

Getting out of the 'if' trap

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

Emotional entanglements with people are not the only way we can get our sobriety dangerously hooked to something extraneous. Some of us have a tendency to put other conditions on our sobriety, without intending to.

One A.A. member says, "We drunks** are very 'iffy' people. During our drinking days, we were often full of ifs, as well as liquor. A lot of our daydreams started out, 'If only...' And we were continually saying to ourselves that we wouldn't have gotten drunk *if* something or other hadn't happened, or that we wouldn't have any drinking problem at all *if* only..."

We all followed up that last "if" with our own explanations (excuses?) for our drinking. Each of us thought: I wouldn't be drinking this way...

If it wasn't for my wife (or husband or lover)...if I just had more money and not so many debts...if it wasn't for all these family problems...if I wasn't under so much pressure...if I had a better job or a better place to live...if people understood me...if the state of the world wasn't so lousy...if human beings were kinder, more considerate, more honest...if everybody else didn't expect me to drink...if it wasn't for the war (any war)...and on and on and on.

Looking back at this kind of thinking and our resultant behavior, we see now that we were really letting circumstances outside ourselves control much of our lives.

When we first stop drinking, a lot of those circumstances recede to their proper places in our minds. At the personal level, many of them really clear up as soon as we start staying sober, and we begin to see what we may be able to do about the others some day. Meanwhile, our life is much, much better sober, no matter what else may be going on.

But then, after a sober while, for some of us there comes a time when—plop!—a new discovery slaps us in the face. That same old "iffy" thinking habit of our drinking days has, without our seeing it, attached itself to not drinking. Unconsciously, we have placed conditions on our sobriety. We have begun to think sobriety is just fine—*if* everything goes well, or *if* nothing goes wrong.

In effect, we are ignoring the biochemical, unchangeable nature of our ailment. Alcoholism respects no ifs. It does not go away, not for a week, for a day, or even for an hour, leaving us nonalcoholic and able to drink again on some special occasion or for some extraordinary reason—not even if it is a once-in-a-lifetime celebration, or if a big sorrow hits us, or if it rains in Spain or the stars fall on Alabama. Alcoholism is for us unconditional, with no dispensations available at any price.

**Some of us A.A.'s refer to ourselves as "drunks," no matter how long we have been sober. Others prefer "alcoholics." There are good reasons for both terms. "Drunks" is lighthearted, tends to keep the ego down to size, and reminds us of our proneness to drinking. "Alcoholics" is equally honest, but more dignified and more in keeping with the now widely accepted idea that alcoholism is a perfectly respectable illness, not just willful self-indulgence.

It may take a little while to get that knowledge into the marrow of our bones. And we sometimes do not recognize the conditions we have unconsciously attached to our recovery until something goes wrong through no fault of ours. Then—whammy!—there it is. We had not counted on *this* happening.

The thought of a drink is natural in the face of a shocking disappointment. If we don't get the raise, promotion, or job we counted on, or if our love life goes awry, or if somebody mistreats us, then we can see that maybe all along we have been banking on circumstances to help us want to stay sober.

Somewhere, buried in a hidden convolution of our gray matter, we had a tiny reservation—a condition on our sobriety. And it was just waiting to pounce. We were going along thinking, “Yep, sobriety is great, and I intend to keep at it.” We didn't even hear the whispered reservation: “That is, *if* everything goes my way.”

Those ifs we cannot afford. We have to stay sober no matter how life treats us, no matter whether nonalcoholics appreciate our sobriety or not. We have to keep our sobriety independent of everything else, not entangled with any people, and not hedged in by any possible cop-outs or conditions.

Over and over, we have found we cannot stay sober long just for the sake of wife, husband, children, lover, parents, other relative, or friend, nor for the sake of a job, nor to please a boss (or doctor or judge or creditor)—not for *anyone* other than ourselves.

Tying up our sobriety to *any* person (even another recovered alcoholic) or to *any* circumstance is foolish and dangerous. When we think, “I'll stay sober *if*—” or “I won't drink because of—” (fill in any circumstance other than our own desire to be well, for health's own sake), we unwittingly set ourselves up to drink when the condition or person or circumstance changes. And any of these may change at any moment.

Independent, unaffiliated with anything else, our sobriety can grow strong enough to enable us to cope with anything—and everybody. And, as you'll see, we start liking *that* feeling, too.

-Living Sober, Section 25, p. 61-63

The next hardest thing
for a WE to STOP,
after Recovering,
is talking about ourselves.

- Bob M. 12/2014

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
Website:
<https://www.northernutahaa.org>

- The Inter Group Rep meeting is held **monthly** at Central Office on the **3rd Tuesday @6:00pm** (unless otherwise posted in this newsletter)



Inter Group Representative Meeting Attendance

- Four (4) District One groups participated at the May IGR Meeting.
- **The following groups sent IGR's:** Meat & Potatoes, Tuesday Morgan Group, 11:59 Group and Upon Awakening.
- The **NEXT** scheduled **IGR Meeting** is planned for **Tuesday, June 20 at 6:00 pm.**
 - Central Office Steering Committee meets beforehand at 5:30 pm.

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
PO Box 461
Bountiful, Ut 84011

(New address)

10%

10% - Area 69 Treasurer
PO Box 18134
Kearns, Utah 84118

30% - GSO
PO Box 2407
James A Farley Station
New York, NY 10116-2407

AA Central Office-Ogden

Donations

2023 Year-to-Date Group Name	APRIL 4/29/2023	TOTAL YTD
11:59 Group		67.01
Babes of Anonymity		244.75
Beyond the Horizon	58.00	102.00
BYOB Group		45.00
Clearfield Group	30.00	98.00
Courage to Change Group		40.00
Davis Group		100.00
Friday Night Action	50.00	50.00
Grupo Primer Paso de Ogden (SP)	15.00	60.00
Higher Ground Group-Fruit Hghts		160.00
In the Solution Group	50.00	200.00
It's in the Book		70.00
Ladies of the Mountain		10.00
Meat & Potatoes	343.84	469.96
Recovery Together Group (5)		100.00
Sat Men's Brotherhood		240.00
Sat Night Alumni - ORMC		110.00
Serenity Happy Hour (Sunday)		729.50
Serenity Happy Hour Group (Wed.)		300.00
Serenity Sisters	59.80	124.59
Sisters in Sobriety	102.50	252.50
Stone of Sisyphus	100.00	200.00
Sunday Night Unity	150.00	300.00
Tremonton Group		150.00
Tuesday Morgan Group		125.00
Tyler Ave Group	100.00	300.00
Upon Awakening	39.00	220.00
Wed Night Stag		63.73
Wed. Night Alumni - ORMC		245.00
Women's Circle of Hope	88.00	138.00
Groups Sub-Total	1,186.14	5,315.04
District One	0.00	180.00
Individual Donation(s)	100.00	3,144.00
TOTAL Donations	\$1,286.14	\$8,639.04



District One Meeting Minutes for May 09, 2023

OOOPENING:

Dan called the meeting to order at 7:05 with a moment of silence, followed by the Serenity Prayer. Sherrie read the GSR Preamble and Mike read the Twelve Traditions. There was one new GSR – Jason – Valley Camp. There was one interested AA – Paul. There were two visitors – Shane and Alex. Those in attendance: 2 DCMs, 1 Alt DCM, 17 GSRs, with 4 excused, Secretary, Treasurer excused, Grapevine excused, Intergroup Ogden 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 Shelly and Mike 2nd.

REPORTS

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

• **Grapevine** – Krista – Excused **Intergroup Ogden** – Randy – Excused

Treasurer – Jennie - Excused

Hi Sue, I am still recovering from knee surgery. I haven't pick up the mail so the treasurer report won't be completed. I also had to get a new ein from IRS because the one that the bank had was shown as a business. Also, the information has the name as the district 1 fund, one fund, & etc..... I will send you a copy of the letter for our records. I think I will have to go to the bank again to show them the letter. so, I can deposit the checks for district 1. I think that's what they told us.

• **Treatment** – Jon S. – Excused

This is Jon - Treatment Chair for Dist 1. I seem to have lost the monthly meeting off my calendar when Paul rolled off. Also, I was told that my position has been vacated, is that correct? I thought I had signed on for 2 years but I am happy to transition the position if someone has stood for it.

Thanks for the response, Sue,

I have a conflict with this time as I'm starting a new meeting up in Ogden. I wouldn't be able to come for at least a few months, unless something changes. If you get someone else to stand for it, happy to transition the role. I have a listing of treatment centers, contact info, etc. that a new person will want/need. In the meantime, I'll continue activities as I was since I agreed to do it for two years and as far as I'm concerned, nothing changed on my end. You can add me to the roster or not, up to you all. Jon was voted back in to continue as Treatment Chair. Thanks Jon!

• **DCM reports** – Shelley and Dan

Dan-I went to most of my groups. They are doing ok. Thursday Night Harrison has relocated to Keystone Recovery. Shelley- 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. During the past month, I have:

I'm still visiting Logan/Tremonton meetings monthly, supporting their growth.

I called GSO and confirmed five things:

Monday Night Men's Meeting (Logan) is deactivated.

Tremonton Group (Tremonton) is listed as active. Group number: 000344285

Small Town/Big Recovery (North Logan) is listed as active. Group number: 000258266

Cache Valley Literature Study (Logan) is listed as active. Group number:00367260

Cache Valley Young Peoples (Logan) was not a registered group.

Reached out to a representative on 5.5.23 and they registered that day. Will be on the lookout for that documentation.

Attended the Pre-Conference Assembly on April 14th. At the event:

Spoke with the register and updated our District 1 and the Area 69 records.

Found out Monday Night Help (162628), Monday Night Men's Group (000024705), and Nooner (000430335) are listed as "inactive" groups. Updated out District Chairs and GSRs

Made a bid for the 2025 Pre-Conference Assembly and won it. Logan members would like to host it there.

Got updated "Area 69 Calendar of Events" flyer. See me if you would like a copy.

If you want a DCM to attend your meeting this next month, please contact me after the meeting and we will get something set up. For this next month, I plan to get with Sue and collect District 1 digital material and get that uploaded to the Goggle Drive. I also plan to attend the Post-Conference Assembly virtually. Lastly, I will check on several more meetings in our District 1 directory with GSO.

Thank you, Shelley A.

(continued pg. 7)

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



Ⓞ OLD BUSINESS

Dan talked about the Pre-Assembly Workshop on Aug 19-20. He counter offered the Ogden Alano Club, they agreed to do it for \$250. This will cover coffee, napkins and stir sticks. We will need to purchase cups. They will do a steak dinner for \$10 a plate. The club has a dance on Saturday night, everyone is invited to attend. Saturday and Sunday there will be a lunch for \$6 a plate.

Juan is co-chair for workshop. A spiritual speaker is needed for Sunday. Sue volunteered to be considered for speaker. He is building a guideline hour by hour. He was told to plan on 100 – 150 people. An activity is needed. Kylee may not be able to be the Chair. A committee was formed: Don, Sherrie, Charlie, Sue volunteered to help at the registration table. It was suggested to ask members to help with the snacks.

Ⓞ NEW BUSINESS

Shelley A. wants to know who was the last literature chair. Dave motioned for 6 Spanish Big Books to be purchased for Box Elder County Jail, Dan seconded. The money will come from the Pink Can money. The voting was unanimous. Donny can get grapevine books at a discount. They must be bought in bulk. Let him know if you are interested. Dan announced that there is a Standing Chair Workshop BTG June 17 from 8-5. The cost is free. The Area is asking each District for \$125 for the speaker. Dan motioned, Luke 2nd. The voting was unanimous. This will come out of the Pink Can money.

Ⓞ OPEN DISCUSSION – GSRs

Sherrie announced the Thursday Night Harrison group is relocated at the Keystone Recovery. They are keeping their name. They are still right off Harrison. Morgan Tues Night is having their annual campout June 23-25. Shelley talked about the Grapevine of the month that they do in her group. Charlie asked about the delegate coming after GSO Conference. It will get scheduled. Paul mentioned the Brigham City Alano Club has a meeting on Friday night 8pm, needs help.

Ⓞ OPEN POSITIONS

Positions still open DCMC, 4 DCMs, 5 Alt. DCMs, CPC, Corrections, Treatment, Literature. Shane asked about a couple of positions, the qualifications. He is considering a position.

PLEASE TAKE THIS BACK TO YOUR GROUPS.

Ⓞ COMING SOON

➔ Next District Meeting – Brigham City Alano Club – Jun 13 @ 07:00 pm.

➔ Post Conference Assembly May 19-21 District 8 Vernal

➔ Area Standing & BTG Workshop Jun 17 District 12 SLC

Ⓞ CLOSING

The meeting was closed at 8:06 pm with the Responsibility Statement.

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

> District Meetings Information <

➤ **District One – 2nd Tuesday, 7:00 PM**

Alano Hall
131 W. Forest St.
Brigham City

(New address)

➤ **District 11 – 2nd Wednesday, 6:30 PM**

Resurrection Episcopal Church
1131 So. Main
Centerville

GSR's should be present.

DISTRICT 11 GSR – May Meeting Minutes

Unavailable at time of publication

UTAH AREA 69 UPCOMING EVENTS

June 17, 2023 Area Standing & BTG Workshop District 12 SLC

If you're looking for ways to enhance your sobriety, come and join us for a day communicating and learning how to help the still suffering Alcoholic.

June 17, 2023

8:30 a.m. - 5:00 p.m.

Sons of the Pioneers

3301 E. Louise Ave.

Salt Lake City UT 84109

Aug 19-20, 2023	Pre- Assembly Workshop	District 1	Ogden
Sept 22-24, 2023	Fall Assembly	District 13	SLC
Nov 4-5, 2023	Fall Workshop	District 10	TBD
Dec 2, 2023	Committee Meeting (Area Inventory)	District 12	TBD
Feb 24, 2024	Committee Meeting (Agenda items)	TBD	TBD

LOCAL **Online** Meeting

8

Sunday, 10:00 am

Sunday Morning Serenity

Ogden, UT

Join Zoom Meeting

<https://shorturl.at/fhCGU>

HUMOR?

Sponsor: So how's your recovery going?

Sponsee: Not so great.

Sponsor: Do you struggle with negative thoughts?

Sponsee: No, I'm great at them!

-Lora E. / Franktown, Co.

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Tuesday Morgan Group Annual Best Dam Camp-Out

On the road to Lost Creek June 23th, 24th & 25th
(Directions Google) Pine Canyon Road, Croydon, Utah

Be aware the bridge is out, there is a detour, take the second Henefer exit
For info call or text, Eric J. @ 801-430-9353 or Mike L. 801-645-9538

- Registration 5 dollars
- Camping Per-Night....15.00 Trailers and Motor Homes... \$10.00 for Tents
- If you don't Camp you are encouraged to attend the Meals and Meetings and all day fellowship
- Pot luck Friday evening
- Community Breakfasts Saturday and Sunday
- Campfire Meetings Friday and Saturday Night
- We chase shade and fellowship during the day as we practice the fine art of camping.
- Pets are not encouraged. If they show up and some always do, they are cautiously welcomed and pampered, they cannot roam free and need to be well mannered and on a leash.
- Enjoy the Native American Indian presence and do not disturb or camp too near their location of the Sweat Lodge Frames and such. Remember Their firewood stacks are not for our use.
- Feel free to bring your personal camping fun Horseshoes and such, just No ATV's

Most of all enjoy the Fellowship sun-up, till past sun-down.

**Be amazed by the magic of the Fellowship, Pine Canyon
Creek, the Red Rocks, and the slow quite Mornings.**

It may keep you coming back!

Information listed below is presented **solely** as a service to readers, **NOT as an endorsement** by Intergroup Service of Northern Utah AA or AAWS. For any additional information, please contact the event sponsor.

Ogden Alano Club Upcoming Events

Saturday June 17th

Car Wash Fundraiser 10am – 2pm

Suggested Donation \$15.00 Non-Members \$10.00 Members

Father's Day BBQ 2pm -7pm

Karaoke Dance Party 7pm -11pm

\$3.00 Non-Members \$2.00 Members

Sunday June 18th

Kitchen Special

Free Gift for Dad's (no purchase necessary)

Saturday July 1st

4th of July Celebration 10am – Midnight

BBQ, Bingo, Kids games, Dunk Tank, Fireworks, & Dance

Members \$20 family \$5 single, non-members \$25 family \$7.50 single

Saturday July 22nd

Alano Club 76th Anniversary Party

10am – Midnight

Speaker Jam, BBQ, Cake, Ice cream, & Dance

Kitchen is open Mon-Sat 7am–7pm, Sun 7am-4pm

Follow us on Facebook @ Alano Club Inc. of Ogden

For more information on events contact

Ogden Alano Club, 684 24th Street 801-393-5054