

## A Really Good Idea

I agree with the author of "No Absolutes in AA," (Aug 2003) that "setting down a rigid command" could tend to alienate newcomers. But I think it is just as dangerous to say at the group level, "I've just celebrated eight years of sobriety, and I've never had a sponsor."

There are many "musts" in the first 164 pages of the Big Book. One happens to be about sponsorship: "He suddenly realized that in order to save himself he must carry his message to another alcoholic."

I came into AA an absolutely broken and dispirited man. During my last drunk, I hurt my wife, and she very wisely left me. After detoxing on the floor of my apartment for a few days, I crawled into AA. Through the fog of my early days, I used to hear "Half measures availed us nothing," and every time I heard it, I knew they were talking about me. I had tried to quit drinking for seven years before I came to AA. The message where I got sober was clear: If you didn't get a sponsor, you were playing with half measures.

After eight months of working with my sponsor, going to two meetings a day, my wife (who works a great Al-Anon program) called and said she might like to see me: an AA miracle. We got back together, and two years ago we gave birth to our first Al-Atot. (Technically she did the birthing, but I was there--sober and grateful.)

It's true that the only requirement for membership in AA is a desire to stop drinking. But if you absolutely want a better life, well, hmm. . . How's this?

Working the Steps with a sponsor is a really good idea.

BY: CHRIS R. | SPRING CITY, UTAH

# ☘ "Pass It On" March 2022 ☘

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

### Inter Group Representative Meeting Attendance

- **TWO** (2) District One groups sent representatives to the February 15<sup>th</sup> IGR meeting. **One** (1) District 11 IGR joined by phone.
- **Groups represented:** Meat & Potatoes • Upon Awakening • It's in the Book
- The **next** scheduled **IGR Meeting** will be held at Central Office **Tuesday, March 15<sup>th</sup>**, at 6:00 pm.



2

## **HUMOR**

I find it ironic that the colors red, white and blue stand for freedom, until they're flashing behind you.

J.D.

Big Lake, Minn

# "Pass It On" March 2022

**Tuesday February 15, 2022**

## Ogden Intergroup Central Office - IGR Meeting Minutes

**Attendees:** IGR's attending: Jon C., Michael F., Lacy B.

Area 69 rep: Mike F.      Office Mgr.: Randy C.

Excused: Steve H., William B.

- Randy opened the meeting at 6:05 pm.
- Michael F. read the Intergroup Service Preamble
- Mike F. read the Twelve Traditions
- Randy handed out the January 2022 Central Office report:

### **Sales Summary:**

• Books:	97 (net \$198)		○ Aluminum	120 (\$11 net)
• Chips:	163 (net \$83)	→	○ Brass	37 (\$61 net)
			○ Tri-Plate	6 (\$11 net)

**Donations:**                      \$ 5,006.13

- Groups:                              13 groups              \$ 1,476.13
- District 11    \$ 500.00
- Individual Donation(s)    \$ 3,030.00

**Office Activity:**                      Hours: 90

- Emails:                                      117
- Calls/Msgs:                                      63
- Office Visits:                                      80      (avg. weekly walk-ins = 20)

**Savings Account** Statement Bal: (ending) {Goal=\$8,500\ \ \$1,700 per mo. x 5 mos. operating expenses}

December:                      \$ 4,676

**January:                      \$ 7,101              (+ 51.8 %)**

**Checking Account** Statement Balance: (ending)      **January \$ 2,082**

**Web Site Activity:**      January                      Views: 2,461

**Google Listing Activity:**      January                      Views: 2,084

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

- Review 90-day projected financial outlook.
- Shared current 501(c)(3) reinstatement efforts.
- Discuss answering service monthly average cost increase (Nov-Jan=140%)
- Discuss this Thursday's meeting with our CPA, Jaunette Porter.
- Ask one of the Mike's to report on the January 29<sup>th</sup> Pot-Luck.
- Mentioned the *correct* Central Office - Ogden phone number, (801) 393-4728.
- Review Needed Service Positions: (see handout)
- (5)** Steering Committee positions still open, reviewed position descriptions.

**Open Discussion:**      Jon C:      Meat & Potatoes Group, 3<sup>rd</sup> Monday is now Traditions Study

Mike F:      Feb. 26<sup>th</sup>, Area Committee Mtg in Vernal

- Closed with the Responsibility Statement at 6:50 pm.

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

# ☘ "Pass It On" March 2022 ☘

## AA Ogden Central Office

### Donations Detail

#### 2022 Year-to-Date

#### January

Date	Full Name	Total
1/4/2022	Clearfield Group	72.00
1/4/2022	Happy Group	250.00
1/5/2022	Circle of Hope Women's	50.00
1/11/2022	Tremonton Group	400.00
1/12/2022	Courage to Change Group (R R)	22.00
1/18/2022	Serenity Sisters	48.00
1/19/2022	Pavilion Posse Group	51.00
1/21/2022	Grupo Primer Paso de Ogden (SP)	45.00
1/21/2022	Recovery Together Group (5)	50.00
1/26/2022	Pavilion Posse Group	50.00
1/28/2022	In the Solution Group	100.00
1/28/2022	Meat & Potatoes	188.13
1/29/2022	Primary Purpose Group (Layton)	100.00
	<b>Groups Sub-Total</b>	<b>1,426.13</b>
1/7/2022	District 11	500.00
1/18/2022	Individual Donation(s)	3,030.00
	<b>Monthly TOTAL Donations</b>	<b>\$4,956.13</b>



## From the Book

"... it would be a product of false pride to believe that Alcoholics Anonymous is a cure-all even for alcoholism."

"Here we must be friendly and, above all, open-minded toward every new development in the medical or psychiatric art that promises to be helpful to sick people."

**AA Co-Founder, Bill W., July 1955, 20<sup>th</sup> Anniversary St. Louis Conference, Alcoholics Anonymous Comes of Age, pg. 232, paragraph 1.**

# "Pass It On" March 2022

## District One - Meeting Minutes for February 08, 2022

### 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 Jordon read the Twelve Traditions. There were no new GSRs. There were two interested A.A Jordon and Jill. There were no visitors. Those in attendance: The DCMC, 1 DCM with one excused, 1 Alt. DCM, 11 GSRs with 2 excused, Corrections, CPC, Grapevine, Literature, PI, Treasurer, Treatment excused, and the Secretary. Sue called the roll. The minutes were read from the January District One Meeting. They were approved with a motion from Dan and Jennie 2<sup>nd</sup>.

### ⓂREPORTS

• **Intergroup Logan** – Robert – No report this month.

• **Intergroup Ogden** – Jennie Read Report. This was a December report.

Donations \$1137

Savings account \$4676

Checking account \$2303

Web Site Activity Views 2,518

Visitors 775

• **Corrections** – Willy – He has a request for funds. He wants to know how do that. Paul will help after the meeting.

Willy needs a signature to be put on the checking account for pink can. Sue got the minutes when Willy was voted in and a signature.

• **CPC** – Mark – Had report, did not get a copy

• **Grapevine** – Krista – Still not sure what to do. Has not received packet. The Grapevine ha ideas to talk about in groups, if you are looking for a subject. Grapevine also has podcasts.

• **Literature** – Michael – Had report, did not get copy

• **PI** – Juan

I have talked to Meredith the area PI she will be helping me along my path to help communicate with libraries and different places she will reach out to Mike F as well as help me understand how local radio stations can help me spread the word with PS a's This month, I will be focusing on attending MD's offices and libraries

• **Treasurer** – Jared – read by Paul

The District One Finances for February 2022 are as follows: The donations totaled \$135.31. The expenses totaled \$0.00; the total balance of the account this month is \$619.73, minus our \$2000 P/R. The Pink Can Money had \$188.60 in donations, interest of \$0.03. The total balance is \$996.23. The Treasurer report was approved, with a motion from Willy and Tom 2<sup>nd</sup>.

Krista asked what the prudent reserve was for, Paul and Jared explained,

• **Treatment Jon** – Report

Took meeting into first treatment center in the Covid age! A couple of vaccinated alcoholics went to Spirit Recovery in Eden last week. Agreed to bring a meeting in there monthly for the next 6 months and see how it goes. In anticipation of a few more treatment centers opening, I am starting to gather names of volunteers that are interested in this kind of service work. Please reach out to me if you have any volunteers....I will create a database of people that we can start to reach out to when treatment centers have a need.

I need some help with the Logan Area....I'm just not getting up there enough to make any headway. If there is someone with interest in helping in this region, glad to set up a way for us to work together and collaborate.

Thanks for letting me serve, Jon

### ⓂDCM reports

Jennie announced the Workshop for District 11 on Feb 19. It is all about traditions.

(continued pg. 6)

# "Pass It On" **March** 2022

## ④OPEN DISCUSSION – GSRS

Mike L. Tuesday Morgan has a Chilly Chile Cook Off. February 26<sup>th</sup> @Noon till 3ish. 2425 Line Creek Road, Morgan, Utah. Friday Action has a speaker meeting last Friday of month 5:30 St. Lutheran Church, Sue will check with Registrar to see if Meat and Potatoes got changed to District One. Eric announced a new meeting, Meeting Makers First Presbyterian Church 12 S 200 W, Logan Utah on Tues and Thurs at Noon. Jared will send information to Sue to get group registered. Jared asked if he has a vote in district as a treasurer. He does in District One. Here is a new treatment facility up sardine canyon.

## ⑤OPEN POSITIONS

Elections were opened for 5 DCMs, 6 Alt. DCMs.  
No one stood.

## PLEASE TAKE THIS BACK TO YOUR GROUPS.

## ⑥NEW BUSINESS

Pre February committee meeting was sent email. This is to get familiar with agenda items. Committee Meeting will be a zoom meeting. If in person they have round tables to discuss items. Round tables should be zoom also.

## ⑦OLD BUSINESS

There was voting on the Guideline Amendments. There was a motion to remove Pink Can from the Guidelines. It tabled till next month. The rest of the amendments were voted on and passed.

## ⑧COMING SOON

- ➔ **Next District Meeting** – Boys and Girls Club – **Mar 08 @ 07:00 pm.**
- ➔ Committee Meeting (Agenda Items) Feb 26 Farmington
- ➔ PRAASA Mar 4-6 Oregon (Area 58)

## ⑨CLOSING

The meeting was closed at 8:00 pm with the Responsibility Statement.  
Questions for Secretary Sue C. 801-388-7393 or [gbuterfly2@comcast.net](mailto:gbuterfly2@comcast.net).

---

## DISTRICT 11 - GSR Meeting Minutes February 10th, 2022

6

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

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

- GSR Preamble read by Roxanne L.
- A.A. Preamble read by Mike E.
- 12 Traditions ready by Sheri C.
- Welcomed GSRs & New GSRs – Yolande G. New GSR Happy Group.
- Roll call was passed around by Kameron K. with a request made for updated information.
- Chad L. read treasurer's report. Motion to accept the report as read made by Caroline A. and seconded by Angie C.
- January minutes read by Kameron K. Motion to accept as read made by Roxanne L. and seconded by Tracy F.

### 2. **ELECTIONS** – Open Standing Chair positions –Corrections, CPC, Literature and Alt. DCM South.

### 3. **PRESENTATION**-No Presentation

### 4. **GSR Reports**

GSR reports were given verbally by 9 groups; Roxanne L., **It's in the Book**, attendance 20-35 1<sup>st</sup> Thursday of the month is a speaker meeting.; Sheri C. (Alt. GSR), **Serenity Happy Hour (Sunday)**, 40+ usually 20-30 Good attendance.; Joe D., **South Davis Group #1**, Small good group 5-6 sometimes up to 12 Al-anon had some Group ?s that were answered.; Greg R., **Bountiful Wed. Men's**, 8:00-9:15 20 in attendance great meeting.; Dan L., **Higher Ground Group**, 8 in attendance 2 60 day chips.; Mike E., **Saturday Morning Brotherhood**, 12-14 good solid meeting.;

(continued pg 7)

# "Pass It On" **March** **2022**

Yolande G., **Happy Group**, Sunday 20+ in attendance kitchen is still open New GSR.; Caroline A., **Women's Circle of Hope**, 20-25 ?s about the pick can answered.; Mark S. **Sunday Night BB Study**, Nothing new to report.

## **Standing Chair Reports**

- Kelly C., DCMC-Nothing to report.
- Tracy F., DCM North-Traditions Workshop food has been ordered, talked with all the speakers expecting 50 or so to attend the amount that was discussed needed to be addressed it is \$400 not \$200 catered by Hugs & Hess. New GSO Packet Service manual easier to read and bigger.
- DCM South – No Report.
- Casey W, Alt. DCM North-No Report.
- Corrections – No Report.
- Chad L., Treasurer – Gave treasures report.
- Ryan S., Treatment – No Report.
- Ricardo B., PI-Report given by Kameron K.- Went to Central office in SLC picked up pamphlets and dropped some off to Layton Bountiful and SLC Library's was asking about a smaller rack.
- Angie C. Grapevine- Got some Grapevines for Dan L. Grapevine online you can purchase past issues, new IG for Grapevine has some books for sale. Motion by Kelly C. for 10 Grapevines for each group and 60 for the Jail Seconded by Caroline A. motion passed.
- Chuy C., BTG – Nothing new from the Jail this week drop off books. Randy sent a Spanish speaking newcomer Chuy got him to the right spot.
- Ogden Intergroup – not present.
- SLC Intergroup – not present.

**6. Old Business:** No old business.

**7. New Business:** No new business.

**8. DISTRICT 11 Events:** Pre Assembly Workshop still looking to where we can go the Legacy events center is under construction VA in Layton or Bountiful Hotels are expensive but the District has money looking into the Red Barn Academy.

**9. Coming soon:**

- **Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, March 9<sup>th</sup> 2022 6:30pm**
- **February 19<sup>th</sup>, 2022, District 11 Traditions Workshop**
- **Area 69 Committee Meeting – Western Park 302 E 100 S Vernal, UT 84078 – February 26<sup>th</sup> 2022**
- **Area 69 Pre-Conference Assembly- Sons of Utah Pioneers – 3301 E Louise Ave, SLC April 1-3, 2022**
- **Closed at 7:30pm 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 North  
Chris S. 801-450-5271 DCM South  
**District 11 Funds P.O. Box 788, Roy, UT 84067**

# ☘ "Pass It On" March 2022 ☘

## > 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 of No. Utah  
550 S. Main St.  
Brigham City

➤ **District 11** – 2<sup>nd</sup> Wednesday 6:30 PM  
Resurrection Episcopal Church  
1131 So, Main,  
Centerville

**NEW  
Address**

## 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  
(New address)  
PO Box 2407  
James A Farley Station  
New York, NY 10116-2407

## GREETERS: BEFORE



## GREETERS: AFTER



from March 2022 Grapevine

Geoff C.

# ☘ "Pass It On" March 2022 ☘



## PRAASA 2022

Hosted virtually by Oregon Area 58  
with Al-Anon participation  
MARCH 4-6, 2022

Please pre-register online at [www.praasa.org](http://www.praasa.org)  
OR

Fill out registration below and mail to:  
PRAASA 2022, PO Box 966, Clackamas, OR 97015  
(Mail in deadline is Feb 20, 2022)

REGISTRATION QUESTIONS – email [registration@praasa.org](mailto:registration@praasa.org) or call 503-389-8929

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Area #: \_\_\_\_\_

Access Needs: Spanish \_\_\_\_\_ ASL \_\_\_\_\_ 

Other Access Needs: \_\_\_\_\_

**AA Area/Service Position**  
Please circle all that apply:

GSR	DCM	DCMC
Alt GSR	Alt DCM	Alt DCMC
Delegate	Alt Delegate	Past Delegate
Trustee	Past Trustee	Member
Area Committee	GSB/GSO	

Check here if this your first PRAASA

Registration \_\_\_\_\_ @ \$15 = \$ \_\_\_\_\_  
Other Contribution \$ \_\_\_\_\_  
Total due \$ \_\_\_\_\_

To pay via check made out to PRAASA 2022, mail  
payment and this form to:  
PRAASA 2022, PO Box 966, Clackamas, OR 97015

It takes more effort to Be who we think we are,  
than whom we truly can be.

Bob M. 2011

NEW Book in Stock

## "Prayer & Meditation"

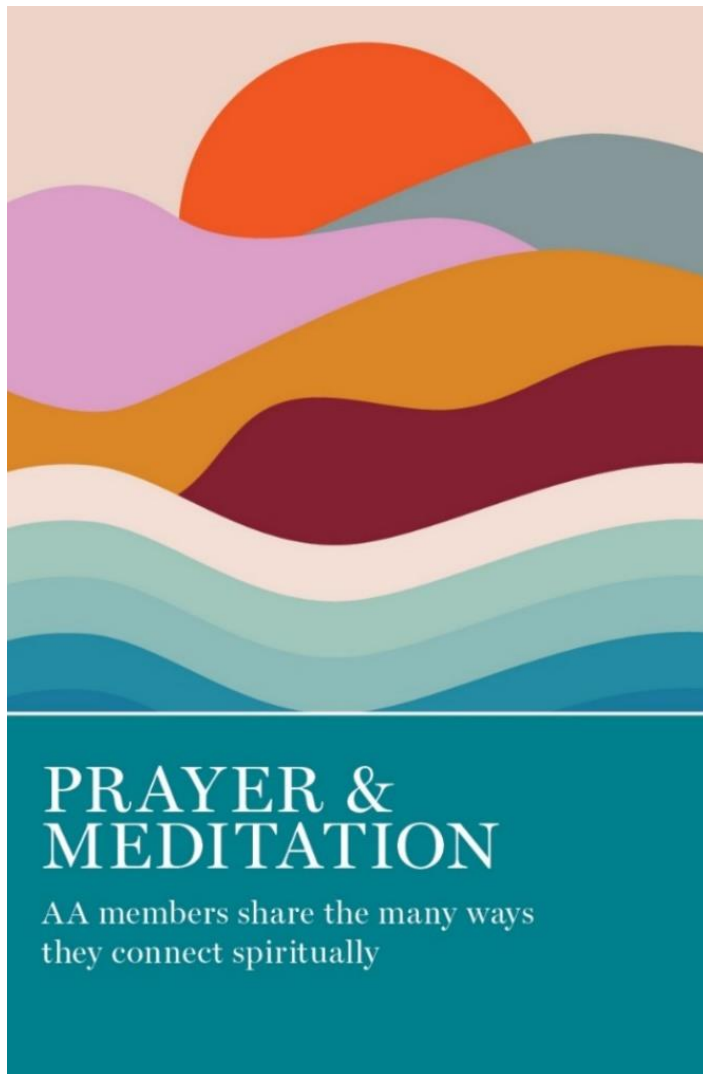
*Prayer & Meditation* features powerful stories by members of Alcoholics Anonymous about the many ways they pray and meditate in their daily lives.

GV-44

**\$13.00**

at Central Office - Ogden

10



### **NEW Meeting(s)**

**Monday 4:15 pm**

BYOB Group

475 E. 2600 N.

North Ogden

(O,D,wc)

(Weber County Library – Bottom Level)

(3/22)

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