

The Traditions Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion. Each month we will publish one Tradition checklist throughout 2021 to be used as a personal Traditions inventory. How well am I living by the Traditions?

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

(coming next month, Tradition Two)

Hope springs eternal

I just enjoyed reading the August Grapevine and felt I should write to express my appreciation for the feature on Youth Enjoying Sobriety.

While I am no longer a young person and have even been referred to as an "old-timer," it's important for me to remember that my drinking career spanned the years from age thirteen to twenty, and I got sober one day before my twenty-first birthday! That was on September 10, 1963.

By today's standards this isn't very young, but during my early years of sobriety I was usually the youngest person in every meeting. I kept waiting for someone to tell me I was too young, but no one ever did! I was fortunate that my introduction to AA was in my first home group, the Under 40 Group in Long Beach, California, which was an enthusiastic group of people enjoying life in sobriety.

Thanks for all the years of great sharing through the Grapevine. I've been a regular reader for thirty-two years now--and I don't think it is a coincidence that this is also the length of my sobriety! When life's problems seem overwhelming I can almost always find hope in the pages of "our meeting in print."

MICKEY H. | SPRINGVILLE, UTAH

HUMOR

One couch at a time

With all the recent emphasis on physical fitness, a new organization has sprung up called "Athletics Anonymous." When you get the urge to play golf, tennis, power-walk, jog or bicycle ride, they send a member over to sit and watch TV with you until the urge passes.

Terry B.- Albany, N.Y.

2021 January "Pass It On"



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,
January 1, 2021.

Inter Group Representative Meeting Attendance

- The December IGR meeting was *cancelled* in the interest of the health and safety of attendees.
- **November Central Office report on page 4.**
- **ALL Future Monthly IGR Meetings are postponed until further notice.**
- Steering Committee meetings are also temporarily postponed.



2021 January "Pass It On"

TO: Central Office Committee
From: Randy C., Central Office special worker
Date: **December 8, 2020**
Subject: Ogden Central Office Report for **November 2020**

Sales Summary:

- Books: 145 (**80 books sold AT COST**)
- Chips: 199
 - Brass 46
 - Aluminum 150
 - Tri-Plate 3

Donations: \$ 1,525

- Groups: 15 groups \$ 1,135
- Individual Donations \$ 390

Office Activity: Hours: 83

- Emails: 108
- Calls/Msgs: 49
- Office Visits: 57

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

October: \$ 3,150
November: \$ 3,175 + >1%

Checking Account Statement Balance: (ending) November \$ 1,544

"THANK YOU" for letting me be your Intergroup Central Office - Ogden employee. -Randy

When the urge to "circle-the-wagons"
comes,
ride out of the circling,
find a newcomer,
and encircle them with hope.
- Bob M. 2010

2021 January "Pass It On"



AA Ogden / Donations Group Name	November	2020 YTD Total
(All) Women's Retreat House Groups	217.00	417.00
Admitted We Were Powerless		200.00
Babes of Anonymity	63.60	209.76
Beyond the Horizon Group	38.00	183.00
BYOB Group	50.00	230.00
Courage to Change Group (R R)		221.20
Davis Group		400.00
Friday Night Action	33.00	33.00
Grupo Primer Paso de Ogden (SP)	15.00	165.00
Higher Ground Grp-Fruit Heights	80.00	420.00
In the Solution Group		425.00
It's In the Book Group	178.50	282.50
Meat and Potatoes ABSI Study		387.14
Meat and Potatoes Big Book Study		387.14
New Comers Group		227.00
Our Ladies of the Mountain (WRH)		20.00
Pavilion Posse Group		820.00
Primary Purpose Group (Layton)	127.00	227.00
Quitting Time		338.55
Recovery Together Group (5)		100.00
Sat Am Men's Brotherhood Group		400.00
Serenity Happy Hour Group Wednesday		25.00
Serenity thru the Storm		71.80
SOUTH DAVIS#1		75.00
Stone of Sisyphus Group	45.00	515.00
Sunday Night Unity Group		360.00
Sunday Serenity Happy Hour Grp	22.00	485.50
Tuesday Morgan Group		450.00
Tyler Ave Group	56.00	521.00
Upon Awakening		390.65
Valley Camp	60.00	235.00
Wed Night Stag Group	75.00	142.50
Wednesday Night Alumni ORMC		489.82
Women's Circle Of Hope	75.00	1,081.76
Groups Sub-Totals	1,135.10	11,039.82
District One		600.00
District 11		1,068.72
Individual Donation(s)	390.00	3,693.50
Donations Totals	1,525.10	16,402.04

2021 January "Pass It On"

District One Minutes. Unavailable at time of publication

DISTRICT 11 GSR Meeting Minutes - December 9th, 2020

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

1. Moment of Silence followed by the Serenity Prayer

- GSR Preamble read by Chad L.
- 12 Traditions read by Roxanne L.
- Mike F. welcomed GSRs & New GSRs – No new GSR's
- Mike F. welcomed new visitors and interested AAs – Area 69 Chair Kristen D. was present.
- Roll Call - Tracy F. requested all present to review their contact information on the roll document.
- Julie N., read treasurer's report. Motion to accept the report as read by Scott A. and seconded by Kurt B.
- September's minutes read by Tracy F. Motion to accept as read & corrected by Scott D. and seconded by Charlotte B.

2. District 11 Guidelines Presentation – Jence A.

3. Elections – Angie C. stood for the Grapevine Chair position and Chad L. stood for the Treasurer. Both were voted in. These positions remain available; **DCMC, DCM of the South, ALT DCM of the North, Secretary, CPC Chair, PI 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 7 groups; Roxanne L., **It's in the Book**, good attendance, this is a hybrid meeting; Danny L., **Not a Glum Lot**, the Tuesday and Thursday meetings can use some support. He is looking forward to his new position; Shon W., **Happy Group**, good attendance with the kitchen open for breakfast.; Kameron K., **Serenity Happy Hour (Sunday)**, They found a new meeting place. 25 people last week. This meeting is a hybrid meeting.; Chris R., **Bountiful Community**, Meeting is good with 10 to 15 people in-person attendance; Caroline A. **Women's Circle of Hope**, this is a hybrid meeting with good attendance and some new comers showing up., Jence A. **Primary Purpose**, good attendance no issues.; Ricardo B. **SDRC**, announced upcoming Saturday Night speaker meetings, and asked for speaking volunteers.

5. Standing Chair Reports

- Kameron K., DCM North – No issues to report, shared his experience, strength and growth during his tenure.
- Scott D., DCM South – No issues to report, shared his experience, strength and growth during his tenure.
- Kurt B., Corrections – jail still closed and not accepting applications. He is excited to train Debbie A. and shared his experience, strength and growth during his tenure.
- Secretary – Tracy F. shared her experience, strength and growth during her tenure.
- Treasurer – Julie N. shared her experience, strength and growth during her tenure.

(continued pg. 8)

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

2021 January "Pass It On"

(cont. from pg. 7)

- Mike F., DCMC – December 5th 2020 Area 69 December hosted by District 11 was a success. Once again, the district stepped up to the plate and put on a great event. There was some discussion and it was decided that Julie N. (the event treasurer) will reconcile the expenses and send Area 69 a check for the positive income.

6. District 11 EVENT REPORTS:

- Debbie A. gave a Post-Conference Assembly report. The Legacy Events Center Building 2 has been reserved. She will be having the first planning meeting tonight after the GSR meeting.

7. Old Business:

- None.

8. New Business:

- No new business was brought forward.

9. Coming Soon:

- Dist. 11 GSR Meeting - SDRC 25 N 200 W, Bountiful, UT 84010 January 13th, 6:30 pm
- Dist. 11 DCM Planning Mtg - SDRC 25 N 200 W, Bountiful, UT 84010 December 23rd, 6:30pm
- Area 69 February Committee Meeting, Moab, February 27th 2021
- PRAASA March 5th – 7th 2021, via ZOOM
- Area 69 Pre-Conference Assembly March 26th – 28th, District 10 (Hybrid)

Closed at 7:45 pm with the responsibility statement.

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

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

District 11 Funds P.O. Box 788, Roy, UT 84067

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
P.O. Box 788
Roy, Ut 84067

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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>> 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

Information listed below is presented solely as a service to readers, **NOT as an endorsement by Intergroup Service of Northern Utah or AAWS.** For any additional information, please contact Central Office at (801)393-4728

IN Remembrance of AA's that passed in 2020:

Earl T. July 11, 2020
Stan H. July 23, 2020
Mike W. August 14, 2020
Jim R. December 10, 2020

"Nobody truly dies until they are forgotten" –unknown

2021 January "Pass It On"

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 email Intergroup Central Office – Ogden, with the Zoom Information (*email address is at the bottom of each page*).

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From the Book

Kill the Ego

"The ego of the alcoholic dies a hard death ... fitting and wearing halos is not for us."

AA Co-Founder, Dr. Bob, September 1948,
"The Fundamentals in Retrospect",
Spiritual Awakenings: Journeys of the Spirit, pg. 9

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