

June 2025

Our Primary Purpose

Ottawa Area Intergroup of **A**lcoholics **A**nonymous



*Thank you for
the sobriety
which helps
me to see and
feel the real
world as it is.*

Tradition Six

By Joe F.

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related outside facility or enterprise, lest problems, of money, property and prestige divert us from our primary purpose.”

Principle: Non-affiliation. We keep it in-house and remember Tradition Five.

Tradition Five was written to teach us that our “primary purpose – to carry [our] message to the alcoholic who still suffers” is our only means to protect the safety and survival of A.A. as a whole and each of its members. On this point there must never be any doubt, just like there is no doubt in my mind that I am an alcoholic who is still suffering every time I need a meeting.

Bill W. said that in the middle of the 1940s, A.A. thought that its name should be available for good enterprises if they were run by members of the program. So they lent the name to such an educational enterprise, and at first, the effects were very good. They went on the road, educated the public and received great amounts of publicity for doing it. Then, they thought that “If they could find a good public relations man in [their] ranks ... wouldn’t [that] be ideal? At first glance, it did look like a good thing. Then doubt crept in.” “... not only was an A.A. member to break [their] anonymity at the public level, [but they would be linking] the [A.A.] name to this educational project in the minds of millions.” It didn’t take long for them to see and feel the menacing threats that resulted from giving endorsements at the public level for the purpose of raising money.

When I was drinking, my primary purpose was to pursue money, places to live and prestige by any means necessary – usually by taking hostages. Even after a few relapses, my primary purpose didn’t change as I continued to endorse these things by lending my name to their pursuit. “I rather appreciated [the program's] ideas about the subtle insanity which precedes the first drink, but I was confident it could not

happen to me after what I had learned ... I would therefore be successful where [others had] failed.” This time around, I am grateful to Tradition Six of the 12&12 for explaining what I failed to realize: “We are all perfectionists who [when] failing perfection, have gone to the other extreme and settled for the bottle and the blackout.” I didn’t know the difference between the beatitudes and the begats. I didn’t know that my daily reprieve was contingent on the maintenance of my spiritual condition. I didn’t believe that God could do for me what I could not do for myself and I refused to have faith that the answers would find me if my own house (primary purpose) was in order. So long as I tried to hold onto my old ideas, the result would continue to be nil until I let go absolutely. If you’re still not convinced, in “A.A., Comes of Age”, Bill W. said “The more A.A. sticks to its primary purpose, the greater will be its helpful influence everywhere.”

He also said that The Traditions are the spiritual principles of the Steps: After reading Step Six, I asked myself, how can I become entirely ready to have my defects of character removed? Not only did Tradition Six tell me that seeking money, property and prestige are (and always will be) my main character defects, but it helped me to answer my own question: When my primary purpose is to carry my message of experience, strength and hope only, I have less problems of any kind which keeps me sober. With that in mind, I still thought that my “uncompromising honesty ... [would] transform the world.” So why shouldn’t I share my “opinions on outside issues”? The Simpsons character Ned Flanders said it best when he said, “Do I hear the sound of butting in? It’s gotta be Little Lisa Simpson; Springfield’s answer to a question no one asked!”

Morning Prayers

By DL

*I ask for serenity and healing throughout my entire being:
gently,
balanced
and appropriately,
if it be your will.*

*I ask for faith and humility for today and every day.
- Faith that all will be well, praying only for knowledge of my higher power's will for me and the power to carry that out.*

Show me your will and help me to work toward it to the best of my ability.

- Humility that it's not my place to control but to contribute.

Not to shirk but to share.

Not to judge but to learn.

Not to impress but to be of use.

*I ask for support and guidance for today and every day.
- Please help me be of service to my higher power by turning my will and my life over to the care of God, withholding nothing.*

By turning self-care over to the care of God withholding nothing.

By turning freedom from bondage over to the care of God withholding nothing.

- Please help me be of service to those seeking recovery by taking the 12 Steps myself today to the best of my ability.

By being present more than physically.

By keeping the focus on the steps which are suggested as a program of recovery.

- Please help me be of service to my relationship by showing my appreciation for all that are being together means to me.

By respecting the difference in how we perceive

and process, how we operate and communicate.

By putting self care first so I'm the healthiest partner I can be.

- Please help me be of service to loved ones by letting them know they're in my heart and on my mind.

By offering companionship and support wherever possible, feedback and assistance when requested.

By grounding myself so we can each benefit from our interaction.

- Please help me be of service to colleagues and clients by dealing with my own needs so I'm better equipped to deal with other people's.

By focusing on my priorities for today rather than trying to accomplish everything that occurs to me.

By remembering that my higher power and I can handle whatever happens now, later or any time after that.

Thank you for the sobriety which helps me to see and feel the real world as it is.

Thank you for the sanity that helps me to choose the path best for me.

Thank you for the serenity which helps me toward peace of mind whatever is happening around me.

Thank you for the abstinence which calls me to practice these principles throughout my day.

May I be a channel of your peace through acceptance, gratitude and letting go.

May I be a channel of your peace by trusting my higher power.

By cleaning my own side of the street.

By trying to be of service to my higher power and my fellows.

Your will, not mine, be done.

Fellowship Bulletin: When Brad's Weather Report Feels Personal

By Someone Who's Learned to Carry Their Own Umbrella

I know a guy named Brad. He has a sharp haircut, a stylish watch that peeks from his sleeve, and decades of sobriety that used to wrap his shares in warmth and humility. But lately, something's shifted.

Not long ago, during a discussion about service, Brad spoke to me in a way that was unexpectedly harsh. His tone was clipped, aggressive, and his words offered no real benefit to the situation. It was actually over nothing. If I had been wrong and he was simply saying his piece, I could have accepted that. But this felt more like a power play than a moment of honesty. It made me reconsider whether I wanted to remain close with him at all.

I told him. I said I valued our friendship, but I didn't like how he'd spoken to me. Instead of reflecting, he pivoted. Suddenly, he was all smiles, chatting up everyone, weaving himself into side conversations and playing the room like the friendliest guy in it. To me, it felt performative—like he was using charm to cover something deeper.

The Big Book reminds us, "Resentment is the number one offender." We're taught to monitor our own, but we also need to notice when someone else's emotional weather rolls in uninvited. So how do I stay centred when Brad keeps shifting the forecast—and it feels directed at me?

Six Ways I Keep My Sanity (and My Sobriety)

1. Name It Honestly

When Brad shows up with extra charm, I pause and mentally note, "That's his storm in disguise." Not my

cue to get involved. That little mental step helps me stay grounded and not get pulled back in.

2. Feel for Him, But Don't Get Pulled In

It seems clear he's trying to dodge shame by appearing extra friendly. I can understand that. I've done it too. But I don't need to turn his emotional dodge into my detour. A quiet prayer or a kind thought is enough. Then I get back to my own business.

3. Boundaries Are Spiritual Self-Respect

I don't need to cut Brad off, but I do need to honour myself. I remind myself, "I can appreciate his friendliness without being his emotional punching bag." That thought acts like a quiet umbrella in a surprise storm.

4. Say What's True, Keep It Kind

If the moment feels right, I'll say something like, "Brad, I'm glad you're connecting with everyone, but I still feel some tension between us. I value our fellowship and would like to keep things clear." I aim for kindness, not passivity.

5. Detach with Dignity, Not a Flamethrower

Yes, it's tempting to mutter, "Not my fault you can't get it up, Brad." And on certain days, that sounds delightful. But I'm trying to choose spiritual progress over short-term satisfaction. So instead, I light a small, silent candle for whatever long-lost erection he's trying to reclaim, and I walk away with grace.

6. Empathy Doesn't Equal Emotional Babysitting

Brad might be hurting. That's real. But I'm not his emotional sponge. I don't have to shrink, flinch, or entertain his outbursts like he's auditioning for a role

in a gangster film. Boundaries protect both of us. They're not betrayal. They're wisdom in action.

In Conclusion

This program teaches us how to live with honesty, integrity, and compassion. That means we don't harm others—and we don't let others harm us, even subtly. The Brads in our lives aren't our enemies.

They're mirrors, fellow travellers caught in a tough moment.

Some days, I am Brad. Other days, I'm the one who has to dodge the emotional debris. If I keep showing up with honesty and grace, I get to grow out of both roles. That's the gift: I get to evolve, even through the weird, awkward, and deeply human weather of recovery.

They Said to Stay: And so, I Did

By Nathalie B.

I found an Alcoholics Anonymous meeting in my neighborhood. I had no idea what brought me there. When I heard the word "God" I seethed with anger. I had lost my faith twenty-five years ago. I was angry, hostile, and unapproachable. I thought, at that moment in time, I would never step foot in "one of those rooms again."

Three months later I still wasn't convinced I was an alcoholic, but I was still in the rooms. I drank a specific wine in a box for fifty bucks and it lasted me a day and a half. I had a career; I had my family. I did not think my life was unmanageable. I was judgemental and impatient with my fellow's who had come before me. I had not had a drink in 90 days.

At six months, I was bored with the program. I made it known to those who had come before me that I loathed the receptiveness of Step One, Two and Three. I felt I could breathe new life into this dusty old program with my innovative ideas. I was making connections but I didn't want or need them. I did not have a sponsor. In the meetings I was sharing yet I still felt miserable. The program was failing me.

At seven months, I found my first sponsor. I began to learn to communicate with my sponsor. The willingness to learn and want more was strong. I began to listen in the rooms and I began to trust my sponsor. I began working on my Steps and attending different meetings. The "spiritualism" of the program

began to infiltrate my life.

Working the steps rigorously and honestly was extremely difficult. It was emotionally draining, it was confusing, and exhaustive. I began to rely heavily on my home group as it was filled with the wisdom of those who had treaded innumerable before me. The Big Book and the 12-Steps began to make sense. A seed had been planted in my mind.

The one-year mark was a cornerstone in my recovery. Through the wisdom and kindness of my fellows that had come before me; I learned the one-year milestone is for the newcomer. It is to show the newcomer that this program works.

I am powerless over alcohol. Things that used to baffle me no longer do but many still do! My sponsor is guiding me in this new phase of my recovery. My fellows continue to teach me, I listen and learn. The 12 -steps of Alcoholics Anonymous allow me to make living amends to those I love, yet hurt the most.

I recently picked up my 18- month chip. It is the simple program of Alcoholics Anonymous that keeps me sober today. By the Grace of God, I have a permanent seat in Alcoholics Anonymous. Those that came before me told me to stay and I did. I plan to stay. The only way for me to do that is to rely on my Higher Power and by taking it, One Day at A Time.

Shedding

By Lilly W.

As humans, we are constantly evolving and growing, a process often described metaphorically as "shedding." Shedding in this context refers to letting go of old beliefs, habits, relationships, and ways of thinking that no longer serve us, and embracing new perspectives and experiences as we evolve into a new version of ourselves.

To tap into our own uniqueness amidst the influences of others without being weighed down by their trauma or drama, it is essential to cultivate a strong sense of self-awareness, boundaries, and self-compassion.

We often find ourselves shedding old friends, outdated truths, habits, thoughts, and ways of being as we grow and evolve. Have you ever encountered someone who is harboring bitterness and anger, yet denies or suppresses these feelings? It can be challenging to witness such behavior. I recently experienced a difficult period but have since emerged from it. Being part of a 12-step program has been beneficial to me for various reasons. In this supportive environment, I am surrounded by friends who have engaged in introspection and self-improvement. They have taken stock of their own actions and emotions, and as a result, they do not feel compelled to project onto others. While my friends in the program may not have delved into mystical or metaphysical concepts, they have a solid understanding of their own identities, particularly as they progress through the program's fourth and fifth steps.

Here are some strategies to help navigate this process:

1. Self-awareness: Take time to reflect on your own values, beliefs, and desires separate from external influences. Journaling, meditation, or therapy can be helpful tools for clarifying your own thoughts and feelings.

2. Boundaries: Establishing healthy boundaries is crucial for protecting your energy and maintaining a sense of self. Learn to recognize when someone else's

emotions or beliefs are encroaching on your own, and assertively communicate your limits.

3. Self-compassion: Treat yourself with kindness and understanding as you navigate your own growth journey. Practice self-care activities that nurture your mental, emotional, and physical well-being.

4. Surround yourself with supportive people: Seek out relationships with individuals who uplift and empower you, and who respect your boundaries. Engaging with a supportive community, like a 12-step program, can provide a space for growth and connection with others on a similar path.

5. Detachment: When faced with negativity or toxic energy from others, (energy vampires) practice detachment by not internalizing their emotions or taking responsibility for their feelings. Allow others to express themselves without feeling obligated to absorb their negativity.

Remember that each person's journey of shedding and growth is unique, and it's essential to prioritize your own well-being and authenticity throughout this process. By staying true to yourself, setting boundaries, and surrounding yourself with supportive individuals, you can navigate the shedding process with grace and resilience.

Dear soul companions, let us strive for sobriety in our minds, bodies, and spirits. Sobriety transcends merely abstaining from addictive substances; it encompasses releasing bitterness, anger, self-doubt, and any negative elements that hinder our inner peace. IF we don't shed these things, chances are, we will be drunk again. That we don't want.

Your sister in sobriety, Lilly.

"We are in unity within our community to nourish our mind, body & spirit"

Service Opportunity

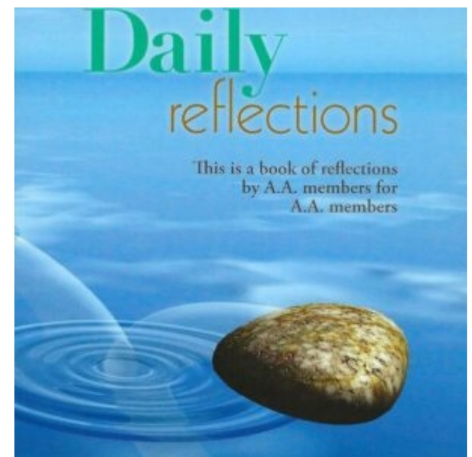
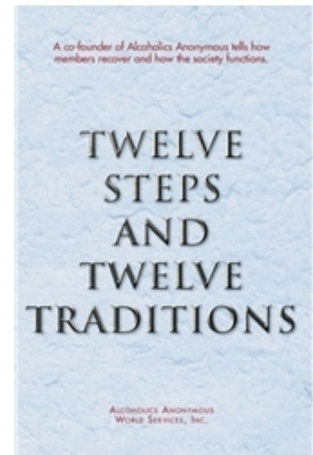
LITERATURE COORDINATOR

Position Details

- The Literature Coordinator is responsible for maintaining literature inventory and making literature available to members.
- Should generally have at least 3 to 5 years of current & continuous sobriety.
- Should have general computer skills.
- Should have an interest in managing physical store stock and occasionally liaise with the Webmaster for store stock changes.

How to Volunteer

Please email Literature@Ottawaadaa.org for more information. Next Intergroup Meeting May 14th 2025 to stand for the position.





10\$ à l'avance par
transfert-électronique
ou à la porte

50/50
RAFFLE

UNITÉ

Rassemblement vanier 2025

Samedi, le 7 juin, 2025

10 H à 22 H

300 Des Pères Blancs, Vanier

Courriel: Vanierroundup@gmail.com

Conférenciers, des panels, et réunions
Un dîner barbecue à midi et souper
Un décompte de sobriété, et danse





*\$10 in advance by
e-transfer OR
at the door*

**50/50
RAFFLE**

UNITY

Vanier Round-Up 2025

JUNE 7, 2025

10:00 AM - 10:00 PM

300 Des Pères Blancs, Vanier

Email: Vanierroundup@gmail.com

**Speakers, Panels, Meetings
BBQ Lunch & Dinner
Sobriety Countdown, Dance**



Alcoholics Anonymous
District 54, Ottawa Rideau
District 62, Ottawa West
Presents

A.A.

SERVICE DAY

June 14th 2025

Join us for a day dedicated to A.A. Service!

Featuring:

*Area 83 Delegate Amy L presenting the report back
from this year's General Service Conference.*

*Eastern Canada Trustee Joyce S. sharing on her
service journey.*

Our own Ottawa Service Committee presentations.

Exciting opportunities for you and your Home Group.

Bronson Centre

211 Bronson Ave, Ottawa, ON

K1R 5H6

for more info; district54@ottawaaa.org

Alcoholics Anonymous
District 54, Ottawa Rideau
District 62, Ottawa West
Presents

A.A. SERVICE DAY June 14th 2025

- 10:00 *Welcome and Opening*
Steve B, District Committee Member, District 62
- 10:20 *Grapevine*
Hughette B, Area 83 Grapevine Chair
- 10:45 *General Service Conference Report,*
Amy L, Area 83 Panel 75 Delegate
- 12:00 *Lunch Break - Pizza will be served*
- 12:30 *The Home Group -*
Karen A, District Committee Member, District 54
- 12:50 *A Service Journey*
Joyce S, Eastern Canada Regional Trustee
- 1:30 *Break*
- 1:50 *Corrections and Treatment Facilities,*
Tim F, Corrections and Treatment Facilities Chair
- 2:10 *Public Information & Cooperation with the*
Professional Community
Chris M, PICPC Chair
- 2:30 *Debbie W. Ottawa A. A. Intergroup Chair*
- 2:50 *Sara M. Area 83 Accessibilities Chair*
- 3:10 *Close with Responsibility Declaration*

Bronson Centre
211 Bronson Ave, Ottawa, ON
K1R 5H6
for more info; district54@ottawaaa.org

78th Annual Anniversary of Alcoholics Anonymous in North Bay and District

June 21, 2025



“Half measures availed us nothing”



Callander Community Centre
1984 Swale Street, Callander

\$45 Dinner and Registration
\$15 Registration

Registration includes: AA & Al-Anon panels, light lunch, dance & karaoke

Dinner speaker included in dinner ticket

E-transfer: anniversarycommitteenb@gmail.com

If a password is required please use: Anniversary

Include your name for ticket & phone number in message section

Dinner ticket cut off time: June 11

For tickets or information:

Jenna S 705-845-9448 or Archie M 705-845-5523

Registration starts at 8am Opening at 9am

10th Annual Chelsea Round-up



July 5 2025
10:00 am – 8:00 pm

Meetings all day
Traditional Spaghetti Dinner

Come for the meeting, stay for the friends



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



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**

Announcements

Ottawa Area Intergroup of Alcoholics Anonymous

Save the Date!!!

EASTERN ONTARIO FALL CONFERENCE

Well, here we are again with a brief update (as promised) following the "Save the Date" announcement.

First, a huge shoutout of thanks to the Spring Conference Committee and all those responsible for making that day happen. And a good day it certainly was!!!

Fall Conference plans are really moving along nicely, thanks to the enthusiasm and dedication of all committee members. What a pleasure to be part of this service process.

There will be monthly updates on this 2-day

event (Oct. 17/18, 2025) as we move forward. (day tickets are already available, (Yahoo!)) with banquet tickets soon to follow.

Did we mention we are enthusiastic!

Our hope is that the Fellowship will share in our excitement and vision and join us for a weekend to celebrate the gift of sobriety.... together.

With Gratitude for Service,
EOC(Fall) Chair.

Conscious Contact Meditation Meeting

"Conscious Contact", an 11th step (guided) meditation meeting is reopening!

New location – St. Giles
181 First Ave Side door.

Fridays 7-8pm

Starting May 30th

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.

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.
Vice-Chair, Intergroup	vicechair@ottawaaa.org	Note that our Chair, John D, is stepping down as chair. Debbie, our current Vice-Chair is stepping into the Chair role, leaving the Vice-Chair role vacant.
Literature Coordinator, Intergroup	literature@ottawaaa.org	Please see the advert in this edition of Our Primary Purpose.

Note: Summerathon is cancelled for 2025. If you are interested in leading such an event for 2026 please reach out to your Intergroup Rep!!



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 (6:00 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

NEW DOOR ACCESS CODES FOR THE INTERGROUP OFFICE

Please reach out to your Intergroup Rep to get these new
codes

Contact Information

Ottawa Intergroup Office

211 Bronson Avenue, Suite 108 Ottawa, Ontario, K1R 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	Karol G.	webmaster@ottawaaa.org
Telephone Answering Service	Steve R.	tas@ottawaaa.org
Literature	TBD	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	TBD	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 ottawaaaa.org?** Please send all updates as well as temporary closures to Ottawa Intergroup at: info@ottawaaaa.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@ottawaaaa.org.
- **If your group needs insurance**, please contact Ottawa Intergroup at: info@ottawaaaa.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@ottawaaaa.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 рорд, resolution 1920x1080 - download](#)