



Eliminating Self-Pity

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

This emotion is so ugly that no one in his or her right mind wants to admit feeling it. Even when sober, many of us remain clever at hiding from ourselves the fact that we are in a mess of self-pity. We do not like at all being told that it shows, and we are quick to argue that we are experiencing some other emotion—not that loathsome poor-me-ism. Or we can, in a second, find a baker's dozen of perfectly legitimate reasons for feeling somewhat sorry for ourselves.

Hanging over us long after detoxification is the comfortably familiar feeling of suffering. Self-pity is an enticing swamp. Sinking into it takes so much less effort than hope, or faith, or just plain moving.

Alcoholics are not unique in this. Everyone who can recall a childhood pain or illness can probably remember, too, the relief of crying over how bad we felt, and the somewhat perverse satisfaction of rejecting all comforting. Almost any human being, at times, can deeply empathize with the childish whine of "Leave me alone!"

One form self-pity takes in some of us when we first get sober is: "Poor me! Why can't I drink like everybody else?" (Everybody?) "Why does this have to happen to me? Why do I have to be an alcoholic? Why me?"

Such thinking is a great ticket to a barroom, but that's about all. Crying over that unanswerable question is like weeping because we were born in this era, not another, or on this planet, rather than in some other galaxy.

Of course, it isn't just "me" at all, we discover when we begin to meet recovered alcoholics from all over the world.

Later on, we realize we have begun to make our peace with that question. When we really hit our stride in an enjoyable recovery, we may either find an answer or simply lose interest in the search. You'll know when that happens to you. Many of us believe we have figured out the likely reasons for our own alcoholism. But even if we haven't, there remains the much more important need to accept the fact that we cannot drink, and to act on it. Sitting in our own pool of tears is not a very effective action.

Some people show real zeal for pressing salt into their own wounds. A ferocious proficiency at that useless game often survives from our drinking days.

We can also display a weird flair for expanding a minor annoyance into a whole universe of gloom. When the mail brings a whopping telephone bill—just one—we bemoan our constantly being in debt, and declare it will never, never end. When a soufflé falls, we say it proves that we never could and never will do anything right. When the new car arrives, we say to somebody, "With my luck, it'll be a . . ."

If you finished that statement with the name of a sour citrus, you're in our club.

It's as if we carried on our back a large duffel bag stuffed with unpleasant memories, such as childhood hurts and rejections. Twenty, even forty years later, there occurs a small setback only slightly similar to an old one in the bag. That is our cue to sit down, unshoulder the bag, and pull out and lovingly caress, one at a time, every old hurt and putdown of the past. With total emotional recall, we then relive each of them vividly, flushing with shame at childhood embarrassments, grinding our teeth on old angers, rewording old quarrels, shivering with nearly forgotten fear, or maybe blinking away a tear or two over a long gone disappointment in love.

Those are fairly extreme cases of unadulterated self-pity, but not beyond recognition by anybody who has ever had, seen, or wanted to go on a crying jag. Its essence is total self-absorption. We can get so stridently concerned about me-me-me that we lose touch with virtually everyone else. It's not easy to put up with anyone who acts that way, except a sick infant. So when we get into the poor-me bog, we try to hide it, particularly from ourselves. But that's no way to get out of it.

Instead, we need to pull out of our self-absorption, stand back, and take a good, honest look at ourselves. Once we recognize self-pity for what it is, we can start to do something about it other than drink.

Friends can be a great help if they're close enough that we can talk openly with each other. They can hear the false note in our song of sorrow and call us on it. Or we ourselves may hear it; we begin to get our true feelings sorted out by the simple means of expressing them aloud.

Another excellent weapon is humor. Some of the biggest belly laughs at A.A. meetings erupt when a member describes his or her own latest orgy of self-pity, and we listeners find ourselves looking into a fun-house mirror. There we are—grown men and women tangled up in the emotional diaper of an infant. It may be a shock, but the shared laughter takes a lot of the pain out of it, and the final effect is salutary.

When we catch self-pity starting, we also can take action against it with instant bookkeeping. For every entry of misery on the debit side, we find a blessing we can mark on the credit side. What health we have, what illnesses we don't have, what friends we have loved, the sunny weather, a good meal a-coming, limbs intact, kindnesses shown and received, a sober 24 hours, a good hour's work, a good book to read, and many other items can be totaled up to outbalance the debit entries that cause self-pity.

We can use the same method to combat the holiday blues, which are sung not only by alcoholics. Christmas and New Year's, birthdays, and anniversaries throw many other people into the morass of self-pity. In A.A., we can learn to recognize the old inclination to concentrate on nostalgic sadness, or to keep up a litany of who is gone, who neglects us now, and how little we can give in comparison to rich people. Instead, we add up the other side of the ledger, in gratitude for health, for loved ones who are around, and for our ability to give love, now that we live in sobriety. And again, the balance comes out on the credit side.

Living Sober, from Section 22 p. 54-57

HUMOR

Frank had come to a business meeting "loaded for bear" and left feeling quite pleased with himself. Group finances were tight and he'd strongly proposed that the group cut back on coffee, eliminate all cookies, and do without sobriety chips up to one year.

No final decision was reached but judging from the hearty banter and camaraderie after the meeting, Frank was pretty sure he'd made some important changes.

It wasn't until he reached home that he found the sign attached to his back,

"Twelfth Step Me!"

Thurmond - Alexandria, Va.

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



URGENT NOTICE

Beginning Tuesday, October 3rd Central Office will TEMPORARILY be unable to process ANY electronic payment of any kind (credit cards, debit cards, pre-paid cards, Apple or Google pay, etc...)

ALL purchases of books, pamphlets, sobriety chips, etc. will need be paid by **cash, check or money order until further notice.**

We will notify you when the ability to accept electronic payment is restored.

Thank you for your understanding in this matter.

Inter Group Representative Meeting Attendance

- Four (4) District One & (1) One District 11 groups were represented at Septembers IGR meeting.
- The next *scheduled IGR Meeting* is *planned* for **Tuesday, October 17th at 6:00 pm.**
 - Central Office Steering Committee meets beforehand at 5:30 pm.



Ogden Intergroup Central Office

➤ **Ogden Central Office will be CLOSED – October 8 thru October 16**

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

**CLOSED:
Sunday & Monday**

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

September Intergroup Meeting minutes unavailable at time of publication.

August Central Office report shown below:

To: Central Office Committee
From: Randy C., Central Office employee
Date: September 2, 2023
Subject: Ogden Intergroup Central Office Report for **August 2023**

Sales Summary:

- Books: 89 (net \$145)
- Chips: 154 (net \$106)

○ Aluminum	105	(\$ 9.50 net)
○ Brass	45	(\$ 88 net)
○ Tri-Plate	4	(\$ 8 net)

Office Activity: Hours: 97

- Emails: 124
- Calls/Msgs: 43
- Office Visits: 71 (avg. weekly walk-ins = 14)

Website Activity: August Visitors: 781 Views: 2,097

Google Business Listing Activity: August Searches: 1,043 Views: 1,889

Donations: \$ 1,435

- Groups: 12 groups \$ 1,135 (79%) ,
- District Donation(s) \$ 300 (21%)

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

July: \$ 8,855.93

(ending) August: \$ 8,907.07 (.6%)

Checking Account (Operating Funds): (ending) August: \$ 1,354.46

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

-Randy



October Pass It On 2023



AA Central Office-Ogden	August	TOTAL
2023 Group Donations (Year-to-Date)	8/31/2023	YTD
11:59 Group		67.01
Admitted We Were Powerless		250.00
Babes of Anonymity		244.75
Beyond the Horizon	46.00	148.00
BYOB Group		65.00
Clearfield Group		188.00
Courage to Change Group		130.00
Davis Group		100.00
Friday Night Action	75.00	125.00
Friday Night Recovery		200.00
Grupo Primer Paso de Ogden (SP)	15.00	120.00
Higher Ground Grp-Fruit Hghts		320.00
In the Solution Group	50.00	400.00
It's in the Book		140.00
Ladies of the Mountain-WRH		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	82.50	192.50
Serenity Happy Hour (Sunday)	290.41	1,019.91
Serenity Happy Hour (Wed.)		300.00
Serenity Sisters	120.50	352.87
Sisters in Sobriety	130.00	382.50
Stone of Sisyphus		290.00
Sunday Night Unity		450.00
Thursday Night Harrison		40.00
Tremonton Group		300.00
Tuesday Morgan Group		125.00
Tyler Ave Group	200.00	700.00
Upon Awakening	43.00	325.00
Wed Night Fever Happy Hour		50.00
Wed Night Stag		157.23
Wed. Night Alumni - ORMC	82.50	327.50
Women's Circle of Hope		303.00

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
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



	August	YTD
Groups Sub-Total	1,134.91	10,113.18
District 11	300.00	550.00
District One	0.00	360.00
Individual Donation(s)	0.00	4,194.00
TOTAL Donations	\$1,434.91	\$15,217.18

District One Meeting Minutes for September 12, 2023

⓪OPENING:

Shelley called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. Dan read the GSR Preamble and Donny read the Twelve Traditions. There was no new GSRs. There were no interested AAs. There were no visitors. Those in attendance: DCMC, 2 DCMs, 1 Alt DCM excused, 15 GSRs, with 2 excused, Secretary, Treasurer, Grapevine, Intergroup Ogden excused, PI, and Treatment excused. Sue called the roll. The minutes were read from the August District One Meeting. They were approved with a motion from Shelley and Brian 2nd.

ⓂREPORTS

☛ **PI** – Juan -Due to circumstances Juan is stepping down.

☛ **Grapevine** – Krista – No Report

☛ **Intergroup Ogden** –

☛ **Treasurer** – Jennie

The District One Finances for July 2023 are as follows: The donations totaled \$1557.00. The expenses totaled \$276.48. The total balance of the account this month is \$1598.81, minus our \$2000 P/R. The Pink Can Money had \$00.00 in donations, expenses of \$72.00, fee of \$10.00. The total balance is \$466.27. The Treasurer report was approved, with a motion from Brian and Kat 2nd.

☛ **Treatment** – Jon S. – No report

Ⓜ **DCM reports** – Shelley, Dan, and Michael

Dan said Wed Living Sober at Keystone Recovery needs help. Sat Alumni at Ogden Regional Hospital needs help.

Mike I was busy attending outside meetings: Bear River Group, Fri Night Action, Fri Night Recovery Group, Newcomers group, Tremonton Group, and Recovery Together Group. I am working to set up Bridging the Gab at Box Elder County Jail.

Shelley Thank you for allowing me to be of service to District 1.

Since August district meeting then:

- I have been attending the Logan/Tremonton groups regularly. The majority of them have a GSR and are finding interesting and insightful ways to spread the message. Those that don't have a GSR I am keeping informed on what is going on in AA as a whole.
- I attended the Pre-Assembly Workshop hosted by us, District 1! A special shoutout to Donny and all the District 1 volunteers.
- I contacted all of our standing chairs to lend my support.
- I called GSO on several meeting.
- I will update these with Sue and Area register
 - Cache Valley Young Peoples (Not Registered yet)
 - Ogden Valley BYOB (Not Registered at all with GSO)
 - Moment of Serenity (Inactive with GSO)
 - We Ain't Saints – Ogden (Not Registered with GSO)
- Lastly, the pamphlet of the month is “**Understanding Anonymity.**” This pamphlet explains how anonymity serves as both a safeguard at the personal level and a spiritual principle at the public level, and outlines what this means for A.A. members both within A.A. and outside of it. Includes FAQs on social media and the Internet, as well as suggestions for dealing with friends and family.
- 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 will be:

- Meet with Sue
- Attend the Fall Assembly Workshop (Salt Lake City: See flyer)
- Meet with DCMs
- Help organize visits to groups without a GSR or that have gone dark.

Thank you,

Shelley A.

ⓂOLD BUSINESS

Donny said the Pre-Assembly Workshop went very well; it was awesome. Everyone did what they were asked to do.

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Ogden Intergroup Central Office Newsletter

NEW BUSINESS

David will talk to the Brigham City Club about our District meeting, Shelley and Jennie will also join him. A Budget committee was formed: Kat, Jennie, Sue, Shelley, Mike, Charlie, Eric. Next month we will need to for a Guidelines Review committee.

OPEN DISCUSSION – GSRs

Shelley asked GSRs to come next month prepared to talk about why you are here and what you need from the district. Donnie talked about the Keep It Simple Fall Potluck on October 1 at Mt. Ogden Park. From 2 to 4pm. Charlie downloaded the Grapevine app, it works great. Sue’s group adopted highlighting brochure of the week. Sue will bring new GSR folders next week.

OPEN POSITIONS

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

PLEASE TAKE HIS BACK TO YOUR GROUPS.

COMING SOON

➔ **Next District Meeting – Brigham City Alano Club – Oct 10 @ 07:00 pm.**

➔ Fall Assembly Sept 22-24 District 10 SLC

➔ Fall Workshop Nov 4-5 District 10

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

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 September 13, 2023

Kameron K. opened the meeting at 6:35 p.m.

1. Moment of Silence followed by the Serenity Prayer

- A.A. Preamble read by **Mark S.**
- GSR Preamble read by **Terra L.**
- 12 Traditions ready by **Caroline A.**
- Welcomed GSRs & New GSRs –**William B.**- GSR Davis Group
- Welcome Visitors – **Daliah**
- **Terra L.** passed around Rolecall with a request made for updated information.
- Treasurer’s report- **Matt D.**- Gave report. Motion to accept **Leslie B.** 2nd by **Ricardo B.** Passed

2. August minutes passed out by **Terra L.** with a request to read min. Mend last month's minutes under Treasure’s report to read as follows: “Made a motion to move money round to the standing chairs.” Motion to accept **William B.** seconded by **Caroline A.** Passed.

3. New Business: **None**

3. GSR Reports:

Leslie B., Fly N Hight Mon/Fri 7 p.m So. Davis Club, avg. attendance 15-20. Doing well with some treatment center attendance. **Mark S.**, The Original Way Group at the So. Davis Recovery Club. Mondays 5:30- 6:45 p.m. avg attendance

10. We have a solid step study meeting, do one step per month, and cover all twelve steps for the year. **Josette K.**, Layton BBSS, Church of the Nazarene Sundays at 6 p.m, avg. attendance 16-20. Nothing to report. **William B.** Davis Group, Layton Baptist Hills Church, 7 p.m Fridays. Nothing to report. **Joe D.**, present, no report given. **Carol G.** (Alt GSR), Serenity Happy Hour, Sundays at 10 a.m. avg. attendance 30-40. Our group is doing very well. Members often report how comfortable they are attending. We often have new people attend, and the group works to make them feel welcome. **Stacy A.**, Womens Circle of Hope, Fruit Heights, Saturday 10 a.m. avg attendance 25-35. Nothing to report. **Kim K.** Serenity Sisters, Wednesdays at South Davis recovery at 7 p.m. avg attendance 25. Held our first speaker meeting on September 6th. **Ricardo B.**, Present no report given. **Greg G.**, Saturday Morning Brotherhood, Ogden Regional Center 10 a.m. Avg attendance 25. Solid, good attendance. **Matt D.**, (Alt GSR) Present, no report given.

- **Kelly C.**, CPC Area Chair gave a presentation on the “talk to a doctor” program. (see attached for more information)
- **Cameron M.**, presented proposed from for consideration for Dist 11 to have an Archive Standing Committee chair person. The proposal was tabled until funding can be revised.

Standing Chair Reports:

- DCM North- **Caroline A.**- Present, was unable to attend workshop. Nothing to report
- DCM South- **Open position**
- Corrections- **Sheri C.**-Present, I am pleased to report that all application that have been sent to the jail, have been loaded into the system by the program coordinator. I have been able to attend more meetings and speak of the pink can fund. Donations are up!... (see attached report)
- PI- **Leslie B.**- Present, no report
- CPC- **Cory E.**-Absent
- Grapevine- **Joe D.**- Present, no report
- BTG- **Ricardo B.**-Present, no report
- Treatment- **Seth N.**-Absent
- Literature- **John D.**- Absent
- Intergroup Report Ogden- None
- Intergroup Report SLC- **Phillip W.**- Absent, gave report via email: I will miss Dist 11 this week, here are a few points. Central Office Chili Cookoff Otc. 7th 5:30 p.m. Follow up to fraud event from last month, our bank has fully recompensed CO for all losses. No harm. Two Alternate Trustee positions available to be filled, 2 yrs sobriety needed. 5,100 hits to saltlakeAA.org this month. Open invitation to volunteer at Central Office, come see what we do.
- DCMC- **Kameron K.**, - Present, Attended the pre-assembly workshop, all of the speakers did a great job. Asked District 11 what future events we would like to host in 2025. May 12-19, 2024 Post Conference.

6. Elections: **None**

7. Old Business: **None**

8. Tradition Two- **Leslie B.**-Present, not done.

9. Area/DISTRICT 11 Events:

- Fall Assembly Sons of the Utah Pioneers 3301 E. Louise Ave, SLC September 22-24th

10. Coming soon:

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

Closed at 7:28 p.m. 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

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October Pass It On

2023



UTAH AREA 69 CALENDAR OF EVENTS

As of September 2023

November 4-5, 2023	Fall Workshop	District 10	Salt Lake City
December 2, 2023	Committee Meeting	District 12	Salt Lake City
February 24, 2024	Committee Meeting	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 11	Farmington
June 15, 2024	Area Standing Chair & BTG	District 3	TBD
August 16-18, 2024	Pre Assembly Workshop	District 12	TBD
September 27-29, 2024	Area Elections: Officers/chairs	District ?	TBD
November 2-3, 2024	Fall Workshop	District ?	TBD

We all Know,
 or have heard,
 at some point
 Our Primary Purpose's
 are to Be
 that of
 carrying the message
 of Recovery...
 So we wonder often
 why that gets taken
 down those lonely paths
 of "WHAT'S IN IT FOR ME?"

- Bob M. - 11/ 2012

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.

Alano Club Upcoming Events

801-393-5054
684 24th Street, Ogden
Follow us on Facebook @Alano Club Inc. of Ogden

Free Monthly Membership Dinner & Speaker
1st Sunday of every month
Dinner 5pm
Speaker 5:30pm
Included with membership
Memberships \$12 month, \$120 year

1 Free General admission ticket to Green Acres Corn Maze 449 S. 4700 W. With
Alano Club Membership Card valid during month of October only

Alano Club Halloween Party
Saturday October 28th
6pm – midnight
\$20 family \$5 single

Pinata in the park 6:30 pm
Pumpkin Patch
Costume contests
Games & Drawings
Monster Mash

Free Trunk or Treat before the party
Senior Center Parking lot
25th & Madison from 4-6 pm
Set up begins at 3pm

We are looking for pumpkin donations
Contact Angela 385-492-1464

The Alano Club is open 7 days a week from 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