

# PASS IT ON February 2018

## The Next Frontier: Emotional Sobriety by Bill Wilson

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer... "It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra

dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

*While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.*

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

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## **AA Meetings in need of support**

**Babes of Anonymity** Thursday @5:30 680 24<sup>th</sup> street  
(OWD)

**Friday Night Action** Friday 8pm; 3329 Harrison Blvd. St  
Paul Lutheran Church.

**Coalville AA @ The Firehouse** Sunday, 7pm

**SOS Group** 1579 South State, Clearfield  
Friday 8:00 pm O, WC

**Wed Night Mixed Gr** 8:00 pm 3350 Harrison (OD)  
United Church of Christ Congregational

**Admitted We Were Powerless**

Saturday 7PM Elevation Church  
375 South State, Clearfield

**Clearfield Group** Saturday 5:00pm

Clearfield Community Church  
200 South 500 East Clearfield  
(Suggested Announcements)

The Inter Group/IGR Meeting is now at 6:30 the second  
Monday of each month.

Central Office is now open Saturday and Sunday staffed  
with volunteers.

You will want to call to insure a volunteer is in the office  
on those days.

## **GSO – Area 69 –**

### **District 1, & 11 - Information**

\*\*District 1 – 2<sup>nd</sup> Thru, 6:30PM 131W Forest St. Brigham

**In need of more GSR's Suit Up Or Show Up!!**

\*District 11 – 2<sup>nd</sup> Wed 6:30PM-1131 S Main St  
Centerville, Utah

## **Area 69 Committee Meeting February 24<sup>st</sup> 2018**

Hosted by District 11

Episcopal Church of the Resurrection

Address: 1131 South Main St, Centerville, UT  
84014

[www.aa.org](http://www.aa.org) - [www.utahaa.org](http://www.utahaa.org) [www.aagrapevine.org](http://www.aagrapevine.org)

Events listed are presented solely as a service to  
readers, not as an endorsement by Intergroup Service of  
Northern Utah or AA. For any additional information,  
please contact Central Office at 801393-4728

*Alano Club Activities, 680 24<sup>th</sup> Street, 801-393-  
5054 Alano Club Webpage [alanoninc@gmail.com](mailto:alanoninc@gmail.com)*

*Alano Club Karaoke every Sunday 8pm*

*Alano Club Dance Every Saturday Night  
8:00pm to Midnight  
(Non-Members \$2.00)*

*(support the Alano Club by purchasing an annual  
membership)*

***Women's Retreat House is looking for live in and  
volunteer managers Please call 801-393-0344***

## **Dixie WinterFest**

Friday, February 23 through Sunday, February 25, 2018  
at the Red Lion Hotel and Conference Center; 850 South  
Bluff, St. George

## **Tuesday Morgan Group Chili Cookout**

*Beautiful Downtown Croydon , UT  
February 24<sup>th</sup> Noonish to 3ish*

Email CO at [igrcentraloffice@gmail.com](mailto:igrcentraloffice@gmail.com)

Central office Web Site <https://www.northernutahaa.org>

## **Suggested Contributions**

(District One Pink Can Contributions can be sent to Central Office)

50% - Intergroup AA  
Suite 108A 3480 Washington  
Ogden, Utah 84401

10% - Area 69  
P.O. Box 6044  
Clearfield, Utah 84089

30% - GSO  
P.O. Box 459, Grand Central Station  
New York, NY. 10163

10% - District 11  
1805 N. 1450 W.  
Layton, UT 84041 - 1517 (whichever applies)

10% - District One  
Brigham City, Utah 84302  
P.O. Box 953

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## Ogden Central Office Jan IGR Meeting Minutes

**January 8, 2018**

In attendance were Steering Committee Members – Mike W., Jody H., Mike F., Darren H., Bob A. and William B., Central Office manager – Nike D., website editor – Kelly C., IGR's – Mike L., Dustin H., John H., Darren H., Randy C. and Earl T.

Mike W. opened the meeting at 6:42 pm with a moment of silence for the still suffering alcoholic. Darren H. read the preamble and the 7<sup>th</sup> tradition basket was passed, collecting \$11.

Mike L. reviewed the DEC financial statement. Mike informed the committee of the following:

1. Receipts will now be issued for ALL donations.
2. The annual budget statement will be included in the FEB Pass It On.
3. PayPal accounts are being incorporated to accept donations.
4. Apello monthly costs have been reduced due to lack of service usage.

Nick D. provided the Central Office DEC report. In DEC the office received 49 emails, 65 office visits and 71 phone calls.

Kelly C. provided an update on the website. The website received 1260 hits in DEC and 259 in JAN as of the 8<sup>th</sup>. Kelly plans to add a link that provides descriptions of the various group service positions' roles and responsibilities.

**(Full reports are available in the Central Office)**

### New Business

A motion to make the website editor position a voting member of the steering committee was tabled until next month to allow more discussion.

A motion was passed to have the IGR's confirm District 1's intent to have the Ogden Central office continue managing their "Pink Can" money. A

dedicated account will be created to account for those funds in the financial statement.

Mike W. closed the meeting at 7:27pm with the Serenity Prayer.

### **Service Opportunities at Central Office**

- IGR's needed if you are interested get with your home group and represent them at the Central Office Inter Group meeting the second Monday every month at 6:30.
- Women and Men needed for the 12 Step Call list, get with Nick at Central Office to get signed up.
- Central Office is open Monday thru Friday 11 to 3 and we are looking for volunteers to keep the office open after hours and on week-ends 12 to 4. Get with Nick at Central Office to get signed.
- Central Office 801-393-4728

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## District One Meeting Minutes for January 11, 2018

### ① OPENING:

Dave called the meeting to order at 6:37 with a moment of silence, followed by the Serenity Prayer. William read the GSR Preamble and Cecil read the Twelve Traditions. There was one new ALT GSR- Tyler Ave Group. There was no interested A.A.s. There were no visitors. Those in attendance: DCMC, 2 DCM's, 9 GSR's, Secretary, Treasurer, and Grapevine, Intergroup Logan, Intergroup Ogden, and Treatment excused. Sue called the roll and read the minutes from the December District One meeting. The minutes were approved, with a motion from William and Craig 2<sup>nd</sup>.

### ② REPORTS

#### ☛ Intergroup Logan – Shelley-Report

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☛ Intergroup Ogden –William - Did not get copy of report.

☛ Grapevine - Paul H. - District 1

Hello Friends, I apologize that this past month I did not do very much for this position. I did send in the request forms for the old issue Grapevine magazines and for the free information flyers, but have not received anything yet. I am also going to request to put up a display at the Cache Valley Intergroup

Annual Chili Cook-off on Saturday January 13. Thank you for the opportunity to serve.

☛ Treasurer – Michelle

The District One Finances for December 2017 are as follows: 5 groups and the basket contributed \$174.65. The expenses totaled \$82.32. The total balance of the account this month is \$2356.75. Minus our \$2000 P/R, the total balance is \$356.75. Treasurer report was approved, with a motion from Cecil and Craig 2<sup>nd</sup>.

☛ Treatment – Janessa – Not present. She did send a message that there was no report.

### ③ OPEN DISCUSSION – GSR'S

There was some discussion about the "Pink Can" money. Mike will make sure that there is a report of the "Pink Can" money in the Pass It On.

### ④ ELECTIONS

Elections were opened for 3 DCMs, 5 Alt. DCMs, Corrections, Literature, C.P.C., and PI Chair Positions. No one stood.

PLEASE TAKE THIS BACK TO YOUR GROUPS.

### ④ OLD BUSINESS

➔ There was discussion about the budget for 2018. The budget committee met before the District meeting. There will be a copy next month to take back to groups, then voted on in March.

### ⑤ NEW BUSINESS

➔ Paul presented Concept #6.

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

➔ Craig will present Concept #7 next month.

➔ Questions were raised about service positions. Sue will send a digital copy of the guidelines to Central Office to be put on the web page. Dave talked about using a service sponsor when deciding to do service work.

➔ It was also decided the planning meeting before the District meeting doesn't need to be a permanent fixture on the Agenda. It will be an as needed planning.

### ⑥ COMING SOON

☐ Next District Meeting - BC Alano Club – February 8, @ 06:30 pm

☐ Committee Meeting (District 11 Layton) February 24

☐ PRAASA March 2-4 Area 42 (Sparks NV)

☐ Pre-Conference Assembly April 6-8 District 3 (Provo)

### ⑦ CLOSING

The meeting was closed at 7:26 pm with the Responsibility Statement.

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## 2017 Northern Utah Central Office Financial Statement

### 2017 Group Donation Totals

12 O'clock High Group	\$275.00
702 Group	\$50.00
Bear River (7) / We Ain't Saints	\$300.00
Beyond the Horizon Group	\$505.00
Clearfield Group	\$127.00
Courage to Change Group (R R)	\$428.50
Delta Group	\$33.00
Flying High Group	\$150.00
Group Brigham City Alano	\$46.00
Grupo Primer Paso de Ogden (SP)	\$105.00
Higher Ground Group (Fruit Heights)	\$630.00
It's In The Book	\$225.00
Last Thursday 12&12 Group Roy	\$12.00
Meat and Potatoes ABSI Study	\$468.23
Meat and Potatoes Big Book Study	\$468.23
Our Ladies of the Mountain (WRH)	\$20.00
Primary Purpose Group (Layton)	\$97.50
Recovery Together Group (5)	\$850.00
Sat Am Men's Brotherhood Group	\$895.00
Sat Night Alumni Group ORM	\$204.00
Saturday Night Alumni	\$150.00
Serenity Happy Hour Gr (Layton)	\$1,280.00
Serenity Happy Hour Group Wednesday	\$68.00
Sisters' In Sobriety Group	\$105.00
Stone of Sisyphus Group	\$202.20
Sunday Morning Serenity Group -	\$9.67
Sunday Night Unity Group	\$839.80
Thursday Night Harrison Group	\$98.22
Tuesday Morgan Group	\$400.00
Tyler Ave Group	\$500.00
Valley Camp	\$1,126.25
Wednesday Night Alumni Group ORM	\$750.00
Women's Circle Of Hope	\$180.00
Women's Retreat House Groups (AI	\$1,461.00
<b>Total 2017 Group Donations</b>	<b>\$13,059.60</b>

District One Pink Can 2017	
Beginning Balance	116.97
Total Deposits	959.33
Total Sales	790.5
Ending Balance	285.8

### 2017 Total Income

Department		Qty Sold	Ext Price
Books		928	8,680.90
District Donations		7	420.00
Group Donations		125	12,963.55
Individual Donation		14	102.75
Literature	Misc / Other	142	1,140.13
Medallions/Chips		2,697	2,589.00
Pamphlets		990	230.74
Web Site Donations		3	218.36
<b>Total</b>			<b>25,381.10</b>
Literature	Pink Can	29	964.33

### Annual Activity

On Line Donations +	\$533.51
Deposits +	\$24,722.33
Card Trans +	\$2,242.53
Card Fee	(\$35.32)
Answering Service	(\$1,428.51)
Bank Fee	(\$2.00)
Books	(\$8,462.61)
Chips	(\$1,643.24)
Insurance	(\$475.00)
Payroll	(\$6,329.16)
Rent	(\$4,840.00)
Tele/Internet	(\$1,680.30)
Supplies	(\$906.38)
Web Start Up	(\$261.18)
<b>Operating Account</b>	
2017 Ending Balance	\$1,390.46
2017 Beginning Balance	\$1,217.21
<b>Annual Increase</b>	<b>\$173.25</b>
<b>Prudent Reserve</b>	
2017 Ending Balance	1,881.86
2017 Beginning Balance	1,730.40
<b>Annual Increase</b>	<b>\$151.46</b>

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## UTAH AREA 69 CALENDAR OF EVENTS As of February 2018

February 24, 2018 February Committee Mtg. District 11 Centerville  
March 2-4, 2018 PRAASA Area 42 Sparks, NV  
April 6-8, 2018 Pre-Conference District 3 Provo  
April 22-28, 2018 General Service Conference New York, NY  
May 18-20, 2018 Post Conference Assembly District 4 Filmore  
June 16, 2018 Bridging the Gap Workshop District 11 Bountiful  
August 18-19, 2018 Pre-Assembly Workshop District 10 SLC  
September 7-9 2018 Pacific Regional Forum Area 6 San Jose CA.  
September 21-23, 2018 Fall Assembly (Area Elections) District 10 SLC  
November 3-4, 2018 Fall Workshop TBD TBD  
December 1, 2018 December Committee Mtg. TBD TBD  
February 26, 2019 February Committee Mtg. TBD TBD  
March 2019 PRAASA Area 9 Irvine CA.  
April 5-7 2019 Pre-Conference Assembly District 11 Bountiful  
April 21-27 2019 General Service Conference New York, NY  
May 17-19 2019 Post-Conference Assembly District 8 Vernal  
June 15, 2019 Bridging the Gap Workshop TBD TBD  
August 17-18 2019 Pre-Assembly Workshop TBD TBD

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## Valley Camp

**2017/2018 Dinner and a Meeting Schedule and Events**

**\$6.00 per Plate—Kids 12 and Under are Free**

Date:	Dinner:	Hosted By:
2/3/18	Pulled Pork	Riley
2/17/18	Enchiladas	Mike and Jody
3/3/18	Pork Caritas & Rice	Josh and Jana
3/17/18	Pork Enchilada	Mike, Tyler, Kevin and Trent
3/31/18	Valley Camp Easter Egg Hunt Ham Dinner	Valley Camp
4/21/18	Chicken and Dumplings	Ryan and Megan
5/5/18	Chili Verde Cook Off (Winner Receives Free Family Pass to Campvention)	Enter Your Chili Verde
5/26/18	Summer BBQ Kickoff	Blair

*Dinner Starts at 6:30pm*

*Board Elections Start at 3pm-----Easter-Egg Hunt Egg Start 12:00pm (Noon)*

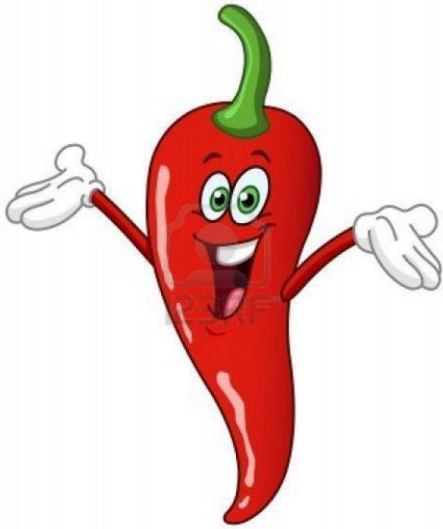
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## CHILLY CHILE COOK OUT

FEBRUARY 24 2018

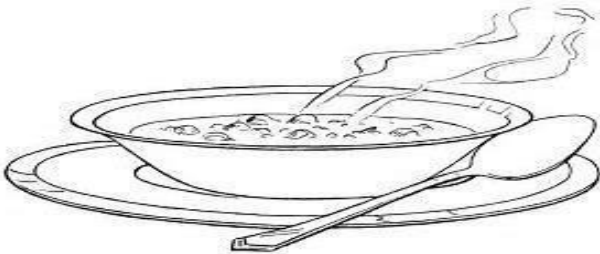
BEAUTIFUL DOWN TOWN CROYDON UTAH AT THE PAVILION IN THE CENTER OF TOWN

12 NOON TILL 3 OR MAYBE 4 ISH

SUGGESTED DONATION 3 DOLLARS PER PERSON (more or less)

HEAD UP WEBER CANYON FROM OGDEN, TAKE THE EXIT RIGHT AFTER DEVILS SLIDE AND FOLLOW THE SIGN TO THE CENTER OF TOWN

CHILI AND TAMALES SERVED, SIDE DISHES ARE ALWAYS WELCOMED. QUESTIONS PLEASE CONTACT MIKE L. 801-645-9538



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