

Hook on, Chica!

For her anniversary, she entered a 100-mile bike race. Boy, did the things she learn in AA pay off!

My journey in AA has been a series of lessons. Lessons of growth through hardships and triumphs. My sponsor always used to tell me that in order to continue to learn and grow in recovery, I'd need to challenge myself to learn new things. So several years ago I picked up cycling as a new hobby. I began by riding every weekend, always learning more about the sport.

After a few years of riding, I saw an ad about a race that would take place near my town. I took this as a challenge. So I signed up for the race that, ironically, would take place right on my sobriety anniversary. To me, it felt like a "sign" that I should accomplish this 100-mile ride on the anniversary of my 24th year of being sober.

I started training. I used the basic skills I had learned in AA to ask for help and to be teachable. I signed up for classes and workshops on the "art" of cycling. I learned how to signal my fellow riders if I were slowing down and how to alert my fellow riders about obstacles on the course. I learned a lot in each class and workshop. Then finally the day of the big race came.

AA had taught me to stand in my truth and to be proud, but as I stood there with 2000 other riders waiting for the race to begin, I suddenly felt alone and somewhat intimidated by all the fancy bikes and gear of the other riders. My bike didn't look as good, my gear wasn't as fancy and I was riding alone.

As I heard the signal for the race to start, I stepped onto my bike pedal with my brand-new sneakers, and I was off! Five miles into the race, I felt better. Other riders were very nice as they passed me. After 15 miles I was starting to feel a little tired, but I had trained for this, and I knew I'd be OK. I thought about my sobriety and how lucky I was to be able to ride with all these amazing people. Thirty miles into the race, I began to feel more tired, but I knew this would be a challenge. Anything worth the effort is going to be a challenge, right?

Resting briefly at 45 miles, I began to get exhausted. Forty-five miles of sun, wind and hills pushing against my body. I wondered if I really was going to make it. As I began pedaling again, I remembered my sponsor telling me to draw strength from my Higher Power, so I prayed for that strength. During my months of training, I had heard of a riding strategy called "drafting." NASCAR drivers sometimes use it, but I had never tried it. As I approached a hill, I began chanting to myself "anything hard is worth it." I just wanted to make it to the finish line, but that was still more than 15 miles away. I took a

deep breath and asked for God's help as a group of cyclists approached me on my left. They all seemed so at ease, as if the sun, wind and hills were not at all difficult.

As the last rider began to pass me, she motioned to me. I saw her shining blond hair and a big smile on her face as she said, "Hook on, chica." Just then, it finally dawned on me...this is it! She was telling me to ride behind her to stay in her draft. As I slid in behind her, I felt the reduced drag of the air helping to carry me along. I continued on the trail of this train of cyclists and felt my tensions ease and my heart get lighter. When I approached the finish line, tears streamed down my face and I realized this race was like my journey in recovery.

I came into AA believing that for anything to be "worth it" it had to be hard. But the men and women of AA wrapped their arms around me saying, "Hook on, chica!" We don't have to do recovery alone. Recovery doesn't have to be painful and difficult. We can join those who have gone before us and "hook on."

- KRISTINE F./ TAYLORSVILLE, UTAH

2



By unspoken group conscience, the meeting decided to not let Murray know he was on mute

By: Geoff C

Box 4-5-9

Vol. 68, No. 1 / Spring 2022

The 2021 Virtual Day of Sharing, held on December 7, 2021 and **hosted by the AA General Service Office**, brought together 11 recovery fellowships (including Alcoholics Anonymous) to discuss matters of common interest and collective experience. The first Day of Sharing took place in 1991, and there have been several since attended by representatives of Al-Anon and the National Council on Alcoholism and Drug Dependence (NCADD), as well as a "Fellowship Day of Sharing" in 2008 that included attendees from Debtors Anonymous (D.A.), Overeaters Anonymous (O.A.) and Narcotics Anonymous (N.A.). This was the first Day of Sharing held since December 2019 (after which the pandemic intervened) and was the first ever held virtually.

G.S.O. General Manager Bob W. kicked off the meeting of like-minded organizations by talking about the importance of cooperation between Twelve Step fellowships and how inspiring he found it to be. "We all share these principles," he said. "Each one of these organizations has its own singleness of purpose and we all have the spiritual foundation of anonymity."

The meeting was organized and chaired by Craig W., staff member on the Group Services desk. Part of Craig's work involves cooperating throughout the year with other Twelve-Step fellowships, answering queries, and sharing information. He calls the Day of Sharing "one of the best experiences I've had in A.A. One member to another, sharing what our organizations are, what they do and don't do. It was so powerful to learn how much we have in common." The 2021 Virtual Day of Sharing was the largest ever held (see box), with 19 representatives of the various fellowships coming together.

2021 Day of Sharing attendees

Adult Children of Alcoholics/ Dysfunctional Families

Al-Anon

Alcoholics Anonymous

Heroin Anonymous

Cocaine Anonymous

Debtors Anonymous

Narcotics Anonymous

Families Anonymous

Sexaholics Anonymous

Overeaters Anonymous

Workaholics Anonymous



**Inter Group Representative
Meeting Attendance**

- There was **NO IGR MEETING** held in April.
- **The Central Office report is located on page 5**
- The **NEXT** scheduled **IGR Meeting** will be held at Central Office **Tuesday, May 17** 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 11:00a - 3:00p
- **Ogden Central Office (801) 393-4728**
email: igrcentraloffice@gmail.com
Website: <https://www.northernutahaa.org>
- The **Inter Group Rep** meeting is held at Central Office on the **3rd Tuesday of each month @6:00pm** (unless otherwise posted in this newsletter)

TO: Central Office Committee
From: Randy C., Central Office employee
Date: April 8, 2022
Subject: Central Office Report for **March 2022**

Sales Summary:

- Books: 132 (net \$ 231)
- Chips: 313 (net \$ 177)

○ Aluminum	234	(\$ 21 net)
○ Brass	75	(\$ 147 net)
○ Tri-Plate	4	(\$ 9 net)

Donations: **\$ 2,233**

- Groups: 13 groups \$ 1,758
- District 11 \$ 100
- District One \$ 360
- Individual Donation(s) \$ 15

Office Activity: Hours: **107**

- Emails: 117
- Calls/Msgs: 41
- Office Visits: 88 (avg. weekly walk-ins = 18)

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

February: \$ 6,526
March: \$ 6,826 (4.6 %)

Checking Account Statement Balance: (ending) **March \$ 2,925**

Web Site Activity: March Views: 2,114

Google Business Listing Activity: March Views: 2,215

Thank You for allowing me to be your Central Office-Ogden employee. -Randy

Nothing else "pays off"
Quite like kindness.
Little cost – Big R.O.I
- Bob M. 12/ 2012

From the Book

Of course, we know we shall always have to deal with the fearful forces which are released when the human ego runs amok -- the same forces that are shattering the world of our time. *Deliver us from temptation* must therefore continue to be a prime ingredient of our every attitude, practice, and prayer."

AA Co-Founder, Bill W., November 1960, "Freedom Under God: The Choice Is Ours", *The Language of the Heart*, pg. 316



AA Ogden Central Office Donations Detail

2022 Year-to-Date

03/31/22

YTD

Group Name	MARCH	Total
Beyond the Horizon		48.00
Clearfield Group		72.00
Courage to Change Group (R R)		22.00
Grupo Primer Paso de Ogden (SP)		45.00
Happy Group		250.00
Higher Ground Group-Fruit Hghts	160.00	160.00
In the Solution Group	200.00	300.00
Keep it Simple		38.88
Meat & Potatoes		188.13
Pavilion Posse Group		101.00
Primary Purpose Group (Layton)		100.00
Recovery Together Group (5)	100.00	150.00
Sat Men's Brotherhood	297.00	297.00
Sat Night Alumni - ORMC		30.00
Serenity Happy Hour (Layton)	30.00	316.00
Serenity Sisters	65.50	206.63
Sisters in Sobriety	150.00	150.00
South Davis #1	25.00	25.00
Sunday Night Unity		172.50
Tremonton Group	150.00	550.00
Tuesday Morgan Group	200.00	200.00
Tyler Ave Group		100.00
Wed. Night Alumni - ORMC		50.75
Women's Circle of Hope	50.00	155.00
Women's Retreat House	330.00	330.00
Groups Sub-Total	1,757.50	4,057.89
District 11	100.00	700.00
District One	360.00	360.00
Individual Donation(s)	15.00	3,190.00
TOTAL Donations	\$2,232.50	\$8,307.89

District One Meeting Minutes for Apr 12, 2022

OOOPENING:

Paul H. called the meeting to order at 7:05 with a moment of silence, followed by the Serenity Prayer. Bob read the GSR Preamble and David read the Twelve Traditions. There was one new GSR, Paul – Last Call Group (Fresh Air). There were no interested AAs. There were no visitors. Those in attendance: The DCMC, 1 DCM excused, Alt DCM excused. 11 GSRs with 1 excused, Secretary, Treasurer excused, Corrections, Grapevine, Intergroup Logan, Literature excused, PI, and Treatment excused. Sue called the roll. The minutes were read from the March District One Meeting. They were approved with a motion from Dan and Paul 2nd.

REPORTS

• **PI** – Juan – Had report, did not get a copy.

• **CPC** – Mark

Thank you for your help in getting a Cooperation with the Professional Community, Packet from General Service. I have read the literature and could use help with a flyer to deliver electronically and in-person.

I could use help understanding what groups are already being worked with.

I have reached out to Willy, Juan, and Jon. In reference to PI, Corrections and Treatment. I will need to follow up with this group to get more details.

Sue, please provide me with Willy, Juan, and Jon email addresses.

Sue, did I hear it correctly in our last meeting. That there is a flyer being created for the professional community?

Please provide contact for that new flyer.

Can you connect me with CPC groups in other Districts?

Thank you

Mark Richards 801-244-2596

• **Corrections** – Willy – Had report, I did not get a copy.

• **Grapevine** – Krista

Podcasts on the website are available and can be streamed off of most platforms (I use TuneIn personally) they are short and interesting. I actually really love the Instagram account because it adds a break through all of the annoying things on my feed and will randomly give me something to think about. And I need to follow up with Paul and the Grapevine to get me some advertising to hand out and to also get started on planning the workshop.

Thank you for your service!

I was also wondering if you'd be able to give me Eliot's phone number? I'm still interested in seeing if we could have a young people's meeting around here.

Thank you!!

Krista

• **Treatment** Jon

Treatment report for March -

Some donated AA Literature delivered to Valley Camp.

Got some new contacts for Infinite Arches Recovery, no follow up yet.

Speaker meeting held at Spirit Mountain Recovery and an alumni agreed to start coordinating ongoing AA meetings there.

Still looking for any people in Logan area who might be interested in outreach up there. Please contact me if interested.

Thanks for letting me serve,

Jon

• **Literature** – Michael – Not present

• **Intergroup Ogden** – Not present

• **Intergroup Logan** – Robert – Emailed report.

(continued pg. 8)

☛ **Treasurer** – Jared – Read by Paul

The District One Finances for April 2022 are as follows: The donations totaled \$80.00. The expenses totaled \$450.00; the total balance of the account this month is \$221.18, minus our \$2000 P/R. The Pink Can Money had \$0.00 in donations, expenses of \$261.00, interest of \$0.04. The total balance is \$753.31. The Treasurer report was approved, with a motion from Dan and Juan 2nd.

③ **DCM reports** - No reports

⑦ **OLD BUSINESS**

Dan reported on the Pre-Conference Assembly. He talked about the votes on the agenda items.

⑥ **NEW BUSINESS**

Krista wants to set up a Grapevine Workshop. Please take dates of June 11 and July 11 back to groups. Don will do hospitality. The Big Book is asking for stories to put in the next edition.

④ **OPEN DISCUSSION – GSRs**

There was no discussion.

⑤ **OPEN POSITIONS**

Elections were opened for 5 DCMs, 6 Alt. DCMs.

No one stood.

PLEASE TAKE THIS BACK TO YOUR GROUPS.

⑧ **COMING SOON**

☛ **Next District Meeting – Boys and Girls Club – Apr 12 @ 07:00 pm.**

☛ General Service Conference Apr 18-24 New York

☛ Post Conference Assembly May 20-22 (District 06)

☛ Area Standing & BTG Workshop Jun 18 (District 12)

⑨ **CLOSING**

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 13, 2022

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

1. Moment of Silence followed by the Serenity Prayer

- GSR Preamble read by Joe D.
- A.A. Preamble read by Mark S.
- 12 Traditions ready by Dan L.
- Welcomed GSRs & New GSRs
- Welcomed Visitors
- 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 Angie C. and seconded by Ricardo B.
- February minutes read by Kameron K. Motion to accept as read made by Tracy F. and seconded by Stacey A.

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

3. New Business – Tracy F. made a motion to send to Area 69 \$2000.00 from District 11 to spend as they see fit seconded by Caroline A. motion passed. Caroline A. suggested we take back to our groups that Area needs money if the basket could be passed to help.

(continued pg. 9)

4. GSR Reports

GSR reports were given verbally by 9 groups; Roxanne L., **It's in the Book**, attendance 30-35 wonderful meeting speaker meeting is good.; Kameron K., **Serenity Happy Hour (Sunday)**, 30-40 full meeting new home group members.; Joe D., **South Davis Group #1**, Still small but doing okay.; Dan L., **Higher Ground Group**, More new people 15-20 in attendance.; Mike E., **Saturday Morning Brotherhood**, Strong group good recovery.; Ricardo B., **Not a Glum Lot**, Tuesday and Thursday 15-25 John R. is doing a good job chairing.; Stacey A. **Davis Group**, 30-35 in attendance 3 new commers.; Caroline A. **Women's Circle of Hope**, Pink can money sent to area group is doing well.; Mark S., **Sunday Night BB Study Group**, Lots of people and great recovery.

5. Standing Chair Reports

- Kelly C., DCMC – Pre-Conference was great over 100 people there. Lots of past delegates. Area needs money for Forum GSO brings it to us. Costs are more everywhere usually 300-400 are expected to attend but because first in person since 2020 estimated to attend is 900.
- Tracy F., DCM North – Met tonight for the first time Chad L. is doing Registration Roxanne L. Hospitality and has some volunteers. Working on how to host this event would like some input. \$15 Registration it will be at the Legacy Events Center in Farmington would like District 11 to cover the cost for dinner. Pre-Conference was great room was packed Sheryl got a lot of great info to take back to GSO.
- 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 – Still passing out pamphlets visited some layers and professional offices.
- Angie C. Grapevine – Handed out Grapevines to groups and has literature for sale.
- Chuy C., BTG – 20 Big Books and Grapevines were taken to the jail asked if and when they would open at the jail, and it looks like June 2022.
- Ogden Intergroup – not present.
- SLC Intergroup – not present.

6. Old Business: No old business.

7. DISTRICT 11 Events: Pre-Assembly Workshop the Legacy Events Center August 20-21 Tracy F will Chair, Roxanne L Hospitality, Chad L. Registration still need volunteers.

8. Coming soon:

- **Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, May 11th, 2022, 6:30pm**
- **May 20-22, 2022 Post- Conference Assembly – Spanish Fork, UT**
- **August 20-21, 2022 Pre-Assembly Workshop Legacy Events Center – Farmington, UT**
- **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

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

> District Meetings Information <

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

➤ **District 1** – 2nd Tuesday, 7:00 PM
Boys & Girls Club of No. Utah
550 S. Main St.
Brigham City

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

New Meetings

Monday 4:15 pm

"BYOB Group"

475 E. 2600 N.

North Ogden

(O,D,wc)

(Weber County Library – Bottom Level)

(3/22)

Monday thru Friday

12:00 pm (Noon)

"Nooner Group"

(O,BB,D)

684 24th Street

Ogden

(Alano Club)

(5/22)

Monday, Wednesday & Friday

5:30 pm

"Happy Hour"

(O,BB,SS,D)

684 24th Street

Ogden

(Alano Club)

(5/22)

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

2022 Post-Conference Assembly



JOIN THE EXCITEMENT

BE INFORMED

MEET NEW PEOPLE

Hosted by District 3

Friday May 20, 2022 -- Sunday May 22, 2022

Veterans Memorial Building | 380 North Main Street Spanish Fork, Utah

AND on Zoom - Meeting ID 879 3198 3200, password 109417

Registration \$17.00 at the door, Lunch \$7:00

Program:

Friday, May 20

6:00 pm – Registration

6:30 pm – Skits

7:30 pm – Meeting (Chaired by Jill H.)

Saturday, May 21

8:00 am – Registration

8:30 am - GSR Orientation

9:00 am - Area 69 Business Meeting

12:00 pm - Lunch (served on premises)

1:30 pm – Area 69 Business

5:00 pm - Break for Dinner

6:45 pm - Sobriety Countdown

7:00 pm to 8:30 pm Roundtables

(Panel 72 General Service Conference Theme & Presentation/Discussion Topics)

Sunday, May 22

9:00 am to 10:00 am – GSR, DCM, and Standing Chair Roundtables

10:00 am to 11:00 am - Ask it Basket

11:00 am to 12:00 am- Spiritual speaker meeting



"Pass It On"



2022



Tremonton Group of Alcoholics Anonymous

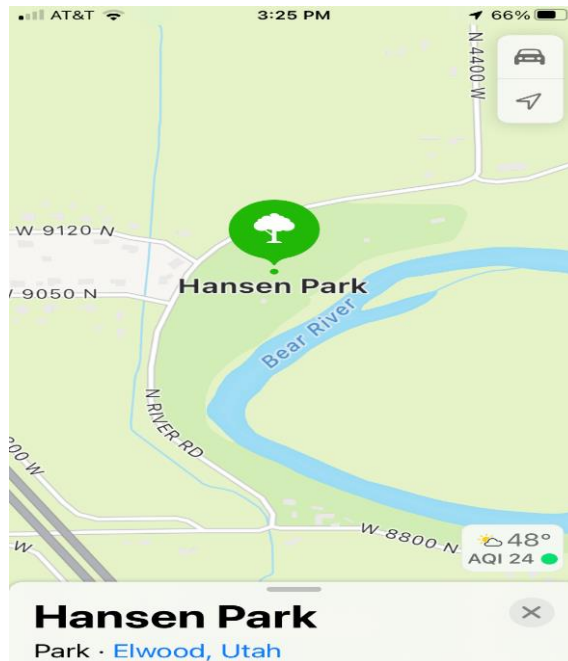
*Is hosting a **picnic cookout** and day of fellowship on
Sunday May 1st, 2022 at Hansen Park in Elwood!!!!*

*Day begins at Noon with AA meeting at the park
followed by food & fun.*

Bring a guest and your children!!

Bring a dish to share if you want to.

ALL ARE WELCOME



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**

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