



Being wary of drinking occasions

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

We have worked out many ways of handling occasions when other people are drinking, so that we may enjoy these occasions without drinking.

Back on page 21, we talked about whether to keep liquor or other alcoholic beverages in the house when we decide to stop drinking. In that discussion, we acknowledged that we live in a society where most people drink, and we cannot realistically expect that fact to change. Throughout the rest of our lives, there will be drinking occasions. Chances are, every day we will see people drinking, see drinking places, see and hear dozens of advertisements urging us to drink.

We cannot insulate ourselves against all such suggestions, and it is futile to bemoan that fact. Nor do we have any need or wish to deprive other people of drinking. We have also found that we do not have to forgo the pleasure of being with companions who drink. Although it makes sense to spend more time with nondrinkers than with drinkers when we first start staying sober, we have no wish to withdraw from the world forever just because so many people drink. Those who cannot eat fish or nuts or pork or strawberries don't crawl into caves. Why should we?

Do we go into bars, or into restaurants or clubs where liquor is served?

Yes—after a few weeks or months, when we have a *legitimate* reason to be there. If we have time to kill while waiting for friends, we do not choose to spend it perched on a barstool, swilling a cola. But if a business or social event occurs in such a place, we attend and participate in all but the drinking.

For the first nondrinking months, it's probably a healthy idea to stay away from our old drinking buddies and haunts, and to find reasonable excuses for skipping parties where drinking will be a major entertainment. It seems especially important to stay away from such affairs if we feel nervous about them.

But, sooner or later, there comes the time when a family or business obligation or a friendship makes us feel compelled to go—or perhaps we just want to go. We have developed a number of ways to render such occasions easy for us to take, even though we abstain. Now, we are talking primarily about the big cocktail party or the fairly large but informal dinner-with-drinks evening.

If the host or hostess is an old friend we can level with, sometimes it helps to tell him or her in advance that we are not drinking right now. We do not ask for any special treatment, of course. But it's reassuring to know there will be at least one person present who is completely sympathetic to our efforts to get over a drinking problem. Sometimes, we can take with us a more experienced nondrinker, or at least a companion who knows we are abstaining and realizes how important it is to us.

It is also beneficial, before you go, to talk with another recovered alcoholic or with someone else on your side, who is rooting for your health and fully understands the pressure you'll be under. Arrange to call back later and tell how it went. Another recovered alcoholic would appreciate such a call very much. Believe us! We A.A.'s get a thrill from every such message.

It is a very good idea to eat a sandwich or other snack before going to a party, even if you know food will be served later. Something nourishing in the stomach, as we've already said, takes the edge off many trying situations. (And you might carry along a small packet of your favorite mints or a dietetic substitute.) This

is even more important when you are headed for a party at which there are likely to be some long heavy-drinking hours before food appears.

When you know that will be the schedule, you may prefer to skip the first hour or so of the drinking and arrive only shortly before dinner is served. Many of us do this. Then, if there is going to be a long drunk evening after eating, we have found it is also easy to leave early. The very few who do notice our slipping away, we have discovered, hardly mind our departure at all. They are too busy drinking, or whatever.

Upon arriving at such a party, it is usually best to head straight for the bar and get a glass of ginger ale or other soda. No one knows whether it is an alcoholic drink or not. Then we can walk about socializing, glass in hand, without feeling conspicuous.

This experience was quite revealing to many of us when we first had it. We discovered to our surprise that (1) other people's drinking is not what we thought it was, and (2) very, very few people observe, or care, whether or not we drink alcohol. (Some exceptions to the latter are likely to be loving friends or relatives, who are usually glad to see us doing something about our drinking.)

Many of us used to say, and believe, that "everybody" drinks, and we could argue that we did not drink a lot more than the other drinkers we knew. To tell the truth, as our drinking went on over the years, many of us tended to associate less and less with nondrinkers, so of course it seemed to us that "everybody" — certainly everybody we saw—drank.

Now, sober, when we see "everybody," it is a revelation to find that not all of them do drink, and that many of the others drink much less than we had supposed.

Anticipating occasions like these, the newly sober alcoholic wonders what to answer if drinking friends and relatives say such things as:

"Come have a drink."

"What are you drinking?"

"Why, you can't be an alcoholic!"

"Don't you drink?"

"Just one won't hurt."

"Why aren't you drinking?" ... and the like.

To our relief, we found that these questions come up less often than we expected, and our answers seem to have much less importance than we thought they would have. Our not drinking creates less of a stir than we feared it would.

There is one exception. Once in a while, a really heavy drinker will get pretty pushy about our not drinking. Most of us come to believe that such an attitude is very suspicious. Civilized, polite people simply do not carry on that much about what other people choose to drink or eat, or not to drink or eat, unless they have some hang-up of their own, do they? We find it curious that anyone should try to get a person to drink who does not care to; and we especially wonder why anybody wants a person with a record of drinking-related problems to try to drink again.

We learn to steer clear of such people. If they do indeed have their own hang-up to contend with, we wish them well. But we need not defend our choices to them or to anyone else. And we do not argue with them, or try to change their minds. Again, our attitude is "Live and Let Live."

But back to those questions asked politely and casually by well-meaning friends and relatives, and our answers to them. There are probably as many good ways to handle these situations as there are nondrinkers, and your own intelligence will lead you to the one that works best and is most comfortable for you.



However, the outlines of several different successful methods have emerged from the years of accumulated experience of Alcoholics Anonymous. The past has banked its wisdom, and it is foolish not to draw on it.

Great numbers of us (but not all) believe that the sooner we establish the truth with our acquaintances, the better it is for us. We do not have to keep up any pretenses, and most good people appreciate our honesty and encourage our efforts to stay free of our addiction. Saying aloud to other people that we do not drink helps greatly to strengthen our own determination to stay sober. And there may be a by-product: Occasionally, we find that making such a statement encourages someone else present who also needs or wants not to drink.

Therefore, many of us do not hesitate, when it is appropriate, to say, "I'm not drinking now."

"I'm not drinking today (or this week)" or simply "No, thanks" or a straightforward "I don't care for any" often satisfies the questioner.

If we feel the need to explain any further, we try to do it without lying, and in a way that other people can rapidly understand and accept. For instance, there are old standbys like "Health reasons," "I'm on a diet," and "Doctor's orders." Most of us, at one time or another, have been given or have read some such advice by a physician.

"I've had my share," "Had all I can handle," and "Found out it doesn't agree with me" are also truthful.

While we A.A.'s do not use, among ourselves, the expression "on the wagon," it is something most people certainly understand and respect, as long as we do not urge others to abstain.

Although we certainly cannot recommend untruthfulness, because of the way it makes us feel, occasionally some of us in desperation have resorted to the "little white lie," one of those small fibs believed to be harmless and sometimes described as necessary lubrication for the smooth operation of society.

When we have to fall back on manufactured, murmured excuses for not drinking, we try to reach for one that is not too far-fetched. "I have a mysterious disease" or "I'm on some medication" might shut people up, but more likely would evoke extra questions.

Usually, "I'm allergic to it" seems acceptable. Technically, in strictly scientific terms, alcoholism is not a true allergy, the experts now inform us. However, "allergy" is a pretty good figure of speech to describe our condition; if we imbibe the stuff, regrettable consequences certainly do follow.

When we do offer such a statement, it usually produces the desired response. That is, people accept the fact that we are not going to drink right now, and stop questioning us about it.

When we're asked what we'd like to drink, it seems courteous and sensible to ask for and promptly accept something nonalcoholic, whether or not it is our particular favorite. Most of us take any soft drink, fruit or vegetable juice, or other nontoxic beverage that is easily available. (We can pretend to sip it if we really are not fond of it or not thirsty.) This puts us more at ease, and also relieves the hospitable host or hostess who is a compulsive glass-filler and seems genuinely uncomfortable if a guest is not swallowing.

The formal seated banquet, with an array of wineglasses, is no particular problem. Simply turning a wineglass upside down is signal enough for a good waiter or wine steward, even in the wine-drinking countries of Europe. Some of us ask for seltzer or a sparkling mineral water. And when a toast is proposed, almost no one pays attention to us as long as we lift some glass, with something in it. After all, isn't it the symbolic pledge of friendship that makes a toast real, not the presence of a drug (ethyl alcohol) in the glass or loving cup?

No one is under any obligation to answer rude or personal questions; so, in the rare event that one is raised, we ignore it or finesse it or change the subject. If that happens to you, remember there are hundreds of thousands of us now recovered from alcoholism who are on your side and understand perfectly what you are undergoing and why you do it, even if no one else seems to. Even if we are not present, in our hearts we are with you, and you can assure yourself that you have our very good wishes.

One other kind of incident has happened to some of us. It is not especially serious or dangerous, but maybe our telling about it will help prevent your being upset if it comes up in your life. Once in a while, a good-hearted, well-intentioned friend or family member inadvertently overdoes the concern about our recovery and, meaning only to help us, may embarrass us if we are not poised enough to handle the situation.

For instance, the nonalcoholic spouse, understandably fearing that we may drink again and trying too hard to protect us, will blurt out, "So-and-so has stopped drinking." Or a solicitous friend may thoughtlessly call attention to our not drinking by pointing to the one glass of tomato juice on a tray of drinks and saying, "That's for you."

It is good of them to want to help us, and we try to concentrate on their desire to be kind. In all fairness, they cannot be expected to understand instantly how we feel. Some of us can't even sort out how we actually do feel until we have some nondrinking time and the selfconscious phase has passed.

Naturally, we prefer to be allowed to make our own choices, discreetly and privately, without a public show. But getting touchy about what other people say or do hurts no one but ourselves. It is better to try to grin and bear it, getting past the moment somehow. It is usually over in less than five minutes. Maybe later, when we feel calm, we can quietly explain that we genuinely appreciate the concern, but would feel better if allowed to make our own "excuses." We might add that we'd like to practice protecting ourselves in social situations, so that the other person need not worry when we're on our own.

After even more time has passed, many of us reach a stage of real comfort about ourselves and drinking; we are relaxed enough to tell the exact truth—that we are "recovered alcoholics," or that we are in A.A.

This face-to-face, confidential revelation about ourselves in no way conflicts with A.A.'s tradition of anonymity, which suggests that we not reveal those facts about anyone except ourselves, and that we not make such announcements for publication or on broadcasts.

When we can tell this, with ease, about ourselves, it shows that we have nothing to hide, and that we are not ashamed to be recovering from an illness. It helps to increase our self-respect. Such statements chip away at the cruel old stigma unfairly placed by ignorant people on victims of our malady, and help to replace old, stereotyped notions of "an alcoholic" with more accurate perceptions.

Incidentally, such a statement very often induces someone else who wants to get over a drinking problem to try to seek aid, too.

Just one more thing about this matter of drinking occasions. Many of us have had the guts, if pressure to drink really got unpleasantly strong, simply to make an excuse and leave, no matter what other people may think. After all, our life is at stake. We simply have to take whatever steps are necessary to preserve our own health. Other people's reactions are their problem, not ours.

Living Sober, from Section 26 p. 63-68

**Reminder**

ALL Central Office purchases must 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.



Ogden Intergroup
Central Office

CLOSED Saturday
December 23rd

➤ **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)



Inter Group Representative
Meeting Attendance

- (1) One District 11 & Four (4) District One groups Were represented at Novembers IGR meeting.
- **The following groups sent IGR's:** Morgan Tuesday Night, It's in the Book, Newcomer's Meeting, Friday Night Action, 11:59 Group.
- The next *scheduled IGR Meeting* is *planned for Tuesday, December 19 at 6:00 pm.*
 - Central Office Steering Committee meets beforehand at 5:30 pm.

IGR Meeting Minutes
Ogden Intergroup Central Office
Tuesday November 21, 2023

Attendees: (5) IGR's: Carol G., Goose, Jim N., Mike L., (alt) Sue C. **Area 69:** Mike F
Steering Committee: Jacob B., Steve H. Office Mgr: Randy C

- Steve H. chaired; the meeting opened at 6:00 pm.
- Mike L. read the Intergroup Service preamble.
- Mike F. read the Twelve Traditions
- Randy gave the October Central Office report.

October Summary:

Sales Summary:

- Books: 56 (net \$123)
- Chips: 164 (net \$89)

<ul style="list-style-type: none"> ○ Aluminum 124 (\$ 11 net) ○ Brass 39 (\$ 76 net) ○ Tri-Plate 1 (\$ 2 net)
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Office Activity: **Hours: 83**

- Emails: 85
- Calls/Msgs: 29
- Office Visits: 37 (avg. weekly walk-ins = 12)

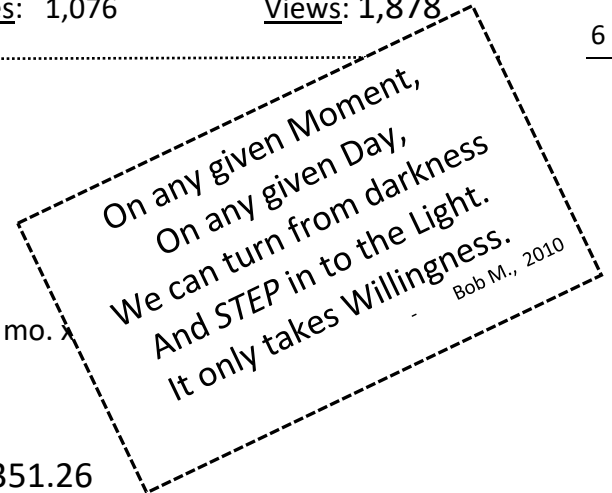
Website Activity: October **Visitors: 790** **Views: 2,277**

Google Business Listing Activity: October **Searches: 1,076** **Views: 1,878**

- Donations:** **\$ 922**
- **Groups:** **7 groups** **\$ 362**
 - District Donation(s) \$ 480
 - Individual Donation(s) \$ 80

Savings Account (Prudent Reserve): {Goal = \$10,900 / \$2,180 per mo. }
 September: \$ 8,458.11
 (ending) October: \$ 8,509.19 (+.6%)

Checking Account (Operating Funds): **(ending) October: \$ 1,351.26**



Thank You for the job as your Central Office manager.

- Suggested group donations allow for Central Office & GSO services to be available.
- Reminder Central Office accepts cash, check, or money order only until further notice.
- Central Office will be closed on Thanksgiving, 11/23 & Saturday 12/23 for Christmas.
- Steering Committee Vice Chair position needed for Central Office.
- Weber County Jail Chair Volunteer applications are available at the Central Office.
- Bridging the Gap List at Central Office - Assist newly released inmate in locating a first AA meeting.
- District 1 - Elections in December
- Closed meeting with the Responsibility statement at 6:43 pm

2023 DECEMBER Pass It On

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



AA Central Office-Ogden	OCTOBER	TOTAL
2023 Group Donations (Year-to-Date)	10/31/2023	YTD
11:59 Group		142.01
Admitted We Were Powerless		250.00
Babes of Anonymity		244.75
Beyond the Horizon		148.00
BYOB Group		65.00
Clearfield Group		188.00
Courage to Change Group		130.00
Davis Group		200.00
Friday Night Action		125.00
Friday Night Recovery		200.00
Grupo Primer Paso de Ogden (SP)	15.00	150.00
Higher Ground Grp-Fruit Hghts		640.00
In the Solution Group	50.00	500.00
It's in the Book		140.00
Ladies of the Mountain-WRH		370.75
Meat & Potatoes	112.82	582.78
Meeting in the Mountain (VC)		507.00
New Comer Group		125.00
Recovery Together Group (5)	50.00	300.00
Sat Men's Brotherhood		627.20
Sat Night Alumni - ORMC		192.50
Serenity Happy Hour (Sunday)		1,019.91
Serenity Happy Hour (Wed.)		800.00
Serenity Sisters	45.43	398.30
Sisters in Sobriety	38.54	421.04
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		800.00
Upon Awakening	50.00	412.00
Wed Night Fever Happy Hour		50.00
Wed Night Stag		157.23
Wed. Night Alumni - ORMC		327.50
Women's Circle of Hope		363.00
Groups Sub-Total	361.79	11,781.97
District 11	300.00	1,000.00
District One	180.00	540.00
Individual Donation(s)	80.00	4,274.00
TOTAL Donations	\$921.79	\$17,595.97

District One Meeting Minutes for November 14, 2023

⓪OPENING:

Shelley called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. David read the GSR Preamble and Eric read the Twelve Traditions. There were no new GSRs. There was one interested AA - Sam. There were no visitors. Those in attendance: DCMC, 1 DCMs, one DCM excused, 1 Alt DCM, 18 GSRs, Secretary, Treasurer, Grapevine, and Intergroup Ogden. Sue called the roll. The minutes were read from the October District One Meeting. They were approved with a motion from David and Bryan 2nd.

⓪REPORTS

- **Grapevine** – Krista – Had report, did not get a copy.
- **Intergroup Ogden** – Mike L. – Had report see in see Newsletter.
- **Treasurer** – Jennie

The District One Finances for October 2023 are as follows: The donations totaled \$661.85. The expenses totaled \$1300.82. The total balance of the account this month is \$1232.83, minus our \$2000 P/R. The Pink Can Money had \$0.00 in donations, expenses of \$0.00. The total balance is \$466.27. The Treasurer report was approved, with a motion from Bryan and Eric 2nd.

⓪DCM reports – Shelley, Dan, and Michael

Dan was excused.

Mike – Meetings attended: Monday Night Speakers, Sunday Night Unity, Meat & Potatoes, Recovery Together, Friday Night Recovery, Saturday Morning Brotherhood. I also attended the Area 69 Fall Workshop. Thanks for letting me serve. Mike R.

Shelley

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

Since the October district meeting:

- I have been attending the Logan/Brigham/Tremonton groups regularly. I also got to visit two meetings in Ogden, thank you for the invitation! I visited Cache Valley Intergroup on request. We talked about an issue in the Valley some of the groups were having. Sue and I also worked out a clear line of communication between Logan Intergroup and District One moving forward.
- We had our first DCM Meeting on November 4th. During the meeting Mike, Dan, Sue and I divided the meetings between each other and pinpointed some of the meetings we should visit. Again, if you want a DCM to visit your meeting and attend your business meeting, just let us know.
- I attended the Fall Workshop (November 4th-5th)
 - Area 69 is under budget for the year!
 - There are 5 motions being discussed at the Area. The topics range from allocating money to a translator to creating a new Bridging the Gap Chairperson to altering the Area events. To know more, you can visit the Area 69 website: <https://drive.google.com/drive/folders/11B2v0g6HqMee4iLCxHSbKQzZt2xYo3-g>. To make sure your group's voice is being heard, make sure to attend Area events.
 - GSO is caught up on their bills and is doing okay with their finances. Thank you to the groups that sent money to GSO last month.
 - Utah will be hosting the La Vina Birthday Party in 2024. If you want to volunteer on the committee, you can contact the Teresa, the Area Alternate Delegate, at area69altdelegate@aaofutah.org
 - Finally, I updated the Area register on our meetings.
- One of the groups I visited wanted to ask about the use of Venmo in meetings and the members had the feeling that it negatively impacts 7th tradition. I brought this topic up in at the Fall Workshop during open mic. The experience that was shared was that Venmo has increased 7th tradition in their meetings. People also shared that while they do use Venmo, they make sure to also put a dollar in the basket to show how important it is to contribute.

⓪GSR OPEN DISCUSSION

Mike L. - Morgan Tues Group is doing pretty good. Their annual Chili Chilly Cookout is the last weekend in February.

Donny – Keep It Simple talked about the Fall Fellowship, it is getting started again. He passed out a flyer on a dinner fundraiser.

Bryan – Upon Awakening is doing good. Eric – Unity Logan is getting good attendance. Has some safety issues.

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



They talked about the Safety Card. They had good acceptance in the group. Shari – Thursday Night Harrison has been doing good since the move to Keystone Recovery House. They offer Big Books to those who need them. Kat – Recovery Together also gives big books and is doing well. Sue – 11:59 also purchased Big Books for those who need them. Kaylie – Wed Night Alumni is doing good. Dave – Sunday Night Unity attendance is doing quite well. Also have Big Books to give out. Krista – Newcomers need home group members. Jennie has also used the Safety Card in her group.

ⓄOLD BUSINESS

The Budget for 2024 was voted on after determining there were no objections. The voting was unanimously. The budget 2024 passed.

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

PLEASE TAKE HIS BACK TO YOUR GROUPS.

No one stood for any open positions.

ⓄNEW BUSINESS

Next District Meeting – Alano Club Brigham City Dec 12 7:00 pm.

Guideline changes will be email to everyone to talk to groups then voted on next month.

ⓄUPCOMING EVENTS

Committee Meeting (Area Inventory) Dec 2 District

ⓄCLOSING

The meeting was closed at 8:00 pm with the Responsibility Statement.

Questions for Secretary Sue C. 801-388-7393 or gbutterfly2@comcast.

> 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 November 8, 2023

Kameron K. opened the meeting at 6:32 p.m.

1. Moment of Silence followed by the Serenity Prayer

- A.A. Preamble read by **Josette K.**
- GSR Preamble read by **Mark S.**
- 12 Traditions ready by **Kim M.**
- Welcomed GSRs & New GSRs –**None**
- Welcome Visitors – **Mike F., Tracy F., Jim K., Marybeth K.**- Asked people to attend and encourage others to come to the upcoming area 69 inventory on December 2, 2023, at the Utah Sons of Pioneers.
- **Terra L.** passed around Rolecall with a request made for updated information.
- **Kameron K.** requested everyone read through last month's meeting minutes on their own
- Treasurer's report- **Matt D.**- Gave report, motion to approve **Sherri C.**, seconded by **Jason G.**, passed.

2. New Business: **Matt D.** went over the proposed motion for consideration to

1. Reduce the amount held in the Prudent reserve from 50% of the annual budget to 30%, and 2. Lower the percentage of operating funds the district is attempting to maintain in checking from 40% to 25% of the current budget.

He then reviewed the 2024 proposed budget changes and answered any additional questions before a vote was taken.

Motion for the proposed percent adjustment vote **passed** by a majority

The proposed 2024 budget vote **passed** by a majority

3. **GSR Reports:** **Mark S.**, The Original Way Group, *New Location* FireHouse 83 in Centerville with an average attn of 5-10. Solid, Big Book study meeting on Mondays at 5:30 pm. John D., Serenity Happy Hour Sun. 10 a.m. avg. Attendance 30-40. The group is still really good, but there is not as much attendance from members of treatment centers. 1-2 newcomers from time to time. Carol G. stepped down as our acting GSR and IGR, and we are looking for someone to fill those positions. **Josette K.**, Layton Big Book Step Study, 6 p.m. at the church of the Nazarene. Average attendance is 18-22, and we are growing steadily. A strong group with excellent meetings that studies the steps in detail. We always have a speaker. **Carol G.**, It's in the Book, Thurs. 7 p.m. at The Light of the Valley Church. The average attendance is 30. The group is doing well, with a lot of long-time sobriety. We usually have some attendees from treatment centers up to 10. **Kim M.**, Serenity Sisters at the South Davis Recovery, Wed. at 7 p.m. Avg attendance 25-30. Doing great. New speaker meetings are well attended. **Greg G.**, Saturday Morning Brotherhood, Ogden Regional Sat. 10 a.m. nothing to report. **Brian W.**, In The Solution, Layton, Tues at 7 p.m. Good attendance continued the addition of new members, and the budget and expenses were stable. **Jason G.**, Happy Group at the South Davis Recovery Club, average attendance 45-60. Great attendance, lots of good birthdays lately from newcomers and veterans, really great recovery shared at meetings.

Standing Chair Reports:

- DCM North- **Caroline A.**- Present, nothing to report at this time
- DCM South- **Open position**
- Corrections- **Sheri C.**- Present, gave an update on the jail, attempting to change meeting times to make it easier for individuals to make it to the meetings... (see attached)
 - PI- **Leslie B.**- Absent
 - CPC- **Cory E.**- Present, I was able to place newcomer pamphlets and meeting guide QR sticker at the LDS Hospital Detox Center...(see attached)
 - Grapevine- **Joe D.**- Absent
 - BTG- **Ricardo B.**- Absent
 - Treatment- **Seth N.**- Absent
 - Literature- **John D.**- Present, nothing to report at this time
 - Intergroup Report Ogden- **Carol G.** Report given... (see attached)
 - Intergroup Report SLC- **Phillip W.**- Absent, report given via Kameron K. elections for two trustee positions next Tuesday.
 - DCMC- **Kameron K.**- Present, presented to the district, taking a district inventory (see attached)

6. Elections: **None**

7. Old Business: **None**

8. Tradition Three- **Carol G.**- Will present in December due to time restraints.

9. Terra L. asked for a motion to accept last month's meeting; a motion to accept by **Josette K.**, seconded by **Caroline A.**, passed

10. Area/DISTRICT 11 Events:

- Area Committee Meeting Saturday December 2nd Hosted by District 12

11. Coming soon:

- Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, December 13, 2023, at 6:30 pm

Closed at 7:00 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



Area 69 Inventory

Help your trusted servants hear the voice of the Groups and Districts throughout Area 69. Come and take the Area Inventory.

ALL ARE WELCOME!!!

DECEMBER 2, 2023

Sons of Utah Pioneers 3301 E. Louise Millcreek UT., 84109
8:30AM Registration (NO FEE) 9:00AM – 5:00PM

Suggestions and input from your groups and/or districts will guide us on how to better carry the message of recovery to the alcoholic that still suffers.

The inventory questions will be available via the [aaofutah.org website](http://aaofutah.org)
Please participate through website if you are unable to join us via zoom.

Zoom Information: 879 3198 3200 Password: 109417

Hosted by District 12



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

First Sunday of each month
Free at all members in good standing
Home cooked dinners not available on regular menu
Dinner is served at 5:00 pm, Speaker begins around 5:30pm

Free Club Sponsored Thanksgiving Dinner

Thursday November 23rd
Dinner Served at 1:00 pm and we will go until the food is gone
Bring a main dish, side, or dessert to share
Contact kitchen manager (Mikey) with questions or more information

Marathon Meetings

Thanksgiving Day, Christmas Eve & Christmas Day
Meeting slots are first come first serve
Regularly scheduled meetings will take place at their scheduled time
To sign up please contact Angela 385-492-1464

*** Don't forget ***

Club hours have changed, 7 days a week 7am – 4pm
The club has meeting facilities and the upstairs Dance Hall available to rent
Contact any board member for availability and more information
Not a member? Become one today! Memberships: \$12/month, \$120/year

2023



DECEMBER



Pass It On

Ogden Intergroup Central Office Newsletter

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.



2023
Bear River Group
Holiday Party

Bring a dish or treat to share in fellowship.

*Saturday, December 23rd
6:30 pm to 8:30 pm*

\$1 Raffle Tickets for Prizes



*Brigham City Meno Club
131 West Forest Street, Brigham City, UT 84302*



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



12 *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.