

PASS IT ON October 2018

<https://www.northernutahaa.org>

Lots of opinions

A member with strong views shares what she's learned about tolerance, compassion and Tradition Ten

I have worked to understand how Tradition Ten and Tradition Five connect to our singleness of purpose. The idea that we should not draw the AA name into public controversy made sense to me from the start. I've read the history of the Washingtonians and found it a relief to know that, no matter what the latest issue is in the world at large, in an AA meeting I do not have to hear anybody's opinion on it.

Meetings for me are a place of recovery and safety, where we are free from having to pick sides or decide what is right or wrong for the future of the country. My only purpose in attending an AA meeting is to help the alcoholic who still suffers, which, as I found out, isn't always necessarily the newcomer. My experience has shown me anyone at any time can be the one in need, including myself.

As I studied the Traditions with my sponsor, I began to understand the importance of AA not having an opinion on outside issues at the public level. That is a very sensible policy. But I still held onto my personal opinions. I continued to attend public rallies on controversial issues I felt passionate about. That, I felt, was OK. I was not breaking the Traditions by doing so, as I did not represent AA. These were personal matters that I participated in.

As time passed and my understanding of how to live a sober, happy life grew, I began to think about my passion for those controversial issues I rallied for in the public eye and how my participation would appear to my fellow AA members who may also be passionate for the same issue, only from the other side. What might they think if they saw me rallying and I then sat in a meeting with them and spoke of compassion?

I had to ask myself: Was I concerned about what they thought or what I thought? Could I really honestly believe that while in a meeting, I was able to turn my opinions off and feel true compassion for the alcoholic sitting next to me who did not believe as I believed?

The Big Book states how some of us tried to hold onto our old ideas. Did that apply here? I have discovered that, for me, my outside activities were a barrier that prevented me from reaching the next level of the Traditions. Having strong, vocal opinions on outside issues, for me, creates a separation, a feeling of right and wrong, good and bad.

The Big Book also warns of resentments being the dubious luxury of normal men, but for alcoholics, these things are poison. Can I apply that same warning here with those opinions I held in such high regard as defining who I was?

It took me close to 13 years of consideration to come to this point of view about my opinions on outside issues. I believe fear prevented me from seeing this, fear of who or what I would be without my strong opinions. What I have found is that trust in a power greater than myself, along with a willingness to allow my opinions to melt away, has eased the fear, and it is being replaced with tolerance, compassion and unconditional love, not only for the still-suffering alcoholic, but all living beings.

When I truly feel this at a deep personal level, I no longer have fear of breaking the Tradition. Understanding the Traditions in this way has provided me with a vital connection to AA as a whole, which is one reason why the Traditions work.

Humor for the Month –

Oldie but goodie

The town drunk went to see the doctor. "My whole body hurts," he complained. The drunk put his finger on his left shoulder. "When I touch myself here, it hurts," he whined. Then he put his finger near his heart. "When I touch myself here, it hurts," he said. Then he put his finger on his thigh, moaned and said, "When I touch myself here, it hurts too. No matter where I touch myself, Doc, it hurts something terrible! Please, tell me what's wrong with me"

The doctor replied, "You have a broken finger."

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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

Saturday Night Alumni Sat 8:00pm
Ogden Regional Medical Center
S/W corner Open Mixed

New Meeting

Ogden Valley BYOB Group

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

1159 Step Study Group

Monday 7:00 pm, 1159 30th St. Ogden

(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 Thursday, 6:30PM 131W Forest St. Brigham

Many open service positions. Suit up and show up!

GSR's need to be present.

*District 11 – 2nd Wednesday 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**

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

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Ogden Central Office August IGR Meeting Minutes

September 10, 2018

In attendance were Steering Committee Members – Mike W., William B., Bob A. and Kelly C., IGR's – John H., Sheffield K., Steffi P. and interim Central Office manager – Randy C.

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

Bob A. read the minutes from the August IGR meeting.

Randy C. provided the Central Office August report. In AUG the office received 45 emails, 85 office visit and 58 calls/messages. 80 books, 152 chips and 24 pamphlets were sold.

Kelly C. reported the website (northernutahaa.org) received 1213 hits in August.

Old Business

Randy C. provided a post event review of the Burger Burn fundraiser. A net of \$221 was raised for the Central Office. Excess supplies were donated to the Women's Retreat House.

New Business

William B., as member at large of the Central Office Steering Committee has stepped up to the vice chairman position as Jody H. has stepped down. Thank you Jody for all your contributions. Kelly C. Was elected as the new member at large.

Randy C. Was elected to the Central Office manager position.

Central Office Steering Committee meetings will be postponed in the future if it is known a quorum will not be present. Committee members are now required to notify the Central Office 3 business days in advance of their intent to attend.

Mike W. closed the meeting at 6:57:26 pm with the Serenity Prayer.

Service Opportunities at Central Office

- NEW Ogden Central Office hours:
Mon, Tues, Thurs & Fri, Noon - 6pm
Wednesday Noon to 5:00pm
Saturday, 1:00 pm – 4:00 pm
- Central Office is still in need of Volunteer assistance. Those interested contact Randy 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 Randy at Central Office to get signed up.
- Steering committee positions will be vacated after elections in December. Several of the key positions will require training.
- Central Office 801-393-4728
<https://www.northernutahaa.org>

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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 August IGR meeting.
- Groups represented:
 - Randy C. -Wednesday Night Men's Stag
 - John H. – Wednesday Night Alumni
 - Mike L. -Tuesday Morgan
 - Dustin H. – Friday Night Courage to Change
- 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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District 11 September 12, 2018

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

Moment of Silence and Serenity Prayer

AA Preamble: Paul

12 Traditions: Lisa R.

GSR Preamble: Matt D.

Minutes: Jolene H.

Financial Report/ Pass the Basket: Matt D.

Attendance: Jolene H. - DCMC, Matt D. - Treasurer, Kelly C. - Literature, , Lesa C.- GSR Wednesday Serenity Happy Hour, Ross H. - GSR It's in the Book, Jody D. - GSR Sunday Serenity Happy Hour, Paul - SLC Central Office, William B. - Ogden Central Office, David - Area 69 Chairman, Gary J.

Upcoming Events:

November 3-4, 2018 Fall Workshop
District 1 Logan

December 1, 2018 December Committee Meeting
District 3 Provo

DISTRICT BUSINESS

District Elections: Dave, Area 69 Chairman, presided over the elections to the following positions:

Alt DCM South - Scott D., PI - Jody D.,
Corrections - Gary J., Treatment - Ryan S.,
Grapevine - Lesa C., Literature - Kelly C.

Open District Positions: DCMC, DCM North, DCM South, Alt DCM North, CPC, BTG, Secretary and Treasurer.

Host Committee for Fall Assembly 2019 formed: Committee members are Jolene, Kelly and Lisa.

Budget Committee: Matt D. proposed a vote on the Budget for 2019. The proposal was passed unanimously.

GSR Reports: All GSR's present discussed the status of their respective groups.

DCMC Report: Jolene H. discussed the Fall workshop and what a great event it is. Paul from SLC south passed that chips are available in their office for close to cost. The SLC Chili Cookoff is scheduled for Oct 6th.

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

Next Meeting: October 11, 2018

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UTAH AREA 69 CALENDAR OF EVENTS As of August 18, 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 6	Salina
June 16, 2018	Bridging the Gap Workshop	District 11	Bountiful
August 18-19, 2018	Pre-Assembly Workshop	District 10	SLC
September 7-9, 2018	National Bridging the Gap	Westin	Denver, CO
September 7-9, 2018	Pacific Regional Forum	Area 6	San Jose, CA
September 14-16, 2018	NAATW	Round Rock	TX
September 21-23, 2018	Fall Assembly (Area Elections)	District 10	SLC
November 3-4, 2018	Fall Workshop	District 1	Logan
December 1, 2018	December Committee Mtg.	District 3	Provo
February 26, 2019	February Committee Mtg.	District 10	SLC
March 1-3, 2019	PRAASA	Area 9	Irvine CA.
April 5-7, 2019	Pre-Conference Assembly	District 11&12	SLC
May 19-25, 2019	General Service Conference		New York, NY
June 7-9, 2019	Post-Conference Assembly	District 8	Vernal
June 22, 2019	Bridging the Gap Workshop	District 2	South SLC
August 17-18, 2019	Pre-Assembly Workshop	District 10	SLC
September 27-29, 2019	Fall Assembly	District 11	Bountiful

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The Annual Utah 2018 Fall Fellowship Weekend

Al-Anon / AA / Alateen



“Together We Recover”

Register Now!

October 26th, 27th & 28th 2018

Comfort Suites, 2250 South 1200 West, Ogden, (I 15 to exit 343)



**GRAND PRIZE!!! 65" SMART TV
THOSE WHO REGISTER HAVE A
CHANCE TO WIN!!!!**

**Donations for the Hospitality Room and
Drawing items are always appreciated!!!***

Bring your favorite soup on Saturday
to be judged, you could win a prize!



\$5.00 lunch

Includes soup,
salad & roll

Hospitality room
@12 noon

New On-line Registration!!!!

Facebook page: [Fall Fellowship Weekend](#)

Friday 10-26-18

- 5:00 pm Registration Opens
- 6:00-7:30 Candle lighting & combined sharing meeting
- 7:45 Halloween Ice cream social / Alateens
(Look for a future Alateen Events flyer—We need volunteers)

Saturday 10-27-18

- 7:00 Registration and Hospitality Open
- 7:30-8:30 Newcomers AA/Al-Anon Workshop
- 9:00-10:00 I don't Understand, What are the Family 'ISMs'
- 10:00-11:30 "Is it Really a Disease? Guest Speaker!!!
- 11:30-12:45 Soup Cook-Off/Lunch in Hospitality Room
- 1:00-2:00 Big Book Chapter on the Family
- 2:30-3:30 From Hurting, Healing to Helping all in the Family (P7)
- 4:00-5:00 Are we Living a Recovery Life Style (Spiritual Awakening)
- 5:00-6:30 Dinner Break (May we suggest Cactus Reds?)
- 6:45-7:00 Recovery Countdown
- 7:00-9:45 Guest Speakers from Alateen, Al-Anon & AA/ 45 min each
- 10:00 Drawings!!!!

Sunday 10-28-18

- 8:00-9:00 Combined Spiritual Sharing Meeting (How does our HP work in your life)
- 9:15-9:45 Meditation on Mindful and Self Compassion
- 10:00-11:00 Al-Anon Spiritual Speaker
- 11:00-12:00 Guest Spiritual Speaker (Dale C.) (DON'T MISS THIS ONE!)

****On-line Registration -- Go to: www.eventbrite.com, search: Annual Utah 2018 Fall Fellowship Weekend****

Mail Registration to: Fall Fellowship, P.O. Box 231, Clearfield, UT 84015

NAME: _____ AA _____ AL-ANON _____ ALATEEN _____
 EMAIL ADDRESS: _____ Interested in serving on the 2018 FFW Committee? Yes
 REGISTRATION \$20.00 _____
 LUNCH Soup, Salad and roll \$5.00 _____
 FALL FELLOWSHIP MUG (While supplies last) \$8.00 _____
 ALATEEN REGISTRATION (Look for future Alateen Events Flyer) \$5.00 _____
 DONATE-A-REGISTRATION (Help a fellow member in recovery) \$20.00 _____
 TOTAL (PLEASE SEND CHECK OR MONEY ORDER – DO NOT SEND CASH) \$ _____ Make Check payable to Fall
 Fellowship. For more information call: Coleen S. (Al-Anon) (801) 791-1001 or Paul W (801) 791-9168

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