

## Letting go of old ideas

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

The ideas that got so deeply embedded in our lives during drinking do not all disappear quickly, as if by magic, the moment we start keeping the plug in the jug. Our days of wine and "Sweet Adeline" may be gone, but the malady lingers on.

So we have found it therapeutic to nip off many old ideas that start to sprout up again. And they do, over and over.

What we try to achieve is a feeling of being relaxed and freed from the bonds of our old thinking. Many of our former habits of thought, and the ideas they produced, limit our freedom. They just weigh us down and are of no use—so it turns out when we look them over with a fresh eye. We don't have to hang on to them any longer unless, upon examination, they prove valid and still truly fruitful.

We can now measure the present-day usefulness and truthfulness of a thought against a highly specific standard. We can say to ourselves, "Now, that is exactly what I used to think, in the drinking days. Does that kind of thinking help me stay sober? Is it good enough for me today?"

Many of our old ideas—especially those about alcohol, about drinking, about getting drunk, and about alcoholism (or problem drinking, if you prefer that term)—prove either worthless or actually self-destructive for us, and it is a great relief to get rid of them. Maybe a few examples will suffice to illustrate our willingness to throw out our old, useless ideas.

For many of us as teen-agers, drinking was a way of proving that we were no longer children, or that we were manly, or sophisticated and wise, or tough enough to defy parents and other authorities. In many minds, drinking is closely tied in with romance, sex, and music, or with business success, wine snobbery, and jet-set luxury. If one is taught anything about drinking at school, it is often about dangers to health and the likelihood of losing a driver's license—not much else. And many people are still convinced that any drinking at all is immoral, leading straight to crime, suffering, disgrace, and death. Whatever our feelings may have been about drinking, positive or negative, they were often strong and more emotional than rational.

Or our attitudes toward drinking may have been merely automatic, an unthinking acceptance of other people's opinions. To many, drinking is an essential part of social occasions—a harmless, convivial pastime done in certain places among friends at specific times. Others view drinking as a necessary accompaniment to eating. But now we ask ourselves: Is it actually impossible to enjoy friendship or food without drinking? Did our own way of drinking improve our social relationships? Did it heighten our appreciation of good food?

The idea of getting drunk produces reactions even more extreme, pro or con. Getting "wasted" is likely to be seen only as fun, or only as disgraceful. The very idea is repugnant to many people, on various grounds. To some of us, it was a desirable state, not only because it was expected of us by others and we liked the feeling, but also because it was a condition made light of by glamorous celebrities. Some people are intolerant of those who never get drunk at all; others are scornful of those who get too drunk. Modern-day health findings so far have had little influence on such attitudes.

When we first heard the word “alcoholic,” most of us associated it exclusively with older, unkempt, shaky, or unpleasant men we saw panhandling or passed out on skid rows. Well-informed people are now aware that such an idea is rubbish.

Nevertheless, a residue of our ancient, muddy notions clung to many of us during our first attempts at sobriety. They blurred our vision and made it difficult to see the truth. But we finally became willing to entertain the thought that—just possibly—some of those ideas could be a bit erroneous, or at least no longer reflected accurately our own personal experience.

When we could persuade ourselves to look at that experience honestly and to listen to ideas other than our own, we became open to a big array of information we had not examined carefully before.

For instance, we could look at the scientific description: Alcohol is a drug that alters consciousness, not just a tasty thirst-quencher. The drug is found, we learned, not only in beverages, but also in some foods and medicines. And now, almost everyday, we read or hear of a discovery that this particular drug does one more kind of physical damage (to the heart, the blood, the stomach, the liver, the mouth, the brain, etc.) not suspected before.

Pharmacologists and other addictions experts now say that alcohol is not to be considered totally safe and harmless, whether used as beverage, stimulant, sedative, tonic, or tranquilizer. But it does not, of itself, necessarily lead straight to physical harm or mental degradation in every single case. Apparently, most people who use it can do so gracefully, without injury to themselves or others.

Drinking, we found, can be viewed medically as ingestion of a drug; drunkenness, as overdosing. The misuse of this drug can, directly and indirectly, lead to problems of all sorts—physical, psychological, domestic, social, financial, vocational. Instead of thinking mostly about what drinking did *for* us, we began to see what it does *to* some people.

We have found out that anybody who has trouble of any sort related to drinking may have the condition called “alcoholism.” This illness strikes without regard for age, creed, sex, intelligence, ethnic background, emotional health, occupation, family situation, strong constitution, eating habits, social or economic status, or general character. It is not a question of how much or how you drink, or when, or why, but of how your drinking affects your life—what happens when you drink.

Before we could recognize the illness in ourselves, we had to unload this tired old myth: It would be a sign of shameful weakness to admit that we couldn’t handle the sauce any more (if we ever could).

Weakness? Actually, it takes considerable courage to stare unblinkingly at the hard truth, sparing nothing, without glossing over anything, without excuses, and without kidding ourselves. (It is unseemly to brag, but frankly, many of us think that at kidding ourselves we were world champions.)

The process of recovery from alcoholism also has been clouded with misconceptions. Like millions of others who have watched a person drinking himself or herself to death, we have wondered why the drinker did not use willpower to stop drinking. That is another outdated idea, but it sticks because many of us have been exposed early in life to some model of superwillpower. Maybe there was the family or neighborhood legend of good old Uncle John. Known as a rake and a heller for years, he suddenly gave up wine, women, and song at age 50 and became a model of propriety and moral soundness who never touched another drop.

The childish notion that we can do likewise when we get ready is a dangerous delusion. We are not anybody else. We are only ourselves. (We are not Grandpa, who drank a fifth a day until he was 90, either.)

It is now well established that willpower all by itself is about as effective a cure for alcohol addiction as it is for cancer. Our own experience has verified that repeatedly. Most of us tried going it alone, hoping either to control our drinking or to stop, and we had no lasting success in either endeavor. Even so, it wasn't easy to admit we needed help. That, too, looked like a sign of weakness. Yes, we were being taken in by another myth.

But we finally asked ourselves: Wouldn't it be more intelligent to seek out and tap a strength greater than our own than to persist in our futile solo efforts, after they had time and again been proved ineffective? We still don't think it is very smart to keep trying to see in the dark if you can simply switch on a lamp and use its light. We didn't get sober entirely on our own. That isn't the way we learned to stay sober. And the full enjoyment of living sober isn't a one-person job, either.

When we could look, even temporarily, at just a few new ideas different from our old ones, we had already begun to make a sturdy start toward a happy, healthier new life. It happened just that way to thousands and thousands of us who deeply believed it never could.

**Living Sober**, Section 27, p. 68-71

## From The Book

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### **SPIRITUAL EXPERIENCE**

The terms "spiritual experience" and "spiritual awakening" are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.

Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous.

- Alcoholics Anonymous, (*Big Book*) pg. 567, Appendix II



## 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)



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

### \***Inter Group Representative Meeting Attendance**

- Two (2) District One groups were represented at the December IGR meeting.
- **The following groups sent IGR's:** Meat & Potatoes and Tuesday Night Morgan groups
- The next scheduled **IGR/COR Meeting** is *planned* for Tuesday, **January 21, 2025 @ 6pm.**

\* aka **Central Office Representative**

**TO: Central Office Committee**  
**From:** Randy C., (Central Office employee)  
**Date:** January 4, 2025  
**Subject:** Ogden Intergroup Central Office Report for **December 2024**

**December Sales Summary:**

- Books: 132 (net\$ 280)
- Chips: 327 (net\$ 122)

<ul style="list-style-type: none"> <li>○ Aluminum 281 (\$ 25 net)</li> <li>○ Brass 41 (\$ 80 net)</li> <li>○ Tri-Plate 5 (\$ 17 net)</li> </ul>
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**Office Activity:**      Hours: 79

- Emails: 116
- Calls/Msgs: 32
  - Calls to our Answering Service: 0
- Walk-Ins: 61                      (average weekly walk-ins = 15)

**Website Activity:**                      December    Visitors: 866    Views: 2,430

**Contributions:**                      **\$ 6,492**

- Groups:                      **(14) groups**                      **\$ 3,442**
- Individual Donation(s)                      \$ 3,050

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

(ending) December 2024: \$ 6,950.64 (up **74%**)

Checking Account (**Operating Funds**): (ending) December 2024: \$ 2,788.98

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

-Randy

AA Intergroup Central Office-Ogden	DECEMBER	TOTAL
<b>2024 (Year-to-Date)</b>	<b>12/31/2024</b>	<b>2024</b>
<b>Group Contributions</b>		
11:59 Group		200.00
Babes of Anonymity		220.00
Beyond the Horizon		131.00
BYOB Group	150.00	450.00
Clearfield Group		250.00
Courage to Change Group		100.00
Davis Group	400.00	600.00
Friday Night Action		160.00
Friday Night Recovery		400.00
Grupo Primer Paso de Ogden (SP)	15.00	180.00
Higher Ground Grp-Fruit Hghts	501.00	901.00
Huntsville Group	200.00	425.00
In the Solution Group		550.00
It's in the Book		210.00
Ladies of the Mountain (WRH)		708.76
Layton BBSS	90.00	412.00
Meat & Potatoes		674.27
Meeting in the Mountain (VC)	1,079.00	1,904.00

Group Contributions	DECEMBER	YTD 2024
New Comer Group	100.00	400.00
Primary Purpose Group		124.00
Recovery Together Group	200.00	835.00
Sat Men's Brotherhood		1,210.00
Sat Night Alumni - ORMC	50.00	372.50
Saturday Afternoons		40.00
Serenity Happy Hour (Sunday)	386.80	902.80
Serenity Happy Hour (Wed.)		452.08
Serenity Sisters		519.68
Sisters in Sobriety		150.00
Stone of Sisyphus		230.00
Sunday Night Unity		600.00
The Way Out		25.00
Thursday Night Harrison	20.00	93.00
Tremonton Group		150.00
Tuesday Morgan Group	200.00	400.00
Tyler Ave Group		585.00
Upon Awakening		364.00
Wed Night Stag		436.50
Wed. Night Alumni - ORMC	50.00	1,270.00
Women's Circle of Hope		327.00
<b>Groups Sub-Total</b>	<b>3,441.80</b>	<b>18,037.59</b>
District 11	0.00	1,000.00
District One	0.00	720.00
Individual Donation(s)	3,050.00	5,462.00
<b>TOTAL Contributions</b>	<b>\$6,491.80</b>	<b>\$25,219.59</b>

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### 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- } 10%
- **District 11** }  
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

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# THANK YOU!

"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>

⓪**DCM 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.

- 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 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.

THANKS, Sue!



## > 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 - December Minutes will appear in the February newsletter

## UTAH AREA 69

### CALENDAR OF EVENTS

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

## ?? HUMOR??

A woman approached her sponsor and asked, "What do I do when I finish the Steps?"

And the sponsor said, "Lie very, very still - because your dead."

-Jim G.

SPONSEE: "WHEN will I get a good job?"

Sponsor: "When you're ready."

SPONSEE: "how will I know I'm ready?"

Sponsor: "When you have a good job."

-Anonymous

"The Tenth Step is an emotional dipstick that lets me know when I'm being a dipstick"

-Ed L., Wrightwood, Ca.

Information listed **below** is presented **solely** as a service to our readers, **NOT as an endorsement** by Intergroup Service of Northern Utah **or** AAWS. For any additional information, please contact the event sponsor.

**4<sup>th</sup> ANNUAL  
BIG ASS HOLIDAY PARTY  
SMORGASBOARD  
EXTRAVAGANZA**  
(In support of Central Office/Ogden)  
**JANUARY 25, 2025  
NOON TO 4 P.M.  
POTLUCK – BRING  
SOMETHING TO SHARE  
COME JINGLE OUR  
POST-HOLIDAY BELLS**

Brought to you by the  
Tuesday Morgan Group  
Any questions please call:  
Mike L. (801) 645-3538

**3480 WASHINGTON BOULEVARD  
SUITE 108  
OGDEN UT 84401**

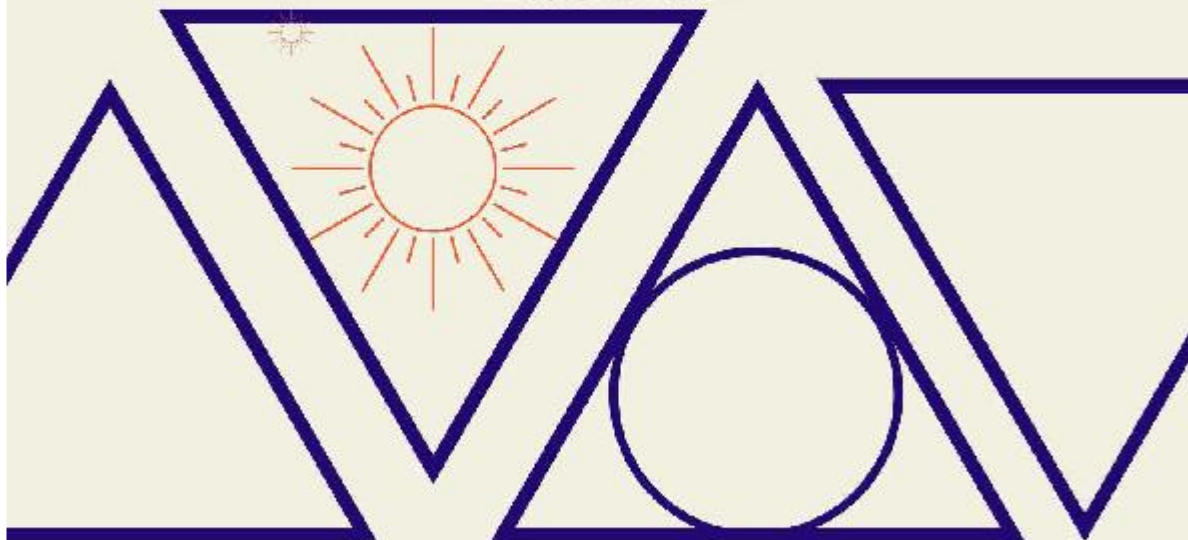
HOSTED BY DISTRICT 9  
IN MOAB, UTAH

◆ **AREA 69** ◆  
**COMMITTEE MEETING**

SATURDAY FEB. 22, 2025

9AM-5PM @ MOAB VALLEY INN  
ADDRESS: 711 S. MAIN STREET  
8:30-9AM NEWCOMERS BLOCK  
8:30AM REGISTRATION  
LUNCH NOT PROVIDED

AREA ZOOM MEETING MEETING ID:  
879 3198 3200  
PASSCODE: 109417



LOCAL AA MEETING: FRIDAY, FEB 21ST  
8PM - TRIANGLE HOUSE - 84 W 100 S  
ZOOM ID: 96052595039 PASSWORD 417408

◆ **LOCAL HOTELS ON BACK OF FLYER** ◆

**MOAB VALLEY INN 800.831.6622** ✨  
**711 S. MAIN ST. MOAB, UT 84532**  
**MOABVALLEYINN.COM\*\***  
**\*\*SPECIAL RATES WHEN BOOKING  
THROUGH MVI WEBSITE**

**LA QUINTA INN 435.259.8700** ✨  
**815 S MAIN ST. MOAB, UT 84532**  
**1 MIN AWAY**

**MOAB RED STONE 435.250.3500** ✨  
**535 S MAIN ST. MOAB, UT 84532**  
**2 MIN AWAY**

**APACHE MOTEL 435.260.7239** ✨  
**166 FOURTH E ST. MOAB, UT 84532**  
**5 MIN AWAY**



**GENERAL QUESTIONS? 435.625.1342**