

‘Easy Does It’

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

Have you just this minute finished reading the previous section, and are you now rushing right into this one? Why? It may be that you need to put into practice the slogan “Easy Does It.”

As alcoholics, we often tended to gulp drinks faster than other people did. And we were seldom likely to overlook the last few drops in the cocktail glass, or the last few slugs in the bottle.

Many of us have been amused at our seeming inability, even after many years of sobriety, to walk away from a half-finished cup of coffee or glass of soda. We sometimes find ourselves gulping the last swallow of a nonalcoholic drink, as if . . .

Perhaps most readers already get the point: It is not always easy for us to put down an unfinished page, chapter, or book we are reading. There seems to be almost a compulsion to go on to the end, instead of taking only a page or a chapter or two a day and leaving the rest for another session. Not that this tendency is altogether bad. In getting over a destructive obsession such as drinking, it’s sensible to replace it with a benign one, such as a compulsion to seek more and more knowledge and help for a drinking problem.

So read on, if you like. It’s a whole lot healthier than boozing.

But when you reach the end of this section, you might want to try something. Put this book aside and review your day. See how many times you could have slowed down a bit or taken things a little easier if you had thought of it.

The slogan “Easy Does It” is one way we A.A.’s remind each other that many of us have tendencies at times to overdo things, to rush LIVING SOBER 43 heedlessly along, impatient with anything that slows us down. We find it hard to relax and savor life.

When one of us is in a dither to get something done or get somewhere in a hurry, a friend may gently remonstrate, “‘Easy Does It,’ remember?” Then there’s often a flash of annoyance at the adviser. And that indicates the advice must have hit home, wouldn’t you say?

Yes, we know that impatience today is by no means limited to alcoholics. As the rate of change in our civilization accelerates, more and more people feel pressed for time and harried to hurry up and catch up with... With what? With whom?

Such pressure does not push most drinkers into alcoholism, as anyone can see. Only a small percentage of drinkers develop our problem. But those of us who did often find we share a need to learn how to relax, how to pace ourselves in a healthy way, how to enjoy small gains and even the simple pleasures along the way—in short, how to enjoy the journey, instead of just fretting until we reach our destination. The horizon stays there. Sometimes, it pays to stand still and gaze at it, for the refreshment of the long look.

Some of us repeatedly find, too, that we have bitten off more than even a hippo could chew. We keep taking on more commitments than any one person could handle.

Probably, we could learn a great deal about this from certain recovered cardiac patients. Many of them manage to be vigorously and productively active in a measured way which avoids harassment, overexertion, and frantic enslavement to the clock.

Some of us work out routines to help us keep our goals realistically within the realm of possibility. We may make up a list of things we’d like to get done today, then deliberately discard half or more of it. Another day, another list.

Or we intentionally schedule things pretty far in advance, teaching ourselves to neglect them, just as deliberately, until their time comes.

Others of us find that lists and schedules can become tyrants, driving us to finish every item, no matter how much time and effort it takes. So we swear off lists for a while. No longer pushed by their dictatorship, we can learn to move at a more spontaneous, leisurely pace.

For a great many of us, sitting quietly alone for 15 or 20 minutes before starting each day's activities helps us set out in a relaxed, orderly frame of mind. Some of us use specific methods of prayer or meditation which we have found particularly well suited to this purpose. And maybe several times during a hectic day, we manage to sit undisturbed, with eyes closed, for a five-minute break, then resume work refreshed.

For some of us, it is easier to slow ourselves down if we have the help of another person. We may be unable to generate our own peace, but sometimes we can make ourselves sit quietly and listen to a friend who has achieved a measure of serenity. Full attention to someone else helps restore our equilibrium and gives us a new perspective on our own lives, so we may see that they don't have to be a rat race.

More formal, institutionalized sessions of peace in the company of others (such as religious services, retreats, and the like) are particularly rewarding for certain people.

Or we may simply decide to set out earlier in the day than we used to, so we can move with less hurry. With a little thought, we may be able to work out personal timetables that are less jammed, more flexible, and thus less grinding and goading.

When we do find ourselves up-tight and even frantic, we can ask ourselves occasionally, "Am I really that indispensable?" or "Is this hurry really necessary?" What a relief to find the honest answer is frequently no! And such devices actually serve, in the long run, not only to help us get over our drinking problem and its old ways; they also enable us to become far more productive, because we conserve and channel our energy better. We arrange priorities more sensibly. We learn that many actions once considered vital can be eliminated if they are thoughtfully reexamined. "How much does it really matter?" is a very good question.

Of course, "Easy Does It" gives us no license for procrastination or being late for appointments. There are things that should not be put off until tomorrow (and tomorrow and tomorrow)—such as stopping drinking. But there are other things better delayed beyond this 24 hours, to be tackled when we are better equipped to handle them.

Once, an extremely sick and agitated alcoholic called an A.A. office and said she had to have instant help! She was asked whether she could hold on 20 to 30 minutes until someone could reach her.

"Oh no!" she said. "My doctor told me I had to have help right away, immediately, and there isn't a moment to lose."

Then she went on, "And that was day before yesterday!"

Our heart goes out to anyone in that dire condition. We know all too well how it feels. Help did arrive for the excited caller, within the hour, and now she tells the story on herself as an example of what she used to be like. It is almost incredible, when you see how composed yet energetic, how calm but alert she is now.

If a strong inner core of peace, patience, and contentment looks at all desirable to you, it can be had.

Remind yourself once in a while that maybe "Easy Does It" is this day's ideal speed. The change can start right now, remember?

Living Sober, Section 18, p. 43-45

AA Intergroup Central Office

Ogden

Steering Committee

(position descriptions on pg. 5)

- Chair: Kelly C.
- Vice-Chair: OPEN
- Secretary: OPEN
- Treasurer: Steve H.
- WebServant: Jake C.
- Public Information: OPEN
- Member-at-Large: OPEN
- Office Manager: Randy C.



Ogden Intergroup Central Office

(ICOAA)

➤ Regular Office hours

Tuesday thru Friday
1:30 pm - 5:30 pm

Saturday 11:00am - 3:00pm

CLOSED:

Sunday & Monday

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

Deadline for ANY newsletter submission is the 20th of each month

Intergroup (Central Office) Representative:

In many locations where an intergroup (or central office association) has been formed, each group usually elects an intergroup representative, who participates in business meetings with other such representatives several times a year to share their groups' experience in carrying the A.A. message. The central office representative tries to keep the group well-informed about what the local intergroup is doing.

(The A.A. Group. Pamphlet P-16).

Central Office Representative Meeting Attendance

- (2) One District 11 & Three (3) District One groups Were represented at January's meeting.
- **The following groups sent COR's:** It's in the Book, Serenity Happy Hour (Sun), 11:59 Group, Tuesday Morgan Group, Newcomer's Meeting.
- The next **scheduled COR Meeting** is *planned* for **Tuesday, February 20, 2024, at 6:00 pm.**
 - Central Office Steering Committee meets beforehand at 5:30 pm.

IGR Meeting Minutes
Ogden Intergroup Central Office
Tuesday January 16, 2023

Attendees: (5) IGR's: Carol G., (alt) Sue C., Al J., Mike L., Goose.

Steering Committee: Kelly C., Steve H., Jake C.

Office Mgr: Randy C

- Kelly chaired; the meeting opened at 6:03 pm.
- Jake read the Intergroup Service preamble.
- Mike L. read the Twelve Traditions
- Randy gave the December Central Office report.

Seek understanding
Without moving our lips.
Bob M. 12/21/2016

December Summary:

Sales Summary:

- Books: 87 (net \$ 214)
- Chips: 410 (net \$ 248)

○ Aluminum	410	(\$ 41 net)
○ Brass	85	(\$ 182.75 net)
○ Tri-Plate	7	(\$ 23.80 net)

Office Activity: **Hours: 81**

- Emails: 98
- Calls/Msgs: 35
- Office Visits: 78 (avg. weekly walk-ins = 20)

Website Activity:

December **Visitors:** 858 **Views:** 2,860

Google Business Listing Activity:

December **Searches:** 1,041 **Views:** 1,939

Donations: **\$ 1,602**

- **Groups:** **12 groups** **\$ 1,392 (87%)**
- District Contribution \$ 150 (9%)
- Individual Donation(s) \$ 60 (4%)

Savings Account (Prudent Reserve): {Goal = \$8,400 / **\$2,100 per mo. x 4 mos.** operating expenses)

November: \$ 6,940.08

(ending) December: \$ 6,990.96 (.7%)

Checking Account (Operating Funds): (ending) December: \$ 1,564.00

My sincere gratitude for this job as your Central Office employee. -Randy

New Business: -----

- Randy presented the 90-day projected financial outlook.
 - Central Office has Steering Committee vacancies. Vice Chairperson and Secretary are needed.
 - Central Office sells books, coins, and literature on a cash, check or money order basis. Randy is investigating a cost-effective Point of Sale system that would enable Central Office to accept charge card payments.
 - Weber County Jail has agreed to allow for AA meetings. Volunteers are needed to help conduct meetings. Flyers on how to get authorization were handed out or contact Central Office to get contact information.
 - New meetings are posted in the February newsletter.
 - Flyers for the Morgan Group chili cook-out and the Fall Fellowship fundraiser are in circulation.
- Meeting closed with the Responsibility statement at 6:45 pm

**NORTHERN UTAH CENTRAL OFFICE OF ALCOHOLICS ANONYMOUS
STEERING COMMITTEE ORGANIZATION**

Steering Committee Position Descriptions

Membership on the ICO Steering Committee shall be limited to A.A. members. Minimum of 2 years continuous sobriety is recommended. Maintenance of sobriety shall be required throughout tenure.

Central Office Manager

Shall be selected at the discretion of the Central Office Steering Committee and shall upon selection, have a voice and vote in all matters. The Central Office Manager shall be an A.A. member in good standing and shall be given the responsibility to direct the general affairs of the Central Office and shall report on the same at each meeting of the Intergroup Association and the Central Office Steering Committee. The Central Office manager shall act in all matters under the guidance of the Central Office Steering Committee and shall be one of the three (3) cosigners on the bank accounts.

Committee Chairperson

The Steering Committee chairperson shall preside at all meetings, be one of the three (3) cosigners on the checking and savings accounts, and act as spokesman in all matters between the Committee and Office Manager.



Committee Vice-Chair

In the absence of the Chairman, the meeting shall be chaired by the Vice-chairman. The Vice-chairman also acts as liaison with the General Service Structure. He/She attends regular monthly district meetings and area meetings as required. He/She ensures that the Intergroup is informed of General Service activities at the District and/or Area level.



Secretary

The Secretary shall record minutes of the meetings, and present them for acceptance at the following meeting, and publish the intergroup minutes in the monthly newsletter. The Secretary shall also be responsible for roll call at all meetings and correspondence to registered groups.

Treasurer

The Treasurer shall be one of the co-signers of the bank account. The Treasurer shall make a report of contributions and expenditures at the regular monthly Intergroup Association meetings. A monthly written financial report will be given at the Intergroup Meetings and quarterly financial reports and year-end summary shall be presented in the Central Office newsletter "Pass It On." Financial records shall be maintained for at least seven (7) years in Central Office files. The Treasurer shall be responsible for maintaining the literature inventory, in cooperation with the Central Office Manager.

Webservant

The Webservant functions as the primary contact for all aspects of the Central Office northernutahaa.org website, handling a range of responsibilities that may include, but is not limited to, routine site and content maintenance, as well as all online meeting schedule updates to ensure Central Office website alignment with the AA Meeting Guide app.



Public Information Representative

The Public Information Representative shall be responsible for releases to the media, which shall be in keeping with A.A. Traditions. He/She is also responsible for the compiling & editing of the monthly "Pass It On" newsletter and is Intergroup liaison to District's Public Information Standing Committees.



Member at Large

Committee member-at-large shall assume duties of other committee members as needed and shall be the chairman of all fund-raising events.



OPEN Positions 12/2023

? **HUMOR** ?

Caller: "Is this the helpline for alcoholics?"

Volunteer: "Yes, it is."

Caller: "How do you make a mojito?"

- Susan W. // Bristol, Tn.

AA Intergroup Central Office-Ogden		December	TOTAL
2023 Group Donations (Year-to-Date)		12/31/2023	2023
1	11:59 Group		142.01
2	Admitted We Were Powerless		250.00
3	Babes of Anonymity		244.75
4	Beyond the Horizon		148.00
5	BYOB Group	100.00	165.00
6	Clearfield Group		188.00
7	Courage to Change Group		170.00
8	Davis Group	200.00	400.00
9	Friday Night Action	75.00	200.00
10	Friday Night Recovery		200.00
11	Grupo Primer Paso de Ogden (SP)	18.00	180.00
12	Higher Ground Grp-Fruit Hghts	200.00	840.00
13	In the Solution Group	50.00	600.00
14	It's in the Book		140.00
15	Ladies of the Mountain-WRH		380.75
16	Meat & Potatoes		582.78
17	Meeting in the Mountain (VC)		507.00
18	New Comer Group		125.00
19	Recovery Together Group (5)	100.00	500.00
20	Sat Men's Brotherhood		627.20
21	Sat Night Alumni - ORMC		192.50
22	Serenity Happy Hour (Sunday)	276.48	1,296.39
23	Serenity Happy Hour (Wed.)		800.00
24	Serenity Sisters		452.93
25	Sisters in Sobriety		421.04
26	Stone of Sisyphus		290.00
27	Sunday Night Unity		450.00
28	Thursday Night Harrison		40.00
29	Tremonton Group		300.00
30	Tuesday Morgan Group	100.00	225.00
31	Tyler Ave Group	150.00	1,050.00
32	Upon Awakening	26.00	478.00
33	Wed Night Fever Happy Hour		50.00
34	Wed Night Stag		262.24
35	Wed. Night Alumni - ORMC	100.00	627.50
36	Women's Circle of Hope		363.00

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

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	DECEMBER	TOTAL	
	12/31/2023	2023	
Groups Sub-Total	1,395.48	13,889.09	68%
District 11	150.00	1,150.00	6%
District One	0.00	540.00	3%
Individual Donation(s)	60.00	4,778.25	23%
TOTAL Donations	\$1,605.48	\$20,357.34	

Of the 36 contributing GROUPS in 2023 there was an average contribution of \$4.11 per meeting held. (3,382 total meetings held by 36 GROUPS in 2023)

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 igcentraloffice@gmail.com

District One Meeting Minutes for January 09, 2024**⓪ OPENING:**

Shelley called the meeting to order at 7:06 with a moment of silence, followed by the Serenity Prayer. Shelley read the GSR Preamble and Sue read the Twelve Traditions. There were two new GSRs, Kyle B. – Bridgerland and Micheal – Meeting Makers. There were no interested AAs. There were no visitors. Those in attendance: DCMC, 2 DCMs, 16 GSRs, 2 excused, Secretary, Treasurer. Sue called the roll. The minutes were read from the December District One Meeting. They were approved with a motion from David P. and Kyle 2nd with amendments.

Ⓛ REPORTS

♣ **Grapevine** – Krista – The Grapevine app is up and running. You can subscribe now for \$2.99.

♣ **Intergroup Ogden** – Mike L. – Not Present, see in Newsletter.

♣ **Intergroup Logan** – Kim P. – Not Present

♣ **Treasurer** – Jennie -

The District One Finances for December 2023 are as follows: The donations totaled \$190.00. The expenses totaled \$215.00. 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 Dan and Dave 2nd.

Ⓛ DCM reports – Shelley, Dan, and Michael

Dan – Dan is stepping down as DCM due to medical issues. Will still stay in service just not in District right now.

Mike – Mike set up Boys and Girls Club for our District meetings. He set up tables and chairs for meeting tonight. He also has visited meetings.

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

Since the December district meeting:

- I've started attending my assigned Logan/Tremonton/Ogden meetings. I haven't hit all of them yet but will in the next 30 days.
- There was no Area event, but GSRs please review the four current motions that will be discussed at the February Committee meeting.
 - There are 4 motions being discussed at the Area that range from changing area events to adding a new Bridging the Gap Chairperson. 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.
- I have not registered for PRAASA due to a work trip that has not been confirmed yet. I will know by Thursday and let Dan and Mike know if I can attend.
- Lastly, the literature of the month is "**The AA Group.**" This informational guide tells how a group works most effectively, how a new group can be started, and how each group can be linked to A.A. What I want to focus on is page 29-30, which is the *Group Inventory*. A Group Inventory is a process in which a homegroup (or service body) evaluates how well they are fulfilling the primary purpose: to help alcoholics recover through A.A.'s suggested Twelve Steps of recovery.
- 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:

- Visit my assigned groups.
- Hold a virtual DCM meeting to
 - Go over updates on groups.
 - Review our District 1 DCM paperwork.
- Figure out who from District is going to PRASSA.

Thank you, Shelley A.

A Note from the Editor:

There are no words that can truly express how much your support means to Ogden - Central Office. From the bottom of our hearts, we want to say **"Thank You"** for attending the 3rd Annual **"Post Holiday Big Ass Party"** on January 20. Your unwavering support continues to help spread the AA message and strengthen the Fellowship.

Three years ago, my attitude towards this event was, shall I say, a little less than positive. Now, in 2024 I can say that I was *joyously* overwhelmed at the incredible turnout and the chance I was given to meet so many new friends as well as spend time with some of the best people I have ever met.

Central Office – Ogden wouldn't be here today without your love and support, and for that, we are forever grateful. *I am* forever grateful.

Thank you for your continued support, see ya next year!

- Randy - Central Office employee

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

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)

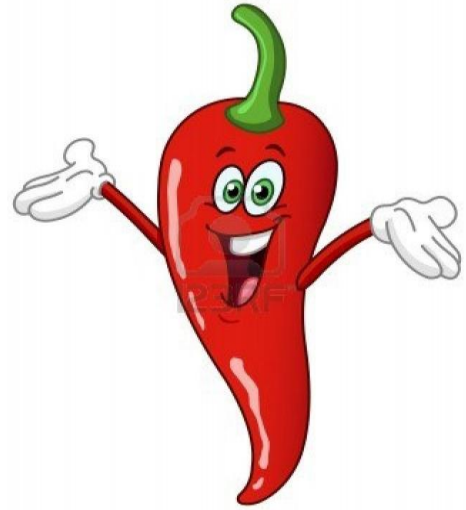
All ticket sales got to the Fall Fellowship,
where Alcoholics and their families come together and celebrate recovery.

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** by Intergroup Service of Northern Utah **or** AAWS.
For any additional information, please contact the event sponsor.

Tuesday Morgan Group
CHILLY CHILI COOK OUT



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

