

May “Pass It On” 2020

THE SOLITARY

All his drinking buddies had died or drifted away, and he was left sipping pint bottles in secret in his car. But then AA brought him a new and better way of life

My name is Fred and I'm an ancient alcoholic. Not ancient with respect to AA, but because I'm an old man.

This article I'm writing today is about the solitary drinker. Like most alcoholics I hid bottles all over the place and stole from bottles that weren't hidden and replenished the drink with water. Most alcoholics start drinking with friends, but lose most of these when they became drunks (except for other drunks, of course). I'm four years older than AA and I had pretty much the same experience, except for the fact that since I didn't become an alcoholic until my later years.

To my way of thinking, I was neither an alcoholic nor was I a homeless drunk sitting by a dumpster in an alley swigging from a bottle. However, I did play exactly that as a character in an online series about modern etiquette. One Saturday morning, my last drinking day, as it turned out, I woke up at six in a great mood. I got busy at my morning routine, because I had to leave in an hour to go from my home in Ogden to Salt Lake City, where the series was filming. And (talk about type-casting) I was to play the old, homeless, alcoholic. I put on my old faded blue jeans and a faded blue, denim jacket, hopped in the car and headed out before breakfast. Figured I'd get something to eat later.

When I got to Salt Lake, I couldn't find the shoot, so I drove back home, stopping off at the liquor store to pick up a pint of vodka. I had a couple of swigs before I got home. I hadn't had anything to eat yet, but it would soon be lunchtime, so I needn't wait for food.

I went into my home office and sent the series producer an e-mail asking what was going on. I snuck a couple more swigs then I started getting lunch ready for my wife and me. I happened to look in the office and saw I had an incoming message

from the series that said if I got back down by four I could still be in a couple of the scenes that they hadn't shot yet. The thought of lunch went right out the window. I hopped in the car, took a couple more swigs, hid the pint under the passenger seat, and headed out.

On this, the day of my last drink, I became totally disoriented. I lost all consciousness of where I was and banged into the back of a parked cop car. I know a dozen or more guys who joined AA after a drunken car accident, but not a single one who hit a cop car. I got out, walked away, and woke up in a hospital with my son Fred, who is a doctor, and his wife Maria both sitting by my bed. They advised me what happened and I still don't remember it. They told me my blood alcohol test showed I was three times the legal limit for driving. Obviously too little food and too much booze had done their job.

When they took me home they let me out and drove away because it was getting late. I walked to the house, really worried about what I was going to tell my wife and how she would react. The moment I walked in the door, she looked up at me from her chair and I realized instantly that she already knew. She didn't say a word, just glared at me.

“If you want, I'll move out,” escaped from my lips.

“We'll discuss that later,” Bobbie said. “Right now you'd better go to bed and sleep it off. We've been through this before. But this one tops the cake.”

The tone of her voice indicated I might as well start packing now.

Almost everybody told me I'd better join AA before I got to the judge. I already knew about AA since I was a kid. I'd even attended a few meetings with my mother and my alcoholic Uncle Leigh. Mom lasted five years before she took up booze again, and I don't remember how long Uncle Leigh lasted.

No question AA helps a lot of people, I thought. But I knew that genetically I wouldn't last long in the program. But that was only part of the problem. I really didn't want to sit around and listen to a bunch of ex-drunks talk about how hard they had it. And while I did believe in a God, I didn't want to get involved in all that business about how turning one's self over to him had produced miracles in their lives.

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Still, I knew I had to go. By attending for a while, perhaps I could actually get the judge off my back. And it would get my wife and family off my back --- at least for a while. Then I could take up drinking again. But this time I'd space my drinks out and they wouldn't even know I was drinking.

To keep a long story short, the following Thursday I went to an AA meeting held in the basement of a place called the Alano Club, only about four miles from where I live. Inside that door I found myself in about a twenty by twenty room that looked like some sort of old lounge. There were small dining tables here and there with a billiard table at one end and a medium sized flat TV on the wall to the left. A couple of college age kids were playing pool. Another guy was sitting working on his laptop. That was it. The TV was on but nobody was watching it.

Just then a middle-aged man, slightly on the portly side, came out of another room. “Hold on a minute,” he said as he walked toward me. I stopped and waited for him. “You lookin’ for an AA meeting?”

“Yeah.”

“Well come on in. Have a seat and introduce yourself.”

I went into the room and sat down where he indicated. A slightly more elderly man sat across from me. He had a small oxygen tank sitting beside his chair with the apparatus hooked to his nose. I found out his name was Jim.

“You’re new to us. Are you an AA member?” Jim asked.

“No, this is my first meeting.”

The guy who brought me in spoke up: “You forgot to introduce yourself.”

“Sorry,” I said, “my name is Fred. This is my first meeting.” I already knew alcoholics only use their first name, and sometimes the first letter of their last name.

The lady sitting directly across from me, who I learned was named Dianna, looked at me and said: “Don’t be sorry. Have you had some drinks or are you sober?” Her tone seemed to indicate it didn’t matter one way or another.

“No, I’ve been sober five days now.” Surprisingly, they all clapped. I don’t think I blushed, but I was definitely pleased.

Later, I learned the guy who brought me in was named Rob and he was one of the leaders of this group. “Great start,” he said. “Our motto here is one day at a time, and you’ve already done that for five days. You’re on your way.”

Another thing that pleased me greatly at this meeting was instead of religious stuff I was expecting, it was: “God as you understand him.” Instead of going on and on about themselves, they were interested in me and why I’d come to the meeting

Miracle of miracles, I loved it! There were only five people there and I felt like I was back in the small coalmining town where I grew up, with common people who were all my friends. And, as it turned out I was right. Before I left, I had become good friends with all of them.

I pondered for a long time why I took to them so quickly. Then, in a later meeting, one of the members was talking about how other members had come to his aid. That’s what AA is all about, helping each other and reaching out to anyone who wants to quit. I suddenly knew why I’d come to feel so at home. In my hometown, it didn’t matter whether other people loved you, or hated your guts. If there was a cave-in, or any other type of mine accident, you could depend on the nearest people to come to your aid, even at risk to their own lives. It was the same here!

Now this solitary drinker is off the booze. Not only did I change more for the better and find more peace in the next couple of months than I had in the previous twenty years, but I have more friends than ever and have new and better experiences with them than I ever did when I was with my drinking buddies. And now I believe in miracles! Thanks to you, AA

FRED C. | OGDEN, UTAH

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Events listed on this page are presented **SOLELY** as a service to readers, **NOT as an endorsement by Alcoholics Anonymous OR Intergroup Service of Northern Utah.**

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

340 W. 2550 N., Pleasant View
(801) 393-0344

WRH Is Temporarily Closed to outside visitors Due to the current public health situation

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

**Alano Club (upstairs)
Is OPEN for meetings
Beginning
Friday, May 1st**

**The café dining area
remains closed.**

>> 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

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: **Tuesday thru Saturday 1:30 pm to 5:30 pm / Sunday & Monday "CLOSED"**

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

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To: Central Office Committee
From: Randy C., Central Office special worker
Date: April 10, 2020
Subject: Central Office Report for **March 2020**

Sales Summary:

- Books: 98
- Chips: 111
 - Brass 23
 - Aluminum 85
 - Tri-Plate 3

Donations: **\$ 1,039**

- Groups: 9 groups \$ 794
- District One 120
- Individual Donations 125

<u>Office Activity:</u>	<u>Manager</u>	<u>Volunteer</u>	<u>Total</u>
<u>Hours:</u>	92	15	107
• Emails:	127	0	127
• Calls/Msgs:	138	3	141
• Visits:	51	8	59

Savings Account Statement Balance: (ending) (Goal=\$4,500\ **\$1,500 per mo.** x 3 mos. operating expenses)

February: \$ 1,175
March: \$ 1,200 +2.1 %

Checking Account Statement Balance: (ending) **March \$ 998**

Effective March 31, Central Office hours will change.

Our new hours are: **Tuesday thru Saturday, 1:30pm – 5:30pm**
CLOSED – Sunday & Monday

I Thank *YOU* for the opportunity to serve Northern Utah Alcoholics Anonymous.

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Ogden Inter Group Central Office

- **NEW** Central Office hours:
Tuesday thru Saturday
1:30pm - 5:30 pm
CLOSED – Sunday & Monday
- The May 11th, Steering Committee Meeting and the InterGroup Rep Meeting are **CANCELLED** in the interest of public health.
- We ask that each Group send a representative to the Central Office Inter Group meeting **Tuesday the 9th of June** at 6:30 pm.
- Ogden Central Office (801) 393-4728
email: igrcentraloffice@gmail.com
Website: <https://www.northernutahaa.org>



IGR Meeting Attendance

- **NO** Inter Group Representative meeting was held in April due to the COVID-19 pandemic. The Central Office report can be found on page 4.
- As the current public health situation is frequently changing, *Please* contact Central Office if you have are an IGR willing to attend the next monthly meeting.
- IGR Meetings will now be held the **2nd Tuesday** of each month at 6:30pm.

Suggested Contributions

(from pg. 13 of AAWS Pamphlet F-3)

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: **Tuesday thru Saturday 1:30 pm to 5:30 pm / Sunday & Monday “CLOSED”**

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

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Open Letter from the Ogden Intergroup Central Office staff

We here at Intergroup Central Office Ogden wish to offer a sincere **Thank You**, to all of the AA’s that were able to step in and help fill the financial void left by the absence of we “basket passer’s” opportunity to donate at regular face to face AA Meetings during this public health crisis.

In April we received \$1,460 in donations here at Central Office. Of that, **44%** or \$645, came from the *personal* individual donations of AA’s outside the scope of their group donations. From individual AA’s giving \$150 to those sending \$5, these donations will allow us to keep this office open another month during this challenging time. We will remain open, funds allowing, for the duration of this pandemic.

There were 9 groups donating \$815 in April, ONE group, “Women’s Circle of Hope” donated \$372 of that total. Our humblest “Thanks” goes out to all these groups.

Please stay safe, stay healthy and stay sober. This too shall pass.

From the Book

For just so long as we were convinced that we could live exclusively by our by our own strength and intelligence, for just that long was a working faith in a Higher Power impossible. This was true even when we believed that God existed...

... As long as we placed self-reliance first, a genuine reliance upon a Higher power was out of the question.

- Twelve Steps & Twelve Traditions, pg. 72

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AA Ogden Group Donations 2020 Year-to-Date

Group Name	3/31/2020	March 2020	2020 YTD Total
Beyond the Horizon Group			96.00
BYOB Group		50.00	50.00
Clearfield Group		42.50	103.50
Courage to Change Group (R.R.)			63.70
Grupo Primer Paso de Ogden (SP)		15.00	45.00
Higher Ground Grp-Fruit Hights			80.00
In the Solution Group			100.00
Meat and Potatoes ABSI Study			126.02
Meat and Potatoes Big Book Study			126.02
New Comers Group			25.00
Our Ladies of the Mountain (WRH)			15.00
Quilting Time			50.41
Recovery Together Group (5)			100.00
Sat Am Men's Brotherhood Group			400.00
SOUTH DAVIS#1		50.00	50.00
Stone of Sisyphus Group			90.00
Sunday Night Unity Group			360.00
Sunday Serenity Happy Hour Grp		100.00	100.00
Tuesday Morgan Group		400.00	400.00
Tyler Ave Group		76.00	236.50
Upon Awakening		43.34	147.66
Valley Camp			90.00
Wednesday Night Alumni ORMC			150.00
Women's Circle Of Hope		17.61	69.31
Sub-Totals		794.45	3,074.32
District One		\$120.00	240.00
Individual Donations		\$125.00	175.00
YTD Total Donations		\$1,039.45	\$3,489.32



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Utah Area 69 Calendar of Events

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	_____	_____

District Meeting minutes were unavailable at the time of publication

It is astonishing
h.o.w complicated we can
make the simple!

- Bob M. 2010

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LOCAL Online Meetings

(As reported to Central Office-Ogden)

Saturday, 10:00 am

Women's Circle of Hope Meeting.

Layton, UT

Topic: Saturday AA

Women's Circle of Hope Meeting

REOCCURRING- use this link every Saturday

Join Zoom Meeting

<https://zoom.us/j/635561473>

Meeting ID: 635 561 473# then # again when prompted

+1 646 558 8656 - To dial in

Wednesday, 6:00 pm

Quitting Time Meeting [Reoccurring]

Layton, UT

Join Zoom Meeting

USE THIS LINK EVERY WEEK

<https://zoom.us/j/279047154>

Meeting ID: 279 047 154

to dial in use

+1 646 558 8656 US

Sunday, 10:00 am

Sunday Serenity Happy Hour

Layton, Ut

USE THIS LINK EVERY WEEK

Join Zoom Meeting

<https://zoom.us/j/966872838>

until Jul 26, 2020,

Meeting ID: 966 872 838

Monday, Wednesday, Friday 6:30 pm

BYOB Group

Huntsville, Ut

USE THIS LINK EVERY WEEK

Join Zoom Meeting

<https://zoom.us/j/9546629858>

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AA Groups physically meeting during the COVID-19 crisis (as reported to Central Office-Ogden)

Sunday

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

Monday

5:30pm New Comers 3329 Harrison Blvd. (OD) *St Paul Lutheran School (West Building)*

Noon Higher Ground 796 S Mt Road, Fruit Heights, *Mt Road Church (OD)*

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

Tuesday

Noon Higher Ground 796 S Mt Road, Fruit Heights, *Mt Road Church (OD)*

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

8:00pm Morgan Grp 23 W 150 N *Grace Fellowship Church, Morgan (OD)*

Wednesday

Noon Higher Ground 796 S Mt Road, Fruit Heights, *Mt Road Church (OD)*

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

Thursday

Noon Higher Ground 796 S Mt Road, Fruit Heights, *Mt Road Church (OD)*

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

Friday

Noon Higher Ground 796 S Mt Road, Fruit Heights, *Mt Road Church (OD)*

5:30pm Friday Night Action 3329 Harrison Blvd. (OD) *St Paul Lutheran School (West Building)*

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

Saturday

7:00pm Pavillion Posse Group 663 24th Street, Ogden *Lester Park Pavillion*

This info is accurate as of the date below. Please keep in mind that this is a constantly changing situation.

Ogden IGCO

(16 Apr 2020)