



From the July 1998 Grapevine magazine.

A Fresh Introduction to Hell

I started drinking when I was eleven years old. My grandpa was drinking beer and he asked me if I wanted a sip. I said yes. My sip was finishing off the bottle, and then drinking quite a few more. I hated the taste of beer and despised the smell, but when the effects hit me, I was in love. My whole body burned with a numbing fire. I could stand on top of the world with alcohol. All my problems went away.

Right off I was an everyday drinker. I stole from my friends' parents, hung out at slop houses, and went to parties. None of the people I went to school with had any clue what I was doing. But I was hooked.

For a year, no one knew that I was drinking almost all the time. At twelve years old, I had my first experience with drugs and I got that high feeling again--the feeling that I could stand on top of the world. I was popular, beautiful, and bulletproof. My journey with drugs progressed rapidly with the aid of my alcoholism.

It was fun for a time. The parties were good, the friends were good, life seemed good. But the fun didn't last. It became harder to get the things I needed from people. School authorities didn't like my habits or my attitudes, so I was kicked out of every school I went to.

My parents were baffled. They didn't know that I was drinking and drugging; they thought I was going through a rebellious phase. I didn't care what they thought as long as they didn't know the truth.

I didn't know the truth either--that I had a problem that was steadily getting worse. I started prostituting for drugs, and it ripped me up inside. Getting out of bed every morning was a fresh introduction to hell.

In January 1996, I ran away from home. I was sleeping on curbs in the Utah winter. I couldn't control my craving for alcohol. I had reached my bottom.

Two weeks later, my parents found me. They took me to an adolescent psychiatric ward where I made an alcohol inventory and got a Big Book that I read cover to cover. But when I got out of treatment, I didn't know where to go and I started drinking again. My relapse lasted a little over

three weeks. I woke up one morning, looked in the mirror and started to cry. I was fourteen, weighed eighty-five pounds, had stringy hair and dead eyes lined with fatigue. That person in the mirror scared me; I didn't want it to be me. I needed help.

I called my psych ward and my counselor gave me the number of an AA central office. I took it. I felt hope resurfacing in my life for the first time in years.

I didn't call for another week. I was scared; I wasn't sure what I would say. I stayed dry for that week, but I was miserable. Finally, that misery became too much to bear. I picked up the phone and called.

A really nice lady answered. She took my name and number and told me that someone would get back to me as soon as possible. Someone did. That person took me to my first meeting.

I don't remember a whole lot that was said at that meeting, but there was a feeling of happiness and peace in that room and it affected me.

I started going to meetings every day. I got a sponsor. I began to work the Steps. I got into lots of service work. Surprisingly enough, my life began to change for the better. I found a Higher Power of my own understanding.

Now I'm sixteen years old, and I'm coming up on two years of sobriety. I'd love to tell you that life has been easy and sweet since I got sober, but some days I have to really work to keep my sanity. But I have a program for living that makes it much easier.

Life is better today. I have a support group of friends who have stuck with me in sobriety. I feel things now, and I don't mind feeling them. I have a relationship with a guy in the Fellowship, and he helps me in way I can't describe.

Only one thing really helps me: I try to listen to the suggestions and the experiences. "Keep Coming Back" also helps. This program isn't for those that need it; it's for those who want it. I'm just glad I wanted it badly enough.

-- Breanne M. Salt Lake City, Utah

January Pass IT On



2020

<https://www.northernutahaa.org>

In Memory of those AA's that passed in 2019:

Steve R. 4/14/19

Craig N. 4/24/19

Carl D. 9/2/19

Carey H. 12/*/19

Tom F. 12/7/19

Tom H. 12/10/19

Meeting Change (eff. 1/4/20)

Women's Circle of Hope,

Saturdays @ 10am has moved to:

Davis Behavioral Campus, Bldg. "C". Journey House

2250 N. 1700 W., Layton

>>> 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

25 N. 200 W.
Bountiful

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 Moved to:

340 W. 2550 N., Pleasant View

Alano Club Activities

available for rent/use (we favor recovery groups always) for dances, meetings, dinners (full kitchen and soda's) and various other events.

684 24th Street, 801-393-5054

alanoninc@gmail.com

We are a charitable entity and as such donations are needed and are tax deductible

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)

Suggested Contributions

50% - Intergroup/ Central Office
3480 Washington Blvd #108
Ogden, Utah 84401

10% - Area 69
P.O. Box 471
Fillmore, Utah 84631

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

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: Monday thru Friday 11:30 am to 5:30 pm / Saturday & Sunday 1:30pm to 4:30 pm

Phone: (801)393-4728 igrcentraloffice@gmail.com

January Pass IT On



2020

<https://www.northernutahaa.org>

IGR Meeting Attendance

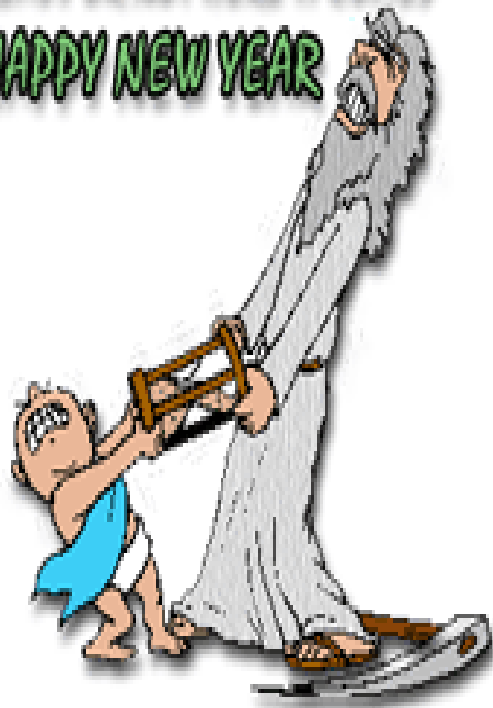
- **One (1) District 11 & Five (5) District One** groups sent IGR's to the December 9th meeting.
- **Groups represented:**
 - Courage to Change
 - Upon Awakening
 - Wed Night Alumni
 - Tuesday Morgan Group
 - Beyond the Horizon
 - Davis Group
- *Please send an IGR to represent your group and help Central Office to reach the still suffering Alcoholic.*



Service Opportunities at Central Office

- **Central Office hours:**
 - Mon thru Fri, 11:30 am – 5:30 pm**
 - Saturday & Sunday, 1:30 pm – 4:30 pm
- Those interested in standing for one of the following service positions should attend the February 10th, 6pm Meeting: Vice-Chair, Secretary, Member-at-Large, Treasurer, Public Information
- We ask that each Group send a representative to the Central Office Inter Group meeting the second Monday of each month at 6:30 pm.
- **Ogden Central Office (801) 393-4728**
[email: igrcentraloffice@gmail.com](mailto:igrcentraloffice@gmail.com)
Website:
<https://www.northernutahaa.org>

READY OR NOT HERE IT COMES
HAPPY NEW YEAR



January Pass IT On



2020

<https://www.northernutahaa.org>

2019 AA Ogden Donations Group Name	November	sub-Total thru 11/30/2019
Women's Retreat House Groups (All Mtgs)		1,520.00
Wednesday Night Alumni ORMC	50.00	1,000.00
Tyler Ave Group	91.34	932.34
Valley Camp		797.00
Sat Am Men's Brotherhood Group		710.00
Sat Night Alumni Group ORMC	110.00	675.00
Courage to Change Group (R R)		623.70
Sunday Night Unity Group		595.00
Beyond the Horizon Group		553.00
Babes of Anonymity		476.50
Sunday Serenity Happy Hour Grp		433.00
Meat and Potatoes ABSI Study		413.99
Meat and Potatoes Big Book Study		413.98
Higher Ground Group (Fruit Heights)	80.00	400.00
Upon Awakening	23.55	260.04
Admitted We Were Powerless		222.52
Friday Night Action Group		214.00
Clearfield Group		209.50
12 O'Clock High Group		200.00
Davis Group		200.00
Tuesday Morgan Group		200.00
Sisters' In Sobriety Group		184.95
Women's Circle Of Hope	16.99	167.12
Grupo Primer Pazo de Ogden (SP)	15.00	165.00
Friday Night SOS Clearfield		150.00
SOUTH DAVIS#1		150.00
Recovery Together Group (5)		125.00
In the Solution Group		120.00
Quitting Time	33.96	110.71
Stone of Sisyphus Group		100.00
It's in the Book		93.55
BYOB Group		80.00
Our Ladies of the Mountain (WRH)		55.00
New Comers Group		31.00
Primary Purpose Group (Layton)		30.00
Wed Night Stag Group		30.00
Sunday Night BB Study (Bntfl)		25.00
Sunday Morning Serenity Group -		10.20
Serenity thru the Storm		4.00
Groups Total	420.84	12,681.10
Website Donation	246.20	246.20
District One	60.00	600.00
Individual Donation(s)		214.00
Total 2019 YTD Donations		\$13,741.30



January Pass IT On



2020

<https://www.northernutahaa.org>

JANUARY "BIRTHDAYS"

Tuesday Morgan Group

Mike L. – January 12 – 27 Years

Jay'Ne L. – January 14 – 39 Years

Upon Awakening

Emily – January 3 – 6 months

Russell – January 3 – 6 months

Jess W. – January 3 – 1 Year

Aaron W. – January 17 – 1 Year

Mellissa M. – January 26 - 1 Year

Bryan B. – January 28 – 1 Year

HUMOR

6

From the September 2019 Grapevine magazine.

A drunk in Spokane staggered into a Catholic Church and entered a confessional booth. He sat down and said nothing. The priest coughed a few times to get his attention, but our friend was so drunk that he just sat there. Finally, the priest pounded on the wall.

Our drunk friend mumbled back, "Ain't no use knocking, there's no toilet paper on this side either."

-- Leah B. Eugene, Oregon

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: Monday thru Friday 11:30 am to 5:30 pm / Saturday & Sunday 1:30pm to 4:30 pm

Phone: (801)393-4728 igrcentraloffice@gmail.com



DISTRICT 11 GSR Meeting Minutes December 11, 2019

Meeting opened by Mike F. at 6:30 p.m.

1. Moment of Silence followed by the Serenity Prayer

- GSR Preamble read by Tracy F.
- 12 Traditions ready by Lesa C.
- Welcomed GSRs & New GSRs – no new GSRs in attendance.
- Welcomed new visitors -no visitors present.
- Roll call was passed with a request made to sign and update information.
- Scott D. filled in for Julie N., read treasurer's report. Lesa C. motioned to accept; Jon R. seconded. Treasurer's report accepted as read.
- November's minutes read by Tracy F. Noted one correction on date of workshop to be changed to January 11, 2020 (not 2019). Lesa C. motion to accept, seconded by Cathy D. Minutes accepted as read.

2. Concept 6 Ralph requested more time to present. He will present Concept 6 at next meeting.

3. GSR Reports

- GSR reports were given verbally by eight groups; Casey, **Not a Glum Lot**; Chris S. & Alt GSR, Colby G., **12 O'Clock High**; Mason B., **Flying High** (has been elected club president and will be handing position over to Ryan); Lance H., **Bountiful Solutions** (acting GSR, not registered yet waiting for another month to determine meeting survival; needs support); Angie C., **Quitting Time**; Cathy D. **Higher Ground**; Lesa C. **Serenity Happy Hour Wed**; Chris S. **12 O'Clock High**. No immediate issues presented.

4. Standing Chair Reports

- Kameron K., DCM – January 11th, 2020 at SDRC @ 1 p.m. workshop, Working on group history and group inventory. Expressed concern that only three people from District 11 attended Area Committee Meeting on December 7th in Midvale.
- John R. - Corrections; taking jail applications, hasn't had many lately. Strongly encouraged participation. Annual rebadging will take place in February. Will use pink can monies to buy literature for the jails.
- Lesa C. - Grapevine; has purchased 2020 calendars for sale at \$9.50 and pocket planners \$5. See Lesa C. if interested in purchasing.
- Doug R. – SLC Intergroup. Made a motion to have an ALT representative, gave financial report. Reminder that all literature is sold at cost with no shipping. Recently elected new secretary & treasurer but have open positions for literature, newsletter and corrections chairs. Trying to get a Spanish speaking meeting organized to take to the prison, harder than most think. Reminded group about the International Convention happening in Detroit in July. Thanks to District 11 for handing in the most histories. Address of Central office SLC is 80 West Louise Street, SLC., Discussion held regarding expenditures for Central Office Salt Lake.

5. Elections

- Open positions available; DCM North, CPC and PI Chair Positions. Kameron K. DCM South expressed desire to move positions from DCM South to DCM North, proposing Scott D. (current ALT DCM South) to stand as DCM South with Lance H. to stand as ALT DCM South and Ralph H., to stand for ALT DCM North. Discussion had regarding whether a vote was required. Mike F. reviewed Guidelines and by consensus and raise of hands with no objections from the group, Kameron K., is now voted in as DCM North (Ralph H. ALT), Scott D. as DCM South. That left a vacancy for ALT DCM South. Mike F. read aloud the requirements for the position from the Guidelines. Lance H. stood and qualified himself. Lance H. was excused from the room and



DISTRICT 11 Meeting Minutes (cont.)

discussion and vote taken. After discussion, all were in favor of Lance H.'s qualifications. Upon his return, Scott D. nominated Lance H. as ALT DCM South and Colby G., seconded the nomination. The group passed him unanimously. Congratulations Lance H. as the new ALT DCM of the South.

6. District 11 Event Reports:

- Kameron K. - District 11 GSR & Sponsorship Workshop January 11, 2020 at SDRC- flyers on table. Lunch provided. Speakers for sponsorship portion of workshop are Mike M., and Eric L.; for the Role of a GSR portion of the workshop will be Kristen D. (Area Chair), and Evan (Area PI Chair) and Wade J.(immediate past Delegate). Kameron K. will check with Don about a deposit for the workshop for SDRC. Kameron K. also reported in Kelly C.'s absence that Kelly C. read Mike F.'s DCMC District 11 report in his absence verbatim at the last Area Committee Meeting.
- Mike F. reported he attended District 2 & 10 redistricting meeting last month. Things are moving along nicely. Another meeting is scheduled for December 14. He commended the GSRs for making their District Meetings.
- Mike F. reported that at Area Kelly C., stood for District 11 to host "Pass the Gavel" to be held 1st of December 2020. District 11 was selected. Mike F. suggested finding a location to hold it and recommended the church in Bountiful where District 11 used to hold its meetings.

7. Old Business - No old business to cover.

8. New Business

- Scott D. suggested increasing the District 11's meeting time a half hour to be held 6:30-8. Discussion amongst group. Consensus was leaving the meeting time as is.
- Lance H. passed flyers around for a new treatment center opening in Centerville called Active Recovery. Contact Lance H. for further information.

9. Coming soon:

- New Year's Eve Party at SDRC '20s theme. See flyer. December 31 from 7-9 dinner \$25 pp or \$40 per couple. Dinner is Prime Rib. Guest speaker Bill W. 10 p.m.-12 a.m. party with Candlelight meeting 12 a.m. to 1 a.m.
- Dist. 11 GSR Meeting, SDRC [25 North 200 West, Bountiful, UT 84010](#), January 8th, 2020 6:30 p.m.
- Dist. 11 Workshop January 11, 2020 at 1:00 p.m. SDRC [25 North 200 West, Bountiful, UT](#). Lunch provided.
- District 11 DCM Planning Meeting – date to be announced. December 17th is canceled.
- Area 69 February Committee Meeting – February 22, 2020 held at 475 S. Main Street, Spanish Fork, UT 84660 9 a.m.

Meeting closed at 7:40 p.m. with the Responsibility Statement:

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

To contact a DCM, call Mike F. 650-333-6078

District 11 Funds: [2320 Wood Hollow Way Bountiful, Utah 84010](#)



District One Meeting Minutes for December 12, 2019

OPENING: Charlie called the meeting to order at 6:30 followed by a moment of silence and the serenity prayer. Shelly read the GSR preamble and Randy read the Twelve Traditions. We had one interested AA, Charlie. Those in attendance: 0 DCM, 1 ALT. DCM, Secretary, Treasurer, Corrections, Literature, Treatment, Intergroup Logan and 6 GSR's. Paul called the roll and then read the minutes from the November meeting.

REPORTS

❖ **Treasurer** – Michelle- The District One Finances for November 2019 are as follows: District 1 donations totaled \$152.97, the expenses totaled \$75. The total balance of the account this month is \$2969.14, minus a \$2000 Prudent Reserve leaves an available balance is \$969.14. Pink Can donations totaled \$0.03, Pink Can Expenses were \$0.00 for a total Pink Can fund of \$613.37. Michelle figured out the strange deposit in the pink can fund. Shelley asked about a discrepancy in the report from. Michell thanked us for allowing her to serve in this position. Motion to accept second and passed

❖ **Intergroup Logan**- Michelle was unable to attend. Jared from Unity group did go as an interested AA and gave a short report about intergroup having trouble with the Google Phone service sending people to Members personal voice mail instead of the hotline voice mail. There was discussion of buying a physical phone to pass around instead of the phone service. Intergroup Elections are still on January 3

❖ **Intergroup Ogden**- Randy gave a report saying that it was a slow month on book sales, but there is plenty of coffee being brewed. He said the projected Year end balance is -\$151.00. Ogden central Office will be open New Years day

❖ **Corrections**- Bryce reported that he had dropped off some BTG pamphlets to Weber AP&P. Still working on a contact with the Juvenile services. Has put in a large book order at Ogden Central Office and going to take a bunch to the Millcreek Juvenile facility.

❖ **Literature**- Shelley informed us about the pamphlet, Inside AA, Understanding the fellowship and it's services. She also mentioned that the Grapevine has free shipping until the end of the month

❖ **Treatment**- Janessa has been filling racks and needs some more pamphlets. Blair made a motion to allow her to go over her budget. Seconded and passed. Shelley asked if she filled a rack at the Ogden Alano club. Janessa said she fills two racks there.

❖ **DCM Report**- There were no DCM reports

❖ **GSR reports**- Shelley gave a report for Bridgerland. Dan gave a report for Wednesday Night Alumni. Blair gave a report for Monday Night Mens. Randy gave a report for Wednesday Night Stag. Mike reported that Thew Morgan Group will not be there on New Years Eve

OLD BUSINESS-

❖ **Open positions** - Charlie read the open positions. No positions were filled Bryce and Jared volunteered to do Treasurer reports for next Month

❖ **Budget**- We went through the budget line by line. It was voted and passed

❖ **NEW BUSINESS**- There was no new Business

CLOSING The meeting was closed at 7:33 pm with the Responsibility Statement.

January Pass IT On



2020

<https://www.northernutahaa.org>

Utah Area 69 Calendar of Events

February 22, 2020	February Committee Meeting	District 3	_____
March 6-8, 2020	PRAASA	Area 3	Tucson, AZ
April 3-5, 2020	Pre-Conference Assembly	District 1	Ogden, UT
April 19-25, 2020	General Service Conference		New York, NY
May 22-24, 2020	Post-Conference Assembly	District 5	Price, UT
June 20, 2020	Bridging the Gap Workshop	_____	_____
August 17-18, 2020	Pre-Assembly Workshop	_____	_____
September 25-27, 2020	Fall Assembly	District 6	_____
November 2-3, 2020	Fall Workshop	_____	_____
December 5, 2020	December Committee Meeting Pass the Gavel	_____	_____

**Just because God's given us an opinion...
It does not mean She wants us to express IT!**

- Bob M. 2014

January Pass IT On



2020

<https://www.northernutahaa.org>



DISTRICT 11 WORKSHOP

GET OUT OF THE COLD AND JOIN US!!!

TWO SEPARATE TOPICS TO BE PRESENTED:

SPONSORSHIP & THE ROLE OF A GSR

SATURDAY, JANUARY 11, 2020 @ 1:00 P.M.

SOUTH DAVIS RECOVERY CLUB

220 WEST CENTER STREET

BOUNTIFUL UT 84010

**LUNCH BUFFET PROVIDED BY DISTRICT 11
STEAK, POTATOES, SOUP & SALAD**

(DONATIONS APPRECIATED)



HOPE TO SEE YOU THERE !!!!





**District 11 Workshop Agenda
Hosted by District 11
Saturday January 11th, 2020 1:00pm to 5:00pm
South Davis Recovery Club
220 W Center St. Bountiful, UT 84010**

1:00 pm

- **Lunch Provided by District 11** (Donations accepted)

2:15 pm

- **Sponsorship Presentation**
 - Mike M.
 - Eric L.

12

3:15 pm Break

3:30 pm

- **Panel Presentation (Roles of a GSR)**
 - Kristen D. – GSR responsibility to the Group
 - Evan J. – GSR responsibility to the District
 - Wade J. – GSR responsibility to the Area

4:15 pm

- **Q&A Session with all presenters**