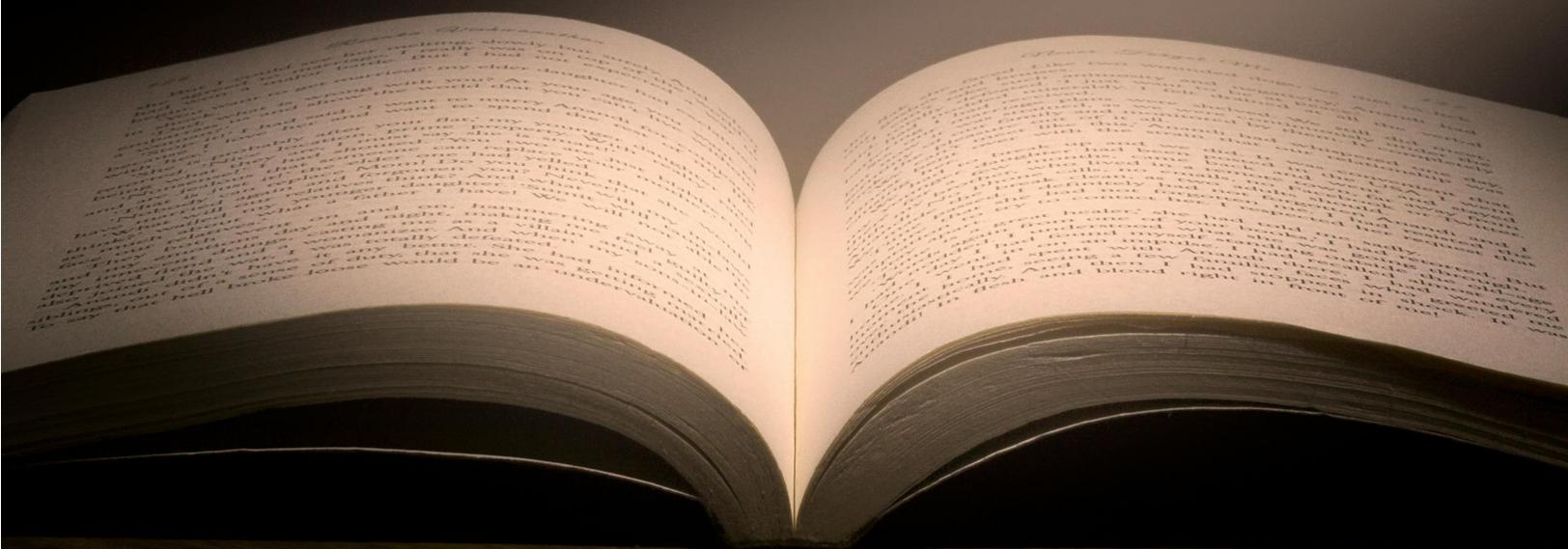


Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous



Inside:

- Spring Conference—2026
- Archives Workshop
- Local Roundups
- Reflections

An Alcoholics Anonymous Event with Al-Anon Participation

TOGETHER WE GROW

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

Registration and tickets
spring.ottawaaa.org

Program begins at 8am

May 9, 2026

Hellenic Event Centre
1315 Prince of Wales Drive

Marty J.

Richmond, B.C.

Vicky C.

Portland, Oregon

Cam N.

Kingston, Ontario

**Country
Rocks**

Live Band

OTTAWA SPRING CONFERENCE



spring@ottawaaa.org or Lorrie at (519) 902-2691

TOGETHER WE GROW

Ottawa Spring Conference Message From the Chair

By Lorrie W., Chair, and Committee

Recovery is often described as a journey

but it is rarely a journey taken alone. This spring, members of Alcoholics Anonymous and friends of the recovery community will gather in Ottawa for a day dedicated to fellowship, hope, and spiritual growth at the Ottawa Spring Conference. It is my pleasure that this year I am the chair, and it is my pleasure to welcome everyone to attend.

On Saturday, May 9, 2026, the conference will take place at the Hellenic Event Centre, 1315 Prince of Wales Drive, welcoming people from across the region for a day filled with shared experience, inspiring stories, and meaningful connection.

A Day of Fellowship and Renewal

A.A. conferences have long been a cornerstone of recovery communities. They provide a unique opportunity to step outside the routine of regular meetings and experience the larger fellowship in action. Whether you're newly sober, returning after time away, or celebrating many years of recovery, the Ottawa Spring Conference offers something special.

This year's theme—"Together We Grow"—captures the heart of what A.A. is all about: recovery through connection. When people come together to share honestly about their experiences, strength, and hope, growth becomes possible in ways that simply can't happen alone.

What to Expect

Participants can look forward to a full day of recovery-centered activities, including:

- Inspiring speakers sharing their journeys in sobriety
- Panel discussions exploring different aspects of recovery and service
- Fellowship opportunities to meet members from across the Ottawa area and beyond
- Participation from Al-Anon, offering support and perspective for those affected by someone else's drinking (al-anon-ottawa.ca)

Beyond the formal program, conferences are known for the conversations that happen in hallways, over coffee, and between sessions—moments when friendships are formed and encouragement is freely shared.

Speakers

The speakers this year will be Cam N from Kingston, ON, Vickie C from Portland, OR, and Marty J from Richmond, BC.

We are also blessed to welcome Holly from Montreal, who will be leading a Step 10 workshop in the afternoon.

A full and inspiring day is planned! We'll begin with a peaceful meditation meeting and close the evening

Ottawa Spring Conference

Message From the Chair (cont'd)

dancing the night away. Throughout the day, there will be panel meetings and engaging workshops designed to support and strengthen our recovery.

More Than a Meeting

Many people arrive at A.A. seeking relief from the chaos of drinking. What they discover, often unexpectedly, is a community and a practical way of living that brings purpose and connection. The conference reflects that spirit: a reminder that recovery is not just about staying sober—it's about building a life that works.

As the Big Book describes it, what may have once seemed like “a flimsy reed” can become “a loving and powerful hand” guiding people toward a new way of life.

Everyone Is Welcome

One of the most powerful aspects of an A.A. conference is its inclusiveness. Whether this will be your first conference or your fiftieth, there is a place for you. Bring

your willingness, your curiosity, and your open mind.

Because in A.A., the message is simple and enduring: none of us grows alone.

Volunteers & Contributions

Volunteers are needed for hospitality, registration, and greeting. If you're looking for a meaningful way to be of service, please come and lend a hand.

Group contributions and food donations are greatly appreciated.

Mark your calendar for May 9, 2026, and join the Ottawa recovery community for a day of unity, laughter, and renewed hope. AND: This year we will have a live band so come on out and bring your dancing shoes!

Your in service

Lorrie W

Chair of the spring conference



OTTAWA SPRING CONFERENCE

May 9th, 2026 | Hellenic Banquet Centre | 1315 Prince of Wales Drive, Ottawa, Ontario

Doors open at 8:00 AM. Visit website for online registration, hotel details, schedule, and ways to be of service.
<https://spring.ottawaaa.org> | spring@ottawaaa.org | Call or text Lorrie at (519) 902-2691

\$75.00 Full Registration (Includes Banquet)

Payment by E-Transfer (preferred method): Email completed form to spring@ottawaaa.org or register online via conference website. Send Interac e-transfer to treasurer@ottawaaa.org (message: *Spring Conference*).

Payment by Credit/Debit: Register online and pay with card via conference website. Do not use this form.

Payment by Cheque (in person or by mail): Payable to Ottawa Area Intergroup (memo: *Spring Conference*). Submit printed form to a conference committee member or mail to Ottawa Area Intergroup, 211 Bronson Ave, Suite 108, Ottawa ON K1R 6H5. Do not drop off at Intergroup. Mail must be postmarked by May 1, 2026.

Advance Tickets (No Banquet): \$15 tickets include all other conference events and are available from committee members or Ottawa Area Intergroup / General Service Representatives (cash only). \$20 at the door.

Contact Name: **Phone Number:**

Email Address: Email Completed Form

| | Attendee Full Name <small>Badges only first name last initial</small> | Phone <small>(613) XXX-XXXX</small> | Affiliation <small>AA/Al-Anon, Homegroup, City</small> | Special** |
|-------------|--|--|---|-------------------------|
| e.g. | <i>Johnny Appleseed</i> | <i>(613) XXX-XXXX</i> | <i>AA, Freedom Group, Ottawa</i> | <i>Wheelchair, Veg.</i> |
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10 places per table. You may reserve up to one table per form. Collect badges at registration desk upon arrival.

**Indicates dietary or accessibility requirements.

CALCULATION: \$75.00 (INCL. TAX) x # ATTENDEES = \$

Help Others Attend Our Event

Your contribution will go towards purchasing advance tickets for those new or in need in our fellowship. Your support is greatly appreciated.

CONTRIBUTE: \$

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

By Stephan P.

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

This is the fourth installment in our ongoing series exploring the use of the Lord's Prayer in AA meetings. Parts 1 through 3 looked at the history of the prayer, how it became part of early AA custom, and the widening of AA's spiritual language. This month, before turning to more specific Traditions, we step back to understand the spiritual framework that guides all group decisions in AA.

Part 4 – The Bookends of AA's Traditions: Unity and Humility

Before exploring how individual Traditions apply to customs like closing with the Lord's Prayer, it is helpful to understand why the Traditions exist at all. AA's Twelve Traditions were not written to control groups or create regulations. They emerged because AA nearly split apart many times in its early years. Groups argued. Outside affiliations crept in. Strong personalities dominated meetings. Some groups endorsed religions or causes. Others fought over money, leadership, or public recognition.

Bill W. realized that without spiritual principles to guide group life, AA could lose the unity that made recovery possible. The Traditions became a solution to these growing pains. They offered a spiritual structure that kept AA whole, free, and focused on its primary purpose. They continue to serve that function today. They are not rules to be enforced, but principles that groups choose to practice because they protect AA for future alcoholics.

How the Traditions Function

The Steps and the Traditions are often paired together in conversation, but they work in very different ways. The Twelve Steps move in order, one building upon the next. As AA members, we know that the Steps ought to be taken in sequence because each prepares the ground for the next spiritual action.

The Traditions do not function this way. They are not a

ladder to climb. They are spiritual principles that groups call upon as needed. A group may rely on Tradition One when unity is threatened, Tradition Two when making a decision, Tradition Four when considering autonomy, and Tradition Twelve when ego appears to overshadow principle. They are tools that guide group life in real time, depending on what the group faces.

Understanding this helps us approach questions about customs, including the use of the Lord's Prayer, with more spiritual clarity. We do not “work” the Traditions one to twelve. *We apply them in the situations where they are needed.*

Short Form and Long Form of the Traditions

Most AA members hear the short form of the Traditions read at meetings. These versions are brief and memorable. But each Tradition also has a long form that carries additional nuance and guidance. Because the long forms are rarely read aloud, many members never encounter the fuller spiritual explanation behind them.

Learning the long forms can deepen our understanding of the Traditions and help us see why certain principles matter. For example, the long form of Tradition One emphasizes that AA unity is essential to our survival. The long form of Tradition Twelve explains that anonymity has immense spiritual significance because it asks us to practice genuine humility. These deeper expressions can guide us when we evaluate group practices or customs.

With this foundation, we turn to two Traditions that help frame all the others: Tradition One and Tradition Twelve. These act as bookends. They show us why the Traditions exist and how they are meant to be lived.

Tradition One: Unity as the Foundation

The long form of Tradition One states: “Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”

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

This Tradition teaches that AA's survival depends on unity. Without unity, there is no fellowship to receive the still-suffering alcoholic. Unity does not mean uniformity. It means that group decisions take into account the well-being of AA as a whole, especially that of the newcomer.

Tradition One invites groups to look at their customs and ask whether those practices help or hinder unity. A familiar closing ritual may feel comforting to long-time members. Yet unity asks us to consider more than comfort. It asks us to consider how our choices affect those walking in the door for the first time — whether new to the program or simply visiting from another group.

Applied to the Lord's Prayer, Tradition One invites thoughtful reflection. Does this practice strengthen unity, or does it create a barrier for some who struggle with traditional religious language? Does it reflect AA's common welfare or primarily the preferences of those already comfortable in the meeting? Tradition One does not dictate a specific answer, but it guides the spirit in which the question should be asked.

Tradition Twelve: Humility and Spiritual Anonymity

The long form of Tradition Twelve reads in part: "It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us."

Many AA members first encounter anonymity as withholding last names in meetings or in public communications. While this is a familiar practice, the anonymity described in Tradition Twelve is not solely about privacy or concealment of identity. Here, anonymity is presented as a spiritual principle. It asks us to practice humility by keeping personal prestige, ego, and individual recognition in check. The use of first names with last initials is simply one common custom, an outward expression of a much deeper idea. The heart of anonymity is spiritual humility, not secrecy, and it reminds us that no member's personality or preferences should outweigh AA's principles or its primary purpose.

When Tradition Twelve speaks of "principles before personalities," it is referring to the thirty-six spiritual

principles that make up AA's Three Legacies. These are the Twelve Steps of Recovery, the Twelve Traditions of Unity, and the Twelve Concepts of Service. These principles reflect AA's collective experience of what helps alcoholics recover and what keeps groups whole. They are not personal moral values or lifestyle philosophies. They are AA principles, meant to shape how we carry the message together.

Tradition Twelve invites us to approach group customs with humility. Instead of asking what we personally prefer, we ask whether the choice aligns with AA's principles. Instead of defending a custom because it feels familiar, we consider whether it serves our purpose and helps the newcomer feel safe and welcome. Humility frees us from insisting on our way and opens us to the group conscience.

Unity and Humility Working Together

Tradition One and Tradition Twelve frame the spiritual structure of AA group life. Unity protects the fellowship from division. Humility protects the fellowship from ego. These two together help groups approach decisions with clarity and spiritual balance.

This pairing offers a helpful way to consider the Lord's Prayer. Some groups value the prayer as a meaningful part of their history. Others feel that its use may confuse or exclude newcomers who struggle with organized religion. Tradition One and Tradition Twelve give us a way to explore both perspectives without judgment. Unity asks whether a practice strengthens or weakens our common welfare. Humility asks whether we are placing AA's principles ahead of personal preference.

When groups begin from these two Traditions, the conversation shifts from "what do we like" to "what best carries the message." That shift is the heart of AA's informed group conscience.

Next Month: *In the next installment, we will look at how Traditions Two and Four help groups make decisions about customs such as closing prayers. We will explore the spiritual role of group conscience and the limits of group autonomy. These Traditions show us how unity and humility move from principle into practice.*



Howdy friend,

This is the Ottawa Intergroup 12 Step Coordinator reaching out with a little bit of housekeeping and a whole lot of gratitude.

First off, thank you kindly for volunteering to answer the 12 Step call. Folks like you are the ones who saddle up when someone out there is hurting and looking for help. That kind of service means more than words can say.

We're in the process of building a **12-Step Email Contact List** so we can keep our records up to date and stay better connected with the men and women who've stepped forward to carry the message. This will also help us share important 12 Step information, along with occasional training opportunities to help us all stay ready when that call comes in.

If you're currently on the 12 Step telephone list, we'd sure appreciate it if you could email us and let us know the best **email address** to add to our new email contact list

Our aim is simple: keep the posse connected so when someone reaches out for help, we're ready to ride.

Thanks again for your willingness to serve and for helping carry the message to the next person who needs it.

With gratitude,

Ottawa Intergroup
12 Step Coordinator

Paul D.

EMAIL 12step@ottawaaa.org

Area 83 Eastern Ontario Int'l & Ottawa Intergroup Archives Workshop

Area 83 Archives: Mission Statement and Structure

The mission of the **Area 83 Archives Committee** is to permanently document the work of Alcoholics Anonymous within our Area, allowing all A.A. members and researchers access to our historical records. Providing this access offers vital context for understanding our fellowship's progression, principles, and traditions.

Area 83 consists of **24 Districts**, with 20 District Archive Chairs currently registered. Within our Area, there are four Intergroup offices located in **Ottawa, Toronto, Peterborough, and Oshawa**. Three of these four offices have active Archive Committees. With the support of the Ottawa Intergroup, we hope to revitalize their Archive Committee and encourage more members to get involved.

Archive Committees: Role within the A.A. Structure

The District Archives Chairperson The role of the District Chair is to support groups within their District regarding historical inquiries, such as group creation, previous locations, and historical milestones (e.g., Group Anniversaries). District Chairs maintain physical and digital records as well as important artifacts, such as vintage group banners and signs. Chairs are encouraged to find suitable repositories for these items—such as local libraries, museums, or municipal archives—while always ensuring the fellowship retains ownership of the materials whenever possible.

The Area Archive Chair The Area Archive Chair guides and assists District Chairs with any questions they may encounter. This individual works closely with the Area Archivist on upcoming events and serves as the Archivist's voice at all Area meetings and assemblies. The Area Archive Chair reports to the Area Committee several times throughout their two-year term and acts as a liaison to the General Service Office (GSO) when necessary.

Service Opportunities

If you have an interest in the history of Alcoholics Anonymous and would like to get involved in Archives, all you need to do is reach out! If you are unsure how to start, contact your **General Service Representative (GSR)**; they can put you in touch with your District Archives Committee or the Area Archives Chair. We are always looking for enthusiastic members to share their

experience and passion—**no experience is necessary!**

2026 Archives Workshop – Ottawa

Area 83 and the Ottawa Intergroup Committee are pleased to announce that this year's workshop will take place in Ottawa on **MAY 16, 2026**.

10:00 AM: The day begins with short presentations on local A.A. history, oral history samples, and various displays to browse.

Lunch: Following the presentations, a light lunch and refreshments will be provided, courtesy of our hosts, the Ottawa Intergroup.

1:30 PM Sharp: A tour of the **City of Ottawa Archives** (100 Tallwood Dr., Nepean, Ont.). The tour will include the Reference Room, Archival Vaults, and Gallery space. Our guide will demonstrate how researchers access materials and how records are professionally stored and preserved.

Please come out and support your Ottawa Intergroup and Archives Committee at this wonderful event. There will be something of interest for everyone. The morning portion will be offered virtually; Zoom information is forthcoming. Please check your Intergroup website or the "Archives" tab on the Area website in the near future for the official invitation.

With Love and Service,

Mike H, Panel 75 Archives Chair Area 83 Eastern Ontario International



Spring will be Here Soon.

By Lilly W.

Even when the world feels chaotic.
Even when headlines are heavy.
Even when we are quietly walking through personal challenges of our own.
The seasons don't rush. They don't argue. They turn.
Under frozen ground, something is already shifting.
We can't always see it .but it's happening.
Recovery can feel like that too.
There are seasons when growth is visible and exciting. And there are seasons that feel still, uncertain, or heavy. Times when we question whether anything is changing at all. Yet beneath the surface, if we are showing up, staying sober, staying connected, practicing the principles, something is always moving.
Spring reminds us that nothing stays dormant forever.

Light returns gradually.
Warmth builds slowly.
What seemed lifeless was simply resting.
In recovery, we learn that we don't have to control the world around us. We don't have to solve every problem or carry every burden. We focus on the next right thing. A meeting. A call. A prayer. An honest inventory. A simple act of kindness.
We tend our own small patch of ground.
And then, almost without noticing, something begins to bloom.
As we move toward longer days and softer light, may we remember that renewal is not dramatic. It is steady. It is faithful. It often begins quietly , one day at a time.
Spring is coming.
And so is new growth ,for all of us who are willing.
-Lilly W



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 A.A. 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@ottawaA.A.a.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: |
|--|--|--|
| Intergroup Vice Chair | chair@ottawaaa.org | Please email the chair to learn about the role of the Vice Chair |
| Telephone Answering Service | tas@ottawaaa.org | Vacant shifts available—one time or monthly. |
| Ottawa Withdrawal Management Centre (OWMC) | owmc@ottawaaa.org | Carry the message. |
| Treasurer of the CFT Committee | cft@ottawaaa.org | Please email if interested!! |



“PRESERVING OUR SHARED HISTORY”
Area 83 Eastern Ontario International & Ottawa Intergroup
ARCHIVES WORKSHOP

WHEN & WHERE
Date: Saturday, May 16, 2026
Time: 10:00 AM - 5:00 PM
Location: Bronson Centre,
211 Bronson Rd, Ottawa Ont.

HIGHLIGHTS
-Local AA history
-AA Displays
-Oral history sample
-Tour the City Of Ottawa Archives

ALL ARE WELCOME- HYBRID EVENT - for more information contact archives@area83aa.org

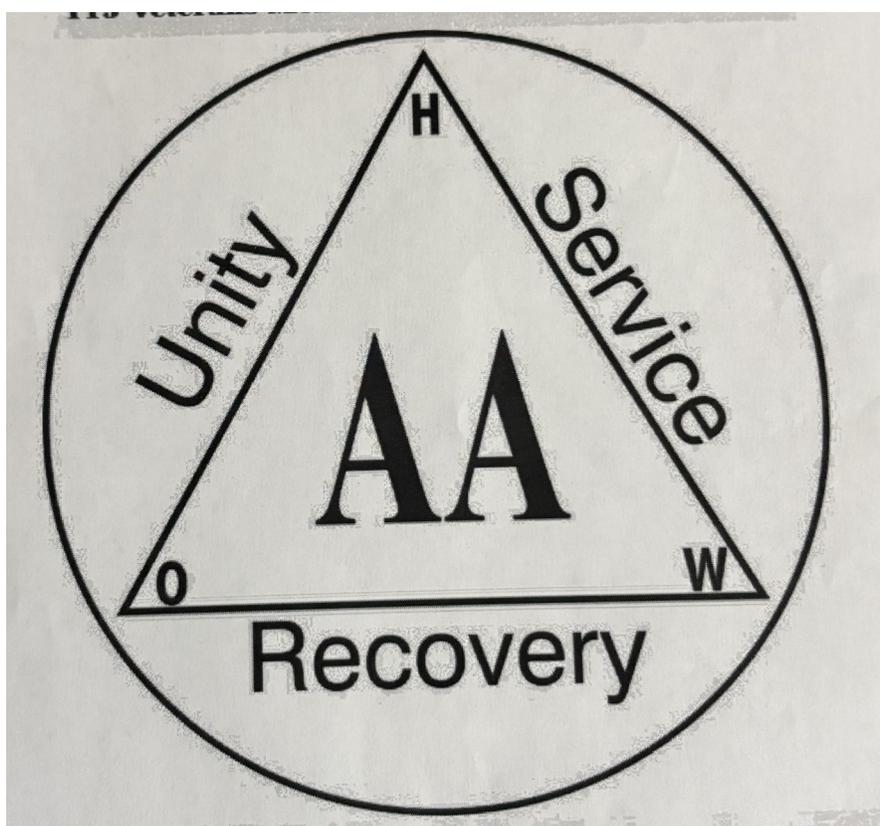
The flyer features a central image of hands holding a book with the AA logo, surrounded by various archival items like photos and documents. The background is a textured, light-colored surface.

A.A/Al-Anon—Renfrew Pontiac District 70

St Patrick's Day Roundup

Saturday March 14, 2026

115 Veteran Memorial Boulevard, Renfrew ON



All Welcome—7th Tradition Only—Registration 10:30 am

Opening Speaker at 11:45 am, Closing speaker at 4:15 pm

A.A. and Al-Anon Panels All Afternoon

LIGHT LUNCH AT 11:00 & POTLUCK DINNER AT 5:00 PM

Limited Mobility Drop-Off and Parking

Contact: johnleast620@gmail.com or 613.295.9181



DISTRICT 66 PRESENTS



The Golden Triangle
ROUNDUP

Keep Coming Back

Saturday, April 11, 2026

Smith Falls Civitan Hall

12468 Hwy 15 North,
Smith Falls, ON K7A 4S7

POTLUCK

Doors Open: 11:30 AM

- AA Panels
- Al-Anon Panel
- Guest Speaker
- Supper: 5:30 PM

For More Info:

roundupcochair@lanarkleedsaa.org

UNITY • SERVICE • RECOVERY

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, K1 R 6H5

Telephone: (613) 237-6000

Email: info@ottawaaa.org

Ottawa Area Intergroup

| | | |
|------------------------------------|--------------|--|
| Chair | Kevin M. | chair@ottawaaa.org |
| Vice-Chair | Vacant | 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 | Paul D. | 12step@ottawaaa.org |
| Spring Conference | Lorrie W. | spring@ottawaaa.org |
| Eastern Ontario Conference | Geraldine H. | 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.