

November 2025

Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous

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FINAL GREETINGS FROM THE EASTERN ONTARIO FALL CONFERENCE COMMITTEE 2025

First, THANK YOU to all who were able to participate in our weekend of fun and Fellowship. From panels to speakers, workshops and games, table displays and the incredible opportunity to sit and chat with old acquaintances and forge new ones is one of the joys of our 2 days together. And one of the places to do that was in the amazing hospitality space. The hum of the room was a heartwarming sound and the food, well!

And let's not forget the dance! Lots of shakin" going on Friday night!! Saturday night was a great banquet evening, and the decorations added such a lovely elegance to the room.

It takes an immense number of people and energy and commitment to put a Conference together and the committee, Intergroup and all the volunteers certainly encompassed all those things. And of course, the support of all those groups who contributed and those who attended made it all happen. To see it come to fruition makes every single minute of it so worthwhile.

It adds a whole new meaning to the power of "WE"

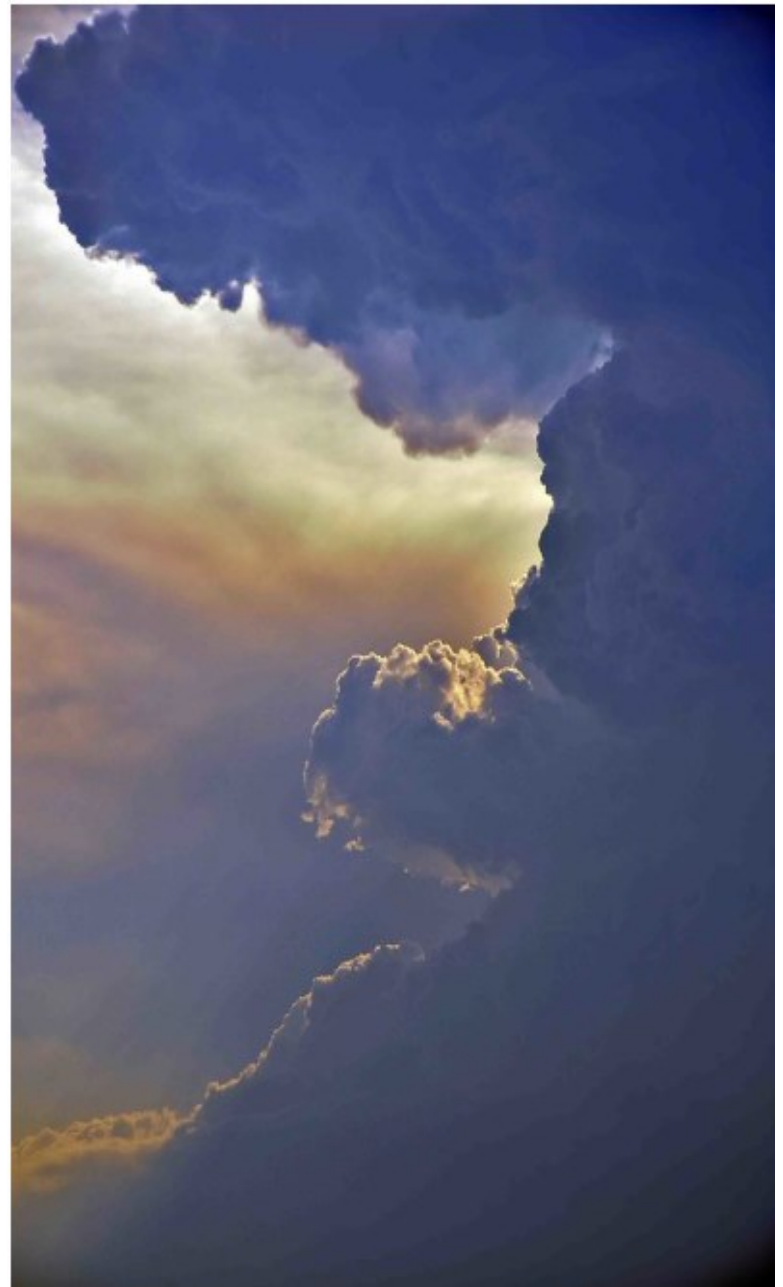
On a personal note, I would like to express my utmost gratitude for the opportunity to serve in the capacity of Chairperson for this years Conference. You have no idea what this has meant to me as an alcoholic in recovery. Words simply do not suffice. Let's just say my heart grew many times over the weekend and I had so, so much fun. Haven't danced that much in a long time too!

My hope is that as many people as possible that come into our Fellowship, can experience what it is to be held by those who understand, and can join in

next years Conference for a weekend of AA and Al-Anon camaraderie. "This is an experience you must not miss."

With Gratitude for Love and Service

EOC Committee 2025



The Gratitude List

By Jason M.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity." — Melody Beattie, *The Language of Letting Go* (1990)

Melody Beattie is a writer whose words have carried countless people through recovery from addiction and codependency. Writing from her own recovery journey, her book *The Language of Letting Go* offers 366 daily meditations for those learning to detach with love, surrender control, and live one day at a time. Her voice bridges psychology and spirituality—gentle yet direct—reminding us that emotional sobriety grows from the small acts of awareness we practice each day.

Keeping a gratitude list is one of those small acts. It's deceptively simple—a pen, a few lines, a pause to notice what didn't go wrong today. Around the rooms, gratitude lists are often suggested as a counter to resentment and self-pity—a way to shift our focus from what's missing to what's present. In our modern times, it might also take the form of a text to a sponsor or a few recovery friends—a small ritual of connection that keeps gratitude alive in community. Many people share their daily lists with me this way, and reading others' gratitude often awakens my own. Someone's thankfulness for a cup of coffee, a phone call, a moment of calm—or just not being triggered to drink today—reminds me that peace can live in the ordinary.

Gratitude becomes contagious—a fellowship of perspective.

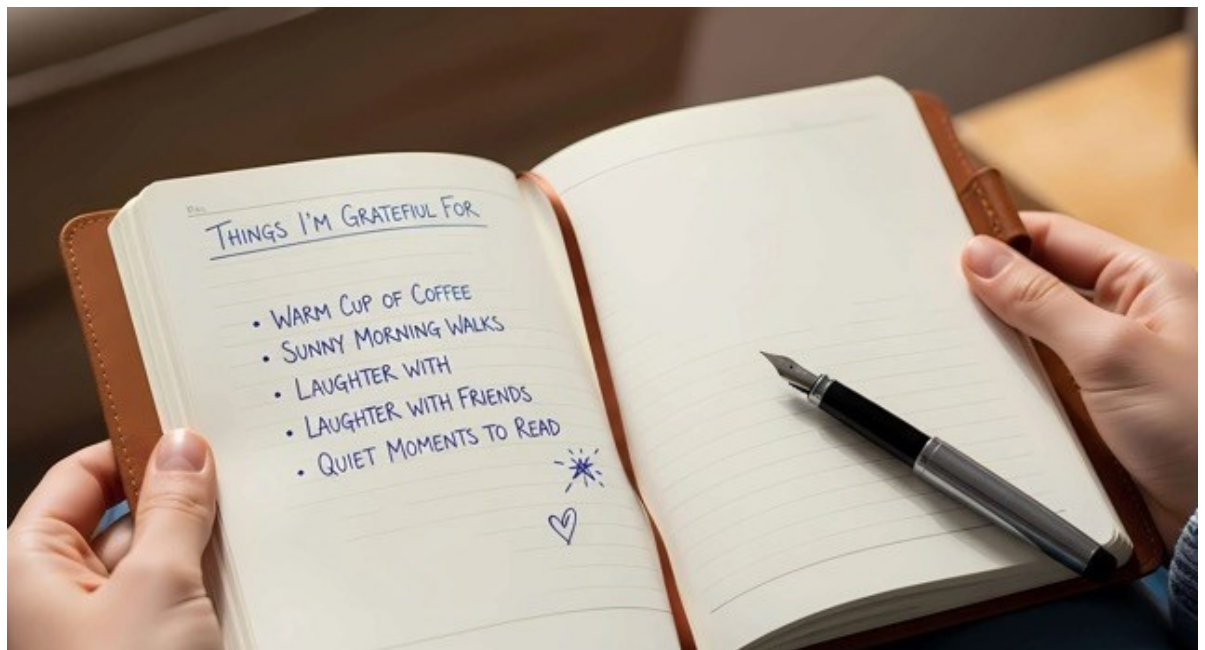
Writer James Clear describes gratitude as a "tiny habit"—something that doesn't need to be long or elaborate, but steady and tied to existing routines. A few words scribbled before

bed, a quick message during the day—the power lies in consistency, not perfection. And John Kralik, who spent a year writing daily thank-you notes, reminds us that gratitude isn't just an inner feeling but something we can offer outward. When we share our lists, we're not proving anything; we're connecting. We're reminding each other that recovery is a daily awakening, built from small acknowledgments of what's still good and working.

Whether shared or solitary, the habit compounds. Over time, this simple practice becomes its own meditation—a daily check-in with perspective that echoes Step 10's call for continued personal inventory. It doesn't require poetic words, only honesty and attention. Gratitude doesn't erase pain but steadies it, helping us see through the noise of wanting into the quiet of enough. When we write it down, gratitude stops being a thought and becomes an action — a deliberate return to balance, one day at a time.

If you'd like guidance on starting your own practice, here's a helpful resource: [How to Make a Gratitude List](#)

What if I began each day by writing what I'm grateful for? How might my outlook shift if I shared those lists with others? Can I treat gratitude as a living habit, not a task? Today, who needs to hear what I'm thankful



Tradition Eleven

By Joe F.

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”

Bill W. said, “We have no public relations policy except for a fear of public relations.” I’m going to take this one step further and say that I was afraid of people; big groups of people, small groups of people and the dreaded one-on-one conversation. All I ever tried to do was promote myself: What are they going to say? How will I respond? What interesting things about me and others can I tell them? How can I make them like me? I’ll just screw it up. I always do. It’s just going to end up the same way it always does so let’s get it over with.

When an Oldtimer shared his story, the first thing he said was that he was addicted to a different kind of “A.A.” long before he joined the program – acceptance and approval. The lengths he went to in order to gain those two things from people was extraordinary. I don’t remember anything he said after that because I couldn’t stop thinking about my own failed relationships with people as a result of doing the exact same thing. “Disillusionment and helplessness were my lot. In time, all my protectors either fled or died, and I was once again left alone and afraid.” Bill W. couldn’t have said it better when he wrote this in the 12&12.

“When the satisfaction of our instincts for sex, security, and society becomes the soul object of our lives, pride steps in to justify our excesses. This unreasonable fear that our instincts will not be satisfied drives us to covet the possessions of others, to lust for sex and power, to become angry when our instinctive demands are threatened and to be envious when the ambitions of others seem to be realized while ours are not. We eat, drink and grab for more of everything than we need, fearing we shall never have enough.”

This quote from the 12&12 explains this Disease of More to me that I hear talked about in the rooms ever since I

first joined A.A. over 25 years ago. Whenever I read it, I remember how often I would break my word to someone the minute I received a better offer and why I never cared about their feelings or my own reputation. All I really cared about was who I was going to tell and the prestige I thought I would receive. After a while, my word meant nothing. Nobody would invite me anywhere or trust me with anything and I was once again left alone and afraid and in complete disillusionment.

At the group level, the Last Name Debate still continues to this day. It’s rare to hear a member use their last name when they qualify; so much so, that when I hear it, I remember it. Members who know me well know my last name, and up until this very moment, I was ok with that. But now, as I reflect on my own experiences, I’m beginning to question my decision. In the past, I’ve had to dial 9-1-1 and phone hospitals when members have reached out to me for help; armed with only an initial for their last name. I felt ashamed that I didn’t know it and I blamed it on the fact that it never came up in any of our conversations. But then again, I never asked. And now, I’m asking myself, what if it was me who was being held against my will or lying in that hospital bed ... how would the hand of A.A. be able to be there for me?

At the public level, thanks to technology and good old-fashioned gossip, I hear of celebrities and other high status people breaking anonymity all the time. They make news appearances, they appear on talk shows and some even make their own YouTube videos and Ted Talks. There are still more non-alcoholics who post “inspirational videos” simply because they want to make a name for themselves. Good, bad or ugly, they are usually painted with the same brush along with the rest of us.

Just how important is prestige when we are granted the serenity of self-acceptance?

Yours in Service,

Joe F.

The Fruits We Bear – AA Anniversary Share

(the spoken version)

By Neil

Hi everyone, I'm Neil, and I'm an alcoholic.

This month I'm remembering my very first AA meeting — November 2005.

I remember walking into a church basement all scared and nervous. But I was also kind of amazed. People were sitting around talking openly about their drinking histories. I didn't really get it. But I liked the feeling that there was kindness shared in that room.

After the meeting, I did what felt normal: I went to the bar across the street to treat myself for showing up to an AA meeting. Nobody told me I couldn't drink. I honestly thought AA was where you learned how to drink better. I figured some of the people at the meeting wanted to quit because they were older or had diabetes. Maybe some of them were alcoholics. I mean, nobody likes a quitter, right?

After a few meetings, a man who regularly attended the meeting pulled me aside and said, "Why don't you just try to stop for as long as you can?"

He told me he'd been sober 17 years. I thought, 17 years? I can't even go 17 hours! But I figured maybe I could try a few days.

Unfortunately, a few days later I drank.

Then I told myself, Alright, New Year's Eve is a good date. I'll quit then.

So I "quit" drinking that January. For a few weeks the no drinking felt great. I went to meetings. I danced at bars drinking cranberry soda. I saved money. But after a month, I started slipping away from meetings.

Then a drinking buddy of mine called. He was going through a breakup. We met up. We talked. After 20 minutes, he looked at my cranberry soda and said, "Why don't you just have one drink with me?" I already knew what the folks at AA would say about one drink, but I told myself, What the heck — just one.

Well, one turned into many.

The next morning, I woke up smiling instead of hungover it was like a tension had lifted. That's when I knew, without a doubt, I was an alcoholic. I decided to stop hanging out with drinking friends. Boy, for a short while there certainly was a void and loneliness.

Thankfully, around that time I also met my first real AA friend. He was in his 60s, retired yet full of mischief and wisdom. I was in my late 20s, just trying to keep it together. He used to say we got along "like a house on fire." He refused to be my sponsor because, he said, "We've become too close. You're more like a son."

We had our ups and downs, even arguments. Once, he borrowed a book of mine and returned it all battered up. I mean, it's just a book. I liked my books in mint condition. I never let him forget it.

So one Easter, he gave me a book called *The Devil's Advocate* by Morris West. He told me the story was about finding purpose — about the fruits we bear in life. He said, "One day you'll have this book all battered up and take all its wisdom." I didn't know what he meant then.

Years later, during the pandemic, I started visiting him in a nursing home. His wife and children had all passed away. He was living with dementia. At first, he didn't remember me. Then one day he looked at me and said, "Are you that boy from AA named Neil?" I said, "Yeah, that's me." And he said, "Wow, you've certainly aged."

We laughed. I was just grateful to be able to hear his wise words again.

We talked about Lent, sacrifice, and how to find peace during suffering. On one occasion, I brought him some books — including *The Devil's Advocate*, the same edition he'd given me years before. His eyes lit up.

A year ago this month, I got a call saying he was in the hospital and near the end. When I visited he was in a coma. I mean, I don't know if people can hear you when they're like that — but I believe he could. I spoke to him. I

The Fruits We Bear – AA Anniversary Share (the spoken version) - Cont'd

By Neil

recalled the funny things we did. I left that hospital shaken, but I remembered what he taught me — to be at peace, even in pain. And I felt immense gratitude in the calm.

He passed away a few hours later.

At his funeral, one of his friends handed me a bag with three books that were in his room at the nursing home: the Big Book, the Twelve and Twelve, and The Devil's

Advocate. That last one — the same book he gave me and I gave back to him — was all battered up.

And that battered book in the same bag with the books of the AA program was his message to me.

That the fruits we bear — in sobriety, in love, in service — are meant to be passed on to the next suffering alcoholic.

Thanks for letting me share.

The Geography of Quiet

By Neil

Author's note: This isn't something that literally happened to me. It's simply a fictional piece I wrote about the kind of story I think a lot of us in recovery could see ourselves in. Sometimes we "get" something from a story not because it's fact, but because it's true in another way.

Mara had a theory: life was a group project where no one agreed on the instructions. Some argued over fonts. Others built cardboard models. Mara wandered outside, stared at clouds, and forgot the assignment.

She hadn't moved in years. She lived in the same apartment above the laundromat. Thankfully, in recovery she had drifted far from the life she used to know. The old life had late nights, loud voices, and mornings that came with missing hours. She couldn't go back, but she hadn't stepped fully into a new life either.

One Thursday, she found a large envelope taped to her door. No return address. Inside:

INSTRUCTIONS FOR YOUR NEXT MOVE

Pack something you do not understand.

Bring enough tea for two.

Follow the red-winged blackbird.

Mara chose a carved wooden mask she'd bought years ago. Its face smiled and frowned at once, just like her own mirror reflection during her worst years trying to look fine from at least one angle. At that moment, she realized she had carried it through all the moments she thought she had to survive alone.

The bus ride out of town was quiet. Outside, the horizon flattened into a dreamlike strip of land. Mara wrote in her notebook:

It's not about finding the bird.

It's about listening for the space between its notes.

She suddenly remembered something an old timer in an AA meeting said: "If you get quiet

The Geography of Quiet (cont'd)

By Neil

enough, you can hear the next right thing." For the first time, she believed it. Recovery, she thought, was about small steps, listening closely, trusting the invisible guidance.

The bus stopped in a town too small for its own map. A sign read:

WELCOME TO LORNE. WE HAVE PIE.

A waitress set a slice of blueberry pie in front of her. "You look like someone who needs pie," she said, and walked away. Mara realized that help sometimes arrives without explanation.

Later on in the day, Mara spotted a bronze spider sculpture with legs arched like bridges. The spider was neither friendly nor unkind... It just was. Like people who've learned to stand after storms.

Later that night, when she was back in her small bed and breakfast upstairs room Mara placed the mask on the bed.

"You've carried me too long," the mask said to her. "I'm heavy because I'm made of every moment you thought you had to survive alone."

Mara's throat tightened. She drank her tea in silence, and suddenly she felt a little lighter.

Three days later, before she went back home she went back to the bronze spider and left the mask under the spider's legs. As she walked away she didn't feel like she was losing something... She felt more like releasing a burden she no longer needed to carry.

On the bus home, she wrote:

Sometimes the assignment isn't to fix the group project,

but to leave it lighter than you found it.

Carry the odd cargo until the air changes.

Then set it down where the bird might pass, and where the spider will keep watch.

The horizon ahead curved slightly, as if the earth itself leaned forward to see what she would do next. Mara understood now: recovery isn't about control... It's about noticing the small, steady signs and letting yourself move forward, one quiet step at a time.



Initial Impressions of AA

By Paul P.

Mnemonics are a literary device to help you remember things. Want to know the names of the Great Lakes? Think of HOMES—Huron, Ontario, Michigan, Erie and Superior. There are lots of mnemonics in the world of recovery.

Our professional friends use the word CAGE to determine if someone is a potential alcoholic: are you Concerned about your drinking; do you get Angry if someone speaks to you about your drinking; do you feel Guilty about your level of drinking; do you need an Eye opener the next morning?

Doctors and counsellors also cite what an ADDICT is: someone whose Activities are given up; whose Dependence affects their tolerance to alcohol; whose Dependence shows up in withdrawal symptoms; someone who faces Internal consequences; someone who Can't cut down or control booze; someone whose drinking is Time-consuming.

The professionals attribute alcoholism to SAM'S GIN: Speech slurred; Attention impairment; Memory impairment; Stupor; Gait unsteady; Incoordination; and Nystagmus (rapid eye movement).

People are always telling the booze hound to CUT DOWN: are there Cravings; are they Unable to stop; is their Tolerance lower; is use of alcohol Dangerous; are Other people affected; do they go through Withdrawal; do they Neglect themselves or others?

If we are fortunate enough to get through the doors of Alcoholics Anonymous, we learn a whole new set of mnemonics. Look for the warning signs and then HALT: are you Hungry; Angry; Lonely; Tired?

How does the alcoholic handle FEAR: Forget Everything And Run or Face Everything And Recover?

Be willing to turn things over to GOD: whether that be Good Orderly Direction; a Group of Drunks; or the Gift of Desperation. (Just don't Go Out Drinking as when we once worshiped alcohol.)

There are ups and downs in sobriety. Occasionally life can be NUTS: when we are Not Using The Steps. But persevere and you will find there can be HOPE: Hang On Pain Ends or conversely Hang On Peace Exists.

I went through all these booze-ridden minefields until I found the rooms of AA. I now have several years of sobriety thanks to the help of my SPONSOR: a Sober Person Offering Newcomers Suggestions On Recovery.

Paul P.

Podium Hill Group





**CO-FOUNDERS
NEWCOMER MEETING
CHRISTMAS
POTLUCK MEETING**

Raffled literature prizes

7th Tradition in support
of Alkathon

Door Prizes:
Living Sober Book Co-Founders
will be donating 3 copies.

Members in their first year of
sobriety will receive a ballot for a
raffle.

Going through the Holidays and attending parties without liquid spirits can be a fearful event for many, especially in our first year of sobriety.

Co-Founders Newcomer Group is hosting a meeting on this very subject! Three speakers who've had many holiday seasons in sobriety will share their experience, strength and hope for 15 minutes each, and offer suggestions to maintain sobriety and joy through the holidays. We can have an all-round ball in recovery "We are not a glum lot!"

POTLUCK MEETING - OPEN TO ALL

Join us before the meeting @ 6:30 pm for a potluck. Meeting @ 7pm.

Snacks and Christmas baking appreciated.

Proceeds of the 7th tradition will be donated to the Alkathon.

WISHING ALL A SAFE AND SOBER HOLIDAYS

An Alcoholics Anonymous Event with Al-Anon Participation

OTTAWA ALKATHON 2025

The Season of Gratitude

7th Tradition

WHERE: BRONSON CENTRE, 211 BRONSON AVENUE, OTTAWA (LISGAR ENTRANCE)

WHEN: noon DEC 24 - noon DEC 25 AND noon DEC 31 - noon JAN 1

Back-to-back AA meetings — plus speakers, music, food, games, and fellowship! Don't miss our New Year's Eve dance and celebration as we welcome 2026 together in sobriety!



**See reverse, scan
QR code or visit
website for more
info on:**

- **Volunteering** •
- **Hosting a Meeting** •
- **Food Donations** •
- **Financial Contributions** •



www.alkathon.ca

About the Alkathon

THE BASIC PURPOSE OF THE ALKATHON IS TO PROVIDE A SAFE AND SOBER ENVIRONMENT FOR THE NEW AND STILL SUFFERING ALCOHOLIC OVER CHRISTMAS AND NEW YEAR.

But... we are not a glum lot!

THE ALKATHON IS OPEN TO ALL WHO HAVE A DESIRE TO STOP DRINKING, AS WELL AS THEIR FAMILIES AND FRIENDS.

THERE WILL BE BACK-TO-BACK AA MEETINGS — PLUS SPEAKERS, MUSIC, FOOD, GAMES, AND FELLOWSHIP! JOIN FELLOW VOLUNTEERS TO HELP CREATE A WARM, WELCOMING ATMOSPHERE.

DON'T MISS OUR NEW YEAR'S EVE DANCE AND CELEBRATION AS WE WELCOME 2026 TOGETHER IN SOBRIETY!

VOLUNTEER!

The Alkathon runs entirely on service — and every helping hand makes a difference. From greeting members and making coffee to serving food or talking to newcomers, volunteers bring warmth, connection, and hope to those who need it most.

Sign up at www.alkathon.ca or email volunteer@alkathon.ca.

HOST A MEETING

AA groups are invited to host one of 30 meetings over Christmas and New Year. A lottery for meeting times will be held on **December 3, 2025**. Groups must register before the draw.

Visit www.alkathon.ca or email meetings@alkathon.ca.

FOOD DONATIONS

Food donations help keep the Alkathon warm and welcoming for everyone. We gratefully accept cooked and carved turkey or ham, mashed potatoes, vegetables, salads, sandwiches, desserts, and other ready-to-serve dishes. Contact food@alkathon.ca to coordinate.

MONETARY CONTRIBUTIONS

Our event is funded entirely by 7th tradition contributions from members and groups. We are grateful for your support. Contribute via:

E-transfer (no password required): alkathonottawa@gmail.com

Cheque payable to: **Ottawa Area Alkathon**

Mailing address: Ottawa Area Alkathon 211 Bronson Avenue, Suite 16A, Ottawa, ON K1R 6H5

Cash contributions accepted at meetings or on-site during the Alkathon.

If your group is contributing, include your group name in the e-transfer message or on the cheque memo line.

**FOR QUESTIONS, CONTACT DARLENE B. AT
CHAIR@ALKATHON.CA**

TOGETHER WE GROW

...‘a design for living’ that really works.



**May 9, 2026
Mark the date!**

**OTTAWA
SPRING CONFERENCE**

Tickets on sale soon!!!



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.
TAS Coordinator	chair@ottawaaa.org	Please email the chair to learn about the role of the Telephone Answering Service Coordinator
12-Step Coordinator	chair@ottawaaa.org	Please email the chair to learn about the role of 12-step coordinator.

MEETING UPDATES

Podium Hill: Effective December 3, Podium Hill's Wednesday 12.15 pm online meeting will be held at 7 pm. It will continue to be an open speaker meeting. This does not affect the in-person meeting on Tuesdays at 12.15 at St. Andrews Church (closed discussion) or the online meeting on Fridays at 12.15 (closed Big Book study).

Freedom Group: Effective January 6th, 2026, Freedom Group will have a new start time of 7:30 pm.

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

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	Debbie W.	chair@ottawaaa.org
Vice-Chair	Kevin M.	vicechair@ottawaaa.org
Secretary	Catherine B.	secretary@ottawaaa.org
Treasurer	George W.	treasurer@ottawaaa.org
Website	Karol G.	webmaster@ottawaaa.org
Telephone Answering Service	Kevin M.	tas@ottawaaa.org
Literature	Barry D.E	literature@ottawaaa.org
12-Step Coordinator	Vacant	12step@ottawaaa.org
Spring Conference	Lorrie W.	spring@ottawaaa.org
Eastern Ontario Conference	Darlene K.	eoc@ottawaaa.org
Summerathon	Vacant	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 end of the month preceding publication date.
- Image on Page 8—attributed to DG, Montreal.