

Overdoing Serenity?

BY: ANONYMOUS | SALT LAKE CITY, UTAH

I AM SOBER today because I don't take the first drink and do go to meetings. I enjoy my sobriety today because I am making an honest effort to incorporate the Twelve Steps into my daily life. I frequently fall far short of anything even resembling perfection, but with this effort comes progress. And after all, is that not one of the fundamental aims of the AA program?

This state of well-being, as you might expect, was not always the case (and undoubtedly will not always be the case). A problem did arise a while back--the problem of a serenity glut. Superficially, it appeared that the program had worked so well that I had attained a sort of heaven right here on earth. (As I recall, that phrase was written somewhere in the original draft of the Big Book but deleted before publication, perhaps for some of the reasons I am about to discuss.)

On closer examination (to be specific, another Fourth Step), I discovered that my glut was rooted in a character defect, not, as I had so pridefully assumed, in a total assimilation of the program. I was forced into the realization that my overabundance of serenity was not serenity at all, but rather complacency; and that, in turn, was a result of escaping life, not mastering it. I was allowing myself to be cloistered from emotionally hazardous situations, usually involving new people, places, and things, because I *might* fail or I *might* get hurt. I was, in effect, institutionalized without being in an institution; too afraid of life to become involved in living; yet satisfied with the status quo. Because of a subtle, underlying fear (not the gut-wrenching kind experienced when drinking), I was unconsciously avoiding the challenges that, when worked through, invariably lead to growth and ultimately to true serenity. Without this growth process, as unpleasant as it might be upon occasion, I knew I could never hope to experience the joy of living to the fullest.

Well, enough of the problem. Now for the solution. I have since come to believe that serenity without growth is stagnation, and that is not the way the program should work. If I don't go, I

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don't grow; it's as simple as that. Since my problem was not concerned with accepting existing responsibility (I was usually pretty good at that), I had only to find a way to live aggressively and all would be fine, I thought. Wrong! At least partially wrong. I did have to initiate *some* action and be *somewhat* assertive, but certainly not in the manner I approached it to begin with.

I made two monumental mistakes the first time out. First, I didn't ask the help of my Higher Power; and second, I insisted on getting involved *at* people instead of *with* them. I suppose the effect is like taking an emotional jump over Niagara Falls in a barrel instead of wading in the shallow end of the pool until you feel secure enough to swim. I can thank my alcoholic sense of direction, bad timing, and chronic extremism for that one.

But fortunately, by the grace of God, my mistakes did not result in disaster. I am now in the process of taking a few *calculated* risks for the sake of progress. I will even go out on a limb occasionally, but the difference is that I now leave the saw in God's hands.

Above all else, I must be continually grateful for who I am and what I have today, and I must realize that I did not get here alone. I am still afraid of hurt and failure, but I value true serenity 2
enough to take a chance and grow, because I know the alternative is stagnation

HUMOR

MONTE S.- OGDEN, UTAH
FEBRUARY 1999

A DRUNK STAGGERS UP TO A STRANGER on the street and says, "Hey, buddy, have you got twenty dollars you can give me to feed my family?"

The stranger replies, "Mister, if I give you any money, you'll just spend it on booze."

"No, I won't, I promise."

"And why should I believe you?"

"Because," slurs the drunk, "I've already got money for booze!"

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



Inter Group Representative Meeting Attendance

- The November IGR meeting was *cancelled* in the interest of public health and in keeping with the Utah Department of Health guidelines.
- **October Central Office report on page 4.**
- *Please* send an IGR to the December 15 meeting to represent your group and help Central Office serve the suffering Alcoholic.
- **Our next IGR Meeting will be held Tuesday, December 15, @6:00pm.**
- Steering Committee meeting precedes IGR meeting at 5:30 pm



Ogden Inter Group Central Office

CLOSED – Sunday & Monday

- **Central Office hours:**
Tuesday thru Friday
1:30pm - 5:30 pm
Saturday - 10:00am – 2:00pm
- **Ogden Central Office (801) 393-4728**
email: igrcentraloffice@gmail.com
Website: <https://www.northernutahaa.org>
- Central Office will be ***CLOSED*** Friday, December 25 & Saturday, December 26 for the Christmas holiday.
- We will also be ***CLOSED*** New Year's Day, **Friday, January 1, 2021.**

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TO: Central Office Committee
From: Randy C., Central Office special worker
Date: November 10, 2020
Subject: Ogden Central Office Report for **October 2020**

Sales Summary:

- Books: 88
- Chips: 230
 - Brass 57
 - Aluminum 170
 - Tri-Plate 3

Donations: **\$ 593**

- Groups: 9 groups \$ 543
- Individual Donations \$ 50

Office Activity: Hours: **110**

- Emails: 97
- Calls/Msgs: 48
- Office Visits: 78

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

September : \$ 3,125
October: \$ 3,150 + >1%

Checking Account Statement Balance: (ending) **October \$ 1,061**

I want to offer my Thanks, to all of you, for giving me the opportunity to be your Intergroup Central Office - Ogden employee.

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AA Ogden - Donations thru Group Name	10/31/2020	2020
	October	YTD Total
(All) Women's Retreat House Groups		200.00
Admitted We Were Powerless		200.00
Babes of Anonymity	146.16	146.16
Beyond the Horizon Group		145.00
BYOB Group		180.00
Clearfield Group		103.50
Courage to Change Group (R R)		221.20
Davis Group		400.00
Grupo Primer Paso de Ogden (SP)	15.00	150.00
Higher Ground Grp-Fruit Hghts		340.00
In the Solution Group		425.00
It's In the Book Group		104.00
Meat and Potatoes ABSI Study	94.00	387.14
Meat and Potatoes Big Book Study	94.00	387.14
New Comers Group		227.00
Our Ladies of the Mountain (WRH)	5.00	20.00
Pavillion Posse Group		820.00
Primary Purpose Group (Layton)		100.00
Quitting Time		338.55
Recovery Together Group (5)		100.00
Sat Am Men's Brotherhood Group		400.00
Serenity Happy Hour Group Wednes		25.00
Serenity thru the Storm		71.80
SOUTH DAVIS#1	25.00	75.00
Stone of Sisyphus Group	60.00	470.00
Sunday Night Unity Group		360.00
Sunday Serenity Happy Hour Grp		463.50
Tuesday Morgan Group		450.00
Tyler Ave Group		465.00
Upon Awakening	28.78	390.65
Valley Camp		175.00
Wed Night Stag Group		67.50
Wednesday Night Alumni ORMC		489.82
Women's Circle Of Hope	75.00	1,006.76
Groups Sub-Totals	542.94	9,904.72
District One		600.00
District 11		1,068.72
Individual Donation(s)	50.00	3,283.50
Donations Totals	592.94	14,856.94

The more control
the more fear takes hold...
the less control
the easier it Becomes
to approach letting go.

-Bob M. (Winter 2012)

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District One Meeting Minutes for November 10th, 2020.

OPENING: Jenny called the meeting to order at 7:00 Dan read the GSR preamble and Vicky read the Twelve Traditions. We had 1 new GSR, Lisa from the Tyler Avenue Group. We had 1 Interested AA's, Sue from the 11:59 group. We had no Visitors this month. We had 1 GSR, 1 DCM, and the Secretary attending in person. We had 5 GSR's, Intergroup Ogden, the Treasurer, Corrections and Treatment attending via Zoom.

REPORTS

❖ **Treasurer-** Jared read the report- The District One Finances for November 2020 are as follows: District 1 donations totaled \$258.68, the expenses totaled \$0. The total balance of the account this month is \$2,740.84, minus a \$2000 Prudent Reserve leaves an available balance of \$740.68. Pink Can donations totaled \$0.03, Pink Can Expenses were \$0.00 for a total Pink Can fund of \$636.56. Jared also asked for approval for travel reimbursement of \$37.50 Motion to accept, second and passed. The Treasurer still has 3, \$20 bills that were paid as pre-registration for the 2020 Pre-Conference Assembly and is looking for suggestions on how to return them.

❖ **Intergroup Logan-** Robert was absent

❖ **Intergroup Ogden-** Randy gave a report

❖ **Corrections-** Bryce gave a report.

❖ **Literature-** Shelley was absent

❖ **Treatment-** Janessa gave a report

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

❖ **GSR reports- (open discussion)** Randy asked if it would be ok to put the District Business Meeting in the Meeting list provided by Ogden Central Office, to help get the word out about the new time, new day and new Venue. That motion was voted and passed. Janessa asked if anyone wanted to speak at the Weber Recovery center. Dan reported that the keystone Recovery Center had suspended all meetings until further notice. Dan also reported that the Ogden Alano club was also closed until further notice. Jenny reported that the Elium Lutheran church had suspended any meetings being held there. Lisa from the Tyler Avenue Group said they were planning to call the health department to get some clarification on the state guidelines. There was some more discussion about that and what each meeting is doing as far as requiring or suggesting masks and distancing chairs etc.

❖ **OLD BUSINESS-** Open positions - no positions filled this month. Budget- The 2021 proposed budget was voted and passed.

❖ **NEW BUSINESS-** Elections- The group decided to ask Matt D, Area 69 Immediate Past Delegate if he would preside over our elections in December. Paul volunteered to contact him. December Committee Meeting- Lisa from the Tyler Avenue Group volunteered to represent District 1 at the Pass the Gavel Event.

❖ **CLOSING** The meeting was closed at 7:25 with the Responsibility Statement

❖ **PLEASE REMEMBER-** The District meeting will now be held the **2nd Tuesday** of each month, at **7:00**, at the **Brigham Boys and Girls Club** the address is **550 south main street in Brigham** they recently moved and google maps is incorrect.

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DISTRICT 11 GSR Meeting Minutes November 11th, 2020

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

1. Moment of Silence followed by the Serenity Prayer

- GSR Preamble read by Jence A.
- 12 Traditions read by Scott D.
- Welcomed GSRs & New GSRs – New GSR Chris R. Bountiful Community.
- Welcomed new visitors and interested AAs
- Roll call was passed around by Tracy F., with a request made for updated information.
- Julie N., read treasurer's report. Motion to accept the report as read by Scott A. and seconded by Mitch E.
- September's minutes read by Tracy F. Motion to accept as read & corrected by Scott D. and seconded by Kameron K.

2. **Concept 12** presented by Casey W. Page 1 of District 11 guidelines to be read by Ricardo at the December 9th GSR meeting.

3. **Elections** - Debbie A. stood for Corrections and Chuy C. stood for BTG. Both were voted in. These positions remain available; **DCMC, DCM of the South, ALT DCM of the North, ALT DCM of the South, Secretary, Treasurer, CPC Chair, Grapevine Chair, Literature Chair and Treatment Chair**. Mike encouraged everyone to spread the word about the remaining open positions. All remaining positions can be filled at the monthly GSR meetings.

4. GSR Reports

- GSR reports were given verbally by 6 groups; Roxanne L. (ALT), **It's in the Book**, speaker meetings are back; Chris S., **12 O'Clock High**, live mtgs with some new commers; Mitch E., **South Davis #1 Group**, active live mtgs; Casey W., **Not a Glum Lot**, introduced Danny L. as the new GSR. Danny said hi. He is looking forward to his new position; Shon W., **Happy Group**, Kameron K., **Serenity Happy Hour (Sunday)**, Kameron is the incoming GSR and gave a report. They found a new meeting place. 25 people last week.

5. Standing Chair Reports

- Kameron K., DCM North – expressed concern about passing the basket with COVID. Suggested leaving the basket in one location.
- Scott D., DCM South – getting around to all his meetings. The Club is open and masks are required at all times.
- Kurt B., Corrections – jail still closed and not accepting applications. He will stick around in position to see if/when things open up.
- Lesa C., Grapevine – not present.
- Treatment – vacant.
- Kelly C., Literature – not present.
- Mike F. reported that Intergroup Ogden will NOT be holding their meeting on November 17, 2020 due to new COVID restrictions
- SLC Intergroup – Doug R. reported that donations have picked up. They are hoping to replenish their prudent reserve. They have openings for Chair and Trustee positions. Next Zoom election meeting on 12/8/20. The link can be found at saltlakeaa.org

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(cont. from pg. 7)

- Mike F., DCMC – December 5th 2020 Area 69 December hosted by District 11 is a go. Planning a venue walkthrough. Will schedule a Zoom event planning meeting for December Committee Meeting and the 2021 Post-Conference Assembly held May 14th – 16th 2021. Mike attended the Fall Assembly Zoom meeting. It was well attended. District 2 did a great job. It was good to see many District 11 committee members had attended.

6. District 11 EVENT REPORTS:

- Debbie A. gave a Post-Conference Assembly report. The Legacy Events Center Building 2 has been reserved and is expecting a check from Area 69 for the seed money so she can make a deposit.

7. Old Business:

- None.

8. New Business:

- No new business was brought forward.

9. Coming soon:

- District 11 GSR Meeting, SDRC [25 North 200 West, Bountiful, UT 84010](#), December 9, 2020, 6:30 p.m.
- Area 69 December Committee Meeting (Pass The Gavel) Legacy Events Center Building 1, 151 S. 1100 W. Farmington, December 5th. 2020 Meeting closed at 7:35 p.m. with the Responsibility Statement. To contact a DCM, call Mike F. 650-333-6078
[District 11 Funds: 2320 Wood Hollow Way Bountiful, Utah 84010](#)

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

10% - District 11
2320 Wood Hollow Way
Bountiful, UT 84010

OR

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

30% - GSO
P.O. Box 459
Grand Central Station
New York, NY. 10163

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Utah Area 69 Calendar of Events

December 5, 2020

December Committee Meeting
Pass the Gavel

District 11

Farmington

>> **District Meetings Information** <<

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

Changed

➤ **District 1** – 2nd Tuesday, 7:00 PM
550 S. Main St. Brigham City

➤ **District 11** – 2nd Wednesday 6:30 PM
25 N. 200 W. Bountiful



9

Events listed below 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

Brigham City Alano Hall will be hosting marathon meetings
on Christmas Day and New Year's Eve:

December 25th - Friday - 10 am to 10 pm

New Year's Eve - Thursday - 10 am to 10 pm

131 W. Forest St., Brigham City, Ut.

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LOCAL Online Meetings

(As reported to Central Office-Ogden)

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

Password: BILLW

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

Online Zoom Meetings

If you are aware of any groups other than those shown that are holding local Northern Utah Zoom meetings

OR

Any groups that are holding "hybrid" (in-person/Zoom) meetings, please contact Intergroup Central Office – Ogden, with the Zoom Information (*email address is at the bottom of each page*).

10

From the Book

unsatisfied...

The chief activator of our defects has been self-centered fear - primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands.

-Twelve Steps & Twelve Traditions, Pg. 76

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Pass It On 🌲 2020 🌲 December

"PASS THE GAVEL" DECEMBER AREA COMMITTEE MEETING



Hosted by District 11

SATURDAY – DECEMBER 5, 2020 | 8 AM – 5 PM
LEGACY EVENTS CENTER, BUILDING 1
151 S 1100 W, FARMINGTON, UT

AND on Zoom - Meeting ID 879 3198 3200, password 109417

Please come join us as Panel 69 will "Pass the Gavel" to our new Panel 71 Committee Members.

Everyone in the fellowship is invited to this event; come get to know your new Committee Members!

Program:

8:00 am - Registration
8:30 am - General Service Orientation (first time at an Area 69 event?)
9:00 am - Area Business Meeting
12 to 1:30 pm - Lunch - Chili Verde
1:30 pm to 4:30 pm - Pass the Gavel

In the interest of public health,
Social Distancing will be observed and
face coverings (masks) are required.

Thank You

Pass It On 2020 December

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12



"Having had a..." No need to spell out the Twelfth Step here, since you already know it.