

2024

October

Pass It On

Ogden Intergroup Central Office Newsletter

Remembering that alcoholism is an incurable, progressive, fatal disease

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

Many people in the world know they cannot eat certain foods— oysters or strawberries or eggs or cucumbers or sugar or something else—without getting very uncomfortable and maybe even quite sick.

A person with a food allergy of this kind can go around feeling a lot of self-pity, complaining to everyone that he or she is unfairly deprived, and constantly whining about not being able, or allowed, to eat something delicious.

Obviously, even though we may feel cheated, it isn't wise to ignore our own physiological makeup. If our limitations are ignored, severe discomfort or illness may result. To stay healthy and reasonably happy, we must learn to live with the bodies we have.

One of the new thinking habits a recovering alcoholic can develop is a calm view of himself or herself as someone who needs to avoid chemicals (alcohol and other drugs that are substitutes for it) if he or she wants to maintain good health.

We have as evidence our own drinking days, a total of hundreds of thousands of man- or woman-years of a whale of a lot of drinking. We know that, as the drinking years went by, our problems related to drinking continually worsened. Alcoholism is progressive.

Oh, of course, many of us had periods when, for some months or even years, we sometimes thought the drinking had sort of straightened itself out. We seemed able to maintain a pretty heavy alcohol intake fairly safely. Or we would stay sober except for occasional drunk nights, and the drinking was not getting noticeably worse, as far as we could see. Nothing horrible or dramatic happened.

However, we can now see that, in the long or short haul, our drinking problem inevitably got more serious.

Some physicians expert on alcoholism tell us there is no doubt that alcoholism steadily grows worse as one grows older. (Know anyone who *isn't* growing older?)

We are also convinced, after the countless attempts we made to prove otherwise, that alcoholism is incurable—just like some other illnesses. It cannot be "cured" in this sense: We cannot change our body chemistry and go back to being the normal, moderate social drinkers lots of us seemed to be in our youth.

As some of us put it, we can no more make that change than a pickle can change itself back into a cucumber. No medication or psychological treatment any of us ever had "cured" our alcoholism.

Further, having seen thousands and thousands of alcoholics who did *not* stop drinking, we are strongly persuaded that alcoholism is a fatal disease. Not only have we seen many alcoholics drink themselves to death—dying during the “withdrawal” symptoms of delirium tremens (D.T.’s) or convulsions, or dying of cirrhosis of the liver directly related to drinking—we also know that many deaths not officially attributed to alcoholism are in reality caused by it. Often, when an automobile accident, drowning, suicide, homicide, heart attack, fire, pneumonia, or stroke is listed as the immediate cause of death, it was heavy alcoholic drinking that led to the fatal condition or event.

Certainly, most of us in A.A. felt safely far away from such a fate when we were drinking. And probably the majority of us never came near the horrible last stages of chronic alcoholism.

But we saw that we *could*, if we just kept on drinking. If you get on a bus bound for a town a thousand miles away, that’s where you’ll wind up, unless you get off and move in another direction.

Okay. What do you do if you learn that you have an incurable, progressive, fatal disease—whether it’s alcoholism or some other, such as a heart condition or cancer?

Many people just deny it is true, ignore the condition, accept no treatment for it, suffer, and die.

But there is another way.

You can accept the “diagnosis”—persuaded by your doctor, your friends, or yourself. Then you can find out what can be done, if anything, to keep the condition “under control,” so you can still live many happy, productive, healthy years *as long as you take proper care of yourself*. You recognize fully the seriousness of your condition, and you do the sensible things necessary to carry on a healthy life.

This, it turns out, is surprisingly easy in regard to alcoholism, if you really want to stay well. And since we A.A.’s have learned to enjoy life so much, we really want to stay well.

We try never to lose sight of the unchangeable fact of our alcoholism, but we learn not to brood or feel sorry for ourselves or talk about it all the time. We accept it as a characteristic of our body—like our height or our need for glasses, or like any allergies we may have.

Then we can figure out how to live comfortably—not bitterly—with that knowledge as long as we start out by simply avoiding that first drink (remember?) just for today.

A blind member of A.A. said his alcoholism was quite similar to his blindness. “Once I accepted the loss of my sight,” he explained, “and took the rehabilitation training available to me, I discovered I really can, with the aid of my cane or my dog, go anywhere I want to go quite safely, just as long as I don’t forget or ignore the fact that I am blind. But when I do not act within the knowledge that I cannot see, it is then I get hurt, or in trouble.”

“If you want to get well,” one A.A. woman said, “you just take your treatment and follow directions and go on living. It’s easy as long as you remember the new facts about your health.

Who has time to feel ‘deprived’ or self-pitying when you find there are so many delights connected with living happily unafraid of your illness?”

To summarize: We remember we have an incurable, potentially fatal ailment called alcoholism. And instead of persisting in drinking, we prefer to figure out, and use, enjoyable ways of living without alcohol.

We need not be ashamed that we have a disease. It is no disgrace. No one knows exactly why some people become alcoholics while others don’t. It is not our fault. We did not *want* to become alcoholics. We did not *try* to get this illness.

We did not suffer alcoholism just because we enjoyed it, after all. We did not deliberately, maliciously set out to do the things we were later ashamed of. We did them against our better judgment and instinct because we were really sick, and didn’t even know it.

We’ve learned that no good comes of useless regret and worry about how we got this way. The first step toward feeling better, and getting over our sickness, is quite simply not drinking.

Try the idea on for size. Wouldn’t you rather recognize you have a health condition which can be successfully treated, than spend a lot of time miserably worrying about what’s wrong with you? We have found this is a better-looking, and better-feeling, picture of ourselves than the old gloomy selves we used to see. It is truer, too. We know. The proof of it is in the way we feel, act, and think—now.

Anyone who wants it is welcome to a “free trial period” of this new concept of self. Afterward, anyone who wants the old days again is perfectly free to start them all over. It is your right to take back your misery if you want it.

On the other hand, you can also keep the new picture of yourself, if you’d rather. It, too, is yours by right.

Living Sober, Section 4, p. 7-10

From The Book

But the actual or potential alcoholic, with hardly an exception, will be *absolutely unable to stop drinking on the basis of self-knowledge*. This is a point we wish to emphasize and re-emphasize, to smash home upon our alcoholic readers as it has been revealed to us out of bitter experience.

Page 39, Alcoholics Anonymous (Big Book)

Once more: The alcoholic at certain times has no mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.

Page 43, Alcoholics Anonymous (Big Book)



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 September Intergroup Rep meeting was canceled.
- The August Central Office business report can be found on page 5.
- The next scheduled **IGR/COR Meeting** is *planned* for Tuesday, **October 15th @ 6pm.**



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

2024



Pass It On

TO: Central Office Committee
From: Randy C., {Central Office employee}
Date: September 12, 2024
Subject: Ogden Intergroup Central Office Report for **August 2024**

August Sales Summary:

- Books: 56 (net\$ 120)
- Chips: 523 (net\$ 130)
 - Aluminum 471 (\$ 24 net)
 - Brass 49 (\$ 96 net)
 - Tri-Plate 3 (\$ 10 net)

Office Activity: Hours: 104

- Emails: 134
- Calls/Msgs: 50
 - Calls to our Answering Service: 3
- Walk-Ins: 69 (average weekly walk-ins = 14)

Website Activity: August Visitors: 982 Views: 3,010

Google Business Listing Activity: August Searches: 742 Views: 1,551

Contributions: \$ 1,258

- Groups: (10) groups \$ 1,258

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

(ending) August 2024: **\$ 4,336.50** ↓ (- **\$ 914.96** [- 17.4%])

Checking Account (Operating Funds): (ending) August 2024: **\$ 1,747.39**

Your Central Office employee.
-Randy

AA Intergroup Central Office-Ogden	August	TOTAL
2024 (Year-to-Date)	8/31/2024	2024
Group Contributions		
11:59 Group		100.00
Babes of Anonymity		220.00
Beyond the Horizon		36.00
BYOB Group	200.00	300.00
Clearfield Group		250.00
Courage to Change Group		100.00
Davis Group		200.00
Friday Night Action	40.00	160.00
Friday Night Recovery		400.00
Grupo Primer Paso de Ogden (SP)	15.00	120.00
Higher Ground Grp-Fruit Hghts		400.00
Huntsville Group		135.00
In the Solution Group	50.00	400.00
It's in the Book		210.00
Ladies of the Mountain (WRH)	280.00	708.76
Layton BBSS	162.50	322.00
Meat & Potatoes		503.27
Meeting in the Mountain (VC)		825.00
New Comer Group		200.00
Primary Purpose Group		80.00

Group Contributions	August	2024 YTD
Recovery Together Group	85.00	485.00
Sat Men's Brotherhood		708.00
Sat Night Alumni - ORMC	185.00	322.50
Serenity Happy Hour (Sunday)		230.80
Serenity Happy Hour (Wed.)		100.00
Serenity Sisters		385.00
Stone of Sisyphus		230.00
Sunday Night Unity		450.00
Thursday Night Harrison		73.00
Tuesday Morgan Group		200.00
Tyler Ave Group	50.00	435.00
Upon Awakening		200.00
Wed Night Stag		362.00
Wed. Night Alumni - ORMC	190.00	980.00
Women's Circle of Hope		157.00
Groups Sub-Total	1,257.50	10,988.33
District 11	0.00	700.00
District One	0.00	360.00
Individual Donation(s)	0.00	1,400.00
TOTAL Contributions	\$1,257.50	\$13,448.33

Suggested Contributions
 from pg. 13 of AAWS Pamphlet F-3)

- **Intergroup Central Office** 50%
 3480 Washington Blvd #108
 Ogden, Utah 84401
- **District One**
 P.O. Box 953
 Brigham City, Ut 84302
- OR-
- **District 11** 10%
 PO Box 461
 Bountiful, Ut 84011
- **Area 69 Treasurer** 10%
 PO Box 18134
 Kearns, Utah 84118
- (General Service Office) **GSO** 30%
 PO Box 2407
 James A Farley Station
 New York, NY 10116-2407



District One Meeting Minutes for September 10, 2024**⓪OPENING:**

Shelley called the meeting to order at 7:03 with a moment of silence, followed by the Serenity Prayer. Shelley read the GSR Preamble and Bryon read the Twelve Traditions. There were no new GSRs. There were two interested AAs – KC and John. There were no visitors. Those in attendance: DCMC, 1 DCM, Alt DCM, 22 GSRs with 3 excused, Secretary, Treasurer, Corrections excused, Intergroup Ogden, Literature excused, and PI. Sue passed the roll around to be marked. The minutes were approved.

⓪REPORTS**☛ PI – Donny G.**

P.I. Report for the month of September. Nothing new under the sun. We have made more of the same literature for our business to display concerning info on finding AA meetings and how it all works. We have had a great response from not only our local area but other areas throughout the state and even across borders throughout. I have had direct contact with our General Service Board of Trustees and as well as our local Area 69. Some people are using the business card to give to new combers as well as many other areas of use. We continue to add more meeting guide flyers throughout our area and have plans on expanding our committee as we work with other districts. Because of life obligations things are going slow at the moment but will make more momentum as time goes by. There are other projects in the making, but they will take a group effort and the raising of funds. As of now we are working on posters for Schools, Hispanic and Veterans. Anyone who would like to help is encouraged to join us. This month we are working with District Eleven to display a booth with AA literature during Recovery Days this September 21st. The location is at the Ogden Amphitheater from 3:pm till 9:00 pm. This is a great opportunity to get involved with the recovery community in our area. Many treatment centers will be there, and it is our hope to get some literature in their hands as well but if nothing else make some good contacts. We have spent all the P.I. budget for literature that will be displayed at the event as well as 50.00 from our Literature budget to secure a booth at the event. We are still in need for funds to purchase Big Books to give away. At the last event we had only 12 and I am not expecting any more than that this time. We would like to encourage any donations from anyone who wants to be a part of this service work by either donating cash or just stopping by with a new book to give to someone in need. Thank You and God Bless

☛ Corrections – Doug J. - Here is the Sep corrections report:

Two cases of big books were bought and are being handed out during meetings. We are letting people know that the money for these books is coming from contributions from AA members.

We are continuing to contact people when they are released, but have not been successful in getting calls or texts returned. Mom's or dad's or spouses phone numbers are given as contact numbers sometimes. Occasionally we get a response from a mom or dad or spouse saying that they have not heard from the person that was released. Or that they are already back in jail.

Additional volunteers are always welcome! Thank you Doug

☛ Grapevine – Krista – Resigned as Grapevine Chair. Thank you for your service.**☛ Literature – Clark –****☛ Intergroup Ogden – Mike L. – Mike brought the Central Office report and read it. See Pass It On.****☛ Intergroup Logan – Kim P. – Lindsey gave a report.**

☛ Treasurer – Jennie - The District One Finances for July 2024 are as follows: The beginning balance: \$3195.86. The donations totaled \$573.75. The expenses totaled \$892.04. The Pink Can Money had \$190.00 in donations, expenses of \$300.27. The total balance is \$105.00. The total balance of the account this month is \$422.30, minus our \$2000 P/R and the outstanding operating expense of \$-240. The Treasurer report was approved, with a motion from Eric, Dan 2nd

. ⓪DCM and DCMC Reports – Shelley and Michael

Mike – Meeting I attended: Beyond the Horizon Group, BYOB Weber Library Group, Huntsville Group, Friday Night Recovery, Recovery Together Group, Newcomers Group, Meat & Potatoes Group, Thursday Night Harrison Group, Tyler Avenue Group, Veterans Fellowship Group. Thanks for letting me serve Mike R.

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

Since the August district meeting:

I have been visiting my assigned Logan/Tremonton groups for the past month. It's been fun to see everyone after the summer.

I've spent a lot of time updating GSO, Area, and district group registration. We all have different information, and the district has been working hard to verify groups, meeting schedules, and GSRs.

Area Events (attached in email)

I attended the Pre-Assembly Workshop (hosted by District 10) on August 17th in Salt Lake City.

I connected with Marybeth (Area Agenda Chair) and got the check for the 2025 Pre-Conference Assembly we are hosting along with some supporting material for our chair, Kyle B.

Fall Assembly September 27-29th in Millcreek

In even number years, the purpose of the Fall Assembly is to elect Area Officers and Area Standing Committee Chairpersons.

Remember all Area Events are held over Zoom and you can attend that way.

<https://sites.google.com/aaofutah.org/aa-of-utah/area-69-events>

For this next month, I will be: Attended my assigned meetings, Visit meetings by request, Attend the Fall Assembly, Check District Meetings with GSO, Updated the Area Register, Ask David R. to oversee our District Elections in December

Thank you, Shelley A.

ⓄGSR OPEN DISCUSSION

Dave needs help with a flat tire after the meeting. Kyle – alt GSR runs a business meeting, Groups are not aware they should have a business meeting. Judy – steady, average 28-29. Ready to have a first business meeting. Dale is just part of the meeting, asks if a business meeting should be before or after meeting. Some prefer after District meeting so information is fresh. Jon very small homegroup members. Mike L. 4 homegroup members, 2 regularly attend business part of announcements. Kat is part of announcements, no homegroup members.

ⓄOLD BUSINESS

Donny cannot do the Workshop. Bryan motioned to cancel workshop, Jennie 2nd. Motion passed. **Positions still open 3 DCMs, 3 Alt. DCMs, CPC, Treatment. No one stood.**

PLEASE TAKE THIS BACK TO YOUR GROUPS.

ⓄNEW BUSINESS

Pre-Conference - Kyle asked for the committee to please for a few minutes after this meeting. AA meetings will go on continuously during conference. There will be a reasonable registration cost. Inventory motion suggested zoom be permanent. Suggested having a chair for the zoom. The District One zoom meeting helps groups get to know the district positions. Suggested a message board or a District One page. Think about for next month.

Next District Meeting: Boys and Girls Club 650 E 700 S, Brigham City Oct 8 7:00pm

ⓄUPCOMING EVENTS

Area Elections: Officers/chairs	District 2 Millcreek	Sep 27-29
Fall Workshop	District 8 Vernal	Nov 2-3

ⓄCLOSING

The meeting was closed at 8:02 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

2024-2025

November 2-3, 2024	Fall Workshop	District 8	Vernal, UT
December 7, 2024	"Pass the Gavel"	District 7	Cedar City, UT
Feb 22, 2025	Area Committee Meeting	District 9	Moab, UT
March 7-9, 2025	PRAASA	Area 02	Anchorage, AK

?? HUMOR ??

Heard in a meeting...

"I woke up one morning and realized I had a great future behind me."

-Anonymous

"I'm on a whiskey diet... I've already lost three days!"

-Anonymous

<<< NEW Meetings >>>

10/24

Tuesday

7:00 pm

Kiss

Bountiful Community Church

140 N Orchard Drive

Bountiful

Judgments are the nails
Which secure the coffin lid
tightly closed,
thus trapping Hopes within.

Forgiveness loosens the nails,
which allows the lid to lift,
and Hope's Spirit to float
above the minutiae,
pomp & circumstance,
of, in, and about, everyday living.

Fall Workshop 2024

Hosted by District 8

November 2-3, 2024

Registration \$15

Golden Age Center

330 Aggie Blvd
Vernal, Utah

Zoom Meeting ID: 879 3198 3200

Password: 109417

www.aaofutah.org

Saturday

8:00-9:00 Registration
9:00-12:00 Area Business Mtg (Agenda by Area 69)
12:00-1:30 Lunch Break (No Meal Provided)
1:30-2:30 Theme Discussion Panel "Working together, increasing trust"
2:30-3:45 Topic Roundtables
4:00-5:00 Tradition Game
5:00-6:30 Dinner Break (No Meal Provided)
6:30 Sobriety Countdown
7:00 Speaker Meeting

Sunday

9:00 Report Backs from Roundtables
10:00-11:00 Ask-It-Basket
11:00-12:00 Speaker Meeting

*Ledgestone Hotel

435-789-4200
679 W Main St, Vernal

*Towne Place Suites by Marriot

877-261-3698
1219 West Hwy 40, Vernal

*Microtel by Wyndham

888-838-8299
1041 South 1500 East, Naples

**If you are planning on coming in on Friday night, please join one of our meetings:

"Sunlight of the Spirit" 7 p.m.

-Microtel by Wyndham, Naples

"Healing Blankets of AA" 7 p.m.

-Nuche Civic Community Center
7723 Small Loop Road, Fort Duchesne

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

Announcing: a new book from AAWS on sale November 1, 2024

PLAIN LANGUAGE BIG BOOK

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference-approved literature.

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* "the Big Book." It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.'s life-saving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the "abridged version" (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

The *Plain Language Big Book* is A.A. General Service Conference-approved literature.

PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- Publication (on-sale) date: November 1, 2024
- List Price \$11.
- Item B-80
- 182 pages; 8 1/2" x 11"
- Softcover format with flaps

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



Miracles Happen in Recovery

FALL FELLOWSHIP WEEKEND
OCT. 18-20, 2024
AT COMFORT SUITES
2250 S. 1200 W.
OGDEN, UT. 84401

REGISTRATION IS NOW OPEN!

- Single Ticket - \$25
- Families 3+ - 40
- Use the Venmo link below or contact Debbie A. to arrange another method of payment.

REGISTER NOW:

- Lodging is \$107 a night.
- Registrater and pay via Venmo
 - Please comment w/ your full name, phone #, and email address.

Lodging



Debra A.



Fall Fellowship Website:

