

Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous

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

By Stephan P.

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

This is the fifth installment in our ongoing series exploring the use of the Lord's Prayer in AA meetings. Previous installments examined the history of the prayer, the widening of AA's spiritual language, and the foundational role of unity and humility in AA's group life. This month, we turn to the Traditions that guide how groups make decisions about their practices.

Part 5 – Group Conscience and Group Autonomy in AA

In Part 4, we reflected on unity and humility as the spiritual bookends of AA's Traditions. These principles shape how groups approach questions about meeting customs. In this installment, we look more closely at how AA groups make decisions. Tradition Two explains the spiritual source of authority in AA. Tradition Four describes the scope and limits of group autonomy. Together, these Traditions help groups reflect thoughtfully on practices such as closing with the Lord's Prayer.

Tradition Two: A Loving God Expressed in Group Conscience

Tradition Two tells us that a loving God, as expressed in our group conscience, is the authority in AA. This means that group decisions are not governed by strong personalities, popularity, or persuasion.

Authority in AA is spiritual, never personal or concentrated among individuals.

AA service literature describes group conscience as a process that grows out of shared information, careful listening, and the application of AA principles. The pamphlet *The A.A. Group... Where It All Begins* explains that an informed group conscience reflects the sharing of individual viewpoints and seeks substantial unanimity rather than a simple majority.

The pamphlet also notes that on sensitive issues, groups often benefit from moving slowly and thoughtfully, remaining alert to the influence of dominant opinions. This guidance reflects the spirit of Tradition Twelve, which reminds us to place principles before personalities. When group conscience is approached this way, it becomes an expression of humility and unity rather than pressure or habit.

When questions arise about meeting customs such as closing with the Lord's Prayer, Tradition Two invites members to pause and reflect together. It asks the group to seek what best serves AA's primary purpose rather than what feels most familiar or personally meaningful.

An Informed Group Conscience Within the Business Meeting

AA literature describes group conscience not as a separate kind of meeting, but as the spiritual process by which decisions are reached within a group's business meeting. As outlined in *The A.A. Group... Where It All Begins*, group conscience emerges through the sharing of information, the expression of individual points of view, and the application of AA principles.

While business meetings often include necessary logistical discussion, AA service material makes clear that their deeper purpose is spiritual. Groups are encouraged to seek an informed group conscience that reflects substantial unanimity rather than speed or efficiency. On sensitive matters, our literature suggests that groups often benefit from allowing clarity to emerge over time. AA literature also emphasizes the importance of hearing all voices. The group inventory and group conscience guidance in *The A.A. Group* highlight that minority opinions can be essential to reaching an informed conscience. This means that even quiet or

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

hesitant members may offer insight that helps the group remain aligned with its primary purpose. Our book, the Twelve Steps and Twelve Traditions, reinforces this idea by reminding us that authority in AA comes not from personalities, but from a loving God as expressed through the group conscience.

Approached this way, the business meeting becomes more than a forum for procedure. It becomes an opportunity to practice humility, patience, and responsibility for the common welfare. Decisions about meeting customs, including closing practices, are then guided not by habit or attachment, but by careful reflection on how those choices affect AA unity and the alcoholic who still suffers.

Tradition Four: Group Autonomy in AA

Tradition Four states that each group should be autonomous except in matters affecting other groups or AA as a whole. Autonomy is one of AA's great strengths. It allows groups to develop formats and customs that reflect the needs of their members and their communities.

The long form of Tradition Four adds important nuance. It explains that groups are responsible to their own conscience in their *internal affairs, but that when a group's actions may affect neighboring groups or AA as a whole, consultation is appropriate because our common welfare is paramount.*

The A.A. Group pamphlet echoes this balance by noting that each group functions independently except in matters affecting other groups or AA as a whole, and that each group is as unique as a thumbprint. This diversity helps explain why AA does not expect every group to make the same decision about meeting formats or closing rituals.

At the same time, AA literature does not suggest that autonomy alone is a sufficient spiritual justification for any group practice we may wish to institute. *Autonomy in AA exists alongside responsibility to the Fellowship and to the newcomer. When a group*

relies solely on its right to choose without engaging informed group conscience or reflecting on how its choices affect others, it may miss an opportunity for deeper spiritual work.

Seen this way, autonomy is not about asserting independence or defending isolation. It is about exercising freedom with humility and awareness of how a group's decisions shape the experience of those who come seeking help.

Many Groups, One Fellowship

The Traditions we have explored do not stand alone. Tradition One reminds us that our common welfare comes first, because personal recovery depends upon AA unity. Tradition Two points us toward a spiritual authority expressed through an informed group conscience rather than individual preference. Tradition Four grants groups autonomy, while also reminding us that our actions may affect other groups and AA as a whole. Tradition Twelve asks us to place spiritual principles before personalities, grounding all of this in humility.

Taken together, these Traditions offer a framework for how AA groups can approach questions about meeting customs. Autonomy is real, but it is not isolation. Group conscience is spiritual, but it requires preparation, listening, and patience. Unity does not mean uniformity, but it does ask us to remain mindful that we are part of something larger than our own group and meeting.

Within this framework, groups may arrive at different decisions about practices such as closing with the Lord's Prayer. What matters is not that every group chooses the same outcome, but that each group engages the process thoughtfully, informed by AA's principles and aware of its responsibility to the Fellowship and to the newcomer.

AA's strength has always come from this balance. We are many groups, but one Fellowship. When we hold unity, conscience, autonomy, and humility together, our differences do not divide us. They

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

become part of how AA continues to carry its message, faithfully and responsibly, to the alcoholic who still suffers.

Next Month: *In our next installment, we will return to Tradition Five and consider how our primary purpose shapes meeting practices. We will reflect on what it means for a group to carry "its message" and how unity of substance can coexist with variation in format and custom. By grounding our discussion in AA's shared program of recovery, we can better understand how meeting practices either support or complicate that purpose.*



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 Committee Update

By Lorrie W., Chair, and Committee

We are so excited for May 9 at the Hellenic Centre and the opportunity to grow together with all of you.

A heartfelt thank you to everyone—and to the groups—who have supported this event through contributions and ticket sales. Your continued support means so much. Please keep it coming as we build momentum and strengthen our connection with Ottawa AA.

The day is shaping up to be truly special, featuring meditation, workshops, panels, 3 out-of-town speakers, and Al-Anon participation. We'll also be sharing a beautiful buffet meal, a sobriety countdown, and closing the evening with a Saturday sober dance to live music by Country Rocks.

Please see the schedule for full event details.

We look forward to seeing you all there for a day of fellowship, connection, and celebration.

Date: May 9, 2026 8:00-12:00Am

Location: Hellenic Centre

Banquet ticket cutoff: April 24

Thank you again for your support.

Live, laugh, love,

Your Spring Conference Committee



Ottawa Spring Conference

AGENDA

Registration opens at 7:45am

Hospitality opens 8:00-8:30

Workshop/meeting Room (Senior's Centre)

8:00-9:30: sponsorship workshop. Q and A (John D & Jesse Lee)

11:15-12:45: what is a home group, accessibility and district (Sara M & Denis C)

1:00-2:00: Guided Meditation (John A)

3:30-5:30: step 10 workshop (Holly S)

5:45: Movie "my name is Bill W" in the seniors center or hospitality room

Banquet Hall

8:00-8:30: Meditation

Speaker: Benjamin H

Welcome/ Opening the conference

9:00-9:30: 1st Panel "Growing Together Through the Years" Chair: Bennett Speakers: Dan B, Chris J, Louise G

10:00-11:00: Opening Speaker Cam N (Kingston)

11:30-12:30: 2nd Panel "The Chain of Connection" Chair: Sarah R Speakers: Robyn C, Denise D, Jeanette D

12:30-1:00: Roxanne G musical journey

1:15-2:15: 3rd Panel "Cultivating Growth: The Service Connection" Chair: tbd Speakers: Catherine B, Stephan P, tbd

2:30-3:30: Afternoon Speaker Vickie C (Portland Oregon)

3:30-4:30: 4th Panel "One Program, Many Pathways" Chair: Bianca F Speakers: Jason PM, Marley B, tbd

5:30: Banquet dinner opens Dinner blessings John W

7:00: Sobriety Countdown Chris A, closing remarks introduction of Vice Chair, remarks from intergroup Chair

8:00-9:00: Banquet Speaker Marty J Richmond BC

9:00-12:00: Sober Dance (7th tradition)

AL-ANON MEETINGS

9:00-10:00: Group: Newlife Chair: Lee-Ann H. Panel: "Growing Together"

10:30-11:30: Group: New Beginnings (Kanata) Chair: Marc B. Panel: "How Al-Anon changed my life"

1:00-2:00: Group: 12 Step Discovery Chair: Carol F. Panel: "How we Grow"

3:30-4:30: Group: How It Works Chair: Sarah McG. Panel: "How It Works"

**Banquet Ticket Purchase
Cutoff: April 24**

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	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>
1				
2				
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8				
9				
10				

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: \$

The Power of a Good Roundup

By Mary W.

I never thought it was possible to have fun without alcohol. And that's a big reason why I never wanted to stop drinking. I imagined sober life to be completely drab. Black and white. Void of laughter. Nothing to look forward to. But when I walked through the doors of AA, I found out I was dead wrong. "We're not a glum lot" is the understatement of the century.

My childhood never involved going to church or being involved in any kind of community activities, so I didn't know what fellowship was until I was 40 years old. I never knew how good it could feel to sit in a room full of people from all different walks of life, all together for the same reason; let alone that reason being alcohol. We're all in here because booze messed up our lives and desperation drove us onto a path of recovery and understanding ourselves better – and lo and behold, it's kind of a blast. I remember the first time I looked around an AA meeting as everyone was sharing harrowing anecdotes and their most vulnerable admissions, and I thought to myself, "This is actually way better than sitting in a bar." The more I sat in the rooms of AA, the more my idea of fun started to change.

Then I attended my first roundup. I was nervous at first because I wasn't sure how much interacting I would have to do (I was still dreading social events without a drink in my hand). But once the first panel kicked off, I nestled into my seat and didn't leave it for nine straight hours. I was riveted. There was indeed plenty of chit-chat between speakers, as my friends and fellows sporadically joined me, and I made conversation while refilling my coffee or waiting in line for lunch. But I felt zero pressure. Throughout the day, whether I found myself talking or listening, I was struck by the level of comfort I felt in that crowd. I felt so deeply familiar with these people, I might as well have been in my own living

room. At the same time, I was so inspired by the stories I was hearing and delighted by the faces I was seeing, I felt a kind of excitement I had simply never felt before.

I'm a third of the way through my fourth year of sobriety, and I'm learning that recovery is not always a rockin' good time. It can be a slog. But as I continue to traverse the peaks and valleys of this journey, fellowship remains the fuel that drives me forward. It reminds me that we're all in this for the same reason: joy. What's the point of all this hard work if not to truly, genuinely enjoy our lives? And that's what a good roundup is supposed to do – remind us that we're all in this together... and why we're all in this together.

The Vanier Roundup in Ottawa is coming up this June 13, 2026, and planning is underway. We're joining forces like never before because one of our most dedicated members is no longer with us, and we're all doubling our efforts to fill the void she left. It's amazing the impact a single person can have on this fellowship, as I'm sure you've witnessed. In her honour, we hope to make it one of the best Vanier Roundups ever held, and we hope you'll be there.

Roundups are such a special event. They're a marathon of meetings, meals, stories, laughter, tears, cheers, and dancing. It's a full day of human connection that you simply wouldn't experience if you were getting polluted at some bar, with a tab to pay at the end of the night. Most importantly, it's an event that can really get a newcomer's attention and show them that their social life can be beautiful, joyful, and worth experiencing sober. Just as it did for me.

AA events (and AA as a whole) are made possible by helping hands, so we're extremely grateful for any contribution you'd be willing to make to [vanierroundup@gmail.com](mailto:vaniemroundup@gmail.com). We hope to host the

The Power of a Good Roundup (cont'd)

Vanier Roundup for many years to come, and donations are critical for us to keep it alive.

June 13 is just around the corner, so be sure to mark your calendar! Join us as we gather together to do what we do best: have FUN.

VANIER ROUNDUP:

- BBQ lunch and dinner
- Meetings (AA and Al-Anon)
- Speaker panels
- Yoga

- Sobriety countdown
- 50/50 draw
- Dance

When: June 13, 2026, 10am-10pm

Where: Richelieu Community Centre, 300 Des Peres-Blancs Avenue, Ottawa

Tickets are \$20 (e-transfer in advance or pay at the door)



Learning Step 4 From Many Paths

By Stacey C.

It's been about a year since I completed Step 4 for the first time. If I'm honest, I didn't really know what to expect. And for a while, I did what I now jokingly call *fear-crastinating*. I kept planning and preparing, then re-planning and re-preparing.

Anything that made it feel like I was doing something... while quietly avoiding *the actual work*.

Part of me wanted to begin. I knew how impactful Step 4 could be. I knew it was an important part of acceptance: acceptance of things that had happened in my life, acceptance of other people, and eventually acceptance of myself.

But another part of me was scared. I worried Step 4 might bring up things I wasn't ready to face.

So I started doing something that ended up becoming one of the most meaningful parts of the process: I began asking other members about *their experiences* with Step 4.

I honestly lost track of how many people I spoke with.

Some conversations happened over coffee, sitting across from someone while they shared how they worked through Step 4 with their sponsor. Some happened in diners, passing around fries while someone told me what they would do differently now after having gone through the step a few times. Some happened over the phone, listening quietly as someone reflected on what they wished they'd understood earlier.

And sometimes the wisdom was surprisingly simple: that we can build things up in our minds, when really Step 4 is just another step in the journey.

My sponsor, the woman guiding me through the steps, was remarkable. She's intelligent, compassionate, deeply honest, and absolutely hilarious.

She and I also have *very different* belief systems.

She has a deep connection to her Higher Power in a way that's beautiful to see. I, on the other hand, am an Atheist.

And interestingly enough, that difference was the guiding reason I asked her to be my sponsor.

I've come to believe that when we only surround ourselves with people who think *exactly* like we do, our world gets a little smaller. Our growth can stall - not just in sobriety, but in life.

But when we build real relationships with people who see things differently, our perspective expands. Our understanding deepens. Our compassion grows.

That's exactly what happened with my sponsor. She challenged me in ways only someone with a different worldview could. Because of that, my Step 4 experience became richer than it would have been if I had only approached it from my own perspective.

That's also why those coffee dates, diner conversations, and phone calls meant so much.

I intentionally spoke with people across the belief and spiritual practice spectrum - some whose spirituality is deeply woven into their recovery, and others who navigate sobriety without that framework

Learning Step 4 From Many Paths (cont'd)

By Stacey C.

like I do. Hearing how each person approached Step 4, and sometimes how their sponsors and grand sponsors approached it, gave me insight I never could have gained on my own.

Step 4 ended up being one of the most meaningful parts of my sobriety so far.

It helped loosen the grip of resentments, anger, and fears that once felt like permanent fixtures in my life. And with that came something I didn't fully expect: a deeper sense of peace.

One thing I've come to appreciate about Alcoholics Anonymous is that there isn't just one way to walk this path.

Within the rooms, there is so much diversity in beliefs, life experiences, and how people connect with their recovery and the program. Some meetings are secular. Some are gender-specific. Some close with the Lord's Prayer. Others don't.

And somehow, all of those paths still lead us to the same place: sobriety, honesty, and connection.

My experience with Step 4 was made richer by the members of this program who were generous enough to share their time, their stories, and their hearts with me. Each conversation helped me approach the work with a little more courage and a little more grounding.

Looking back now, I'm grateful I didn't stay inside an echo chamber. Listening across different beliefs and perspectives made Step 4 not only manageable, but deeply meaningful.

And I'm grateful to everyone who shared a piece of their experience with me along the way.



12 Step Intensives

By the Editor.

Deepening Recovery: The Transformative Power of 12-Step Intensive Retreats

Many have told me—and often reminded me—that working the Twelve Steps is a lifelong journey. It unfolds gradually through meetings, sponsorship, daily practice, and, of course, step work. Along my journey, I have been fortunate to experience a deeper, more focused approach through 12-step intensive retreats. For me, these retreats have provided a powerful opportunity to strengthen my spiritual connection with a Higher Power and to build lasting bonds within the fellowship.

A 12-step intensive retreat is exactly what it sounds like: a dedicated period—often over a weekend or several days—where participants immerse themselves in step work. Removed from the distractions of everyday life, members gather in a supportive environment to reflect, write, share, and engage with the program on a deeper level.

One of the most significant benefits has been the focused time and space. In our daily lives, it can be difficult to carve out uninterrupted time for inventory, reflection, and meaningful conversation. A retreat creates a container where recovery becomes the sole priority. This intentional pause allows me to move through the steps in a way that highlights their interconnections and relationships.

Another key benefit is the depth of support. The retreat I attend brings together many individuals with long-term recovery—people who return year after year and whose sobriety is firmly grounded in the steps. Being surrounded by that kind of experience and commitment creates an environment where the principles of the program are not only discussed, but truly lived.

Equally important is the sense of shared experience and connection. This begins even before the retreat starts—often in the car ride there—where conversations about recovery flow easily and anticipation builds. There is something profoundly healing about working the steps alongside others who are doing the same. I am reminded that I am not alone in my struggles or in the things that

once kept me drinking. The honesty and vulnerability in this setting allow me to go deeper, to seek more, and to be more open about my past. For me, this has led to powerful breakthroughs and a stronger sense of belonging.

It is hard not to feel a heightened spiritual connection in this environment.

Time seems to slow down, and distractions fall away. I find myself more aware of the presence of a

Higher Power, more connected, and more a part of something greater than myself.

The retreat typically spans from Friday through Sunday, with speakers presenting on each of the steps throughout the weekend. After each presentation, the larger group breaks into smaller discussion groups. These sessions foster deep sharing and vulnerability, creating a space where people can open up in ways that may be difficult in a regular meeting.

I feel incredibly fortunate to have attended this retreat almost every year since becoming a member of Alcoholics Anonymous. My sobriety has been strengthened, and I have formed lifelong relationships along the way.

I always leave with a renewed sense of connection—to the program and to the people in it. Even the drive home becomes part of the experience, as we share reflections with fellow travelers and often stop for a meal together along the way.

Of course, 12-step retreats are not a replacement for regular meeting attendance or ongoing sponsorship—they are a complement. The real work continues when I return home, but I do so with greater insight, stronger tools, and deeper connections.



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.
Treasurer of the CFT Committee	cft@ottawaaa.org	Great news: this role has been filled! Please welcome Susan P. to the role.



“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, a magnifying glass, and a small AA logo plaque. The background is a textured, light-colored surface.



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



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

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 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	Mark R.	vicechair@ottawaaa.org
Secretary	Catherine B.	secretary@ottawaaa.org
Treasurer	George W.	treasurer@ottawaaa.org
Website	Karol G.	webmaster@ottawaaa.org
Telephone Answering Service	Walter H.	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.