

PASS IT ON June 2018

<https://www.northernutahaa.org>

Not a river in Egypt

From the June 2018 Grapevine magazine.

Even in sobriety, denial ruled his life. But Step Six and a cool Higher Power helped him begin to accept reality and lift his head out of the sand "Your daughter has something in her lung," the doctor said. "She needs to have it removed and it needs to be today."

My daughter was 18 months old when she inhaled a popcorn seed deep into her left lung. It was a big deal and had to be surgically removed. When the doctor used words like "probability of death" and said, "She could incur permanent damage," well, let's just say that I handled the news like I usually handle anything that scares me.

"This doctor is nuts," I said to my wife. "We should get a second opinion." And some vodka, I thought to myself.

Denial. We all live with it. It's the first of the five stages of grief. Denial not only presents itself in my life when someone dies, but whenever anything happens that involves having to accept any kind of change that scares me. I go into denial at work, over finances, with my kids, my wife, my sponsor. Doesn't matter. If something is about to happen and I don't want it to happen, then it didn't happen. Denial is one of my defects of character. It is the first aggressive angle I take to say no to reality. As an alcoholic, I use denial as a weapon because I really, really want things to go on as they were. People tend to retreat when I get snide and cocky. I'm really good at it and I'm even better at it when I'm hammered. When it came to my drinking, my denial was unbreakable. There wasn't a spouse, a parent, a therapist, a friend or a religion that could convince me that I had a problem. And even when alcohol stopped working for me physically, mentally, spiritually and socially, I still wanted it in my life. That's how powerful the obsession was for me. I did not want to stop drinking.

So when I got to AA and accidentally got a sponsor, I did what any upstanding drunk would do when it came to Step One: I faked it. "Oh, yes. I am an alcoholic," I said. "I am powerless over alcohol. Sure, my life is unmanageable." I'm ready for Step Two, suckers! But as I faked it, even though I was staying sober, my life got worse. My wife asked for a divorce after I got sober; my relationship with my kids broke after I got sober; I saw my financial situation failing after I got sober; I realized I had no friends after ... shall I go on? My life really was unmanageable. It's amazing what a few weeks of "undrunkness" will show a person. I was in serious denial over all of it.

I have said in meetings many, many times: the only thing that alcohol has ever given me was the gift of

desperation. Desperation drove me to try a couple of new things that were foreign to me—honesty and God. I was terrible at honesty when I got to AA. I lied and distorted everything for personal gain and to avoid confrontation. Even when I could tell the truth, I lied. Just a little tweak here and a little fake there and I looked like an even bigger hero, or a much more generous person, or a martyr or just an all-around great guy.

It took a lot for me to go to a meeting and finally admit that I used alcohol to fix my life and that I didn't want to stop, that I was scared, unhappy and alone. But from that moment on, my life has not been the same. That was my first lesson in true acceptance, and it is acceptance that eventually overcomes denial in my life. I don't have to be OK with a situation that develops. I just have to stop denying that the situation is there. If I work an honest program, acceptance soon follows.

I did get to make one choice as an alcoholic. I got to pick a cool Higher Power, and that Higher Power will exist as long as I try to give him my life and connect with him every single day.

Every now and then, the old version of me pops in for a sneak attack, but it only takes over temporarily, thanks to the Steps and all the other resources that AA has given me: meetings, a good sponsor, literature, good conversation with other alcoholics and some service work equals acceptance. It is all wrapped up in the power of my God.

I pray for the newcomer and for anyone who is starting over in this program to get a good sponsor to take them through honest Step work, so that they can ultimately seek and find a Higher Power to manage their daily lives.

God was there for my daughter during her surgery. Even though I didn't know him very well at the time, he was there. He was always around, actually. With the help of AA, I can see him in my life now and it is amazing.

For today, I feel that AA is and always will be a part of my life. God willing, I'm not in denial about that.

-- R.T.

Queen Creek, Arizona

Humor for the Month - Romantic typo

A drunk on a bender disguised as a hunting trip texted a short, romantic note to his wife so she wouldn't get suspicious while he was gone. Unfortunately, due to his state of intoxication, he omitted one tiny little "e" from the text. His message read ...

"Hi darling, I'm enjoying and experiencing the best time of my whole life, and I wish you were her!"

NEW ADDRESS (2 DOORS SOUTH FROM OLD OFFICE)

AA CENTRAL OFFICE (801) 393-4728 – 3480 WASHINGTON BLVD. SUITE 108

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AA Meetings in need of support

All Brigham City Alano Club Meetings Need Support

Babes of Anonymity Thursday @5:30 680 24th 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

Sisters In Sobriety Tuesday 5:00pm

5700 S. 2050 W. Roy Baptist Church

Women's 12 x 12

Our Common Solution Wednesday 7pm

524 N. Fairfield road

Hope Apts in the commons room

(Suggested Announcements)

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

Central Office is now open Saturday's 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 – 2nd Thru, 6:30PM 131W Forest St. Brigham

Many open service positions. Suit up and show up!

GSR's need to be present.

*District 11 – 2nd Wed 6:30PM-1131 S Main St
Centerville, Utah

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 24th Street, 801-393-5054
Alano Club Webpage 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

Email CO at igrcentraloffice@gmail.com

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

Suggested Contributions

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

OR

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

(whichever applies)

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Ogden Central Office APR IGR Meeting Minutes May 14th, 2018

In attendance were Steering Committee Members –Mike F., Bob A. and William B Central Office manager – Nick D., IGR's – Dustin H., Steffi P. John H. and Earl T. Excused were Darren H., Bob A., Mike W. and Jody H.

Mike F. opened the meeting at 6:30 pm with a moment of silence for the still suffering alcoholic. John H. read the 12 Traditions and the 7th tradition basket was passed, collecting \$13.

No financial report was given.

Mike F. gave Nick D's. provided the Central Office March report. Central office report April 2018

Greetings to all who are here, another month of much needed sobriety here in the office. All is well the Pass It On was emailed and mailed on April 24th. 2018 We have been busy, Calls 65, Emails 44, Visits 65 In addition we have sold 57 books, 225 chips, 286 pamphlets and 1 AA sign

The 12 step call , received 5 calls 1 man handled by Boyd G 3 calls from women all hang ups and 1 question mark and a hang up

Not bad for the small office we have

I want to thank Randy C and Jodi H for all they do as volunteers.

Again thank you for letting me serve

Yours in service Nick D.

The website received 1464 hits in April.

Mike L. gave a District One report with the great news that they will be increasing their donation to Central Office Ogden from \$30.00 per month to \$60 per month.



New Business

The Meeting Guide App was discussed. Kelly C. is almost complete with template. When she is complete she can load it on the GoDaddy website but it will cost \$84.00 for three years. There was much positive discussion. Mike L. made a motion to fund the additional costs and it was approved unanimously.

John H. also asked how we could get more participation from IGR's. It was decided to try with food. Volunteers are going to provide sloppy joes and potato salad at next months meeting.

Randy C. volunteered to speak as an IGR representative at the upcoming District One Service Workshop June 16th at the Ogden Alano Club.

Mike F. closed the meeting at 7:30 pm with the Responsibility Statement.

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 11 Minutes

May 09, 2018

Episcopal Church of the Resurrection
1131 South Main St, Centerville, UT 84014

Chair: Jolene H. opened the meeting at 6:30 PM

Moment of Silence and Serenity Prayer

AA Preamble: Ryan

12 Traditions: Ross H.

GSR Preamble: Jody D.

Minutes: Bob A. read the minutes and they were accepted.

Financial Report/ Pass the Basket: Devin C.

Attendance: Jolene H. - DCMC, Devin C. - Treasurer, Bob A. - Secretary, Kurt B. - Corrections, Kelly C. - Literature, Jody D. - GSR Sunday Serenity Happy Hour, Lesa C. - GSR Wednesday Serenity Happy Hour, Amy - GSR 12 O'Clock High Group, Carsen A. - GSR Serenity Through the Storm, Ryan - GSR Flying High, Ross H. - GSR It's in the Book, Brady G. - GSR South Davis Group, Kevin D. Salt Lake Central Office, Chuy C. It's in the Book

Upcoming Events:

May 18-20, 2018 - Post Conference Assembly
District 4 Salina

June 16, 2018 - Bridging the Gap Workshop,
District 11 Clearfield

August 18-19, 2018 - Pre-Assembly Workshop
District 10 SLC

DISTRICT BUSINESS:

Open District Positions: DCM North, DCM South, PI, Alt DCM North, Alt DCM South, Treatment, CPC, PI, BTG and Treasurer.

IAW the District Guidelines, the Finance Committee was formed. The committee consists of the DCMC, Treasurer, one DCM and two GSR'S. A DCM and two GSR's are still needed. The committee will meet in June for the budget review.

Devin C. shared he will be moving out of state this year and regretfully will be stepping down as District 11 treasurer. Devin's vast contributions to our program will be sorely missed.

Kevin D. - Salt Lake Central Office Trustee, discussed central office issues and upcoming events.

GSR Reports: All attending GSR's provided reports on their respective groups.

Standing Chair Reports:

Kurt B. Corrections: Orientation meetings are scheduled for May 14 and June 13 at 6:00 pm.
Kelly C. Literature: Kelly distributed 4 Big Books for each attending GSR's group. 4 books were donated to the Davis County jail work center.

DCMC Report: Jolene H. recalled her experiences at PRAASA.

Close Meeting: With the Responsibility Statement at 7:30 pm

Next Meeting: June 13, 2018 Chairperson – *Jolene H*

AA Responsibility Statement

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible.

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2018 Northern Utah Central Office 1st Quarter Financial Statement

2018 Quarter 1 Donation Total	
1159 Group 1159	11.50
Action recovery	237.50
Admitted We Were Powerless	398.00
Babes of Anonymity	306.76
Beyond the Horizon Group	11.00
Clearfield Group	30.00
Courage to Change Group (R R)	136.50
Davis Group	27.00
District One	169.15
Friday Night Action Group	70.00
Friday Night Recovery Group	27.00
Group Brigham City Alano	89.75
Grupo Primer Paso de Ogden (SP)	45.00
Higher Ground Group (Fruit Heigh	97.25
Hill AFB Thursday	15.00
It's In the Book Group	76.00
Malad Group (Idaho)	6.00
Meat and Potatoes ABSI Study	148.00
Meat and Potatoes Big Book Study	148.00
New Comers Group	77.00
Noon recovery together group	45.50
Our Ladies of the Mountain (WRH)	46.50
Recovery Together Group (5)	106.75
Red Barn Group	110.00
Renaissance Ranch	200.25
Sat Am Men's Brotherhood Group	400.00
Saturday Night Alumni	15.00
Serenity Happy Hour Gr (Layton)	328.50
Serenity Happy Hour Group Wednes	66.00
Serenity thru the storm serenitythru th	97.00
Sisters' In Sobriety Group	18.00
Sober Today Group	22.50
South Davis #1	50.00
Stone of Sisyphus Group	206.70
Sunday Morning Serenity Group -	97.25
Thursday Night Harrison Group	126.00
Tom Vaughn	410.00
Tuesday Morgan Group	23.00
Tyler Ave Group	150.00
valley camp	739.25
Walkin Customer	863.20
Wed Night Stag Group	9.00
Wednesday Night Alumni Group ORM	251.00
Wednesday Night Mixed Group	56.00
Women's Circle Of Hope	120.65
Women's Retreat House Groups (Al	372.00
Miscelaneous Customer	410.80
Total	7,467.26

2018 Quarter 1 Total Income		
Department	Qty Sold	Ext Price
Books	100	974.25
Group Donations	13	1,483.26
Individual Donation	5	14.50
Literature	7	91.00
Medallions/Chips	268	341.50
Pamphlets	98	22.15
Totals	491	\$ 2,926.66

Quarter 1 Activity	
Income	
On Line Donations	
Deposits	5,598.56
Card Trans	2,190.35
Interest	0.22
Total Income	7,789.13
Expenses	
Bank Charges	3.00
Business Registration	10.00
Card Fees	11.46
Membership Dues	4,448.78
Books	1,082.91
Telephone	355.95
Payroll	1,868.20
Postage	6.70
Total Expense	7,787.00
Net Income	\$ 2.13
Operating Account	
Quarter 1 Ending Balance	2,081.32
Quarter 2 Begining Balance	1,676.26
Quarter increase	\$ 405.06
Prudent Reserve	
Quarter 1 Ending Balance	1,802.52
Quarter 2 Begining Balance	1,802.30
Quarter increase	\$ 0.22

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UTAH AREA 69 CALENDAR OF EVENTS As of February 2018

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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Tuesday Morgan Group 31st Annual Best Dam Camp-Out

On the road to Lost Creek June 29th, 30th & July 1st
(Directions Google) Pine Canyon Road, Croydon, Utah

For info call or text, Eric J. @ 801-430-9353 or Mike L. 801-645-9538

- Registration 5 dollars
- Camping Per-Night....15.00 Trailers and Motor Homes... \$10.00 for Tents
- If you don't Camp you are encouraged to attend the Meals and Meetings and all day fellowship
- Pot luck Friday evening
- Community Breakfasts Saturday and Sunday
- Campfire Meetings Friday and Saturday Night
- We chase shade and fellowship during the day as we practice the fine art of camping.
- Pets are not encouraged. If they show up and some always do, they are cautiously welcomed and pampered, they cannot roam free and need to be well mannered and on a leash.
- Enjoy the Native American Indian presence and do not disturb or camp too near their location of the Sweat Lodge Frames and such. Remember Their firewood stacks are not for our use.
- Feel free to bring your personal camping fun Horseshoes and such, just No ATV's

**Most of all enjoy the Fellowship sun-up, till past sun-down.
Be amazed by the magic of the Fellowship, Pine Canyon
Creek, the Red Rocks, and the slow quiet Mornings. It
may *keep you coming back* like it has many for 31 years**

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SOBER CAMPOUT & POTLUCK #2 FREE FUN AND CAMPING April 27 - April 29th

**LOCATION IS OFF HWY 40 LEAVING SALT LAKE,
MILE MARKER 76 LEFT OF THE OIL RIGS.**

<https://goo.gl/maps/JJSux8wVjtM2>

GPS 40.1811762,.110.5981328

**LOCATED BETWEEN STRAWBERRY AND
STARVATION RESERVIORS.**

**PLENTY OF SPACE FOR TRAILERS, TENTS,
AND RV's**

4WHEELERS AND FISHING POLES

**FOR MORE INFO ABOUT THIS FREE SOBER EVENT
CALL OR TEXT CHRIS AT 360-509-9323**