

Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous

INSIDE THIS EDITION:

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

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Steps 6&7

By DL

Step 6 sounded simple: We “were entirely ready to have God (as I understood it) remove all these defects of character.” Of course I was ready; I was taking the steps with a sponsor, wasn’t I?

Step 7 sounded pretty easy too: We “*humbly asked Him to remove our shortcomings.*” How long could that take?

Well, my sponsor had a different experience to share. Wishful thinking and a quick read of the two paragraphs in the Big Book did not magically remove the defects of character that had surfaced in his Step 4 inventory. Instead, he was dragged time and again into using alcohol (and whatever else was handy) to distract himself from his problems, long enough for them to just get worse.

In fact, once he had admitted them out loud in Step 5 with his own sponsor a few years earlier, he had felt ashamed -- and exposed -- for all that lying, manipulation, people pleasing, stealing, and whatever else he’d shared. Every day, all that fear, anger and loneliness was top of mind and twisting his guts. Freedom only came from making the time to take both step 6 and 7 meaningfully.

My own Step 4 revealed the twisted survival techniques I’d developed since I was a kid and now I felt heartsick about having been kind of a jerk all these years. After exposing all that in Step 5, I felt like my guts were hanging out in the open now that someone else knew all about me. I needed to deal with this mess – and soon!

So, we met again that same week to get started. He asked me to pick 2-3 defects I wished I could let go of as soon as possible. Every time I was doing one of them again, I needed to ask myself what I was getting out it. For example, badmouthing somebody

behind their back might make me feel like I wasn’t so flawed myself by comparison. Stealing money might soften the feeling I was a loser for not being able to earn the things I wanted. Lying might keep me out of trouble I believed my behaviour had actually earned.



Acting like a big shot might distract me from low self-esteem.

Was I willing to let go of not only the sick feeling that came from the defect but let go of the payback too? Well, not always at the first try. But I might realize at the quiet end of a day that I wasn’t really entitled to as much out of the tip jar as I’d taken earlier that evening. Another day, I’d notice right away that I’d

Steps 6&7 (cont'd)

just bent the truth out of shape to try to make someone like me. In a week or two, I'd catch myself just about to tell a story to show off and inflate my ego. A couple of weeks in, I might realize it hadn't even occurred to me that day to do such and such even though there'd been an opportunity that day.

Progress wasn't high-speed but it was happening just by my reminding myself every morning and every night of the 2-3 character defects I wanted to let go of. Not even by working at it or pushing myself, just by reminding myself I wanted to become more ready to let go of them today, on the way to being entirely ready eventually. I wasn't pulling weeds in Step 6, just loosening the soil so that weeding would be easier when I got to Step 7.

When my sponsor and I felt I had been thorough in Step 6, it was time to humbly ask a higher power to remove my shortcomings, the defects of character identified in my Step 4 inventory. This did not mean putting more pressure on my wobbly self, but asking for help from the same higher power that was helping me quit drinking, get to meetings, work with a sponsor, and make an honest inventory of my self.

My addiction is deep rooted with decades of practice; my recovery needs to be freshened up every day too. Repeating the short prayers below during a day made a difference in those first few weeks and even now years later when a long-standing defect pokes its head up again.

But a prayer isn't some magic spell that changes how I feel or what I do. Like the Serenity Prayer, I find it more effective if I don't just recite one quickly but stop and digest each phrase as I go. And if I sit quietly a minute or two to go through them more than once.

In my own words, but inspired by page 76 of the AA Big Book, I can close my eyes and say out loud:

***I am ready now for you to have all of me, good and bad.
(pausing each line)***

***I pray you take away every single defect that stands in
the way of my usefulness to you and my fellows.
Grant me strength as I go out from here to do your will.***

The old 'survival techniques' that had become my most frequent shortcomings included trying to control others, avoiding responsibility whenever I could, being quick to criticize (even if just inside my head), and focusing more on getting people to like me right now than actually doing what's best for the long run. But trying to not practice these was harder than trying to actively practice something else instead. So, the following prayer helped whenever I was disturbed or just had a minute or two free in a waiting room, an elevator or a washroom:

***Please strengthen my humility (big breath after each
line)***

***that it's not my place to control but to contribute;
not to shirk but to share the load;
not to judge but to learn;
not to try to impress but to try to be of use.***

If a situation made me feel hurt or nervous, irritable or threatened, my mind (and mood) would often ask why someone was putting me in an unhappy situation, how could I get out of it, what can I get out of this, how can I look good. So instead I can slowly ask for help one at a time to see:

***How did I put myself in this situation?
What there is to learn from it?
What there is to be grateful for?
How can I be of use here?***

A fourth prayer reminds me what this alcoholic now knows I need to work on whenever I start to feel out of sorts with a person, place or thing. Instead of straining until my knuckles turn white to tear out a

Steps 6&7 (cont'd)

defect, I can gently change my headspace by praying:

***May I be a channel of healing (pause)
right here,
right now
through acceptance,
gratitude,
and letting go.***

It's been a gift for me that the earlier AAs took the time to write down what worked for them so I could practice it 90 years later just as effectively. Mind you, the 12 steps didn't come from the first 100 drunks to come to meetings, and that wasn't enough for me either.

The 12 steps come from the first 100 who got sober, stayed sober and were happy about it. That's what happens for me when I work regularly at being entirely ready and ask a power greater than me to remove my shortcomings.



One Day at a Time (Scott's Journey with Cancer)

By Scott F.

"Sadly A.A. member Scott F. passed away on June 1st, 2024. He submitted many articles to Our Primary Purpose over the last couple of years, including this one where he writes about his journey with alcoholism and cancer. Scott will be dearly missed by all who had the privilege of knowing him. Our Primary Purpose has received approval from Scott's family to share this news with the A.A. community."

Your course is set, blue sky days for fishing in the summer, a motorcycle to ride in the mountains, and a good paying job in the winter. The toys are paid for, the work is seasonal so there's lots of time off and sobriety is maintained by working with others attending meetings and visits with your sponsor. Then a new card is dealt, health. What do you mean it's cancer and I'll need surgery. Whew the operation was successful I didn't need a prostate and with drugs we can suppress the cancer. Remission is a wonderful word, like the daily reprieve

Back to living fishing, riding, skiing, work, meetings etc. The prognosis is good, great if you're an optimist. Two to five years trouble free, just take the shots every 3 months and a few blood tests.

Boom- two years went fast, sober and enjoying a life of being single, joyous and free, just like the book said. That pain in my right leg is getting annoying, and now it's getting so I can't walk and I need pain meds to get to sleep. I can't fish, I can't get into my truck at work, or the loader it's just too high, visit the oncologist and the cancer has returned. Radiation-round two, the first line of attack; followed by more drugs. Good thing I gave up drinking seven years ago, nearly every drug they want me to take says cut

back or stop alcohol consumption. The next step is chemotherapy but the drugs are making me sick and I can't eat, I can't walk without a cane and I'm getting weaker by the day. What next, if this continues I won't be able to care for myself? I won't get through a winter in the mountains, I can barely stand to cook or shop and it's getting worse.

Reach out to others, ask for help. That's not what I do. I'm the strong one able to help the newcomer, I'm strong. Not so much, I'm losing strength, and I have to accept the reality of life on life's terms. Accept help, be the recipient. Talk about roles being reversed, I have to seek help and do so quickly. Family has not played a significant role in my life for many years. They live in their part of the country and I live in mine. Visits are few and far between. I have come to enjoy my solitary day to day life. I have a life of adventurers, trips, seasonal work and comrades who accept my solitary ways.

Well this is about to change, and fast. The first choice of family care is my sister across the country, who has offered in the past to help. I've never needed help, ever and this is going to be major serious long term help. A complete commitment of yes you can care for me. I'm so sick I can't care for myself and I'm going downhill. The responsibility pledge talks about reaching out and the hand of AA. But now I have to reach out. Good thing I have an AA sister, of course, she's all in to help to change her life for my care. My gratitude is immeasurable. I'm getting worse by the day and 911 has to be called. What happened to a simple life of sobriety, in such a short time the toys were sold, independence lost and even the ability to walk. Hospitalization for 2

months; major surgery just to relive the pain and six weeks of physio to learn to walk with a fused spine. Surgery relieved the pain and removed a tumor. The oncologists attending feel my cancer can be treated, my life will continue albeit a different lifestyle. I have the option to practice these principles in all my affairs, get my butt into some area of service and show my gratitude by helping others. The formula is simple. Trust God, clean house and help others. The hard part for me to understand was that, as I receive help, I'm helping the person and persons giving of themselves. God has a heck of a way to teach, and some lessons are hard to swallow but I've learned more about love, acceptance, and patience than I would have with a life of continued good health. The journey I was on has changed dramatically. I'm the receiver of care not the care taker. Such a role reversal. I gave up my

motorcycle for a wheelchair, a walker and a cane.

AA provided the toolkit, prayer built the relationship with HP; willingness to ask others saved the day. I don't ask why me, as the answer will just be a guess, but I do ask - what do I do now? As I recover, I can get involved with TAS and take the occasional open shift, I can attend a few meetings when I ask for rides from members who are more than willing, I can work with my new sponsor to review the steps, read the big book again. I can live this new life that God is giving me - One day at a time.



Group History

Presented by Ottawa A.A. Archives

Remember When

- IN THE BEGINNING -

Our home group, Remember When, celebrated over 42 years on July 19, 2019 as David T., formerly of District Archives, informs us that records indicate our Group's first information sheet dates back to July 19, 1977 when Larry Smith was GSR and Kevin Brute was the alternate GSR. Tom Q., Remember When's current longest active member going on 40 years as a member of our Group, recalls Jim H., John S., Ted B. and Dave R. as the original members. Jim C., another current active long-time member of our Group adds Gus to this list of founding members. Remember When hosts an open speaker meeting at 8 o'clock every Monday night at 85 Leacock Drive, Kanata, as it always has for over 40 years - give or take a few hundred feet...

Tom Q. explains that, in its beginning, our Fellowship would meet in the basement of a bungalow now converted into one of two 2-storey houses located on the perimeter of the current Christ Risen Lutheran Church property and that the main floor of this bungalow would accommodate the Church services. Following zoning adjustments, this 2-storey house is now adjacent to but no longer part of the Church property. In 1980-1981, they built the present-day Christ Risen Lutheran Church building and Remember When immediately started holding its meetings at the new location - and has done so ever since.

Our veteran member was also GSR for our Group around 24 years ago back when it was registered with New York under its original name, "The Kanata Group". That was possibly the last time the GSR position was filled before 2016. David T. informs us that New York only has record of our Group under the name "The Kanata Group" up until 2000, after which recorded activity only resumed in 2016 under the current name "Remember When".

- THOSE ATTENDING -

Our Group has a very small "core" group and attendance to meetings fluctuates greatly - and randomly, it would seem - with an average of 18 attendees per week. Long-time members say this has been a trend since the Group's inception in the late 70's but Jim C. recalls that the Group counted significantly more members in its early days. Recently, however, we are happy to see more and more people getting involved at the service level and we have been witnessing many new faces taking on different service responsibilities over the past year (sometimes we don't wait very long to get people involved...).

Our room is populated with people from all over the age spectrum and we are very grateful that we often have the opportunity to welcome first-timers. We quickly encourage them to attend many other meetings as soon as possible by giving them a Welcome Package, a meeting list and offering to either meet them at the next possible meeting or

Group History (cont'd)

facilitate access to that meeting if need be. If they are not on the talkative side, this is often the very best we can do and the rest, of course, we must accept is beyond our control.

The overall atmosphere at Remember When is, to say the least, very casual and laid-back. In fact, at times it seems as though we have adopted “We are not a glum lot” has our 13th Tradition. Although there may sometimes be ground to question whether we should be having so much fun during the course of a meeting, the fact remains that the quality and atmosphere of our meetings dependably range from the very lighthearted to the movingly intense and, shockingly, at times even crosses into sanity-adjacent territory. We have the opportunity to hear the rich message of experience, strength and hope of a wide variety of speakers from myriad backgrounds who are often more than well-versed in our Program of action.

- BUSINESS -

The “business” or “administrative” side of Remember When is also very informal. Our Group seems to love to jokingly take Tradition 9’s “We ought not be

organized” out of context to justify its lack of rigor in this department. Nonetheless, our very short periodical and spontaneous business meetings are very effective and all matters are dealt with efficiently- eventually...

THE EXTENDED HAND OF AA -

Finally, in addition to trying the best we can to support the Fellowship within our walls, we are also very grateful to be able to have the opportunity to put on meetings at The Ottawa Withdrawal Management Centre and at Newgate 180, two treatment facilities where we enjoy having the opportunity to have regular commitments. Thanks to our “keen, intellectual, alcoholic minds” as Joe & Charlie affectionately put it, it now seems a well-established tradition that our Group conscience - or rather, disconscience - always insists on bringing more members than room capacity allows to the latter location ;). This is mostly due to the fact that Remember When never seems to shy away from implicating other groups to fulfill (and sometimes overfill) its commitments.



A.A. Anniversaries

Ottawa Area Intergroup of Alcoholics Anonymous

JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
7	8	9	10	11	12 Morning Glory: Margo W. 5 years	13
14	15 Vanier Early Birds: Olena L. 2 years	16 Vanier Early Birds: Inga B. 28 yrs	17	18	19 Morning Glory: Adele 6 years	20
21	22	23 Freedom Grp: Craig P. 1 year	24	25	26 Morning Glory: Nick C. 21 years Neil M. 14 Years Shannon C. 5 years	27
28 Morning Glory: Catherine M. 10 years	29 Morning Glory: Dhom. 31 yrs	30 Freedom Grp: Frank D. 14 yrs Jules 15 yrs	31	01 Morning Glory: Bob G. 31 yrs		3

Announcements:

Morning Glory: A Celebration of Life will be held for our dear friend Ghislaine L. on Saturday July 6, 12 noon at the church. Pot luck lunch.

Service Opportunities

Ottawa Area Intergroup of Alcoholics Anonymous

Service Opportunity	Contact Info	Notes:
Telephone Answering Service	tas@ottawaaa.org	Vacant shifts available—one time or monthly.
Ottawa Withdrawal Management Centre (OWMC),	owmc@ottawaaa.org	Carry the message.
Intergroup Alternate Webmaster	webmaster@ottawaaa.org	See information in this edition of Our Primary Purpose.
Intergroup Treasurer (upcoming vacancy)	treasurer@ottawaaa.org	
Intergroup 12-Step Coordinator	www.ottawaaa.org	Filled!! This position has been filled by James R.



Area 83 Report

Area 83 is conducting an inventory (using google forms)

https://docs.google.com/forms/d/e/1FAIpQLScPg59QXRjfbp_OsEBmCdwykmIRmiDUyyf9vle_PmsNIQMCD/Viewform?usp=sf_link

The deadline to complete the survey is November 10, 2024.

Please see the last page of this report for a [flyer](#) to put up in your group with a QR code.

We encourage every member of Area 83 to fill out the survey... it is open to everyone, not just for GSRs

Conducting an inventory for Area 83 seems like a practical step given the changes that have occurred since the last inventory in 2015. This will help evaluate how well Area 83 is fulfilling its purpose. As per the Service Manual 2021-2023, the purpose of an Area is:

1. To elect a delegate who will represent the area's conscience at the annual General Service Conference.
2. To form a local decision-making structure so groups can collectively decide on matters that affect their area.

To carry out Twelfth-Step work that may not be practical for groups, districts or intergroups to take on by themselves.

By conducting an inventory and survey, we can assess how well these objectives are being met and identify areas for improvement. This process aligns with the tenth step's principle of continued self-assessment and correction. It's an important initiative that will contribute to the ongoing growth and effectiveness of Area 83.

The facilitated discussion sessions will be a great opportunity for members to share their experiences and thoughts about Area 83. These sessions will take place during the Service Information Day at St. Lawrence College in Kingston on November 2nd as part of the Fall Assembly weekend. This will be a hybrid event, allowing for both in-person and virtual participation. We look forward to your valuable contributions. Consider, this survey is a tool for improvement. Your honest and thoughtful responses will help Area 83 better fulfill its purpose.

Area 83 has Draft **guidelines** for any **district or service zone to put in a bid to Host an Area Assembly**. We will be discussing at the September Assembly whether we present it to the full Assembly for approval.

[Guidelines for Bidding and Hosting Area 83 Assemblies - alternate.delegatea83@gmail.com - Gmail \(google.com\)](mailto:alternate.delegatea83@gmail.com)

The AA.org website has been updated with information on the upcoming International Convention. July 3-6, 2025 [International Convention | Alcoholics Anonymous \(aa.org\)](#)

Opening for AAWS nontrustee Director [2025 NTD Announcement \(aa.org\)](#)

A.A. World Services, Inc. (A.A.W.S.) has started its search for a nontrustee director. This voluntary position will commence following the 2025 General Service Conference. Interested A.A. members are encouraged to submit a resumé. Basic qualifications for this position are: a minimum of seven years of continuous sobriety; a sound business or professional background preferably in, but not limited to, the following areas - finance, management, publishing, legal, or information technology; and the ability to work with others. We are also seeking strength in organizational management, strategic planning, customer engagement, or nonprofit board experience.

All of these great announcements can be found on the front splash page of the new Area 83 website.

Area 83aa.org



- Help Manage And Maintain Our Website
- Ottawaaa.org

**JOIN OUR
TEAM**

Make a positive impact
through digital expertise

CONTACT

INFO@OTTAWAAA.ORG



2024 Chelsea Round up

13 July 2024

10:30 am - 8:00 pm

St. Mary Magdalene Church
537 Rte., 105
Chelsea, QC
J9B 1L2



Pot-Luck lunch
Spaghetti dinner

7th Tradition

POC:

chelseabbaa@outlook.com



Scan me for this poster!

THE LAKESHORE DISTRICTS

Conference



SPEAKERS!

PATT O.
LAGUNA BEACH, CA
(BANQUET SPEAKER)

TAURY S.
NEW YORK CITY

KERRY O.
OTTAWA, ON



WITH ALANON PARTICIPATION

VISIT AALDC.ORG TO GET YOUR TICKET AND FOR ADDITIONAL PANELS AND SPEAKER ANNOUNCEMENTS!

**BOOK YOUR HOTEL BEFORE
7/16/2024**

Heydenshore Pavilion
589 Water St, Whitby, ON, L1N 9V9

AUG | 16-18 | 2024

\$25 Virtual & General Admission | \$45 Banquet
VISIT AALDC.ORG TO GET YOUR TICKET



SCAN ME

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

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

Forum territorial de l'Est du Canada 2024

23-25 août 2024
Hôtel Delta Centre-ville
101 rue Lyon N
Ottawa, Ontario

Joignez-vous à nous pour un week-end rempli d'informations sur les AA, de fraternité avec des serveurs de confiance et le personnel du BSG !

Pour plus d'informations, voir le site de la Région 83



Inscription gratuite dès le 24 juin ici:
<https://www.aa.org/fr/regional-and-local-forums>

Lien de réservation d'hôtel



Si vous êtes intéressés à faire du bénévolat, envoyer un courriel à : ecrf2024@area83aa.org

Eastern Canada Regional Forum 2024

Ottawa, Ontario
August 23-25, 2024
Delta Hotel City Center
101 Lyon St N

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

More info
on Area 83
Website



Registration is free and begins June 24th at <https://www.aa.org/regional-and-local-forums>

Hotel Booking Link



Interested in volunteering? Please email
ecrf2024@area83aa.org

THE LOVE & SERVICE



Where We Share Stories of Applying the AA Steps, Traditions and Concepts

FORMERLY THE UNITY & SERVICE CONFERENCE
HOSTED BY THE LOVE & SERVICE GROUP

MAIN SPEAKERS:

BILLY N. ~ PALM BEACH GARDENS, FL
ARISA B. ~ BOSTON, MA

OCT | FRI | 2024
11

OCT | SAT | 2024
12

REGISTRATION OPENS : 3:00PM
EVENT : 6:00PM – 8:30PM

EVENT STARTS : 9:00AM
EVENT ENDS : 10:00PM

EVENT COST \$45

INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

SATURDAY DINNER COST \$55

OPTIONAL



HYBRID EVENT
SPANISH INTERPRETATION
ASL INTERPRETATION



THE HOPE CENTER | 2275 MORELLO AVE | PLEASANT HILL | CA

For more information email 3LegaciesConf@LoveAndServiceGroup.org

2024 CORNWALL AA CONFERENCE



**WITH AL-ANON
PARTICIPATION**




 Best Western Parkway (Special rates)
**1515 VINCENT MASSEY DRIVE
CORNWALL, ON, CA K6H 5R6
613-932-0451**

 **NOVEMBER 8-9, 2024**

 Registration Ticket
\$20.00 CDN

 Banquet & Registration Ticket
\$65.00 CDN

 Email
TICKETS.CORNWALLCONFERENCE@GMAIL.COM

 Visit our website
WWW.CORNWALLAA.CA

REGISTER HERE



EASTERN ONTARIO CONFERENCE ARCHWAY TO FREEDOM

OCTOBER 18TH-19TH, 2024

For More Info;

[https://ottawaaa.org/
conferences/](https://ottawaaa.org/conferences/)

eoc@ottawaaa.org



Hellenic Banquet Centre, 1305 Prince of Wales
Drive, Ottawa, Ontario

An Alcoholics Anonymous Event with Al-Anon Participation

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 A.A. 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)
(ZOOM Meeting ID 815 5183 4935 Passcode 521429)

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

Contact Information

Ottawa Intergroup Office

211 Bronson Avenue, Suite 108 Ottawa, Ontario, K1 R 6H5

Office temporarily closed.

Curbside pickup Saturday 2-4pm Telephone: {613} 237-6000

Email: info@ottawaaa.org

Ottawa Area Intergroup

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

Ottawa General Service Districts and Committees

District 54- Ottawa East	Karen A.	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	Meaghan S.	archives@ottawaaa.org
Ottawa Withdrawal Management Centre (detox)	Paul D.	owmc@ottawaaa.org

Back Page

General Notes

- **Is your A.A. 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 A.A. members working the A.A. 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 A.A. Fellowship.
- The editor of “Our Primary Purpose” reserves the right to accept or reject material for publication, based on the A.A. traditions. Note: this policy is consistent with that of the A.A. Grapevine. Articles are not intended to be statements of A.A. 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
- Article submissions are greatly appreciated by the 15th day of the month preceding publication date.