

PASS IT ON August 2018

<https://www.northernutahaa.org>

Plugging in

When AAs get together, something powerful happens, he says. It's up to us to join in

I was shocked when I discovered that I was an alcoholic, just like my father after all. Oh, that hurt. But it explained a lot of things: why I couldn't hold a job; why we had moved so often that we felt like vagabonds; why I didn't have any friends anymore; why I was feeling sick and depressed all the time.

When I got to AA, I couldn't remember a single day in the previous 10 years when I hadn't had a drink. And usually I had had quite a few. What amazed me was that I had even thought to call AA for help. Where did that idea come from? I must have been desperate.

That was on Father's Day, June 20, 1982. Someone on the local AA hotline sent two guys out to my house and they took me to my first meeting that afternoon, and then again that night. As I was getting ready for bed after that second meeting, it dawned on me that I had gone a whole day without a drink! And all I had done was call AA and go to a couple of meetings.

After a week of going to meetings and still not drinking, I was ready to grab a soapbox and go stand in our town square and proclaim this miracle to the whole county. Some good men at my meeting explained why that wasn't necessary. Drunks usually find us one way or another, they explained. Oddly enough, in spite of the fact that my withdrawal pains were awful, I still had this feeling of elation about not drinking. I shook so badly that first week that I couldn't even hold a cup of coffee. I sat with my hands locked to the seat of my chair so that I wouldn't fall off.

I didn't drink even when the cravings came back so strongly about a month later. When I just couldn't get the obsession out of my head, I called one of the two men who had taken me to my first meeting. I'm afraid I was a real burden to that poor man, but he helped me and I didn't drink. Later, he even agreed to be my sponsor.

As I stayed sober, life continued to dole out its celebrations of joy and happiness, its usual hardships and disappointments, as well as deaths of loved ones. I even had a bout with cancer and a marriage breakup and then reconciliation. But through it all, I never stopped going to meetings and doing all the other things we're encouraged to do.

I eventually came to believe that there was something powerful going on in all those AA meetings, and that when I kept going, my will to keep going just kept getting

stronger. I now see it wasn't necessary that I understood what was happening; I just had to keep doing it. That may have been the most important lesson I've learned in sobriety. AA works when I plug into that power and become part of it.

God, as I don't understand him at all, has become a part of my life—a vital part. I understood early on that I could not stay sober by myself. I had to rely on AA for help. AA was a power greater than me. I felt like a fool the first few times I tried praying for sobriety and for some direction in my life. Really, who's listening? If the voice of God would come to me in a burning bush, I thought, it would be easier to justify my praying. But that didn't happen.

I've learned that if I can find the humility to set aside my own pride, independence and aggressiveness, even for only a few minutes at a time and pray, the rewards are enormous, and they come quickly. It's like meetings. When I go to meetings and do what's expected of me, I stay sober. Why? It doesn't make any logical sense, but it works.

I recall a preacher once quoting the phrase, "Where two or three are gathered together ..." AA works because that power of God is within us when we AAs gather together to do what sane and sensible people do: stay sober. Step Two is not an intellectual challenge. It's an acceptance challenge. I gave up that struggle and accepted that it works. And I don't care how.

-- Leon A.

Doylestown, Pennsylvania

Humor for the Month –

Wrong number

A drunk guy met up with his friend at a bar. The friend noticed that the man had bright red blisters on both ears and asked him what had happened.

The drunk responded, "My wife left the iron on. When the phone rang, I picked up the iron by mistake."

His friend thought this over and then asked him what happened to his other ear. The drunk responded, "The damn fool called back!"

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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

New Meeting

Ogden Valley BYOB Group

Tuesday 6:30 pm, 131 S. 7400 E.
Huntsville, (Huntsville Library)

(Suggested Announcements)

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

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 has a service opportunity for a live in or for volunteer managers.

Contact: Lisa Brown @ (801) 391-8152

Annual Central Office Burger Burn fundraiser

September 8th at the Women's Retreat House 12:00 pm to 4:00 pm. The price was set at \$5.00 per plate with a \$1.50 for additional meat as a suggested donation. Central Office will provide burgers and hot dogs. This is a potluck event with the hopes that event goers will bring salads and such. There will also be a raffle. Raffle donations gladly accepted.

Nick D has officially stepped down from the Central Office manager position. If you have a chance please let him know how much we appreciate what he did for this fellowship. He served with great dedication at a time of turmoil and change. We will be forever grateful. God Speed My Friend!!

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
9th South 1300 West
Clearfield, UT 84015

OR
(whichever applies)

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

*AA CENTRAL OFFICE (801) 393-4728 – 3480 WASHINGTON BLVD. SUITE 108
Office Hours: Monday Thru Friday 11 am to 5 pm / Saturday & Sunday 12 pm to 4 pm
IGRCENTRALOFFICE2GMAIL.COM*

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Ogden Central Office IGR Meeting July 9th 2018

In attendance were Steering Committee Members – Mike W., Mike F. and William B. and Kelly C. IGR's – Randy C., John H., Mike L., Darren H., and Earl T.

Mike W. opened the meeting at 6:30 pm with a moment of silence for the still suffering alcoholic. Mike F. read the IGR preamble, the 12 Traditions and the 7th Tradition basket was passed, collecting \$9.

Nick D. read his central office report and informed the steering committee that he is resigning as of August 10th.

Randy C. offered to perform the duties of the office manager until the position could be filled through the normal vetting process. This was approved by the steering committee members that were present.

Nick D. will send an email to the fellowship announcing that the steering committee will be accepting office manager applicants.

New Business:

The Annual Central Office Burger Burn fundraiser will be September 8th at the Women's Retreat House 12:00 pm to 4:00 pm. The price was set at \$5.00 per plate with a \$1.50 for additional meat as a suggested donation. Central Office will provide burgers and hot dogs. This is a potluck event with the hopes that event goers will bring salads and such. There will also be a raffle. Raffle donations will be gladly accepted.

Until further notice the Ogden Central Office will remain open on Sundays. As a reminder, office hours are as follows:

Monday – Friday: 11:00 a.m. – 5:00 p.m.

Saturday/Sunday: 12:00 p.m. – 4:00 p.m.

District 1 and 11 IGR's please do your best to make our monthly meeting on the 2nd Monday of the month at 6:30 p.m.

The Northern Utah AA website has undergone a facelift (Thanks Kelly C.!!). If you have been receiving your Pass It On from the website, you need to resubmit your email address via the website at northernutahaa.org.

Mike W. closed the meeting at 7:03 p.m. with the Responsibility 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.
- We are always looking for volunteers to help from 3:00 pm to 5:00 pm weekdays and 12:00pm to 4:00 pm Saturday & Sunday.
- Steering committee positions will be vacated after elections in December. Several of the key positions will require training. One key position is Webmaster. We are hoping someone will be willing to become the "Webmaster Assistant" prior to the elections so they can be trained by the present Webmaster.
- Central Office 801-393-4728
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District 11 Minutes

July 11, 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: Lisa.

GSR Preamble: Cathy

Minutes: Jolene.

Financial Report/ Pass the Basket: Matt D.

Upcoming Events:

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

DISTRICT BUSINESS:

Open District Positions: DCM North, DCM South, Alt DCM North, Alt DCM South, PI, CPC, BTG, Treatment and Treasurer. John H. stood for DC North but was not elected. Ryan S. stood for Treatment and Scott D. stood for Alt DCM South and both were elected.

GSR Reports: Attending GSR's updated the committee on the status of their respective groups.

Standing Chair Reports:

Kurt B. Corrections: Corrections literature is well stocked.

Kelly C. Literature: Kelly received her material from GSO.

Area 69: Kristen D. briefed that Area 69 is severely underfunded and asked for that information to be taken back to the groups.

DCMC Report: Jolene H. asked the GSR's to take the Guideline Review to their groups for input. The Budget committee needs to meet and review the upcoming budget. Budget committee members are Jolene, Bob, Jody, Scott and Kelly.

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

Next Meeting: August 8, 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 2nd Quarter Financial Statement

2018 Quarter 2 Donation Total	
Other	193.25
Admitted We Were Powerless	143.70
Bear River (7) / We Ain't Saint	11.00
Beyond the Horizon Group	92.00
Brigham City Alano	59.00
Clearfield Group	91.25
Coalville cares	44.05
Courage to Change Group (R R)	131.50
Customer	316.40
Davis County Jail	61.25
Davis Group	9.30
District 11	2.50
District One	190.10
District 1 pink can	32.50
Friday Night Recovery Group	18.00
Grupo Primer Paso de Ogden (SP)	30.00
Higher Ground Group	70.00
Hill AFB Thursday	47.60
Keystone	6.00
Meat and Potatoes ABSI Study	132.00
Meat and Potatoes Big Book Study	132.00
New Comers Group	76.50
Our Ladies of the Mountain (WRH)	30.00
Primary Purpose Group (Layton)	112.75
Recovery	2.00
Recovery Together Group (5)	49.50
Red Barn Group	22.25
Sat Am Men's Brotherhood Group	389.25
Saturday Night Alumni	21.80
Serenity Happy Hour Group (Wed)	5.00
Sisters' In Sobriety Group	95.55
Sober Today Group	2.50
SOUTH DAVIS#1	50.00
Steve	10.50
Stone of Sisyphus Group	5.00
Sun Big Book Study Backstreet Cl	46.50
Sunday Morning Serenity Group -	42.25
Sunday Night Unity Group	76.00
Sunday Serenity Happy Hour Grp	29.00
Thursday Night Harrison Group	22.00

Tuesday Morgan Group	4.00
Tyler Ave Group	295.94
Valley Camp	267.50
Walkin	95.40
Wed Night Stag Group	24.00
Wednesday Night Alumni ORM	135.00
Women's Circle Of Hope	35.25
Women's Retreat House Groups	590.00
Total	4,348.84

2018 Quarter 2 Total Income		
Department	Qty Sold	Ext Price
Books	166	1,640.00
District Donations	4	122.50
Group Donations	27	2,337.69
Individual Donation	7	19.00
Literature	83	40.50
Medallions/Chips	854	838.00
Pamphlets	292	74.45
Totals	1433	\$ 5,072.14

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2018 Northern Utah Central Office 2nd Quarter Financial Statement

Continued

Quarter 2, 2018 Activity	
Income	
On Line Donations	465.18
Deposits	4,054.09
Card Trans	1,280.20
Interest	0.19
Total Income	5,799.66
Expenses	
Bank Charges	-
Business Registration	-
Card Fees	543.85
Facilities	1,339.24
Insurance	475.00
Membership Dues	1,950.60
Books	1,469.45
Telephone	238.63
Payroll	2,058.18
Postage	-
Total Expense	8,074.95
Net Income	\$ (2,275.29)
Operating Account	
Quarter 1 Ending Balance	475.91
Quarter 2 Beginning Balance	2,081.32
Quarter increase	\$ (1,605.41)
Prudent Reserve	
Quarter 1 Ending Balance	1,001.71
Quarter 2 Beginning Balance	1,802.52
Quarter increase	\$ (800.81)



IGR Meeting Attendance

- There are 44 registered AA groups in Area 69 District One.
- Only 4 District One groups sent an IGR's to the July IGR meeting.
- Groups represented:
 - Randy C. -Wednesday Night Men's Stag
 - John H. – Wednesday Night Alumni
 - Mike L. -Tuesday Morgan
 - Darren H. – Friday Night Recovery
 - Earl T – Davis Group (District 11)
- Please send an IGR to represent your group and help Central Office reach the still suffering Alcoholic.
- Central Office 801-393-4728
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UTAH AREA 69 CALENDAR OF EVENTS As of February 2018

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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OGDEN CENTRAL OFFICE ANNUAL BURGER BURN 2018

Womens Retreat House

Saturday September 8th Noon to 4:00 pm

★ Fundraiser & Potluck ★

**Burgers & Hot dogs will be provided. Please
bring your favorite potluck dish.**

**Suggested donation \$5.00 & \$1:50 for additional meat.
Kids eat free.**

RAFFLE

**ALL PROCEEDS GO TO THE WOMENS
RETREAT HOUSE & CENTRAL OFFICE**

PLEASE BRING A RAFFEL PRIZE

**JOIN US FOR FOOD, FUN &
FELLOWSHIP**

794 LAKE ST, OGDEN, UT

**For More Information Contact Central Office
(801) 393-4728 or WRH (801) 393-0344**

PosterMyWall.com