

Our Primary Purpose

Ottawa Area Intergroup of **Alcoholics Anonymous**

The Alkathon Edition



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** •
- **Food Donations** •
- **Financial Contributions** •



www.alkathon.ca

Alkathon Schedule

TIME	CHRISTMAS	ROOM
12:00 PM	Open Buffet (until 5:00 PM)	Mac Hall
12:00 PM	Where It All Begins (S/D)	213
1:00 PM	12&12@12	110
1:30 PM	How It Works (Al-Anon) (D)	109
2:00 PM	Celebrating Diversity Panel	Mac Hall
3:00 PM	Newlife (Al-Anon) (S)	109
3:30 PM	Freedom (S)	213
4:00 PM	Lunch Bunch (D)	110
5:00 PM	Happy Nooners (S)	213
5:30 PM	Christmas Dinner (until 7:30 PM)	Mac Hall
5:30 PM	Morning Glory (D)	110
6:30 PM	Beaconhill (S)	213
6:30 PM	Al-Anon (D)	109
7:00 PM	Carry the Message (D)	110
8:00 PM	Longtimers Panel	Mac Hall
8:00 PM	Bells Corners (Al-Anon) (S/D)	109
9:30 PM	Westend Group (S/D)	213
10:30 PM	Attitude of Gratitude (D)**	110
11:30 PM	Westboro Big Book Study (Joe/Charlie)	213
12:30 AM	Barrhaven Tuesday Night (D)	110
2:00 AM	Marathon Meetings (until 7:00 AM)	Mac Hall
7:30 AM	Conscious Contact (Meditation)	109
8:00 AM	Pancake Breakfast (until 10:00 AM)	Mac Hall
9:00 AM	Friendly (Gratitude Podium)	109
10:00 AM	Many Paths Through Holidays Panel	Mac Hall

**Please note all meetings are open to both men and women

TIME	NEW YEAR	ROOM
12:00 PM	Open Buffet (until 5:00 PM)	Mac Hall
12:00 PM	Recovery on the Hill (S/D)	213
1:00 PM	Men's AA Newcomers Group (D)**	110
1:30 PM	Al-Anon (D)	109
2:00 PM	Relationships in AA Panel	Mac Hall
3:00 PM	Royal Ottawa (Al-Anon) (D)	109
3:30 PM	Rockland Hometown Group (S)	213
4:00 PM	First AAvenue to Recovery (D)	110
5:00 PM	By the Book (S)	213
5:30 PM	New Year's Dinner (until 7:30 PM)	Mac Hall
5:30 PM	Ottawa Mens Group (S)**	110
6:30 PM	Beginners Group (S)	213
6:30 PM	Royal Ottawa (Al-Anon) (D)	109
7:00 PM	From the Heart (D)	110
8:00 PM	Young Peoples' Panel	Mac Hall
9:00 PM	Sobriety Countdown	Mac Hall
9:30 PM	Dance (until 1:00 AM)	Mac Hall
9:30 PM	Westboro StepSisters (S)**	213
10:30 PM	Labyrinth Young Peoples (D)	110
11:30 PM	Centretown Big Book Study (S)	213
12:30 AM	B-UNITED (D)	110
2:00 AM	Marathon Meetings (until 7:00 AM)	Mac Hall
7:30 AM	Step by Step (D)	109
8:00 AM	Pancake Breakfast (until 10:00 AM)	Mac Hall
9:00 AM	Namaste (Meditation)	109
10:00 AM	New Year's Resolutions Panel	Mac Hall

VOLUNTEER!

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

FOOD DONATIONS

Suggested items: sandwiches, wraps, salads, fruit or veggie platters, cheese and cracker plates, and of course desserts and treats! Please use disposable containers only.

Contact food@alkathon.ca to coordinate.

MONETARY CONTRIBUTIONS

E-transfer (no password required): ottawaalkathon@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, EMAIL DARLENE B. AT CHAIR@ALKATHON.CA
OR CALL REBECCA R. AT (416) 554-7688**

Sober Holidays Survival Guide

By Natalie F. (Friendly Group)

I originally wrote this piece twelve years ago, in 2013, during my second sober Christmas. A lot has changed since then: my life, my recovery, and my sobriety toolbox have all grown, but the Holidays still bring up a mixture of emotions. I've updated a few things (no more flip phones or paper meeting lists!) and added online meetings, which have become true lifesavers for me.

Ah, the Holidays! "It's the most wonderful time of the year," right? Well... unless you're in early recovery. Then it can feel quite the opposite. I still remember my first sober Christmas. I drank so much soda that my stomach hurt, and I felt incredibly awkward around everyone. My knuckles were practically white by the end of the night. By my second sober Holiday season, things went much smoother. I was getting used to showing up sober to social occasions and had begun surrounding myself with like-minded, non-drinking friends I could rely on if I felt tempted or uncomfortable.

That was also when I started using all the "tools" people had shared with me—tips and tricks passed down from those who'd

walked the path before me. I'm a visual person, so I even illustrated them for myself. Last year, I used every single one of those tools again, and they helped carry me through another safe and sober Holiday season. As they say, "We have to give it away to keep it," so I'm sharing them with you wonderful people. I hope something here is helpful if you find yourself feeling shaky, stressed, or unsure about the Holidays. Remember: you're not alone, and you never have to do the Holidays, or anything else, in sobriety by yourself.

xoxo


Natalie F.

Sober Holidays Survival Guide

or how I've stayed sober during the Holidays by Natalie F. (Friendly Group)



Make plans with friends at home or at a coffee shop (or even with a newcomer!).



Have your phone handy and call some AA contacts or your sponsor.



Avoid events that make you **too nervous...** or bring a sober friend!



Always have an escape route or a "plan B" if you feel tempted or uncomfortable.



Find a tasty non-alcoholic beverage to hold on to at parties!



"Book-end" the party with a meeting before and/or after.



Go to the Alkathon or find a meeting in-person or online!



Have fun! Find sober winter activities to do and dance a little too!



And remember... **just say NO** to Rum cake!

Tis was days before CHRISTMAS

By Lilly W.

Tis was days before CHRISMAS

Tis was days before Christmas, and I stared at my bottle
that old ghost of comfort with its dark, hollow throttle.

It whispered my name with its usual pull,
but my spirit said, "No, your life is now full."

So I went to a meeting, where the coffee was strong,
and the stories were honest, and the nights felt less long.

We laughed and we cried, held our hope in one room
the kind of warm light that dissolves winter's gloom.

My sponsor said gently, "Just live in today.
Turn your will over, let all your old thoughts decay.

And I felt something stir deep in my chest
not tinsel or glitter, but that AA rest.

Now Christmas is coming, and I'm sober, still here.
A miracle wrapped in one more year.

So to all who are struggling, feeling lost or alone
there's a seat beside me, a place to call home.

May your season be steady
your spirit burn bright.
Merry Christmas dear friends , hang on to your light .



Photo by John D.



Image by Ron M.

Aylmer AAA Meeting of Alcoholics Anonymous 63rd Anniversary

(Speaker Meeting)

Food and Refreshments

**1 Chemin Eardley, Secteur Aylmer
Gatineau, Québec**

December 8, 2025

Doors open at 6:30 pm

Bring a friend!

(Street parking)



Tradition Twelve

By Joe F.

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

Before I started writing about The Traditions, I knew that I would need to reach out for help so I could learn about these spiritual principles and how they work. Tools which I found helpful were the 12&12, www.takethe12.org, a YouTube recording of Bill W. titled “Bill W (12 Traditions Discussion 1969)”, prayers from the Everything AA mobile app, and after checking with my sponsor, my own experiences which could benefit others. But the most helpful tool was, and always will be, the experiences shared with me by members of this fellowship.

I read Tradition Twelve the 12&12, then I read about it on takethe12.org and then I listened to the YouTube recording of Bill W. and I realized that sharing his experiences with you was the next right thing to do. So I transcribed what he said for you to read:

Tradition Twelve comprehends all the traditions. Up to now, you have been listening to a recital, perhaps over long, of the protective value of the traditions to our society. We have been talking very much in terms of simply avoiding calamity by taking prudent and unusual means and courses to do so. So now, the question is posed, “Is there no more constructive or spiritual content to our traditions than simply the sum of our fears and anxieties to protect ourselves from untold evils and circumstances?” There certainly is. All of these traditions have in them the elements of sacrifice; either by root or by A.A. members.

People used to say that the drunk is the important person. Of course they are, but how are they going to get well in any numbers if there is no fellowship? Therefore the common welfare has to come first and our individual welfare second. Likewise, we who have been prone to power-driving, have to yield to the idea that we may be instructed by the group conscience.

We have thrown aside all ambition to be prominent in the alcohol field as a society. Our members go into these fields as individual citizens, and there they should be. But the society says no; we will cleave, or stick to a single purpose. We have sacrificed the opportunity of raising very large sums of money for this society by adapting to the traditions and declining outside contributions. There are those of us who had special ambitions to be professional workers; not service workers in an office but face to face therapy for pay. These are legitimate ambitions, but none good enough. A professional class in A.A. might even lead to our destruction and certainly to our compromise. So professionalism is out.

Those of us who are power-driven would like, unconsciously perhaps and perhaps consciously, to be permanent governors of the destinies of A.A. But now we see that our strength lies in letting go when our time comes. This, I recognized in myself. My time came some time ago and our affairs have been under the management of our trustees, almost without interference by me for these several years, and that’s how it should be. It represents a sacrifice of ambition, many of which would be legitimate in the world around us; all in the interest not only in the interest of survival but in the effectiveness and the joyousness of the life we find in it and cherish so much.

In our public relations, we have run contrary to all experience in the modern world. In the modern world, everything is proceeding according to the merits and demerits of highly publicized things. Everything is working in terms of friction and controversy. Everything is working in terms of haves and have-nots; of wide sums of money being transferred from one class to another. We do not disapprove of these developments; we say that for our particular purpose they are hazardous so we think it’s best to leave them alone.

So, there is a sacrificial quality that we do not conform to our traditions simply because we must to avoid personal calamity or disaster; we follow these traditions because they seem right in principle and because we actually want

Tradition Twelve cont'd

By Joe F.

them for ourselves. Even though other courses might be good for us, this would be the best. In our case, the good may very often be the actual enemy of the best.

There you have it; Bill W's own experiences which I hope can benefit you like they continue to benefit me. Thanks to the power of this fellowship, here are some of my experiences: I will continue to trudge the Road of Happy Destiny; grateful that I don't have to do it alone. I now understand that things don't happen to me; they happen around me and that I choose how I react to them. I need conflict to grow, otherwise, nothing would change. And "if nothing changes, nothing changes", like my attitude and

outlook on life. I used to think I was always in the wrong place at the wrong time, but thanks to A.A., I know that I am always exactly where I need to be – so long as I do the next right thing, regardless of the consequences. When I let go and let God, I am rewarded with perfectly-timed coincidences that Einstein said "...are God's way of remaining anonymous" which feel indescribably wonderful.

Yours in service,

Joe F.

The Season of Gratitude

By Gord G.

That is so like me—
to decide when and what I am grateful for.
I really needed to call it the Season of What I Approve,
with my list of things that I like.

That's just how it was for me for many years,
and for that matter, earlier today.

I keep forgetting that it's my life I am grateful for.
That's the foundation of joyful living,
which is much different than my momentary happiness or
approval.

An old man cleared the fog of my judgement from my eyes
with a bit of salt on my ego.

Harvey, the old guy, said to me:
"You have an important job here at AA.
You are to let the rest of us know if the meeting was a good one.
Did we share on topic today?
Did we understand the big book properly?
Did our sharing go on too long?"

Struck numb by the memory of walking out of thousands of
meetings
with just those judgements in my mind, and all too often on my
lips—
the evidence was clear: I had no gratitude for the meetings,

only judgement for what I liked or didn't like about them.

I stopped making "gratitude lists" of what I approved in life.
I started a very short gratitude statement daily:

I'm grateful to be alive.
I'm grateful my life allows me to have an opinion.
I'm grateful to know that my opinion is only that—my opinion.
I'm grateful for meetings that I can attend where they accept me
unconditionally.
I'm grateful that I can work on accepting them the same way.
I'm grateful for our first tradition.
I'm grateful that at long last I do not need to like my peas to eat
them.

I am grateful for today, whatever the season the calendar declares,
for I only live in this day—gratefully.

Well, except earlier this morning...



Remembering Jen

By Jason M.

There's an image that pops up on my Facebook feed every year around Christmas. I'm standing beside a blonde firebrand of a woman in a bright red cowboy hat, both of us exhausted, but smiling. The date is December 25, 2014, at Mac Hall during the Alkathon. Every time it appears, my heart swells, and I shed some tears.

We did a lot of service together, but the Alkathon is what brought us together. Through the years, we cried; we fought; we danced; we laughed—her laugh and smile were contagious and unforgettable. She knew how to have fun in recovery, and it was people like her who kept me coming back.

I remember us participating in the group inventory together, brainstorming what eventually became the line: "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." It took us hours—hours—debating whether the wording should be "basic" or "primary" purpose in the new mission statement. Typical alcoholics. In the end, basic won out, because we didn't want to dilute the meaning of primary purpose away from Tradition Five.

Always the adventurer, in 2015 she grabbed hold of her two dogs and drove across the country to start fresh in Richmond, BC. I missed her dearly, but we kept in touch—and hearing her stories lit me up every time. She threw herself into service with the local fellowship, putting on roundups, making new friends. It wasn't long before she was having the same impact on lives in her new home as she had in her old one.

I also remember her coming back to Ottawa one time and telling me her son had died of this disease. I couldn't

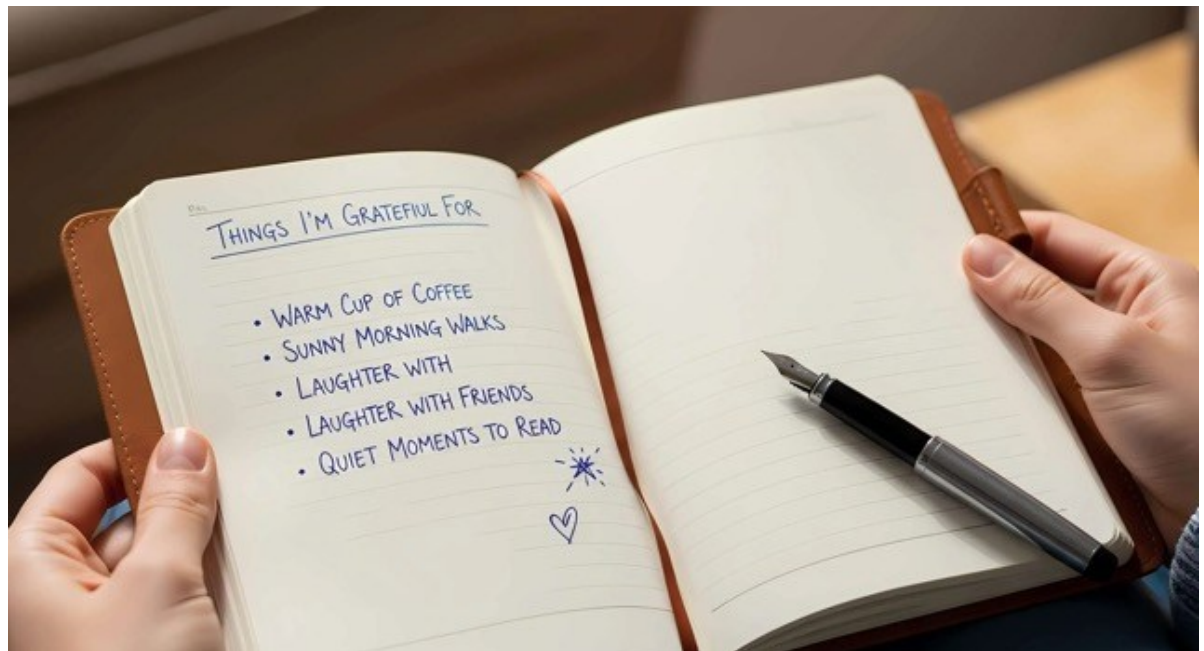
understand the grief she carried as a mother, but I saw her strength, her courage, and the simple fact that she kept going. Life on life's terms. Through all her misfortunes I witnessed during our friendship, she didn't drink.

As often happens, time and distance softened our closeness. Then came the call we all dread to hear: after an extended struggle, her cancer had returned. On April 28, 2019, she passed away.

The caption on that old photo reads, "What a team!" and we were. Jen Byers was one of those true AA friends—the kind you could bounce anything off, say anything to, and never feel judged. She had been in the program a long time, though not continuously. She was not perfect, none of us are. That made her all the more real and trustworthy to me. She was wise, loving, and is one of my heroes in AA—someone who taught me about principles before personalities, how to work with others, and how to be of service.

Anyone who sticks around long enough in this fellowship will understand these feelings I have toward my friend. We've all had at least one Jen in our lives—someone who touched us, guided us, helped us navigate the turbulent waves of early sobriety, and now is no longer with us.

Take a moment with me now to remember them, to thank them in this season of gratitude, and to honour the way they trudged our road of happy destiny, by carrying on.



Tradition and Tolerance: Reflections on Closing with the Lord's Prayer

By Stephan P.

Part 1: Why This Conversation Matters

Each week in AA rooms across the world, meetings open and close in familiar ways. Some begin with the Serenity Prayer. Many end with the responsibility declaration. Others close with a shared prayer, often the Lord's Prayer.

For many AA groups, this tradition of ending with the Lord's Prayer stretches back decades. But for just as long, there has been quiet conversation, and sometimes open debate, about whether closing with the Lord's Prayer is helpful, harmful, or simply neutral. Is it a sign of unity or a barrier to it? Is it a spiritual practice, a religious one, or something in between?

This series, Tradition and Tolerance, will explore those questions over the coming months. We will look at where the Lord's Prayer came from in AA history, why many groups continue to use it, why others have chosen to stop, and how AA's Twelve Traditions can guide thoughtful, loving conversations about local customs, especially in an increasingly diverse fellowship.

The goal is not to settle the question once and for all. The goal is simply to reflect with honesty and kindness, and maybe help groups and members consider their practices with fresh eyes and a shared sense of purpose.

A Longstanding Custom

The use of the Lord's Prayer at the close of AA meetings dates back to the earliest days of the Fellowship. As early as 1939, meetings in Akron and Cleveland ended this way. At the time, most AA members came from Christian backgrounds, and the prayer was seen as a comforting and familiar expression of a Higher Power's help.

AA co-founder Bill Wilson, in a 1959 letter, described the prayer's use as widespread and voluntary. He noted that many groups chose to say it together, often with the phrase: "Please join us if you care to." For Bill, this was consistent with AA's spiritual foundation and a reflection of group conscience, not a doctrinal requirement.

But even then, not all members felt the same. Some

agnostic or atheist members quietly chose not to participate. Others questioned whether using a distinctly Christian prayer in a program open to all was consistent with AA's spiritual (not religious) foundation.

Welcoming Every Alcoholic

Tradition Three tells us that "The only requirement for AA membership is a desire to stop drinking." That simple sentence has helped open the door to countless alcoholics who might otherwise have felt excluded.

Tradition Five reminds us of our primary purpose: to carry the message to the alcoholic who still suffers. It is in that spirit that some members have raised concerns about closing with the Lord's Prayer, particularly in areas where meetings serve diverse communities, including people of different faiths, no faith, or spiritual beliefs that do not align with Christianity.

For some, this is not just a matter of preference. *It is a matter of accessibility. If the language and rituals of a meeting feel exclusionary, even unintentionally, a newcomer may not return.*

Others argue that the prayer itself is not the problem. The issue is tone, intention, and how the group presents it. When offered gently, with an open invitation and without expectation, it can remain a meaningful ritual for those who find comfort in it, and one that others can simply observe.

Unity Through Honest Conversation

One of the strengths of AA is that it has no central authority, only shared experience, spiritual principles, and the loving guidance of the Traditions. Each group is autonomous, and each member free to practice their program as they see fit.

That freedom means different groups will come to different conclusions. But it also gives us room to ask important questions: Is this helping the newcomer? Are we fostering unity or limiting access? Have we considered how our group customs feel to someone brand new, frightened, or unsure if they belong?

Tradition and Tolerance: Reflections on Closing with the Lord's Prayer (cont'd)

By Stephan P.

In the months ahead, we will explore both perspectives with care and curiosity. We will look at the historical use of the Lord's Prayer in early AA, the development of AA's "spiritual not religious" language, and the Traditions that support both group autonomy and fellowship-wide unity.

Looking Ahead

Our hope is not to convince, but to reflect, and to serve AA's enduring mission: to help the alcoholic who still suffers. As the Big Book says, "We are people who normally would not mix. But there exists among us a

fellowship, a friendliness, and an understanding which is indescribably wonderful."

That fellowship is worth protecting. And part of protecting it is making sure we continue to create space for all alcoholics to feel welcome, included, and free to seek a Higher Power of their own understanding.

We hope you will read along with us.

Next month: *Where the Lord's Prayer came from, and how it became part of AA's early meeting traditions.*

The Alkathon Initiators

By Ozzie L.

Once upon a time, during the late '60s, two sober AAs, Toby Craig and Jack W., made their living feeding Parliamentarians and others in the Hill's restaurants and cafeterias. They banded together with some other sober AA guys to do something truly Christian for people less fortunate than themselves—the skid row and homeless alcoholics. They invited them to a Christmas dinner on Christmas Eve at St. Giles Church, at the corner of Bank St. and First Ave. It was an unparalleled gesture: serving a first-class dinner to the street people of Ottawa afflicted with alcoholism.

It was a two-hour affair followed by an AA meeting. Some of these hardened street people didn't show—they didn't want to pay the price of attending the meeting. It was nonetheless successful, and repeated the following year with increased attendance. This Christmas dinner on Christmas Eve has grown into what is now known as the Alkathon.

Let it be remembered why we have an Alkathon. Essentially, it is intended for the less fortunate in our community—the alcoholic on the skids, the homeless alcoholic. It gives us fortunate, sober AAs the opportunity to continue what Toby and Jack started, and to honour these two guys who put into action what Tradition 5 teaches: "When anyone, anywhere, reaches out, let A.A. always be there."

We often hear the saying, "You can lead a horse to water, but you can't make him drink." True. But you can keep him there long enough to get thirsty. In other words, the double A in AA also stands for "Assertive Attraction"—and that is the spirit of what Toby and Jack envisioned and put into action.

It is our responsibility to continue in this spirit. Outside enterprises engage in outreach programs. Let the Alkathon be our "outreach initiative." Invite the less fortunate from around town, like Toby and Jack did, not caring whether they've had a bath or have clean clothes to wear. Let's act for the greater good, and not think of the Alkathon as a closed party for sober alcoholics. Toby and Jack would remind us very quickly of our Primary Purpose.

— Ozzie Lohe, Parkwood Hills (Remembered with Gratitude)

This is an edited version of an original article that first appeared in the OPP December 2009 issue.



*LUNCH WITH BILL Seasonal Meeting
and Class of 2015 Reunion
December 19, 2025*



Combined In-Person and ZOOM meetings celebration

Still no lunch; BYO seasonal snacks/treats to share.

Meeting at Noon; Fellowship to follow.

The grateful members of the 'Class of Fall 2015' extend a special invitation to all those who supported us in early sobriety.

Westminster Presbyterian Church, 470 Roosevelt Ave

TOGETHER WE GROW

...*'a design for living'* that really works.



May 9, 2026
Mark the date!

**OTTAWA
SPRING CONFERENCE**

Tickets on sale soon!!!



Area 83 Accessibilities Report

Sara M., A83 Accessibilities Chair

The Area 83 Accessibilities Committee meets the first Wednesday of each month via zoom at 8pm. What do we as a committee do? Our purpose is largely to determine resources and recommend activities that will help carry the message of Alcoholics Anonymous (AA) to those with accessibility needs, both inside and outside the rooms of AA. **Zoom ID: 846 4260 4770 and passcode: 849912.**

We have recently grown again and are comprised of Accessibilities Chairs representing 12 of our districts as well as several District Committee Members (DCMs) and Alternate District Committee Members (ADCMs) representing districts who have vacancies in their Accessibilities positions. We are comprised of Accessibilities Chairs representing 12 of our districts as well as several District Committee Members (DCMs) and Alternate District Committee Members (ADCMs) representing districts who have vacancies in their Accessibilities positions. Your own Ottawa West District, 62, has recently elected their first Accessibilities Chairperson Randy W.! He can be reached at ran.wall75@gmail.com. We welcome and enjoy visitors to our committee meeting whenever Higher Power says yes!

In July, I had the honour of volunteering for the Accessibilities booth at the International Convention in Vancouver and had the opportunity to network with many other areas. It was fascinating to see some other initiatives but one main thing I came away with was how grateful I am to be part of Area 83, a healthy and thriving section of AA who is strong in carrying the message!

If your meeting or group boasts heightened accessibility for a specific need such as low lighting for light sensitive people or bright lighting for people with visual impairments, you may consider adding that to your meeting directory. There have been requests and ideas for categories our Area 83 members need including low lighting, bright lights and silent applause/low volume meetings.

Area 83 has been the recipient of a collection of Braille AA literature including the first 164 pages of Alcoholics Anonymous, our second copy of The Twelve Steps and Twelve Traditions and several pamphlets. They are large in size so please let me know if you or someone you know would like to read them and I will deliver in person wherever possible. (I live in Ottawa!)

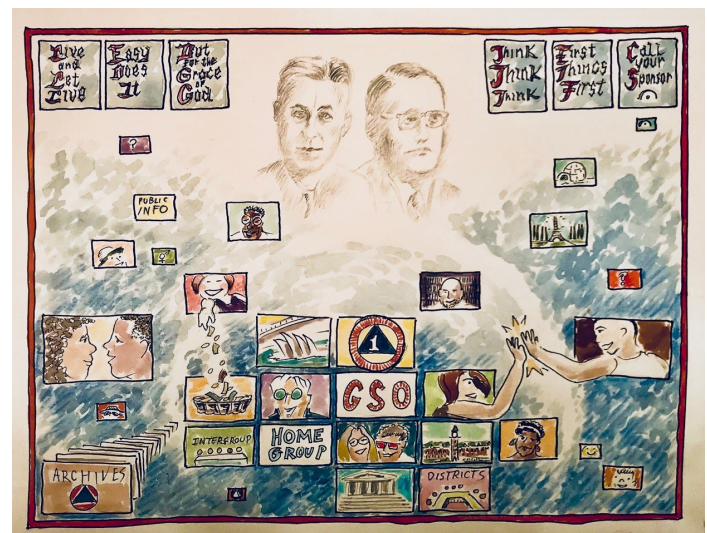
Please reach out anytime with questions or input.

Yours in Love and Service,

Sara M.

A83 Accessibilities Chair

accessibilities@area83aa.org



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.

About the Cover...

Photos Attributed to Yvonne P.

"When I first got sober, I used to find winter so cold and gray, and difficult to get through. So what did I do? I changed my mind's view of the winter world through the lens of my camera! Now I can say that Winter has never looked so beautiful to me!

I just keep focusing on all the wonders of nature that bring me to a place of gratitude and keeps me warm on a cold day!"



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.
Treasurer of the CFT Committee	cft@ottawaaa.org	Please email if interested!!

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.

Lunch with Bill: Monday–Friday: 12:00 p.m., via Zoom

Sunday: Meeting is now cancelled

In-person BWB meetings: Continue at the Presbyterian Church, 470 Roosevelt Avenue, Ottawa, on Monday and Friday at noon

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

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Ottawa Area Intergroup

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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.