

"PASS IT ON" February 2019

<https://www.northernutahaa.org>

From the January 2010 Grapevine magazine.

Without a Higher Power

One Size does not fit all for this atheist in recovery

This atheist "walked into our midst," and stayed.

At the age of 52, I attended my very first AA meeting on Oct. 7, 2001. I have not found it necessary to take a single drink since. Were it not for AA it's likely I would never have put together one continuous week of sobriety.

Finding all the "God stuff" in the Twelve Steps a bit hard to swallow, I immediately latched onto Tradition Three, which states, "The only requirement for AA membership is a desire to stop drinking."

I also had the good fortune of stumbling across a Twelve Step study during my first week of recovery. It has been my home group ever since. That was where someone drew my attention to the chapter on Step Two in the "Twelve and Twelve" where it states, "First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions."

I also learned in my home group about a fellow called "Ed" in the essay on Tradition Three in the "Twelve and Twelve." His real name was Jimmy B. One of the pioneering members of the New York group, Jimmy B. was apparently the first diehard atheist to find lasting recovery in AA. His personal story eventually made it into the Second Edition of the Big Book as "The Vicious Cycle." An internet search turns up lots of interesting information about Jim. He is my personal AA hero.

Eventually I also discovered the pamphlet "Questions & Answers on Sponsorship" where, much to my relief, it points out that "some alcoholics have been able to achieve and maintain sobriety without any belief in a personal Higher Power." That includes me.

In an article published in the April 1961 edition of the Grapevine (reprinted in "The Best of Bill"), Bill W. laments: "Though 300,000 have recovered in the last 25 years, maybe half a million more have walked into our midst, and then out again. . . . We can't well content ourselves with the view that all these recovery failures were entirely the fault of the newcomers themselves. Perhaps a great many didn't receive the kind and amount of sponsorship they so sorely needed."

I certainly know what that's like! I ended up firing two sponsors in my first three months of recovery. The first one dogmatically insisted that I absolutely had to turn my will and my life over to the care of some kind of Higher Power if I wanted to stay sober long. My second sponsor relapsed.

Unfortunately, sponsors who actually follow the excellent suggestions outlined in "Questions & Answers on Sponsorship" seem to be about as rare as four-leaf clovers. I ended up without a sponsor for 15 months before hooking up with my current sponsor. By then I had made a lot of progress working a personalized program of recovery I had designed for myself, one that makes absolutely no reference to any kind of "Higher Power" concept--not even using my

home group or AA as a whole as a substitute for God. My new sponsor's first official advice to me was, "Whatever you've been doing is obviously working well for you, so let's not try to 'fix' it."

After years of studying the Twelve Steps in my home group and discussing them with my sponsor, I now understand why faith in "God as we understood Him" was so vitally important to Bill W. and most of the AA pioneers.

As clearly explained by Dr. Harry Tiebout in the appendix of the book Alcoholics Anonymous Comes of Age, they nearly all suffered from some form of narcissism. Their narcissism had effectively blocked their recovery from alcoholism and eventually turned them into low-bottom drunks of the "hopeless variety."

The obvious cure for rampant narcissism and grandiosity is greater humility; and as it says in the essay on Step Seven in the "Twelve and Twelve," "the attainment of greater humility is the foundation principle of each of AA's Twelve Steps."

However, as Dr. Silk-worth points out in "The Doctor's Opinion," "The classification of alcoholics seems most difficult." Ultimately, he tells us, all alcoholics "have one symptom in common: they cannot start drinking without developing the phenomenon of craving." That certainly describes me. All of us do have issues of our own that we need to deal with if we are to stay both sober and happy, often issues that "the attainment of greater humility" simply will not touch.

The program of recovery I work directly addresses my issues. The only person in the world it needs to work for is me, and it does that very, very well. Today I am not only sober, I am far happier than I had ever dreamed it was possible for me to be.

I now have a dozen sponsees of my own. Four of them, like me, are atheists who have absolutely no use for the Higher Power concept. Two of those have already enjoyed over four years of continuous sobriety.

Obviously I do not insist that my sponsees must all work the same program of recovery, nor do I tutor them in the program of recovery I designed to address my own issues--"defects of character," if you wish. Instead, I encourage each of them to follow my example by identifying their own issues, and then working a deliberate, systematic, active program of recovery designed by themselves, for themselves, to directly address their issues.

Over the years I have endured a lot of criticism from other AAs for my unorthodox beliefs, especially for my refusal to endorse the Twelve Steps as a perfect one-size-fits-all program of recovery for every alcoholic. But if Bill W. were alive today, I'm sure he would approve. As he suggested in the long form of Tradition Three, "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover."

That certainly includes me. My fondest hope is that if enough others follow my example, someday it will include millions more like me who previously might have "walked into our midst, and then out again."
-- GREG H. San Diego, Calif

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: Monday thru Friday Noon to 6:00 pm / Saturday 1 pm to 4 pm

Phone: (801)393-4728 IGRCENTRALOFFICE@GMAIL.COM

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AA Meetings in need of support

Wed Night Mixed Group

8:00 pm 3350 Harrison Blvd. (OD)
United Church of Christ Congregational

Ogden Valley BYOB Group

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

Clearfield Group

Saturday 5:00pm
Clearfield Community Church
200 South 500 East Clearfield

Babes of Anonymity (Women)

Thursday @5:30 680 24th street (OWD)

Friday Night Action

Friday 8pm; 3329 Harrison Blvd. St Paul Lutheran School.

Coalville AA @ The Firehouse

Sunday, 7pm

SOS Group

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

Admitted We Were Powerless

Saturday 7pm Elevation Church
375 South State, Clearfield

Sisters In Sobriety (Women)

Tuesday 5:00pm
5700 S. 2050 W. Roy Baptist Church

Our Common Solution

Wednesday 7pm
524 N. Fairfield Rd.
Hope Apts. in the Commons room

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 (801)393-4728

Email CO at igrcentraloffice@gmail.com
Central office Web Site <https://www.northernutahaa.org>

Women's Retreat House

has service opportunities for live in or for volunteer managers.

Contact: Lisa Brown @ (801) 391-8152

Alano Club Activities,

680 24th Street, 801-393-5054

Alano Club Webpage alanoninc@gmail.com

Karaoke every Sunday 8pm

Club Dance **Every Saturday Night**

8:00pm to Midnight

(Non-Members \$2.00)

(support the Alano Club by purchasing an annual membership)

District Information

Many open service positions. GSR's need to be present.

- **District 1** – 2nd Thursday, 6:30PM
131 W Forest St., Brigham City
- **District 11** – 2nd Wednesday 6:30PM-
1131 S Main St
Centerville

New Meeting

Quitting Time

Wednesday, 6pm
Davis Behavioral Health, Bldg C – Journey House
2250 N. 1700 W. Layton

New Meeting

Upon Awakening

7:00 AM - **DAILY**
Alano Club - Ogden

*****New TIME*****

Tyler Ave. Group

Tuesdays, **now at 7:00 pm**

***** NEW DAY *****

BYOB Group, Huntsville Library
Now on Thursday at 6:30- pm

Suggested Contributions

50% - Intergroup/ Central Office
3480 Washington Blvd #108
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
2320 Wood Hollow Way
Bountiful, UT 84010

OR
(whichever applies)

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

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Intergroup Meeting Minutes

January 14, 2019

In attendance were Steering Committee Members –Mike W., William B., Kelly, C., Darren H., & Central Office manager – Randy C

IGR's – Jonny W., Jen K., Jocelyn, John H., Mike L., Andy H., Dustin H. & District 11 DCMC Mike F. were also in attendance.

Mike W. opened the meeting at 6:35 pm with a moment of silence for the still suffering alcoholic. John H. the 12 Traditions and the 7th tradition basket was passed, collecting \$12.00

Mike L. read the December meeting minutes and they were approved as is.

Randy C. (Office Manager) gave the following report:

Sales Summary:

- Books: 38 (1/2 Novembers sales)
- Chips: 332
 - Brass 61
 - Aluminum 178
 - Tri-Plate 5
- Pamphlets: 23

Donations: \$ 1,044

- Groups: 15 groups donated \$ 764 (down \$120 from Nov.)
- Individual: 1 person donated \$ 103 (for MS365 subscription)
- District #1: \$ 60

<u>Office Activity:</u>	<u>Manager</u>	<u>Volunteers</u>	<u>Total</u>
<u>Hours:</u>	99	15	114
• Visits:	54	1	55
• Calls/Msgs:	42		42
• Emails:	39		39

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Prudent Reserve Balance: (Goal = \$4,800) 1,600 x 3 months (operating expenses)
Nov: \$ 600
Dec:: \$ 625 (4% increase)

(May 2017 = \$1,730)

Checking Account Balance: (averaged) December \$ 379
Current balance \$ 1,650

Our volunteer; Steffi P., serves Central Office from 1pm – 4pm each Saturday. We are closed on Sunday. Thank YOU for the continued opportunity to serve Northern Utah AA and this committee.

Old Business

- Elections for open positions: (a)Committee Chair, (b)Public Information, (c)Web Servant.
 - No qualified AA's stood for upcoming open Steering Committee positions.

New Business

- Ogden IGR Price List distributed to the IGR's in attendance. Pricelist is available at Central Office.
- Sobriety Chips (coins) new source, estimated \$50 per month savings.**
- Office Manager Compensation Review

> Closed with hand holding and the Responsibility Statement at 7:33 pm

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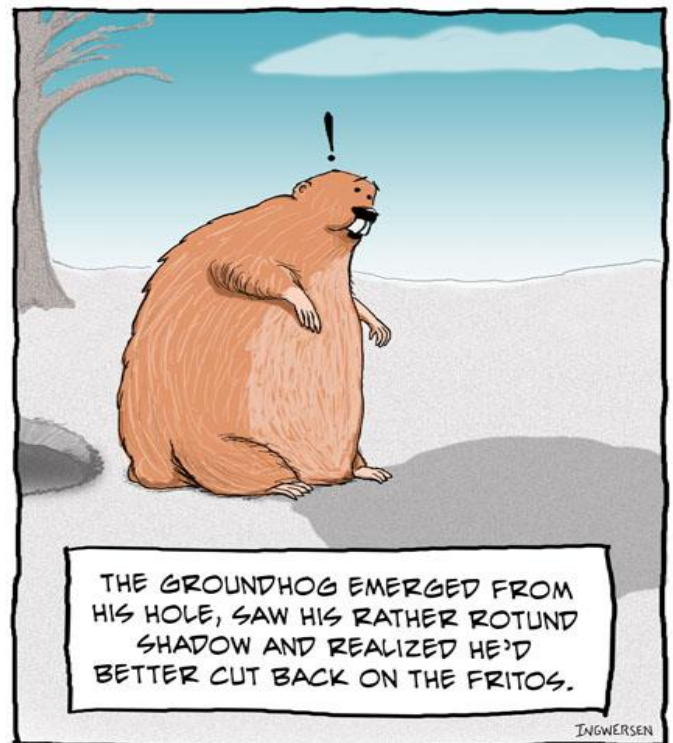
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Service Opportunities at Central Office

- Ogden Central Office hours:
Mon thru Fri, Noon - 6pm
Saturday, 1:00 pm – 4:00 pm
- **Two Central Office Steering Committee positions were vacated in December. Those positions are (a) Public Information, (b) Webservant. Those interested in standing for these positions should attend the February 11th IGR Meeting.**
- Randy will serve as interim Webservant and Newsletter Publisher.
- Central Office Volunteers needed, evenings from 4-6. Those interested contact Randy at Central Office.
- Inter Group Rep's needed, those interested get with your home group and represent them at the Central Office Inter Group meeting the second Monday of each month at 6:30.
- Women and Men needed for our 12 Step Call list, call Central Office to sign up.



- **Central Office 801-393-4728**
<https://www.northernutahaa.org>



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Note: IGR = Inter **Group Representative**

IGR Meeting Attendance

- **7 District One** groups sent IGR's to the January meeting.
- Groups represented:
 - Babes of Anonymity
 - Sunday Serenity Group
 - Recovery Together Group
 - Beyond the Horizon Group
 - Morgan Group
 - Courage to Change
 - Wednesday Night Alumni
- *Please* send an IGR to represent your group and help Central Office reach the still suffering Alcoholic.

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**Thank YOU, for
supporting
YOUR
Ogden
Central Office**

*"Listening requires no
commenting."*

- Bob M. 2014

AA CENTRAL OFFICE
Office Hours: Monday thru
Phone: (801)393-472

2018 Group Donations		
Group Name	December	2018 Total
12 O'Clock High Group	100.00	100.00
Admitted We Were Powerless		578.00
Babes of Anonymity		306.76
Beyond the Horizon Group		181.00
BYOB Group		48.00
Clearfield Group		206.25
Courage to Change Group (RR)		256.25
District One		570.00
District One - Special Donation		100.00
Friday Night Recovery Group		143.00
Bridgerland Group		85.00
Grupo Primer Paso de Ogden (SP)	15.00	165.00
Higher Ground Group (Fruit Heights)	80.00	460.00
In Solution Group		50.00
Meat and Potatoes ABSI Study		508.00
Meat and Potatoes Big Book Study		508.00
Meeting in the Mountains - ALL		63.00
New Comers Group		90.00
Primary Purpose Group (Layton)		70.00
Recovery Together Group (5)	132.00	402.21
Red Barn Group		85.00
Sat Am Men's Brotherhood Group		1,080.00
Sat Night Alumni Group ORMC		288.21
Serenity Happy Hour Group Wednesday		51.00
Serenity thru the Storm		55.00
Sisters' In Sobriety Group		38.00
SOUTH DAVIS #1	50.00	200.00
Stone of Sisyphus Group		80.00
Sunday Morning Serenity Group -		54.59
Sunday Night Unity Group		646.00
Sunday Serenity Happy Hour Grp		625.18
Thursday Night Harrison Group		80.00
Tuesday Morgan Group	120.00	320.00
Tyler Ave Group	62.25	649.75
Valley Camp	105.00	997.00
Wed Night Stag Group		200.00
Wednesday Night Alumni Group ORMC	100.00	700.00
Wednesday Night Mixed Group		130.00
Women's Circle Of Hope		151.95
Women's Retreat House (All Groups)		838.25
** UNKNOWN **		84.00
	764.25	12,244.40

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InterGroup Office of AA Ogden	4th Quarter	<u>Oct - Dec 18</u>
Income Statement	October thru December 2018	
Income		
Donations		3,276.80
Merchandise Sales		3,446.00
	Total Income	6,722.80
Cost of Goods Sold		
	COGS - Literature	2,912.38
	COGS - Coins	518.68
	Total COGS	3,431.06
	Gross Profit	3,291.74
Expense		
Bank charges		53.17
Contract Services		
	Answering Service	105.00
	Total Contract Services	105.00
Facilities & Equipment		
	Maintenance	37.50
	Utilities	118.50
	Rent	1,320.00
	Total Rent, Parking, Utilities	1,438.50
	Facilities & Equipment - Other	6.29
	Total Facilities & Equipment	1,482.29
Operations		
	Office Supplies	190.89
	Telephone	303.51
	Total Operations	494.40
Payroll Expenses		2,228.56
Payroll Taxes		178.35
POS Inventory Adj.		273.45
Postage		20.00
	Total Expense	4,835.22
Net Income		-1,543.48

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District One Meeting Minutes for January 10, 2019

① OPENING:

Craig called the meeting to order at 6:30 with a moment of silence, followed by the Serenity Prayer. Jennie read the GSR Preamble and Mark read the Twelve Traditions. There were two new GSRs, Andy, from Sunday Morning Serenity and Tracy, from Courage to Change. There were two interested A.A., Mark and Sue. There was one visitor, Mike, DCM from District 11. Those in attendance: 2 DCMs, 13 GSRs, Treasurer, Corrections, Intergroup Logan, Intergroup Ogden and Treatment. Sue called the roll and read the minutes from the December District One meeting. The minutes were approved, with a motion from Shelley and William 2nd.

② REPORTS

☛ Intergroup Logan – David

Intergroup Meeting December 28, 2018
Meeting started 6:33 PM with a Moment of Silence followed by the Serenity Prayer. James read 12 traditions. Cindy read minutes – accepted.
Treasurer’s Report: No activity. Balance \$870.07. Prudent Reserve \$1000.68. Doesn’t include literature budget. PI: Found 10 mistakes on website, tried to get corrected. Still working on it. Michelle suggested he talk to Randy. Gave updated meeting lists to groups – haven’t emailed again yet. CPC: Absent. Lit: Absent. Corrections: Vacant. Old Business: James asked for another month to find a venue regarding the suggestion that Intergroup host more events in Cache Valley. Chili cook off to be March instead of February. March 2, 2:30 – 6:00. Doors 2:30, dinner 3:00. Speaker to follow. Possibly changing to a Crock-Pot cook off. James is heading. Considering changing Intergroup meetings to Thursday at 5:15 at new clubhouse location. New Business: Michelle tentatively stood for Chair position, pending home group’s support. No one attended District meeting in Dec. David and/or Mark will attend January’s. Closed 7:14 PM with Responsibility statement.

☛ Intergroup Ogden – William – Report was given verbally.

☛ Corrections – Bryce

I have made contact with Randy at Central Office to and with his help have arranged to keep things going as Mike had them. People needing literature can just go to Central Office for it so long as I pay for the order within a few days. Janessa and I are planning on attending the IGR meeting for Logan Central Office this month. I plan to try and get something set up like what Randy and I have going, giving the Cache County Jail guys’ access to the Pink Can Money. I’ve contacted a few of the people taking meetings into the jails, working with Janessa and Randy we plan to get Bridging the Gap going for treatment centers and jails in District One, work in progress. Thanks more to come.

☛ Treasurer – Michelle

The District One Finances for January 2019 are as follows: The donations totaled \$631.22. The expenses totaled \$1017.04. The total balance of the account this month is \$4077.99. Minus our \$2000 P/R, the Pink Can Money \$1082.55, the total balance is \$1006.45. The Treasurer report was approved, with a motion from Craig and William 2nd. The budget/expense report was tabled until next month for corrections to be made.

☛ Treatment – Janessa

I have made a purchase for new pamphlets in the amount of \$87 for a total of 400 plus pamphlets plus meeting schedules and will be including some cards to help with bridging the gap.

③ OPEN DISCUSSION – GSR’s

Shelley gave a report from the Bridgerland group. Mike announced the Chili, Chili Cookoff. Janessa asked about planning a Workshop. It needs to wait till after the budget has been presented.

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District One Meeting Minutes (cont.)

④ELECTIONS

Elections were opened for 4 DCMs, 4 Alt. DCMs, C.P.C., Grapevine, Literature, PI and Secretary Chair Positions. No one stood.

PLEASE TAKE THIS BACK TO YOUR GROUPS.

④OLD BUSINESS

→There will be another Guideline Review on February 14 at 5:30 before the District meeting. This should be finished up to present the changes in March District meeting.

⑤NEW BUSINESS

→Craig motioned to order a case of the Pamphlet “The God Word” to give to each home group. The motion passed. It was suggested to put them in the literature racks. Central Office can put their name in to order them also. Paul set up a Budget Review committee to meet on Jan 24 at 6:30 at the BC

Alano Club. The committee is as follows: Paul, Jennie, Jerry, Craig, Jim, Michelle. There was talk about having free Pink Can Money cans in the Central for any group interested in taking one to their home group. Shelley is going to the Feb Committee Meeting if anyone is interested in ride with her.

⑥COMING SOON

Next District Meeting - BC Alano Club – Feb 14 @ 06:30 pm.

February Committee Mtg (District 10 SLC) Feb 23, 2019.

PRAASA (Area 9 Irvine, CA) Mar 1-3 2019

⑦CLOSING

The meeting was closed at 7:17 pm with the Responsibility Statement.

Utah Area 69 Calendar of Events

February 29, 2019
March 1-3, 2019
April 5-7, 2019
May 19-25, 2019
June 7-9, 2019
June 22, 2019
August 17-18, 2019
September 27-29, 2019

February Committee Mtg.
PRAASA
Pre-Conference Assembly
General Service Conference
Post-Conference Assembly
Bridging the Gap Workshop
Pre-Assembly Workshop
Fall Assembly

District 10 SLC
Area 9 Irvine CA.
District 11&12 SLC
New York, NY
District 8 Vernal
District 2 South SLC
District 10 SLC
District 11 Bountiful

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DISTRICT 11 :

Minutes from January 9, 2019

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

Chair: Mike Fresh Opened meeting with Serenity Prayer at 6:30 AA Preamble: Chuy 12 Traditions: Kurt GSR Preamble: Brady Minutes: Were read by Chris A. - Motion to accept/Lisa R. -second/ Kelly-passed after minutes were amended to show Gary Jones as Corrections chair.

Financial Report/Pass the basket: Julie.- Motion to accept/Kelly-second/Kathy D.----- Passed unanimously

Upcoming events and Reports: Were read District Business:

Open District Positions Panel 69: Alt DCM N-BTG- CPC- PI

Kim Noble stands for BTG position- states qualifications with less than 1 year sober**Chris makes a motion to wave the 2 yr. Requirement**Kathy D. 2nd** motion passed with one abstaining and one no vote--motion to accept Kim for BTG by Lesa c./ kathy D second- vote passed-/ one no and one abstaining.

District Reports: were read

Discussion:

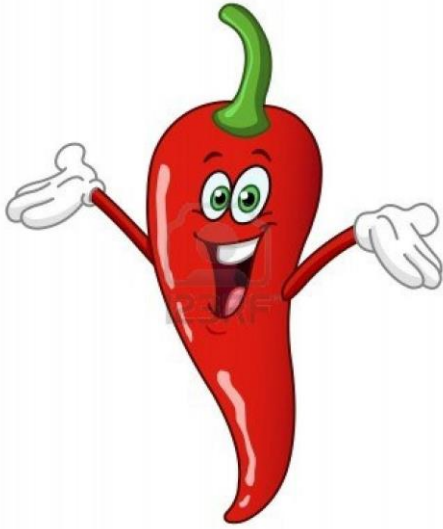
New DCM meetings- 4th Tuesday- next meeting 22nd Jan- 6pm S. Davis recovery Record District meetings- Dan makes motion/ Chuy 2nd motion. GSR Report Forms- create later GSR Registration- Concepts read by Lisa R. Concepts to be read Feb 13, by Dan

Close meeting: Responsibility Statement

Next Meeting; February 13, 2019

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CHILLY CHILE COOK OUT

FEBRUARY 23 2019

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

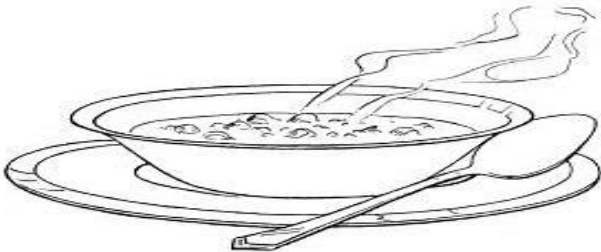
12 NOON TILL 3 OR MAYBE 4 ISH

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.

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QUESTIONS PLEASE CONTACT MIKE L. 801-645-9538

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