



<https://www.northernutahaa.org>

From the November 2010 Grapevine magazine.

Turkey Day

A first sober Thanksgiving is spent staying busy and using the AA tools

Thanksgiving Day of 2004 will always be a particularly important holiday for me on many levels. Not only did I have so much to be thankful for, but this was my first time celebrating a holiday sober. For several years prior to this Thanksgiving, I had used alcohol on almost every holiday to help "enhance" the occasion. It didn't matter whether the holiday was Christmas, New Year's, Thanksgiving, Groundhog Day or Mother's Day; every holiday seemed as if it was a legitimate excuse to drink, typically to excess. But then again, even a non-holiday was an excuse to drink. And toward the end of my drinking career, I never needed an excuse to drink.

By the time this particular Thanksgiving rolled around, I had been sober for about two and a half months, something I had never dreamed of. During this brief time my physical and mental health had improved and most importantly, I was smiling and enjoying life again. On top of that, I was a free man rather than in jail, as I was sure was going to happen. With a new life and a fresh outlook on life, I knew this holiday was going to be different, both in good ways and bad.

On the good side, I knew I was not going to experience a holiday submersed in the garbage and guilt, as had been the case so often in the past. On the bad side, this was going to be one of my first real tests of taking life one day at a time without a drink. So I decided to use the tools AA had given me to stay sober for this one day.

Part of the way AA works is by getting out of self and helping others. Thus, this is exactly what I did on this day. The intergroup in my hometown was throwing their annual Thanksgiving Day alkathon. For those unfamiliar with this, an alkathon is a day of continuous meetings, food and fellowship. I volunteered to help set up and organize this sober bash, which coincidentally was the first big AA activity I ever attended. I arrived at the assigned time and place well before sun-up, to set up tables and chairs, make coffee, put out food and decorate the hall. Shortly after all was finished, it was time for the first meeting. I stayed for the meeting as well as the second meeting, getting to know others in the process and letting them get to know me.

After my second meeting at the alkathon, it was time for more service work. This time my service would be in a different capacity and outside the rooms of AA. I offered to volunteer at a local museum for the day. Believe it or not, there are several museums where I live that are open on Thanksgiving Day and the visitation is quite high, with some of the highest numbers of the year. I spent the better part of the day working for free and having a great time. However, this part of the story doesn't end here. I had formerly worked at this museum and had carried many grudges toward many people there for a long time as I felt they had wronged me. Another part of the way AA works is by what is called "cleaning house." By giving freely to an institution I had harbored resentments against, I was able to take those resentments and put them in the trash.

My first sober holiday was still not over yet. In fact, it was just beginning. A friend and his family asked me over to their house for Thanksgiving dinner. It was a wonderful meal with wonderful people who had been there for me over the last few months. While we didn't have the biggest and most expensive turkey or eat off fancy and expensive china plates, the gratitude I had for the occasion was almost running out of my ears! My friends asked me to say a blessing before we ate and I could not hold back the tears inside of me. In seconds I was taken back to many holidays gone by that ended in fighting, yelling, resentments, guilt and, of course, hangovers. I had so much to be grateful for. I was completing my first sober holiday and thinking to myself, I might just be able to do this thing. I had trusted in God on that day and in the days before to keep me sober and pull me through hard times. And in those few seconds of prayer, I could see how trusting in God had worked.

And the day was still not over! After dinner and dessert, I called my parents to wish them a Happy Thanksgiving, something I had never dreamed of less than a year before. Then it was back to the alkathon for the last meeting of the day. When I went home that night and crawled into bed, I was astounded by how much I had done that day--sober! As I write this article, I see now how I had done the three things Alcoholics Anonymous suggests to get sober and stay sober; trust in God, clean house and help others. I had done all three of these things in some form or another. Not only did I stay sober on a holiday, but I also set a foundation for more holidays to come.

-- R.P.
Yorktown, Va.

November 2019



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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

Alano Club Webpage

alanoninc@gmail.com

We are in dire need of Thanksgiving food donations (we provide Thanksgiving and Christmas dinner free) we need an upright fridge (ours died along with our stock of turkeys, hams, etc.) We are a charitable entity and as such donations and membership is tax deductible

>>>> 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

Suggested Contributions

30% - GSO

PO Box 459, Grand Central Station
New York, NY 10163

10% - Area 69

P.O. Box 471
Fillmore, Utah 84631

50% - Intergroup/Central Office

3480 Washington Blvd. #108
Ogden, UT 84401

10% - District 11

2320 Wood Hollow Way
Bountiful, UT 84010

OR

(whichever applies)

10% - District One

P.O. Box 953
Brigham City, Utah 84302

(From AAWS Pamphlet F-3, "Self-Support: Where Money & Spirituality Mix")

AA Meetings Needing Support

10/19 **Wednesday Serenity Happy Hour**

Wednesday 8:00 pm
1579 So. State St. Clearfield
St, Peters Church

9/19 **702 Group**

Sunday, 7:00pm
Davis Hospital, Room #1
1600 Antelope Dr. Layton

10/19 **Ogden Valley BYOB Group**

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

➤ Sunday, 6:30 pm,
7309 E. 200 S. Huntsville
(Huntsville Town Hall)

6/19 **Friday Night Action Group**

NOW at 5:30 pm, Friday

3329 Harrison Blvd.
St Paul Lutheran School.

Sisters In Sobriety (Women)

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

Babes of Anonymity (Women)

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

Our Common Solution

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

6/19 **Keep It Simple**

1159 30th Street.
Sunday – Noon



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Service Opportunities at Central Office

- **NEW Central Office hours:**
(effective November 4th)
Mon thru Fri, 11:30am – 5:30pm
Saturday & Sunday, 1:30 pm – 4:30 pm
- **Three Steering Committee Positions** are available. Those interested in standing for a Steering Committee position should attend the November 11th IGR Meeting.
- 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>

IGR Meeting Attendance

- **Three (3) District One** groups sent IGR's to the October 14th meeting.
- Groups represented:
 - Wed. Nite Alumni ORMC
 - Upon Awakening
 - Morgan Group



From the Book....

Gossip barbed with our anger, a polite form of murder by character assassination, has its satisfactions for us, too. Here we are not trying to help those we criticize; we are trying to proclaim our own righteousness.

— Twelve Steps and Twelve Traditions, p. 67

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10/1/2019	AA Ogden 2019 Year-to-Date Donations Detail		YTD thru 9/30/19
Group Name	September	Total	
12 O'Clock High Group		200.00	
Admitted We Were Powerless	72.52	222.52	
Babes of Anonymity		476.50	
Beyond the Horizon Group		353.00	
BYOB Group		40.00	
Clearfield Group		179.50	
Courage to Change Group (R R)		458.50	
Davis Group		200.00	
Friday Night Action Group		214.00	
Friday Night SOS Clearfield		150.00	
Grupo Primer Paso de Ogden (SP)	15.00	135.00	
Higher Ground Group (Fruit Heights)		320.00	
In the Solution Group	100.00	120.00	
Meat and Potatoes ABSI Study		304.28	
Meat and Potatoes Big Book Study		304.27	
New Comers Group	31.00	31.00	
Our Ladies of the Mountain (WRH)	15.00	50.00	
Primary Purpose Group (Layton)		30.00	
Quitting Time		76.75	
Recovery Together Group (5)		125.00	
Sat Am Men's Brotherhood Group	250.00	710.00	
Sat Night Alumni Group ORMC		565.00	
Serenity thru the Storm		4.00	
Sisters' In Sobriety Group		184.95	
SOUTH DAVIS#1		150.00	
Stone of Sisyphus Group		100.00	
Sunday Morning Serenity Group -		10.20	
Sunday Night BB Study (Bntfl)		25.00	
Sunday Night Unity Group		595.00	
Sunday Serenity Happy Hour Grp		433.00	
Tyler Ave Group	88.00	753.00	
Upon Awakening	51.34	169.19	
Valley Camp	173.00	752.00	
Wed Night Stag Group	30.00	30.00	
Wednesday Night Alumni ORMC		750.00	
Women's Circle Of Hope	19.05	150.13	
Women's Retreat House Groups (All Mtgs)	473.00	1,520.00	
Groups Total	1,317.91	10,891.79	
District One	60.00	480.00	
Individual Donation(s)		214.00	
Total 2019 YTD Donations		\$11,585.79	

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10/29/19
Cash Basis

Intergroup Service of AA Statement of Financial Position July through September 2019

		Jul - Sep 19
Income		
Burger Burn		808.00
Donations		5,604.26
Merchandise Sales		4,157.60
	Total Income	10,569.86
 Cost of Goods Sold		
	Cost of Goods Sold	5,347.02
	Total Cost of Goods Sold	5,347.02
	Total COGS	5,347.02
	Gross Profit	5,222.84
 Expense		
Bank charges		66.48
Burger Burn Fundraiser		169.80
	Contract Services	
	Answering Service	190.00
	Total Contract Services	190.00
	Facilities & Equipment	
	Rent, Parking, Utilities	1,320.00
	Total Facilities & Equipment	1,320.00
	Operations	
	Office Supplies	74.92
	Postage, Mailing Service	78.00
	Telephone, Telecommunications	257.76
	Total Operations	410.68
	Payroll Expenses	2,561.76
	Payroll Taxes	169.86
	Total Expense	4,888.58
		334.26
	Net Income	334.26

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District #1

(Meeting minutes unavailable at time of publication)

HUMOR

At Wit's End

A YOUNG NEWCOMER attended an AA meeting where the topic was "to practice these principles in all our affairs." When the discussion came around to her, she said, "I have never had an affair, so I am going to pass."

-- Lee S.
Phoenix, Arizona

Question from the Editor...

If you would be interested in listing your *Home Group* members upcoming Sobriety Anniversaries (Birthdays) in this monthly newsletter, please email Central Office – Ogden, with the list of Birthdays you would like posted. Deadline for publication is the 22nd of each month.

We will do our best to see that all are accommodated.

Send emails to: igrcentraloffice@gmail.com

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

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

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

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DISTRICT 11 : Minutes from October 9, 2019

South Davis Recovery Club
25 North 200 West Bountiful, Utah 84010

Chair: Mike Fresh- DCMC

Opened meeting with Serenity Prayer at 6:30

GSR Preamble: Read by Tracy

12 Traditions: Read by Roxanne

Visitors welcomed:

DCMC Welcomes GSR's

Reminds everyone they "can" submit written reports and examples are on the back of the meeting agenda

ROLL CALL- passed – 8 absent

Financial Report/Pass the basket: Julie.- Corrections needed- Mike agreed to table the passing of the report until November's meeting after creation of finance committee. (handling of \$400 donation and "not a glum lot's" donations)

Casey and Roxanne volunteer for "finance committee"

Minutes: Were read by Chris A.- Lesa motion to accept, Kathy 2nd.

GSR : reports read - 2 written report submitted. Lesa and Gary

Concept # 4: presented by Kameron***Chuy will report next on Concept #5

Standing Chair: Reports read

Intergroup Ogden- Burger Burn was success! Randy C. Will meet with new Valley Camp board soon to discuss this as an annual event. Net \$667 this year. Service positions - Member at large-public info-In Jan..sec. And treasurer needed

Intergroup SLC- Individual histories wanted by Central Office. Needs volunteers at SLC Central. Need people willing to accept Central office hot line calls using system that forwards calls to persons personal phone.

District Business:

Open District Positions Panel 69: DCM N- Secretary- CPC- PI

1- Tracy F. Stands for Secretary- Gary motion= Scott 2nd=passed

2- District workshop topics to be discussed at next DCM planning meeting-Oct.29

3- Create Finance committee at next DCM planning Oct. 29th

Area 69 Business:

Close meeting @ 7:45pm: Responsibility Statement

Next Meeting: November 13, 2019 @ South Davis Recovery Club 6:30 pm.

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Utah Area 69 Calendar of Events

November 2-3, 2019	Fall Workshop	District 6	Salina
December 7, 2019	December Committee Meeting Area Inventory	District 2	Salt Lake City
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	Logan, 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	_____	_____

Central Office – Ogden

>> **Winter Hours** <<

(EFFECTIVE MONDAY, NOVEMBER 4TH)

11:30 am to 5:30 pm / Mon-Fri

1:30 pm to 4:30 pm / Sat & Sun
(as volunteers allow)

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Central Office
Ogden
Holiday Open House

Saturday, December 14
1:00 pm to 4:00 pm

Stop by for coffee, a snack, fellowship and a chuckle.

3480 Washington Blvd. #108

Ogden, UT.

Life is Celebratory, not mandatory.

- Bob M. 2016

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