

Watching for anger and resentments

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

Anger has already been touched on in this booklet, but some rough experiences have convinced us it is so important it deserves special attention from anyone wanting to get over a drinking problem.

Hostility, resentment, anger—whatever word you use to describe this feeling—seems to have a close tie-up with intoxication and maybe even a deeper one with alcoholism.

For instance, some scientists once asked a large number of alcoholic men why they got drunk, and found an important answer was "So I can tell somebody off." In other words, they felt the power and freedom while drunk to express anger they could not comfortably display when sober.

Someone has suggested there may be a subtle, undetermined biochemical relationship between alcohol and the kind of body changes that accompany anger. One experimental study of alcoholics suggested that resentments may create in the blood of alcoholics a certain uncomfortable condition that is cleared up by a binge. A top psychologist has recently suggested that drinkers may enjoy the feelings of power over others that the influence of alcohol can bring.

Facts have been reported about the close correlation between drinking and assaults and homicides. It seems a large proportion of these in some countries happen when either the victim or the perpetrator (or both) is under the influence of alcohol. Rapes, domestic squabbles leading to divorce, child abuse, and armed robbery are also frequently laid at the doorstep of excessive drinking.

Even those of us who have had no experience in such behavior can easily understand the kind of fierce rage which might lead some people to think of such violence when they are drunk enough. So we recognize the potential danger in anger.

There seems little doubt that it is a natural state to occur in the human animal from time to time. Like fear, it may well have some survival value for all members of species homo sapiens. Anger toward abstractions such as poverty, hunger, illness, and injustice have no doubt produced changes for the better in various cultures.

But there is also no denying that mayhem and even verbal assaults committed in excesses of anger are deplorable and do damage to society as a whole, as well as to individuals. Therefore, many religions and philosophies urge us to get rid of anger in order to find a happier life.

Yet a great number of people are certain that bottling up anger is very bad for emotional health, that we should get our hostility out in some way, or it will "poison" our insides by turning inward toward ourselves, thus leading to deep depression.

Anger in all its aspects is a universal human problem. But it poses a special threat to alcoholics: Our own anger can kill us. Recovered alcoholics almost unanimously agree that hostility, grudges, or resentments often make us want to drink, so we need to be vigilant against such feelings. We have found much more satisfying ways than drinking for dealing with them.

But we'll get to those later. First, here is a look at some of the shapes and colors anger seems at times to arrive in:

Intolerance, snobbishness, tension, distrust, contempt, rigidity, sarcasm, anxiety, envy, cynicism, self-pity, suspicion, hatred, discontent, malice & jealousy,

Various A.A. members have, when sober, been able to trace all those feelings to some underlying anger. During our drinking days, many of us spent little time thinking such things out. We

were more likely to brood about them, or to overreact, especially after we heightened such feelings by taking another drink.

Perhaps fear should be on that list, too, because many of us believe anger is frequently an outgrowth of fear. We're not always sure what we're afraid of; sometimes, it is just a vague, generalized, nameless fear. And it can give rise to an equally generalized anger, which may suddenly focus on something or someone.

Feelings of frustration might give birth to anger. As a class, problem drinkers are not famous for a high tolerance level when faced with frustration, real or imaginary. A drink used to be our favorite solvent for such an indigestible emotion.

Perhaps "justifiable" resentment is the trickiest of all to handle. It's the end product of "righteous" anger, after long cherishing, and if it is allowed to continue, it will slowly undermine our defenses against taking a drink.

Even if we actually have been treated shabbily or unjustly, resentment is a luxury that, as alcoholics, we cannot afford. For us, all anger is self-destructive, because it can lead us back to drinking.

(Learning to deal with resentments is discussed in more detail in the books *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*.)

We cannot pretend to be experts at understanding depth psychology, so we have to concentrate at first, not on searching for the causes of uncomfortable feelings of anger, but on coping with the feelings themselves, whether or not we think they are justified. We zero in on how to keep such feelings from fooling us into taking a drink.

Interestingly, several of the methods already discussed for avoiding a drink have also worked splendidly for getting over the inner discomfort we suffer when angry. For instance, when we begin to simmer inside, it sometimes helps a great deal to take a few bites of something good to eat, or a glass of a nonalcoholic beverage.

It's also remarkably effective, when we begin to get teed off at something, to pick up the phone and talk about it to our sponsor or to other recovered alcoholics. And it pays to pause and consider whether or not we may be overtired. If so, we've found that some rest often dissipates rage.

Repeatedly, simply pondering "Live and Let Live" cools our temper.

Or we may shift quickly to an activity that has nothing to do with the source of our anger—work it off with some lively exercise—lose it in listening to our favorite music. For many of us, contemplating the ideas of the Serenity Prayer blows away our hostility. Often, whatever we are mad about turns out to be something we cannot possibly control or change (traffic jams, the weather, long supermarket lines, for example), so the sensible, mature thing to do is just accept it, rather than boil inside fruitlessly or turn to alcohol.

Of course, at times we are resentful of a circumstance in our life that can, and should, be changed. Maybe we should quit a job and get a better one, or get a divorce, or move the family to a different neighborhood. If so, such a decision needs to be made carefully, not in haste or anger. So we still should cool down first. Then maybe we can give some calm, constructive thought to figuring out whether our resentment is directed at something we can change. To double-check this, see the section on the Serenity Prayer, page 18.

Sometimes, it isn't long resentment we must deal with, but a sudden, consuming rage. The 24-hour plan (page 5) and "First Things First" (page 31) have helped many of us cope with such a rage, although we didn't see how they possibly could until we actually tried them—and got surprisingly good results.

(continued pg. 3)

Another effective remedy for anger is the “as if” idea. We decide how a mature, truly well-balanced person would ideally handle a resentment like ours, then act as if we were that person. Have a go at it a few times. It works, too.

And for many of us, so does the professional guidance of a good counselor of some sort, a psychiatrist or other physician, or a clergyman.

We can also find an outlet in harmless physical action. The exercise already mentioned, deep breathing, a hot soak, and (in private) pounding a chair or a cushion and yelling have all relieved anger for lots of people.

Simply repressing, glossing over, or damming up anger rarely seems advisable. Instead, we try to learn not to act on it, but to do something about it. If we don't, we increase enormously our chances of drinking.

As laymen who know simply our own experience, we recovered alcoholics have no laboratory knowledge or scientific theories about these matters. But few people who have ever had a hangover could forget how unreasonably irritable it makes you feel. Sometimes, we took it out on family members, fellow workers, friends, or strangers who certainly had not earned our displeasure. That tendency can hang around awhile after we start staying sober, the way wraiths of stale smoke do in a closed-up barroom, reminding us of drinking days—until we do a good mental housecleaning.

Living Sober, Section 15, p. 36-39

From the Book

... our true motives.

There are cases where our ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong. The temptation here is to imagine that we had good motives and reasons when we really didn't.

We constructively criticized someone who needed it, when our real motive was to win a useless argument. Or, the person concerned not being present, we thought we were helping others to understand him, when in actuality our true motive was to feel superior by pulling him down. We sometimes hurt those we love because they need to be “taught a lesson,” when we really want to punish. We were depressed and felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character building and good living.

- **Twelve Step & Twelve Traditions, Step Ten**, pg. 94-95



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 (IGR)** 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

Central Office Representative Meeting Attendance

- One (1) District 11 & two (2) District One groups sent a representative to the May Central Office Rep. meeting.
- **The following group(s) sent COR's:**
Tuesday Morgan group, Wednesday Night Stag group & It's in the Book group.
- The **IGR/COR Meeting for June is canceled.**
The next scheduled meeting is on **July 16 @ 6pm**

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 credit card payment system that will allow Central Office to receive a full 100% of each sale charged.

The new system charges 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.

JUNE Pass It On 2024

COR/IGR Meeting Minutes Ogden Intergroup Central Office Tuesday May 21, 2023

COR Attendees: (3) Mike L., Carol G., Micheal G. **Steering Committee:** Kelly C., Steve H.,
Office Mgr: Randy C

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

April Summary:

Sales Summary:

- Books: 94 (net \$ 234)
- Chips: 325 (net\$ 110)

○ Aluminum	282 (\$ 26 net)
○ Brass	43 (\$ 84 net)

Office Activity: Hours: 83

- Emails: 122
- Calls/Msgs: 28
 - Calls to our Answering Service: 1
- Office Visits: 58 (avg. weekly walk-ins = 15)

Website Activity: April Visitors: 947 Views: 2,992

Google Business Listing Activity: April Searches: 825 Views: 1,777

Contributions: \$ 2,648

- Groups: 15 groups \$ 2,168 (82%)
- District Contribution(s) \$ 480 (18%)

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

March 2024: \$ 6,451.26

(ending) April 2024: \$ 6,501.31 (.8%)

Checking Account (Operating Funds): (ending) April 2024: \$ 3,282.78

Your Central Office employee. -Randy

New Business:

- The 90-day projected financial outlook was reviewed.
 - The 1st third of 2024 donations were \$9,605 (\$2,400 per mo. avg.) the highest 1st third contributions of since 2017...
 - ... our May contributions month-to-date, (21 May) = \$200.
 - IGR reports were given for the Tuesday Morgan Grp, the It's in the Book Grp, and the Wednesday Night Stag Grp.
 - The Annual Tuesday Morgan Group "Best Dam Camp Out" was announced. June 28, 29 & 30.
 - Carol reported on Weber County Jail meetings.
 - Steering Committee: Vice Chair and Secretary still needed.
 - **Reminder:** any IGR/COR that misses three (3) consecutive monthly meetings *without* contacting Central Office will be dropped from the monthly email remainder list.
- Meeting closed with the Responsibility statement at 6:40 pm

There is more said in Silence than can be heard by listening. -Bob M.

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

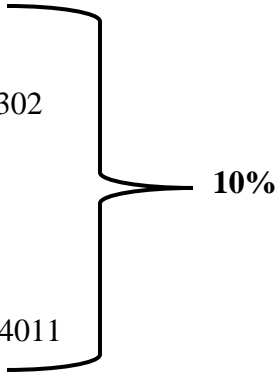
PO Box 461
Bountiful, Ut 84011

10% - Area 69 Treasurer

PO Box 18134
Kearns, Utah 84118

30% - GSO

PO Box 2407
James A Farley Station
New York, NY 10116-2407



THANK YOU!

AA Intergroup Central Office-Ogden	April	TOTAL
Group Contributions 2024 (Year-to-Date)	4/30/2024	2024
11:59 Group		50.00
Admitted We Were Powerless		
Babes of Anonymity		220.00
Beyond the Horizon		36.00
BYOB Group	100.00	100.00
Clearfield Group	100.00	250.00
Courage to Change Group	50.00	50.00
Davis Group	200.00	200.00
Friday Night Action	120.00	120.00
Friday Night Recovery		250.00
Grupo Primer Paso de Ogden (SP)	15.00	60.00
Higher Ground Grp-Fruit Hghts	400.00	400.00
In the Solution Group	100.00	200.00
It's in the Book		210.00
Ladies of the Mountain-WRH		428.76
Layton BBSS	159.50	159.50
Meat & Potatoes	197.27	356.27
Meeting in the Mountain (VC)		825.00
Recovery Together Group (5)		200.00
Sat Men's Brotherhood		708.00
Sat Night Alumni - ORMC		137.50
Serenity Happy Hour (Sunday)	230.80	230.80
Serenity Sisters		287.50
Stone of Sisyphus	100.00	230.00
Sunday Night Unity		300.00
Thursday Night Harrison		21.00
Tuesday Morgan Group		200.00
Tyler Ave Group	75.00	325.00
Upon Awakening	30.00	120.00
Wed Night Stag	137.50	226.50
Wed. Night Alumni - ORMC	253.00	420.00
Women's Circle of Hope		74.00
Groups Sub-Total	2,268.07	7,395.83
District 11	300.00	600.00
District One	180.00	360.00
Individual Donation(s)	0.00	1,350.00
TOTAL Donations	\$2,748.07	\$9,705.83

District One Meeting Minutes for May 14, 2024

⓪ OPENING:

Shelley called the meeting to order at 7:07 with a moment of silence, followed by the Serenity Prayer. Heather read the GSR Preamble and Brian read the Twelve Traditions. There was 1 new GSR - Forest – Small Town Big Recovery. There were 3 interested AAs – Dave, Mike, and Jason. There were no visitors. Those in attendance: DCMC, 1 DCM, Alt DCM, 20 GSRs with 4 excused, Secretary, Treasurer excused, Corrections, and Intergroup Ogden excused, Literature, and PI. Sue called the roll. The minutes were read from the April District One Meeting. They were approved with a motion from Heather and Brian 2nd.

⓪ REPORTS

• Corrections – **Doug J.** - More big books were bought from central office in Ogden and dropped off at the jail.

The men's brotherhood meeting has also donated \$85 in pink can money. \$78 was spent on 6 soft cover big books and the books were dropped off at weber County jail. The remaining \$7 will be given to the treasurer. There are three men doing the men's meetings on Mondays and Thursdays and four women doing the women's meetings on Mondays. We are still seeking additional volunteers.

Randy at Ogden central office provided 12 grapevines that were dropped off at the jail. Meeting schedules were also dropped off at the jail and handed out during the meeting.

The programs deputy said that we can schedule individual video meetings with people in the jail who are interested in doing one on one step work. That will be brought up at the next meeting to see if anyone is interested in doing that. Also, the Sunday morning serenity group has \$250 of pink can money they said they will donate to area for the BTG speakers in June.

Thank you, Doug

• Grapevine – **Krista** – Excused

• Intergroup Ogden – **Mike L.** – Mike read report. See newsletter.

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

• Treasurer – **Jennie** -

The District One Finances for April 2024 are as follows: The beginning balance: \$2618.61. The donations totaled \$134.00. The expenses totaled \$225.00. The Pink Can Money had \$86.00 in donations, expenses of \$114.00. The total balance is \$152.27. The total balance of the account this month is \$-659.00, minus our \$2000 P/R and the outstanding operating expense of \$-287.16 The Treasurer report was approved, with a motion from Kylie, Kat 2nd.

⓪ DCM reports – Shelley and Michael

Mike – Mike attended The Way Out Group, Beyond the Horizon Group, Newcomers Meeting, Meat & Potatoes, Recovery Together Group and Friday Night Recovery Group. I also will be attending the Area 69 Post Conference Assembly in Farmington this weekend.

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

Since the April district meeting:

I've taken a step back from meetings and have let the G.S.R.s take over their leadership roles. Out of the 11 groups I regularly attend, 9 of them have GSRs!

Area Events:

The next Area event is the Post Conference Assembly (May 17th-19th). This event will be held in Farmington and, among other items, will be a report back from the delegate on what happened at the General Service Conference. As always, you can attend via zoom and the link can be found on the aaofutah.org website.

I cannot attend in person because I'll be out of town. I'll send my DCMC report to Mike and Jolene (Area 69 secretary). I will try my best to be online, but I'll be flying on Saturday.

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.

I don't have the literature of the month because Clark, our new literature chair, will be taking over from now on!

For this next month, I will be:

Hold a virtual DCM meeting to

Go over updates on groups.

Thank you,

Shelley A.

ⓄGSR OPEN DISCUSSION

Brian – Upon Awakening members have dropped off. Tyler Group also fluctuates. Mike – Tues Morgan is doing ok. Their yearly campout is June 28-30. Heather Pavilion Posse Group is back at the Lester Park, Thursday 7pm. Donny talked about his group's Spring potluck on June 2 from 2-4 pm, at the park on 3144 Taylor Ave Ogden. Gary – Tremonton Group wants to get on the Intergroup Logan Meeting, Kat talked about two meetings at Keystone Saturday and Sunday,

ⓄOLD BUSINESS

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

PLEASE TAKE THIS BACK TO YOUR GROUPS.

ⓄNEW BUSINESS

Group Inventory was discussed. Shelley will give dates to Renee who will conduct inventory. Then a date will be chosen. Brian motioned to have this a separate meeting on zoom in August. A vote was taken. Vote passed. Next month Shelley will not be here to do the zoom. Clark will take care of the zoom. There was a motion to buy a mike for meetings. Charlie 2nd. Two mikes would be better to pass one around. It was suggested to pass an extra basket around to help pay for mikes. Brian will see if he can get one or two. Vote taken and passed.

Next District Meeting: Boys and Girls Club 650 E 700 S, Brigham City Jun 11 7:00pm

ⓄUPCOMING EVENTS

Post Conference Assembly	District 11	May 17-19
Area Standing Chair & BTG Workshop	District 3	Jun 15

ⓄCLOSING

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

> District Meetings Information <

➤ District One – 2nd Tuesday, 7:00 PM

(New address)

Boys & Girls Club
650 E 700 S
Brigham City

➤ 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

Tuesday Morgan Group Annual Best Dam Camp-Out

On the road to Lost Creek June 28th, 29th & 30th
(Directions Google) Pine Canyon Road, Croydon, Utah

For info call or text, Eric J. @ 801-430-9353 or Mike L. 801-645-9538

- Registration 5 dollars
- Camping Per-Night....15.00 Trailers and Motor Homes... \$10.00 for Tents
- If you don't Camp you are encouraged to attend the Meals and Meetings and all day fellowship
- Pot luck Friday evening
- Community Pot Luck Breakfasts Saturday and Sunday
- Campfire Meetings Friday and Saturday Night
- We chase shade and fellowship during the day, as we practice the fine art of camping.
- Pets are not encouraged. If they show up and some always do, they are cautiously welcomed and pampered, they cannot roam free and need to be well mannered and on a leash.
- Enjoy the Native American Indian presence and do not disturb or camp too near their location of the Sweat Lodge Frames and such. Remember their firewood stacks are not for our use.
- Feel free to bring your personal camping fun Horseshoes and such, just No ATV's

**Most of all enjoy the Fellowship sun-up, till past sun-down.
Be amazed by the magic of the Fellowship, Pine Canyon
Creek, the Red Rocks, and the slow quite Mornings. It
may *keep you coming back* like it has for many, many years**