

Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous



Tradition 3

By Joe F.

Short Form: “The only requirement for membership is a desire to stop drinking.”

Long Form: “Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

“Any two or three alcoholics gathered together for sobriety”, linked my thoughts to Dr. Silkworth’s letter to Alcoholics Anonymous: “... [presenting] his conceptions to other alcoholics, impressing upon them that they must do likewise with still others ... may well [be the] remedy for thousands of such situations.” To me, that’s how carrying the message creates the Power of the Fellowship; why the first word of Step 1 is “We” and why we can’t do it alone. Believe me. I tried. I remember an OG (Original Gangster) of A.A. saying that, “violating any tradition is a direct violation of Tradition One.”

The 12&12 talks about the history of Tradition Three: “On the A.A. calendar it was Year Two. In that time nothing could be seen but two struggling, nameless groups of alcoholics trying to hold their faces up to the light.” At that time, a newcomer – an alcoholic with another addiction, appeared at one of these groups reaching out for help. In 1968, at the opening night of the General Service Conference, Bill W. spoke about this event and Tradition Three which I would like to share with you:

In Year Two, at The Akron Group, a man came to talk with Dr. Bob who had no problem admitting that he was an alcoholic. But he said, “I’ve got a real problem for you. I don’t know if I could join A.A. because I am a sex deviant.” Dr. Bob knew that this had to go out to the group conscience, because up until then, any

society could say who was going to join it. Pretty soon, the Group Conscience “seethed and boiled and then boiled over.” They said that under no circumstances could they have such a disgrace among them. At that time, they could not see that A.A.’s destiny hinged upon this single case. Would there be rules that could exclude undesirables? This single case caused them to think about which was more important.

Was it their reputation – what people will think, or was it their character – who were they while reflecting on their own histories as alcoholics? Who were they to deny any person their opportunity? When their judgment day came, many of them were sitting in Br. Bob’s living room arguing about what to do. Bob looked around the room and said, “Isn’t it time to ask ourselves, what would The Master do in a situation like this? Would he turn this man away?” That marked the beginning of the A.A. Tradition which stated that any person who has a drinking problem, is a member of A.A. when “they” say so, not when “we” say so. More importantly, Bill believed that this new idea increased the “territory” of our common welfare to include the entire world. “Their charter to freedom to join A.A. is assured.”

For me, when it comes to the importance of Tradition Three, my Dad said it best: After Tradition Three was read at the beginning of a meeting, I heard him say, “Thank God.”

A Spiritual Awakening Through 12 Steps

By Steve B.

When I first walked into the Morning Glory Group of Alcoholics Anonymous in October 2018, I was desperate, broken, and lost. Alcohol had consumed my life, leaving a trail of destruction that I could no longer ignore. My health was deteriorating, my relationships were shattered, and my financial situation was dire.

Yet, despite attending meetings, I still thought I could conquer this battle alone. For the first six months, I relied on sheer self-will to stay sober, refusing to fully engage with the program or accept that I needed help beyond my own strength. This approach ultimately led to my relapse in April 2019, a turning point that forced me to confront my deepest truths.

That relapse was a moment of reckoning. I could no longer deny that I was powerless over alcohol and that my life had become unmanageable. It was in my darkest hour that I finally found honesty and a spiritual awakening. I came to accept that God, my Higher Power, had always been there for me, patiently waiting for me to surrender. The realization that I could not do this alone was both humbling and freeing. I began to truly listen—to my sponsor, to the wisdom of AA, and most importantly, to God.

From that moment on, I committed to working the Twelve Steps with sincerity and dedication. I started turning my will and my life over to God, following my sponsor's guidance, and immersing myself in the principles of AA. By early 2020, I was just beginning Step 9, the process of making amends, when COVID-19 disrupted everything. This step was particularly daunting for me, as I had nearly 50 amends to make. Some were personal, some financial, and six were deemed impossible because they would cause harm to others or myself. Despite the pandemic's challenges, I continued my work with my sponsor,

and by September 2021, we agreed it was time to move forward to Steps 10, 11, and 12.

Step 11 had already become a daily practice for me, as my sponsor encouraged me to pray and meditate regularly. Now, with Steps 10 and 12 integrated into my life, I embraced the practice of daily inventory, promptly making things right when necessary. I also expanded my service work beyond my home group, volunteering as my group's General Service Representative (GSR). This led to further involvement, and I eventually became the Alternate District Committee Member for a two-year term. Today, I am honored to serve as the elected District Committee Member for Ottawa West, a role that allows me to give back to the fellowship that saved my life.

Have I had thoughts about drinking? Absolutely. One particular moment stands out from September 2022, when I found myself in dire circumstances. For about 5-10 seconds, I contemplated throwing everything away. But instead of giving in, I called my sponsor, and we spent hours on the phone and in Zoom meetings, reaffirming my commitment to sobriety.

When I first came into AA, I was a mess—jaundiced, weighing 340 pounds, fresh off three suicide attempts, and drowning in self-hatred. My relationships were destroyed, the police were literally knocking on my door, and I was financially and spiritually bankrupt. Today, I am a transformed person. My liver has healed, I have lost over 100 pounds, I love myself, and I have rebuilt relationships and friendships. I have repaid my financial debts, and most importantly, I have found peace with God. I have even had the opportunity to make amends to those six Step 9 never-dos; God has put those people in my path over the years, and I

A Spiritual Awakening Through 12 Steps (cont'd)

By Steve B.

have jumped at the chance to say I am sorry and clean my side of street with them. None of this would have been possible without AA.

I owe my life to this program, and I will continue to carry the message of hope to those who still suffer.

AA didn't just help me quit drinking; it gave me a new life, one that is worth living every single day.

The “My Kid, My Kid” Trap in Recovery

By Neil

In Alcoholics Anonymous discussion groups, newcomer men often lament losing their families, blaming their wives for leaving. While this may seem like a plea for sympathy, it often stems from guilt and a bruised ego. Many struggle to understand why their wives left. Instead of focusing on recovery, they fixate on getting their families back.

For many alcoholics, family is the last anchor to feeling like a “good person.” When that’s taken away, it can feel like their entire identity is stripped. But the Big Book reminds us: “Burn the idea into the consciousness of every man that he can get well regardless of anyone” (AA Big Book, p. 98). Recovery isn’t about reclaiming what was lost; it’s about becoming someone who can live sober, independent of external validation.

Recovery requires growth, and part of that is recognizing the pain caused by years of selfishness and emotional harm. Many spouses hold on for years before realizing they have the right to leave, regardless of the alcoholic’s newfound sobriety.

The Big Book (p. 108) advises: “Refrain from condemning your alcoholic husband, regardless of his words or actions. He is just another very sick,

unreasonable person.” But it also acknowledges: “We realize some men are thoroughly bad-intentioned, that no amount of patience will make any difference... If you are positive he is one of this type you may feel you had better leave.” Recovery requires understanding, but it also means setting healthy boundaries. If an alcoholic remains destructive, those boundaries must be upheld, no matter the guilt or wounded ego involved.

Alcoholism is treatable, but recovery requires real commitment. Twelve Steps and Twelve Traditions (p. 114) reminds us that no one has the right to make demands on another’s recovery. We work on ourselves to earn back trust, but if the alcoholic refuses to take responsibility, the spouse is under no obligation to stay.

Good recovery means owning past mistakes and working on self-improvement—not just to win people back, but to rediscover one’s authentic self. True recovery isn’t about regaining what was lost, but about becoming the kind of person who can stand alone, find peace, and build a life worth living—with or without reconciliation.



Alcoholics Anonymous



ST. PATRICK'S DAY ROUND-UP



Saturday, March 15, 2025

RENFREW-PONTIAC DISTRICT 70

KEEP IT SIMPLE

**The Renfrew Armouries
115 Veterans Memorial Boulevard
Renfrew, ON**



Registration opens @ 10:30 AM

**7th Tradition
Light Lunch Provided**



First Speaker @ 11:30 AM/Closing Speaker @ 4:00 PM

AA and Al-Anon Panels All Afternoon

POT LUCK DINNER @ 5:00 PM

FREE PARKING

Wheelchair Accessible



**ON
SALE
NOW!**

Help for understanding the book
Alcoholics Anonymous

PRICE: \$CAD15.00

Don't Quit

When things go wrong, as they sometimes will,
When the road your trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit
Rest if you must, but don't you quit.

Life is queer with its twists and its turns,
As everyone of us sometimes learns,
And many a failure turns about
When they might have won, had they stuck it out.
Don't give up though the pace seems slow,
You may succeed with another blow.


Often the struggler has given up
When he might have captured the victors cup;
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out
The silver tint of the clouds of doubt
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when your hardest hit,
It's when things seem worst that you mustn't quit!




-Anonymous-

Service Opportunities

Ottawa Area Intergroup of Alcoholics Anonymous



Ottawa Area Intergroup of
Alcoholics Anonymous



SCAN QR
for more
Info. See
CFT TAB

A.A. SERVICE VOLUNTEERS NEEDED!

Corrections Facilities and Treatment (CFT) is looking for Alcoholics Anonymous volunteers at Les Maison Gilles Chagnon for women & Les Maison Billy Buffett for men to be a part of our A.A. team to deliver A.A. information sessions. We need passionate individuals like you to make a difference in their lives.

A.A. Service Volunteer Opportunity Details:

Location is confidential in Ottawa: Maison Gilles Chagnon (Women's Residential Stabilization Program) and Maison Billy Buffett (Men's Residential Stabilization Program)

Time Commitment: Every second Monday at 7-8 p.m. at each location. 2 Mondays per month each location 1 hour duration.

About Maison Gilles Chagnon:
The Women's Residential Stabilization Program aims to support and stabilize the clients before they transition to a residential addiction treatment program.

About Maison Billy Buffett:
Maison Billy Buffett is a safe, fully renovated home dedicated to men in need of help with their substance abuse problems, named after the generous Monsieur Billy Buffett.

Are you ready and willing to make a meaningful impact? We are actively seeking members who are willing to dedicate some time to share about A.A. and offer hope to individuals who truly need it. Chair Person must have 3 Years of Continuous Sobriety to carry out meetings. Co-Chair 2 Year, NO OBSERVERS.

**For Womens Les Maison
Gilles Chagnon contact
lesmaisons@OTTAWAAA.ORG**

**For Mens Les Masion Billy Buffett
contact OWMC@OTTAWAAA.ORG**

The First Rule of Sobriety is... Finding Peace

By Neil

In *Fight Club*, Brad Pitt's character says, "The things you own end up owning you." The first time I heard that in 1999, I brushed it off as something a bitter guy would say to justify being a cheapskate. But in 2025, I see the truth in it. It's easy to lose focus and get caught up in things that don't actually matter.

Take texting, for example. You shoot a text, then wait for a reply, and before you know it, you're glued to your phone, checking it every few minutes. Or waiting for a job, feeling stuck because you're so focused on what's next that you forget to enjoy the life right in front of you.

And you know... That's why I've realized recently that I'm grateful I have some kind of code to live by. Just something to keep me from getting swept up in all that hoopla. It's called living sober. As the *Big Book of AA* says, "Selfishness—self-centeredness! That, we think, is the root of our troubles." I've been sober longer than I drank, but I still get tripped up by my own thinking. Those old drunks who wrote the book warned us how easy it is to let external things—possessions, status, approval—dictate how I feel. And when that happens, I lose my footing.

Over time, I realized that the surface-level conversations I had, the sessions with my sponsor, and even expensive therapy had only given me a basic understanding of things. These days, religious practices like sacrifice and fasting actually make sense to me. Temporarily cutting myself off from comfort reminds me that real stability comes from something deeper, not from whatever I'm chasing. AA talks about being "rocketed into a fourth dimension of existence"—basically, a shift in perspective. And I get that. When I stop making everything about me and focus on gratitude instead, life gets simpler.

My sobriety date is coming up again. Lately, I've been reflecting on how easy it is to let outside things run

my life when true peace comes from within.

Traditions like Lent and Ash Wednesday, for example, were probably created to help people reset and refocus. Maybe that's why I've always liked the idea that wisdom is better than riches—it's something that sticks with you, no matter what.

So just for today, I'm going to cut out one thing I take for granted and use that energy for something better. AA says, "Nothing will so much insure immunity from drinking as intensive work with other alcoholics." In other words, giving back keeps me grounded. So I'll do it quietly, without making a big deal out of it—just a small course correction for myself. It's so easy to forget that the best things in life can't be bought or controlled. I'll pray this will be a day I get the chance to do God's will, not mine.

All in all, practicing not being owned by external things doesn't mean I stop working toward things or enjoying what I have. It just means I don't let those things own me. The real challenge is finding peace, not in what I chase, but in what I already have.



Your Voice Matters!

Pre-Conference Agenda Sharing Session (PCAS)

What is PCAS?

PCAS is your chance to share your thoughts & ask questions around the Agenda Items for the 75th General Service Conference of AA.

Be part of the conversation!!

Who Can Go?

Every member
of AA in Area 83

No Service
Position
Required!



When & Where?

March 29, 2025

At the Spring
Assembly in 
Kingston or Online
[Agenda & Details](#)
(Service83/GiveBack)

Why?

To bring your thoughts to our Delegate so she is informed of the group conscience of Area 83 when she attends the General Service Conference in April.

Get Informed!

Questions?
Check the

[FAQ](#)



For Agenda Items and more
information about PCAS

[click here](#)





WE STOOD AT THE TURNING POINT

District 66 | Golden Triangle
41st Annual Roundup
SATURDAY, APRIL 12, 2025



DOORS OPEN: 11:30AM
ROUNDUP STARTS: 12:30PM

LOCATION: Lombardy Agricultural Hall

6 Kelly's Rd, Lombardy, Ontario

AA and Al-Anon Panels Presentations,
7th Tradition Sobriety Countdown,
Guest Speaker, and Potluck Dinner

Questions? Email roundupchair@lanarkledsaa.org





Language of the Heart
Lenguaje del corazón
Le langage du cœur

INTERNATIONAL CONVENTION
ALCOHOLICS ANONYMOUS

July 3–6, 2025 | Vancouver, British Columbia, Canada

Call for Veteran A.A. Members for Interview Project

January 6, 2025

To: Area Delegates, Trustees, Directors, and Members of Alcoholics Anonymous

From: Chair, Trustees Committee on Cooperation with the Professional Community/
Treatment and Accessibilities.

The Trustees' Committee on Cooperation with the Professional Community/Treatment and Accessibilities is pleased to announce the launch of the **Military Veteran Interview Project**. This initiative invites A.A. members who are Veterans of the United States or Canadian Armed Forces to participate in a unique opportunity to share their experiences.

The goal of this effort is to enhance A.A. outreach efforts specifically tailored to Military Veterans in the U.S. and Canada. A key component will be the creation of several audio interviews, in which anonymity-protected A.A. members who are Military Veterans share their experience, strength, and hope—focusing on the intersection of military service and recovery in A.A.

This letter serves as a call for volunteers willing to be interviewed. We are seeking representation from a broad spectrum of Veterans across all branches of the Armed Services in Canada and the U.S. Our aim is to include voices from a diverse range of backgrounds, ranks, ages, genders, orientations, and operational experiences. Each story will illustrate the journey of recovery and sobriety during or after military service.

To hear audio interviews of active-duty A.A. members, go to www.aa.org/military.

If you are an A.A. member and would like to learn more about this project or volunteer for an interview, **please reach out to our U.S. and Canadian points of contact via email at: militaryoutreach@aa.org**. The anonymity of all participants will be rigorously protected.

"We encourage you to share this announcement widely within the A.A. Fellowship to reach as many members and Trusted Servants as possible.

Sincerely, Andie Moss

Chair of the trustees' Cooperation with the Professional Community/Treatment and Accessibilities Committee"



Saturday May 3, 2025
Storrington Lion's Club
2992 Princess Rd.
(Battersea Rd)

Tickets \$ 20.00
(also available at the door)

Doors open at 9 am for Registration
10 am - 3 pm

Speakers

JAY A. TORONTO
ERIC H. BARRIE
PAT B. KINGSTON

BBQ Lunch - Hamburgers, hotdogs and salads

Sobriety Countdown

50/50 Draw

Tickets available from:

Mike N. 613-539-8112
Randy S. 613-985-4873
Steve W. 613-893-3280
Pat L. 613-888-9205



Josh S. 613-893-4895
Steve B. 613-532-1057
Joel F. 613-572-4041
Michelle T. 613-561-2967



SPRING INTO ACTION

Eastern Ontario Spring Conference

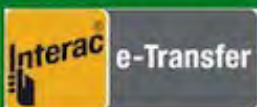
**An Alcoholics Anonymous event
with Al-Anon participation in
English and French.**

Speakers:
Joe C., Florida
Arlene B., Toronto
Sylvain L., Montreal



TICKETS!
\$ 15 In Advance
\$ 20 at Door
\$ 75 Banquet
\$ Contributions welcome

May 10, 2025
Hellenic Centre
1315 Prince of Wales
Dr. Ottawa, ON



TICKETS, SEND PAYMENT TO treasurer@ottawaaa.org
OR CLICK QR CODE FOR CREDIT CARD PURCHASE WEBSITE

SPRING INTO ACTION
Eastern Ontario Spring Conference
May 10th, 2025 | Hellenic Banquet Centre
1315 Prince of Wales Drive, Ottawa, ON K2C 1N2

Doors open on Saturday at 9:00 am. For general information regarding registration, accommodation, schedule, and to volunteer, visit <https://ottawaaa.org/conferences/> or contact Lynda T. at ltoffolo55@gmail.com or call or text 613-804-2791

\$15.00 ADVANCE ADMISSION TICKETS

\$15.00 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 \$20.00 at the door. Tickets are cash only.

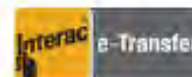
\$75.00 REGISTRATION W/ BANQUET

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 May 01 2025. Cheque only,

Cheques are to be made payable to: **Ottawa Area intergroup**
 Indicate in comments **Spring Conference registration**.

PLEASE SUBMIT THIS FORM FOR INTERAC PURCHASES TO: spring@ottawaaa.org



TICKETS, SEND PAYMENT TO: treasurer@ottawaaa.org "spring conference"

Contact Name

Email Address

Phone Number

	Delegate Full Name (Badges only first name, last initial)	Phone Number	Affiliation (AAU/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

SUBMIT

\$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 = \$

Welcome to AA

Cornwall Summer Roundup

Date: Saturday, July 12th, 2025

**Location: 146b Chevrier Dr.
Cornwall On**

Admission : 7th tradition

Doors open: 9 AM

Access : Wheelchair

Speakers :

10:00 A.M. Amy L.	Area 83 Delegate
11:30 A.M. Laurie Z.	Montreal QC
12:45 P.M. Andrew S.	Montreal QC
2:00 P.M. Ruth L.	Montreal QC
3:15 P.M. Earl M.	Egansville ON
4:30 P.M. Frank O'D.	Ottawa ON

Followed by potluck dinner (food donations appreciated)

For extra flyers – go to our website:

<http://www.cornwallaa.ca>

**For more Info: Claude P. 613 362-7513
Mike C. 613 662-9070**

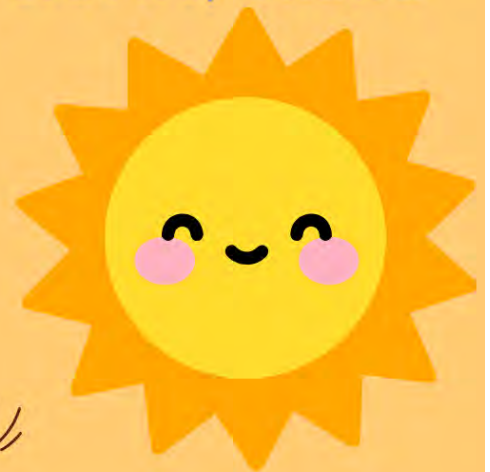
SUMMERATHON 2025

**What: AA day of sharing, fellowship, fun, games
& dancing in the Glebe**

When: 26 July from noon to midnight

Where: Glebe Community Centre, 175 3rd Ave, Ottawa

Why: To get our sober on!



**For questions,
suggestions or
offers to help out,
contact:
Summerathon@ot
tawaaa.org**

TAS NEEDS YOU!

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

Hello friends:

I am actively seeking new groups or members wanting to extend the hand of AA to take on this rewarding service commitment on a monthly rotation. I would like to invite any member experienced to pick up an open shift or begin a new monthly commitment . Most of the open shifts are during the day or on Thursdays. Look over the calendar , see what will work for you. I can be contacted at: tas@ottawaaa.org. to answer any questions you might have.



Also available:

- In office, TAS is still available for Sponsor/Sponsee, review the calendar to find an opening and schedule a time. There is an NDA form for security reasons. The access code will be provided.
- Please use the call log for each call as described on the service volunteers page. However, when using a cell phone the appearance of this page may not be complete.
- Please delete any voicemail in the Unite system after it's been followed up on.
- The Sobriety requirement is 1 year. Take advantage of the online tutorial on the Unite telephone answering service. Coaching throughout the process can be done by any TAS volunteer, myself or an experienced member or Sponsor.

Thank you in advance for your service, Steve R.

Dear A.A. Community,

Currently, there are no Spanish-speaking A.A. groups in the Ottawa area, and we believe there is a genuine need for such meetings based on anecdotal evidence. Establishing a new group can be a straightforward process. All that is typically required is:

- The expressed need from at least two or three individuals struggling with alcoholism
- Support and cooperation from fellow A.A. members
 - A suitable meeting location
 - Some A.A. literature and supplies
 - A coffee pot (optional, but appreciated!)

If you feel that a Spanish-language A.A. group is necessary in Ottawa, and you are connected with other Spanish-speaking A.A. members, we encourage you to reach out to our Intergroup at 12step@ottawaaa.org. We are here to assist you in getting a group started.

Thank you for considering this important opportunity to support our community!



Best regards, 12 Step Coordinator



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	Position has been filled!!
Intergroup 12-Step Coordinator	www.ottawaaa.org	Position has been filled!!
Intergroup Vice-Chair	www.ottawaaa.org	Position has been filled!!



Webmaster HELPER **Wanted**



Please contact
webmaster@ottawaaa.org
if you have interest in this
rewarding service position
**Training will be
Provided**

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 48 MEETING..... First Tuesday (7:00 pm)
(in-person: Winchester United Church 519 St. Lawrence St, Winchester)

DISTRICT 54 MEETING.....**Second 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



THAILAND ROUNDUP

Royal Cliff Resort, Pattaya Thailand
90 minutes from Bangkok

March 7-9, 2025

Information



Contact Information

Ottawa Intergroup Office

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

Telephone: {613} 237-6000

Email: info@ottawaaa.org

Ottawa Area Intergroup

Chair	John D.	chair@ottawaaa.org
Vice-Chair	Debbie W.	vicechair@ottawaaa.org
Secretary	Catherine B.	secretary@ottawaaa.org
Treasurer	George W.	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	Kevin M.	12step@ottawaaa.org
Spring Conference	Marc J.	spring@ottawaaa.org
Eastern Ontario Conference	Darlene K.	eoc@ottawaaa.org
Summerathon	Jean F.	summerathon@ottawaaa.org
Newsletter	George H.	newsletter@ottawaaa.org

Ottawa General Service Districts and Committees

District 48– Seaway Valley North	Sara M.	dcmdistrict48@gmail.com
District 54- Ottawa East	Karen A.	district54@ottawaaa.org
District 62- Ottawa West	Steve B.	district62@ottawaaa.org
Cooperation with Professionals	Chris M.	cpc@ottawaaa.org
Public Information/Media Contact	Chris M.	pi@ottawaaa.org
Corrections Facilities & Treatment	Tim F.	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.
- Cover image attributed to: [Wallpaper winter, night, bridge, lights, Canada, Ottawa, Winterlude, the Rideau canal for mobile and desktop, section город, resolution 1920x1080 - download](#)