

## Live and Let Live

(from "Living Sober" re-printed with permission of AAWS Inc.)

The old saying "Live and Let Live" seems so commonplace, it is easy to overlook its value. Of course, one reason it has been said over and over for years is that it has proved beneficial in so many ways.

We A.A.'s make some special uses of it to help us not drink. It particularly helps us cope with people who get on our nerves.

Reviewing once more a little of our drinking histories, many of us can see how very, very often our drinking problem appeared to be related somehow to other people. Experimenting with beer or wine in our teen-age years seemed natural, since so many others were doing it, and we wanted their approval. Then came weddings and bar mitzvahs and christenings and holidays and football games and cocktail parties and business lunches ...and the list can go on and on. In all of these circumstances, we drank at least partly because everybody else was drinking and seemed to expect us to.

Those of us who began to drink alone, or to sneak a drink now and then, often did so to keep some other person or people from knowing how much, or how often, we drank. We rarely liked to hear anybody else talk about our drinking. If they did, we frequently told them "reasons" for our drinking, as if we wanted to ward off criticism or complaints.

Some of us found ourselves argumentative or even belligerent toward other people after drinking. Yet others of us felt we really got along better with people after a drink or two—whether it was a social evening, a tense sale or job interview, or even making love.

Our drinking caused many of us to choose our friends according to how much they drank. We even changed friends when we felt we had "outgrown" their drinking styles. We preferred "real drinkers" to people who just took one or two. And we tried to avoid teetotalers.

Many of us were guilty and angry about the way our family reacted to our drinking. Some of us lost jobs because a boss or a colleague at work objected to our drinking. We wished people would mind their own business and leave us alone!

Often, we felt angry and fearful even toward people who had not criticized us. Our guilt made us extra sensitive to those around us, and we nursed grudges.

Sometimes, we changed bars, changed jobs, or moved to new neighborhoods just to get away from certain persons.

So a great number of people besides ourselves were in one way or another involved in our drinking, to some degree.

When we first stopped drinking, it was a great relief to find that the people we met in A.A.—recovered alcoholics—seemed to be quite different. They reacted to us, not with criticism and suspicion, but with understanding and concern.

However, it is perfectly natural that we still encounter some people who get on our nerves, both within A.A. and outside it. We may find that our non-A.A. friends, co-workers, or family members still treat us as if we were drinking. (It may take them a little while to believe that we have really stopped. After all, they may have seen us stop many times in the past, only to start again.)

To begin to put the concept of "Live and Let Live" into practice, we must face this fact: There are people in A.A., and everywhere else, who sometimes say things we disagree with, or do things we don't like. Learning to live with differences is essential to our comfort. It is exactly in those cases that we have found it extremely helpful to say to ourselves, "Oh, well, 'Live and Let Live.'"

In fact, in A.A. much emphasis is placed on learning how to tolerate other people's behavior. However offensive or distasteful it may seem to us, it is certainly **not** worth drinking about. Our own recovery is too important. Alcoholism can and does kill, we recall.

We have learned it pays to make a very special effort to try to understand other people, especially anyone who rubs us the wrong way. For our recovery, it is more important to understand than to be understood. This is not very difficult if we bear in mind that the other A.A. members, too, are trying to understand, just as we are.

For that matter, we'll meet some people in A.A. or elsewhere who won't be exactly crazy about us, either. So all of us try to respect the rights of others to act as they choose (or must). We can then expect them to give us the same courtesy. In A.A., they generally do.

Usually, people who like each other—in a neighborhood, a company, a club, or A.A.—gravitate toward each other. When we spend time with people we like, we are less annoyed by those we don't particularly care for.

As time goes on, we find we are not afraid simply to walk away from people who irritate us, instead of meekly letting them get under our skin, or instead of trying to straighten them out just so they will suit us better.

None of us can remember anyone's forcing us to drink alcohol. No one ever tied us down and poured booze down our throats. Just as no one physically compelled us to drink, now we try to make sure no one will mentally "drive us to drink," either.

It is very easy to use other people's actions as an alibi for drinking. We used to be experts at it. But in sobriety, we have learned a new technique: We never let ourselves get so resentful toward someone else that we allow that person to control our lives—especially to the extent of causing us to drink. We have found we have no desire to let any other person run, or ruin, our lives.

An ancient sage said that none of us should criticize another until we have walked a mile in the other person's boots. This wise advice can give us greater compassion for our fellow human beings. And putting it into practice makes us feel much better than being hung-over.

"Let Live"—yes. But some of us find just as much value in the first part of the slogan: "Live"!

When we have worked out ways to enjoy our own living fully, then we are content to let other people live any way they want. If our own lives are interesting and productive, we really have no impulse or desire to find fault with others or worry about the way they act.

Can you think right this minute of someone who really bothers you?

If you can, try something. Postpone thinking about him or her and whatever it is about the person that riles you. You can boil inside about it later if you want to. But for right now, why not put it off while you read the next paragraph?

Live! Be concerned with your own living. In our opinion, staying sober opens up the way to life and happiness. It is worth sacrificing many a grudge or argument ... Okay, so you didn't manage to keep your mind completely off that other person. Let's see whether the suggestion coming next will help.

## InterGroup Representative Meeting Attendance

- One (1) District 11 & Five (5) District One groups participated at the March IGR Meeting.
- **The following groups sent IGR's:** Recovery Together, Wed Night Stag, Meat & Potatoes, Upon Awakening, 11:59 Group and Serenity Happy Hour (Sun)
- The **NEXT** scheduled **IGR Meeting** is planned for **Tuesday, April 18 at 6:00 pm.**
  - ICO Steering Committee meets beforehand at 5:30 pm.



Our importance is  
Directly related to  
Our impatience.

- Bob M. 12/21/2016



## Ogden Intergroup Central Office

**CLOSED :**  
**Sunday & Monday**

- **Central Office hours**  
**Tuesday thru Friday**  
**1:30 pm - 5:30 pm**  
**Saturday 11:00am - 3:00pm**

- Ogden Central Office (801) 393-4728  
email: [igrcentraloffice@gmail.com](mailto:igrcentraloffice@gmail.com)  
Website:  
<https://www.northernutahaa.org>
- The **Inter Group Rep** meeting is held **monthly** at Central Office on the **3<sup>rd</sup> Tuesday @6:00pm** (unless otherwise posted in this newsletter)

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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## 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 Treasurer

PO Box 18134  
Kearns, Utah 84118

(New address)

### 30% - GSO

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



AA Ogden Central Office		Donations	
2023	Year-to-Date	02/28/23	YTD
Group Name	February		Total
Beyond the Horizon			44.00
BYOB Group	45.00		45.00
Clearfield Group			68.00
Courage to Change Group			40.00
Davis Group	100.00		100.00
Grupo Primer Paso de Ogden (SP)	15.00		30.00
In the Solution Group	50.00		100.00
It's in the Book			70.00
Ladies of the Mountain	10.00		10.00
Meat & Potatoes			126.12
Recovery Together Group (5)	100.00		100.00
Sat Men's Brotherhood			240.00
Sat Night Alumni - ORMC	35.00		60.00
Serenity Happy Hour (Sunday)	679.50		729.50
Serenity Happy Hour Group (Wed.)			300.00
Serenity Sisters			24.41
Sisters in Sobriety	150.00		150.00
Stone of Sisyphus			100.00
Sunday Night Unity	150.00		150.00
Tuesday Morgan Group			125.00
Tyler Ave Group	100.00		200.00
Upon Awakening	72.00		133.00
Wed. Night Alumni - ORMC	70.00		145.00
Women's Circle of Hope			50.00
<b>Groups Sub-Total</b>	<b>1,576.50</b>		<b>3,140.03</b>
District 11	0.00		0.00
District One	0.00		180.00
Individual Donation(s)	3,000.00		3,044.00
<b>TOTAL Donations</b>	<b>\$4,576.50</b>		<b>\$6,364.03</b>

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## District One Meeting Minutes for March 14, 2023

### ①OPENING:

Dan called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. Scott read the GSR Preamble and Heather read the Twelve Traditions. There were two new GSRs -Heather-Friday Night Recovery, Jon C.-Meat & Potatoes. There were two interested AA's – Paul, Josh. There were 4 visitors – Mike, David-Area 69 Delegate, Mike F.-Area 69 Chair, and Teresa-Area 69 Alternate Delegate. Those in attendance: 2 DCMs, 1 Alt DCM, 14 GSRs – 2 excused, Secretary, Treasurer, Corrections, Grapevine excused, Intergroup Ogden excused, and PI excused. Sue called the roll. The minutes were read from the February District One Meeting. They were approved with a motion from Sherrie and Dan 2<sup>nd</sup>.

### ②REPORTS

☛ PI – Juan - Excused

☛ Grapevine – Krista - Excused

☛ Intergroup Ogden – Randy - Excused

☛ Treasurer – Jennie

Jennie is still gathering information and learning what to do for this position.

### ③DCM reports – Shelley and Dan

Dan reported that Saturday Night Alumni needs support, also Sober Today on Wednesday night needs support. Shelley motioned to take Cache Valley meetings off the website and link logan website with District One. Motion passed.

### ④OLD BUSINESS

Pre-Conference Workshop has no Chairperson yet. Take back to groups. Possibly will be held at the Ogden Alano Club. It is on Aug 19-20. Registration is at 8 am. Kylie from Wed Night Alumni wants to be Chairperson. Thanks Kylie. Other volunteers are still needed.

### ⑤NEW BUSINESS

David, Area 69 Delegate talked about the way AA is run (the upside down triangle). He also talked about agenda items and how they come into GSO. Teresa also talked about the agenda items and Service, Unity, and Recovery. Mike F. also talked about the agenda items. He also thanked groups for their donations which helps fund our area officers to attend other meetings relating to their positions.

### ⑥OPEN DISCUSSION – GSRS

Sherri from Thursday Night Harrison said the meeting is on hold for now. The church they were in is no longer available.

Willey also announced he needed to step down from Corrections Chair. Thanks for all you did.

### ⑦OPEN POSITIONS

Positions still open DCMC, 4 DCMs, 5 Alt. DCMs, CPC, Corrections, Treatment, Literature.

**PLEASE TAKE THIS BACK TO YOUR GROUPS.**

**ⓈCOMING SOON**

➡ **Next District Meeting** – **Brigham City Alano Club** – **Apr 11 @ 07:00 pm.**

➡ Pre-Conference Assembly Apr 7-9 District 11

**ⓈCLOSING**

The meeting was closed at 8:33 pm with the Responsibility Statement.

Questions for Secretary Sue C. 801-388-7393 or [gbutterfly2@comcast.net](mailto:gbutterfly2@comcast.net).

**> District Meetings Information <**

➤ **District One** – **2<sup>nd</sup> Tuesday, 7:00 PM**

Alano Hall  
131 W. Forest St.  
Brigham City

➤ **District 11** – **2<sup>nd</sup> Wednesday, 6:30 PM**

Resurrection Episcopal Church  
1131 So. Main  
Centerville

**(New address)**

**GSR's should be present.**

**DISTRICT 11 GSR Meeting Minutes**

**(Unavailable at time of publication)**

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**UTAH AREA 69 UPCOMING EVENTS**

<b>April 14-16, 2023</b>	<b>Pre-Conference</b>	<b>District 11</b>	<b>Farmington</b>
<b><u>April 23-29, 2023</u></b>	<b><u>General Service Conference</u></b>	<b><u>Brooklyn</u></b>	<b><u>New York</u></b>
<b>May 19-21, 2023</b>	<b>Post Conference</b>	<b>District 8</b>	<b>TBD</b>
<b>June 17, 2023</b>	<b>Area Standing &amp; BTG Workshop</b>	<b>District 12</b>	<b>TBD</b>
<b>August 19-20 2023</b>	<b>Pre- Assembly Workshop</b>	<b>District 1</b>	<b>TBD</b>
<b>Sept 22-24, 2023</b>	<b>Fall Assembly</b>	<b>District 13</b>	<b>TBD</b>
<b>November 4-5, 2023</b>	<b>Fall Workshop</b>	<b>District 10</b>	<b>TBD</b>
<b>December 2, 2023</b>	<b>Committee Meeting (Area Inventory)</b>	<b>District 12</b>	<b>TBD</b>

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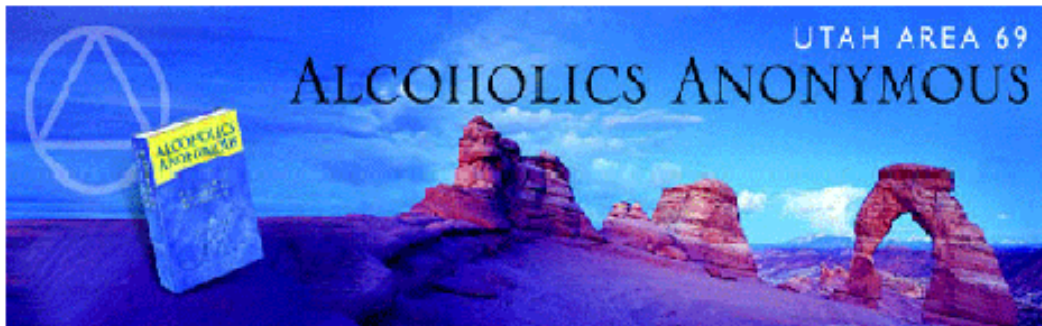
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# APRIL Pass It On 2023

Ogden Intergroup Central Office Newsletter



## *Pre-Conference Assembly*

The Pre-Conference Assembly is held to which all members of the A.A. Fellowship are invited to participate.

This Pre-Conference Assembly's primary purpose is to discuss the agenda items of the upcoming General Service Conference, and inform the delegate of the Area's group conscience, thoughts, and experience on the agenda items that will be before the Conference Delegates at the next conference.

**April 14 – 16, 2023  
Legacy Events Center (Bldg 1)  
151 S 1100 W Farmington, UT**

**Registration fee \$25.00**

**April 14<sup>th</sup> registration begins at 5:00 PM  
April 15<sup>th</sup> registration begins at 8:00 AM**

### **Zoom Information:**

Zoom Room Number: 879 3198 3200

Password: 109417

**\*\*\* Please be prepared to identify yourself when joining the Zoom by District/Service Position/name.**

(Lunch and dinner will be on your own, many restaurants available in local area.)

## *Hosted by District 11*

## From the Book

We are not an organization in the conventional sense of the word. There are no fees or dues whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted.

Alcoholics Anonymous 4<sup>th</sup> Ed. (Big Book), pg. xiii-xiv, Foreword to the First Edition

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## HUMOR?

### What now?

The doctor read the test results and told the patient, "I have bad news: You're an alcoholic, and you've got Alzheimer's disease."

"Alzheimer's huh?" replied the patient. "well it could be worse, I could be an alcoholic."

Sheperd R..  
New York, N.Y.

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