

# 2019 OWMC MONTHLY COMMITMENTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st	Hull Liberty	District 58	Uptown	Orleans Noon	Barrhaven BB Study	Hand in Hand	The Podium/ Hill Group
2nd	Serenity Group	Orleans Hub Group	District 62	District 54	Freedom	Hand in Hand	Friendly
3rd	Merivale Group	Hand in Hand	BB Study (Orleans)	Beacon Hill (Monday Night)	Ottawa South	12 & 3 Discussion	Lunch Bunch @ McNabb
4th	Early Birds Re Cody No GSR	Laurier-Sandy Hill	Stepping Ahead	Westboro BB Study	Oasis	West End Group	12 Steps to Serenity, Serenity Renewal No GSR
5th	12 Steps to Serenity, Serenity Renewal No GSR	Tues-Friday	BB Study (Orleans)	Hull Liberty	Remember When	CFT Committee	Early Birds

*Updated 05/19*

NOTE: FOR SCHEDULING ISSUES PLEASE CONTACT THE CFT COMMITTEE'S OWMC CORDINATER AT [OWMC@OTTAWAAA.ORG](mailto:OWMC@OTTAWAAA.ORG) ALSO IF THERE ARE ANY MATERIAL SHORTAGES , ANY BIG BOOKS YOUR GROUP CAN SPARE ARE GREATLY APPRECIATED .

PLEASE REVIEW THE OWMC SERVICE INFORMATION & THE OWMC AA INFORMATION MEETING GUIDELINES ON OUR WEB SITE, OUTSIDE RECOVERY MATERIALS ARE NOT PERMITTED.

THANK YOU IN ADVANCE FOR YOUR SERVICE, PLEASE FORWARD AND QUESTIONS TO [OWMC@OTTAWAAA.ORG](mailto:OWMC@OTTAWAAA.ORG). I'LL RESPOND WITHIN 24 HOURS