

# Sobriety and My Spiritual Journey

If he stays connected, his Higher Power always provides  
“a door to a new and better place”

In my early childhood years, I remember believing in God, without much thought or question. But as I got a little older, maybe eight or nine, I started to question and wonder whether God existed. Right around that time, I began using and drinking and I lost contact. I became alternately an atheist and an agnostic, eventually landing squarely in the category of agnostic. I thought it as foolish to hold to a belief that God existed as to believe the idea that there was no God at all. Logically neither presupposition could be proven, and so it seemed the only intelligent conclusion was that no one could know for certain.

The conflict for me was that I wanted to believe. I wanted to know for sure that there was a God, and that he had some meaningful plan for me. I sat in chapels and churches, read literature and prayed, but nothing. As far as I could discern, God never showed up, He never answered, never gave me any sign that I could grasp. While I never gave up trying to believe, I just couldn't get there. Whatever God was (if he existed at all), he was out of my reach.

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In my early twenties, I got sober for a very short period, perhaps six months or so. During that time, I went to rehab where I was introduced to AA and where I met a counselor who was also a nun. In our conversations, she told me that I believed in God, that I was simply angry with him. She made sense to me, and for a moment I did conceive that God existed, but that he had truly been cruel (and to me that did not make sense). Ultimately, it still didn't change my position as an agnostic, and I began to drink and use again.

Another almost two decades passed as I continued my life of drinking, still searching for the elusive connection to a Higher Power. In December of 1999, life got unbearably miserable. In a suicidal haze, I had one slim moment of clarity regarding my drinking. It became crystal clear for just a moment that I did have a choice; I could choose alcohol, which looked like a life of loneliness and despair, or I could choose family and the people I loved. And while I suspect any normal reasonably sane person would make that choice in an instant, I had to think about it for a few days. I actually fought against the obvious choice, made irrational rationalizations to choose the former, but I couldn't shake the feeling that the better path was love and family over alcohol and soul sickness.

(cont. pg. 2)

Fortunately, I remembered my very brief time in AA twenty years before, and so knew there was the potential for a way out. (I now realize that this is how God works in my life, always providing a door to pass through if I just stayed connected and listened carefully.) I called the local AA Central Office and found that there was a meeting in ten minutes that was five minutes away. I went that evening to an evening meeting on December 28th, 1999, which is now my sobriety date.

Within a few days after that meeting, my wife asked me to go to a funeral. The baby of an acquaintance had died in the hospital shortly after her birth. Her name was Mary Katherine. In that service, her dad got to the podium to say a few words. I do not remember now the exact words, but during that eulogy, I suddenly had a feeling of knowing for certain that God existed, a feeling that causing an overwhelming emotional and physical reaction that I am at a loss to explain. It didn't matter; finally, I knew and knew for certain that God existed and that he, she or whatever was there to guide me and support me. In that moment, I came to believe. What I didn't think about until later was that I was on my way to having my sanity restored, and that I now had a Higher Power to whom I could turn over my will and life.

Over the years, the intensity of that initial feeling has faded, but I have held steadfast in my belief. It has been work. To keep it alive I had to work through the Steps and make the principles they represent a part of my life. I have had to continue to read the literature, go to meetings, talk to other alcoholics on a reasonably regular basis, be of service and take time each day to make a connection to my Higher Power through prayer and meditation. All my actions are what lead me to a daily reprieve from the prison of my addiction; my connection to God is why I stay sober.

I was lost for the better part of three decades, adrift in life, searching for meaning and purpose. I cannot explain what happened other than within days of drying the alcohol out of my system, I found a connection to something that had eluded me almost all my life. I think maybe alcohol and drugs were blocking me, standing between me and my connection to God, and now it feels as though God and alcohol have switched places, that God now stands between me and alcohol, between me and a life that was destroying my soul. I am not willing to experiment and give up that connection.

The wide latitude that AA allows for conceiving of what God or a Higher Power is helps me to stay connected and faithful. My God is the universe, nature and love of people. It is kindness and honesty, and even humor. The God I conceive is my spiritual partner who relies on me to pay attention to how to interact in the physical world in ways to build the world around me up. My God is there to guide when life gets hard as well as to smile when I "get it."

(cont. pg. 3)

My God forgives everything and is as enthusiastic for my success, after I make a mistake, as when I make a good decision. It is through AA that I have found a way to conceive of a God that I can understand, continue to believe in and rely upon.

As I write this, I have a new realization: it is not that God never gives me more than I can handle, nor that God is there when I am given too much, but that God gives me a way out if I am closely spiritually connected and pay attention through prayer and meditation. I am never in a box without an exit; I just have to have faith and trust that God has created a door to a new and better place.

BY: MIKE H. | EL CAJON, CALIF.

## **LOCAL Online Meetings**

(As reported to Central Office-Ogden)

### **Sunday, 10:00 am**

#### **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

### **Sunday, 10:00 am**

#### **Sunday Morning Serenity**

Ogden, UT

Join Zoom Meeting

<https://us02web.zoom.us/j/77583457841?pwd=K2VwK3lXcGttKzZmU3NKcjBEBUZMdz09>

## **HUMOR**

In AA, I have learned to take inventory often.  
Sometimes I even take my own!

Andy T. - Grandview, Mo

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

## 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 Five

**Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.**

1. Am I willing to firmly explain to newcomers the limitations of AA help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
2. Have I ever imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
3. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
4. Do I help my group in every way to fulfill our primary purpose?
5. Do I remember that AA long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
6. Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?

(next month, Tradition Six)

(\* revised July 2018)



**Inter Group Representative  
Meeting Attendance**

- Two (2) District One group IGR's attended the April "Zoom" meeting.
- **Groups represented:** Newcomers Meeting, Tuesday Morgan Group
- The next IGR Meeting will be held, Tuesday, May 18<sup>th</sup> at 6:00 pm via Zoom.
  - Zoom ID#: 491 472 8312  
(Password: 4728aa)



**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>

# "Pass It On" MAY 2021

## Ogden Intergroup Central Office IGR Meeting Minutes Tuesday April 20, 2021 (The April IGR Meeting was held via Zoom)

Attendees: Central Office Comm: Nick D., // Mgr. Randy C.

IGR's attending: Mike L., Goose D.

Excused: Wendi P.

- Randy opened the meeting at 6:00 pm.
- Goose read the Intergroup Service Preamble
- Mike read the 12 Traditions
- Randy gave the March Central Office report:

### Sales Summary:

- Books: 87 (40 WRH)
- Chips: 118
  - Brass 44
  - Aluminum 70
  - Tri-Plate 4

### Donations: **\$ 729**

- Groups: 8 groups \$ 574
- Individual Donations \$ 155

### Office Activity: Hours: **81**

- Emails: 104
- Calls/Msgs: 27
- Office Visits: 51

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

February: \$ 4,551  
**March: \$ 4,576 + .5%**

Checking Account Statement Balance: (ending) **March \$ 2,415**

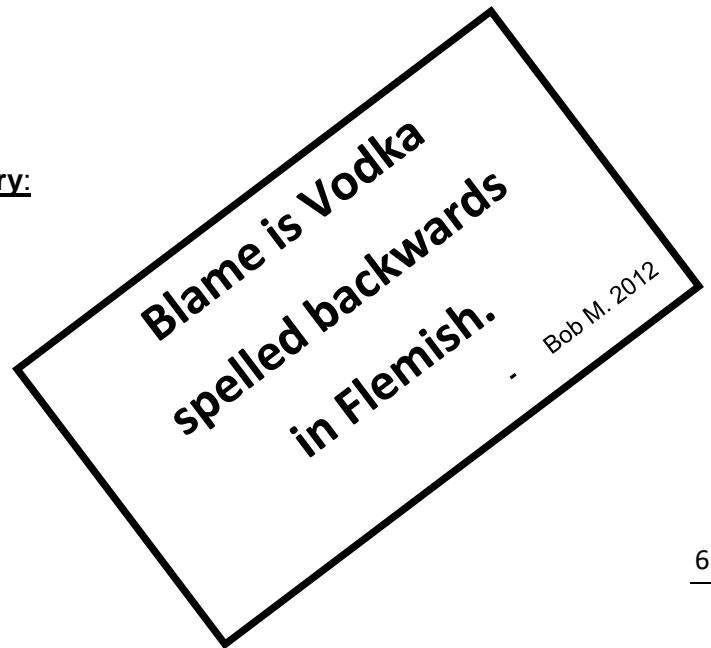
Website Activity: Avg. daily "hits" (12 month rolling avg) 64  
 Avg. monthly "hits" (12 month rolling avg) 1,937

Thanks to all of you for this opportunity to serve as the Ogden Intergroup Central Office employee.  
 Randy

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

1. Discussed moving face to face IGR meetings offsite to facilitate social distancing.
2. Discussed low 2021 donations to date and cutting hours to a **4-day week** for June, July & August
3. Notified the group of monthly Newsletter (hardcopy) printing moving to Ellis Printing.

Closed at 6:30 pm.





"Pass It On"

MAY

2021

## Responsibility Statement

I am responsible,  
when anyone, anywhere,  
reaches out for help,  
I want the hand of AA  
always to be there,  
and for that  
I am responsible.



## AA Ogden Donations Detail 2021 Year to Date

Group Name	March Total	4/3/2021 2021 YTD
11:59 Group		111.48
Admitted We Were Powerless	25.00	50.00
Beyond the Horizon Group		70.00
BYOB Group		40.00
Clearfield Group	57.00	57.00
Davis Group		150.00
Grupo Primer Paso de Ogden (SP)	15.00	45.00
Higher Ground Grp-Fruit Heights		80.00
New Comers Group		125.00
Pavilion Posse	10.00	10.00
Recovery Together	80.00	80.00
Sat Night Alumni Grp ORMC		200.00
Serenity Happy Hour	200.00	200.00
Serenity Sisters		40.00
Sisters' In Sobriety Group		300.00
SOUTH DAVIS#1		25.00
Stone of Sisyphus Group		90.00
Tuesday Morgan Group		251.00
Tyler Ave Group	60.00	178.50
Wed Night Stag Group		100.00
Women's Circle Of Hope	127.00	187.00
<b>Groups Sub-total</b>	<b>574.00</b>	<b>2,389.98</b>
District Donations		180.00
Individual Donations	155.00	325.00
<b>Total Donations</b>	<b>729.00</b>	<b>2,894.98</b>

THANK  
YOU

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**District One Meeting Minutes for April 13, 2021**

**⓪OPENING:**

Paul H. called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. Jennie B. read the GSR Preamble and Kris read the Twelve Traditions. There was one new GSRs., Joanne-She Women's Group, one Alt Gsr- Kris  
There were no interested A.A.s. There were no visitors. Those in attendance: The DCMC, 1 DCM, one excused, 9 GSRs with one excused, Intergroup Logan, Intergroup Ogden Excused, the secretary and literature. Sue called the roll. The minutes were read from the March District One meeting. They were approved with a motion from Dan and Sally seconded it.

**⓪REPORTS**

♣**Intergroup Logan** – Robert – report was given verbally.

♣**Intergroup Ogden** – Randy – Excused

♣**Literature- Michael**

Hi Sue and Paul,

I hope this finds you well. I'm not sure what format or style of reporting or updates you are looking for in terms of an update or report for Literature but I had a little activity this past month within District 1.

1. Sunday Night Unity - Stocked Alano club with AA brochures
2. SOAR (School of Addiction Recovery)- Provided brochures: This is AA, a Members eye view of AA, Inside AA, Bridging the Gap between treatment and AA, Frequently asked questions
3. Tyler Ave - Provided brochure rack stocked with updated AA brochures. I will keep this rack with Tyler Ave for a month or so and rotate to another meeting outside of Alano (fully stocked)

I currently have a pretty full inventory of brochures and will order new as needed. Are there any other items you'd like reported on moving forward?

All the best,  
Michael Jolley

**Jennie's report : a Copy is available at Central Office for those interested**

**⓪NEW BUSINESS**

➔Still want to continue Zoom

**⓪COMING SOON**

♣**Next District Meeting** – Boys and Girls Club – **May 11 @ 07:00 pm.**

♣Pre-Conference Assembly, District 10 South Salt Lake March 26-28

**⓪CLOSING**

The meeting was closed at 8:00 pm with the Responsibility Statement.

Questions for secretary Sue C. 801-388-7393 or gbuterfly2@comcast.net.



**DISTRICT 11 GSR Meeting Minutes April 14th, 2021**

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

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

- GSR Preamble read by Scott D.
- AA Preamble read by Dan L.
- 12 Traditions read by Chuy C.
- Kelly C. welcomed GSRs & New GSRs
- 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 Kameron K. and seconded by Tracy F.
- March's minutes read by Kameron K. Motion to accept as read by Chris S. and seconded by Shon W.

**2. District 11 Presentations Guidelines, Concepts or Traditions - Concepts by Kameron K.**

**3. Elections** – Ryan S. stood for the Literature position and was voted in. These positions remain available; **CPC Chair & PI Chair** All remaining positions can be filled at the monthly GSR meetings.

**4. GSR Reports**

- GSR reports were given verbally by 11 groups; Roxanne L., **It's in the Book**, attendance up to 50<sup>1st</sup> Thursday of the month is a speaker meeting, this is a hybrid meeting.; Shon W., **Happy Group**, 30-50 really good attendance big group and the kitchen is open.; Kameron K., **Serenity Happy Hour (Sunday)**, Good attendance this meeting is hybrid.; Caroline A., **Women's Circle of Hope**, Good attendance 15-20 in person low attendance on Zoom.; Jence A., **Primary Purpose**, 20 steady in attendance agenda items sent off to delegate.; Brian R., **In the Solution**, 15-30 good attendance glad to be of service.; Danny L., **12 O Clock High**, Going well job change but others have stepped up.; Mitch M., **Wednesday Serenity Happy Hour**, The meeting needs consistent support 12 and 12 study.; Mitch E., **South Davis #1**, 15 in attendance and all service positions are filled.; Mark S., **Sunday Night BB Study**, Dan L., **Higher Ground**, Been out of town but is back and will update and report next month.; Stacy A., **Davis Group**, 25 in attendance 12 home group members doing well.; Phillip W., **Fly N High Group**, Maintaining business meetings sent in the agenda items standing room only and most service positions filled.

**5. Standing Chair Reports**

- Kelly C., DCMC-Bid for the 2023 Pre Conference Assembly and we got it. Motion was passed that District standing chairs can now vote asking standing chairs to participate and loves service.
- Tracy F., DCM North – February committee meeting concerns over agenda items and pre conference made a email list and text message group.
- Chris S., DCM South – New GSRs with the agenda items a little bit of a learning curve some groups need help most are well.
- Debbie A., Corrections – Called Sgt. Townsend and left a message.
- Chad L., Treasurer – Gave Treasures report.
- Julie N., Treatment – No report
- Angie C., Literature -No report
- Chuy C., BTG – 8 groups visited and the Spanish group. Has taken pamphlets in to the jail and they are being read. Talked with Randy and Rick post cards are being sent in and getting ones from inmates need more men to volunteer. Inmates will have tablets and moving ahead.

**6. District 11 EVENT REPORTS:**

- Debbie A. and Chuy C. gave a Event Chair report. 1 month left agenda is done panel speakers next Wednesday meeting to get frogs in a row better than ducks. Ask the GSRs for snacks like nutra grain bars and also cakes good on money registration \$18 and \$7 lu

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"Pass It On"

MAY

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**7. Old Business:**

- None

**8. New Business:**

- Jon R. the SDRC has a lock box and if you need access to the club call for the code trying to get AL-ANON back to the club grateful for the support.

**9. Coming Soon:**

- Dist. 11 GSR Meeting - SDRC 25 N 200 W, Bountiful, UT 84010 May 12th, 6:30 pm
- Dist. 11 DCM Planning Mtg - SDRC 25 N 200 W, Bountiful, UT 84010 April 28th, 6:30pm
- Area 69 Post Conference Assembly May 14<sup>th</sup>-16<sup>th</sup> Legacy Events Center

Closed at 7:35pm 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

**>> 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

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**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

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