



## Staying away from the first drink

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

Expressions commonly heard in A.A. are "If you don't take that first drink, you can't get drunk" and "One drink is too many, but twenty are not enough."

Many of us, when we first began to drink, never wanted or took more than one or two drinks. But as time went on, we increased the number. Then, in later years, we found ourselves drinking more and more, some of us getting and staying very drunk. Maybe our condition didn't always show in our speech or our gait, but by this time we were never actually sober.

If that bothered us too much, we would cut down, or try to limit ourselves to just one or two, or switch from hard liquor to beer or wine. At least, we tried to limit the amount, so we would not get too disastrously drunk. Or we tried to hide how much we drank.

But all these measures got more and more difficult. Occasionally, we even went on the wagon, and did not drink at all for a while.

Eventually, we would go back to drinking—just one drink. And since that apparently did no serious damage, we felt it was safe to have another. Maybe that was all we took on that occasion, and it was a great relief to find we could take just one or two, then stop. Some of us did that many times.

But the experience proved to be a snare. It persuaded us that we could drink safely. And then there would come the occasion (some special celebration, a personal loss, or no particular event at all) when two or three made us feel fine, so we thought one or two more could not hurt. And with absolutely no intention of doing so, we found ourselves again drinking too much. We were right back where we had been—overdrinking without really wanting to.

Such repeated experiences have forced us to this logically inescapable conclusion: If we do not take the first drink, we never get drunk. Therefore, instead of planning never to get drunk, or trying to limit the number of drinks or the amount of alcohol, we have learned to concentrate on avoiding only one drink: the first one.

In effect, instead of worrying about limiting the number of drinks at the end of a drinking episode, we avoid the one drink that starts it.

Sounds almost foolishly simplistic, doesn't it? It's hard for many of us now to believe that we never really figured this out for ourselves before we came to A.A. (Of course, to tell the truth, we never really wanted to give up drinking altogether, either, until we learned about alcoholism.) But the main point is: We know now that this is what works.

Instead of trying to figure out how many we could handle—four?—six?—a dozen?—we remember, "Just don't pick up that first drink." It is so much simpler. The habit of thinking this way has helped hundreds of thousands of us stay sober for years.

Doctors who are experts on alcoholism tell us that there is a sound medical foundation for avoiding the first drink. It is the first drink which triggers, immediately or some time later, the compulsion to drink more and more until we are in drinking trouble again. Many of us have come to believe that our alcoholism is an addiction to the drug alcohol; like addicts of any sort who want to maintain recovery, we have to keep away from the first dose of the drug we have become addicted to. Our experience seems to prove this, as you can read in the book *Alcoholics Anonymous* and in our *Grapevine* magazine, and as you can hear wherever A.A. members get together and share their experiences.

# Remembering your last drunk

That's not a typographical error. The word is "drunk," not "drink," as you'll see.

"A drink" is a term which has awakened pleasurable echoes and anticipations in millions of people for centuries.

Depending on our age, and on the circumstances which surrounded our first experiences with alcohol, we all have various memories and hopes (sometimes, anxieties) aroused by the thought of a cool beer, a martini, a gin and tonic, a Scotch and soda, a sip of wine, or whatever.

Repeatedly, in the early drinking of most people, the anticipations were fully met by the desired drink. And if that happened often enough, we naturally learned to think of "a drink" as a satisfying event—whether it gratified our need to conform to a religious custom, quenched our thirst, graced a social occasion, relaxed us, stimulated us, or gave us any other kind of satisfaction we sought.

It is not difficult for a 55-year-old Finn, for example, when he hears someone suggest a drink, to recall the flush of warmth that a shot of vodka or aquavit brought on a cold day in his youth.

One young woman may instantly visualize an elegant crystal glass of champagne, glamorous surroundings, new clothes, a new lover. Another may think of a pull from a bagged bottle toted by the long-bearded youth in denim at her side while the music rocks, the strobe lights flash through the sweet smoke, and everybody screams in ecstasy.

One A.A. member says "a drink" makes him almost taste pizza with a brew. A 78-year-old widow among us is inevitably reminded of the sherry egg-nogs she began to like at bedtime in a nursing home.

Although perfectly natural, such mental images are now, for us, misleading. Those were the ways some of us began to drink, and if that had been the whole truth of our drinking history, it is unlikely that we could have developed much of a drinking problem.

A searching, fearless look at our complete drinking record, however, shows that in the last years and months our drinking never created those perfect, magic moments again, no matter how often we tried for them.

Instead, over and over, we wound up drinking more than that, and landed in some kind of trouble as a result. Maybe it was simply inner discontent, a sneaky feeling that we were drinking too much, but sometimes it was marital squabbles, job problems, serious illness or accidents, or legal or financial worries.

Therefore, when the suggestion of "a drink" comes to us, we now try to remember the whole train of consequences of starting with just "a drink." We think the drink all the way through, down to our last miserable drunk and hangover.

A friend who offers us a drink usually means simply that one sociable glass or two. But if we are careful to recall the full suffering of our last drinking episode, we are not deceived by our own long-ago notion of "a drink." The blunt, physiological truth for us, as of today, is that a drink pretty surely means a drunk sooner or later, and that spells trouble.

Drinking for us no longer means music and gay laughter and flirtations. It means sickness and sorrow.

One A.A. member puts it this way: "I know now that stopping in for a drink will never again be—for me—simply killing a few minutes and leaving a buck on the bar. In exchange for that drink, what I would plunk down now is my bank account, my family, our home, our car, my job, my sanity, and probably my life. It's too big a price, too big a risk."

He remembers his last drunk, not his first drink.

**Living Sober**, Section 20, p. 50-51



**HOLIDAY CLOSURES**

Central Office will be **CLOSED** Tuesday, December 24 & Wednesday, December 25 for Christmas.

The Office will also be **CLOSED** Wednesday, January 1, 2025 for the New Year Holiday

**Central Office Representative Meeting Attendance**

- The October IGR (Central Office Rep) Meeting was canceled.
- The October Central Office report may be found on page 4.
- The next scheduled IGR/COR Meeting is planned for Tuesday, December 17<sup>th</sup> @ 6pm.

**Deadline for ANY newsletter submission is the 20<sup>th</sup> of each month**

The holidays are here.



**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 **3<sup>rd</sup> Tuesday @6:00pm** (unless otherwise posted in this newsletter)

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**TO: Central Office Committee**  
From: Randy C., {Central Office employee}  
Date: November 9, 2024  
Subject: Ogden Intergroup Central Office Report for **October 2024**

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**October Sales Summary:**

- Books: 47 (net\$ 124)
- Chips: 286 (net\$ 113)

○ Aluminum	242 (\$ 22 net)
○ Brass	40 (\$ 78 net)
○ Tri-Plate	4 (\$ 14 net)

**Office Activity:      Hours: 97**

- Emails: 172
- Calls/Msgs: 34
  - Calls to our Answering Service: 4
- Walk-Ins: 70 (average weekly walk-ins = 14)

**Website Activity:**                      October    Visitors: 899            Views: 2,473

**Google Business Listing Activity:**    October    Searches: 934            Views: 1,697

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**Contributions:                      \$ 1,816**

- Groups: (16) groups      \$ 1,636
- District One                      \$ 180

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

(ending) October 2024: \$ 4,207.57.54 (- 4%)

Checking Account (Operating Funds): (ending) October 2024: \$ 1,122.77

Thank you for allowing me to be your Central Office employee.

**Those with the most difficult Path.....**

**They who have faith only in self!**

- Bob M. 12/21/2010

# DECEMBER



# 2024



# Pass It On

AA Intergroup Central Office-Ogden	OCTOBER	TOTAL
2024 (Year-to-Date) Group Contributions	10/31/2024	2024
11:59 Group		100.00
Babes of Anonymity		220.00
Beyond the Horizon		131.00
BYOB Group		300.00
Clearfield Group		250.00
Courage to Change Group		100.00
Davis Group		200.00
Friday Night Action		160.00
Friday Night Recovery		400.00
Grupo Primer Paso de Ogden (SP)	15.00	150.00
Higher Ground Grp-Fruit Hghts		400.00
Huntsville Group	90.00	225.00
In the Solution Group	50.00	500.00
It's in the Book		210.00
Ladies of the Mountain (WRH)		708.76
Layton BBSS		322.00
Meat & Potatoes	171.00	674.27
Meeting in the Mountain (VC)		825.00

Group Contributions	OCTOBER	2024 YTD
New Comer Group		300.00
Primary Purpose Group	44.00	124.00
Recovery Together Group	50.00	635.00
Sat Men's Brotherhood	352.00	1,210.00
Sat Night Alumni - ORMC		322.50
Saturday Afternoons	40.00	40.00
Serenity Happy Hour (Sunday)		230.80
Serenity Happy Hour (Wed.)		452.08
Serenity Sisters	134.68	519.68
Sisters in Sobriety	150.00	150.00
Stone of Sisyphus		230.00
Sunday Night Unity		600.00
The Way Out	25.00	25.00
Thursday Night Harrison		73.00
Tremonton Group	150.00	150.00
Tuesday Morgan Group		200.00
Tyler Ave Group	50.00	585.00
Upon Awakening	50.00	364.00
Wed Night Stag	74.50	436.50
Wed. Night Alumni - ORMC	190.00	1,220.00
Women's Circle of Hope		327.00
<b>Groups Sub-Total</b>	<b>1,636.19</b>	<b>14,070.59</b>
District 11	0.00	900.00
District One	180.00	720.00
Individual Donation(s)	0.00	1,412.00
<b>TOTAL Contributions</b>	<b>\$1,816.19</b>	<b>\$17,102.59</b>

### Suggested Contributions

from pg. 13 of AAWS Pamphlet F-3

- **Intergroup Central Office** 50%  
3480 Washington Blvd #108  
Ogden, Utah 84401
- **District One** 10%  
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



**"Whenever anyone, anywhere reaches out for help I want the hand of AA always to be there and for that I am responsible."**



## District One Meeting Minutes for November 12, 2024

### ⓪OPENING:

Shelley called the meeting to order at 7:04 with a moment of silence, followed by the Serenity Prayer. Brad read the GSR Preamble and Forrest read the Twelve Traditions. There was one new GSR, Rocky from Pavillion Posse. There were two interested AAs – Mark and Charlie. There were no visitors. Those in attendance: DCMC, 3 DCMs, Alt DCM excused, Secretary, Treasurer excused, Corrections excused, Intergroup Ogden excused, Literature, and PI. Sue passed the roll around to be marked. The minutes were approved by Dan, Heather 2<sup>nd</sup>.

### ⓪REPORTS

☛ **PI – Donny G.** I am writing this report prematurely but have been losing sleep over the excitement of what is being done in our local AA communities. A few months ago, I was encouraged to step up for the Public Information Chair in District One and so I did. At first, I did not think the PI was that big of a deal but contrary to my belief it has turned out to be a vital need in getting our AA information to our community on all levels.

Many have heard about the business cards that we have been getting into the hands of professionals. On this card is a QR code for a video on how Alcoholic Anonymous works from the home group, sponsorship, service work and so much more. It also has a QR code leading one to the Meeting Guide App and AA.org. This has turned out to be a valuable tool in spreading the message.

As of now 8,000 to 10,000 of these cards have been given out all over our region as I had the opportunity to give out the first 1,000 plus at the 2024 Pacific Form in Las Vegas. This card has also been introduced to GSO in New York as well as Peru. It has made its way to California and Oregon through Delegates, GSRs, and Trustees of AA. There have been reports of it being used in Nevada as well. Here in our own community, we have gotten it in the hands of Doctors, Police Officers, Lawyers, Courts as well as local businesses such as coffee shops and mom and pop businesses. All this was done by individuals taking them to their employers, friends and professionals in their personal circle. It has taken a team... a team of people like you.

(Dang, I cry every time I think about it.) This card is just the tip of the iceberg. We also have custom flyers and professional displays for CPC work. And so much more.

Well, that's the reason I am sending this email today. I want to inform you that this is just the tip of the iceberg of what we can do with just a few hundred dollars and a few AA members. In a short amount of time, a little money and few people have made a big difference but why stop here. We can do more.

I believe together we can make a difference not only in our community but be an example to the world. Yes, I believe the "WORLD", but we must start here... small, simple, and effective. We need more help to accomplish this. We need your help.

How can you help you might ask, well there are many ways. For one, drop more than a dollar in the basket in your home group so they can give to the Area and Districts. Don't think about it... just do it. I am not going to lie; it costs money but if everyone does a little more, then together we can do a lot more. Next, stand for the chair position. We need them full. From the home group, district and area levels, we need to work together as a team. You can join a committee and have small workshops even if it is just your home group. I will travel any distance, any day or time to be of service if possible. Just ask and it shall be done one way or another. Your wish is at my command.

Well, I do not want to write a book so I will wrap things up and say goodbye for now and hope to see and work with you soon. Forgive me if you find typos or grammatical mistakes. I am not a professional but only another alcoholic doing whatever I can with what I have. Thank you for your support and remember what Caesar said on planet of the apes, "Together Ape strong"... and so are we. Donny G, District One Public Information Chair, call or text me anytime at 801-860-8530 or by return email.

☛ **Corrections – Doug J.** – Here is the corrections report for November. We have had a few more people interested in taking meetings into the Weber County jail. Applications and training dates were provided. We are continuing to hand out big books in the meetings when they are requested. Thank you to all who contribute when the pink can is passed at meetings. This has been a big help in providing big books. Thank you Doug

☛ **Literature – Clark** – Clark needed to step down. Thanks for your service.

☛ **Intergroup Ogden – Mike L.** – Excused. Dan read report.

☛ **Intergroup Logan – Kim P.** – Not present

☛ **Treasurer – Jennie** – Read by Sue. The District One Finances for October 2024 are as follows: The beginning balance: \$3703.07. The donations totaled \$610.99. The expenses totaled \$225.00. The Pink Can Money had \$96.00 in donations, expenses of \$36.00. The total balance is \$225.25. The total balance of the account this month is \$453.81, minus our \$2000 P/R and the outstanding operating expense of \$0.0, and the Seed money reimbursement. The Treasurer report was approved, with a motion from Bryan, Dan 2<sup>nd</sup>

⓪DCM and DCMC Reports – Shelley, Michael, Sam, Shari

**Mike** – Meeting I attended: BYOB Weber Library Group, Huntsville Group, Thursday Night Harrison Group, Newcomers Group, Meat & Potatoes group, Friday Night Recovery Group, and the Fall Workshop in Vernal. Thanks for letting me serve. Mike R.

**Sam** - My DCM packet has been shipped.

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Ogden Intergroup Central Office Newsletter

- Attended the DCM meeting with Shelley and Mike to review where I can start being of service.
- Received the spreadsheet of meetings in our district with 8 meetings assigned to me.
- Logged into the district Google account so I will start receiving emails.
- Discussing CPC opportunities within Ogden with an interested AA

**Meetings Attended:** - Friday Night, Fellowship manor meeting. Discussed status of the Thursday fellowship manor meeting with Shelley and its name change. planning on attending the rest by December. Regards, Sam P.

**Shari** – had report did not get copy.

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

Since the October district meeting:

I have been visiting my assigned Logan/Tremonton groups for the past month. I've helped with the elections of new positions and talking with groups about splits. I updated GSO, Area, and district group registration - The Huntsville Group (Group #00517180), BYOB no longer has a GSR, Is the "Fellowship Manor" meeting the "4 o'clock Fellowship Group"?

Created the District email address - [Districtonearea69@gmail.com](mailto:Districtonearea69@gmail.com). Uploaded all my DCMC information and shared it with the other District Officers, Requested the Secretary and Treasurer to upload their information before stepping down in December.

Area Events (attached in email) - I was unable to attend the Fall Workshop (November 2-3) Vernal, Utah, Mike gave our report and give more information about that event, Area Business, Motion Discussions, and General Service Community Building, Passi the Gavel (December 7) Cedar City, Utah.

Changing of the guard for Area Service - 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>

District Elections (Attached flyers) - District elections will be held at our December District meeting (December 10<sup>th</sup>). District runs on a panel system, meaning all positions in this round will be up for election. Anyone who stands will be committed to a two-year term (Jan '25- Dec '26), According to our guidelines anyone who has been in their position less than a year is eligible to stand for the new panel, David R. will be overseeing our district elections in December.

Plain Language Big Book is out! I would like to discuss groups/people's feeling about the book in the district, so talk about it with your friends, at your business meeting, and review the text yourself. Unity comes through conversation, understanding, and faith.

For this next month, I will be: Attended my assigned meetings, Visit meetings by request, Answer any questions about district positions, Help the Secretary and Treasurer upload their documents, Check District Meetings with GSO. Thank you, Shelley A.

#### 🕒GSR OPEN DISCUSSION

Heather-Friday Night Recovery is going well. 4 home group members. Eric-Unity had a person who wanted to go to hospital, afraid of hurting himself, did make it back. Didn't know how to a handle the situation. Judy-New Beginning Woman's hit their 6<sup>th</sup> month mark. It is a Big Book study. Phil-Veterans Fellowship has 4 or 5 regulars. Would like to have more coming. Kat-Dual Diagnosis meeting is doing just fine. Is trying to merge the meetings she started into one group number. Dale-Wednesday Night Stag thinks one member is crying wolf, not sure how to handle this. One had a dreamt about drinking, talked it out with group. Charlie commented on harming self. Read the Responsibility statement.

#### 🕒OLD BUSINESS

Kyle talked about the Pre-Conference Assembly in April. He said the QR code has been updated. It will be held at the Boys and Girls Club in Brigham City. He needs help with hospitality and take down. There will be AA meetings held during the event.

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

**PLEASE TAKE THIS BACK TO YOUR GROUPS.**

#### 🕒NEW BUSINESS

Eric wrote up a motion for a Communications chair. There was discussion on it. It was tabled till next month. Eric also wrote a motion about making changes only after 2 months. There was some discussion then it was tabled till next month.

Next District Meeting: Boys and Girls Club 650 E 700 S, Brigham City

Dec 10 7:00pm

#### 🕒UPCOMING EVENTS

Pass the Gavel

District 7

Dec 7

#### 🕒CLOSING

The meeting was closed at 8:05 pm with the Responsibility Statement.

## > **District Meetings Information** <

### ➤ **District One** – 2<sup>nd</sup> Tuesday, 7:00 PM

Boys & Girls Club  
650 E 700 S  
Brigham City

### ➤ **District 11** – 2<sup>nd</sup> Wednesday, 6:30 PM

Resurrection Episcopal Church  
1131 So. Main  
Centerville

### DISTRICT 11 GSR Meeting Minutes November 13, 2024

**Kameron K.** opened the meeting at 6:37 p.m.

1. Moment of Silence followed by the Serenity Prayer.

- A.A. Preamble read by **Bruce S.**
- GSR Preamble read by **Nathan N.**
- 12 Traditions ready by **Carol G.**
- Welcomed GSRs and New GSRs – **Cory E.** Original Way Group and **Nathan N.** Not a Glum Lot
- Welcome Interested AAs and Visitors
- Treasurer's report – **Matt D.** gave report. Motion to accept 2025 Budget by Bruce S. second by Carol G.

2. **Kim M.** passed around roll call with a request for updated information

3. New Business: **John D.** presented a Motion for Consideration regarding proposed guideline change to 6.6(f). Currently reads: "PRAASA and Regional Forums – First, consideration should be given to the DCMs followed by the DCMC. An Officer, Standing Chair, or GSR may be selected at the option of the District Committee. The amount for either PRAASA or Forum is stated in the current approved budget for that given year." Motion to add "(traditionally \$500)" at the end of last sentence. Second by **Kim M.** Motion passed unanimously.

District 11 Voting:

DCM North-**Carol G.**

PI-**Ricardo B.**

Alt DCM-Open

BTG-Open

CPC-Open

Grapevine-Open

Literature-Open

Treatment-Open

4. GSR Reports: Reports given in person and in written form.

**Kevin M.:** Our Primary Purpose, Church of Nazarene in Layton, avg. attendance 13. **Bruce S./Nathan N.:** Not A Glum Lot, South Davis Recovery Club, avg. attendance 15-25. 2-3 newcomers each meeting. **Nathan N.** is new GSR replacing Bruce S. **Mark S./Cory E.:** The Original Way, avg. attendance 7. Just had elections and they went great. **Cory E.** is new GSR replacing Mark S. **John D.:** Serenity Happy Hour, 10 am Saturday in Washington Terrace, avg. attendance 35-50. Elections are November 17<sup>th</sup>. **Cary J.:** Flying High Group Mondy and Friday at South Davis Recovery Club, avg. attendance 20-30. 1-3 newcomers each meeting. **Lora M.:** K.I.S.S. (Keep It Simple Stupid) Bountiful Community Church Tuesdays at 7 p.m. Meeting could use support. Diamond Recovery Center has been attending every other week. **Carol G.:** It's in the Book, Thursdays at the Lutheran Church, avg. attendance 20. Need a new GSR. Elections are November 14<sup>th</sup>. Still looking to change meeting place. Group is pretty close

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



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Pass It On

knit. **Kim M.**: Serenity Sisters, Wednesdays at 7 p.m. at South Davis Recovery Club, avg. attendance 25-30. **Bobby L.**: Happy Group at South Davis Recovery Club at 10 am. on Sunday's.

5. Standing Chair Reports:

DCM North – **Caroline A.** – Absent

DCM South – Open Position

Corrections – **Sheri C.** – Absent

PI – **Leslie B.** -Absent

CPC – **Cory E.** Having 1,000 cards and 300 flyers made. Visited 2 groups in the last 30 days. One group asked “What is CPC?”

Grapevine – **Carol G.** Organized the material that was given to her. Brought flyers for Grapevine and La Vina with QR Codes. Redid Grapevine trifold to include Instagram and YouTube accounts.

BTG – **Ricardo B.** - Absent

Treatment – **Seth N.**– Absent

Literature – **John D.**- Was approached and asked for 15 Big Books for Odyssey House. Will purchase and submit receipt.

Archivist – **Cameron M.**- Absent.

Intergroup Report – Ogden- **Carol G.**- Deadline for the newsletter is the 20<sup>th</sup> of each month. Income is not meeting expenses. **John D.** suggested the Ogden Central Office come up with options to keep it running.

Intergroup Report – SLC- **Phillip W.**- Absent

DCMC – **Kameron K.** – National Corrections Conference is coming to Utah in 2026.

6. Approve Last Month’s Meeting Minutes. Motion to accept by **Matt D.** second by **Mark S.**

7. Area/District Events: Area 69 Pass the Gavel, District 7, December 7<sup>th</sup>. Information available at [aaofutah.org](http://aaofutah.org)

8. Coming Soon: District 11 GSR Meeting, December 11, 2024, Episcopal Church of the Resurrection, 1131 S. Main Street, Centerville, Utah 84014.

Motion to close by **John D.** second by **Bruce S.** Closed at 7:45 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  
District 11 Funds, P.O. Box 461, Bountiful, Utah 84011

**UTAH AREA 69**

CALENDAR OF EVENTS

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
April 4-6, 2025	Pre-Conference Assembly	District 1	Brigham City, UT
May 16-18, 2025	Post-Conference Assembly	District 12	TBD
June 21, 2025	Standing Chair Workshop	District 7	TBD

## From The Book

We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. **But these are indispensable.**

-*Alcoholics Anonymous (Big Book) 4<sup>th</sup> ed. Page 568*

“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation.”

- Herbert Spencer

## ?? HUMOR??

**Q:** What do you say to an alcoholic in a three-piece suit?

**A:** “Will the defendant please rise?”

-Paul C. / Oceanside, Ca.

I got so drunk last night I *walked* across the dance floor and won the dance contest.

-Nancy D. / Santa Rosa, Ca.

I thought I might have a problem with alcohol when my bartender gave me a meeting schedule.

- Gregory P./ Indianapolis, In.

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Pass It On

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.

## **Free American Sign Language Class for the Recovery Community**

(Public welcome)

Clearfield Public Library  
1 N Main St, Clearfield, UT  
Saturday at 11 AM

Have fun learning a new language while performing service work simultaneously.

Help open the doors of 12 step recovery programs to the Deaf community. It is not enough to have an interpreter at a meeting to accommodate the language barrier.

A significant part of recovery depends on the fellowship. The Deaf need to be able to fellowship with other members in order to benefit from the program. With a basic understanding of American Sign Language (ASL), you can welcome deaf newcomers, assist when they ask for help, and share experience, strength, and hope with each other. This can be a life changing experience for both sides and maybe even save a life. The class is taught in a fun, relaxed environment.

**Contact Michael W. at 385-389-4278 for more information**

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



*Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*

2



*Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*

3



*Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.*

4



*Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.*

5



*Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*

6



*If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*

7



*Don't think you have to stay late. Plan in advance an "important date" you have to keep.*

8



*Worship in your own way.*

9



*Don't sit around brooding. Catch up on those books, museums, walks, and letters.*

10



*Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."*

11



*Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.*

12



*"Having had a..." No need to spell out the Twelfth Step here, since you already know it.*