

Getting plenty of rest

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

For at least three reasons, people who drink heavily often cannot realize how tired they are. The reasons are three characteristics of alcohol: (1) It is full of calories, which give instant energy; (2) it numbs the central nervous system, so that one cannot fully feel body discomfort; (3) after its anesthetic effect wears off, it produces agitation that feels like nervous energy.

After we stop drinking, the agitating effect may persist for a while, leading to jumpiness and insomnia. Or we may suddenly become aware of our fatigue and so feel worn-out and lethargic. Or the two conditions may alternate.

Either is a normal reaction that thousands of us have had at the very beginning of our sobriety, in degrees depending on our previous drinking and general state of health. Both wear off sooner or later and need not cause any alarm.

But it is very important to get plenty of rest when we stop drinking, because the notion of having a drink seems to arrive from nowhere with greater ease when we are tired.

Many of us have wondered why we suddenly feel like taking a drink, for no apparent reason. When we examine the situation, time after time we find that we are feeling exhausted and hadn't realized it. Chances are, we have used up too much energy and have not had enough rest. Generally, a snack of some kind or a little nap can change our feelings completely, and the idea of a drink vanishes. Even if we can't fall asleep, just a few minutes of lying down, or relaxing in a chair or a tub, take the edge off the fatigue.

It's even better, of course, to get our lives on a healthy schedule which permits a sufficient regular rest period every 24 hours.

Not all, but thousands of us can tell stories of insomnia spells after we quit drinking. Evidently, it takes a little while for the nervous system to learn (or usually to relearn) the habit of regular, undisturbed sleep without alcohol in the body. What may be the worst part of this is our worry about it, because the worrying makes it even harder to get to sleep.

The first advice we commonly give each other on this point is "Don't worry. Nobody has ever died of lack of sleep. When your body is tired enough, you'll sleep." And so it turns out.

Since insomnia was so often the excuse many of us gave ourselves for "needing a drink or two," we largely agree that a brand-new attitude toward insomnia helps in trying not to drink. Rather than toss and turn and fret about it, some of us give in to it, get up, and get some reading and writing done in the wee hours.

Meanwhile, it is a good idea to check out our other health habits to see whether we are in any way making sleep difficult for ourselves. Too much caffeine in the evenings? Are we eating properly? Getting enough of the right kind of exercise? Is the digestive system functioning properly yet? That may take some time.

Many simple, old-fashioned recipes for insomnia actually help, such as a glass of hot milk, deep breathing, a soak in a warm tub, a dull book, or some soft music. Some prefer more exotic gimmicks. One recovered alcoholic recommends heated ginger ale with pepper in it! (To each his or her own!) Others rely on a particular massage, yoga, or various remedies suggested in books on the subject.

Even if we do not fall asleep at once, we can rest by lying still with the eyes closed. Nobody goes to sleep pacing a room or talking all night over coffee.

If the condition persists, it may be advisable to check with a good physician who understands alcoholism well.

Because we know how dangerous sleeping medicines can be, some of us have had to put up with slight discomfort for a little while, until our bodies settled into a healthy sleep routine. Once we are past the temporary unease, when a natural sleep rhythm sets in, we can see that the price was eminently worth it.

One more curious item about sleep after we stop drinking may be useful. Long after we have weaned ourselves from the bottle, a great many of us are startled to awaken some morning or night realizing we have just had an all-too-vivid dream about drinking.

Not all of us have such dreams. But enough have for us to know that they are common, and harmless.

A.A. is not a program of dream interpretation, so we cannot point out the hidden meanings, if any, that such dreams have, as psychoanalysts and other dream interpreters do. We can report only that such dreams may occur, so don't be too surprised. Among the most common is a dream that one finds oneself drunk, and horrified about it, but has no memory at all of taking a drink. We may even awaken with chills, shakes, and other classic hangover jitters—when, of course, we haven't touched a drop in months. It was all just a bad dream. And it may come out of the blue, long, long after our last drink.

Probably, it's a good thing that we find ourselves shook up and miserable at the notion of drinking, even in a dream. Maybe this means we are really beginning to get the idea, deep down in our bones, that drinking is no good for us. Sobriety is better, even to dream about.

The beauty of sober sleep, once it is achieved, is the sheer pleasure of waking up—no real hangover, no worries about what may have happened in last night's blackout. Instead, it means facing the new day refreshed, hopeful, and grateful.

Living Sober, Section 12, p. 29-31

HUMOR??

The lights went out in the middle of the preamble. After all else failed an enterprising AA fetched a flashlight and two candles from his car and the meeting resumed in cozy darkness. A latecomer arrived and, searching for a seat in the dark, was heard to mutter,

"I know we're anonymous, but this is ridiculous."

- Audrey S. / Spokane, Wa.

People are like boats: they toot the loudest when they're in the fog.

Central Office Representative Meeting Attendance

- One (1) District One group attended the March Central Office representative meeting.
- **The following group(s) sent COR's:**
Tuesday Morgan Group.
- The next *scheduled COR Meeting is planned for Tuesday, April 16, 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.
- Web Servant: Jake C.
- Public Information: OPEN
- Member-at-Large: OPEN
- Office Manager: Randy C.

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.



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 **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

Central Office Rep Meeting Minutes

Ogden Intergroup Central Office

Tuesday March 19, 2023

Attendees: (1) **COR:** Mike L. **Steering Committee:** Kelly C., Steve H., Jake C. **Office Mgr:** Randy C

- Kelly chaired; the meeting opened at 6:12 pm.
- Kelly read the Intergroup Service preamble.
- Mike L. read the Twelve Traditions
- Randy gave the February Central Office report.

February Summary:

Sales Summary:

- Books: 43 (net \$ 91)
 - Chips: 281 (net \$ 125)
- | | |
|-------------|-----------------|
| ○ Aluminum | 224 (\$ 21 net) |
| ○ Brass | 51 (\$ 99 net) |
| ○ Tri-Plate | 6 (\$ 5 net) |

Office Activity: Hours: 96

- Emails: 139
- Calls/Msgs: 46
 - Calls to Answering Service: 2
- Office Visits: 57 (avg. weekly walk-ins = 11)

Website Activity: February **Visitors:** 877 **Views:** 2,741

Google Business Listing Activity: February **Searches:** 987 **Views:** 1,981

Contributions: \$ 2,255

- **Groups:** 8 groups \$ 1,105 (49%)
- District Contribution(s) \$ 150 (7%)
- Individual Donations(s) \$ 1,000 (44%)

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

January 2024: \$ 6,351.15

(ending) **February 2024:** \$ 6,401.20 (.8%)

Checking Account (Operating Funds): (ending) February 2024: \$ 2,691.33

New Business:

- Randy presented the 90-day projected financial outlook; currently Central Office has a 90-day prudent reserve.
- A new Charge Card system is operational and, once again, allows customers to use credit/debit cards for purchases, (the 4% charge card **processing fee is charged to the customer** as Central Office can no longer afford to pay these fees.)
- Central Office continues to have vacancies on the Steering Committee. We need an Assistant Chairperson and a Secretary. Please disseminate these vacancies to your Groups.
- The Tuesday Morgan Group chili cook-out was a success, and the Group expects to donate to Central Office soon.
- The PayPal link has been removed from the Central Office website and the account closed.

- Meeting closed with the Responsibility statement at 6:29 pm

AA CENTRAL OFFICE – OGDEN - 3480 WASHINGTON BLVD. SUITE 108

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Phone: (801)393-4728 igrcentraloffice@gmail.com

It takes more effort
to Be who we think we are,
than whom we truly can be.
- Bob M. 2011

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

AA Intergroup Central Office-Ogden	February	TOTAL
Group Contributions 2024 (Year-to-Date)	2/29/2024	2024
Babes of Anonymity	220.00	220.00
Beyond the Horizon		36.00
Clearfield Group		150.00
Friday Night Recovery		250.00
Grupo Primer Paso de Ogden (SP)	15.00	30.00
In the Solution Group		50.00
It's in the Book	210.00	210.00
Ladies of the Mountain-WRH	418.76	428.76
Meat & Potatoes		159.00
Sat Night Alumni - ORMC		137.50
Serenity Sisters	67.00	151.50
Stone of Sisyphus		130.00
Sunday Night Unity		150.00
Thursday Night Harrison		21.00
Tuesday Morgan Group		200.00
Tyler Ave Group	100.00	200.00
Upon Awakening		40.00
Wed Night Stag		89.00
Wed. Night Alumni - ORMC		167.00
Women's Circle of Hope	74.00	74.00
Groups Sub-Total	1,104.76	2,893.76
District 11	150.00	300.00
District One	0.00	180.00
Individual Donation(s)	1,000.00	1,350.00
TOTAL Donations	\$2,254.76	\$4,723.76

FROM THE BOOK

Alcoholics Anonymous, 4th ed.
(Big Book) **pg. 62**

Selfishness self-centeredness! That we think is the root of our troubles. Driven by a hundred forms of self-delusion, self-seeking and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we must be rid of this selfishness. We must, or it kills us!



District One Meeting Minutes for March 12, 2024

⓪OPENING:

Shelley called the meeting to order at 7:06 with a moment of silence, followed by the Serenity Prayer. Kat read the GSR Preamble and Kiley read the Twelve Traditions. There were 7 new GSRs, Ramona – 11:59 Group, Gary – Tremonton, Lindsey & Brittney - Sober Café, Marty – Sober Solutions, Shaun – Veterans Fellowship, Bill – Sunday Night Unity. There was one interested AA - Clark. There were two visitors – David – Area Delegate, Mike – Area 69 Chair. Those in attendance: DCMC, 1 DCM, Alt DCM excused, 24 GSRs, Secretary, Treasurer, Corrections, Intergroup Ogden excused. Sue called the roll. The minutes were read from the February District One Meeting. They were approved with a motion from Byron and Sherie 2nd with corrections.

⓪REPORTS

- ♣ **Grapevine** – Krista – Not present.
- ♣ **Intergroup Ogden** – Mike L. – Excused. Jennie brought report. See newsletter.
- ♣ **Intergroup Logan** – Kim P. – Not present.
- ♣ **Treasurer** – Jennie -

The District One Finances for January 2024 are as follows: The beginning balance: \$3066.72. The donations totaled \$749.00. The expenses totaled \$427.73. The Pink Can Money had \$0.00 in donations, expenses of \$0.00. The total balance is \$336.27. The total balance of the account this month is \$1051.72, minus our \$2000 P/R. The Treasurer report was approved, with a motion from Heather, Eric 2nd.

⓪DCM reports – Shelley and Michael

Mike – Mike attended PRASSA.

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

Since the February District meeting:

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

The *Sober Cafe Group* has a new GSR AND alt. GSR.

The *Sober Solutions Group* has a new GSR.

The *Tremonton Group* has a new GSR.

Area Events

I attended the Area virtual agenda item meeting on 2.20.24. This was our first look at the agenda items and background information.

I attended the February Committee Meeting (2.24) in Park City. There were over a 100 people there and at the event we learned about and discussed the agenda items for this year's General Service Conference

Note: I sent everyone an email over the weekend with a link for the agenda items and the background for each.

Please review that so that you and your homegroup and discuss the topics and come to a group conscience on them.

David R., our Area 69 delegate, is also here today to talk about them and answer any questions you have.

The Pre-Conference Assembly (April 5-7) will be in Beaver Utah, but you can attend via Zoom. This is the most important Area event a GSR can attend. This is where you will give your group conscience from your home group to the delegate. This allows the delegate to have an informed group conscience for all the A.A. members in Utah.

I went to PRAASA on March 1-3. Thank you for allowing me to be of service. I've included a separate report from that event for the District.

I created District Position Flyers for all Standing Chairs and the DCM position (See in attached email). GSRs, please feel free to post one or more of these flyers at your homegroup to try and promote service within the district. There is a QR code that takes people directly to our guidelines if people want to know more than just what is on the flyer.

Lastly, the literature of the month is "Structure of U.S./Canada General Service Conference" (SMF-179) and "The General Service Conference Structure" (SMF-116) (See attached). These service materials outline the "upside down-triangle" structure that A.A. functions on. They also outline the flow of information to and from the A.A. General Service Conference. In Concept I, it states "The A.A. groups today hold ultimate responsibility and final authority for our world services..." That responsibility and authority outline the A.A. structure.

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.

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For this next month, I will be:

Visit my assigned groups to support GSRs on agenda items.

Hold a virtual DCM meeting to

Go over updates on groups.

Attend the Pre-Conference Assembly

Thank you, Shelley A.

🕒GSR OPEN DISCUSSION

Donny – Keep it simple – announced the potluck his home group is doing.

🕒OLD BUSINESS

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

PLEASE TAKE THIS BACK TO YOUR GROUPS.

🕒NEW BUSINESS

David, Area Delegate talked about the Grapevine app. It has a sobriety countdown. You can get a subscription on the app. There are free podcasts available also. David talked about the 2024 agenda items. He explained about CPC, Corrections, Finance, Grapevine/Lavina, and Literature agenda items. Donny motioned to have an extra half hour for agenda items next year in March. Marty 2nd.

Next District Meeting at the Boys and Girls Club 650 E 700 S, Brigham City Apr 9 7:00pm

🕒UPCOMING EVENTS

Pre-Conference Assembly District 7 Apr 5-7 St. George

Post Conference Assembly District 11 May 17-19

🕒CLOSING

The meeting was closed at 8:15 pm with the Responsibility Statement.

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

> District Meetings Information <

➤ District One – 2nd Tuesday, 7:00 PM

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

DISTRICT 11 GSR Meeting Minutes March 13, 2024

Kameron K. opened the meeting at 6:34 p.m.

1. Moment of Silence followed by the Serenity Prayer

- A.A. Preamble read by **Bill F.**
- GSR Preamble read by **Kevin M.**
- 12 Traditions ready by **Kim M.**
- Welcomed GSRs & New GSRs – **Kevin D.** GSR for Bountiful Men's Wed. group
- Welcome Visitors – **David R.** Utah Delegate, **Teresa M.** Alt. Delegate, **Mike F.** Area Chair
- **Terra L.** passed around Roll Call with a request made for updated information.
- Treasurer's report- **Matt D.**- Gave report, motion to approve **John D.** seconded by **Sheri C.**, passed. **Matt D.** proposed a motion for consideration to approve the usage of \$1,800.00 of District 11's prudent reserve savings money to host the 2024 Post-Conference Assembly for Area. (Please see attached) Motion discussed, vote taken, and passed unanimously.

2. New Business:

Kameron K.- Need volunteers for the guideline committee: **John D.**, **Matt D.**, and **Brent P.** volunteered.

3. Old Business: **Kameron K.**- Motion to create a new district archivist position. Vote taken and passed

unanimously (see attached)

4. Elections: **Cameron P.**- New position District 11 Archivist

5. **David R.**, Delegate, presented agenda items. Requested that each group have discussions on how we should treat A.A founder's writings with a handout of questions for GSRs to take to their groups. Requested responses by email by April 5, 2024.

6. **GSR Reports:** No verbal reports were given, only written submissions. **John D.**, Serenity Happy Hour, Sunday's 10 am. The group is going strong and meetings are steady with a growing home group. Kevin M., Higher Ground, Fruit Height, nothing to report. Kim M., Serenity Sisters, good. Kevin D., Bountiful Men's group, alive and well. Greg G., Saturday Morning Brotherhood, pink cloud good. Stacy A., Women's Circle of Hope, a very positive group spreading the message. Josette K. Layton Big Book Step Study, New people on Zoom weekly, and in-person attendance is consistent. Speaker every week and we study the steps in a 15-week rotation. Brent P., 12 o'clock high group. Brought group concerns with financials (see attached).

7. Standing Chair Reports:

- DCM North- **Caroline A.**- Absent
- DCM South- **Open position**
- Corrections- **Sheri C.**- Present. Met with the new program coordinator and she seems excited and interested in our program. Bought new Spanish-speaking books for the jail (see attached)
- PI- **Leslie B.**- Present- no report
- CPC- **Cory E.**- Present, was able to talk to the doctor and nurse at the hospital about AA. Also spoke to the social worker who was confused about alcoholism, but willing to meet and review packets. (see attached)
- Grapevine- **Carol G.**- Absent
- BTG- **Ricardo B.**- Absent
- Treatment- **Seth N.**- Absent
- Literature- **John D.**- Present, registered for the SJS Talent in the Park 2024. We have a booth reserved to hand out literature. The cost was \$25 to register with a budget of \$225, is this enough to purchase literature to hand out at the event? The event will be from noon to 8 pm. I am looking for volunteers for this event.
- Intergroup Report Ogden-
- Intergroup Report SLC- **Phillip W.**- Vacant trustee spot filled, Two positions open PI & alt Trustee. Phone hotline slots are 100% staffed. Checks to Central office need pay to "AA central office" — not the intergroup. Need more Dist 11 (south) meetings represented
- DCMC- **Kameron K.**- Present, gave report (see attached)

8. Tradition Three- No

9. Approved last month's minutes. Motion to accept by **John D.**, seconded by **Matt D.**, passed

10. AREA/DISTRICT 11 Events:

- Pre-Conference Assembly April 5-7, 2024 information is available at aaofutah.org

11. Coming soon:

● Dist. 11 GSR Meeting – Episcopal Church of the Resurrection 1131 S. Main, Centerville, April 10, 2024, at 6:30 pm
District 11 Funds P.O. Box 461 Bountiful, UT 84011

Closed at 7:36 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

Area 69
Pre-Conference
Assembly

April 5th - 7th, 2024

30 West 300 North
Beaver, Utah

Hosted by District 7 / Chair: Scott W. (925) 766-9972

PROGRAM

FRIDAY, April 5, 5:00 PM -- Registration \$20

6:00 -- Welcome
6:15 -- PRAASA Reports
8:00 -- GSR Survival Guide

SATURDAY, April 6, 8:00 AM -- Registration \$20

8:30 - **Area 69 GSR Orientation**
All AAs new to service or in newly elected service positions, please attend!
All AAs are welcome to attend!

9:00-12:00 -- Welcome to Area 69 Business
(Lunch on your own)
1:30 - 5:00 -- Area 69 Business
(Dinner on your own)

6:30 -- Sobriety Countdown
7:00 -- Speaker GSO Trustee at Large - Marita R.
8:30 -- Dance

SUNDAY, April 7 - 9:00 A.M. -- Round Tables

(GSR, DCM, Standing Chairs)
10:00 -- Delegates 'ASK IT BASKET'
11:00 - 12:00 -- Speaker - Kim K.

Zoom Information
ID: 879 3198 3200
Passcode: 109417

Hotels in Beaver near event

Comfort Inn
1540 S Main Street,
435-438-6283

Special Rate \$139.99 + tax, mention Assembly

Best Western – Butch Cassidy
161 S Main Street
435-849-8822
25% off, mention Assembly

Best Western – Paradise Inn
1451 N 30 West
435-438-2455
Special Rate, mention Assembly

Wingate by Wyndham
781 W 1800 S
435-438-5426

Delano Motel & RV Park
480 N Main
435-438-2418

Reduced rate, mention Assembly