

Changing Old Routines

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

Certain set times, familiar places, and regular activities associated with drinking have been woven closely into the fabric of our lives. Like fatigue, hunger, loneliness, anger, and overelation, these old routines can prove to be traps dangerous to our sobriety.

When we first stopped drinking, many of us found it useful to look back at the habits surrounding our drinking and, whenever possible, to change a lot of the small things connected with drinking.

To illustrate: Many who used to begin the day with a morning drink now head for coffee in the kitchen. Some of us shifted the order of things we did to prepare for the day, such as eating before bathing and dressing, or vice versa. A change in brands of toothpaste and mouthwash (be careful about the alcohol content!) gave us a fresh, different taste to start out with. We tried a little exercise or a few quiet moments of contemplation or meditation before plunging into the day.

Many of us also learned to try a new route when we first left the house in the morning, not passing by a familiar watering hole. Some have switched from the car to a train, from the subway to a bicycle, from a bus to walking. Others joined a different car pool.

Whether our drinking was in the commuter bar car, the neighborhood gin mill, the kitchen, the country club, or the garage, each of us can spot pretty exactly his or her own favorite drinking locale. Whether we went on the occasional bender or were round-the-clock winesippers, each of us knows for himself or herself what days, hours, and occasions have most often been associated with our drinking.

When you want not to drink, it helps to shake up all those routines and change the pieces around, we have found. Homemakers, for instance, say it helps to shift shopping times and places and rearrange the agenda of daily chores. Working people who used to sneak out for a drink on the coffee break now stay in and really have coffee or tea and a bun. (And that's a good time to call someone you know who's also off the sauce. During times when we used to drink, it's reassuring to talk to a person who has been through the same experiences.)

Those of us who began our sobriety while confined to a hospital or a jail tried to change our daily paths so we would not encounter the institution's bootlegger so often.

For some of us, lunchtime was usually an hour or two of liquid refreshment. When we first stop drinking, instead of going to the restaurant or steak house where the waiters or the bartender always knew what we wanted without being told, it makes good sense to head in a different direction for lunch, and it's especially helpful to eat with other nondrinkers. "Testing your willpower," in a matter involving health, seems pretty silly when it is not necessary. Instead, we try to make our new health habits as easy as possible.

For many of us, this has also meant forgoing, at least for a while, the company of our hard-drinking buddies. If they are true friends, they naturally are glad to see us take care of our health, and they respect our right to do whatever we want to do, just as we respect their right to drink if they choose. But we have learned to be wary of anyone who persists in urging us to drink again. Those who really love us, it seems, encourage our efforts to stay well.

At 5:00 p.m., or whenever the day's work is done, some of us learned to stop at a sandwich shop for a bite. Then we would take an unfamiliar route for walking home, one that did not lead past our old drinking haunts. If we were commuters, we did not ride in the bar car, and we got off the train at the other end—not near the friendly neighborhood tavern.

When we got home, instead of bringing out the ice cubes and glasses, we changed clothes, then brewed a pot of tea or took some fruit or vegetable juice, took a nap, or relaxed awhile in the shower or with a book or the newspaper. We learned to vary our diet to include foods not closely associated with alcohol. If imbibing and watching TV was our usual after-dinner routine, we found it helped to shift to another room and other activities. If we used to wait for the family to get to bed before hauling out the bottle, we tried going to bed earlier for a change, or taking a walk or reading or writing or playing chess.

Business trips, weekends and holidays, the golf course, baseball and football stadiums, card games, the old swimming pool, or the ski lodge often meant drinking for many of us. Boat people often spent summer days drinking on the bay or the lake. When we first stopped drinking, we found it paid to plan a different kind of trip or holiday for a while. Trying to avoid taking a drink on a vessel loaded with beer drinkers, Tom Collins sippers, flask nippers, sangria lovers, or hot-buttered-rum guzzlers is much harder than simply going to other places and, for novelty's sake, doing new things that do not particularly remind us of drinking.

Suppose we were invited to the kind of cocktail party where the chief entertainment—or business—was drinking. What then? While drinking, we had been pretty skillful at dreaming up alibis, so we just applied that skill to devising a graceful way of saying, "No, thank you." (For parties we really have to attend, we've worked out safe new routines, which are explained on page 64.)

In our early days of not drinking, did we get rid of all the booze around our homes? Yes and no.

Most successful nondrinkers agree that it is a sound precaution at first to get rid of whatever hidden stashes there may be—if we can find them. But opinions vary with regard to the bottles in the liquor cabinet or the wine rack.

Some of us insist that it was never the availability of the beverage that led us to drink, any more than the immediate unavailability kept us from that drink we really wanted. So some ask: Why pour good Scotch down the drain or even give it away? We live in a drinking society, they say, and cannot avoid the presence of alcoholic beverages forever. Keep the supply on hand to serve when guests arrive, they suggest, and just learn to ignore it the rest of the time. For them, that worked.

A multitude of others among us point out that sometimes it was incredibly easy for us to take a drink on impulse, almost unconsciously, before we intended to. If no alcohol is handy, if we'd have to go out and buy it, we at least have a chance to recognize what we're about to do and can choose not to drink instead. Nondrinkers of this persuasion say they found it wiser to be safe than sorry! So they gave away their whole stock and kept none on the premises until their sobriety seemed to be in a fairly steady, stabilized state. Even now, they buy only enough for one evening's guests.

So take your pick. You know what your own drinking pattern has been and how you feel about sobriety today.

Now, most of the little changes in routine mentioned in this section may seem, by themselves, ridiculously trivial. However, we can assure you that the sum total of all such alterations in pattern has given many of us an astonishingly powerful propulsion toward newly vigorous health. You can have such a boost, too, if you want it.

Living Sober, Section 8, p. 19-21



Ogden Intergroup Central Office (ICOOA)

➤ 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 **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

Ogden Central Office has installed a new **electronic payment system** (Credit Card, Debit Card, contactless payment, etc.) that will allow Central Office-Ogden to receive a full 100% of each sale.

The new system will charge the 4% processing fee to the buyer. **These fees were previously paid by Central Office-Ogden.**

Purchases made by cash, check or money order will eliminate this additional fee.

Central Office Representative Meeting Attendance

- The **February** Central Office committee meetings were canceled.
- The **Central Office report** for January may be found on page 4.
- The next **scheduled COR Meeting** is **planned for Tuesday, March 19, 2024, at 6:00 pm.**
 - Central Office Steering Committee meets beforehand at 5:30 pm.

AA Intergroup Central Office Ogden Steering Committee

[position descriptions available at Central Office]

- 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.

TO: Central Office Committee
From: Randy C., Central Office employee
Date: February 7, 2024
Subject: Ogden Intergroup Central Office Report for **January 2024**

Sales Summary:

- Books: 165 (net \$ 407)
 - Chips: 270 (net \$ 104)
- Aluminum 224 (\$ 21 net)
 - Brass 40 (\$ 78 net)
 - Tri-Plate 6 (\$ 5 net)

Office Activity: Hours: 87

- Emails: 78
- Calls/Msgs: 41
- Calls to Answering Service: 5
- Office Visits: 56 (avg. weekly walk-ins = 14)

Website Activity: January Visitors: 895 Views: 2,781

Google Business Listing Activity: January Searches: 993 Views: 1,983

Contributions: **\$ 2,469**

- **Groups: 17 groups \$ 1,789 (73%)**
- District Contribution(s) \$ 330 (13%)
- Individual Donations(s) \$ 350 (14%)
-

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

December 2023: \$ 6,990.96

(ending) January 2024: \$ 6,351.15 (- 9%)

Checking Account (Operating Funds): (ending) January 2024: \$ 2,644.75

THANK YOU, for the job as your Central Office employee.

-Randy

MARCH Pass It On 2024

AA Intergroup Central Office-Ogden	JANUARY	TOTAL
Group Contributions 2024 (Year-to-Date)	1/31/2024	2024
Beyond the Horizon	36.00	36.00
Clearfield Group	150.00	150.00
Friday Night Recovery	250.00	250.00
Grupo Primer Paso de Ogden (SP)	15.00	15.00
In the Solution Group	50.00	50.00
Ladies of the Mountain-WRH	10.00	10.00
Meat & Potatoes	159.00	159.00
Sat Night Alumni - ORMC	137.50	137.50
Serenity Sisters	84.50	84.50
Stone of Sisyphus	130.00	130.00
Sunday Night Unity	150.00	150.00
Thursday Night Harrison	21.00	21.00
Tuesday Morgan Group	200.00	200.00
Tyler Ave Group	100.00	100.00
Upon Awakening	40.00	40.00
Wed Night Stag	89.00	89.00
Wed. Night Alumni - ORMC	167.00	167.00
Groups Sub-Total	1,789.00	1,789.00
District 11	150.00	150.00
District One	180.00	180.00
Individual Donation(s)	350.00	350.00
TOTAL Donations	\$2,469.00	\$2,469.00

FROM THE BOOK

Alcoholics Anonymous, 4th ed.
(Big Book) **pg. 567**

The terms “**spiritual experience**” and “**spiritual awakening**” are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.

Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous.

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



District One Meeting Minutes for February 13, 2024

⓪OPENING:

Shelley called the meeting to order at 7:04 with a moment of silence, followed by the Serenity Prayer. Shari read the GSR Preamble and Eric read the Twelve Traditions. There were two new GSRs, Shane – Tyler Ave Group, Michael alt Cache Valley Literature. There was one interested AA - Doug. There was one visitor – Mike – Ara 69 Chair. Those in attendance: DCMC, 1 DCM, Alt DCM excused 17 GSRs with 1 excused, Secretary, Treasurer, Grapevine, Intergroup Logan, Intergroup Ogden excused. Sue called the roll. The minutes were read from the January District One Meeting. They were approved with a motion from Heather and Nicky 2nd.

⓪REPORTS

- ♣ **Grapevine** – Krista – Nothing new to report.
- ♣ **Intergroup Ogden** – Mike L. – Excused. Jennie brought report and read it. See newsletter.
- ♣ **Intergroup Logan** – Kim P. – Had report, did not get copy.
- ♣ **Treasurer** – Jennie -

The District One Finances for January 2024 are as follows: The donations totaled \$349.01. The expenses totaled \$310.00. The total balance of the account this month is \$730.45, minus our \$2000 P/R. The Pink Can Money had \$0.00 in donations, expenses of \$130.00. The total balance is \$336.27. The Treasurer report was approved, with a motion from Kat, Bryan 2nd.

⓪DCM reports – Shelley, Dan, and Michael

Mike – Mike visited Newcomers, Meet and Potatoes, Recovery Together, Fri Night Recovery, and Thurs Night Harrison Group.

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

Since the January district meeting:

I've continued to attend the Logan/Tremonton meetings.

The Meeting Makers Group closed; The Young People's Group closed

The *Cache Valley Literature Study Group* increased their meetings and found a new GSR.

I called GSO to: The Meeting Makers Group listed as Inactive; The Young People's Group listed as Inactive. Confirmed name of "Cache Valley Literature Study" (000367260)

BYOB not listed with G.S.O at all. "BC Wed Night Jail" is just "Wed Night Jail" No official GRS listed

Area Events

There was no Area event, but GSRs please attend the February Committee Meeting (2.24) in Park City. This is where we will receive the 2024 General Service Conference agenda items.

GSRs, plan on having a longer homegroup business meeting between the February Committee Meeting and the Pre-Conference Assembly (April 5th-7th).

David R., our Area delegate, is coming to our March business meeting to again present and explain the agenda items to our GSRs. Please plan for a slightly longer district meeting in March (3.12.24).

The Pre-Conference Assembly is where the Arae 69 votes on the agenda items for this year's General Service Conference. This is one of the most important area events of the **entire year**. GSRs are strongly encouraged to attend to represent their group conscience on these matters.

I have registered for PRAASA, booked my flights, and reserved a hotel room. I may be presenting on a panel at the event, but details have not been sent.

I made a District Position Flyer for the P.I. Chairperson. This is a draft. If the body likes it, I can make them up for all the district positions (See attached).

Lastly, the literature of the month is "G.S.R. General Service Representative" (P-19) This pamphlet outlines responsibilities and useful sources of information; for a group, what to keep in mind when electing a G.S.R. What I want to focus on is page 2, item 3, which states,

"Just as you rely on your group for help in your personal recovery, so the A.A. groups of Canada and the U.S. rely on the General Service Conference in maintaining the unity and strength of our Fellowship — our obligation to all the alcoholics of today and tomorrow. It's up to you to keep two-way communication going between your group and the Conference. Via your D.C.M. and your delegate, you can see to it that your group's conscience on matters of importance to all A.A. becomes a part of the consensus when these matters are discussed at the annual Conference meeting in April."

MARCH Pass It On 2024

If you want a DCM to attend your meeting this next month, especially to help explain agenda items, please contact me after the meeting and we will get something set up.

For this next month, I will be:

Visit my assigned groups.

Attending a DCMC Meeting held by the area to further go through agenda items (2.20).

Hold a virtual DCM meeting to

Go over updates on groups.

Attend February Committee Meeting

Attend PRAASA

Shelley A. GSR OPEN DISCUSSION

Shari - Thurs Night Harrison said it was a good move, attendance has been good. Kat – Recovery Together said they meet 5 days a week, doing quite well. Sam – BYOB said they have two locations. Should they split it into two different groups. Ask how they do this. Michael – Cache Valley is trying to go back to the Recovery Café. Brian – Upon Awakening has a \$3 breakfast. He will be sharing in Brigham Thursday at the Recovery speaker meeting. Sue – 11:59 Group said attendance is great. We have gone from around 10 to 30+ people attending. Change the chair table to allow more chairs and to allow to hear better. Nicky – Brigham Alano Bear River Group is struggling. On Sat people are coming for a meeting and no is there to chair the meeting. If you would like to bring a meeting there, please contact her.

OLD BUSINESS

Doug stood for the Corrections Chair. He stood and qualified himself. The vote was taken and it was unanimous. Thanks Doug.

Positions still open 3 DCMs, 4 Alt. DCMs, CPC, Corrections, Treatment, Literature, PI

PLEASE TAKE THIS BACK TO YOUR GROUPS.

NEW BUSINESS

Brighton Recovery in South Ogden on Thursday 6 pm, needs speakers. A sign up was passed around for those who would like to speak. One of the guideline's said officers are supposed to sign the bank statement and the secretary keeps this in records. This was taken care of. There is a Veterans fellowship on Thursday night 7pm at the Ogden Alano Club.

Next District Meeting at the Boys and Girls Club 650 E 700 S, Brigham City Mar 12 7:00pm

UPCOMING EVENTS

Committee Meeting (Agenda Items) District 2 Feb 24 Park City

PRAASA Area 6 Mar 1-3

CLOSING

The meeting was closed at 8:02 pm with the Responsibility Statement.

Questions for Secretary Sue C. 801-388-7393 or gbuterfly2@comcast.net.

> District Meetings Information <

➤ District One – 2nd Tuesday, 7:00 PM

Boys & Girls Club
650 E 700 S
Brigham City

(New address)

➤ District 11 – 2nd Wednesday, 6:30 PM

Resurrection Episcopal Church
1131 So. Main
Centerville

GSR's should be present.

DISTRICT 11 GSR Meeting Minutes

(Unavailable at time of publication)

MARCH Pass It On 2024

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 **or** AAWS. For any additional information, please contact the event sponsor.



2024 Bear River Group St Patty's Day Party

Bring a dish or treat to share in fellowship.

Saturday, March 16th
6:30 pm to 8:30 pm

\$1 Raffle Tickets for prizes
\$5 Raffle Tickets for Grand Prize
\$50 Cash Prize for best Costume



Brigham City Alano Club
131 West Forest Street, Brigham City, UT
84302



Brigham City Alano Hall

131 W Forest Street, Brigham City, UT 84302

Upcoming Events

St Patty's Day Party: Saturday March 16th 6:30 pm to 8:30 pm
Bring a dish to share, \$1 raffle misc. prize, \$5 raffle grand prize, \$50 costume contest prize!

Announcements

Current meeting vacancies on Monday, Wednesday, and Thursday
Attend Brigham City Alano Hall business meeting on 3rd Thursday of the month at 6:00 pm
for more information for these days or any other day and times that may be available.

UCYPAA

"CAST OFF THE BURDENS OF
THE PAST"

20
24

REGISTER
HERE



CAMP KIESEL

MAY 24-26, 2024
HUNTSVILLE, UT



MEETINGS - FELLOWSHIP - OUTDOOR
ACTIVITIES



venmo

PRE-REGISTRATION- \$40

WWW.UCYPAA.ORG