

Availing yourself of a sponsor

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

In the earliest days of A.A., the term "sponsor" was not in the A.A. jargon. Then a few hospitals in Akron, Ohio, and New York began to accept alcoholics (under that diagnosis) as patients—if a sober A.A. member would agree to "sponsor" the sick man or woman. The sponsor took the patient to the hospital, visited him or her regularly, was present when the patient was discharged, and took the patient home and then to an A.A. meeting. At the meeting, the sponsor introduced the newcomer to other happily nondrinking alcoholics. All through the early months of recovery, the sponsor stood by, ready to answer questions or to listen whenever needed.

If you do have a sponsor, some of the following suggestions may help. Remember, they are based on thousands of A.A. members' experience over many, many years.

A. It's usually better if men sponsor men and women sponsor women. This helps avoid the possibility of romance rearing its lovely head—a development which can hideously complicate, if not destroy, the sponsor-newcomer relationship. By trial and error, we've discovered that sex and sponsorship are a very bad mix.

B. Whether or not we like what our sponsor suggests (and sponsors can only suggest; they cannot make anybody do anything, or actually prevent any action), the fact is that the sponsor has been sober longer, knows pitfalls to avoid, and may be right.

C. An A.A. sponsor is not a professional caseworker or counselor of any sort. A sponsor is not someone to borrow money from, nor get clothes, jobs, or food from. A sponsor is not a medical expert, nor qualified to give religious, legal, domestic, or psychiatric advice, although a good sponsor is usually willing to discuss such matters confidentially, and often can suggest where the appropriate professional assistance can be obtained. A sponsor is simply a sober alcoholic who can help solve only one problem: how to stay sober. And the sponsor has only one tool to use— personal experience, not scientific wisdom. Sponsors have been there, and they often have more concern, hope, compassion, and confidence for us than we have for ourselves. They certainly have had more experience. Remembering their own condition, they reach out to help, not down. Someone has said alcoholics may be people who should never keep secrets about themselves, especially the guilty kind. Being open about ourselves helps prevent that, and can be a good antidote for any tendency toward excessive self-concern and self-consciousness. A good sponsor is someone we can confide in, get everything off our chests with.

D. It's agreeable when the sponsor is congenial, someone who shares our background and interests beyond sobriety. But it is not necessary. In many instances, the best sponsor is someone totally different. The most unlikely pairings of sponsor and newcomer sometimes work the best.

E. Sponsors, like most everyone else, are likely to have some family and job obligations. Although a sponsor will, on occasion, leave work or home to help a newcomer in a real bind, there are

naturally times when the sponsor is truly out of reach. Here is the opportunity for many of us to use our reawakening wits and figure out a substitute for a sponsor. If we genuinely desire help, we do not let a sponsor's illness, or momentary unavailability for any other reason, stop us from getting some help. We can try to find a nearby A.A. meeting. We can read A.A. literature or something else we have found helpful. We can telephone other recovered alcoholics we have met, even if we don't know them very well. And we can telephone or visit the nearest A.A. office or clubroom for A.A. members. Even if the only person we find to talk to is someone we have not met before, we're sure to encounter sincere interest and a desire to help in any A.A. member we reach. When we really level about our distress, true empathy is forthcoming. Sometimes, we get really needed encouragement from recovered alcoholics we do not much care for. Even if such a feeling is mutual, when one of us trying to stay sober asks any other recovered alcoholic to help us not drink, all petty and superficial differences melt away.

F. Some people think it a good idea to have more than one sponsor, so at least one is always likely to be available. This plan has one additional advantage, but also carries a slight risk. The advantage is that three or four sponsors provide a wider range of experience and knowledge than any one person possibly can. The risk in having several sponsors, rather than just one, lies in a tendency some of us developed during our drinking days. In order to protect ourselves and keep our drinking beyond criticism, we often told different tales to different people. We even learned how to manipulate people, in a sense, so the people-environment would practically condone, or even encourage, our drinking. We may not have been aware of this tendency, and it was usually lacking in any evil intent. But it really became a part of our personalities in our drinking days. So a few of us with a clutch of sponsors have caught ourselves trying to play off one sponsor against another, telling one thing to the first, something else to the second. This doesn't always work, since sponsors are hard to kid. They catch on pretty fast to the tricks of anyone wanting to drink, having used almost all such wiles themselves. But sometimes we can keep at it until we get one sponsor to say something directly opposite to what another sponsor has said. Maybe we manage to wangle out of somebody what we want to hear, not what we need. Or, at least, we interpret this sponsor's words to suit our wishes. Such behavior seems more a reflection of our illness than an honest search for help in getting well. We, the newcomers, are the ones most hurt when this happens. So maybe if we have a team of sponsors, it would be a good idea to keep one eye cocked sharply, alert to catch ourselves if we should find ourselves getting into games like that, instead of trying to progress straight toward our own recovery goal.

G. Being recovered alcoholics themselves, sponsors naturally have their own unique strengths—and foibles. The sponsor (or any other human being) without flaw or weakness hasn't turned up yet, as far as we know. It is a rare occurrence, but it is possible that we can be misled or given a bum steer by a sponsor's mistaken advice. As we've all found by doing it ourselves, even with the best intentions, sponsors can goof. You probably can guess what the next sentence will say.

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Pass It On September 2023

Ogden Intergroup Central Office Newsletter

A sponsor's unfortunate behavior is no more a valid excuse for taking a drink than anything else is. The hand that pours a drink down your throat is still your own. Rather than blame the sponsor, we've found at least 30 other ways to stay away from a drink. Those 30 are laid out in the other sections of this booklet, of course.

H. You are under no obligation ever to repay your sponsor in any way for helping you. He or she does so because helping others helps us maintain our own sobriety. You are free to accept or reject help. If you accept it, you have no debt to repay. Sponsors are kind—and tough—not for credit, and not because they like to “do good works.” A good sponsor is as much helped as the person being sponsored. You'll find this to be true the first time you sponsor someone. Some day, you may want to pass such help on to someone else. That's the only thanks you need give.

I. Like a good parent, a wise sponsor can let the newcomer alone, when necessary; can let the newcomer make his or her own mistakes; can see the newcomer rejecting advice and still not get angry or feel spurned. A sharp sponsor tries hard to keep vanity and hurt feelings out of the way in sponsorship. And the best sponsors are really delighted when the newcomer is able to step out past the stage of being sponsored. Not that we ever have to go it altogether alone. But the time does come when even a young bird must use its own wings and start its own family. Happy flying!

-Living Sober, *Excerpts* from Section 11 p. 25-29

Singleness of Purpose

Sobriety — freedom from alcohol — through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that *there is no possible way to make non-alcoholics into A.A. members*. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

-Bill W. (1958) “Problems other than alcohol”, Pamphlet P-35



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
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

Letting go IS
just a way
of telling self
to shut-up,
get still,
breathe deeply,
and not push SEND.

- Bob M. 12/21/2014

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Inter Group Representative Meeting Attendance

- The **August Intergroup Representative Meeting** was Canceled.
- The **NEXT** scheduled **IGR Meeting** is planned for **Tuesday, September 19th at 6:00 pm.**
 - Central Office Steering Committee meets beforehand at 5:30 pm.
- The **July Central Office Report** can be found on page 5.

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 September 2023

Ogden Intergroup Central Office Newsletter

TO: Central Office Committee
From: Randy C., Central Office employee
Date: August 8, 2023
Subject: Ogden Intergroup Central Office Report for **July 2023**

Sales Summary:

- Books: 95 (net \$162)
 - Chips: 520 (net \$ 86) 
- | | |
|-------------|-----------------|
| ○ Aluminum | 496 (\$ 45 net) |
| ○ Brass | 19 (\$ 37 net) |
| ○ Tri-Plate | 5 (\$ 4 net) |

Office Activity: Hours: 83

- Emails: 101
- Calls/Msgs: 40
- Office Visits: 58 (avg. weekly walk-ins = 15)

Website Activity: July Visitors: 808 Views: 2,317

Google Business Listing Activity: July Searches: 1,015 Views: 1,875

Donations: \$ 2,196

- Groups: 12 groups \$ 946
- District Donation(s) \$ 250
- Individual Donation \$ 1,000

Savings Account (Prudent Reserve): {Goal = \$10,900 / \$2,180 per mo. x 5 mos. operating expenses)

June: \$ 8,804.81

(ending) July: \$ 8,855.93 (.5%)

Checking Account (Operating Funds): (ending) July: \$ 1,756.06

Thank **YOU** for this job as the Central Office-Ogden manager.

-Randy

AA Central Office-Ogden		Donations	
2023 Year-to-Date	JULY	TOTAL	
Group Name	7/31/2023	YTD	
11:59 Group		67.01	
Admitted We Were Powerless		250.00	
Babes of Anonymity		244.75	
Beyond the Horizon		102.00	
BYOB Group		65.00	
Clearfield Group	90.00	188.00	
Courage to Change Group	50.00	130.00	
Davis Group		100.00	
Friday Night Action		50.00	
Friday Night Recovery	200.00	200.00	
Grupo Primer Paso de Ogden (SP)	15.00	105.00	
Higher Ground Grp-Fruit Hghts		320.00	
In the Solution Group	50.00	350.00	
It's in the Book	70.00	140.00	
Ladies of the Mountain-WRH	10.00	370.75	
Meat & Potatoes		469.96	
Meeting in the Mountain (VC)		507.00	
New Comer Group		125.00	
Recovery Together Group (5)		200.00	
Sat Men's Brotherhood		627.20	
Sat Night Alumni - ORMC		110.00	
Serenity Happy Hour (Sunday)		729.50	
Serenity Happy Hour (Wed.)		300.00	
Serenity Sisters		232.37	
Sisters in Sobriety		252.50	
Stone of Sisyphus	90.00	290.00	
Sunday Night Unity		450.00	
Thursday Night Harrison		40.00	
Tremonton Group	150.00	300.00	
Tuesday Morgan Group		125.00	
Tyler Ave Group		500.00	
Upon Awakening		282.00	
Wed Night Fever Happy Hour	50.00	50.00	
Wed Night Stag	93.50	157.23	
Wed. Night Alumni - ORMC		245.00	
Women's Circle of Hope	77.00	303.00	
Groups Sub-Total	945.50	8,978.27	
District 11	250.00	250.00	
District One	0.00	360.00	
Individual Donation(s)	1,000.00	4,194.00	

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** (New address)
 PO Box 461
 Bountiful, Ut 84011

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



TOTAL Donations \$2,195.50 | \$13,782.27

Pass It On September 2023

Ogden Intergroup Central Office Newsletter

District One Meeting Minutes for August 08, 2023

⊙OPENING:

Dan called the meeting to order at 7:01 with a moment of silence, followed by the Serenity Prayer. Jennie read the GSR Preamble and Brian read the Twelve Traditions. There was one new GSR – Kat C – Recovery Together. There was 1 interested AA - Ramona. There was one visitor Jacob from Wed night Stag. Those in attendance: 3 DCMs, 1 Alt DCM, 16 GSRs, with 1 excused, Secretary, Treasurer, Grapevine, Intergroup Ogden excused, PI, and Treatment excused. Sue called the roll. The minutes were read from the July District One Meeting. They were approved with a motion from Luke and Sara 2nd.

⊙REPORTS

- ☛ **PI** – Juan -No Report
- ☛ **Grapevine** – Krista – No Report
- ☛ **Intergroup Ogden** – Randy - Excused
- ☛ **Treasurer** – Jennie

The District One Finances for July 2023 are as follows: The donations totaled \$180.00. The expenses totaled \$194.00. The total balance of the account this month is \$933.51, minus our \$2000 P/R. The Pink Can Money had \$00.00 in donations, expenses of \$0.00. The total balance is \$548.27. The Treasurer report was approved, with a motion from Heather and Brian 2nd.

- ☛ **Treatment** – Jon S. – Excused Sent Report read by Sue.

Thanks Sue,

I won't be able to attend due to a standing conflict with Tuesday night slot.

New contact with Ogden Regional Behavioral Health svcs - they are creating a new meeting for ACT, aftercare, and Alumni on Sundays, District 1 made contact to explore if they need any support from us. If you have used Behavioral health services at Ogden Regional, please support this meeting.

No other new activity.

Looking ahead, I believe my 2 year commitment will come up this fall so if anyone is looking for an opportunity, keep this in mind.

Thanks for letting me serve. Jon

⊙DCM reports – Shelley, Dan, and Michael

Dan has been laid up from surgery. He will get with Mike to set up meeting visits.

Mike is waiting to get groups to visits.

Shelley Thank you for allowing me to be of service to District 1. I got back from NY. At the end of July. Since then:

- I started attending groups/business meetings. I haven't visited everyone in the Logan/Tremonton area yet, but plan to do so before mid-month.
- I reviewed my list of meetings with Sue and found several meetings that need to be visited and a few that can be removed from our district registry.
 - I'll set up time with Sue at Pre-Assembly to go through it.
 - I have to contact GSO to confirm some groups status.
- I helped the "Young People's Group" in Logan to get registered and find a GSR.
- 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.
- Lastly, the pamphlet of the month is "**The Twelve Traditions Illustrated.**" Its every GSR's job to know the twelve traditions so they can be a source of insight and knowledge to their AA groups. This pamphlet, while kind of cheesy, explains the traditions in a clear and simplified way. This pamphlet can be helpful at book study meetings, business meetings, and if you're just getting started learning traditions. It supplements the chapters on the traditions in the 12x12 well.
- Also, I have some more GSR pamphlets if anyone needs them.

For this next month, I will be:

- Meet with Sue
- Attending the Pre-Assembly Workshop (also meeting with register while I'm there.
- Help organize visits to groups without a GSR or that have gone dark.

Thank you, Shelley A

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④OLD BUSINESS

Donny gave an update on the Pre-Assembly Workshop.

⑤NEW BUSINESS

No new business.

⑥OPEN DISCUSSION – GSRs

Sober Today needs help. Please show up on Wed at Keystone and give them support.

Sue will have New GSR Packets for new GSRs next month.

Kade mentioned Campvention Aug 11-13.

Luke mentioned Camp at Spring Halos.

⑦OPEN POSITIONS

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

Shelley A. stood for DCMC. She stood and qualified herself. The voting was unanimous. Thank you Shelley!

PLEASE TAKE HIS BACK TO YOUR GROUPS.

⑧COMING SOON

➔ **Next District Meeting – Brigham City Alano Club – Sept 12 @ 07:00 pm.**

➔ Pre-Assembly Workshop Aug 19-20 District One

➔ Fall Assembly Sept 22-24 District 10 SLC

⑨CLOSING

The meeting was closed at 7:47 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**

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 Meeting Minutes - Unavailable at time of publication

HUMOR

Not going to meetings is a
misdemeanor.
The more of them I miss, the
meaner I get.
- Richard M. Golden, Co.

Pass It On September 2023

Ogden Intergroup Central Office Newsletter

UTAH AREA 69 CALENDAR OF EVENTS As of June 2023

June 17, 2023	Area Standing & BTG Workshop	District 12	Salt Lake City
August 19-20, 2023	Pre-Assembly Workshop	District 1	Ogden
September 22-24, 2023	Fall Assembly	District 13	Salt Lake City
November 4-5, 2023	Fall Workshop	District 10	Salt Lake City
December 2, 2023	Committee Meeting (Area Inventory)	District 12	Salt Lake City
February 24, 2024	Committee Meeting (Agenda Items)	District 2	TBD
March 1-3, 2024	PRAASA	Area 06	San Francisco, CA
April 5-7, 2024	Pre-Conference Assembly	District 7	TBA
May 17-19, 2024	Post Conference Assembly	District 12	SLC
June 15, 2024	Area Standing Chair & BTG Workshop	District ?	TBD
August 16-18, 2024	Pre Assembly Workshop	District ?	TBD
September 27-29, 2024	Area Elections: Officers/chairs	District ?	TBD
November 2-3, 2024	Fall Workshop	District ?	TBD
December 7, 2024	"Pass the Gavel"	District ?	TBD
Feb 22, 2025	Area Committee Meeting	District ?	TBD
March 7-9, 2025	PRAASA	Area2	Alaska
April 4-5, 2025	Pre-Conference Assembly	District ?	TBD

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

801-393-5054

684 24th Street, Ogden

Follow us on Facebook @Alano Club Inc. of Ogden

Member Appreciation Night Dinner & Speaker

Sunday September 3rd 5pm – 7pm

Fall Fellowship Party

Saturday September 16th

Burger Burn 4pm - 7pm

Karaoke 7pm - 9pm

Dance 9pm - 11pm

Recovery Days Booth

Saturday September 23rd

Member Appreciation Night Dinner & Speaker

Sunday October 1st 5pm - 7pm

Halloween Party

The weekend before Halloween, TBA

To get involved, contact Angela 385-492-1464

Free Club Sponsored Thanksgiving Dinner

Thanksgiving Day, Thursday November 23rd

We are also planning marathon meetings for Thanksgiving & Christmas

To sign up please contact Angela

*** Don't forget ***

The Ogden Alano has service positions available in the kitchen

Club hours have changed, 7 days a week 7am – 4pm

The club has meeting facilities and the upstairs Dance Hall available to rent

Contact Dee 385-492-2530 for availability and more information

Not a member? Become one today! Memberships: \$12/month, \$120/year

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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