

## **Finding your own way**

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

We hope this booklet has made it eminently clear that we don't consider drinking a frivolous subject. Alcoholism deserves and gets dead serious attention from us. We do not find jokes told at the expense of sick problem drinkers funny, except those we tell on ourselves from our vantage point of sobriety. We aren't amused when someone teasingly threatens to get drunk. That's like teasing about Russian roulette.

In spite of our serious attitude toward alcoholism, you will find we can usually talk with humor and detachment about our past and our recovery. This is a healthy approach, we think. Certainly, it does not weaken our resolve to get and stay well.

Most of us have seen death close up. We have known the kind of suffering that wrenches the bones. But we also have known the sort of hope that makes the heart sing. And we hope this booklet has conveyed to you more encouragement than pain. If you are a problem drinker, you already know enough about pain and loneliness. We'd like you to find some of the peace and joy we have found in meeting the reality of life's ups and downs with a clear head and a steady heart.

No doubt, we have made just a bare beginning in the business of living sober. Time and again, we learn additional ideas that can help.

As you stay sober, you are sure to think of new ideas not recorded here. We hope so. We also hope that when you do come up with fresh ideas on this subject, you will pass them on. Please do share. (You'll recall that the act of sharing can itself be helpful to you.) The more experience we can all pool, the more problem drinkers can be helped.

Some of us go back to drinking a time or so before we get a real foothold on sobriety. If that happens to you, don't despair. Many of us have done this and have finally come through to successful sobriety. Try to remember that alcoholism is an extremely serious human condition, and that relapses are as possible in this ailment as in others. Recovery can still follow.

Even after setbacks, if you continue to want to get well, and remain willing to try new approaches, our experience convinces us that you have embarked with hundreds of thousands of companions on the path of a happy, healthy destiny. We hope we see you among us in person.

But whatever track you travel, along with us or on your own, you go with our strongest good wishes.

-Living Sober, p. 84-85

## **HUMOR?**

### **Car trouble**

Luckily, an alert policeman catches a drunk getting into his parked car one night.

“Sir, please step out of the car,” the cop tells him.

“No, I am too drunk,” he replies, “You get in.”

Michael M.  
Oshkosh, Wis

# Pass It On March 2023

Ogden Intergroup Central Office Newsletter



## Ogden Intergroup 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](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)

We cannot invoke Willingness!  
Willingness comes from those places  
where desperation meets pride,  
and pride surrenders to Humility.

- Bob M. 12/2012



### **Inter Group Representative Meeting Attendance**

- The **February** IGR Meeting was **CANCELED**.
- The January Central Office business report can be found on page 4.
- The **NEXT** scheduled **IGR Meeting** is planned for **Tuesday, March 21** at **6:00 pm**.

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**TO: Central Office Committee**  
From: Randy C., Central Office employee  
Date: February 4, 2023  
Subject: Ogden Intergroup Central Office Report for **January 2023**

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**Sales Summary:**

- Books: 93 (net \$ 169)
  - Chips: 399 (net \$ 185)
- |             |                 |
|-------------|-----------------|
| ○ Aluminum  | 319 (\$ 29 net) |
| ○ Brass     | 75 (\$ 146 net) |
| ○ Tri-Plate | 5 (\$ 10 net)   |

**Donations: \$ 1,788**

- Groups: 18 groups \$ 1,564
- District Donation(s) \$ 180
- Individual Donation(s) \$ 44

**Office Activity: Hours: 84**

- Emails: 98
- Calls/Msgs: 34
- Office Visits: 78 (avg. weekly walk-ins = 20)

**Savings Account (Prudent Reserve) Bal: \*\*{Goal = \$10,800 / \$1,800 per mo. x 6 mos. operating expenses)**

\*\*our final Prudent Reserve goal is \$10,800 (6 months operating expense)

December: \$ 9,057

(ending) **January 2023: \$ 9,109 ( + 0.5 % )**

**Checking Account (Operating Funds): (ending) January 2023: \$ 2,120.17**

**Website Activity:** January Visitors: 806 Views: 2,466

**Google Business Listing Activity:** January Searches: 941 Views: 1,828

**Thanks** for the job as the Ogden Intergroup Office employee. -Randy

# Pass It On March 2023

AA Ogden Central Office	Donations	
2023 Year-to-Date	01/31/23	YTD
Group Name	January	Total
Beyond the Horizon	44.00	44.00
Clearfield Group	68.00	68.00
Courage to Change Group	40.00	40.00
Grupo Primer Paso de Ogden (SP)	15.00	15.00
In the Solution Group	50.00	50.00
It's in the Book	70.00	70.00
Meat & Potatoes	126.12	126.12
Sat Men's Brotherhood	240.00	240.00
Sat Night Alumni - ORMC	25.00	25.00
Serenity Happy Hour (Sunday)	50.00	50.00
Serenity Happy Hour Group (Wed.)	300.00	300.00
Serenity Sisters	24.41	24.41
Stone of Sisyphus	100.00	100.00
Tuesday Morgan Group	125.00	125.00
Tyler Ave Group	100.00	100.00
Upon Awakening	61.00	61.00
Wed. Night Alumni - ORMC	75.00	75.00
Women's Circle of Hope	50.00	50.00
<b>Groups Sub-Total</b>	<b>1,563.53</b>	<b>1,563.53</b>
District 11	0.00	0.00
District One	180.00	180.00
Individual Donation(s)	44.00	44.00
<b>TOTAL Donations</b>	<b>\$1,787.53</b>	<b>\$1,787.53</b>

## TRADITION ONE

The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, the lives of all those to come, depend squarely upon it. We stay whole, or AA dies. Without unity the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; his gift to us would be spent aimlessly.

(12 Steps & 12 Traditions, pg. 129)

## 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



## District One Meeting Minutes for February 14, 2022

### ①OPENING:

Dan called the meeting to order at 7:06 with a moment of silence, followed by the Serenity Prayer. Juan read the GSR Preamble and Tom read the Twelve Traditions. There were three new GSRs -Barry-Beyond The Horizon, Scott-Tremont, Sara-Bear River Group. There were two interested AA's – Paul, Jennie. There were no visitors. Those in attendance: 2 DCMs, 1 Alt DCM, 15 GSRs, Secretary, Grapevine, Intergroup Ogden excused, and PI present. Sue called the roll. The minutes were read from the January District One Meeting. They were approved with a motion from Mike and Shelley 2<sup>nd</sup>.

### ②REPORTS

#### ☛PI – Juan

Had a report, did not get a copy.

#### ☛Grapevine – Krista

Nothing new to report.

#### ☛Intergroup Ogden – Randy

No report.

#### ☛Treasurer – Report read by Shelly.

The District One Finances for February 2023 are as follows: The donations totaled \$178.80. The expenses totaled \$387.50; the total balance of the account this month is \$340.06, minus our \$2000 P/R. The Pink Can Money had \$0.00 in donations, expenses of \$0.00, interest of \$0.06. The total balance is \$730.15. The Treasurer report was approved, with a motion from Mike and Dan 2<sup>nd</sup>.

#### ③DCM reports – Both Shelley and Dan had reports.

The following is Shelley's report.

Thank you for allowing me to be of service to District 1. I am having a blast visiting the groups and I'm learning a lot from them. Request time to sit down and go through registration at the February Committee Meeting.

For this next month, I plan to visit groups and support them in understanding the agenda items they will be voting on. I will also continue to work on my relationships with the GSRs and help the few groups who don't have a GSR to find one. I also have been asked to send documentation (guidelines, announcements, agendas, etc) to groups to help them organize their business meetings. I will support groups in this way by request. Lastly, I plan to attend a February 20<sup>th</sup> zoom meeting with the Area delegate to explain the 2023 Agenda items along with attending the February Committee meeting.

Thank you,

Shelley A.

### ④OLD BUSINESS

No old business.

### ⑤NEW BUSINESS

District One is hosting the Pre-Assembly Workshop in Aug 19-20. Need volunteers to help.

There was a representative from the Brigham City Alano Club inviting us back to the club for our District One meeting.

Paul made a motion made to go back to the Brigham City Alano Club for District One meetings. Wade 2<sup>nd</sup>. Motion passed. We will start in April in the Club to give The Boys and Girls Club a notice we are moving. There are multiple web sites maintained for AA in Utah. Juan will look into how many and who maintains them. David-Area Delegate will be here next month to go over agenda items.

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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 2023

## ④OPEN DISCUSSION – GSRS

Sherry from Thursday Night Harrison said they are still holding meetings in the church for now. Scott from Tremonton Group says they are also holding Sunday meetings. Mike from Tuesday Morgan Group mentioned the Chilly Chile Cook Out on February 25 in Morgan at the Jensen Pavilion 12 noon to 3 or 4 ish.

## ⑤OPEN POSITIONS

Positions still open DCMC, 4 DCMs, 5 Alt. DCMs, Treasure, CPC, Corrections, Treatment, Literature. Jennie B. stood and qualified herself for the treasurer position. The voting was unanimous. Thanks Jennie.

## PLEASE TAKE THIS BACK TO YOUR GROUPS.

## ⑥COMING SOON

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

➔ Committee Meeting Feb 25 District 10 SLC, Benvegun Center Building.

➔ PRAASA Mar 3-5 Area 05 Los Angeles

➔ Pre-Conference Assembly Apr 7-9 District 11

## ⑦CLOSING

The meeting was closed at 7:50 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 – 2<sup>nd</sup> Wednesday 6:30 PM**

Resurrection Episcopal Church  
1131 So. Main,  
Centerville

➤ **District One – 2<sup>nd</sup> 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)

## UTAH AREA 69 UPCOMING EVENTS

March 3-5, 2023	PRAASA	Area 05	Los Angeles
April 14-16, 2023	Pre-Conference	District 11	Farmington
<u>April 23-29, 2023</u>	<u>General Service Conference</u>	Brooklyn	New York
May 19-21, 2023	Post Conference	District 8	TBD
June 17, 2023	Area Standing & BTG Workshop	District 12	TBD
August 19-20 2023	Pre- Assembly Workshop	District 1	TBD
Sept 22-24, 2023	Fall Assembly	District 13	TBD

Please direct all  
communications to:  
P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

General Service Conference Delegates  
Intergroup and Central Offices  
International General Services Offices

Date: February 15, 2023

Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French **books, booklets, and pamphlets**. **The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments).**

Some of you have indicated that you anticipated the need for an increase. **For historical reference, the last price increases were made in 2014 (18.75%) and 2009 (33.3%).** The decision to raise prices in 2023 resulted from prudent fiscal planning with the goal of longer-range stability. Alcoholics Anonymous is not immune from the changes that are impacting all businesses, and one of the greatest to us has been a notable drop in the margins associated with the sale of our literature. To be specific, prior to the SARS-CoV2 pandemic, the costs associated with the production, material, warehousing, and shipping of literature, collectively known as the cost of goods sold, hovered between 31-34% of sales. These same costs have fluctuated from 42-56% of sales in the last two years, resulting in a revenue loss that is greater than \$1.2 million each year. We do not expect this change in the cost of goods sold to resolve in our favor, and the impact is great when considering that the General Service Office is supported through both voluntary contributions and this revenue associated with the sale of literature. We continue to monitor and trim expenses where possible, being mindful of the immense significance of each 'nickel in the basket' sent to the General Service Board.

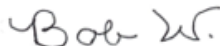
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Because we appreciate that there may be high demand in ordering leading up to the increase, we will be taking steps to ensure that purchasing not be monopolized by large buyers during the transition. We will maintain the reduced shipping charges schedule that was adopted in 2022 and the mixed-title quantity discount schedule that was adopted at the close of 2022. The new pricelist, will be reflected on the online store as the increase goes into effect. We anticipate issuing a revised and updated literature catalog in digital and print versions in the coming months.

With gratitude as we await spring,



Deborah K.,  
AAWS Board Chair



Bob W.,  
General Manager of the General Service Office