

Using the 24-hour plan

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

In our drinking days, we often had such bad times that we swore, "Never again." We took pledges for as long as a year, or promised someone we would not touch the stuff for three weeks, or three months. And of course, we tried going on the wagon for various periods of time.

We were absolutely sincere when we voiced these declarations through gritted teeth. With all our hearts, we wanted never to be drunk again. We were determined. We swore off drinking altogether, intending to stay off alcohol well into some indefinite future.

Yet, in spite of our intentions, the outcome was almost inevitably the same. Eventually, the memory of the vows, and of the suffering that led to them, faded. We drank again, and we wound up in more trouble. Our dry "forever" had not lasted very long.

Some of us who took such pledges had a private reservation: We told ourselves that the promise not to drink applied only to "hard stuff," not to beer or wine. In that way we learned, if we did not already know it, that beer and wine could get us drunk, too—we just had to drink more of them to get the same effects we got on distilled spirits. We wound up as drunk on beer or wine as we had been before on the hard stuff.

Yes, others of us did give up alcohol completely and did keep our pledges exactly as promised, until the time was up.... Then we ended the drought by drinking again, and were soon right back in trouble, with an additional load of new guilt and remorse.

With such struggles behind us now, in A.A. we try to avoid the expressions "on the wagon" and "taking the pledge." They remind us of our failures.

Although we realize that alcoholism is a permanent, irreversible condition, our experience has taught us to make no long-term promises about staying sober. We have found it more realistic—and more successful—to say, "I am not taking a drink just for today."

Even if we drank yesterday, we can plan not to drink today. We may drink tomorrow—who knows whether we'll even be alive then?—but for this 24 hours, we decide not to drink.

No matter what the temptation or provocation, we determine to go to any extremes necessary to avoid a drink today.

Our friends and families are understandably weary of hearing us vow, "This time I really mean it," only to see us lurch home loaded. So we do not promise them, or even each other, not to drink. Each of us promises only herself or himself. It is, after all, our own health and life at stake. We, not our family or friends, have to take the necessary steps to stay well.

If the desire to drink is really strong, many of us chop the 24 hours down into smaller parts. We decide not to drink for, say, at least one hour. We can endure the temporary discomfort of not drinking for just one more hour; then one more, and so on. Many of us began our recovery in just this way. In fact, *every recovery from alcoholism began with one sober hour.*

One version of this is simply postponing the (next) drink.

(How about it? Still sipping soda? Have you really postponed that drink we mentioned back on page 1? If so, this can be the beginning of your recovery.)

The next drink will be available later, but right now, we postpone taking it at least for the present day, or moment. (Say, for the rest of this page?)

The 24-hour plan is very flexible. We can start it afresh at any time, wherever we are. At home, at work, in a bar or in a hospital room, at 4:00 p.m. or at 3:00 a.m., we can decide right then not to take a drink during the forthcoming 24 hours, or five minutes.

Continually renewed, this plan avoids the weakness of such methods as going on the wagon or taking a pledge. A period on the wagon and a pledge both eventually came, as planned, to an end—so we felt free to drink again. But today is always here. Life is daily; today is all we have; and anybody can go one day without drinking.

First, we try living in the now just in order to stay sober—and it works. Once the idea has become a part of our thinking, we find that living life in 24-hour segments is an effective and satisfying way to handle many other matters as well.

-Living Sober, Section 3, p. 5-7

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

- Five (5) District One groups participated at the April IGR Meeting.
- **The following groups sent IGR's:** Recovery Together, Meat & Potatoes, Tuesday Morgan Group, 11:59 Group and Friday Night Action.
- The **NEXT** scheduled **IGR Meeting** is planned for **Tuesday, May 16 at 6:00 pm.**
- ICO Steering Committee meets beforehand at 5:30 pm.

Tuesday April 18, 2023

Steering Committee: Jacob B., Steve H., **Visitor:** Kelly C., Ken C. Office Mgr: Randy C.

- Randy chaired; meeting opened at 6:02 pm.
- Michael L. read the Intergroup Service preamble.
- Jacob B. read the Twelve Traditions
- Randy gave the March Central Office report:

Sales Summary:

- Books: 67 (net \$ 155)
- Chips: 306 (net \$ 154)

- Aluminum 238 (\$ 22 net)
- Brass 67 (\$ 131 net)
- Tri-Plate 1 (\$ 2 net)

- Groups: 11 groups \$ 989

- Emails: 139
- Calls/Msgs: 43
- Office Visits: 70 (avg. weekly walk-ins = 14)

****our final Prudent Reserve goal is \$10,200 (6 months operating expense)**

February: \$ 11,010

(ending) **March: \$ 10,061 (- 8.6 %) ***(frontloaded AAWS inventory b4 price increase)

Website Activity: March Visitors: 922 Views: 2,695

Google Business Listing Activity: March Searches: 1,121 Views: 2,061

- **Needed Steering Committee Service Positions:** positions still open.
- Kelly C. was nominated, seconded, and voted in as Steering Committee Chair
- Steering Committee position filled: Kelly C. (Committee Chair)
- **Area 69:**
 - Pre-Conference Assembly – Agenda items voted on, delegate to take to GSO.
- **Open Discussion from IGR's:**
 - **District 1:**
 - District 1 positions open
 - August assembly (Ogden Alano Club) – Volunteers Needed!

- Closed meeting with the Responsibility statement at 6:44. pm

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

AA Central Office-Ogden		Donations	
2023 Year-to-Date	03/31/23	YTD	
Group Name	March	Total	
11:59 Group	67.01	67.01	
Babes of Anonymity	244.75	244.75	
Beyond the Horizon		44.00	
BYOB Group		45.00	
Clearfield Group		68.00	
Courage to Change Group		40.00	
Davis Group		100.00	
Grupo Primer Paso de Ogden (SP)	15.00	45.00	
Higher Ground Group-Fruit Hghts	160.00	160.00	
In the Solution Group	50.00	150.00	
It's in the Book		70.00	
Ladies of the Mountain		10.00	
Meat & Potatoes		126.12	
Recovery Together Group (5)		100.00	
Sat Men's Brotherhood		240.00	
Sat Night Alumni - ORMC	50.00	110.00	
Serenity Happy Hour (Sunday)		729.50	
Serenity Happy Hour Group (Wed.)		300.00	
Serenity Sisters	40.38	64.79	
Sisters in Sobriety		150.00	
Stone of Sisypheus		100.00	
Sunday Night Unity		150.00	
Tremonton Group	150.00	150.00	
Tuesday Morgan Group		125.00	
Tyler Ave Group		200.00	
Upon Awakening	48.00	181.00	
Wed Night Stag	63.73	63.73	
Wed. Night Alumni - ORMC	100.00	245.00	
Women's Circle of Hope		50.00	
Groups Sub-Total	988.87	4,128.90	
District One	0.00	180.00	
Individual Donation(s)	0.00	3,044.00	
TOTAL Donations	\$988.87	\$7,352.90	

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

2111 N. Hill Field Rd . #A202
Layton, Ut 84041

(New address)

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

Thank
You!

District One Meeting Minutes for April 11, 2023

⓪OPENING:

Dan called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. Jennie read the GSR Preamble and Kat C. read the Twelve Traditions. There were two new GSRs -Eric-Unity Logan Group, Dale-Wed Night Stag. There were three interested AA's – Paul, Kat, and Shauna. There were no visitors. Those in attendance: 2 DCMs, 1 Alt DCM, 19 GSRs, with 2 excused, Secretary, Treasurer, Grapevine, Intergroup Ogden excused, and PI. Sue called the roll. The minutes were read from the March District One Meeting. They were approved with a motion from Juan and Tom 2nd.

②REPORTS

☛ **PI** – Juan - I have been inactive due to work being time consuming. I will attend Farmington Friday 4/14/23-4/16/23 for the area assembly.

☛ **Grapevine** – Krista – No report.

☛ **Intergroup Ogden** – Randy - Excused

☛ **Treasurer** – Jennie

Paul closed the account; Jennie got the funds to open a new account. Jennie and Sue meet at the bank to open two new accounts, one for District Funds and one for Pink can.

③**DCM reports** – Shelley and Dan

Dan-Sat Alumni Group needs help. Thursday Night Harrison moved to Keystone. There are one of the oldest Groups in Ogden. They will keep their name as is.

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 visited all the majority of groups this month. I helped navigate groups through voting on the agenda items. There are still three groups without GSRs. Tremonton: Still working on the issue about registration and have a call into GSO to get that straightened out. After confirming with Cache Valley Intergroup and confirming that the cachevalleyaa.org website does update the Meeting Guide app, I let Randy at Ogden Central Office know it was okay to remove Cache Valley meetings from the www.northernutahaa.org. That was completed on April 10th. I plan to attend the Pre-Conference Assembly this weekend where I will be voting on agenda items based on the combined feedback from the groups without GSRs in my area. I also plan to meet with the registrar and update him on our information from District 1 I've collected. Need people to check their meeting information and GSR information to see if it's correct. New Digital Google Drive <https://drive.google.com/drive/u/0/folders/1211cGj-d0PmzWWrHMmQxKowvhokLIJNT>

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 Pre-Conference Assembly to vote on 2023 agenda items. Thank you, Shelley A.

④OLD BUSINESS

The Alano has been booked procured for the Workshop in Aug 19-20. Sat 81m to 5pm. Saturday Night there will be a dance. Sunday is 8am to 12. The quote was for \$700 including coffee, cups, and snacks. That leaves \$50 for dinner, a steak dinner for \$10 dollars a plate. There is seed money of \$750. The consensus was to counter for \$300. There was a motion made by Donnie to accept the offer if they accept the counter offer. Shelley 2nd. Juan will co-chair.

⑤NEW BUSINESS

Thanks to Brigham City Alano Club for letting us come back for our District Meeting.

⑥OPEN DISCUSSION – GSRS

Luke-Bridgerland having a get together Sat at the Logan Presbyterian Church 3-5pm, no cost.

⑦OPEN POSITIONS

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

PLEASE TAKE THIS BACK TO YOUR GROUPS.

⑧COMING SOON

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

☛ Pre-Conference Assembly Apr 7-9 District 11 Farmington

☛ General Service Conference Apr 23-29 New York

☛ Post Conference Assembly May 19-21 District 8 Vernal

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©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 <

➤ District One – 2nd Tuesday, 7:00 PM

(New address)
Alano Hall
131 W. Forest St.
Brigham City

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

Resurrection Episcopal Church
1131 So. Main
Centerville

GSR's should be present.

DISTRICT 11 GSR Meeting Minutes April 12, 2023

Kameron K. opened the meeting at 6:30 pm.

Moment of Silence followed by the Serenity Prayer

- A.A. Preamble read by **Sheri C.**
- GSR Preamble read by **Frank R.**
- 12 Traditions ready by **Cory E.**
- Welcomed GSRs & New GSRs – **Mark S.** GSR at the South Davis recovery club at 5:30 pm. We are a structured step study.

- Welcome Visitors – Two interested AAs

- **Terra L.** passed around Rolecall with a request made for updated information.

- Treasurer's report- **Roxanne L.** reviewed bank statements from January to the present. Plans to print cards to pass out at meetings in the district with the correct information on where to mail donations. Motion to accept treasurer's report made by **Mark S.**, seconded by **Sheri C.**, passed.

2. March minutes read by **Terra L.** motion to accept made by **Caroline A.**, seconded by **Leslie B.**, passed.

3. Elections- None

4. **John D.** gave report for **Carol G.** on PRASSA. If you would like a copy of the report, please contact **John D.**

3. GSR Reports: **Josette K. Layton Big Book Step Study** meeting at 7 pm Rosewood Ln. Average attendance 12-15, great meeting, good sobriety. **Frank A. Our Primary Purpose** Monday night book study, average attendance 15-20. Having issues feeling roles in the home group, leaving me with multiple roles to fulfill. Have not been able to get people to step up and take positions. Also, issues with being treasurer with check bouncing due to them not being cashed in time. Would like guidance on how to navigate these issues. **John A. Not A Glum Lot** T/TH's Big Book and As Bill Sees it meetings. 15-20 people. **Leslie B. Flying High** M/F South Davis Recovery at 7 pm. 20-30 people or more on Friday. No questions or concerns. **Lili H. Serenity Sisters** Wednesday night, good group. 15-20 average but down lately. Lots of newcomers, good womens group. **Colton P. Sunday Night Big Book Study** at South Davis Recovery, 30-40 people. I missed the last two weeks, but we are figuring out issues with the secretary and treasure, and it seems to be working out, and funds are coming. **John D. Serenity Happy Hour**, 20-30 people. Great group and consistent. I confirmed with the treasure that the money was not sent, but I have it today, no questions or concerns. **Mike E. Saturday Brotherhood** at Ogden Regional Hospital. 25 guys every week. We have been getting newer and younger people showing up. A great addition to the meeting. Did agenda items and am ready to take them to pre-conference. **Brian W. In The Solutions** men's group. Consistent 15-20 people every time. Set up automated accounts as treasurer, willing to talk to others about how to help. **Stacy A. Women's Circle of Hope** sat. 10 am. Good meeting 25-30 women, but in the last few weeks, numbers have been down to 15. I collected the pink can donations and will turn them in to District. **Jason G. Sunday Happy Hour** group at South Davis Recovery. Food meetings are pretty consistent at 40+ people. A lot of newcomers and vans from treatment centers. **Joe D. South Davis Group** Th/7 pm. 6-7 people consistently, 9-11 recently, so we are growing.

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4. **Mark S. Original Way Group**, we are a structured step study meeting at 5:30 pm on Mondays at South Davis Recovery. Attendance 10 people. **Roxanne L. It's in The Book** at Th/7 pm. Average attendance 30 people with new faces. Speaker meeting 1st Thursday of the month. The meeting was canceled last Thursday due to church services, 12 new people walked in for AA, and I spoke to them, directing them to a different meeting for the night. Hopefully, they will return.

Standing Chair Reports

- DCMC North- **Caroline A.**, I have done nothing due to family issues, I will get back to it this month.
- DCM South- **Open position**
- Corrections- **Sheri C.**, We have three new volunteers to go into the jails. Collecting applications and will start announcing them at meetings again.
- PI- **Leslie B.**, Nothing to report.
- CPC- **Cory E.**, Provided a therapist's office with pamphlets to review. I also showed them how to access meeting schedules and some online meetings.
- Grapevine- **Joe D.**, Nothing to report. The groups with a grapevine representative seem to do a good job.
- BTG- **Ricardo B.**, Absent
- Treatment- **Seth N.**, Absent
- Literature- **John D.**, We do not have a display for the district and will look into getting one. Wants to go over one pamphlet a month. Presented "AA group where it all begins." Discussed the importance of each group taking an inventory.
- Intergroup Report Ogden-
- Intergroup Report SLC- **Phillip W.**, Meeting at the central office last night was packed. Two important things 1) On June 11, 2023, from 10 am- 1 pm, there will be a Founder Days breakfast at Fairmont Park- North Pavilion. The central office will provide eggs for breakfast. Please bring a side dish to share. 2) We have significantly increased representation from District 11 and donations. This has been lacking in the past, so it is nice to see. There is still a need for volunteers for the hotline, especially during evening hours, perfect for members with 30-90 days. Standing chair positions got filled, and only a few left.
- DCMC- **Kameron K.**, I have had many questions since filling this role and feel like questions are being answered. Financial seems to be an issue. You can find all the information on where to send donations at the bottom of the form, "suggested format for the GSR report to their group." I have been doing my best to attend different meetings and answer any questions. I am excited about the pre-conference as everyone has been doing their best on the agenda items.

6. Old Business: None

New Business – Area 69 Chair- **Mike F.** Area chairs are here to be a resource and help the District's standing chairs. There is a wealth of knowledge in the area, and if you need good direction, we are here to help. I encourage the GSRs to attend the GSR meeting at 8:30 am at the pre-conference assembly to help learn about the importance of a GSR's role. The delegate wants to hear from everyone, including interested AAs.

7. Tradition Two- **Kameron K.** asked **Leslie B.** if she could present tradition two next month due to time restraints. **Leslie B.** accepted.

8. Area/DISTRICT 11 Events:

- Pre-Conference Assembly- Legacy Event Center- April 14-16
- Post-Conference Assembly- Western Park 302 E. 200 S. Vernal May, 19

9. Coming soon:

- Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, May 10, 2023, at 6:30 pm

Closed at 7:30 pm 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."

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

DCMC, Kameron K. 801-309-4577

DCM North, Caroline A. 801-388-7510

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UTAH AREA 69 UPCOMING EVENTS

<u>April 23-29, 2023</u>	<u>General Service Conference</u>	<u>Brooklyn</u>	<u>New York</u>
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
November 4-5, 2023	Fall Workshop	District 10	TBD
December 2, 2023	Committee Meeting (Area Inventory)	District 12	TBD

HUMOR?

9

Clean breath

A drunk walks into a drugstore and asks for a bottle of mouthwash.

"I'm not selling you that," says the druggist. "You'll drink it for the alcohol and get sick outside my door!"

"Not true!" insists the drunk. "I have my first date in over a year, and I want to make a good impression."

"Oh. I'm sorry - Here." The druggist takes a bottle of mouthwash off the shelf and puts it on the counter.

The drunk stares at it and asks: "Got one that's been refrigerated?"

—Bob M., Green Valley, Ariz.

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 Central Office.

Alano Club Activity Schedule May 2023

684 24th St
801-393-5054

Saturday May 13 from 1pm -7pm
Hair Styles & Blowouts by Cosmetologist
\$5.00
Free photo to take home

Sunday May 14th
Mother's Day Brunch Special
Free gift for Mom's

Sunday May 21st
Burger Burn 5pm – dusk
Karaoke Dance Party 7pm-11pm
\$3.00 non-members
\$2.00 members

The Alano Kitchen is looking for Volunteers, stop by for more info

Follow us on Facebook @ Alano Club Inc of Ogden

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It is practice, practice,
"practice these principles."
and not quote, explain,
or emote, in all our affairs.

- Bob M. 12/21/2014