

1

'Rules' Dangerous but Unity Vital

"Language of the Heart" (pages 6-9)

Does Alcoholics Anonymous have a public relations policy? Is it adequate to meet our present and future needs?

Though it has never been definitely formulated or precisely stated, we certainly have a partly formed public relations policy. Like everything else in AA, it has grown up out of trial and error. Nobody invented it. Nobody has ever laid down a set of rules or regulations to cover it, and I hope no one ever will. This is because rules and regulations seem to be little good for us. They seldom work well.

Were we to proceed by rules, somebody would have to make them and, more difficult still, somebody would have to enforce them. Rulemaking has often been tried. It usually results in controversy among the rule-makers as to what the rules should be. And when it comes to enforcing an edict—well, you all know the answer. When we try to enforce rules and regulations, however reasonable, we almost always get in so "dutch" that our authority disappears. A cry goes up: "Down with the dictators, off with their heads!" Hurt and astonished control committee after control committee, "leader" after "leader," makes the discovery that human authority, be it ever so impartial or benign, seldom works long or well in our affairs. Alcoholics (no matter if ragged) are yet the most rugged of individualists, true anarchists at heart.

Of course, nobody claims this trait of ours to be a sterling virtue. During his first AA years every AA has had plenty of the urge to revolt against authority. I know I did, and can't claim to be over it yet. I've also served my time as a maker of rules, a regulator of other people's conduct. I, too, have spent sleepless nights nursing my "wounded" ego, wondering how others whose lives I sought to manage could be so unreasonable, so thoughtless of "poor me." I can now look back upon such experiences with much amusement. And gratitude as well. They taught me that the very quality which prompted me to govern other people was the identical egocentricity which boiled up in my fellow AAs when they themselves refused to be governed!

A non-AA reader can be heard to exclaim: "This looks very serious for the future of these people. No organization, no rules, no authority? It's anarchy; it's dynamite; it's 'atomic' and bound to blow up. Public relations indeed! If there is no authority how can they have any public relations policy at all? That's the very defect which ruined the Washingtonian alcoholics a hundred years ago. They mushroomed to a hundred thousand members, then collapsed. No effective policy or authority. Quarreled among themselves, so finally got a black eye with the public. Aren't these AAs just the same kind of drunks, the same kind of anarchists? How can they expect to succeed where the Washingtonians failed?"

Good questions, these. Have we the answers? While we must never be too sure, there is reason to hope that we have, because forces seem to be at work in AA that were little evident among our fellow alcoholics of the 1840s.

For one thing, our AA program is spiritually centered. Most of us have found enough humility to believe in and depend upon God. We have found that humility by facing the fact that alcoholism is a fatal malady over which we are individually powerless. The Washingtonians, on the contrary, thought drinking to be just another strong habit which could be broken by willpower as expressed in pledges, plus the sustaining force of mutual aid through an understanding society of ex-drunks. Apparently they thought little of personality change, and nothing at all of spiritual conversion.

Mutual aid plus pledges did do a lot for them, but it wasn't enough; their individual egos still ran riot in every channel save alcohol. Self-serving forces having no real humility, having little appreciation that the penalty for too much self-will is death to the alcoholic, having no greater power to serve, finally destroyed the Washingtonians.

When, therefore, we AAs look to the future, we must always be asking ourselves if the spirit which now binds us together in our common cause will always be stronger than those personal ambitions and desires which tend to drive us apart. So long as the positive forces are greater we cannot fail. Happily, so far, the ties that bind us have been much stronger than those that might break us. Though the individual AA is under no human coercion, is at almost perfect personal liberty, we have, nevertheless, achieved a wonderful unity on vital essentials.

For example, the Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world. Our experience tells us these universal truths work. The anarchy of the individual yields to their persuasion. He sobers up and is led, little by little, to complete agreement with our simple fundamentals.

Ultimately, these truths govern his life and he comes to live under their authority, the most powerful authority known, the authority of his full consent, willingly given. He is ruled, not by people, but by principles, by truths and, as most of us would say, by God.

Now some might ask, "What has all this got to do with an AA public relations policy?" An older AA would say, "Plenty." While experience shows that in AA no policy can be created and announced full-blown, much less effectively enforced by human authority, we are nevertheless faced with the problem of developing a public relations policy and securing for it the only authority we know—that of common understanding and widespread, if not universal, consent. When this consent is secured we can then be sure of ourselves. AA's will everywhere put the policy into effect as a matter of course, automatically. But we must at first be clear on certain basic principles. And these must have been well tried and tested in our crucible of experience.

In forthcoming articles I shall therefore try to trace the development of our public relations from the very first day we came to public notice. This will show what our experience has already taught us. Then every AA can have a real background for constructive thinking on this terribly vital matter —a matter on which we dare not make grave mistakes; upon which, over the years, we cannot afford to become unsound.

One qualification, however. A policy isn't quite like a fixed truth. A policy is something which can change to meet variable conditions, even though the basic underlying truths upon which it is founded do not change at all. Our policy might, for example, rest upon our Twelve Steps for its underlying truths, yet remain reasonably flexible so far as the means or method of its application is concerned.

Hence I earnestly hope thousands of AAs start thinking a great deal about these policy matters which are now becoming so important to us. It is out of our discussions, our differences of opinion, our daily experiences, and our general consent that the true answers must finally come.

As an older member I may be able to marshal the facts and help analyze what has happened so far. Perhaps I can even make some suggestions of value for the future. But that is all. Whether we are going to have a clear-cut workable public relations policy will finally be determined by all of us together—not by me alone!

Bill W. - September 1945

2









Ogden Intergroup Central Office

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 Decembers IGR meeting.
- > The following groups sent IGR's: It's in the Book, 11:59 Group, Wednesday Men's Stag, Meat & Potatoes, Upon Awakening
- > The next scheduled **IGR Meeting** is planned for Tuesday, January 16, 2024, at 6:00 pm.
 - Central Office Steering Committee meets beforehand at 5:30 pm.



<u>Reminder</u>

<u>ALL</u> Central Office <u>purchases</u> must be paid by cash, check or money order until further notice.

Thank you for your understanding in this matter.

IGR Meeting Minutes

Ogden Intergroup Central Office

Tuesday December 19, 2023

<u>Attendees</u>: (5) <u>IGR's</u>: Carol G., (alt) Sue C, Bryan B., Dan L., Michael G. <u>DCMC</u>: Kam K. <u>Steering Committee:</u> Kelly C., Steve H. <u>Office Mgr:</u> Randy C <u>Excused</u>: Jim N., Jake C.

- ➤ Kelly chaired; the meeting opened at 6:00 pm.
- Bryan read the Intergroup Service preamble.
- Carol read the Twelve Traditions
- Randy gave the November Central Office report.

November Summary:

Sales Summary: 29 (net \$ 72) Books: • • Aluminum 123 (\$ 11 net) Chips: 155 (net \$ 72) 29 (\$ 57 net) 0 Brass Tri-Plate 3 (\$3 net) Office Activity: Hours: 101 0 Emails: 128 Calls/Msgs: 51 Office Visits: • 61 (avg. weekly walk-ins = 12)Website Activity: November Visitors: 922 Views: 2,810 Searches: 1,159 **Google Business Listing Activity:** November Views: 2,087 Donations: \$ **1,127** 10 groups \$ 715 (60%) Groups: • Individual Donation(s) \$412 (40%) Savings Account (Prudent Reserve) : Goal = \$ 8,720 (\$2,180 per mo. x 4 mos. operating expenses) October: \$8,509.19 (ending) November: \$ 6,940.08 (- 18%) Checking Account (**Operating Funds**): (ending) November: \$1,703.54 Thank You for the job as your Central Office manager. -Randy New Business: ---Negative cash flow caused a *decrease* in the prudent reserve of **18%** last month. The current level of income versus expenses is unsustainable past March of 2024. Central Office has vacancies on the Steering Committee. We need a Vice Chairperson and Secretary. • Please disseminate these vacancies to your Groups Central Office continues to offer books, coins, and literature for sale on a cash, check or money order basis as we currently do not have the ability to accept charge card payment options. Efforts to re-open Weber County Jail for AA meetings are on-going but have not been successful yet. There will be a post-holiday Central Office party on January 20th from noon to 4 pm. Flyers for the party are in circulation. District 1 GSR meeting location will now be the Brigham City Boys & Girls Club (650 E. 700 S., Brigham City) beginning Tuesday, January 9, 2024. District 11 is performing an inventory and a budget review. New meetings will be posted in the January newsletter. Meeting closed with the Responsibility statement at 6:45 pm \geq AA CENTRAL OFFICE – OGDEN - 3480 WASHINGTON BLVD. SUITE 108

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 //// <u>"CLOSED</u>" <u>Sunday & Monday</u> Phone: (801)393-4728 igrcentraloffice@gmail.com







<u>Suggested</u> Contributions (from pg. 13 of AAWS Pamphlet F-3)
50% - Intergroup Central Office 3480 Washington Blvd #108 Ogden, Utah 84401
- <u>District One</u> P.O. Box 953 Brigham City, Ut 84302 -OR- 10% - <u>District 11</u> PO Box 461 Bountiful, Ut 84011
10% - <u>Area 69 Treasurer</u> PO Box 18134 Kearns, Utah 84118
30% - GSO PO Box 2407 James A Farley Station New York, NY 10116-2407
Thank you

* * *

AA Central Office-Ogden	November	TOTAL
2023 Group Donations (Year-to-Date)	11/30/2023	YTD
11:59 Group		142.01
Admitted We Were Pow erless		250.00
Babes of Anonymity		244.75
Beyond the Horizon		148.00
BYOB Group		65.00
Clearfield Group		188.00
Courage to Change Group	40.00	170.00
Davis Group		200.00
Friday Night Action		125.00
Friday Night Recovery		200.00
Grupo Primer Paso de Ogden (SP)	15.00	165.00
Higher Ground Grp-Fruit Hghts		640.00
In the Solution Group	50.00	550.00
It's in the Book		140.00
Ladies of the Mountain-WRH	10.00	380.75
Meat & Potatoes		582.78
Meeting in the Mountain (VC)		507.00
New Comer Group		125.00
Recovery Together Group (5)	100.00	400.00
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	54.63	452.93
Sisters in Sobriety		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	100.00	900.00
Upon Awakening	40.00	452.00
Wed Night Fever Happy Hour		50.00
Wed Night Stag	105.01	262.24
Wed. Night Alumni - ORMC	200.00	527.50
Women's Circle of Hope		363.00
Groups Sub-Total	714.64	12,496.61
District 11	0.00	1,000.00
District One	0.00	540.00
Individual Donation(s)	419.25	4,718.25
TOTAL Donations	\$1,133.89	\$18,754.86

5

District One Meeting Minutes for December 12, 2023

OOPENING:

Mike R. called the meeting to order at 7:03 with a moment of silence, followed by the Serenity Prayer. Mike L. read the GSR Preamble and Dale read the Twelve Traditions. There was two new GSRs, Nicky – Bear River Group and Sam P. - BYOB. There were no interested AAs. There were no visitors. Those in attendance: DCMC, 1 DCMs, 1 Alt DCM, 16 GSRs, 3 excused, Secretary, Treasurer excused, Intergroup Ogden, and Intergroup Logan. Sue called the roll. The minutes were read from the November District One Meeting. They were approved with a motion from Bryan and Sherri 2nd.

@REPORTS

• <u>Grapevine</u> – Krista – Not present

◆ Intergroup Ogden – Mike L. – Had report see in see Newsletter.

<u>Treasurer</u> – Jennie- excused read by Sue

The District One Finances for November 2023 are as follows: The donations totaled \$181.00. The expenses totaled \$825.24. The total balance of the account this month is \$411.44, 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 Kat 2^{nd} . **③DCM reports** – Shelley, Dan, and Michael

Dan not present.

Mike – Meetings attended are Fri Night Recovery, Newcomers, Meat & Potatoes, Recovery Together, and Tyler Ave Group. Also attended the Dec Area Committee Meeting – Inventory. Thanks for letting me serve Michael R.

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

Since the November district meeting:

I reached to my assigned groups in Logan/Tremonton/Ogden via email. I let them know I'm in New York and asked if I could do anything to support them.

We had our monthly DCM meeting on December 4th. During the meeting Mike, Dan, Sue and I went over the meetings we wanted to attend in during the first quarter. We also talked about endorsing outside enterprises and moving the District One Monthly Business Meeting.

I wrote a report and Mike represented District One at the Area 69 December Committee Meeting.

There are 4 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:

<u>https://drive.google.com/drive/folders/11B2v0g6HqMee4iLCxHSbKQzZt2xYo3-g</u>. To make sure your group's voice is being heard, make sure to attend Area events.

Mike R. will report additional information from the event in his report.

I called GSO on the following meetings:

A Daily Reprieve (000045871) \rightarrow Inactive

Box Elder Recovery (000096566) \rightarrow Tremonton Group \rightarrow I listed it as Inactive

Cache Valley Young Peoples \rightarrow Registered, number is 000049796

Lady of the Mountain (000006485) \rightarrow Not "Ladies" \rightarrow Active

Monday Night Speakers (000118435) \rightarrow Inactive

I talked to the President of the Brigham in late November.

She let me know that the Alano club is increasing our rent from \$15.00 a month to \$75.00 come January 9th, 2024. We currently have a verbal agreement with them (no written contract). I expressed that that was a steep increase and she let me know that Brigham Alano club is losing money every month.

She also let me know that they want to move the speaker meeting to Wednesday night. I explained that Tuesday night is when district meets, thus the speaker meeting, but she indicated that the time was too late to draw people to the meeting.

Lastly, the literature of the month is "Talk to A Doctor." This is an AREA 69 initiative to encourage AA members to talk to their doctor about Alcoholic Anonymous. I've attached the "packet" the email I sent out with the meeting reminder today. Within it has scripts for the conversation, information cards, and pamphlet suggestions to bring.

I looked into PRASAA Registration: March 1-3rd in San Francisco, Registration: \$40.00,

Hotel: \$100.00/night, Transportation: Drive: \$150-200 in gas, Fly: \$130-150 round trip

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:

Work with Mike R. on resolving where we will be holding our District Metting in January Hold a virtual DCM meeting to

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 //// <u>"CLOSED</u>" Sunday & Monday Phone: (801)393-4728 igreentraloffice@gmail.com







Go over updates on groups.

Review our District 1 DCM paperwork.

Thank you, Shelley A.

@GSR OPEN DISCUSSION

Mike L. - Morgan discussed the Chili Chili cookout and the Big Ass Party at Central Office. Nicki – Bear River Group has changed their schedule, they need support. Bryan – Upon Awaking is holding a Christmas breakfast 7am and marathon meetings all day.

©OLD BUSINESS

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

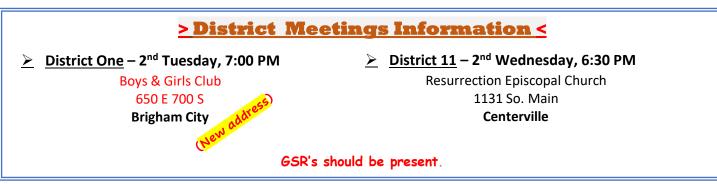
Shelley made a motion to change the venue for the District One meeting to 650 E. 700 S. This is a new location for the Brigham City Boys and Girls Club. The Brigham City Alano Club changed the rent from \$15 to \$75 a night. This location can also be used for District Workshops. It is the old Mountain View school. The motion was 2nd by Bryan. There was a motion to vote by Bryan and Dale 2nd. The voting was unanimous for the new location.

OUPCOMING EVENTS

Committee Meeting (Agenda Items) Feb 24 Park City

©CLOSING

The meeting was closed at 7:48 pm with the Responsibility Statement. Questions for Secretary Sue C. 801-388-7393 or gbuterfly2@comcast.net.



DISTRICT 11 GSR Meeting Minutes December 13, 2023

Kameron K. opened the meeting at 6:31 p.m.

- 1. Moment of Silence followed by the Serenity Prayer
- A.A. Preamble read by Mark S.
- GSR Preamble read by John D.
- 12 Traditions ready by **Phillip W.**
- Welcomed GSRs & New GSRs -Claudia S., alternate GSR for Happy Group
- Welcome Visitors **None**
- 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 John D., seconded by Ricardo B., passed.

Matt D. proposed a donation of \$1,000 from District 11 funds for consideration. He asked that the GSRs take it back to their group to get an idea of where the groups would like the money to go.

2. New Business: **Kameron K.** District 11 will co-host the pre-assembly workshop with Salt Lake on August 16-18, 2024.

May 17-19, 2024, District 11 will host the post-conference assembly.

Cory E., chair positions are open for registration, treasure, hospitality, activities, and more. Due to price

increases, registration will go up to \$25. It will be held at the Legacy Event Center.

3. <u>GSR Reports:</u> Mark S., The Original Way, Monday South Davis Recovery Club. Group questions: Why is the money from the district and area not going to NY? John A. was present, but no report was given. Claudia S., Happy Group 10 am at the South Davis recovery club. Average attendance is 40-60, we have newcomers all the time, and rehab centers come weekly. Josette K., Layton BBSS, Sunday 6 pm in Layton. We have new members attending on Zoom. Zoom has been growing in our meetings. Stacy A., Women's Circle of Hope, Sat 10 am Fruitheights. Grop questions: What exactly are the inventory questions regarding? Kim M., Serenity Sisters Wed. 7 pm at South Davis Recovery Club. Our group is doing great. Greg G., Saturday Moring Brotherhood, Ogden Regional, nothing to report.

Standing Chair Reports:

• DCM North- Caroline A.- Absent, report given through Kameron K. (see attached)

• DCM South- Open position

• Corrections- **Sheri C.-** Present, all programs at the jail were shut down for a while due to a Covid outbreak. We missed only one week before resuming... (see attached)

• PI- Leslie B.- Absent

• CPC- **Cory E**.- Present, approached the ICU while on a 12th-step call about placing AA literature there, and they were interested (see attached)

- Grapevine- Joe D.- Absent
- BTG- Ricardo B.- Present, no report given

• Treatment- Seth N.- Absent, gave report via Kameron K., concerns with treatment centers not open to the 12 steps.

- Literature- John D.- Present, no report given
- Intergroup Report Ogden-

• Intergroup Report SLC- **Phillip W.**- Present, 1. Call for AA groups in District 11 South to send representation to central office representative meetings on the second Tuesday of each month. 2. Elections filled the two board positions left vacant by outgoing members. Board secretary and board treasurer. Two alternate trustees at large positions still need to be filled. 3. saltlakeaa.org saw 4.3K visits to the website this month. 4. Bylaw amendment will be put to groups to solidify the policy of sending the CO Chair to the annual central office meeting each year. Representatives will vote on this amendment at the next meeting.

• DCMC- **Kameron K.**- Present a proposed district inventory questions to the district to take back to the groups to discuss. Everything is going digital, gso send out the service kit via email now. Gave report on the previously attended Area inventory (see attached)

6. Elections: None

7. Old Business: **Cameron M.**, Read proposed a motion for consideration that District 11 create a District Archive Standing Chari position for the purpose of collecting and maintaining the history of District 11. Motion seconded by **John D.**

- 8. Tradition Three- Carol G. Absent
- 9. Approved last month's minutes. Motion to accept by Matt D., seconded by Sheri C., 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, January 10, 2024, at 6:30 pm

Closed at 7:00 p.m. with the responsibility statement.

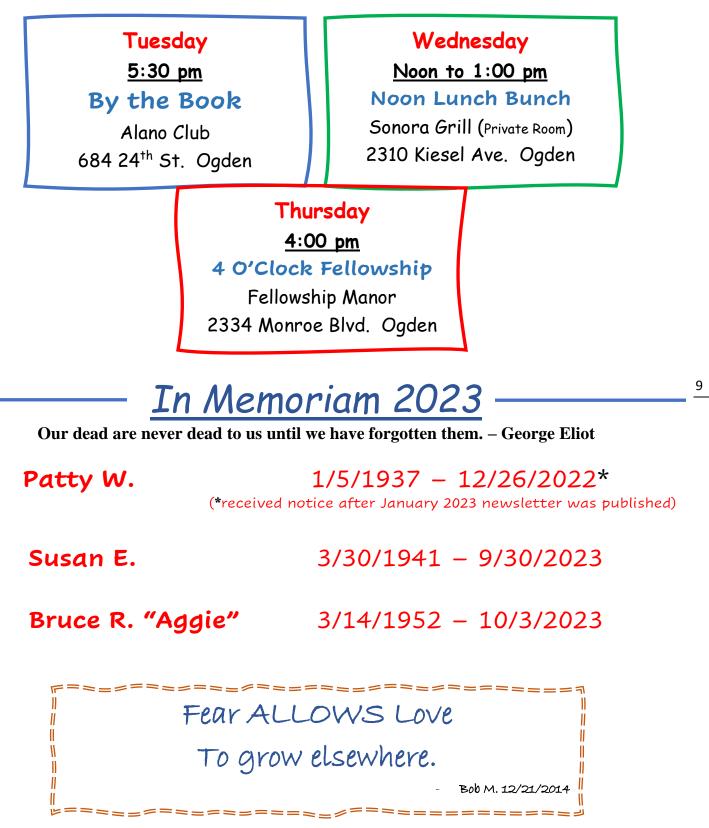
"I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

DCMC, Kameron K. 801-309-4577 DCM North, Caroline A. 801-388-7510 District 11 Funds P.O. Box 461 Bountiful, UT 84011 8





<u>NEW</u> Meetings



Information listed **below** is presented **solely** as a service to readers, <u>NOT</u> as an endorsement by Intergroup Service of Northern Utah <u>or</u> 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

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

Fall Fellowship Fundraiser Dinner & Speaker Event

February 3, 2024 - 4 pm to 6:30 pm Ogden Alano Club - 684 24th St.

AA Speakers – Mike F. & Tracy F. Al-Anon Speaker – Colleen A.

Dinner \$15 per plate – Includes raffle ticket for 65" Samsung TV (additional tickets \$5 ea. OR 5 for \$20)

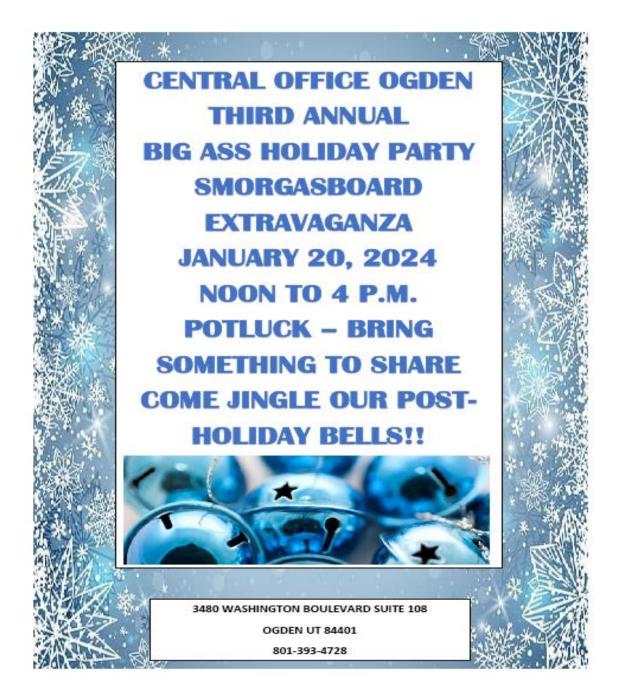
All ticket sales got to the Fall Fellowship, where Alcoholics and their families come together and celebrate recovery. For additional raffle tickets call (801) 860-8530 Flyers available at Central Office





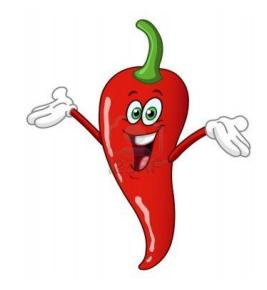


Information listed **below** is presented **solely** as a service to readers, **NOT** as an endorsement of Alcoholics Anonymous World Services. For any additional information, please contact the event sponsor.



Information listed **below** is presented **solely** as a service to readers, <u>NOT</u> as an endorsement by Intergroup Service of Northern Utah <u>or</u> AAWS. For any additional information, please contact the event sponsor.





FEBUARY 24th 2024

THE JENSEN PAVILION, UP LINE CREEK ROAD 2425 LINE CREEK ROAD, MORGAN, UTAH, 84050 OFF OF MORGAN VALLEY DRIVE BETWEEN MORGAN AND PETERSON 12 NOON TILL 3 OR MAYBE 4 ISH SUGGESTED DONATION 3 DOLLARS PER PERSON (more or less) CHILI AND TAMALES SERVED, SIDE DISHES ARE ALWAYS WELCOMED. Out of respect to others; "No" Dogs Please QUESTIONS PLEASE CALL OR TEXT, MIKE L. 801-645-9538 or ERIC J. 801-430-9353

