



Without a net

From the June 2013 Grapevine

Booze put her on a high wire, but her HP reached up and caught her

I have been a spiritual seeker all of my life. When I was young, my siblings and I were left to our own private thoughts on religion and faith, and pretty much everything else. When I was 8, the older couple across the street invited me to go to church with them. I enjoyed the music, people being nice to each other, the light coming in through the colored glass, the hush. I enjoyed escaping a house of hung-over parents and squabbling siblings. I felt a connection to something positive, and I wanted to be good.

My seeking continued as I got older, but at age 12 I found a new religion—drinking. It left little room for anything else. I still had a desire to be connected to the good thing, but I became more interested in the excitement of being rebellious, being bad. At 13, I was ready to leave the planet: life was just too much work, too much disappointment, and it was too hard to find pleasure. I attempted suicide and, while lying in my bed waiting to die, I was told by someone or something that it was not my time. It freaked me out, but it didn't take long before alcohol conveniently numbed whatever I'd felt at that moment. I decided I had done all I could to be responsible; now I was going to do whatever I wanted. That's called alcoholic.

I began a path of random destruction of relationships, much like the Tasmanian Devil or our Big Book's metaphoric tornado. I continued to drink, yet I also kept up with my spiritual search. The disciplines I found were quite attractive and spiritually productive, until I had to try meditating through a hangover. There must be a better way, I told myself. I began to think my answers were in new places, doing new things, with new people. Change was always interesting, but after a while it, too, became the same old story: I would go back to being unhappy and making the people around me suffer.

At 33, I was ready to check out again. I felt totally bereft of any spirituality, and thought I'd do everyone a favor by checking out for good. Again, I experienced a sense of being a failure; a sense that I was being pulled back into hopelessness. I turned up the volume on drinking and moved.

In my last year of drinking, one of the relationships I ripped through ended in his suicide; I wished it had been mine. The funny thing about it was that I still felt his presence, and I sensed he was sorry and frightened. It occurred to me that if you didn't go anywhere when you killed yourself, there was no point in committing suicide. Having lost this recourse, I was now robbed of the final ace up my sleeve. I was on a

high wire without a net. I was in a panic. I tried to pursue yet another spiritual path, but couldn't find a way to connect to it. Maybe, I thought, I would have better success if I quit drinking. Unfortunately, I had reached a point where I couldn't stop. I tried different methods but none of them helped to keep me away from alcohol.

It didn't occur to me to ask whatever spirituality I was pursuing for help. However, I did know about AA. One of my exes had gotten sober 12 years before and was still not drinking. I realized that if I didn't stop drinking, my life was going to continue to get worse. Still regretting that suicide could offer no relief, I picked up the phone.

My first meetings were shocking. First of all, I was sober, which was enough of a jolt, but I also heard people being honest about themselves. It was very attractive and also startling, like having the covers ripped off in an ice-cold room.

I kept coming and kept staying sober. I heard people talking about God, and thought, Aww, that's cute. I was so spiritually arrogant from all of my seeking and study that I looked down on everyone else's perception of a Higher Power. But I wasn't intolerant. It didn't matter; I had come to AA to learn how to stop drinking, not find God, or friends, or happiness. I didn't need friends; I was never going to be happy; and I already knew everything there was to know about God. I perceived him as a kind of a junior partner, and he was doing a crappy job. If only I could stop drinking, I could get right with him, and I'd get what I wanted—whatever that was.

I continued going to meetings, hoping to learn how to quit, pass the multiple-choice test, and not have to come back. I was not really interested in your hackneyed, trite fellowship. I wanted some lofty spirituality, preferably on a remote island.

One day at a meeting, I heard something new. It was the phrase, "We will suddenly realize that God is doing for us what we could not do for ourselves." In that moment, I heard someone or something chuckle and felt an arm around my shoulder. I looked up to see if anyone in the room was aware of the cosmic joke I had just been the butt of. No one noticed, but the effect on me was profound and sudden. God was my friend, and he wanted to get to work. It made perfect sense why I was in this room full of corny alcoholics— God wanted me to be there.

It has been over 15 years since that awakening, and the knowledge of the presence of a loving God has never left me. I am grateful God saw fit to bring me to others. *I did not want to need people*; I thought if I could get my relationship right with God, I wouldn't need them. It wasn't until I admitted I needed people that I was able to get right with God. I hope to spend the rest of my days trying to get to know and serve him better, to surrender my will of what I think should happen or what God is, by making myself available to serve others. I feel a connection to something genuine, and I want to be good. With the gracious help of AA, I will.

BY: WENDY W. - SALT LAKE CITY, UTAH



HUMOR

A Step Four gone wrong

Sponsor: What is one of your biggest assets?

Sponsee: I'm great at multitasking; I can waste time, be unproductive and procrastinate all at once.

J.D. - Big Lake, Minn

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

- (3) District One groups sent IGR's to the September 20th meeting.
- Groups represented were: Wed Night Stag, 11:59 Group, Meat & Potatoes.
- The **NEXT** scheduled **IGR Meeting** will be held at Central Office **Tuesday, October 18** at 6:00 pm.

Tuesday September 20, 2022

IGR Meeting Minutes

Ogden Intergroup Central Office

Attendees: IGR's attending: Jon C., Sue C., Steve H. (excused) Mike L.

Office Mgr.: Randy C.

Area 69 representative: Mike F.

Visitor: Ken C.

- Randy opened the meeting at 6:03 pm.
- Steve H read the Intergroup Service preamble
- Mike F. read the Twelve Traditions

Randy gave the August Central Office report:

August Sales Summary:

- Books: 134 (net \$ 235)
- Chips: 257 (net \$ 117)

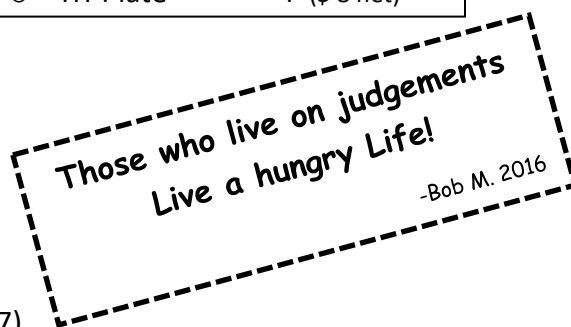
- | | |
|-------------|-----------------|
| ○ Aluminum | 206 (\$ 17 net) |
| ○ Brass | 47 (\$ 92 net) |
| ○ Tri-Plate | 4 (\$ 8 net) |

Donations: \$ 1,209

- Groups: 12 groups \$ 1,009
- District Donation(s) \$ 200

Office Activity: Hours: 78

- Emails: 86
- Calls/Msags: 40
- Office Visits: 68 (avg. weekly walk-ins = 17)



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

July: \$ 7,056
August: \$ 7,105 (.7 % increase)

Checking Account Statement Balance: (ending) August \$ 1,700.28

Website Activity: August Views: 2,006 Visitors: 697

Google Business Listing Activity: August Searches: 2,003

My sincere thanks for allowing me to be your Central Office-Ogden employee. -Randy

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

- Review 90-day projected financial outlook.
- Randy handed out Steering Committee Position descriptions. ALL 6 positions still open.
- Steve H. suggested taking the Positions handout to the District meetings held next month.
 - Closed meeting with the Responsibility statement at 6:40. pm



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AA Ogden Central Office

Donations Detail

2022 Year-to-Date

08/30/22

YTD

Group Name

August

Total

11:59 Group	75.85	162.21
Admitted We Were Powerless		100.00
Beyond the Horizon	69.00	179.00
BYOB Group	40.00	40.00
Clearfield Group		165.00
Courage to Change Group (R R)		162.00
Davis Group		100.00
Friday Night Recovery		258.00
Grupo Primer Paso de Ogden (SP)	15.00	150.00
Happy Group		561.00
Higher Ground Group-Fruit Hghts	160.00	400.00
In the Solution Group	100.00	800.00
Keep it Simple	115.75	154.63
Meat & Potatoes		543.65
Meeting in the Mountain (Valley Camp)		367.00
New Comer Group		100.00
Pavilion Posse Group		101.00
Primary Purpose Group (Layton)	100.00	300.00
Recovery Together Group (5)		250.00
Sat Men's Brotherhood		481.00
Sat Night Alumni - ORMC		280.00
Serenity Happy Hour (Layton)		513.50
Serenity Sisters	38.50	501.36
Sisters in Sobriety	150.00	300.00
Social Distancing Group (Texas)		109.00
South Davis #1		25.00
Stone of Sisyphus		125.00
Sunday Night Unity		494.50
Tremonton Group		700.00
Tuesday Morgan Group		200.00
Tyler Ave Group	100.00	500.00
Wed Night Stag		193.00
Wed. Night Alumni - ORMC		360.75
Women's Circle of Hope	45.00	396.50
Womens Retreat House		330.00

Groups Sub-Total

1,009.10

10,403.10

District 11

200.00

1,200.00

District One

0.00

540.00

Individual Donation(s)

0.00

3,462.00

TOTAL Donations

\$1,209.10

\$15,605.10

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

District One Meeting Minutes for September 13, 2022

①OPENING:

Paul H. called the meeting to order at 7:05 with a moment of silence, followed by the Serenity Prayer. Mike read the GSR Preamble and David read the Twelve Traditions. There were no new GSRs. There were no interested AA's. There were no visitors. Those in attendance: The DCMC, 1 DCM, one DCM excused, 1 Alt DCM, 12 GSRs with two excused, Secretary, Treasurer excused, Corrections excused, CPC excused, Grapevine present, Intergroup Ogden excused, PI present and Treatment excused. Sue called the roll. The minutes were read from the August District One Meeting. They were approved with changes with a motion from Juan and David 2nd.

②REPORTS

☛PI – Juan

Waiting for a call from the 12 districts to be able to distribute and also start bridging a gap between the Spanish speaking community and English community and also speaking to the Spanish speaking communities about being careful about following the 12 traditions and not breaking someone anonymity and learning the difference between the anonymity from text and the spirit of anonymity

☛CPC – Mark excused Read by Sue

Nothing to report for tonight's meeting.

I will be unable to attend tonight.

☛**Corrections** – Willy excused report read by Sue Hello again from my desk. Unfortunately im unable to make it again this month. finally not because of work but a death of a loved one. The only thin i have to report it that Box Elder jail corrections Mike requested literature for the box elder jail 9 as bill sees it and I will be getting with randy from central office to order those this week fo them. If there are any other needs for me from anyone please reach out. thanks for allowing me to serve.

☛Grapevine – Krista

Nothing new to report.

☛Treatment – Jon excused report read by Sue

I will not be attending this week, have to drop son at the airport.

Nothing new to report from treatment this month. Jon

☛Literature – Michael - Not present

☛Intergroup Ogden – Randy sent report, read by Jennie

☛Intergroup Logan – Robert – Not present

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

The District One Finances for August 2022 are as follows: The donations totaled \$369.38. The expenses totaled \$300.80; the total balance of the account this month is \$401.25, minus our \$2000 P/R. The Pink Can Money had \$0.00 in donations, expenses of \$0.00, interest of \$0.04. The total balance is \$832.47. The Treasurer report was approved, with a motion from Juan and Jennie 2nd.

③DCM reports – Jennie's homegroup had some disruptions. They had to use the safety guidelines. They had to shut down the meeting and call 911. If any GSRs need help with this in their group, she is willing to help. Jared has had similar events and had to ask a person to leave and is a repeat problem.

⑦OLD BUSINESS

Dan had a report from the Pre-Assembly Workshop. He volunteered to have District One host the Pre-Assembly Workshop in 2023. We got the vote. They would like to have it in Ogden. Thank you, Dan.

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OCTOBER 2022 Pass It On



ⓄNEW BUSINESS

Sue asked if she is eligible for reimbursement for the Pacific Regional Forum. Paul also will be attending. Dan motioned to give Paul and Sue defrayment. Motioned passed.

Paul talked about the Forum agenda. The following weekend is the Fall Assembly. It is the voting event. It will be held in Vernal. There is a special AA meeting on the September 14 on Zoom. It is a history of Alcoholics Anonymous. It is run by the Trustees, there will be question and answering also.

There will be a Budget Review in October. Jared will run the budget review. The committee will be: Jared, Jennie, Sue, Elliot, It will be held on zoom. A date and time will be found that will be good for everyone.

ⓄOPEN DISCUSSION – GSRs

Mike said his home group, Tuesday Morning is doing great. Attendance is up. Dan said his home group is doing great, They are planning a Christmas event. Saturday Night Alumni needs support. Jared said Meeting Makers is doing great.

Ⓞ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 – Oct 11 @ 07:00 pm.

➔ Fall Assembly Sept 23-25 District 8 Vernal

➔ Fall Workshop Nov 5-6 District 7 Cedar City

ⓄCLOSING

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

Questions for Secretary Sue C. 801-388-7393 or gbutterfly2@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 September 14, 2022

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

1. Moment of Silence followed by the Serenity Prayer

- GSR Preamble read by Seth N.
- A.A. Preamble read by Caroline A.
- 12 Traditions ready by Jason G.
- Welcomed GSRs & New GSRs –
- Welcomed Visitors – Matt D. Past Delegate, Kristen D. Area Assembly & Agenda Chair, Mike F. Area Secretary
- 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 Tracy F. and seconded by Caroline A.
- August minutes read by Kameron K. Motion to accept made by Caroline A. and seconded by Sheri C.

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2. **ELECTIONS – DCMC**-Kameron K., **DCM North**-Caroline A., **DCM North Alt.**-Chad L., **DCM South**-Tyra V., **DCM South Alt.**-Greg R., **Secretary**-Terra L., **Treasurer**-Roxanne L., **CPC**-Cory E., **Grapevine**-Joe D., **Corrections**-Sheri C., **Literature**-John D., **PI**-Leslie B., **Treatment**-Seth N., **BTG**-Open

3. **New Business** – Elections.

4. **GSR Reports**

GSR reports were given verbally by groups; Roxanne L., **It's in the Book**, Attendance 30 good meeting speaker meeting first Thursday of the Month.; Sheri C. (Alt.), **Serenity Happy Hour (Sunday)**, 10:00am-11:15 30+ people great experience strength and hope.; Joe D., **South Davis Group #1**, Still small but all is well.; Leslie B., **Flyin' High Group**, Monday and Friday 20-30 in attendance.; Mark S., **Sunday Night BB Study Group**, Big meeting going good.; Mike E., **Saturday Morning Brotherhood**, Ogden Regional Hospital lots of new people good solid meeting.; Caroline A., **Women's Circle of Hope**, 20-30 People a very good meeting.; Josette K. **Layton Big Book Step Study**, 8-15 great meeting and on zoom.; Lili H., **Serenity Sisters**, 20-30 still growing.; Greg R., **Bountiful Men's Group**, New time 7pm Starting October 5th good solid 20 men.; Jason G., **Happy Group**, 40+ Sunday 10am.; Tyra V. (Alt.), **Serenity Sisters**, New Alt GSR.

5. **Standing Chair Reports**

- Kelly C., DCMC – No Report
- Tracy F., DCM North – No Report
- Sheri C., Corrections – No Report
- Chad L., Treasurer – Gave Treasurer's report.
- Ricardo B., PI – No Report
- Angie C. Grapevine – No Report
- Chuy C., BTG – No Report
- Ogden Intergroup – No Report
- SLC Intergroup – Rusty J. Get your birthday in the lifeline. Phillip W. New Intergroup Representative.

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

7. **DISTRICT 11 Events**:

8. **Coming soon**:

- **Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, October 12th, 2022, 6:30pm**
- **September 16-18 Pacific Regional Forum – Marriott Downtown @ City Creek**
- **September 23-25 Area 69 Fall Assembly 302 E 200 S, Vernal 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

District 11 Funds P.O. Box 788, Roy, UT 84067

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