet.pdf))

Paper copies can be arranged noting that printing delays at the General Service Office are ongoing.

Ottawa Carleton Detention Centre (OCDC) has been able to invite screened volunteers to re-enter, but we continue to seek member support. Please email [cft@ottawaaa.org](mailto:cft@ottawaaa.org) if you are interested.

**Thank you, Merci, Gracias for all literature contributions! Keep them coming! All General Service Office (GSO) approved literature is needed in all facilities including Grapevine and Grapevine Books, Living Sober, As Bill Sees It, Daily Reflections, etc.**

**\*Please note OCDC can accept soft covered books only.**

"This is where it all begins."

# Webmaster Wanted

Ottawaaa.org seeking an  
Alternate Webmaster



Please contact  
[webmaster@ottawaaa.org](mailto:webmaster@ottawaaa.org)  
if you have interest in this  
rewarding service  
position.



# 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 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

# Area 83 report, General Service-Related Items:

- **SAVE THE DATE:** Exciting opportunity (free of charge)!! The 2024 Eastern Canada Regional Forum will be hosted by Area 83, IN OTTAWA!! on August 23-25, 2024 in the Delta Hotels by Marriott. This will be an In-Person Event. See flyer attached. I invite you to please post it in your meeting space!

- See links on Area 83 website on Regional Forums!

1. **SAVE THE DATE:** March 17, 2024 Eastern Canada Delegates' Orientation. Online Event. The purpose of this event is to prepare Delegates for the General Service Conference (GSC). *All members of A.A. are welcome to attend! Translation will be available.*

2. **The Pre-Conference Agenda Sharing session-** will take place on April 6, 2024 of the Assembly weekend. We will discuss Agenda items for the 74<sup>th</sup> General Service Conference. The full list of Agenda items with background information should be coming out in about 7-10 days. Area 83 will be preparing summaries for the Agenda items, and we hope that you will look them over. Look for PCAS logo on the Home page of [Area83aa.org](http://Area83aa.org).

Please talk about these items with members of your group. The PCAS sessions are where we can participate in discussion and hear varied opinions of Area 83. These discussions are very helpful to the delegate in his deliberations at the Conference. FYI: Our delegate is sitting on the Literature Committee and Archives Committee.

3. **The GSR Workshops** that meet on the 3<sup>rd</sup> Tuesday of the month at 8 pm. Upcoming topic will include:

- **March 19th, Preparing to attend the Spring Assembly weekend**
- **Area 83 Website and other useful tools**  
*These sessions are open to anyone interested in General Service.*

4. Quarterly Report from G.S.O. came out on January 31, 2024. You can quickly access this and other communications from GSO via the Meeting Guide App.

5. If anyone knows about online or in-person meetings available in other languages, I would be grateful to hear about them. It would be good to create a list of these meetings in other languages for our friends who would be more comfortable receiving the program in a language other than English. Please let me know ([Alt.delegate@area83aa.org](mailto:Alt.delegate@area83aa.org))

Bridge to Hope AA Meeting 希望之橋嗜酒者互誠協會

Wednesdays and Saturdays:

8pm Pacific Daylight Time (March to November) **11 pm EST**  
7pm Pacific Standard Time (November to March) **10 pm EST**  
Zoom ID: 289 612 772  
Passcode: unity



Dear Members of Area 83 Eastern Ontario International

For those of you who are planning to attend your first Assembly on the 5-7 April 2024 in Kingston or online, welcome as we roll out our Spring 2024 Assembly.

All the details can be found on our Area 83 Website by clicking [here](#). Please pre-register for the weekend, especially if you are attending in person and book your Banquet and Lunch tickets now as we have to have final numbers by 22 March 2024.

The weekend will start with the Traditional Open Speaker starting at 8pm. The meeting will be hosted by District 36's Kingston Young People's Group, which is located at The Spire, 82 Sydenham Street, Kingston. Mel C, Delegate Panel 63 will be the speaker. It is a 15-minute walk from the Holiday Inn Waterfront, which is serving as our Assembly Hotel (for reservation details at a preferred rate, click "Book a Room" on Area 83 [Website](#)). The Kingston and the Islands District Committee member has let us know that there is abundant parking on the side streets as well.

Saturday we will have our Pre-Conference Agenda Sharing Day at the campus of St. Lawrence College (100 Portsmouth Ave, Kingston, ON) starting at 8:45am sharp, so please be at registration by 8:15am. Please use the Portsmouth entrance as it will make it much easier to find the meeting rooms for those attending in person. It is about a 10-minute drive from the Hotel and there is plenty of free parking available. The Pre-Conference Agenda Sharing Committee has done a fabulous job putting together an interesting agenda for the day (see the Agenda on the Area 83 [Website](#)). We will finish the day with a wonderful banquet and special Saturday evening speaker, Robert L, Trustee at Large for Canada, which James O'D our Area 83 Delegate has arranged.

Sunday will be the Area Business Meeting, which will be held at the St Lawrence College. This is a wonderful time to get caught up on all the great things that are going on in each District and with the Area Sub-Committee Chairs and Area Officers. We will also have some important new business to discuss. Background material on these recommendations has been provided to each of the District Committee Members to share with the General Service Representatives and group members.

I would like to finish by encouraging you to consider attending the 2024 Spring Assembly, Kingston 5-7 April 2024. If you are attending in person, please make your hotel arrangements soon and order your banquet and lunch tickets as there are a limited number and we need to have final numbers by 22 March 2024. If you are attending online, you will find the links to all the sessions on the Agenda, which can be found on the Area 83 [Website](#).

Yours in Love and Service

Bill C  
Chairperson, Panel 73  
Area 83, Eastern Ontario International





# DISTRICT 74

## Spring Conference

Saturday May 11th, 2024



*“Serenity through Service”*

**Doors Open at 9:00am**  
**Dinner Served at 5:00pm**

**SPEAKERS, PANELS**  
**SNACKS/BEVERAGES**

*“...and through Service-we give away freely what has been given to us”*

**Knight's of Columbus**

170 Ellis Ave,  
Pembroke, ON

**Roast Beef \$35.00**  
**Dinner PER TICKET**





**DISTRICT 66, GOLDEN TRIANGLE**  
**40<sup>TH</sup> ANNUAL ROUNDUP**

**Saturday, April 13, 2024**  
**Lombardy Agricultural Hall**  
**6 Kellys Rd., Lombardy, ON**

**HOW FREE DO YOU  
WANT TO BE?**

**Doors open at 11:30 a.m.**  
**Round-up starts at 12:15 p.m.**  
**AA and Al-Anon Panels**  
**Presentations, 7<sup>th</sup> Tradition**  
**Sobriety Countdown, Guest Speaker**  
**Potluck Dinner**

**Questions? E-mail:**

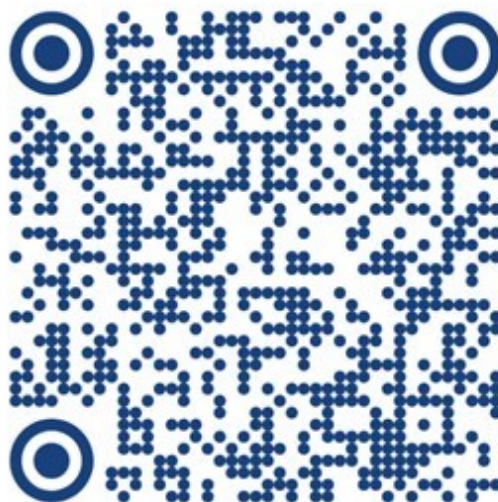
[roundupchair@lanarkleedsaa.org](mailto:roundupchair@lanarkleedsaa.org)





# Eastern Canada Regional Forum

**August 23-25, 2024**  
**Delta Hotels by Marriott**  
**Ottawa, Ontario**



Please join us for a weekend full of AA information and fellowship with Trusted Servants and GSO Staff!

Interested in Volunteering? Please email  
[ecrf2024@area83aa.org](mailto:ecrf2024@area83aa.org)

More information available on the Area 83 website at the QR code above or at <https://www.aa.org/regional-and-local-forums>



# Contact Information

## 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)

## Ottawa Area Intergroup

<b>Chair</b>	John D.	<a href="mailto:chair@ottawaaa.org">chair@ottawaaa.org</a>
<b>Vice-Chair</b>	Jeff L.	<a href="mailto:vice@ottawaaa.org">vice@ottawaaa.org</a>
<b>Secretary</b>	Dick G.	<a href="mailto:secretary@ottawaaa.org">secretary@ottawaaa.org</a>
<b>Treasurer</b>	Stephan P.	<a href="mailto:treasurer@ottawaaa.org">treasurer@ottawaaa.org</a>
<b>Website</b>	Paul D.	<a href="mailto:webmaster@ottawaaa.org">webmaster@ottawaaa.org</a>
<b>Telephone Answering Service</b>	Steve R.	<a href="mailto:tas@ottawaaa.org">tas@ottawaaa.org</a>
<b>Literature</b>	Walter H.	<a href="mailto:literature@ottawaaa.org">literature@ottawaaa.org</a>
<b>12-Step Coordinator</b>	Steve R.	<a href="mailto:12step@ottawaaa.org">12step@ottawaaa.org</a>
<b>Spring Conference</b>	vacant	<a href="mailto:spring@ottawaaa.org">spring@ottawaaa.org</a>
<b>Eastern Ontario Conference</b>	Kevin O.	<a href="mailto:eoc@ottawaaa.org">eoc@ottawaaa.org</a>
<b>Newsletter</b>	George H.	<a href="mailto:newsletter@ottawaaa.org">newsletter@ottawaaa.org</a>

## Ottawa General Service Districts and Committees

<b>District 54- Ottawa East</b>	Karen A.	<a href="mailto:district54@ottawaaa.org">district54@ottawaaa.org</a>
<b>District 62- Ottawa West</b>	Jamie B.	<a href="mailto:district62@ottawaaa.org">district62@ottawaaa.org</a>
<b>Cooperation with Professionals</b>	Chris M.	<a href="mailto:cpc@ottawaaa.org">cpc@ottawaaa.org</a>
<b>Public Information/Media Contact</b>	Chris M.	<a href="mailto:pi@ottawaaa.org">pi@ottawaaa.org</a>
<b>Corrections Facilities &amp; Treatment</b>	Elaine H.	<a href="mailto:cft@ottawaaa.org">cft@ottawaaa.org</a>
<b>Archives</b>	Andrew F.	<a href="mailto:archives@ottawaaa.org">archives@ottawaaa.org</a>
<b>Ottawa Withdrawal Management Centre (detox)</b>	Pauline E.	<a href="mailto:owmc@ottawaaa.org">owmc@ottawaaa.org</a>

# Back Page

## General Notes

- **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. For Newsletter Submissions, send to: [newsletter@ottawaaa.org](mailto:newsletter@ottawaaa.org)
- Article submissions are greatly appreciated by the 15th day of the month preceding publication date.