



Looking out for over elation

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

A great many drinkers (whether alcoholics or not) change an internal state of discomfort to one of enjoyment by the single act of taking a drink. This method of fleeing from pain to pleasure has been described as "escape drinking."

But thousands and thousands of us know that often we were already in a happy frame of mind when we took a drink. In fact, when we review our drinking records carefully, large numbers of us can see that we often drank in order to intensify an already jubilant mood.

This experience gives rise to our next suggestion, which is: Be especially cautious during moments of celebration or times of just feeling extraordinarily good.

When things are going great, so well you feel almost on a nonalcoholic high—look out! At such times (even after several years of sobriety), the thought of a drink may seem quite natural, and the misery of our old drinking days temporarily dims. Just one drink begins to seem less threatening, and we start thinking that it wouldn't be fatal, or even harmful.

Sure enough, *one* would not be—for the average person. But our experience with a drinking problem shows us what that one supposedly harmless, fateful drink would do to us unaverage people. Sooner or later, it would persuade us that one more could do no damage, either. Then how about a couple more?...

Ceremonial, celebratory drinking seems particularly tempting to some of us when we have valid cause for exhilaration among jovial drinking relatives or friends who can drink safely. Their imbibing seems to exert social pressure on us to try to do likewise.

Perhaps this is because taking a shot of ethanol (ethyl alcohol) has so long been closely associated in our culture with fun and good times (as well as some mournful events). The connections in our mind can persist even long after we have learned we do not *have* to drink any more.

We know now that there are many ways we can fend off this social pressure to drink, as described on page 66. Briefly, let us just be reminded that no situation gives us a "dispensation" from our alcoholism, the illness that is activated as soon as we start ingesting alcohol at any time, for any reason, or for no reason.

For some of us, the impulse to take a joyful drink when we are feeling particularly good is even more insidious when there is no particular event to celebrate, and no particular social pressure to drink. It can occur at the most unexpected times, and we may never understand the reasons for it.

We have learned now not to panic when the thought of a drink comes into the mind. After all, it is a natural thought for anyone to have in modern times, and especially understandable for those of us who have had extensive practice in the art.

But the thought of a drink is not necessarily the same thing as the desire for one, and neither need plunge us into gloom or fear. Both can be viewed simply as warning bells to remind us of the perils of alcoholism. The perils are forever, even when we feel so fine that we wonder whether it's really all right for anyone to feel as good as we do, now.



We will be **CLOSED**
Thursday, July 4th

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

Central Office Representative Meeting Attendance

- The IGR/COR representative meeting for June was canceled.
- **The May Central Office report is on page 5.**
- The next scheduled IGR/COR Meeting is *planned* for Tuesday, July 16 @ 6pm



Additional July Office CLOSURE DATES

(to reduce payroll expenses)

Central Office will be **CLOSED**
Tuesday **July 9th** & Tuesday **July 23rd**.

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



TO: Central Office Committee
From: Randy C., {Central Office employee}
Date: June 6, 2024
Subject: Ogden Intergroup Central Office Report for **May 2024**

May Sales Summary:

- Books: 84 (net\$ 205)
- Chips: 245 (net\$ 93)
 - Aluminum 211 (\$ 19 net)
 - Brass 29 (\$ 57 net)
 - Tri-Plate 5 (\$ 17 net)

Office Activity: Hours: 104

- Emails: 153
- Calls/Msgs: 42
 - Calls to our Answering Service: 6
- Office Visits: 64 (avg. weekly walk-ins = 13)

Website Activity: May Visitors: 996 Views: 2,801

Google Business Listing Activity: May Searches: 900 Views: 1,732

Contributions: \$ 671

- Groups: 9 groups \$ **571**
- District Contribution: \$ 100

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

April 2024: \$ 6,501.31

(ending) May 2024: \$ **6,551.37** (.8%)

Checking Account (Operating Funds): (ending) May 2024: \$ **1,165.56**

Your Central Office employee.
 -Randy

Some do not so much
 "carry" the message,
 as use it as a club.

-Bob M. / 2016

AA Intergroup Central Office-Ogden	MAY	TOTAL
Group Contributions 2024 (Year-to-Date)	5/31/2024	2024
11:59 Group		50.00
Babes of Anonymity		220.00
Beyond the Horizon		36.00
BYOB Group		100.00
Clearfield Group		250.00
Courage to Change Group		50.00
Davis Group		200.00
Friday Night Action		120.00
Friday Night Recovery		250.00
Grupo Primer Paso de Ogden (SP)	15.00	75.00
Higher Ground Grp-Fruit Hghts		400.00
Huntsville Group	85.00	85.00
In the Solution Group	50.00	250.00
It's in the Book		210.00
Ladies of the Mountain-WRHH		428.76
Layton BBSS		159.50
Meat & Potatoes		356.27
Meeting in the Mountain (VC)		825.00
Primary Purpose Group	80.00	80.00
Recovery Together Group (5)		200.00
Sat Men's Brotherhood		708.00
Sat Night Alumni - ORMC		137.50
Serenity Happy Hour (Sunday)		230.80
Serenity Sisters	37.50	325.00
Stone of Sisyphus		230.00
Sunday Night Unity	150.00	450.00
Thursday Night Harrison		21.00
Tuesday Morgan Group		200.00
Tyler Ave Group		325.00
Upon Awakening	20.00	140.00
Wed Night Stag		226.50
Wed. Night Alumni - ORMC	50.00	470.00
Women's Circle of Hope	83.00	157.00
Groups Sub-Total	570.50	7,966.33
District 11	100.00	700.00
District One	0.00	360.00
Individual Donation(s)	0.00	1,350.00
TOTAL Contributions	\$670.50	\$10,376.33

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 June 11, 2024

OOOPENING:

Mike R. called the meeting to order at 7:04 with a moment of silence, followed by the Serenity Prayer. Mike read the GSR Preamble and Kat read the Twelve Traditions. There was no new GSRs. There were no interested AAs. There was 1 visitor – Mike F. - Area 69 Chairperson. Those in attendance: DCMC, 1 DCM, Alt DCM, 17 GSRs with 1 excused, Grapevine excused. Secretary, Treasurer, Corrections excused, and Intergroup Ogden, Literature, and PI. Sue passed the roll around to be marked. The minutes were approved with changes with a motion from Bryan and Clark 2nd.

REPORTS

• **PI – Donny G.** – So far I have a small committee who is helping us get Books into our Public Libraries. I am also working on making some posters we can get into public schools. The attached PDF is just some examples I have been working on. Some are 8.5 X 11 and others are 4X6. There are also Business cards to pass out. All are easier to display than a brochure. Also they can be pinned up in Laundry mats, coffee shops or any public post-it-boards. There are many areas. They are also easier to display in offices. We now have some at the V.A. and will get them into more offices. I am very busy with the Fall Fellowship and the Fellowship of the Spirit Workshops as well. I will be able to give it more time when those are over and then we can do a workshop on all our Chair positions. PI, CPC, Literature, Grapevine, Corrections, and all the others. The ones we do not have, I will have people from other Districts come and help. We are all on the same side and I am close with District 11. There is so much we can and need to do so get ready to do something together.

I am grateful for this new life of mine and for your service as well. It is people like you two who have inspired people like me to live happy, joyous, and free.

District 1, Area 69 PI Chair, GSR Donny Gill

P.S. I need to find out how long I have been GSR for Keep It Simple. Can one of you tell me. If you need anything you can email me or by phone at 801-860-8530.

• **Corrections – Doug J.** – We have been continuing to announce the need for volunteers for the jail meetings and have had a few more people show interest in participating. Thank you, Doug J, Corrections chair

• **Grapevine – Krista** – Excused

• **Literature – Clark** – Went to Central Office and picked up a literature pamphlet rack. Attended and helped at District 11 AA literature booth SJS Talent in the park June 8th.

Literature of the month: The A.A. Group Treasure, Self-Support: Where Money & Spirituality Mix, Seventh tradition in virtual meetings, Seventh tradition contribution helps carry the message, A.A. Guidelines finance. Thank you for letting me serve Clark. B (Literature Chairperson)

• **Intergroup Ogden – Mike L.** – Mike brought the Central Office report and read it. See Pass It On.

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

• **Treasurer – Jennie** - The District One Finances for May 2024 are as follows: The beginning balance: \$2500.11. The donations totaled \$843.00. The expenses totaled \$0.00. The Pink Can Money had \$0.00 in donations, expenses of \$0.00. The total balance is \$152.27. The total balance of the account this month is \$531.84, minus our \$2000 P/R and the outstanding operating expense of \$-659.00 The Treasurer report was approved, with a motion from Dave, Clark 2nd.

DCM Reports – Shelley and Michael

Mike – Mike attended Tyler Ave Group and Veterans Fellowship. I also will be attending the Bridge the Gap Workshop in Heber City this weekend. I will also be attending Forum in July. Shelley-Thank you for allowing me to be of service to District 1.

Shelley - Since the May district meeting: I reached out to Renee about facilitating our District Inventory. I sent her several dates and she agreed to August 6th at 6pm, via Zoom. The District Inventory should take approximately 1-1.5 hrs and GSRs are encouraged to attend to best reach a group conscience on how well District is doing to meet the primary purpose and what they can do to moving forward. Anyone is welcome to attend and share their insights in a respectful and helpful way.

Zoom link: <https://usu-edu.zoom.us/j/88358495389?pwd=Z46DhauJddUNJvn6a5C6taLL1li0PA.1>

District Inventory Questions (See attached email in Shelley A. DCM email on 6.11.24)

I reached out to all standing chairs to ask if they needed help and outline their roles (based on the guidelines) in District One. BOX 4.5.9, the quarterly newsletter from the U.S./Canada General Service Office for A.A. members, discontinued physical copies of the newsletter last month. However, members can still get a virtual copy of the newsletter by signing up

at this link: <https://www.aa.org/box-459>. I highly encourage members of A.A. to read this, especially those who want to better understand everything the General Service Office does in between Conferences.

We held a DCM meeting on 6.6.24. We discussed the meetings that need/requested a visit. We also talked about the 2025 Pre-Conference Assembly, which will be hosted by District One next April (more on this in *New Business*). Lastly, we discussed the agenda and the fact that the business meeting is running over time. While we always have (and will encourage) open discussion and sharing of ideas, we also want to respect everyone's time. Therefore, we will be sending around role each month and GSRs will be checking off if they are there (online participants will drop their homegroup in the chat). Also, because Sue sends out the minutes by the 20th of each month, giving every member a chance to review them before the next GSR meeting, instead of reading the minutes, we will be asking if any changes are requested and then going to the motion for approval.

Area Events: Mike R. attended the Post Conference Assembly (May 17th-19th) and I sent a report to update Area on District One's activities. The next Area event is the Standing Chair Workshop (June 15th). This event will be held in Heber and is a one-day event (See attached). This year's Standing Chair Workshop is focused on Bridging the Gap, Communication with the Professional Community (CPC), and Public Information Chairs (PI). At this event participants will learn more about Bridging the Gap in Utah and learn from other standing chairs about effectively performing their roles.

Pacific Regional Forum July 12-14th in Las Vegas Welcomes all interested A.A. members to enhance trust and communication between A.A. members and the General Service Office. This event is put on by the GSB and while you do have to register, there isn't a cost for registration.

<https://www.aa.org/regional-and-local-forums>

I will not be able to attend this because I'll be in NY.

For this next month, I will be: Check District Meetings with GSO, Updated the Area Register, Hold a virtual DCM meeting to go over updates on groups. Thank you, Shelley A.

🕒GSR OPEN DISCUSSION

There was no time for discussion.

🕒OLD BUSINESS

Positions still open 3 DCMs, 3 Alt. DCMs, CPC, Treatment

PLEASE TAKE THIS BACK TO YOUR GROUPS.

🕒NEW BUSINESS

We need a chairperson for the Pre-Conference in April. No one stood.

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

🕒UPCOMING EVENTS

Area Standing Chair & BTG Workshop	District 3	Jun 15
Pacific Regional Forum	Pacific Region	Las Vegas, NV
Pre Assembly Workshop	District 10	Millcreek, UT

🕒CLOSING

The meeting was closed at 8:07 pm with the Responsibility Statement.

> 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 // (Unavailable at time of publication)

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



UTAH AREA 69
CALENDAR OF EVENTS
January 2024

Table with 4 columns: Date, Event Name, Location, and City. Rows include Pacific Regional Forum, Pre Assembly Workshop, Area Elections, Fall Workshop, and 'Pass the Gavel'.

<<<<<< NEW Meetings >>>>>>

7/24

Wednesday

7:00 pm

A New Beginning

(Women only Meeting)

St. Paul's Lutheran School

3329 Harrison Blvd. - Ogden

8/24

Sunday

6:00 pm

Sunday Nights

Keystone Recovery

1159 - 30th Street

Ogden

?? HUMOR

Two AA members were outside waiting for their meeting to start when a newcomer walked up with a paper in his hand and said, "Is this where the AA classes are?"

"Yes, the meeting's inside," replied one of the men.

The newcomer held his paper up and exclaimed, "I have to go to TEN of these classes!"

The older AA member assured him, "They'll sign your paper for you after the meeting."

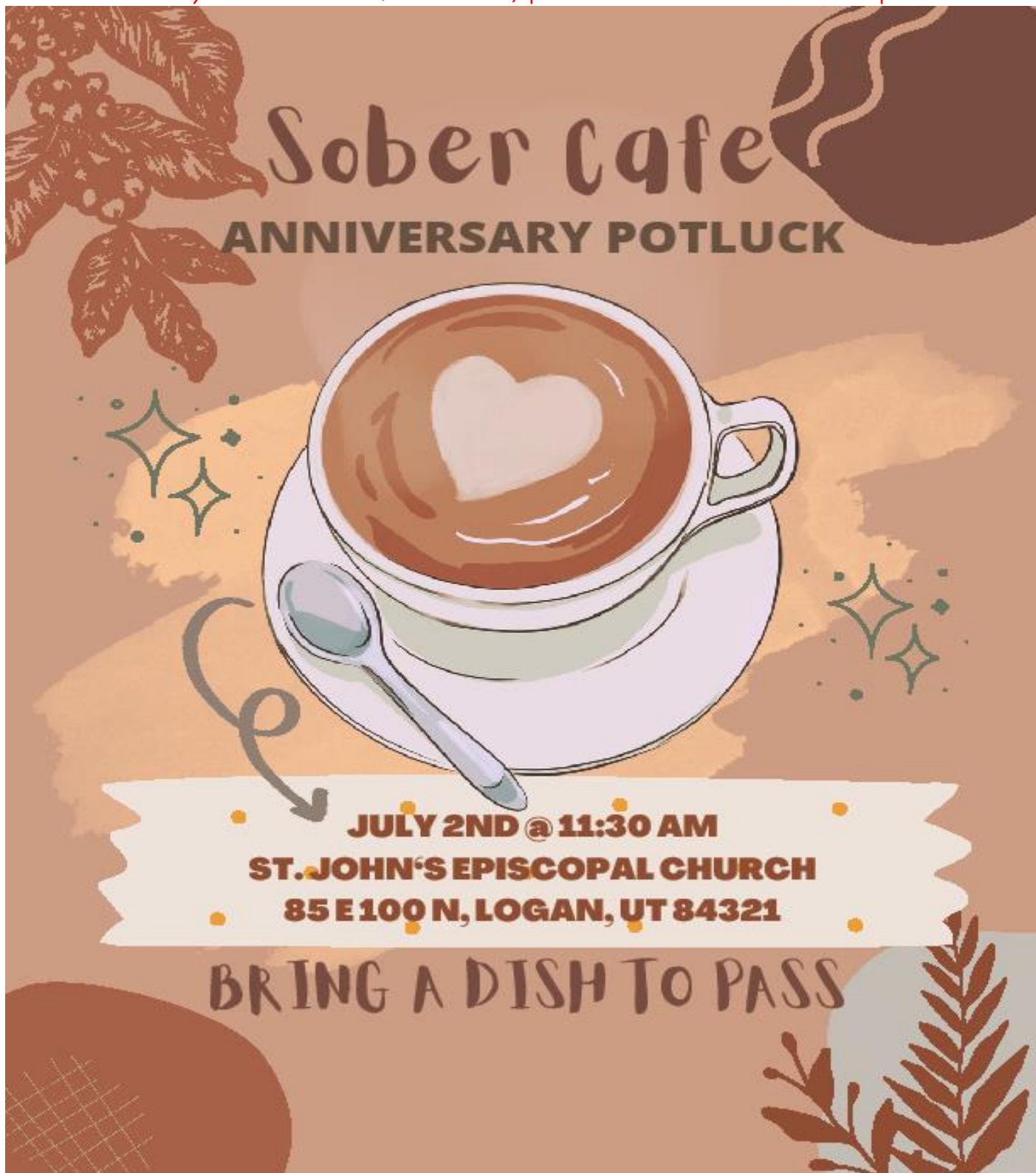
"So, how many of these classes do you have to go to?" the newcomer asked.

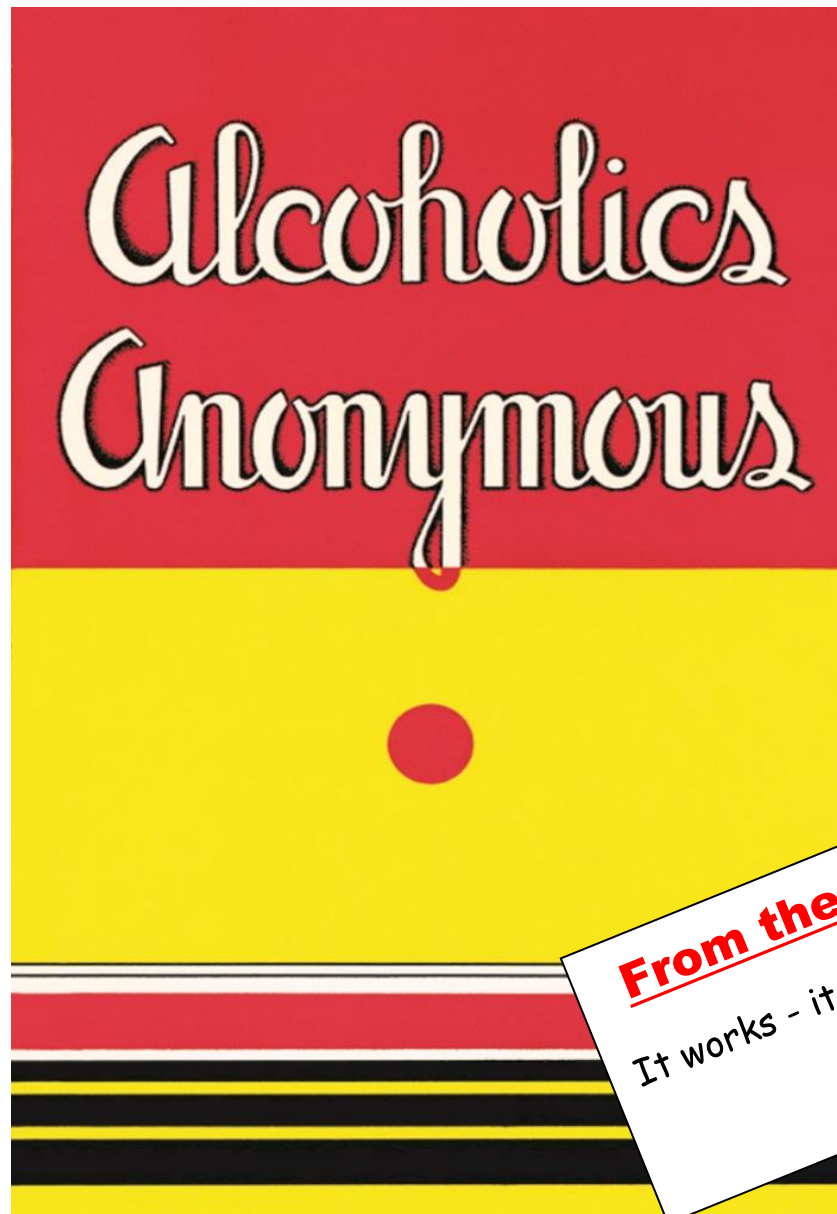
"Well... I need to go the rest of my life!" the old timer answered.

Shocked, the newcomer blurted out, "Oh man! What did YOU do?!"

-Chris H. // Phoenix, Az.

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





From the Book
It works - it really does.
Pg. 88, "Big Book"
Alcoholic Anonymous

This General Service Conference-approved special edition of Alcoholics Anonymous is a reproduction of the first printing of the first edition of the Big Book as it was published in 1939. This faithful replica of the original — featuring red cloth binding, thick paper and the colorful "circus cover" — was published in 2014 to commemorate the 75th anniversary of the Big Book.

Regular Ogden Central Office Price \$13.00

Special Price \$8.00

(while supplies last)

Hardcover
416 pages

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

SILENT DESSERT AUCTION
DESSERT AUCTION
BINGO

Games and Prizes
Music and More
Fun for Everyone

THE ANNUAL FELLOWSHIP OF THE SPIRIT

SERVICE IN RECOVERY WORKSHOP

LUNCH & SPEAKER EVENT

- **EVENT IS FREE- EVERYONE IS WELCOME**
- **15.00 DONATION COMES WITH LUNCH AND ONE BINGO CARD. - 5.00 FOR ADDITIONAL CARDS.**
- **KIDS EAT FOR 5.00 EACH - 8 AND UNDER EAT FREE**

-SPEAKERS-
AA DELAGATE DAVID R.
AL-ANON-JAMIE S..
ALATEEN-RYLEE S

SPEAKERS FROM AA, AL-ANON, AND ALATEEN

SPECIAL MUSIC PERFORMANCE BY ALATEEN RYLEE S. AND AA KEITH L.

BRING YOUR FAVORITE DESSERT TO BE AUCTIONED OFF FOR A GREAT CAUSE

A FAMILY EVENT! ALL AGES WELCOME

HOSTED BY AA GROUP, "KEEP IT SIMPLE"

525 EAST 200 SOUTH CLEARFIELD UTAH
10:00 A.M TO 3:00 P.M.

JULY 20TH 2024