



November 2021 "Pass It On"



FROM THE FEBRUARY 2012 GRAPEVINE

If This Is Prayer, It Isn't So Bad

It can work, even if you don't have a Higher Power

I am a man of three score plus 13 years. I have been searching for my understanding of God or a Higher Power for all my life and have never been able to truly deep down within my head or heart believe that someone or something is actually pulling the strings on this puppet.

As a young boy, my parents never required me to go to church. There was no religion taught in school, nor was I exposed to it at home. I couldn't come up with a concept of God in my mind, nor did I know how to pray. I was always plagued with the thought that I was the only one who did not get it. How could I be the only one who could not have the faith and belief that God truly existed?

Once I left home and had the freedom to pursue my journey in life, I started to investigate by attending services at different churches and denominations. I was confused by the different messages they delivered. Away from home for the first time, lonely, and in the military, I accepted a friend's invitation to go to church with him. Although I felt comfortable at first, it seemed I was inundated with advice and guidance from the congregation, much of which I didn't necessarily agree with. Reluctantly though, with pressure from the preacher, I agreed to be baptized. For the next couple of months I attended services on a regular basis. During that time it seemed that more and more rules were revealed that seemed to relieve me of everyday freedoms and autonomy I currently enjoyed. My parents were rather strict in my upbringing but never to this extent. I was becoming very uncomfortable with my decision to join their church.

1

Fortunately, I was transferred to another duty station on a small island in the Mid-Pacific. There were Catholic and Protestant services available, but there was not a church available of the denomination in which I was baptized. I felt I had just been given my freedom. I was relieved that the pressure of the church leadership was gone, and I never attended that church again, nor any other church for that matter.

I was now 19, and alcohol had taken a firm grip on my life. It seemed to give me the courage to damn all the believers as weaklings and no-accounts. My belief was that I was either atheist or agnostic. I didn't believe in God and certainly didn't believe there was proof. I didn't care any longer if there was a God or not. I decided I was not a believer, and I was very happy with that commitment for the next 24 years.

That's when I entered a treatment center for alcoholism and was about to start my journey in AA. In treatment they told me I should develop a concept of a Higher Power. Fortunately for me, they said I could use anything my mind could conjure up. I chose the chair in my room. Many looked at me quizzically, but I was never rejected by my peers nor did the treatment center throw me out. For the

AA CENTRAL OFFICE – OGDEN - 3480 WASHINGTON BLVD. SUITE 108

Office Hours: *Tuesday thru Friday 1:30 pm - 5:30 pm / Saturday 11:00 am-3:00 pm* //// "CLOSED" *Sunday & Monday*

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



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first time in my life I had a Higher Power. Did I really believe? No, not really. I only acted as if and did so because they said I could.

And so it was for the next 31 years in AA. I've spent it searching, probing, looking, combing, asking, sharing and listening. I found I was able to share that I believed in God, or that I did not believe God, that I didn't know if I believed in God, or that I was at least willing to accept there was a God even if I didn't believe it. I was never once questioned about my weird concepts of a Higher Power, such as a chair, a doorknob, the group or swirling planets in the universe. Not once have I been asked by the thousands of people I have met over the years in AA to leave the meeting or take my thoughts and ideas elsewhere. How could one not love that? The bottom line is the fact that I have never been comfortable with my wishy-washy thoughts regarding a Higher Power, but thankful that I could remain sober with them. I continued to search and read and ask questions. At this point I have many doubts if I will ever reach the level of understanding that others seem to enjoy.

One day I received a phone call from my sponsor, who lives in a different city. We talk via email and telephone on a regular basis. He said I had been heavy on his mind for the past few days and he wanted to know if I had time to chat. He has always been keenly aware of my ongoing struggle of belief in the God concept.

Rather cautiously, he asked me if I ever got down on my knees and prayed. I think he was afraid I would hang up on him. I reminded him that I don't know how to pray, and if I did, I wouldn't get down on my knees to do it. He asked if I would do him a personal favor, and for the next week, kneel and pray by my bed at night before sleep and again in the morning when I awoke. All he wanted in return was to know my experience from it.

I told him if I was to do something like that he was the only person in the world I could think of that I would do it for. Like a good sponsor, he seized the opportunity and pressed me for the commitment, and I accepted.

After hanging up the phone, my first thought was, What the hell have I done? My second thought was, I'll tell him I did it when I actually didn't, and he won't know the difference. The honesty I learned in the program washed that thought away immediately. Shall I call him back and opt out? Pride kept me from that. Crap! The program is working, I thought.

Then I remembered in the book *As Bill Sees It*, it says we have three choices: 1) A rebellious refusal to work upon our glaring defects, or 2) Settle ourselves into a comfortable but often-dangerous mediocrity, or 3) Continuously try hard for those sterling qualities that can add up to fineness of spirit and action.

The Big Book also says in the Spiritual Experience Appendix that "there is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation." How could I claim I am a member in good standing of AA and not at least try to practice those principles in all my affairs?



November 2021 "Pass It On"



This was a perfect chance to be a man of integrity, unlike all those chances I had ignored in my drinking days. It felt good that I was actually going to kneel and pray by my bed at night, until it came time to do so that evening. The time was here. I felt awkward and stupid, but hit my knees anyway. I was mostly quiet for the few minutes I remained there. I had some fleeting thoughts, but finally said "Thank you" and went to bed. The feeling was akin to taking medicine. It didn't taste good, but I felt better afterward.

I continued the process as promised and as days passed, I felt less awkward and self-conscious. The quietness slowly vanished, and after a time I began chatting both to someone and no one. I asked if I could have tolerance and understanding of my fellows. I asked for forgiveness of those I had harmed. I asked for guidance to always do the right thing, and I said thank you for my life and loved ones. The thought crossed my mind: If this is praying, it isn't so bad after all.

So what was my experience? At worst, it was a positive. At best, it was many things. Did it change my opinion about my belief or understanding of a Higher Power? Not really. It might, but only time will tell. It certainly didn't make me feel less than or ashamed. In fact, I felt good because of it.

Not knowing or understanding how to pray, I took guidance from the Big Book. In the morning, I planned for the day ahead and asked for guidance to not only do the right thing, but also to have my thinking directed and that it be divorced from self-pity, or dishonest or self-seeking motives. I asked to be kind toward my fellows and be aware of all my character defects, especially intolerance and anger. And finally that thy will, not mine, be done.

In the evening I took time to consider and review my day. I asked if I was resentful, selfish or dishonest. Did I owe an apology? Was I kind and loving toward all? What could I have done better? Was I thinking of myself or was I thinking of what I could do for others? It also gave me a chance to ask for forgiveness.

Most importantly it gave me a chance to review my character defects and maintain a high awareness level of them. This awareness gives me the ability to act on those defects as soon as they surface, rather than wait until they fester into resentment. In the past I never thought of my shortcomings on a regular basis. Morning prayer has given me a chance to do exactly that. In the past, I only thought about my character defects or shortcomings when they reared their ugly heads. By that time it was too late because I had already embarrassed myself or unknowingly cast a stone in someone's direction. How could I be more aware of those character defects before they surfaced? Well I have found that through this prayer business!

I have also found that quiet meditation and prayer in a more comfortable position seems to work just as well—and saves wear and tear on the knees. I plan to continue the use of prayer in my daily routine. I am now 73, and for me this is brain flossing at its best. So to all those doubters out there, may I leave you with this: "Good things come to those who wait, if they work like hell while they wait."

ALAN L. | SALT LAKE CITY, UTAH



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 Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

(next month, Tradition Twelve)



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Inter Group Representative Meeting Attendance

- **ONE** IGR attended the October 19th meeting.
- IGR's represent their group helping Central Office determine how best to serve all Alcoholics.
- The next IGR meeting is planned for Tuesday, November 16th at 6:00 pm.

Ogden Inter Group Central Office



CLOSED – Sunday & Monday

➤ **Central Office hours:**

Tuesday thru Friday

1:30 pm - 5:30 pm

Saturday 11:00 am - 3:00 pm

➤ **Ogden Central Office (801) 393-4728**

email: igrcentraloffice@gmail.com

Website: <https://www.northernutahaa.org>

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November 2021 "Pass It On"



Ogden Intergroup Central Office IGR Meeting Minutes Tuesday October 19, 2021

Attendees: Central Office Comm: **Wendi P.**, Office Mgr. **Randy C.** IGR attending: **Mike L.**
/// excused: Lacy B.

- Randy opened the meeting at 6:05 pm.
- The **3 people present** agreed to dispense with the standard opening. Everyone present was given an opportunity to read the September Central Office Report below:

Sales Summary: (\$ 425 net income)

- Books: 85 (\$ 270 net)
- Chips: 317 (\$ 155 net)
 - Aluminum 248
 - Brass 68
 - Tri-Plate 3

Donations: \$ 1,547

- Groups: 14 groups \$ 1,517
- Individual Donation(s) \$ 30

Office Activity: Hours: 104

- Emails: 132
- Calls/Msgs: 40
- Office Visits: 85 (avg. weekly walk-ins = 17)

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

August: \$ 4,576
September: \$ 4,601 (+.5 %)

Checking Account Statement Balance: (ending) **September \$ 3,246**

Website Activity: (September) monthly "views" 2,823 "visitors" 872

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

1. Both attendees reviewed the 90 projected financial outlook, all is well.
2. Randy pointed out that only One (1) IGR has attended the monthly meeting over the last 3 consecutive months.
3. Randy offered a motion to amend the By-Laws, under section (4), changing the regular IGR & Steering Committee meetings to a quarterly meeting effective January 2022. (Motion Tabled see #4 below)
4. Wendy suggested an email survey of IGR's to gauge their opinion for going to monthly Zoom IGR meetings. Randy will send out the email.

➤ The meeting closed at 6:45 pm.



November 2021 "Pass It On"



AA Ogden Donations Detail		2021
2021 Year to Date	September	YTD
Group Name	Totals	9/30/2021
11:59 Group		111.48
Admitted We Were Powerless		300.00
Bear River Group		150.00
Beyond the Horizon Group		159.00
Bountiful Community Group	25.00	25.00
BYOB Group	40.00	170.00
Clearfield Group		144.00
Courage to Change		325.00
Davis Group		400.00
Grupo Primer Paso de Ogden (SP)	15.00	135.00
HAFB Group		350.00
Higher Ground Grp-Fruit Hghts	120.00	280.00
In the Solution	50.00	300.00
Its in the Book	153.00	153.00
Meat & Potatoes ABSI		219.30
Meat & Potatoes BBS		219.31
New Comers Group	125.00	515.00
Pavilion Posse		340.00
Primary Purpose	88.00	163.00
Recovery Together	100.00	380.00
Sat Night Alumni Grp ORMC		200.00
Sat Mens Brotherhood		208.00
Sunday Serenity Grp - Layton	250.00	739.80
Serenity Sisters		229.65
Sisters' In Sobriety Group		450.00
SOUTH DAVIS#1	50.00	125.00
Stone of Sisyphus Group		290.00
Sunday Morning Serenity		445.00
Sunday Unity Group		33.00
Tuesday Morgan Group	260.00	511.00
Thursday Night Harrison		100.00
Tyler Ave Group		445.00
Upon Awakening		255.00
Valley Camp	116.46	484.13
Wednesday Night Alumni-ORMC	125.00	235.00
Wed Night Stag Group		260.00



Group Name	September	YTD
Womens Circle Of Hope		661.00
Womens Retreat House Groups		178.00
Groups Sub-total	1,517.46	10,688.67
District One		540.00
Individual Donations	30.00	1,530.00
Total Donations	1,547.46	12,758.67



November 2021 "Pass It On"



District One Meeting Minutes for October 12, 2021

⓪OPENING:

Paul H. called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. Jennie read the GSR Preamble and Kirk read the Twelve Traditions. There was one new GSR, Krista – Newcomers, one alt, Lois – Sunday Night Unity. There were one interested A.As. There was one visitor Mike – Area Secretary. Those in attendance: The DCMC, 1 DCM. 8 GSRs with 3 excused. Intergroup Logan, Literature, Treatment, and the secretary. Sue called the roll. The minutes were read from the September District One meeting. They were approved with a motion from Sherrie and Jennie seconded it.

ⓂREPORTS

♣Intergroup Logan – Robert

Cache Valley Intergroup Literature Report – Sept. 2021

Amount spent on literature- \$0

Amount spent on sobriety coins- \$0

Amount of sobriety coins purchased by groups- \$0

Amount of literature purchased by people/groups- \$157.50

Finishing total (estimate) amount of literature per Google Sheets-\$1,753.50

Comments:

I *finally* unpacked all the literature and did inventory for the first time since we moved. I have deposited \$120.00 that I've had for a couple months from a Preston Group purchase and the Intergroup event. Bridgeland Group will be giving me a check for their purchases of \$157.50 tomorrow night. Thank you, everyone, for being tolerant with my lack of reports. The last few months have been very chaotic, and life is finally settling down and becoming more organized. And thank you for letting me be of service!

Garrett Day
760-636-3656
Gday17@gmail.com

♣Literature- Michael –Present did not get report.

♣Treasurer – Jared, did not get report.

The total balance of the account this month is \$276.00, minus our \$2000 P/R.

♣Treatment John – Report

Connected with a couple more treatment center via phone, no urgent needs.

Connected with Matt H the Regional Treatment chair from Salt Lake City. Attended his standing Treatment chair meeting last Tuesday.

Matt provided a standard form for us to use in logging treatment center calls and status.

Matt is going to get us a few copies of the treatment and institutions workbook from the GSO, provided my home address for shipping these.

ⓂDCM reports

Thanks for helping with the workshop – Jennie.

ⓂOPEN DISCUSSION – GSRS

Wed Night Staggs donations didn't show on report. Paul will check on it with Jared.

Newcomers has cookies at their meeting each week. It was suggested to have a Young person's meeting in Ogden, if there are any interested. Sober Solutions needs support.

ⓂOPEN POSITIONS

Elections were opened for 5 DCMs, 6 Alt. DCMs, C.P.C., Corrections, Grapevine, and PI Chair Positions.

No one stood. **PLEASE TAKE THIS BACK TO YOUR GROUPS.**

(cont. pg. 9)



November 2021 "Pass It On"



ⓈNEW BUSINESS

Jennie and Krista will go to the Fall Workshop and bring back a report. Paul reported on Fall Assembly. He also reported in the Fall Workshop. There were several comments from those that attended. There was also some discussion on the Pink Can money.

ⓈOLD BUSINESS

The District Budget for 2022 was voted on and passed. There will be a District One Guidelines review on October 21 at 8:00pm. This will be held on Zoom. Paul will email the link. David and Lois also ask to be on the committee. Paul also has Service Manuals if anyone needs one. They are free, donated by the District.

ⓈCOMING SOON

↔ Next District Meeting – Boys and Girls Club – Nov 09 @ 07:00 pm.

- ↔ Fall Workshop Nov 6-7 District 2 SLC
- ↔ Committee Meeting (Area Inventory) Dec 04 Farmington

ⓈCLOSING

The meeting was closed at 8:03 pm with the Responsibility Statement.
Questions for Secretary Sue C. 801-388-7393 or gbuterfly2@comcast.net.

DISTRICT 11 GSR Meeting Minutes / Unavailable at time of publication

Nothing else “pays off” quite like Kindness.
Little cost – Big R.O.I.

-Bob M. 2012

> District Meetings Information <
Many open Service positions.
 GSR's need to be present.

- **District 1 – 2nd Tuesday, 7:00 PM**
 Boys & Girls Club
 550 S. Main St. Brigham City
- **District 11 – 2nd Wednesday 6:30 PM**
 South Davis Recovery Club
 25 N. 200 W.
 Bountiful

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	10% - District One P.O. Box 953 Brigham City, Utah 84302
OR	
30% - GSO P.O. Box 459 Grand Central Station New York, NY. 10163	

from pg. 13 of AAWS Pamphlet F-3



November 2021 "Pass It On"



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>

9/21

NEW Meeting(s):

The Kind Mind

Thursday 7:00pm

S.O.A.R.

3075 Grant Ave. Ogden

11/21



Rainbow Recovery

Monday 6:00pm

USARA

893 24th St. Rm #1. Ogden

11/21

10

HUMOR

Saturday night

At his regular Saturday night AA meeting, a guy walks over to a woman he's never seen there before.

"Are you new here?" he asks.

"Yes, it's my first time," she replies. "I just got out of prison."

"Welcome," he says. "What did you go to prison for?"

"I murdered my husband," she replies.

"Ahh, so you're single," he says.

Charlie F.

Oakland, Calif.

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2021 Area 69 Fall Workshop November 6th and 7th Hosted by District 2

Location: Sons of Utah Pioneers Building at 3301 East Louise Avenue, Salt Lake City

Zoom Info:

Zoom Room Number: 879 3198 3200

Password: 109417

Registration: Onsite, \$12/person payable cash or check (payable to District 2)

Saturday Agenda:

8:00 am: Registration Opens

9:00 am-noon Area Business

1:30 pm-5:00 pm Round Table Discussions

7:00 pm Speaker Meeting

Sunday Agenda:

9:00 am-12:00 pm

Roundtables, Ask it Basket, Speaker Meeting

Nearby Hotels:

Hampton Inn & Suites 1345 Foothill Dr 801.583.3500

Skyline Inn 2475 E 1700 S 801.582.5350

Spring Hill Suites 2206 S 1300 E 385.297.8300

Extended Stay America 1220 E 2100 S 800.804.3724

Home2Suites 2350 S Foothill Dr. 800.293.0718

Ramada Inn 2455 S State St 801.486.2400

Questions?

Contact Dan B. 801.910.7298 or Melissa E. 801.915.3573



November 2021 "Pass It On"



"Love and tolerance of others is our code"

- Alcoholics Anonymous, page 84

A.A. membership does not include having to tolerate sexual harassment, threats of violence, financial coercion, or bullying.

Nor is pressuring A.A. members into a particular point of view or belief relating to medications, religion and other outside issues acceptable.

No one should have to tolerate racial, sexual orientation, gender, age or other discrimination when they seek help from A.A.

*Excerpt from page 1, of the **new** "Safety and AA Flyer" F-228, released September 2021*

12

A **BIG** "THANKS" to Steve at Ellis Printing for the donation in printing our monthly Newsletter!