



## Being good to yourself

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

When a loved one or a dear friend of ours is recuperating from a serious illness, we generally try to give what good nurses call T.L.C. (Tender Loving Care). We pamper a sick child, providing favorite foods and some fun to help in recovery.

Convalescence from the illness of active alcoholism takes some time, and anyone going through it deserves consideration and a measure of T.L.C.

In times past, people often believed that those recovering from certain ailments just deserved to suffer, since it was thought they had deliberately, selfishly inflicted the sickness on themselves.

Because of the guilt and stigma still laid on alcoholism by people who are ignorant of the nature of the disease (including ourselves before we learned better), many of us were not very kind to ourselves in the throes of a hangover. We just suffered and thought of ourselves as "paying the piper" in necessary penance for our misdeeds.

Now that we know alcoholism is not immoral behavior, we have found it essential to readjust our attitudes. We have learned that one of the persons least likely to treat the alcoholic like a sick person is, somewhat surprisingly, the alcoholic herself (or himself). Once again, our old thinking habits are cropping up.

It's often said that problem drinkers are perfectionists, impatient about any shortcomings, especially our own. Setting impossible goals for ourselves, we nevertheless struggle fiercely to reach these unattainable ideals.

Then, since no human being could possibly maintain the extremely high standards we often demand, we find ourselves falling short, as all people must whose aims are unrealistic. And discouragement and depression set in. We angrily punish ourselves for being less than super-perfect.

That is precisely where we can start being good—at least fair—to ourselves. We would not demand of a child or of any handicapped person more than is reasonable. It seems to us we have no right to expect such miracles of ourselves as recovering alcoholics, either.

Impatient to get completely well by Tuesday, we find ourselves still convalescing on Wednesday, and start blaming ourselves. That's a good time to back off, mentally, and look at ourselves in as detached, objective a way as we can. What would we do if a sick loved one or friend got discouraged about slow recuperation progress, and began to refuse medicine?

It helps to remember that heavy drinking is highly damaging to the body, producing conditions which can take months or years to get over. No one becomes an alcoholic in just a few weeks (well, almost no one). We cannot expect to recover in a magic instant, either.

When feelings of discouragement come, we then need to encourage ourselves. More than one of us have found it good medicine to give ourselves a pat on the back, to salute the progress already made—without being smug or dangerously egotistical about it, of course.

Take stock. Have we refrained from taking a drink this 24 hours? That deserves honest self-commendation. Have we made ourselves eat properly today? Have we tried to fulfill our obligations today? Have we, in short, done about the best we could, and all we could, today? If so, that's all it is fair to expect.

Maybe we can't answer yes to all those questions. Maybe we have fallen short somehow, backslid a bit in our thinking or actions, despite knowing better. So what? We are not perfect creatures. We should settle for small progress, rather than bemoan any lack of perfection.

What can we do right now to cheer ourselves up? We can do something *other* than take a drink. Every section of this booklet makes suggestions of that sort.

But there is more, perhaps. Have we been enjoying life lately? Or have we been so concerned about getting better, kept our nose so earnestly near the grindstone of self-improvement, that we have failed to enjoy a sunset? A new moon? A good meal? A needed holiday from care? A good joke? Some affection?

Since the body seeks to normalize itself, maybe yours will welcome opportunities for needed rest. Enjoy deliciously drowsy naps, or good, long nights of peaceful slumber. Or perhaps you have leftover energy you can use in pure fun and enjoyment. As much as other aspects of life, these seem necessary for fulfilling our entire human potential.

Now is the time, the only time there is. And if we are not kind to ourselves right now, we certainly cannot rightfully expect respect or consideration from others.

We have found we can enjoy, sober, every good thing we enjoyed while drinking—and many, many more. It takes a little practice, but the rewards more than make up for the effort. To do so is not selfish, but self-protective. Unless we cherish our own recovery, we cannot survive to become unselfish, ethical, and socially responsible people.

**-Living Sober, Section 16, p. 40-41**



## Inter Group Representative Meeting Attendance

- One (1) District 11 & Four (4) District One groups sent IGR's to the June Meeting.
- **The following groups sent IGR's:** Meat & Potatoes, 11:59 Group, Friday Night Action, Serenity Happy Hour (Sunday), Wed. Night Stag
- The **NEXT** scheduled **IGR Meeting** is planned for **Tuesday, August 15<sup>th</sup> at 6:00 pm.**
  - Central Office Steering Committee meets beforehand at 5:30 pm.



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“Just how and when we tell the truth – or keep silent – can often reveal the difference between genuine integrity and none at all.”

AA Co-Founder, Bill W., August 1961, “This Matter of Honesty”, **Best of Bill** pg. 27



## Ogden Intergroup Central Office

**CLOSED :**

**Sunday & Monday**

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

**(CLOSED Holidays)**

- **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)



# AUGUST



# 2023

# Pass It On

Ogden Intergroup Central Office Newsletter

## AA Central Office-Ogden

## Donations

2023 Year-to-Date Group Name	JUNE 6/30/2023	TOTAL YTD
11:59 Group		67.01
Admitted We Were Powerless	250.00	250.00
Babes of Anonymity		244.75
Beyond the Horizon		102.00
BYOB Group	20.00	65.00
Clearfield Group		98.00
Courage to Change Group		80.00
Davis Group		100.00
Friday Night Action		50.00
Grupo Primer Paso de Ogden (SP)	15.00	90.00
Higher Ground Group-Fruit Hghts	160.00	320.00
In the Solution Group	50.00	300.00
It's in the Book		70.00
Ladies of the Mountain-WRH	10.75	360.75
Meat & Potatoes		469.96
Meeting in the Mountain (Valley Camp)		507.00
New Comer Group	125.00	125.00
Recovery Together Group (5)	100.00	200.00
Sat Men's Brotherhood	387.20	627.20
Sat Night Alumni - ORMC		110.00
Serenity Happy Hour (Sunday)		729.50
Serenity Happy Hour Group (Wed.)		300.00
Serenity Sisters	68.50	232.37
Sisters in Sobriety		252.50
Stone of Sisyphus		200.00
Sunday Night Unity	150.00	450.00
Thursday Night Harrison		40.00
Tremonton Group		150.00
Tuesday Morgan Group		125.00
Tyler Ave Group	200.00	500.00
Upon Awakening		282.00
Wed Night Stag		63.73
Wed. Night Alumni - ORMC		245.00
Women's Circle of Hope		226.00
<b>Groups Sub-Total</b>	<b>1,536.45</b>	<b>8,032.77</b>
District One	180.00	360.00
Individual Donation(s)	0.00	3,194.00
<b>TOTAL Donations</b>	<b>\$1,716.45</b>	<b>\$11,586.77</b>

## 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

## UNITY

This we owe to AA's future:

To place our common welfare first;

To keep our Fellowship united.

For on A.A. unity depend our lives,

And the lives of those to come.

# Thank You



## District One Meeting Minutes for July 11, 2023

### ⓪ OPENING:

Jennie called the meeting to order at 7:03 with a moment of silence, followed by the Serenity Prayer. Scott read the GSR Preamble and John read the Twelve Traditions. There were no new GSRs. There were no interested AAs. There were no visitors. Those in attendance: 2 DCMs excused, 1 Alt DCM excused, 13 GSRs, with 5 excused, Secretary, Treasurer, Grapevine, Intergroup Ogden excused, and Treatment excused. Sue called the roll. The minutes were read from the June District One Meeting. They were approved with a motion from John and David 2<sup>nd</sup>.

### ⓪ REPORTS

☛ PI – Juan

☛ Grapevine – Krista

Mentioned she is doing a round table at the workshop on the Grapevine.

☛ Intergroup Ogden – Randy - Excused

☛ Treasurer – Jennie

The District One Finances for July 2023 are as follows: The donations totaled \$199.10. The expenses totaled \$365.96; the total balance of the account this month is \$947.51, minus our \$2000 P/R. The Pink Can Money had \$55.00 in donations, expenses of \$0.00. The total balance is \$548.27. The Treasurer report was approved, with a motion from Luke and Brian 2<sup>nd</sup>.

☛ Treatment – Jon S. – Excused

⓪ DCM reports – Shelley, Dan, and Michael – No reports, Dan and Shelley excused.

### ⓪ OLD BUSINESS

Donny gave an update on the Pre-Assembly Workshop.

### ⓪ NEW BUSINESS

No new business.

### ⓪ OPEN DISCUSSION – GSRs

Sober Today needs help. They also do not have a GSR or treasurer.

### ⓪ OPEN POSITIONS

Positions still open DCMC, 3 DCMs, 5 Alt. DCMs, CPC, Corrections, Literature.

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

### ⓪ COMING SOON

☛ Next District Meeting – Brigham City Alano Club – Aug 08 @ 07:00 pm.

☛ Pre-Assembly Workshop Aug 19-20 District One

☛ Fall Assembly Sept 22-24 District 10 SLC

### ⓪ CLOSING

The meeting was closed at 7:38 pm with the Responsibility Statement.

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

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## DISTRICT 11 GSR Meeting Minutes July 12, 2023

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

1. Moment of Silence followed by the Serenity Prayer

- A.A. Preamble read by **Corey E.**
- GSR Preamble read by **John A.**
- 12 Traditions ready by **Leslie B.**
- Welcomed GSRs & New GSRs – **Kim M.** Serenity sisters, **Greg G.** Saturday Brotherhood, **Tommy P.** It's in the Book
- Welcome Visitors – **Blake and Thomas**
- **Terra L.** passed around Rolecall with a request made for updated information. A request was made for all standing chairs and GSRs to fill out District 11 meeting reports.
- Treasurer's report- **Matt D.** Reported for July. Motion to accept by **Leslie B.**, seconded by **Sheri C.**, passed.

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

3. New Business: None

3. **GSR Reports:**

**Leslie B.**, Fly-n-high at South Davis Recovery Mon+Fri at 7 pm. The group is uninvolved and continues its status Quo. **John A.**, present, no report given. **Josette K.**, Layton BBSS Sun. at 6 pm, 15-20 in attendance, strong meeting, no concerns. **Mark S.** The Original Way average attn. 10 Mon. at the SDRC 5:30 pm. We are a step study meeting. We are asking for district members to attend the meeting for support. **Kim M.**, Serenity Sisters at South Davis Recovery 7 pm on Wed, average attn. Twenty-eight no issues or concerns. **Stacy A.**, Women Circle of Hope, Fruit Heights 10 am Sat. Average attn. 25-30, no problems or concerns. **Greg G.**, Saturday Morning Brotherhood at Ogden Regional Hospital, 10 am Sat. Group. Average regular attn. 20-22, no issues or concerns. **Joe D.**, South Davis Group. We have a lot of home group members, but only a few show-up, average attn. 9. Great group, very close niche. We wish more home group members would show up, but they have a ton of sobriety, so many only come on their AA birthday. We also want more newcomers would show up and stay. **Ricardo B.**, 12 O'Clock High Noon at 220 W. Center St. Average attn. 20-30. The group is functioning great. They are trying to appoint a GSR in the meantime. I will keep wearing the hat. I have asked others to help refer people for the GSR position. The group is willing to keep the club clean, and the service work is good. The group meets every day at noon. **John D.**, Serenity Happy Hour, 10 am Sundays in Washington Terrace. Average attn 20-30. Excellent group attendance every week, a lot of people from treatment each week. We have \$200 for the pink can money and will donate to District ASAP.

**Standing Chair Reports:**

- DCM North- **Caroline A.**- Attended the Standing Chair BTG workshop. Nancy McCarthy was in corrections for 30 years and 6 years as a Class A Trustee. She has a PowerPoint she gave to **Kristen D.** to use for education (see attached report for more details)
- DCM South- **Open position**
- Corrections- **Sheri C.**- I was able to go to the jailhouse library and restock our locker in the MPR room. Before we meet again next month, I plan to meet with Tyrrelle Stuntz to run in a few more applications and inquire about the status of those already turned in. I also want to hit the Central Office for more Daily Reflections and Big Books.
- PI- **Leslie B.**- Present no report given.
- CPC- **Cory E.**- I spoke with Kelly Connell at McKay Dee Hospital. She is in the case management office for in-patient social work. They have a staff meeting once a month where they allow 10-minute presentations. August and September are full, but I scheduled a presentation for October. She said no AA literature, as it is already being provided. She mentioned that her counterpart Christy might call for a fill-in presentation earlier if someone drops out. She also said that treatment programs are present regularly. They will call back for a second if they are interested after the presentation.
- Grapevine- **Joe D.**- Present no report given

- BTG- **Ricardo B.**-Present no report given
- Treatment- **Seth N.**-Present no report given
- Literature- **John D.**- Present no report given
- Intergroup Report Ogden-
- Intergroup Report SLC- **Phillip W.**- Central Office Picnic is Aug 13, 11-3 pm at Murry Park Pavillion #5. Archive event and panel Oct. 10/28, 5-8 pm. Only two co-reps from District 11 at meetings at the SLC central office. Brad filled the bylaws committee chair. Central Office finances are -\$4,000 due to low donations. Upcoming CC+H20 Lava Hot Springs men’s retreat Sept. 15-17th. I will miss the next Central office meeting but will repost via report if needed.
- DCMC- **Kameron K.**,- Dan L. higher Ground New GSR Kevin M. **Roxanne L.** removed from the bank account, and **Matt D.** added all the treasurer information given to **Matt D.** I have been speaking with Seth N. to make a detox and treatment flow chart. I am also helping with the August workshop in District 1.

6. Elections: **None**

7. Old Business: **None**

8. Tradition Two- **Leslie B.**- Canceled, unprepared, asked to reschedule until next month

9. Area/DISTRICT 11 Events: **Area 69 Preassembly Workshop August 19th & 20th, Ogden Alano Club 684 24th St. Ogden**

10. Coming soon:

- Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, August 9, 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.”

DCMC, Kameron K. 801-309-4577

DCM North, Caroline A. 801-388-7510

District 11 Funds P.O. Box 461 Bountiful, UT 84011

## UTAH AREA 69 UPCOMING EVENTS

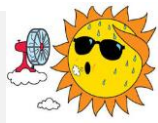
<b>August 19-20, 2023</b>	<b>Pre-Assembly Workshop</b>	<b>District 1</b>	<b>Ogden</b>
<b>September 22-24, 2023</b>	<b>Fall Assembly</b>	<b>District 13</b>	<b>Salt Lake City</b>
<b>November 4-5, 2023</b>	<b>Fall Workshop</b>	<b>District 10</b>	<b>Salt Lake City</b>
<b>December 2, 2023</b>	<b>Committee Meeting</b>	<b>District 12</b>	<b>Salt Lake City</b>
<b>February 24, 2024</b>	<b>Committee Meeting (Agenda Items)</b>	<b>District 2</b>	<b>TBD</b>
<b>March 1-3, 2024</b>	<b>PRAASA</b>	<b>Area 06</b>	<b>San Francisco, CA</b>

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## HUMOR ?

When I was a newcomer I heard an announcement at my AA meeting for an upcoming Roundup. I leaned over and whispered to my fellow newcomer friend, "What's a Roundup?"

He replied, "I think its like Woodstock without the sex, drugs and rock and roll."

—Sheri B., Mililani, Hi.

A drunk was lying in bed, still groggy from the effects of his recent operation. His doctor came in looking very glum.

"I can't be sure what's wrong with you," the doctor said, "I think it's the drinking."

"No problem," the patient said good naturedly. "I'm sure by tomorrow you'll sober up."

—Bob M.,, Rochester, Mn.

Fear is just  
the unfamiliar  
before it becomes  
familiar.

# Area 69

## 2023 Pre-Assembly Workshop

August 19<sup>th</sup> and 20<sup>th</sup>

Saturday 8:00am to 7:00 pm – Sunday 9:00 am to Noon

Location at the Ogden Alano Club

684 24th St, Ogden, UT 84401

\$15.00 Registration

## Unity, Service, Recovery

### Related Topics

- Safety in AA by Kim from Rainbow Recovery Group.
- Sponsorship by Elliot from The Tyler Avenue Group.
- Who's Not Here? Alice from Salt Lake Young People Group.
- Saturday Experience, Strength, and Hope Speaker by Shane.
- Bridging the Gap/Prisons by Kristin from It's in The Book Group.
- Sunday Spiritual Speaker by Susan from the 1159 Group.



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