

MARCH

"Pass It On" 2021

GRAPEVINE ONLINE EXCLUSIVES

## Keep Coming Back

Every time he relapsed, AA picked him up again—and told him to keep on coming

Late morning. Where was I? Where had I been? What had I been doing? Oh, happy day! I still had my wallet with the credit cards and my driver's license. How did this happen again? Ten years of asking that question. It happened because I am an alcoholic trying to manage his disease on his own.

After all, isn't that what active alcoholics do best? Promise and pledge that we will never take another drink, rely on our own self-will to manage our alcoholism and then the only thing we are able to "manage" is to get drunk all over again.

I promised my wife of 30 years. I promised my five children. I promised my friends and law partners. I promised my home group. No, I would never drink again. But I did, and I woke up in a strange city, in an unknown hotel with a set of keys to a car, whose whereabouts were a mystery to me. I would have to wait until the credit card statement comes so I could piece together the places I had been and the things I had been doing for the past three days. Another broken set of promises. Another round of thirty day, sixty day and maybe a ninety day chip.

I was told by the members of my home group to "keep coming back." So I did. Those three words and the simple act of coming back to a meeting saved my life. I did keep coming back and the home group kept taking me back. The group asked me, "Do you think you have a problem with alcohol, and do you have a desire to quit drinking?" I said "yes" to both questions. "Then keep coming back." So I did. In all reality I had no better option other than to die an unnecessary and tragic death, another statistic victimized by that bone crushing juggernaut of a disease.

"Keep coming back." I was welcomed back into the fellowship of AA and to all of the AA groups that I attended on and off for over ten years. My hand reached out, and fortunately the hand of AA latched on. During this time, my family, my home group and my sponsor never gave up on me. I would take a thirty day chip here, a ninety day chip there and other chips upward to two years, but would always react to the insane idea that I could manage my drinking my way. This "disease of self" was killing me.

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

# MARCH

# "Pass It On" 2021

Then, one day, an old timer took me out on a Twelfth Step call to visit someone who had reached out for the hand of AA. I was told by that old timer that for today we were responsible to be that hand. We had "a wet one." After talking him into handing over the shotgun that was lying underneath his chair, we got him to go to a local VOA detox facility. I never saw him again. I don't know what became of him.

That was over twenty years ago and I haven't had a drink since. I read the Big Book with a better understanding. I prayed to God to help me find his will for me and grant me the power to carry out that will. No more "my will be done" prayers. I worked the Steps with a sponsor. I went to meetings and did not drink in-between those meetings. I did what

I was asked to do. In short, I turned the management of my alcoholism over to God and the fellowship of AA where I found a "day at a time" solution to my alcoholism.

To my surprise, the craving went away. Not all at once; there was not a singular defining moment where I can say that the compulsion lifted. But I can say that any time the thought of a drink comes into my head, I am able to remember what it was like to wake up in a strange town with no recollection of the "playgrounds" I had frequented.

Lucky for me that I was told to throw myself into service work, both through AA, my church and the local lawyers bar association. I later served multiple terms as a board member and officer of my local AA central office where I met and worked with lifelong friends who were instrumental in helping me stay sober and balanced. I learned the value of living life on life's terms and of avoiding trying to change today's realities.

Today, I trust God, work on my shortcomings and help others. Today, I stay away from the "alka-logic thinking" that invites me to manage my recovery by self-serving willpower. For me it's about gratefully accepting the grace of God and hooking on to the power of the fellowship of Alcoholics Anonymous.

Today I pray for a better understanding of God's will and ask for the resources to both accept and carry it out. No more "911 emergency prayers." Instead, I strive to ask God to let me be part of an answer to someone else's prayers. And, yes, I tell the one who continues to reach out for the hand of A.A. to "keep coming back." May I never let an opportunity go by to be that hand of A.A

BY: KENT S. | SALT LAKE CITY, UTAH

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](mailto:igrcentraloffice@gmail.com)

## 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 Three

**Tradition Three:** The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

(coming next month, Tradition Four)



## 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](mailto:igrcentraloffice@gmail.com)  
Website: <https://www.northernutahaa.org>

### Help needed @ Central Office

- **Inventory Runner:** someone willing to donate 2 hours, twice monthly to drive to South Salt Lake & pick up inventory. Must have own car. (\$.14 p/mile reimbursement, 72-mile round trip)
- Contact Randy @ Central Office if interested.



### **Inter Group Representative Meeting Attendance**

- The February IGR meeting was canceled
- January Central Office report can be found on page 5
- The next IGR Meeting will be held, Tuesday, March 16<sup>th</sup> at 6:00 pm via Zoom.
  - Zoom ID#: 491 472 8312  
(Psswd: 4728aa)

# MARCH "Pass It On" 2021

## Ogden Intergroup Central Office IGR Meeting Minutes

Tuesday January 19, 2021

(The January IGR Meeting was held via Zoom)

**Attendees:** Central Office Comm: Wendi P., Nick D., // Mgr. Randy C. // **Area 69:** Mike F.  
**IGR's attending,** Dustin H., Goose D., James. J, Mac M. **Excused absent:** Mike L.

- Randy opened the meeting at 6:00 pm. & read the opening Preamble / Traditions
- Randy gave the December 2020 Central Office report:

### Sales Summary:

- Books: 24
- Chips: 56
  - Brass 15
  - Aluminum 38
  - Tri-Plate 3

### Donations: \$ 5,250

- Groups: 10 groups \$ 1,598
- District One \$ 180
- Individual Donations \$ 3,472

5

### Office Activity: Hours: 104

- Emails: 98
- Calls/Msgs: 38
- Office Visits: 45

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

November: \$ 3,175  
**December: \$ 4,500 + 41 %**

### Checking Account Statement Balance: (ending) **December \$ 4,033**

I am grateful to be the Ogden Intergroup Central Office employee,  
Thank YOU. -Randy

### <<<<<<< NEW BUSINESS >>>>>>>>>

1. Discussed holding IGR meetings thru March 2021 via Zoom and reevaluating at the March meeting.
  - Randy Closed at 6:30 pm

## AA Ogden

### Donations Detail

1/30/21

2021 Year to Date	January	2021 YTD
Group Name	Total	YTD
Wed Night Stag Group	100.00	100.00
Beyond the Horizon Group	70.00	70.00
New Comers Group	125.00	125.00
Tuesday Morgan Group	251.00	251.00
BYOB Group	40.00	40.00
Grupo Primer Paso de Ogden (SP)	15.00	15.00
Tyler Ave Group	78.00	78.00
Admitted We Were Powerless	25.00	25.00
<b>Groups Sub-Total</b>	<b>704.00</b>	<b>704.00</b>
District One	180.00	180.00
Individual Donations	150.00	150.00
<b>Donations Total</b>	<b>\$1,034.00</b>	<b>\$1,034.00</b>



Loneliness isn't about Being alone...  
 It's about Being in our heads further  
 than necessary and expecting someone  
 else to toss us a rope.

- Bob M. 2016

**District One Meeting Minutes UNAVAILABLE**

**DISTRICT 11 GSR Meeting Minutes**

**February 10th, 2021**

Meeting opened by Kelly C. at 6:30 p.m.

**1. Moment of Silence followed by the Serenity Prayer**

- GSR Preamble read by Caroline A.
- AA Preamble read by Mitch E.
- 12 Traditions read by Terra L.
- Kelly C. welcomed GSRs & New GSRs - Scott H., Mitch M. and Terra L. new GSR's
- Kelly C. welcomed new visitors and interested AAs
- Roll Call - Kameron K. requested all present to review their contact information on the roll document.
- Chad L. Read treasurer's report. Motion to accept the report as read by Tracy F. and seconded by Chris S.
- January's minutes read by Kameron K. Motion to accept as read Tracy F. and seconded by Mitch E.

**2. District 11 Presentations Guidelines, Concepts or Traditions - Concept 1 Kameron K. next time.**

**3. Elections - These positions remain available; ALT DCM of the North, CPC Chair, PI Chair, Literature Chair. All remaining positions can be filled at the monthly GSR meetings.**

**4. GSR Reports**

- GSR reports were given verbally by 13 groups; Roxanne L., **It's in the Book**, attendance 20-35 5-10 on Zoom great speakers and discussion, this is a hybrid meeting.; Scott H., **Not a Glum Lot**, 15-20 on Tuesday and 30 on Thursday.; Shon W., **Happy Group**, 40-50 big group and the kitchen is open.; Kameron K., **Serenity Happy Hour (Sunday)**, Good attendance this meeting is hybrid.; Chris R., **Bountiful Community**, No report.; Caroline A., **Women's Circle of Hope**, Good attendance 10+ on Zoom.; Jence A., **Primary Purpose**, No Report.; Brian R., **In the Solution**, 15-30 good attendance glad to be of service.; Danny L., **12 O Clock High**, Doing well up and down lots of new comers on Zoom.; Mitch M., **Wednesday Serenity Happy Hour**, New to this has money that needs to be sent to the right places needs help and the meeting needs support 12 and 12 study.; Terra L., **Ogden Big Book Step Study**, 10-20 on Zoom Different type of format no sharing until you have gone through Friday at 7:00pm 90 min. in person is at Renaissance Ranch.; Mitch E., **South Davis #1**, 8 in attendance doing well.; Mark S., **Sunday Night BB Study**, Has not been in attendance due to work schedule that has changed with be back to see how meeting is going.; Cathy D., Higher Ground, 5-? varies from day to day Wednesday BB study.

**5. Standing Chair Reports**

- Tracy F., DCM North - Attended 3 groups and plans on getting to more list of meetings with Chris S. (DCM South) is compiling lists and working on a group text message for GSR's.
- Chris S., DCM South - Made it to a lot of meetings most groups have it together, meetings now on Zoom too.
- Debbie A., Corrections - No report
- Kameron K., Secretary - No Report.
- Chad L., Treasurer – Trying to get things figured out glad to be of service.

(continued pg 8)

# MARCH "Pass It On" 2021

(cont. from pg 7)

- Julie N., Treatment -Getting pointers from others that held position to get going during Covid.
- Angie C., Literature -Picked up Grapevines from Lesa C. and doing what I can.
- Chuy C., BTG - No Report

## 6. District 11 EVENT REPORTS:

- Caroline A. gave a Event Chair report. Pulled pork, Chips and Fruit still need more help they have a flyer.

## 7. Old Business:

- None

## 8. New Business:

- Need to make sure new GSR's and even old GSR's get the packet form GSO.

## 9. Coming Soon:

- Dist. 11 GSR Meeting - SDRC 25 N 200 W, Bountiful, UT 84010 March 10th, 6:30 pm
- Dist. 11 DCM Planning Mtg - SDRC 25 N 200 W, Bountiful, UT 84010 March 24th, 6:30pm
- Area 69 February Committee Meeting, District 3, Spanish Fork, February 27<sup>th</sup> 2021
- PRAASA March 5<sup>th</sup> – 7<sup>th</sup> 2021, via ZOOM
- Area 69 Pre-Conference Assembly March 26<sup>th</sup> – 28<sup>th</sup> 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."**

DCMC, Kelly C. 214-952-3782, DCM North, Tracy F. 801-452-1427, DCM South Chris S. 801-450-5271

**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 601  
Springville, Utah 84663

**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

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



MARCH 

"Pass It On" 2021

## From the Book

### Fear...

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 way of reducing these demands. The difference between a demand and a simple request is plain to anyone.

- Twelve Steps and Twelve Traditions, pg. 76

9

#### >> **District Meetings Information** <<

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

Changed

➤ **District 1** – 2<sup>nd</sup> Tuesday, 7:00 PM

Boys & Girls Club  
550 S. Main St. Brigham City

➤ **District 11** – 2<sup>nd</sup> Wednesday 6:30 PM

South Davis Recovery Club  
25 N. 200 W. Bountiful

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

## 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).

## **HUMOR**

### **The Breathalyzer**

When I first came around, I told my sponsor that I drank vodka because you couldn't smell it on my breath, and that I ate mints just in case.

My sponsor asked me if I knew what vodka and breath mints smelled like. I said, "No, what?" He said, "Vodka and breath mints."

—Ken K., Lowell, Mich.