

Lesson Learned

FROM THE MAY 2022 GRAPEVINE

On a sober career path across the world, a teacher asks for help and gets it

They say that if you want to make God laugh, tell him your plans. Given how much of a serial schemer I can be, I must regularly have him in tears. They also say that happiness is reality minus expectations. I would like to be happy, but I also really love to hang on to expectations.

Even in a comfortable, familiar setting, my expectations and rigid planning—two things I often indulge in—can make life an awful lot more difficult. So when I packed my bags and moved to Russia a few years ago, my tendencies made an already challenging change far more difficult than it needed to be. I'm happy to say that today, as a result of continuing to work the program along with the help of other alcoholics, I've learned to tone down my scheming and my demands on life. But I had to learn from trial and error, which Russia was happy to offer.

I moved to Russia to teach English and, I hoped, become fluent in Russian. That more or less happened and I am thankful for that. But I also brought a lot of expectations with me. First of all, I expected to quickly fit in with the recovery community in Vladimir (the city where I lived). That didn't happen, probably in part because Russians don't mix easily with foreigners. They've learned to be suspicious of us. But it sure didn't help that I couldn't speak Russian very well, so my new AA Fellowship could hardly understand me.

After coming to terms with the lack of warmth and comfort from local meetings in Vladimir—which, by the way, is a smaller city not far from Moscow—I started to lean harder on my Higher Power for support, or so I thought. But as I came to learn, relying on a faith you don't have won't yield very good results.

So in October of that year, disappointed with the Fellowship and the God that I still firmly believed had saved my life back home in Salt Lake City, I finally made my way to the English-speaking group in Moscow. Traffic delayed me, but I was so desperate not to be late for my first meeting there that I sprinted down the church basement hall to get to the meeting on time, causing a ruckus that made everyone else look at me with caution as I entered the room, as if they were silently asking each other, "How crazy is this guy?"

I was grateful to be offered a seat and a handshake all the same and I was really pleased to be asked to read the Preamble. For the first time in my sobriety, I uncontrollably teared up as I read and couldn't make it all the way through without stopping several times. After the reading of the Steps and Traditions, I felt a tension in the room and, whether it was reality or just my ego talking, it felt like the other members were asking themselves, once again, "What's up with the new guy?"

So I shared. I explained that I hadn't been to an English-speaking meeting in months and that I hadn't felt the shelter and support the program usually gives me in all that time. I said that what I thought would be a grand adventure to a foreign country and a start to my future career in government work turned out to be, it seemed, a painful, lengthy mistake.

That's about the time things all started to turn around. Since then, I've had days when I've felt down and depressed and many times I've had to reach out for help to the alcoholics I met in Moscow as well as the ones I've stayed in contact with back home. I cannot imagine where I'd be without their help today. But I've also managed to find the good. I kept learning Russian until I could confidently attend the local meetings, understand what was being said and contribute to the discussion. Now I feel I'm part of the Vladimir Fellowship. I've also made a handful of friendships outside of the program in Vladimir that are dear to me.

And...I've also fallen in love. I've had, and continue to have, the pleasure of my first sane, sober, healthy relationship with a wonderful woman who was born on the other side of the globe. My students can be a constant source of stress, if I want to see them that way. But if I pause when agitated and ask for the right thought or action, I find that building relationships with my students that cross national, cultural and linguistic barriers is one of the most worthwhile things I've ever done.

I think it all comes back to that crucial moment with the Moscow Downtown Group where I didn't try to hide just how overwhelmed and underprepared I felt. I surrendered myself to God, which I call a Group of Drunks. That group caught me as I fell, lifted me back up and set me on my feet, ready to help another alcoholic in need. Thank you to everyone who was there for me. I encourage anyone else in a similar situation to do the same thing. It sure helped me.

BY: CHRISTIAN S. | SALT LAKE CITY, UTAH

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)

Inter Group Representative Meeting Attendance

- **Three (3)** District One groups sent IGR.'s to the May 17 meeting.
- **Groups represented:** > Meat & Potatoes,
> Tuesday Morgan Group, > Wed Night Stag.
- The **NEXT** scheduled **IGR Meeting** will be held at Central Office **Tuesday, June 21** at 6:00 pm.



At some point
We come to,
to understand
that not Knowing
holds more Knowing
than Knowing knows.

- Bob M. 2012

Tuesday May 17, 2022
IGR Meeting Minutes
Ogden Intergroup Central Office

Attendees: IGR's attending: Jon C., Mike L., Steve H., Office Mgr.: Randy C

Excused: Sue C., Mike F., Michael F.

- Randy opened the meeting at 6:05 pm.
- Jon C. read the Intergroup Service Preamble
- NO April IGR minutes (no meeting held)
- Mike L. read the Twelve Traditions
- Randy handed out the April Central Office report:

April 2022 Sales Summary:

Sales Summary:

- Books: 167 (net \$ 268)
- Chips: 427 (net \$ 175)

- | | | |
|-------------|-----|--------------|
| ○ Aluminum | 354 | (\$ 32 net) |
| ○ Brass | 72 | (\$ 141 net) |
| ○ Tri-Plate | 1 | (\$ 2 net) |

Donations: **\$ 964**

- Groups: 10 groups \$ 827
- District 11 \$ 100
- Individual Donation(s) \$ 37

Office Activity: Hours: 77

- Emails: 99
- Calls/Msgs: 32
- Office Visits: 69 (avg. weekly walk-ins = 17)

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

March: \$ 6,826

April: \$ 6,877 (.7 % increase)

Checking Account Statement Balance: (ending) April \$ 1,940

Google Business Listing Activity: April Views: 2,111

Website Activity: April Views: 2,000 Visitors: 728

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

- Review 90-day projected financial outlook.
- Review answering service monthly average cost (Jan-Apr) \$87
- Review contracted costs with, Jaunette Porter, CPA.
- Discuss current ASL needs in Ogden (Joe K).
- Explain the 2-year absence of IGR Meeting 7th Tradition. Comments?
- Notify committee of planned hours during Randy's surgical recovery
- Review **Needed Service Positions:**
(5) Steering Committee positions still open, review position descriptions.

- Closed with the Responsibility Statement at 7:00 pm.

AA Ogden Central Office Donations Detail

2022 Year-to-Date

04/30/22

YTD

Group Name

April

Total

Admitted We Were Powerless	50.00	50.00
Beyond the Horizon		48.00
Clearfield Group	44.00	116.00
Courage to Change Group (R R)	70.00	92.00
Grupo Primer Paso de Ogden (SP)	45.00	90.00
Happy Group		250.00
Higher Ground Group-Fruit Hgts		160.00
In the Solution Group	100.00	400.00
Keep it Simple		38.88
Meat & Potatoes	164.33	352.46
Pavilion Posse Group		101.00
Primary Purpose Group (Layton)	100.00	200.00
Recovery Together Group (5)		150.00
Sat Men's Brotherhood		297.00
Sat Night Alumni - ORMC		30.00
Serenity Happy Hour (Layton)		316.00
Serenity Sisters	96.52	303.15
Sisters in Sobriety		150.00
South Davis #1		25.00
Sunday Night Unity		172.50
Tremonton Group		550.00
Tuesday Morgan Group		200.00
Tyler Ave Group	100.00	200.00
Wed. Night Alumni - ORMC	60.00	110.75
Women's Circle of Hope	41.50	196.50
Womens Retreat House		330.00
Groups Sub-Total	871.35	4,929.24
District 11	100.00	800.00
District One		360.00
Individual Donation(s)	37.00	3,227.00
TOTAL Donations	\$1,008.35	\$9,316.24

Suggested Contributions

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

50% - Intergroup Central Office

3480 Washington Blvd #108
Ogden, Utah 84401

- District One

P.O. Box 953
Brigham City, Ut 84302

-OR-

- District 11

P.O. Box 788
Roy, Ut 84067

10%

10% - Area 69

P.O. Box 601
Springville, Utah 84663

30% - GSO

(New address)

PO Box 2407
James A Farley Station
New York, NY 10116-2407

thank
You

District One Meeting Minutes for May 10, 2022

①OPENING:

Paul H. called the meeting to order at 7:05 with a moment of silence, followed by the Serenity Prayer. Jennie read the GSR Preamble and Wade read the Twelve Traditions. There were no new GSRs. There was one interested AA Jay'ne. There were no visitors. Those in attendance: The DCMC, 1 DCM with one excused, Alt DCM, 11 GSRs with 2 excused, Secretary, Treasurer excused, Corrections excused, CPC, Grapevine, Intergroup Ogden excused, Literature excused, PI, and Treatment excused. Sue called the roll. The minutes were read from the April District One Meeting. They were approved with a motion from Dan and Juan 2nd.

②REPORTS

♣PI – Juan –

I was not able to get anything done as of late.

♣CPC – Mark

Will be calling on Weber State health care school and Probations Officers in Ogden

Thank you

Mark

♣Corrections – Willy - Excused

♣Grapevine – Krista

So just got the flyer all approved and ready to be sent out into the world. Thank you!

♣Treatment – Jon – Excused report read by Paul.

I'm behind on some work stuff and can't attend tonight. Report for April:

Brighton recovery reached out to AA central svcs, looking for support. I contacted them three times and am waiting to hear back what help they need.

Meeting support continuing with Sprit recovery, looking for temporary coordination support finding speakers for them if anyone is interested.

Still looking for help in Cache Valley with outreach to local treatment facilities.

Thanks for the opportunity to serve.

Jon

♣Literature – Michael – Excused, report read by Sue.

Apologies again for the late response. I am currently in Phoenix working and will be attending the Game 5 Suns playoff game tonight and cannot attend tonight's meeting.

Literature Report:

Alano Club - Received a request on 5/9/22 from Bill and have restocked both literature racks with updated content.

Thursday Night Harrison - Restocked literature rack.

I have been dropping off mini meeting-in-a-box pamphlets as they seem to be the hot item again.

Let me know if you have any questions.

Regards,

Michael

♣Intergroup Ogden – Randy - Not present

♣Intergroup Logan – Robert – Not present.

♣Treasurer – Jared – Excused – Report read by Paul.

The District One Finances for May 2022 are as follows: The donations totaled \$127.87. The expenses totaled \$0.00; the total balance of the account this month is \$349.05, minus our \$2000 P/R. The Pink Can Money had \$32.00 in donations, expenses of \$0.00, interest of \$0.03. The total balance is \$767.34. The Treasurer report was approved, with a motion from David and Dan 2nd.

③DCM reports – Jennie had a report, did not get copy.

(continued pg. 7)

⌚OLD BUSINESS

Grapevine workshop update. Workshop will be July 9 @ Alano Club 2-4 pm. Chairperson Krista, Committee: Bob, Jay'ne, Dan, Mike, Hospitality Don, Treasurer Jennie.

⌚NEW BUSINESS

Those attending the Post Conference Assembly: Wade, Juan, Dan, Don, Krista. Wade will report next month on the Post Conference Assembly. There was discussion on AA announcements vs non-AA announcements. How can it be distinguished? When should they be made in a meeting and how? Ideas were: in cooperation with but not affiliated with, flyers on table or board, non-AA announcements at end of meeting, other ideas were made. Home group members should bring meeting back to AA.

⌚OPEN DISCUSSION – GSRS

Dan announced that Wed and Sat Night Alumni meetings will be changing from 8 pm to 7 pm. Mike announced Friday Night Action will have a speaker meeting on the last Friday of every month. They are looking for speakers.

⌚OPEN POSITIONS

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

PLEASE TAKE THIS BACK TO YOUR GROUPS.

⌚COMING SOON

➡ **Next District Meeting – Boys and Girls Club – Jun 14 @ 07:00 pm.**

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

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

⌚CLOSING

The meeting was closed at 8:02 pm with the Responsibility Statement.

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

> **District Meetings Information** <

GSR's need to be present.

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

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

DISTRICT 11 GSR Meeting Minutes

(Unavailable at time of publication)

From the Book

“The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands.”




All About the GRAPEVINE

District 1 Workshop

Saturday, July 9th 2022 / 2 - 4 pm

Ogden Alano Club / 684 24th st.

**"Calling all poets,
pranksters,
dreamers & doers!
Join us as we learn
how our experience,
strength, and hope
can enrich our
fellows' lives *in
print.*"**



psst...snacks &
coffee will be
waiting for you

What is the Grapevine?

Written, illustrated, & produced by AA members from around the world, the Grapevine connects us with each other on a variety of topics related to sobriety.

Questions? Contact Krista Z. (951) 855-1245

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

New Meetings

Monday, Wednesday & Friday

5:30 pm

"Happy Hour"

(O, BB, SS, D)

684 24th Street

Ogden

(Alano Club)

(5/22)

Monday thru Friday

12:00 pm (Noon)

"Nooner Group"

(O, BB, D)

684 24th Street

Ogden

(Alano Club)

(5/22)

Tuesday 12:00 pm (noon)

"Courage to Heal"

796 N Mountain Rd.

Fruit Heights

(C, W, ABS, D, wc)

(Mountain Road Church)

(6/22)

Sunday 7:00 pm

"Layton BBSS"

455 Rosewood Lane.

Layton

(O, BB, SS, D)

(Church of the Nazarene)

(6/22)

9

HUMOR

Rude awakening

A man comes home from his AA meeting and he's just beaming. His wife notices his positive attitude and asks him what happened. He tells her that he had the most tremendous awakening at his meeting when he finally understood, for the first time, what was meant by the saying, "We have to embrace our mistakes."

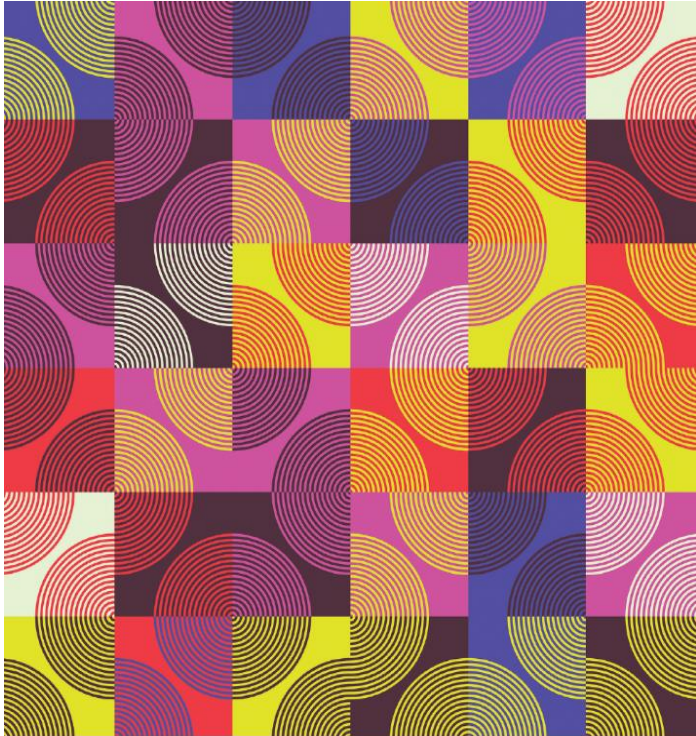
At that point, his wife walks over and gives him a big hug!

—Tim J.

San Pedro, California

Fun in Sobriety

...How AA members learn to live sober and enjoy life to its fullest



Fun in Sobriety

How AA members learn to live sober
and enjoy life to its fullest

NEW BOOK!

Features 50-plus inspiring stories

by members of Alcoholics Anonymous
about the many ways they've learned
to have a good time after putting
down the drink.

\$13.00

GV-45

10

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