

# July



# "Pass It On"



# 2021

AA GRAPEVINE / JUNE 2021

## See? I'm not an Alcoholic!

### **He wasn't about to stop drinking. Then one day a sober Navy buddy put him to the test**

Back in 1988, I was a 19-year-old E2 in the Navy. I'd had some underage-drinking problems with the police and had been to see an alcohol counselor. Eventually I joined the military on an alcohol waiver.

In the Navy, I had some embarrassing drunks and was turned down for several opportunities. So I was really trying not to drink at the time I checked into the temporary barracks at Lemoore Naval Air Station in California. I was there to attend a training school.

I was assigned to a three-man room, but I had the room to myself until an older man showed up. He walked in and introduced himself. "My name is Steve, and I am an alcoholic," he said.

I felt sorry for him, calling himself that. But for some reason, I replied, "I might be one of those too." He took a lot of interest in that, asked a lot of questions, told me his story and invited me to an AA meeting.

Something in me didn't want to go to a meeting. I knew that once you went to AA you weren't supposed to drink and I wanted to keep my options open. I liked not waking up with hangovers and being sober, but I felt that having a drink or two occasionally wouldn't be bad if I controlled it and didn't get too drunk.

Steve was 42 and had two years of sobriety. He told me that if I didn't drink and didn't go to meetings, I'd go crazy and would eventually drink again. He said that alcoholism was a disease that needed to be treated, either by drinking or by going to meetings to stop drinking and doing Step work.

For three weeks, every day after school we discussed alcoholism, recovery and AA. I was very interested and soaked up the information. But when he put pressure on me to go to AA, I told him, "Look, I'm not an alcoholic. I was just saying that to be nice."

He wasn't convinced, and without missing a beat, he opened his Big Book to the part that says, "We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking." He then invited me to the Enlisted Men's Club to see whether I could drink one or two and stop.

As it turns out, I drank one and got very thirsty. I kept drinking and spent the last of my money on beer. Finally after last call, most people got up and left. But there was one guy who was gathering up partly filled pitchers of beer and putting them on his table. He was trying to drink all that beer. You could see on his face that his stomach hurt and he couldn't fit any more beer. He sat with his arms

# July "Pass It On" 2021

around all those pitchers like he didn't want anyone to take them. I was fascinated. Steve and I had been talking about drinking and alcoholism for weeks. Now, right in front of us, was a real live alcoholic.

On the way out the door, I said something to this man about his alcoholism. He wanted to fight and followed us back to the barracks. He was arrested for knocking on all the windows of the lower floor of our building.

The next day after school, Steve asked about our experiment and said that I ought to go to an AA meeting. I gave him the silent treatment for three days until he said he would quit bugging me about AA. I was relieved. "Do me a favor," he said. "Don't tell me what it is, but pick your bottom." So I did. I silently picked one, something I thought would never happen to me—divorce.

When training school was over, I tried to forget about Steve and the things he taught me. The idea of AA was upsetting. Eventually, after several months, I found solace in the bottle. Three and a half years later, with lots of periods of drinking interspersed with short dry periods, I found myself going through a divorce. I woke up one morning with the shakes and called AA. That was April 15, 1992. With the support of the program, the grace of God and mentors like Steve, I haven't had a drink since.

I am so grateful for that guy. He made it miserable for me to drink, planted the seeds of wanting to be sober and helped me know where to go when I became ready. And more importantly, he helped me pick a bottom that got me here sooner.

2

DAVID R. | FILLMORE, UTAH

---

## LOCAL Online Meeting

(As reported to Central Office-Ogden)

**Sunday, 10:00 am**

**Sunday Morning Serenity**

Ogden, UT

Join Zoom Meeting

<https://us02web.zoom.us/j/77583457841?pwd=K2VwK3lXcGttKzZmU3NKcjBEbUZMdz09>

---

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: **Tuesday thru Friday 1:30 pm - 5:30 pm** // **"CLOSED" Saturday, Sunday & Monday**

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

# July



# "Pass It On"



# 2021

## 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?

(\* revised July 2018)

### Tradition Seven:

**Every AA group ought to be fully self-supporting, declining outside contributions.**

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a barroom? 3
2. How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
3. If GSO runs short of funds some year, wouldn't it be OK to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. Does my group have a "prudent reserve"? If yes, do I know what that amount is?
7. If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

(next month, Tradition Eight)

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: Tuesday thru Friday 1:30 pm - 5:30 pm // "CLOSED" Saturday, Sunday & Monday

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



## Ogden Inter Group Central Office

**CLOSED – Saturday, Sunday & Monday**  
**(thru August)**

➤ **Central Office hours: (thru August)**

**Tuesday thru Friday**  
**1:30 pm - 5:30 pm**

➤ **Ogden Central Office (801) 393-4728**  
email: [igrcentraloffice@gmail.com](mailto:igrcentraloffice@gmail.com)  
Website: <https://www.northernutahaa.org>



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

- The June IGR Meeting was canceled.
- The May Central Office report can be found on page 5.
- The next IGR Meeting will be held, in person at Suite #109 (next to Central Office), Tuesday, July 20<sup>th</sup> at 6:00 pm.

# July



# "Pass It On"



# 2021

**TO: Central Office Committee**  
**From:** Randy C., Central Office employee  
**Date:** June 11, 2021  
**Subject:** Report for May 2021

---

**Sales Summary:** (\$364 est. net income)

- Books: 36 (\$266 net)
- Chips: 231 (\$98 net)
  - Aluminum 117
  - Brass 38
  - Tri-Plate 6

**Donations:** **\$ 1,178**

- Groups: 10 groups \$ 918
- District Donation \$ 180
- Individual Donations \$ 80

**Office Activity:** **Hours:** 76

- Emails: 104
- Calls/Msgs: 51
- Office Visits: 59 (avg. weekly walk-ins = 15)

5

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

April: \$ 4,601

**May: \$ 4,626 + ½ %**

**Checking Account** Statement Balance: (ending) **May \$ 1,318**

**Website Activity:** monthly "views" (May) 2,927

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

# July



# "Pass It On"



# 2021

## AA Ogden Donations Detail

**2021 Year to Date**

Group Name	MAY Total	6/1/2021 2021 YTD
11:59 Group		111.48
Admitted We Were Powerless		50.00
Beyond the Horizon Group	36.00	106.00
BYOB Group	40.00	80.00
Clearfield Group		57.00
Courage to Change		140.00
Davis Group		150.00
Grupo Primer Paso de Ogden (SP)	15.00	75.00
HAFB Group	350.00	350.00
Higher Ground Grp-Fruit Hghts		160.00
In the Solution	50.00	100.00
New Comers Group		125.00
Pavilion Posse		140.00
Recovery Together	100.00	180.00
Sat Night Alumni Grp ORMC		200.00
Serenity Happy Hour		200.00
Serenity Sisters	20.00	80.00
Sisters' In Sobriety Group	150.00	450.00
SOUTH DAVIS#1		50.00
Stone of Sisyphus Group		170.00
Sunday Morning Serenity		5.00
Sunday Unity Group		33.00
Tuesday Morgan Group		251.00
Tyler Ave Group		245.00
Upon Awakening		77.00
Valley Camp	97.00	97.00
Wed Night Stag Group	60.00	160.00
Womens Circle Of Hope		227.00
<b>Groups Sub-total</b>	<b>918.00</b>	<b>4,069.48</b>
District Donations	180.00	360.00
Individual Donations	80.00	1,060.00
<b>Total Donations</b>	<b>1,178.00</b>	<b>5,489.48</b>



## 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.





## District One Meeting Minutes for May 11, 2021

### ⓪OPENING:

Paul H. called the meeting to order at 7:02 with a moment of silence, followed by the Serenity Prayer. Jennie B. read the GSR Preamble and Don read the Twelve Traditions. There was one new GSR, Don from Meat and Potatoes, and one Alt Gsr- Richard from Wed Night Staggs. There were no interested A.A.s. There were no visitors. Those in attendance: The DCMC, 1 DCM, one excused, 8 GSRs with one excused, Intergroup Logan excused, Intergroup Ogden Excused, and the secretary. Sue called the roll. The minutes were read from the April District One meeting. They were approved with a motion from Dan and Jennie seconded it.

### ⓪REPORTS

♣**Intergroup Logan** – Robert – read by Paul.

#### **Cache Valley InterGroup 4/30/2021**

Started at 6:31 PM with a moment of silence followed by the Serenity Prayer & The Twelve Traditions read by Patrick H. In attendance: Robert H. (Chair) Mike A. (Treasurer) Allison S. (PI) Cecile G. (IGR) Alisha G. (IGR) Todd J. (CPC) Christie L. (secretary) Clint T. (IGR) Suzanne H. (IGR) John (IGR) Patrick H. (Interested AA) We had great turnout for April. It was the first in person meeting we have had since last summer. We are still practicing covid precautions re: social distancing, masks, and we have the zoom option. Objectives: We will be maintaining our zoom link on [cachevalleyaa.org](http://cachevalleyaa.org) indefinitely! Patrick also gave a presentation to add a second zoom link to our site for his zoom home group "aa home [group.org](http://group.org)" which is a 24/7 zoom meeting. A meeting every hour round the clock. We are all excited for this, and should be added soon!

**Corrections Chair** position is open, please let your groups know & if anyone is interested in standing for or wants more info on this position, come to Inter Group on the last Friday of the month either in person at the Whittier Center (masks required) or on zoom 6:30 pm.

**Corrections:** - Anne S. (women's jail meeting) We have been going to the Jail via google meets. We have had some technical difficulties and have worked around them, but it is far from perfect. The meetings have been still good. Last week we lost connection and the girls continued the meeting without us. When we returned they were in the middle of a share. It was great.

We have considered going in person. At this time, we only have three people who have committed to going in person. I feel we need a few more. If anyone would like to go in person, I would ask that they contact me.

Some members of AA are concerned about the precautions and regulations around covid before going into the jail. I have sent an inquiry to Deputy York.

We will continue to go via google meets for the month of May. I should have sent this out before your intergroup meeting.

thank you for your service

Anne S.

### **IGR's**

S.H.E. : Suzanne H. - Meeting on Zoom, will talk about going back to in person meetings at May's Business meeting. Bridgerland: Clint T - Attendance and 7th tradition donations increasing. Not many people are wearing masks although it is posted that masks are suggested.

Sober Cafe: Cecile G. - Meeting strictly in person as of 5/04/21. Encouraging people to donate to GSO.

Last Call: John - Covid friendly, more are required. Attendance is pretty solid.

Sober Solutions: Alisha G - Meeting in person & via zoom, masks are required. Donations accepted thru Venmo and can also be dropped in the basket. No coffee available.

Unity Group: Allison S - Masks required, meeting in person & well attended, zoom option is available but not well utilized.

Thats it for Logan. Thanks for reading.

(continued pg. 7)

# July



# "Pass It On"



# 2021

## District One Meeting Minutes (cont. from pg. 6)

☛ Intergroup Robert Logan IG Chair\_Ogden – Randy – Excused

☛ Literature- Michael not present

☛ Treasurer – Jared

The District One Finances for May 2021 are as follows: The donations totaled \$318.78. The expenses totaled \$228.00; the total balance of the account this month is \$555.62. Minus our \$2000 P/R, the Pink Can Money had a donation of \$0.00, interest of \$0.06. The total balance is \$735.36. The Treasurer report was approved, with a motion from Dan and Don 2<sup>nd</sup>.

### ③OPEN DISCUSSION – GSRS

Keystone meetings are now open. Valley Camp is also open. Possibly some old meetings opening up soon.

### ④ELECTIONS

Elections were opened for 5 DCMs, 5 Alt. DCMs, C.P.C., Corrections, Grapevine, and PI Chair Positions. No one stood.

### PLEASE TAKE THIS BACK TO YOUR GROUPS.

### ④OLD BUSINESS

### ⑤NEW BUSINESS

➔ Meat and Potatoes will be sending in support. We are supposed to be doing two workshops a year. Planning on one in Oct possibly at the Alano Club. Suggested topics: New Normal in AA-Zoom meetings, Singleness of purpose, Importance of service work, and How do we go to any length.

### ⑥COMING SOON

➔ Next District Meeting – Boys and Girls Club – **June 08 @ 07:00 pm.**

➔ General Service Conference Apr 18-24

➔ Post-Conference Assembly May 14-16 VIA Zoom

➔ Area Standing & BTG Workshop Jun 19 District 3 Provo

### ⑦CLOSING

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

Questions for secretary Sue C. 801-388-7393 or gbutterfly2@comcast.net.

## Suggested Contributions

**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

(from pg. 13 of AAWS Pamphlet F-3)

## > District Meetings Information <

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

➤ **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



# July



# "Pass It On"



# 2021

## HUMOR

### You might be an alcoholic...

- If you buy a 40-ounce beer with nickels and dimes
- If you go to the dump at 9:00 a.m. and return at 5:00 p.m. and still have the garbage in your car
- If you go to a different liquor store every day so the clerk doesn't recognize you.
- If your mom keeps finding your stash in your bedroom so you start hiding it in her bedroom
- If you put your vodka in plastic water bottles and you get caught because your son put them in the refrigerator for a party
- If you pour half a can of beer left over from the night before into your fresh one so it won't go to waste
- If you stop putting vodka bottles in the recycling bin and put them into the regular garbage so the neighbors don't see them
- If you hide a vodka bottle in the clothes hamper
- If you drive around with a soda cup of beer—with a straw
- If you fill a garden hose with booze and uncoil it to mix a drink

BY: RICHARD H. & BILL K. | WEST BEND, WI.

Seek understanding  
Without moving our lips.

-Bob M. 2016

# July



# "Pass It On"



# 2021

Information listed below is presented **solely** as a service to our readers, **NOT** as an endorsement by Intergroup Service of Northern Utah or Alcoholics Anonymous.

For any additional information, please contact the numbers listed below.

June 4, 2021

## Ogden Regional Medical Center

is excited to announce that all 12 step meetings will resume face to face status in the hospital in the education center 7/1/21.

In order to continue to keep patients and staff safe our hospital will mandate universal masking.

Entrance into the hospital is by badge access only. ACT staff will be monitoring access into the hospital through the education center doors on the West Entrance. These doors will be open and accessible 15 minutes prior to the start time of the meeting and 15 minutes after the meeting has ended. Staff will also attend the meetings to ensure universal masking is followed.

We are excited to initiate the connection we all so desperately need.

Clinical Manager of Behavioral Health Services  
Ogden Regional Medical Center

## Women's Retreat House

**The Women's Retreat is looking for live-In Managers.**

Women must have an active 12 Step Sponsor, have 6 months sobriety, and have worked the 12 Steps as outlined in the Big Book of Alcoholics Anonymous.

For more information or if Interested, please call 801-393-0344 and ask for a Manager.

6/21

10

## NORTHERN UTAH FUN IN SOBRIETY

### What do you like to do?

Golf, Hiking, Skiing, Biking, Camping, Bowling Reading, Board Games or Knitting?  
Find new friends in sobriety that like the same thing, we are not a Glum lot, let's have fun together. Tell me what you like to do, if you are willing to put your email in the newsletter and collect names that like to do what you like to do.

I will try to put together a master list of people that are looking for other sober people to share in a sport or activity.

#### Contact:

Richard Blinkhorn

Text – 502-645-3236

Email – [kterich@yahoo.com](mailto:kterich@yahoo.com)

6/21

AA CENTRAL OFFICE – 3480 WASHINGTON BLVD. SUITE 108

Office Hours: **Tuesday thru Friday 1:30 pm - 5:30 pm** // **"CLOSED" Saturday, Sunday & Monday**

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



June 22, 2021

My Fellow AA's,

Due to the COVID "financial wave" that Northern Utah AA finds itself experiencing it has become necessary to decrease the hours Central Office-Ogden operates in an effort to stretch our remaining prudent reserve through September.

The amount of **total** donations received, including the *many* generous personal donations, in the 5-month period ending May 31, is down 21% as compared to the same 5-month period in 2020, 2019, and 2017.

**Group donations alone are down 34%** for the same 5-month period, the lowest group donations we've received in 5 years, due to the COVID "financial wave".

Therefore, **beginning June 26, 2021** our regular business hours will be:

11

**Tuesday thru Friday 1:30 pm to 5:30 pm (4 days per week).**

We will be ***closed*** Saturday, Sunday, and Monday beginning June 26<sup>th</sup> thru September 3<sup>rd</sup>.

Should group donations return to regular levels prior to September, we will re-open on Saturdays.

Respectfully,

Randy C.

Central Office employee.

# July



# "Pass It On"



# 2021

(Modified to fit, full copy available at Central Office Ogden)

## DISTRICT 11 GSR Meeting Minutes June 9, 2020

Meeting opened by Chris S. at 6:30 p.m.

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

- GSR Preamble read by Chuy C.
- 12 Traditions ready by Brian R.
- Welcomed GSRs & New GSRs - one new GSRs present – Natalie M. w/ Sobriety Sisters.
- Welcomed one visitor – Mike F. Area 69 Secretary.
- Roll call was passed around by Tracy F. (filling in for Kam) with a request made for updated information.
- Tracy F., read treasurer's report (filling in for Chad L.) Motion to accept the report as read made by Caroline A. and seconded by Debbie A.
- June's minutes read by Tracy F. Motion to accept as read made by Mitch M. and seconded by Shon W.

### GSR Reports

1. GSR reports were given verbally by 11 groups; Roxanne L., **It's in the Book**, attendance up to 50 1<sup>st</sup> Thursday of the month is a speaker meeting, no more Zoom.; Shon W., **Happy Group**, 30-50 really good attendance big group and all positions filled.; Sherrie C. (ALT GSR), **Serenity Happy Hour (Sunday)**, Good attendance, no more Zoom.; Caroline A., **Women's Circle of Hope**, Good attendance 20-25 in person people are coming back.; Mitch E., **South Davis #1**, 10-15 in attendance and all service positions are filled, mask mandate lifted Ramon's group needs support.; Dan L., **Higher Ground**, Small group 4 or 5 needs support.; Phillip W., **Fly N High Group**, good attendance, all positions filled; Scott H., **Not a Glum Lot**, 15-30 in attendance open positions; Natalie M., **Serenity Sisters**, Wed @ 7 p.m. Meeting is growing like crazy 30+; Brian R., **In the Solution**, 15-30 good attendance in person. Dan L., **Higher Ground**, Small group 4 or 5 but a good group – needs support.

### Standing Chair Reports

- Kelly C., DCMC-No report.
- Tracy F., DCM North – Gave report on Post-Conference Assembly. Attended GSR planning committee meeting with Chris S. Asked GSR to have groups discuss possible workshop ideas and report back.
- Chris S., DCM South – Gave report on post-conference Assembly. Ten Alternate GSR positions filled. If you need result of voting topics, see him.
- Debbie A., Corrections – Been in touch with S. Townsend and will attend BTG Workshop. Checking to see about getting books into the jail with Ty S.
- Chad L., Treasurer – Tracy F. gave treasure's report.
- Julie N., Treatment – not present.
- Angie C., - not present
- Chuy C., BTG – working with Debbie A. and Ty S. and Sgt. Townsend at DCJ to get material into the Davis County Jail library. Will attend BTG workshop.
- SLC Intergroup – not present.
- Ogden Intergroup – not present. Mike gave report that reoccurring group contributions need to pick up for Ogden Central to stay out of prudent reserve.

**6. Old Business:** Roxanne L. working on getting committee together for December 4<sup>th</sup> Area Inventory.

**7. New Business.** Chris S. addressed the need for the Sobriety Sisters Wed 7 p.m. group to meet upstairs on the night we hold the GSR meeting due to its increased attendance. Discussion was had. Motion to move GSR meeting to the basement beginning July 14, 2021 for two month trial run was made by Tracy F. and seconded by Debbie A.

### 8. DISTRICT 11 Events

- Mason B. - "Run for Recovery 5K" Fundraiser for SDRC June 19th, 2021 Registration at 7 a.m.

**Closed at 7:30pm with the responsibility statement.**