



September 2025

Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous

THE SPIRIT OF ROTATION



Inside:

- Fall Conference
- Secular Conference
- Stories
- Upcoming Events

4e RASSEMBLEMENT BISANNUEL LAÏQUE DES ALCOOLIKES ANONYMES DE L'ONTARIO

SOAAR 2025 OTTAWA

4th BIENNIAL SECULAR ONTARIO ALCOHOLICS ANONYMOUS ROUNDUP

Saturday, September 27th, 2025 9 a.m. to 5 p.m.

Lord Elgin Hotel 100 Elgin St.

Breaking Barriers

Keynote speakers:

Beth H (Aich) Author of: *We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem*

Topic: "I understand myself better as a plant." Learning how to nurture ourselves and meet our own needs, when we weren't taught that as children.

Joe C. Author of *Beyond Belief: Agnostic Musings for 12 Step Life: finally, a daily reflection book for nonbelievers, freethinkers and everyone.*

Topic: The history of special composition groups in A.A.

Panel discussions on:

A.A. Traditions and Secular Meetings
What does it mean to be secular in AA?
Steps 1, 2, and 3 for Heathens



Get your tickets: \$20 to register (\$70 with meal)

Stay at the Lord Elgin Hotel: \$229 per night + tax
Call 613-235-3333 Toll Free: 1-800-267-4298
Booking e-mail: groups@lordelgin.ca
Booking code: SOAAR 2025

For tickets, visit soaar2025.ca or scan the QR code



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4th BIENNIAL SECULAR ONTARIO ALCOHOLICS ANONYMOUS ROUNDUP

8:30 a.m.

Registration opens

9:00 a.m. -
10:00 a.m.

Keynote Speaker: Joe C., History of Secular A.A.

Joe C., author of *Beyond Belief: Agnostic Musings for a 12-Step Life*, kicks off SOAAR 2025 as our keynote speaker with the history of special composition groups in A.A.

10:15 a.m. -
11:15 a.m.

Panel: A.A. Traditions and Secular Meetings

Moderator: Michel D.

Panelists: Roger C., author of *The Little Book: A Collection of Alternative 12 Steps*, Doris Mc.

11:30 a.m. -
12:30 p.m.

Speakers: Experience, Strength, and Hope

Panelists: Nick D., Susan M.

12:30 p.m. -
1:20 p.m.

Lunch (*for those who purchased a banquet ticket*)

Market greens, chef's assorted wraps (with vegetarian options), selection of desserts, and assorted soft drinks, juices, teas, and coffee and water.

Visit www.soaar2025.ca to get your ticket now

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SOAAR 2025 OTTAWA

4th BIENNIAL SECULAR ONTARIO ALCOHOLICS ANONYMOUS ROUNDUP

1:30 p.m. -
2:30 p.m.

Panel: What Does it Mean to be Secular in A.A.?

Moderator: Oliver S.

Panelists: Kim B., Andy M.

2:45 p.m. -
3:45 p.m.

Speaker: Steps 1, 2, and 3 For Heathens

Rick B. will walk us through the first three steps and how to work them in a secular fashion.

4:00 p.m. -
5:00 p.m.

Keynote Speaker: Beth H(Aich), "I Understand Myself Better as a Plant"

Our second keynote speaker Beth H(Aich), Author of *We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem*, will speak to learning how to nurture ourselves and meet our own needs as alcoholics when we were not taught these skills in childhood.



SATURDAY, SEPTEMBER 27, 2025
9:00 A.M. - 5:00 P.M.



LORD ELGIN HOTEL
100 ELGIN ST.



HELPING ANYONE FIND
SOBRIETY, REGARDLESS
OF BELIEF SYSTEMS

Visit www.soaar2025.ca to get your ticket now

EASTERN ONTARIO FALL CONFERENCE 2025

Hello to the fellowship from the Fall Conference Committee.

The countdown is on!!!

With less than 2 months to go, the activity is ramping up as we visit meetings to share our excitement. We have been met with warmth and enthusiasm from the groups which has really added to the joy of doing this service work. The agenda is complete and as promised, a copy has been included in this article. So please take a moment to peruse what's in store for the 2 days that we'll be celebrating our Conference together.

Registrations are coming in and tables are being put together for the banquet and let's not forget to mention all the volunteers that have stepped up to help bring this event together. A huge thank you!!!

Food contributions for the hospitality room are always welcome for the Friday and Saturday as well.

It is the participation of the fellowship that creates a successful Conference, and we would like to thank all the groups and individuals that have supported it up to this point. It is so encouraging.

To come together for a weekend to celebrate our primary purpose is truly something to be cherished and enjoyed. We are never alone.

So, let's have some serious fun and don't forget to bring your dancing shoes!!

Thank you once again from all of us for this opportunity to serve.

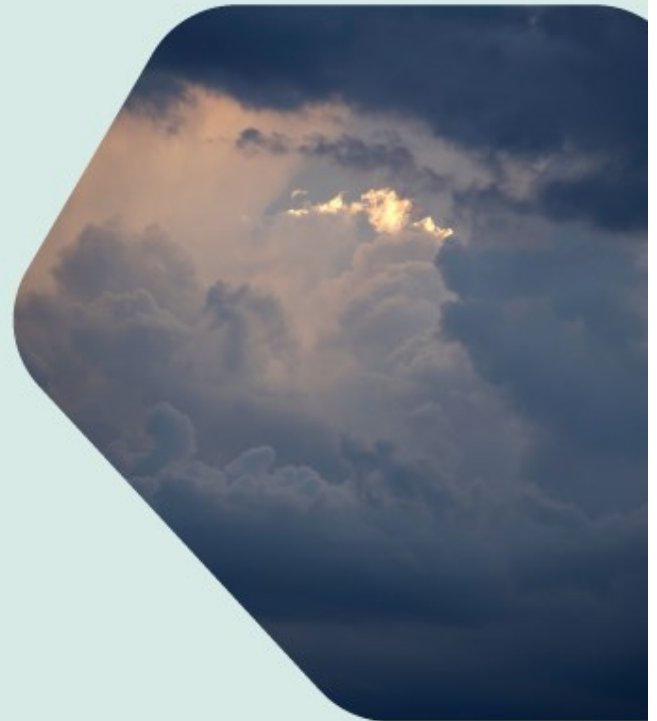
With gratitude,
EOC Chair 2025

71st Annual Eastern Ontario Fall Conference

FROM DARKNESS INTO LIGHT
"From Page 110 of the 12 & 12"

October 17 & 18, 2025

**An Alcoholics Anonymous event
with Al-Anon participation**



Hellenic Banquet Center
1315 Prince of Wales Drive,
Ottawa, ON

EASTERN ONTARIO FALL CONFERENCE 2025—Program

FRIDAY, OCTOBER 17, 2025

Registration opens at 11:00 a.m.
Hospitality opens at 10:30 a.m.

MAIN ROOM

- 12:00-1:00 p.m. PANEL #1 - **SAME READINESS**
- 1:30-2:30 p.m. PANEL #2 - **THE GREAT NEWS**
- 3:00-4:00 p.m. PANEL #3 - **WE ABSOLUTELY INSIST ON ENJOYING LIFE**
- 4:30-5:30 p.m. Speaker Meeting (*French*)
- 5:30-6:45 p.m. Supper break
- 6:45-7:00 p.m. Conference Opening Remarks
- 7:00-8:00 p.m. **OPENING SPEAKER MEETING / Mel C. from Toronto, Ont.**
- 8:30 p.m. - Dance the Night Away with DJ SPANKY

DOWNSTAIRS (Senior Centre)

- 11:30-11:45 a.m. Guided Meditation
- 12:30-2:00 p.m. WORKSHOP - Step 11 "An Individual Adventure"
- 2:30-2:45 p.m. Guided Meditation
- 3:00-4:30 p.m. WORKSHOP - "Our Twelfth Suggestion" One on One Sponsorship
- 5:00-6:00 p.m. - "AT YOUR SERVICE"- Q&A session. Bring your questions! Facilitated by Panel 59 Past Delegate

AL-ANON CONFERENCE ROOM

- 12:00-1:00 p.m. PANEL #1 - "How Al-Anon Has Lightened My Life"
- 1:30-3:00 p.m. WORKSHOP - "Dual Members -Why do AA Members also attend Al-Anon?"
- 3:30-4:30 p.m. PANEL #2 - "Thriving not just surviving"

SATURDAY, OCTOBER 18, 2025

Registration opens at 8:00 a.m.
Hospitality opens at 8:00 a.m.

MAIN ROOM

- 9:00-10:00 a.m. PANEL #1 - **ADVERSITY TRULY INTRODUCES US TO OURSELVES**
- 10:30-11:30 a.m. PANEL #2 - **FROM THE INSIDE OUT**
- Lunch Break
- 1:00-2:00 p.m. **AFTERNOON SPEAKER MEETING / Joshua H. from Prince Edward County**
- 2:30-4:00 p.m. **FAMILY PANEL - COMING OUT OF THE DARKNESS TOGETHER - A.A. Al-Anon and Alateen**
- 4:30 p.m. Banquet Setup
- 5:30 p.m. Banquet Hall opens
- 7:00-7:30 p.m. Sobriety count up, closing remarks, Introduction of Vice Chair, remarks from Ottawa Intergroup Chair
- 8:00-9:00 p.m. - **MAIN BANQUET SPEAKER / Leslie K. from Modesto, CA.**

DOWNSTAIRS (Senior Centre)

- 8:30-8:45 a.m. Guided Meditation
- 10:00-12:00 p.m. WORKSHOP - **Traditions in the Homegroup & Relationships**
- 12:15-12:30 p.m. Guided Meditation
- 2:30-4:30 p.m. WORKSHOP - **Step 10-Continued...**
- 5:00-6:30 p.m. **TRIVIA / OPEN MIC** sharing on your favorite literature and why. (A.A. Al-Anon)

AL-ANON CONFERENCE ROOM

- 9:00-10:00 a.m. PANEL #1 - "Living with the Slogans"
- 10:30-11:30 a.m. PANEL #2 - "Am I good enough"
- Lunch Break
- 1:00-2:00 p.m. **MAIN SPEAKER / Jason W. from Georgetown, Ontario**
- 2:30-4:00 p.m. - **FAMILY PANEL** in the Main Conference Room

The Spirit of Rotation

By A.A Member

NOTE: This article was generated with the support of AI tools.

The principle of rotation in service in Alcoholics Anonymous is a core tradition designed to ensure the health, longevity, and democratic nature of the fellowship. It is the practice of regularly changing the members who hold service positions.

The principle is often summarized by the phrase: "The best way to keep a service position is to give it away."

Here's a detailed breakdown of its purpose, how it works, and why it's so important:

- **Primary Purpose: Protection Against Ego and Burnout**
- **Prevents "Founder's Syndrome":** In any organization, founders or long-term leaders can begin to see it as "their" group. Rotation ensures no single individual or small clique can dominate the group's direction, preserving AA's egalitarian spirit.
- **Guards Against Ego:** Alcoholism is often called a "disease of the ego." Rotation is a spiritual antidote, reminding members that they are trusted servants who do not govern. It helps prevent the inflation of self-importance that can come with holding a position of responsibility.
- **Prevents Burnout:** Service work can be demanding. Rotating positions shares the workload and gives seasoned members a chance to rest and focus on their own recovery, preventing resentment and exhaustion.

How Rotation Works in Practice

Rotation is applied at every level of AA service, from the home group to the international level.

- **Group Level:** This is where most members experience it.

- **Group Service Representatives (GSRs):** Typically serve a two-year term.
- **Treasurers, Secretaries, Chairs:** Often rotate every 6 months to a year. Many groups have term limits (e.g., no one can hold the same position for more than two consecutive terms).
- **District and Area Level:** Elected trusted servants (like District Committee Members, Area Chairs, Treasurers, and Delegates to the General Service Conference) also serve fixed terms, usually two or three years.
- **AA World Services:** The Board of Trustees for the General Service Office (GSO) has term limits to ensure fresh perspectives and ideas.

Benefits of the Rotation Principle

- **Develops New Leadership:** It forces groups to constantly identify, mentor, and train new members to take on responsibilities. This "each one teach one" approach is vital for the fellowship's future.
- **Brings in New Ideas:** New people bring new energy, different perspectives, and innovative ways to handle routine tasks, keeping the group vibrant and adaptable.
- **Strengthens the Individual's Recovery:** Service is a key component of the 12th Step ("carry this message..."). By rotating positions, more members get the opportunity to practice principles and strengthen their own sobriety through active service.
- **Preserves Unity:** By preventing power struggles and entrenched leadership, rotation helps maintain the group's primary focus on its primary purpose: to carry the message to the alcoholic who still suffers.

Connection to the Twelve Traditions

The principle of rotation is deeply rooted in AA's Twelve Traditions, specifically:

The Spirit of Rotation (cont'd)

Tradition 2: "For our group purpose, there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." Rotation is the practical application of this tradition.

Tradition 9: "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." Rotation

prevents AA from becoming a rigid, hierarchical organization.

In summary, the principle of rotation in service is not just a practical rule; it is a spiritual safeguard. It ensures that AA remains a fellowship of equals, focused on its primary purpose, and protected from the hazards of ego, power, and stagnation that have doomed countless other organizations.

Opening Up the Key to Willingness is Ongoing in My Recovery

By Nathalie B.

I am in the final stretch of my second year of recovery. When I entered the confines of the AA in person meeting twenty months ago, I was prepared to be cured of this retched disease. Alcohol, cunning baffling without help, I can not manage this on my own. The juggernaut of my own Alcoholism has shown me varying degrees of mercy. That changed again, the day I sat across the table at a restaurant with a woman who has 18 years of sobriety.

It all started that morning when an old timer asked my husband and I out to breakfast. I have known this old-timer since the very beginning of my journey. We went to the same meeting, he rarely shared in the step 1,2,3 group; but when he did it always resonated with me. I somewhat liked this old-timer but I made no effort to speak to him simply saying "hello" if and when I saw him. At some point in my first year of recovery I landed myself right in the middle of a committee I did not want to be on and low and behold the "old timer" was the Chair of the committee. He asked me to be the co-chair (secretary in other words) of the committee. I took the invitation to be the secretary but inside I was mad because I felt at the time, that role, was beneath me.

I worked diligently alongside the old-timer and he

was very kind, supportive and pushed me when needed it. I did not like that at all. I believed I knew better than he did because of my career and the status I held within the community in which I work. I know now, that that particular way of thinking was just not going to work. I was young in the program (five or six months), my disease, was doing push ups in the driveway as they say.

We sat in a large booth that fateful Saturday morning. My husband and I side by side, the old timer and his spouse sat side beside and all four of us are in AA. As the three of them chatted casually, my mind going wild. I could not get my head around the fact that I was sitting across from a woman in the program, who I did not know, and it shook me. I did not feel comfortable at all.

The old timer asked me where I was in my recovery. I did not like that either and recognized immediately I was on the defensive and changed that immediately. He listened to where I felt I was in recovery, as did the woman. He shared his knowledge and wisdom with kindness with me and I listened. I heard him when he said that "we" supported you in your first year. Toward's the end of your second year we are looking for solutions. He told me to share what has worked for me so far in my recovery. He told me to share my

Opening Up the Key to Willingness is Ongoing in My Recovery (cont'd)

experiences thus far.

Then the woman shared with me her knowledge and wisdom. I heard the woman describe what she used to be like in her disease and I could see and hear for myself that she was not that woman anymore. I listened intently to her not realizing a miracle was happening. When we left the restaurant, I was excited to get home and read Steps Three and Ten for the seven days to “see for myself” if what she said would actually help me. I thought I knew Step’s Three and Ten so well that I felt the exercise would end in futility.

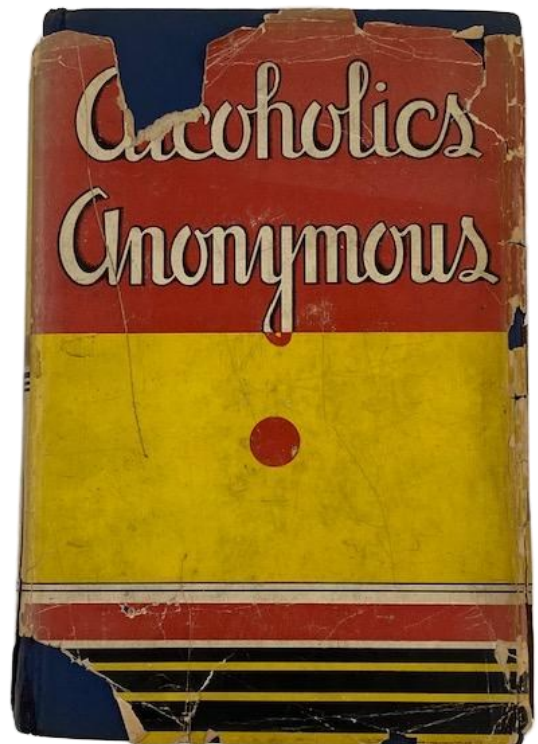
The next day I started my day as usual but added in Step 3. I carried on and was at an in- person speaker meeting. The speaker was a woman. I listened as I always do, but something was different. I could relate to her just as I had the day before with the woman at breakfast.

I trudged through Step’s Three and Ten relentlessly for one week and decided that the results were prodigious enough for me to keep reading the steps as a new addition to my program. I started calling the woman at breakfast and talking to her. I then began to pick up the phone and called who I knew were my sisters in sobriety and I started talking to them. I began to stay longer after meetings to to speak to my female friends in AA. I started accepting rides home after the meeting from women and I even went out for dinner with a woman I have known since the beginning and I had a great time.

In my third week of reading Steps Three and Ten a miracle happened again. I had picked up the Big Book and read a particular story that I know I have read many times before. This time something came over me and I felt a sea of emotions. I picked up the phone and called one of my trusted family members in AA. I explained what was happening and if they had the time for me to do a Step 5 with me, and they did. It all came tumbling out of me. The story was very different this time because of where I am in my recovery. During that phone call, I understood what one of my obsessions was about. I suffered from

that obsession on and off throughout my life. I know that I must proceed with caution. I must always remain diligently aware of this matter and rely on my faith and my family in AA. By sharing with my friend, I heard something very poignant come from my friend’s lips. It was a different perspective. I knew then at that very moment that I was very lucky to have this minute problem in my life. I was again experiencing the key to willingness and a spiritual awakening.

I recognize that all of this happened because of the old timer who asked my husband for breakfast on a Saturday morning. None of this was my doing at all. All of us had the key to willingness that day. It was I who had me who had to be shown how to unlock it again and I have. Where am I now in my recovery? Right where I am supposed to be. My faith in my God, my program, my family in AA and my service to all who suffer from this horrible disease is what keeps me going. One day at a time.



Tradition Nine

By Joe F.

“A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

This is the first question posed in Tradition Nine of the 12&12: How, then, can we have an unorganized movement which can and does create a service organization for itself?

When Alcoholics Anonymous was incorporated in 1938, we thought that nobody knew more about alcoholism than we did. We vested our Board of Trustees with the authority to build our own chain of fully self-supporting hospitals and halfway houses and to develop our own educational program. The obsession to prove ourselves to others was so great that we nearly lost all in the pursuit of money, property and especially prestige. That’s how Bill W. knew that A.A. would not remain whole if we were governed in any way. He also knew that we would need to authorize outside help to serve us because we can’t do it alone. He said “it’s the difference between the spirit of vested authority and the spirit of service.”

I remember hearing an Oldtimer speak who said that he always puts his program first or else he’d have nothing to give away. He talked about his introduction to The Twelve Steps and how he thought that Steps 6 & 7 weren’t very important because the Big Book covered them in only two paragraphs. When he reached out to an Oldtimer for help, he learned that so little was written on these steps because they can only be accomplished by doing service work. He talked about running A.A. groups and about the spirit of rotation. Whenever he attends a meeting, he volunteers to do service. If he arrives late, he stacks chairs or cleans the coffee pot.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. You can help when no one else can. You can secure their confidence when others fail. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends---this is an experience you must not miss.” I transcribed this from the first two paragraphs of Chapter 7 of the Big Book which is appropriately titled “WORKING WITH OTHERS.”

The worldwide organization of Alcoholics Anonymous survives with the least amount of organization possible because of the willingness of its members to do service. We contribute. We give back what was so freely given to us because service keeps us sober. Helping others helps us heal. Helping Others Punctures the Ego. When we keep coming back, we help ourselves and others because connection is the opposite of addiction. We see you and we are grateful.



The Pace of Grace: A.A. in Urban Places and in Rural Spaces

By D.W.

I have attended Alcoholics Anonymous meetings both in Ottawa, where I live, and in smaller northern Ontario towns like Espanola, Massey, and Little Current where I often visit during the year. While the heart of A.A. is always the same — people gathered to share experience, strength, and hope — the setting shapes how meetings feel. The differences between city and rural gatherings can be striking.

In Ottawa, meetings are plentiful. On any given night, I can choose from several groups within a short drive. Some are large, with dozens of people, while others are smaller but still well attended. The diversity of people is wide — students, professionals, newcomers to Canada, long-time residents. That variety is enriching. Bonds of friendship and trust can be built, and I have found real community in these

rooms. At the same time, the rhythm of city life leaves its mark. People arrive and leave quickly, often juggling full schedules. In their sharing, the stress and pace of urban living often comes through.

In smaller communities like Espanola or Little Current, the experience is very different. Meetings are fewer and farther between: only once a week in each small town. People travel from nearby towns just to attend. Groups are small, often under a dozen people, and everyone knows one another. This closeness makes absence noticeable and presence

significant. Life also feels different in the north: the pace is slower, and there is a noticeable absence of the stresses experienced in urban life. This calm shows in the mood of the meetings and in the way people share — with less rush and more space for reflection.

One major difference is the presence of Indigenous members. In Ottawa, Indigenous people make up a smaller portion of the rooms. In the north, the presence of Indigenous people is more visible and central to the life of the group. Their stories add a unique depth, sometimes including traditions and

spirituality, community life, or the impact of residential schools and colonization. Listening to these voices, I am reminded that alcoholism is never just an individual burden, but a struggle woven through families, histories, and cultures. What strikes me in both settings is the sense of belonging. In Ottawa,

despite the city's pace, genuine bonds are possible when people take time to connect. In northern towns, belonging is felt in the fabric of community itself.

Both settings have shaped my recovery. I appreciate Ottawa's diversity. In Espanola, Massey or Little Current, I cherish the closeness, the slower rhythm of life, and the cultural depth. Though the Twelve Steps remain the same everywhere, the people in the rooms give them a richer life in unique ways — something for which I am grateful.



Learning to Let the Storm Stop with Me

By Someone Learning by Watching

Ever notice how some people are basically emotional U-Hauls, driving around with somebody else's baggage in the backseat? I mean, before you know it, they're unloading it on you like a free sample you never asked for.

Meetings are a good place to see this phenomenon.

Picture this... One guy, decades sober and wound up tight as a drum. He can't let loose. He doesn't even realize he soaks up somebody else's storm like secondhand smoke. He also doesn't even realize he's coughing thunder at everyone.

Half the time, the sharpness he thinks makes him sound strong is quoting someone else's misery. Repeating and joining in on grudges, carry someone's anger and bitterness like it's a nostalgic cover band. And, you know, when you first see it you start thinking, *didn't I hear this rant last week? Oh yeah, from his sponsor.*

Meanwhile, the guy's sponsor has his own story. Rough childhood, broken ties, old pain that never healed. Every Christmas it's the same thing: *"I cut my family off, that empowered me!"* Yeah, okay. Nothing says holiday cheer like a single guy canceling his Christmas family plans for 40 years.

And here's how it spreads: storms get passed down. One person vents it, another absorbs it, and suddenly the whole room feels on edge. You walk away thinking you did something wrong and it takes days to realize you really just caught some borrowed thunder.

Okay guys... I've taken and thrown a few of those emotional hits like that myself. One moment someone's warm, the next they're harsh. At first, I started thinking I'm the problem. Until I realized: the storm wasn't even mine. I'm just carrying it. And I don't have to keep it alive. I can let the storm stop with me.

But here's the tricky part: this time of year makes it worse. Summer's gone, the days are shorter, and the silence becomes louder. My brain loves to use winter as an excuse to drag out every old mistake, every broken relationship, every regret. It's like my own private film festival of bad decisions playing on loop at 3am.

Thing is... that's when the old defenses creep up. Anger. Sharpness. The urge to push my pain onto somebody else, just to get it off me for a minute. That's my winter reflex: fight, lash out, repeat.

With gratitude, recovery taught me that I really don't have to keep fighting. The past doesn't have to be my weapon anymore. It can just be a résumé of what I survived. *Yeah, I went through that. I made it. I'm still here.* Proof I have tools now... tools to cope, to grow and to stop storms before they spread.

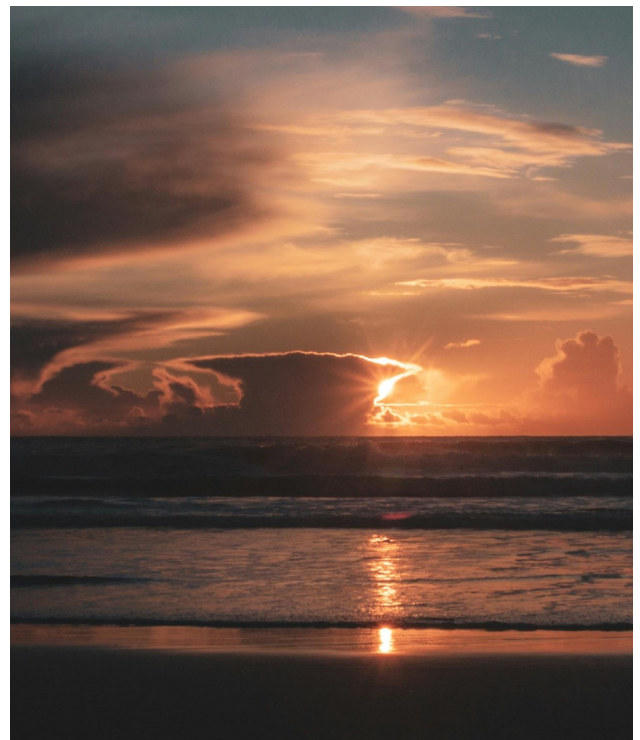
So when somebody else's storm comes blowing through, I try to remember: it's not personal. It's just weather passing through. And I don't have to carry it. I don't have to unload it on the next person.

Because storms move fast. One man's bitterness can ripple through a whole room in minutes. Or—someone can cut it off.

Sometimes I'm the trusting one, caught in someone else's storm. Sometimes I'm the bitter one, passing along my own without even knowing it. But today, I have a choice. Do I keep the thunder going, or do I let it stop here?

That's what recovery gives me. The ability to pause, to notice, to choose. And honestly—I'd rather not be the reason an entire room feels like a funeral. I'd rather let it go.

Because I can't stop the storm that made me. But I can damn sure stop it from ruining your day.





Poetry

Whispers of the Unseen

Who has seen the wind, yet we feel its caress,
Tracing the pathways where shadows coalesce.
Who has seen anger, but we know its shore,
In the wake of its storm, hearts cleave evermore.
Who has known silence, yet we dive deep within,
Where echoes of thought and reflection begin.
Who has glimpsed at hope, yet we spark the divine,
In every small miracle, our spirits align.
Who has seen the alcohol slide down our throats,
And felt the weight of the aftermath, as our spirit floats?
Who has watched the families, filled with despair,
Yet loves us completely, still waiting there?
Who has witnessed compassion, yet hears healing's song,
In the tender embrace where the weary belong.
Who has touched peace, yet breathes out a sigh,
In the moments of comfort, where our spirits fly.
Who has seen glory, yet feels honour's embrace,
In the stories of courage, in each yielding grace.
Who has witnessed sobriety as we move forward with grace,
No longer hiding, no shame on our face?
Who has sensed jealousy, yet finds truth in another,
In the mirror of life, we discover each other.
Who has walked through death, yet believes in rebirth,
In the realms of the sacred, we find our true worth.
Who has known love, yet cannot live without?
In its whispers and warmth, our souls dance about.
For in every unseen, there lies a refrain,
A tapestry woven with joy and with pain.
We may not see, but we feel and we know,
Yet in the heart of existence, love's boundlessness shows.

Lilly White 07/2025



TAS NEEDS YOU!

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

Intergroup is actively seeking new groups or members wanting to extend the hand of AA to take on this rewarding service commitment on a monthly rotation. We would like to invite any experienced member to pick up an open shift or begin a new monthly commitment. Most of the open shifts are during the day. Look over the [calendar](#) to see what works for you.

TAS can be contacted at:

tas@ottawaaa.org.



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.
- 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, or an experienced member or Sponsor.

Thank you in advance for your service.

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	chair@ottawaaa.org	Email our chair for more information o the role.



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

Group Safety & Unity

This is an excerpt from the Conference approved literature: "A.A. Guidelines: Safety & A.A. Groups which can be found at the following link:

[A.A. Guidelines on Safety & A.A. Groups](#)

As noted in many of our Conference-approved pamphlets, each A.A. group endeavors to provide a safe meeting place for all attendees and to encourage a secure and nurturing environment. In A.A., the shared experience, strength and hope of sober alcoholics is the lifeline to sobriety; our common suffering and our common solution transcends most difficulties, helping us to create the conditions in which to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.

Safety-related concerns that groups (whether in person or online) have addressed through their group conscience have included:

- Threats of violence, bullying, or stalking
- Sexual harassment, predatory behavior
- Financial coercion
- Discrimination based on race, native language, culture, age, or sexual orientation
- Gender intolerance
- Pressure to adopt a particular view or belief relating to medical treatments and/or medications
- Pressure to adhere to a particular ideology, religious belief, custom or practice

Our Traditions suggest that anyone seeking help from A.A. should be welcomed and supported in their recovery. Our experience seems to show that anyone can be an alcoholic. And, beyond question, anyone who wants to stop drinking is welcome in A.A.

Being made to feel unwelcome or excluded from an A.A. group or from A.A. membership is not an "outside issue," nor is sharing about this experience. In fact, understanding this experience helps each group to check its progress on practicing the welcoming spirit of Tradition Three: "The only requirement for membership is a desire to stop drinking."

Here are some ways groups have found to be helpful in weathering safety issues:

- Talking about issues of safety before they arise, at the group, district, or area level
- Including the topic of safety as part of your group inventory and considering development of group guidelines and procedures on safety
- Using the group's General Service Representative (GSR) and A.A. Service Committees to help present broad, shared experience
- Focusing on our primary purpose and our common welfare, and placing principles before personalities in all discussions about safety
- Reminding members that sponsors can play an important role in providing leadership and setting an example
- Letting A.A. members know that if they have safety concerns about the words or actions of another member, they may find it helpful to speak to someone they trust, their A.A. group, or a professional
- Reminding members that calling the proper authorities in relation to criminal behavior taking place at or around meetings does not go against any A.A. Traditions and that anonymity is not a cloak protecting such behavior

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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.
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