

“Pass It On” June 2020

FROM THE APRIL 2014 GRAPEVINE

I Remember You

Although he got the chance to get sober, his old drinking buddy Rick never did

I started drinking at 16, but it would be a few years before it would become a serious issue in my life. There were signs early in my life that drinking would one day become a serious issue. I showed up for my first job out of high school with a hangover bad enough that I had to leave work an hour after I arrived. My thinking of the night before evidenced a tendency toward alcoholic behavior even then; I celebrated finding my new job by drinking heavily into the wee hours, disregarding that fact that I was scheduled to start work at 7:00 a.m. I awoke sick and shaking, barely able to make it in to work at all.

Fortunately I wasn't fired, and though I started as an hourly laborer, I worked my way up, becoming foreman, moving into sales and attaining a salaried position. Drinking was a part of the culture there, and my ability to 'hold my own' actually served me well during those early years.

Shortly after moving into sales, one of our sales managers, Rick, asked me to move into his department as a full-fledged salesman. We had become good friends, one of the things we had in common being our predilection for drinking. I had arrived at a point in my drinking career where alcohol had become a major coping tool in my life, and a source of conflict between my wife and me. Though our heavy alcohol use had caught the attention of our division president, Rick served as a buffer, so he absorbed the brunt of the president's ire.

We spent a good amount of our work hours away from the job, making 'sales' calls and 'business' trips that were chiefly heavy drinking bouts, subsidized of course, through ample expense accounts. There were

occasions when I wondered if I was drinking too much, but Rick always drank much more than me, and seemed to keep it together. I noticed that he often smelled like alcohol when he arrived at work in the morning, but he never hid it, often talking about having a glass of wine with his morning lox and bagels. It didn't seem to interfere with his work performance, and I sometimes told myself that I couldn't be an alcoholic, based solely on the fact that Rick's consumption seemed far in excess of mine, and he didn't appear to be an alcoholic. I enjoyed the culture of drinking, and aspired to be like Rick, able to drink massive quantities and still function well.

We worked together in this manner for a number of years, actually expanding our department sales each year beyond corporate expectations. Though there were often undertones of concern from upper management about what had clearly become abusive, unhealthy drinking, our performance assuaged those worries, and there were never any serious 'inquisitions.' Rick and I became more like brothers than superior/subordinate, and any personal concerns I had about my drinking were always discounted by my rationalization that Rick's drinking was much worse than mine. However, I began to experience trouble at home, and it was obvious to any impartial observer that alcohol had assumed a far too important role in my life.

We celebrated Rick's 40th birthday with a wild party. I could see that Rick's wife was more than a little concerned about the volume of alcohol, but that didn't prevent me from drinking myself into a blackout, and the rest of the night was lost to me.

The following weekend my wife and I went on vacation with other friends. There was much drinking then, too, and several blackouts that got my concern. I remember thinking one hung-over morning while drinking Bloody Maries that I maybe ought to talk with Rick when I got home; I was actually more than a little frightened about the proportions alcohol had now assumed in my life.

(continued on pg. 2)

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: *Tuesday thru Friday 1:30 - 5:30 pm & Saturday 10:00am – 2:00pm // Sunday & Monday “CLOSED”*

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

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When the vacation was over, we flew home, exhausted from the heavy partying, arriving home about midnight. I had just settled into bed when the phone rang.

I answered sleepily, "Hello?"

It was Rick's wife Brenda. She said that Rick had been acting quite ill for several days, and had collapsed earlier that evening. He was rushed to the emergency room where his heart had stopped beating. They had managed to restart it twice, and though it had stopped a third time and they managed to get it beating once more, things weren't looking good. I asked if I should come up, and Brenda said I should just plan on coming up in the morning. I went to sleep, thinking I would get up early and visit Rick and see how he was doing.

The next morning I called the hospital for Rick's room. The nurse asked my relation to Rick, and when I explained, she calmly said, "Sir, Rick passed away early this morning." I only remember yelling a protracted "Nooooo!!!" into the phone and going into a state of shock.

Later I found out that Rick's liver had given out and his body had stopped manufacturing the platelets that constantly repair the arteries and veins. I visited the hospital with our division president to view Rick's body in the hospital morgue. His skin was speckled with thousands upon thousands of pin pricks of purple spots where the blood had leaked out through his capillaries. Though it was a horrible spectacle, it was cathartic to see his body, providing some sense of closure. The doctor said that after talking with his wife, it was apparent that Rick's alcohol consumption had finally killed him. Ironically, the doctor commented that had Rick not been so young and otherwise healthy, he may have fallen ill sooner, and an exam even a few days or weeks earlier may have saved his life.

I was devastated by Rick's passing, but the lesson about alcoholism was lost on me. I continued to drink for several years more—until the thought of stopping

or continuing were equally abhorrent. My job was hanging by a thread, as was my marriage. A couple of DUIs were the impetus to find my way to recovery, and after following suggestions—going to meetings, reading the book, getting a sponsor, working the Steps and helping others—to the best of my ability, I have managed to stay sober, happy, joyous, and free for 22 years. My life has changed—gotten better—in ways I would never imagined by any stretch. My wife and I recently celebrated 42 years of marriage; she has become my best friend and confidante. I shudder to think what I almost gave up for alcohol.

I think about Rick all the time; I visit his grave on occasion and talk with him, catching him up on current events. I will be forever sorry that he didn't have the opportunity at recovery that I was somehow guided to. Was it God's Grace? And if so, why wasn't Rick afforded a similar opportunity? I have long ago quit asking that question, knowing that there are some answers to which we are not privy; I have even grown comfortable with that notion.

So I stay sober for a lot of reasons today—chiefly because I remember, as though it was yesterday, what those last months and years of drinking were like; the horror, and especially as our Big Book so aptly describes it, the "pitiful and incomprehensible demoralization."

But I have lost a number of friends to the disease of alcoholism now, and it would be a dishonor to their memory if I failed to avail myself of the design for living I have found, which many of them didn't have the opportunity to do.

So I raise my cup of coffee, and toast, "Here's to you Rick! Thanks for being in my life!" And all those other alcoholics who have not been so fortunate.

BY: BILL F. | BOUNTIFUL, UTAH

"Pass It On" June 2020

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**

3

>> 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

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"Pass It On" June 2020

To: Central Office Committee
From: Randy C., Central Office special worker
Date: May 5, 2020
Subject: Central Office Report for April 2020

Sales Summary: (low sales due to COVID-19 Effects)

- Books: 25
- Chips: 66
 - Brass 11
 - Aluminum 52
 - Tri-Plate 3

Donations: \$ 1,460

- Groups: 9 groups \$ 815 (One Group donated \$372)
- **Individual Donations (14) \$ 645**

Office Activity: Manager Total (no volunteers until further notice)

<u>Hours:</u>	<u>Manager</u>	<u>Total</u>	
• Emails:	128	128	
• Calls/Msgs:	54	54	
• Visits:	34	34	(low due to COVID-19 Effects)

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

March: \$ 1,200
April: \$ 1,225 +2 %

Checking Account Statement Balance: (ending) March \$ 1,268

Central Office hours have changed.

Our **new hours** are: **Tuesday thru Friday, 1:30 – 5:30pm**
Saturday, 10:00 am – 2:00 pm
CLOSED – Sunday & Monday

I have "in-joy'd" the opportunity to serve the Alcoholics of Northern Utah.

Thank You, all.

“Pass It On” June 2020

IGR Meeting Attendance

- **NO** Inter Group Representative meeting was held in May 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 an IGR willing to attend the next monthly meeting.
- Next IGR Meeting will be held the **Tuesday, June 9th** at 6:30pm. Future IGR Meeting dates will be determined at that time.



Ogden Inter Group Central Office

- **Central Office hours:**
Tuesday thru Friday
1:30pm - 5:30 pm
Saturday 10:00am – 2:00pm
CLOSED – Sunday & Monday
- The May 11th, Steering Committee Meeting and the InterGroup Rep Meeting were **CANCELLED** in the interest of public health.
- We ask that each Group send a representative to the Central Office Inter Group meeting..
- **Ogden Central Office (801) 393-4728**
email: igrcentraloffice@gmail.com
Website: <https://www.northernutahaa.org>

5

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

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"Pass It On" June 2020

AA IGCO Ogden Donations Detail

YTD Thru April
2020

4/30/2020
Year to
Date
YTD
Total

Group Name	April	Total
Beyond the Horizon Group		96.00
BYOB Group		50.00
Clearfield Group		103.50
Courage to Change Group (R R)		63.70
Grupo Primer Paso de Ogden (SP)	15.00	60.00
Higher Ground Grp-Fruit Hghts	20.00	100.00
In the Solution Group		100.00
It's In the Book Group	104.00	104.00
Meat and Potatoes ABSI Study	78.32	204.34
Meat and Potatoes Big Book Study	78.32	204.34
New Comers Group		25.00
Our Ladies of the Mountain (WRH)		15.00
Quitting Time		50.41
Recovery Together Group (5)		100.00
Sat Am Men's Brotherhood Grp		400.00
Serenity Happy Hour Group Wed.	25.00	25.00
SOUTH DAVIS#1		50.00
Stone of Sisyphus Group	70.00	160.00
Sunday Night Unity Group		360.00
Sunday Serenity Happy Hour Grp		100.00
Tuesday Morgan Group		400.00
Tyler Ave Group		236.50
Upon Awakening		147.86
Valley Camp		90.00
Wed Night Stag Group	52.50	52.50
Wednesday Night Alumni ORMC		150.00
Women's Circle Of Hope	372.00	441.31
Groups Sub-Total	815.14	3,889.46
District One		240.00
Individual Donations	645.00	880.00
Donations Total(s)	1,460.14	5,009.46

*Thank you!
You make a difference.*

“Pass It On” June 2020

DISTRICT 11 GSR Meeting Minutes May 13, 2020 (held via ZOOM)

Meeting opened by Mike F. at 6:35 p.m.

Moment of Silence followed by the Serenity Prayer

- GSR Preamble read by Tracy F.
- 12 Traditions ready by Mike F.
- Welcomed GSRs & New GSRs - no new GSRs present.
- Welcomed one visitor – Kristen D., Area Chairperson.
- Roll call was taken orally with a request made for updated information.
- Julie N., read treasurer’s report. Julie to email report to everyone. Passing of treasurer’s report tabled until (hopefully) June in-person meeting.
- March’s minutes read by Lisa R. Minutes accepted by a raise of hands (via Zoom). No April minutes to read as no meeting was held due to COVID19 Pandemic.

2. Concept 6 – no presentation made. No assignment for next meeting. Will pick back up in July.

3. GSR Reports

- GSR reports were given verbally by seven groups; Chuy C. (ALT Roxanne L.), *It’s in the Book*, Zoom; Kelly C., *Sunday Serenity Happy Hour*, Zoom; Lesa C., *Wed., Serenity Happy Hour*, Zoom; Lisa R., *Women’s Circle of Hope Saturday*, Zoom; Jeremy C., *Bountiful Wed. Men’s*. has been Zoom - go live soon; Chris S., *12 O’Clock High live 5 days a week*; Ken B., *HAFB Group no meetings due to Base closure*. Most all meetings still conducted via Zoom - see your central office schedule for complete updates.

4. Standing Chair Reports

- Kameron K., DCM North – Been attending as many meetings as possible. Trying to keep up with what’s on Zoom and what’s live. Expressed concern and understanding the need for live meetings but has experienced with “tension” in the air. Understands why people still prefer Zoom but also understands the urgency to get back to live mtgs.
- Scott D., DCM South – not present.
- Kurt B., Corrections – not present.
- Lesa C., Grapevine – nothing to report.
- Chris A., Treatment – not present.
- Kelly C., Literature – nothing to report.
- Randy C., Intergroup, Ogden – Read financial statement for Central office. Expressed gratitude for donations, both from groups and private. Has enough to stay open and operating hopefully until July, especially if the donations keep coming. Has had a dramatic increase in walk-in visitors last month and this month.
- SLC Intergroup – not present.
- Mike F., - thanks everyone for their participating via Zoom, had hoped things were different for last month and is hopeful for an in-person GSR meeting in June. Will take a poll closer to that time. Attended via Zoom Pre-Conference Assembly where Area did polling on agenda items. Updated group regarding cancellation of Area events and upcoming schedule of events for the Area and GSO. Will turn the time to Kristen D. for a full Area update.

5. Elections

- Open positions available; CPC, PI and BTG. Mike F. asked if anyone was interested in standing. No takers. Mike expressed gratitude for those that have been stepping up and answering the BTG calls

6. District 11 Event Reports:

- Mike F. -- Area 69 December 5, 2020, Committee Meeting – church is rented and this event is still “a go” for now. Kelly C. updated everyone that she is almost done with flyer.

“Pass It On” June 2020

DISTRICT 11 GSR Meeting Minutes (continued) (held via ZOOM)

7. Old Business

• Guideline Committee Meeting held via Zoom April 22 - little participation. Discussed Guideline 6.6. Travel Expense Defrayment Motion that passed will be incorporated into the Guidelines. Mike F. encouraged everyone to read through them again and bring to June's meeting any issues to discuss. Discussion. Guidelines will be reprinted after that time.

8. New Business

• Kristen D., Area Chair: Area held impromptu Pre-Conference via Zoom May 1st to arm Delegate Matt D. with more info for GSO. GSO in NYC was cancelled and is now being held via Zoom beginning May 16. It lasts four days, six hours per day. There will be a Post-Conference Assembly via Zoom June 6 at 10:00 a.m. Go to utahaa.org for more information and motions to be covered. Area guidelines will also be discussed and passed. BTG June 20 Workshop in District 10 in South Salt Lake City is hopeful to be live with a 50-person restriction. August 15-16 will be the Fall Workshop in Price. Elections in September. Donations to GSO down so the Area has been buying literature from GSO with their monies to be distributed to rural areas; helping both places at the same time. Area email has been experiencing some problems. Stay informed through the website or contact Kristen D. for questions/concerns. Kristen addressed questions by the District members.

• Mike F. – Discussed concern regarding fat bank account for the District 11. Encouraged group to discuss bringing a motion to split donations between GSO and Central Office to the June meeting. Kelly C. made a motion to split contributions 50/50 between GSO and Central Office Ogden. Discussion. Mike F. suggested taking the matter back their groups and come back with a group conscience and written motion in June. Matter tabled.

9. Coming soon:

- Area 69 Post-Conference Assembly **Via Zoom** 10:00 a.m. June 6, 2020. (Zoom ID will be sent as soon as it becomes available)
- District 11 GSR Meeting, SDRC [25 North 200 West, Bountiful, UT 84010](#), June 10th, 2020, 6:30 p.m.
- District 11 DCM Planning Meeting June 24, 2020 at 6:30 p.m. to be held at SDRC [25 North 200 West, Bountiful, UT](#).

8

(Minutes not officially approved until June 2020 District 11 GSR Meeting.)

Meeting closed at 7:45 p.m. with a moment of silence.

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

HUMOR ?

Was that you?

Breakfast was a very late affair that day and the husband and wife were fragile indeed—badly hungover from a particularly wild party the night before. Bleary-eyed, with two trembling hands holding his black coffee, our hero asked his wife, “Was it you I made out with in the garden last night?”

- His wife struggled to bring him into focus. “About what time?” she replied.

- —Bob M., Green Valley, Ariz. (May 2012 GV)

“Pass It On” June 2020

Utah Area 69 Calendar of Events

June 6	Post-Conference Assembly	10am – 2pm	Online Meeting
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 One Meeting minutes unavailable at time of publication

“Our success with each new prospect has always rested squarely on our ability to identify with him or her in experience, in language and especially in feeling -- that profound feeling for each other that goes deeper than words.

This is what we really mean when we say ‘one alcoholic talking to another.’”

AA Co-Founder, Bill W., October 1959,

“AA Communication Can Cross All Boundaries,”

The Language of the Heart

"Pass It On" June 2020

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>

Wednesday, 8:00 pm

(Men's) Wed. Night Stag Group

Ogden, UT

Join Zoom Meeting

USE THIS LINK EVERY WEEK

<https://us04web.zoom.us/j/856244113>

Meeting ID: 856 244 113

Saturday, 10:00 am

Men's Brotherhood Group

Ogden, UT

Join Zoom Meeting

USE THIS LINK EVERY WEEK

<https://zoom.us/j/72719673855>

Meeting ID: 727 1967 3855

Password: 767751

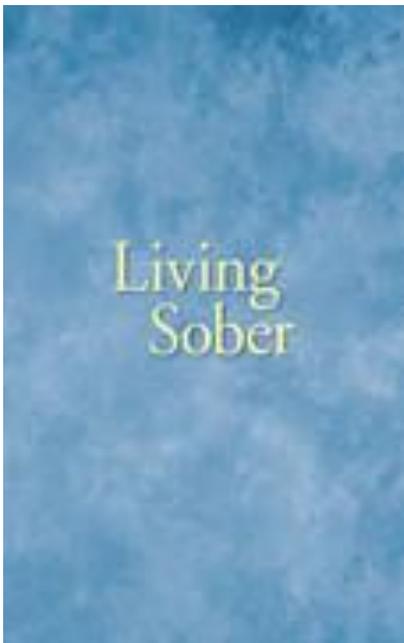
"Pass It On" June 2020

Book of the Month

How did a drunk, black, gay, ex-con, drug addict (Barry Leach) help raise awareness of early AA to help inspire the Third Tradition?

Barry Leach (sober 1945) wrote the book "Living Sober" in 1975.
Barry also wrote the pamphlet "Do you think you're different?" in 1977.

Both can be purchased at Central Office ...



"Living Sober"
B-7
\$ 6.00 each



"Do you think you're different?"
P-13
\$.25 each

“Pass It On” June 2020

from Ogden Intergroup Central Office

May 30, 2020

Intergroup Central Office - Ogden wants to thank all the AA's that stepped in and helped fill the growing financial void left by the absence of regular face to face AA Meetings during this COVID-19 crisis.

May donations totaled **\$1,853**. Of that, **42%** or **\$780**, came from the **personal** individual donations of AA's outside the scope of group donations. From individual AA's sending \$5 to those giving \$100, these donations have allowed us to keep this office open another month during this challenging time.

However, it appears we have reached the point which will require us to use our meager Prudent Reserve (we had one months' worth) to cover our July monthly expenses. When meetings begin again, **IF** they begin in June or July, we may be able to recover financially **IF** group donations arrive quickly on a regular basis.

As of the publishing of this letter IGCO Ogden will have \$539 in total available funds by July 31.

If sufficient group donations do not begin again soon, the purpose of IGCO-Ogden will need to transition from a staffed AA office with bookstore to an offsite answering service & mail drop.

The Ogden location would close by September.

Regardless of the outcome, I consider it a privilege to have been the special worker here at Ogden Intergroup Central Office.

Yours in Sober Serenity,
Randy C.
Special Worker
Ogden-IGCO