



## Steering clear of emotional entanglements

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

Falling in love with your doctor or nurse or a fellow patient is an old romantic story. Recovering alcoholics are susceptible to the same fever. In fact, alcoholism does not seem to bring immunity from any known human condition.

Sorrow is born in the hasty heart, an old saw goes. Other troubles, including an alcoholic bout, can be, too.

During our days of bottles, cans, and glasses, many of us spent a lot of time concerned about intimate personal ties. Whether we wanted temporary partnerships or a long-term "meaningful relationship," we were often preoccupied with our deep involvement—or noninvolvement—with other people.

A great many of us blamed our drinking on lack of affection, saw ourselves as constantly in search of love, drinking as we prowled from bar to party. Others of us apparently had all the emotional ties we needed or wanted, but drank anyhow. Either way, alcohol certainly did not ripen our comprehension of mature love, nor our ability to enter into and handle it if it did come our way. Rather, our drinking lives left our emotional selves pinched, scraped, bent, and bruised, if not pretty firmly warped.

So, as our experience shows, the first nondrinking days are likely to be periods of great emotional vulnerability. Is this an extended pharmacological effect of the drinking? Is it a natural state for anyone recuperating from a long and severe illness? Or does it indicate a deep flaw in the personality? The answer doesn't matter at first. Whatever the cause, the condition is one we have to watch out for, because it can tempt us to drink faster than the eye, head, or heart can realize.

We have seen such relapses happen in several ways. In the early relief and delight of getting well, we can whip up enormous crushes on new people we meet, both in A.A. and outside it, especially when they show genuine interest in us, or seem to gaze up at us in admiration. The giddy rapture this can bring makes us highly susceptible to a drink.

An emotional opposite can also be the case. We may seem so numb both physically and emotionally that we are almost immune to affection for a while after stopping drinking. (Physically, clinicians tell us it is common for people to have little interest or ability regarding sex for many months after stopping drinking—a problem that is often alleviated as overall health returns.) Until we are assured that the numbness will pass, however, going back to drinking can appear an attractive "remedy," which leads to even worse trouble.

Our shaky emotional condition also affects our feelings toward old friends and family. For many of us, these relationships seem to heal promptly as we pursue recovery. For others, there arrives a period of touchiness at home; now that we're sober, we have to sort out how we actually feel about spouse, children, siblings, parents, or neighbors, then reexamine our behavior. Fellow workers, clients, employees, or employers also require such attention.

(Often, our drinking has had a severe emotional impact on those closest to us, and they, too, may need help in recovering. They may turn to Al-Anon Family Groups and Alateen [see your telephone directory]. Although these fellowships are not officially connected with A.A., they are very similar, and they help nonalcoholic relatives and friends to live more comfortably with knowledge about us and our condition.)

Over the years, we have become strongly convinced that almost no important decisions should be arrived at early in our sobriety, unless they cannot possibly be delayed. This caution particularly applies to decisions about people, decisions with high emotional potential. The first, uncertain weeks of sobriety are no time to rush into major life changes.

Another caution: Tying our sobriety to someone we are emotionally involved with proves flatly disastrous. "I'll stay sober if so-and-so does this or that" puts an unhealthy condition on our recovery. We have to stay sober for ourselves, no matter what other people do or fail to do.

We should remember, too, that intense dislike also is an emotional entanglement, often a reversal of past love. We need to cool any overboard feeling, lest it flip us back into the drink.

It is easy to consider yourself an exception to this generalization. Newly sober, you may earnestly believe that you have at long last found real love—or that your present attitude of dislike, persisting even into sobriety, means there always was something fundamentally wrong about the relationship. In either instance, you may be right—but just now, it's wise to wait and see whether your attitude will change.

Again and again, we have seen such feelings change dramatically in only a few months of sobriety. So, using "First Things First," we have found it helpful to concentrate first on sobriety alone, steering clear of any risky emotional entanglements.

Immature or premature liaisons are crippling to recovery. Only after we have had time to mature somewhat beyond merely not drinking are we equipped to relate maturely to other people.

When our sobriety has a foundation firm enough to withstand stress, then we are ready to work through and straighten out other aspects of our lives.

**Living Sober**, Section 24, p. 59-61



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

## Central Office Representative Meeting Attendance

- One (1) District 11 & Two (2) District One groups attended the October Central Office representative meeting.
- The following group(s) sent COR's: Tuesday Morgan group, Wednesday Night Stag group & It's in the Book group
- The next scheduled IGR/COR Meeting is *planned* for Tuesday, November 19<sup>th</sup> @ 6pm.

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



## 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**

Central Office will be **CLOSED**  
Thursday, November 28

- 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)

# Central Office Rep/Inter Group Rep Meeting Minutes

Ogden Intergroup Central Office

Tuesday October 15, 2023

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

- Steve chaired; the meeting opened at 6:00 pm.
- Mike L. read the Intergroup Service preamble.
- Micheal G. read the Twelve Traditions
- Randy gave the September Central Office report.

## September Summary:

### Sales Summary:

- Books: 84 (net\$ 193)
- Chips: 303 (net\$ 118)

- Aluminum 255 (\$ 23 net)
- Brass 47 (\$ 92 net)
- Tri-Plate 1 (\$ 3 net)

### Office Activity: Hours: 82

- Emails: 110
- Calls/Msgs: 28
  - Calls to our Answering Service: 0
- Walk-Ins: 52 (average weekly walk-ins = 13)

**Website Activity:** September Visitors: 905 Views: 2,618

**Google Business Listing Activity:** September Searches: 773 Views: 1,582

### Contributions: \$ 1,263

- Groups: (10) groups \$ 1,151
- District 11 \$ 100
- Individual Contribution(s) \$ 12

**Savings Account (Prudent Reserve) :** {Goal \$8,400 / **\$2,100 per mo. Operating Expenses x 4 mos.**  
(ending) September 2024: \$ 4,386.54 +( 1.1%)

**Checking Account (Operating Funds):** (ending) September 2024: \$ 1,965.78

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

-Randy

### New Business:

- Steve H. summarized finances, pointing out that income is not meeting expenses. Carol suggested that the issue of Central Office finances be briefed at GSR meetings so that it can be brought back to Groups.
- Discuss pending sales release of "Plain Language Big Book" (B-90) on Nov. 1:
  - 1<sup>st</sup> Printing =70,000 (800 max. per customer)
  - **NO** books will be sold (to anyone) by AAWS before November 1<sup>st</sup>.
  - Central Office-Ogden will order these books on Friday, November 1, and we will have their arrival date after the books have shipped from Kansas City.
- Carol G. gave a District 11 briefing and Mike L. gave a District 1 briefing.
- Carol reported on the continuing efforts at the Weber County jail meetings.
  - Meeting closed with the Responsibility statement at 6:45 pm

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

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

The next time  
Recovery becomes frustrating...  
Remember its alternative  
- Bob M. 12/2011

# 2024 NOVEMBER



# Pass It On

Ogden Intergroup Central Office Newsletter

AA Intergroup Central Office-Ogden	September	TOTAL
2024 (Year-to-Date) Group Contributions	9/30/2024	2024
11:59 Group		100.00
Babes of Anonymity		220.00
Beyond the Horizon		36.00
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	135.00
Higher Ground Grp-Fruit Hghts		400.00
Huntsville Group		135.00
In the Solution Group	50.00	450.00
It's in the Book		210.00
Ladies of the Mountain (WRH)		708.76
Layton BBSS		322.00
Meat & Potatoes		503.27
Meeting in the Mountain (VC)		825.00
New Comer Group	100.00	300.00
Primary Purpose Group		80.00

Group Contributions	September	2024 YTD
Recovery Together Group	100.00	585.00
Sat Men's Brotherhood		708.00
Sat Night Alumni - ORMC		322.50
Serenity Happy Hour (Sunday)		230.80
Serenity Happy Hour (Wed.)	352.08	452.08
Serenity Sisters		385.00
Stone of Sisyphus		230.00
Sunday Night Unity	150.00	600.00
Thursday Night Harrison		73.00
Tuesday Morgan Group		200.00
Tyler Ave Group	50.00	485.00
Upon Awakening	114.00	314.00
Wed Night Stag		362.00
Wed. Night Alumni - ORMC	50.00	1,030.00
Women's Circle of Hope	170.00	327.00
<b>Groups Sub-Total</b>	<b>1,151.08</b>	<b>12,139.41</b>
District 11	100.00	800.00
District One	0.00	360.00
Individual Donation(s)	12.00	1,412.00
<b>TOTAL Contributions</b>	<b>\$1,263.08</b>	<b>\$14,711.41</b>

We are Thankful for YOU!



## 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

## District One Meeting Minutes for October 8, 2024

### **OOOPENING:**

Shelley called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. Mike read the GSR Preamble and Bryan read the Twelve Traditions. There were no new GSRs. There were two interested AAs – Becca and Charlie. There were 3 visitors – Tracy – Area 69 Communications Chair, Pete – Area 69 Registrar, and Mike – Area 69 Chair. Those in attendance: DCMC, 1 DCM, Alt DCM excused, 13 GSRs with 2 excused, Secretary, Treasurer, Corrections excused, Intergroup Logan, Intergroup Ogden excused, Literature excused, and PI. Sue passed the roll around to be marked. The minutes were approved by Dan, Bryan 2<sup>nd</sup> with corrections.

### **REPORTS**

• **PI – Donny G.** What an amazing month we had in September for Alcoholic Anonymous. For Example, at Recovery Days, (District One with District 11) set up a booth. We got our flyers with the AA beginners' pamphlets with QR codes in two more treatment centers, and one is going on the back of a newsletter from a detox center in Salt Lake. One took a stack of cards for display. We gave out ten Big Books and even got them in the Job Corp... who knew, just by sitting in a booth and talking to people.

Here is what has been done so far with our PI and Literature with little effort in just a few months. 1. About 25 to 30 places are displaying AA info on their wall. 2. Three treatment centers displaying beginner pamphlets with QR codes. 3. Three libraries display the same display. 4. One detox center, and now in their newsletter. 5. Some Bountiful police officers are now giving business cards with the meeting guide app and a video how AA works and can help them. 6. One VA hospital has all three. 7. Bridging the Gap is giving them some cards to people when being released from jail. 8. An Attorney's office from Salt Lake took 500 cards to give out to clients. 9. They have made their way to two other states in the hands of Delegates and Trustees of AA 10. 30 USB ports were given out to D.C.M.C. during the last AA Workshop so they can get started spreading the word. 11. The General Manager at the GSO office in Peru is doing the same thing. In fact, I have the honor to be part of that as well. 12. There will be a small workshop in the Fillmore Utah this November on how to use the program to create such flyers for their community. I have seen two people find their way into AA from a business card. One even got a sponsor. They did not stay, but they came. I did not stay my first time either, but a seed was planted. This shit makes me cry typing this. I have so many ideas, and I'm sure others do as well, but we need to come together and express the excitement in the things being done within these chair positions with one another. So many have no idea what AA does and does not do... so, so many... even many old-timers. They don't know because they have been misinformed or not informed at all. I believe it is time to inform everyone who wants to know. This last week I was elected for P.I. Chair for the Area. I still have much to learn but am excited to work with P.I. Chairs in all districts as well with others such as Treatment, Corrections, CPC, Literature and Bridging the Gap. These chairs were designed to work together and not separately, and I hope that together we can make a difference in the lives of those who still suffer in the dark caverns of Alcohol. I hope those with not only the time and experience but also with zeal and passion to work together will stand for these service positions. When you do, I look forward to working together with you. We cannot do it alone.

• **Corrections – Doug J.** – The October corrections report is as follows: We continue to hold meetings 2x per week for the men and 1x per week for the women. Big books are handed out during the meetings when requested. Additional volunteers are always welcome and would allow more meetings to be held. Thank you Doug

• **Literature – Clark** – 1) Met with Sam and donated two Big books and two 12 & 12 to the North Ogden library 2) Literature of the month. As Bill sees it. Thank you for letting me serve Clark. B (Literature Chairperson)

• **Intergroup Ogden – Mike L.** – Excused. See Pass It On.

• **Intergroup Logan – Kim P.** – Read report. Did not get a copy/

• **Treasurer – Jennie** - The District One Finances for September 2024 are as follows: The beginning balance: \$4267.30. The donations totaled \$256.00. The expenses totaled \$340.23. The Pink Can Money had \$0.00 in donations, expenses of \$0.00. The total balance is \$105.00. The total balance of the account this month is \$116.96, minus our \$2000 P/R and the outstanding operating expense of \$-240. The Treasurer report was approved, with a motion from Dan, Bryan 2<sup>nd</sup>

### **DCM 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, Sunday Night Serenity Group, and Area Elections. 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. I also visited a few groups in Ogden this month to give support and help them though some difficulties. \*I updating GSO, Area, and district group registration. \*Area Events (attached in email) \*I attended the Fall Assembly (hosted by District 10) on September 27-29

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in Millcreek, UT. \*In even number years, the purpose of the Fall Assembly is to elect Area Officers and Area Standing Committee Chairpersons. \*Our Area Delegate for Area 69 for Panel 75 will be Mike F. \*Open positions are: \*Corrections \*Grapevine \*Literature \*For a full list of the positions filled and by whom, see me after the meeting. \*Fall Workshop (November 2-3) Vernal, Utah \*Area Business, Motion Discussions, and General Service Community Building. \*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 committing to a two year term (Jan '25- Dec '26). \*According to our guidelines anyone who has been in their position less than year is eligible to stand for the new panel. \*I will not be standing for DCMC again. \*I asked Area (both Mike F. and David R.) if they would come over see our district elections in December. \*Plain Language Big Book is coming out (November 1<sup>st</sup>). I would like to discuss groups/people's feeling about the book at 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 \*Attend the Fall Workshop (late) \*Check District Meetings with GSO Thank you, Shelley A.

### 🕒GSR OPEN DISCUSSION

Dale – Wednesday Night Stag wants to know when his group first started. Kyle explains announcements and said it was ok to repeat them. Sam from BYOB said they are starting to fill positions. He will take back a bullet point to group. Sherrie has business meeting right after District meeting to remember what was said. Kat has two groups. She is in the process of changing to one group number. She tells them what is going on financially. Lindsey give the announcements in her group.

### 🕒OLD BUSINESS

**Positions still open 3 DCMs, 3 Alt. DCMs, CPC, Treatment. No one stood.**

### PLEASE TAKE THIS BACK TO YOUR GROUPS.

Sam stood and qualified himself to be a DCM. The voting was unanimous. Sherrie also stood for DCM and qualified herself. The voting was unanimous. Thanks Sam and Sherrie. See Sue after the meeting to get registered.

### 🕒NEW BUSINESS

Donny motioned to have elections in August of even years. There are more people there and less snow. Dan seconded. Kyle amended the motion to have elections in October. Dan seconded. Donny explained you can stand for a position till end of year to see if you want to continue. Motion passes. Shelley motioned to have a google backup. Sue could put secretary items in drive for everyone to see and for the next secretary to see what was done. Google is free. Byran put motion on table. Voting was unanimous.

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

Nov 12 7:00pm

### 🕒UPCOMING EVENTS

Fall Workshop

District 8 Vernal

Nov 2-3

Pass the Gavel

District 7

Dec 7

### 🕒CLOSING

The meeting was closed at 8:07 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

(New address)

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

Resurrection Episcopal Church  
1131 So. Main  
Centerville

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**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

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**From The Book**

“Yet we AAs have had to learn that the kinds of freedom that we must possess cannot possibly be obtained by violence. As a Fellowship, we cannot fight anybody, anywhere or at any time. This has been proved. When we had directly attacked John Barleycorn, we had lost. Booze fighting had never worked. When we quarrel too much with each other, we get drunk.

Hence genuine peace will always be a chief ingredient of AA’s freedom. But let none suppose that we shrink from major conflict only because we are afraid. Nowadays we believe we keep the peace because we love each other.”

AA Co-Founder, Bill W., November 1960, “Freedom Under God: The Choice Is Ours”,  
The Language of the Heart, page 319

**?? HUMOR??**

A sponsor took great pains to explain to a newcomer that in AA the terms pride, greed, anger, envy, lust, gluttony and sloth are generally known as the Seven Deadly Sins – *not* the Bill of Rights.

-Paul C. Oceanside, Ca.