

Seeking professional help

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

Probably every recovered alcoholic has needed and sought professional help of the sort A.A. does not provide. For instance, the first two A.A. members, its co-founders, needed and got help from physicians, hospitals, and clergymen.

Once we have started staying sober, a lot of our problems seem to disappear. But certain matters remain, or arise, which do require expert professional attention, such as that of an obstetrician, a podiatrist, a lawyer, a pulmonologist, a dentist, a dermatologist, or a psychological counselor of some kind.

Since A.A. does not furnish such services, we rely on the professional community for job-getting or vocational guidance, advice on domestic relations, counseling on psychiatric problems, and many other needs. A.A. does not give financial assistance, food, clothing, or shelter to problem drinkers. But there are good professional agencies and facilities particularly happy to help out an alcoholic who is sincerely trying to stay sober.

One's need for a helping hand is no sign of weakness and no cause for shame. "Pride" that prevents one's taking an encouraging boost from a professional helper is phony. It is nothing but vanity, and an obstacle to recovery. The more mature one becomes, the more willing one is to use the best possible advice and help.

Examining "case histories" of recovered alcoholics, we can see clearly that all of us have profited, at one time or another, from the specialized services of psychiatrists and other physicians, nurses, counselors, social workers, lawyers, clergymen, or other professional people. The basic A.A. textbook, *Alcoholics Anonymous*, specifically recommends (on page 72) seeking out such help. Fortunately, we have found no conflict between A.A. ideas and the good advice of a professional with expert understanding of alcoholism.

We do not deny that alcoholics have had many unfortunate experiences with some professional men and women. But non-alcoholics, since there are more of them, have had even more such experiences. The absolutely perfect doctor, pastor, or lawyer, who never makes a mistake, has not come along yet. And as long as there are sick people in the world, it is likely that the time will never come when no errors are ever committed in dealing with illness.

In fairness, we have to confess that problem drinkers are not exactly the easiest people to help. We sometimes lie. We disobey instructions. And when we get well, we blame the doctor for not undoing sooner the damage we spent weeks, months, or years wreaking on ourselves. Not all of us paid our bills promptly. And, time after time, we did our best to sabotage good care and advice, to put the professional person "in the wrong." It was a cheap, false win, since in the end it was we who suffered the consequences.

Some of us are now aware that our behavior prevented our getting the good advice or care we really needed. One way of explaining our contrary conduct is to say that it was dictated by our

(continued pg. 2)

illness. Alcohol is cunning and baffling. It can force anyone in its chains to behave in a self-destructive manner, against his or her own better judgment and true desires. We did not plan willfully to foul up our own health; our addiction to alcohol was simply protecting itself against any inroads by health agents.

If we now find ourselves sober but still trying to second-guess the really expert professionals, it can be taken as a warning signal. Is active alcoholism trying to sneak its way back into us?

In some instances, the conflicting opinions and recommendations of other recovering alcoholics can make it hard for a newcomer seeking good professional help. Just as nearly every person has a favorite antidote for a hangover or remedy for the common cold, so nearly everyone we know has favorite and unfavorite doctors.

Of course, it is wise to draw on the large bank of accumulated wisdom of alcoholics already well along in recovery. But what works for others isn't always necessarily what will work for you. Each of us has to accept final responsibility for his or her own action or inaction. It is up to each individual.

After you have examined the various possibilities, consulted with friends, and considered the pros and cons, the decision to get and use professional help is ultimately your own. To take or not to take disulfiram (Antabuse), to go into psychotherapy, to go back to school or change jobs, to have an operation, to go on a diet, to quit smoking, to take or disregard your lawyer's advice about your taxes—these are all your own decisions. We respect your right to make them—and to change your mind when developments so warrant.

Naturally, not all medical, psychological, or other scientific experts see exactly eye-to-eye with us on everything in this booklet. That's perfectly okay. How could they? They have not had the personal, firsthand experience we have had with alcoholism, and very few of them see as many problem drinkers for as long as we do. Nor have we had the professional education and discipline which prepared them for their duties.

This is not to say that they are right and we are wrong, or vice versa. We and they have entirely different roles and responsibilities in helping problem drinkers.

May you have the same good fortune in these regards that so many of us have had. Hundreds of thousands of us are deeply grateful to the countless professional men and women who helped us, or tried to.

Living Sober, Section 23, p. 57-59

From The Book

Resentment is the "number one" offender. It destroys more alcoholics than anything else.

Alcoholics Anonymous, (*Big Book*) pg. 64, "HOW IT WORKS"

2025 Pass It On FEBRUARY

Ogden Intergroup Central Office Newsletter

*Inter Group Representative Meeting Attendance

- Four (4) District One & Two (2) District 11 groups were represented at the January IGR meeting.
- **The following groups sent IGR's:** Meat & Potatoes, Tuesday Night Morgan, Friday Night Action, Serenity Happy Hour, Wednesday Night Stag & Serenity Sisters. groups
- The next scheduled IGR/COR Meeting is planned for Tuesday, February 18, 2025 @ 6pm.



SPECIAL NOTICE

The two "reserved" parking spaces in front of Central Office-Ogden, **are available for parking** anytime they are vacant.

(with permission of the Think Brink owner)

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 the **3rd Tuesday @6:00pm** (unless otherwise posted in this newsletter)



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

To: Central Office Committee

From: Randy C., (Central Office employee)

Date: February 1, 2025

Subject: Ogden Intergroup Central Office Report for **JANUARY 2025**

January 2025 Sales Summary:

- Books: 174 (net\$ 369)
- Chips: 446 (net\$ 343)

○ Aluminum	309 (\$ 70 net)
○ Brass	133 (\$259 net)
○ Tri-Plate	4 (\$ 14 net)

The longer we are sober
the drunker we become
on self-importance
-Bob M. 12/21/2014

Office Activity: Hours: 105

- Emails: 139
- Calls/Msgs: 53
 - Calls to our Answering Service: 6
- Walk-Ins: 83 (average weekly walk-ins = 17)

Website Activity: January: Visitors: 1,099 Views: 3,166

Google Business Listing: January: Searches: 1,208 Views: 1,552

Contributions: **\$ 1,527**

- Groups: (12) groups \$ 877
- District Contribution \$ 180
- Individual Donation(s) \$ 470

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

(ending) January 2025: \$ 7,000.70 (up 7/10 %)

Checking Account (Operating Funds): (ending) January 2025: \$ 1,777.26

I am grateful for the opportunity to be your Central Office employee.

-Randy

Thanks to all those who braved the elements (BRRR) on January 25th to attend the Tuesday Morgan Groups, 4th Annual "Big Ass Holiday Party Smorgasbord Extravaganza" held at Central Office-Ogden. Approximately 30-35 folks showed up to share stories, tamales, chili verde, sweets and *MORE* stories. The donation box held \$314 at days end (\$270 went to the bank & \$44 went into the coffee fund.)

2025 Pass It On FEBRUARY

Ogden Intergroup Central Office Newsletter



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

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** }
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

Intergroup Central Office-Ogden	January	TOTAL
(Year-to-Date) 2025 Group Contributions	1/31/2025	2025
Fellowship Manor	130.00	130.00
Friday Night Action	70.00	70.00
Grupo Primer Paso de Ogden	15.00	15.00
In the Solution Group	50.00	50.00
Ladies of the Mountain (WRH)	10.00	10.00
Meat & Potatoes	140.41	140.41
Primary Purpose Group	98.46	98.46
The Way Out	20.00	20.00
Upon Awakening	100.00	100.00
Wed Night Stag	80.50	80.50
Wed. Night Alumni - ORMC	50.00	50.00
Women's Circle of Hope	113.00	113.00
Groups Sub-Total	877.37	877.37
District One	180.00	180.00
Individual Donation(s)	470.00	470.00
TOTAL Contributions	\$1,527.37	\$1,527.37

thank
you
for your
support!

ICOAA Ogden Quarterly Financials		
	2024 4th Quarter	Expense
Fixed	Answering Service	179.57
	Charge Card processing	213.85
	Liability / Renters Ins	93.75
	Payroll	2,770.50
	Phone / Internet	506.13
	Postage	236.80
	Printing	216.39
	Rent	1,507.47
	Software licenses (Annual)	268.10
	3rd Quarter Payroll Taxes	451.35
	Transfer from Checking TO Savings Acct (PR)	3,858.00
Fluid	Inventory-AAWS Publishing	2,993.56
	Inventory-SL Central Office	2,564.40
	Inventory-Sobriety Coins	613.64
	Inventory-AAGV Subscription	132.40
	Misc. Office Supplies	134.14
Expense Totals		16,740.05

Note from the Editor:

The Quarterly Financials that appear in this newsletter were *not* compiled by an accountant. These financials were created, compiled and edited by the Ogden Central Office Manager. He is not a CPA and has NO accounting background. He would like to thank those AA's that assisted in proofreading this effort, their input was very helpful. Our goal is to provide this financial information to our member groups on a quarterly basis in keeping with the By-Laws of the Ogden Intergroup Service of A.A.

	2024 4th Quarter	Income
	Inventory Sales	\$6,143.35
	COGS-Cost of Goods Sold	(\$4,894.29)
	Member Contributions	\$9,932.98
	Transferred FROM Savings to Checking (PR)	\$2,625.00
Income Totals		13,807.04

4th Quarter NET REVENUE = (\$2,933.01)

Prudent Reserve - Beginning Balance	\$4,386.54
Prudent Reserve - Ending Balance	\$6,950.64
4th Quarter Prudent Reserve variance	\$2,564.10

2025 Pass It On FEBRUARY

Ogden Intergroup Central Office Newsletter

> District Meetings Information <

➤ District One – 2nd Tuesday, 7:00 PM

Boys & Girls Club
650 E 700 S
Brigham City

➤ District 11 – 2nd Wednesday, 6:30 PM

Resurrection Episcopal Church
1131 So. Main
Centerville

DISTRICT 11 GSR Meeting Minutes December 11, 2024

Kameron K. opened the meeting at 6:40 pm

1. Moment of Silence followed by the Serenity Prayer.
 - A.A. Preamble read by **Bob A.**
 - GSR Preamble read by **Kim M.**
 - 12 Traditions ready by **Sheri C.**
 - Welcomed GSRs and New GSRs – **Nikki D.** Serenity Happy Hour
 - Welcome Interested AAs and Visitors
 - Treasurer's report – **Matt D.** gave report. Motion to accept Treasurer's Report by **Bruce S.** second by **Sheri C.**, approved.
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(a). Currently reads: "Mileage- Travel to Area functions may be reimbursed at a rate of \$0.25 per mile." Motion to change to "Mileage- Travel to Area functions may be reimbursed at a rate of \$0.50 per mile." GSR's will take the Motion back to their groups.
Pass the Gavel. Outgoing chairs and incoming chairs spoke.
4. GSR Reports: Reports given in person and in written form.

Kevin M.: Our Primary Purpose, Church of Nazarene in Layton, Monday's at 7 pm, avg. attendance 12.
Bruce S.: Not A Glum Lot, South Davis Recovery Club, Tuesday's at 7 pm, avg. attendance 22. 4 new members. Nathan N. is new GSR replacing Bruce S. **Cory E.:** The Original Way, South Davis Recovery Club, Monday's at 6:30 pm, avg. attendance 8-10. Group now has a central office rep. Chaz M. Group is starting a traditions workshop every 5th Monday of the month. **Nikki D.:** Serenity Happy Hour in Washington Terrace, Saturday's at 10 am, avg. attendance 35-50. Nikki D. is the new GSR. All positions filled except for alternate GSR. Group collected \$267.00 for a one time contribution to GSO.
Kim M.: Serenity Sisters, South Davis Recovery Club, Wednesday's at 7 pm, avg. attendance 25-30.
Brian: In The Solution, avg. attendance 15-20. **Carey M.:** Higher Ground. Group has decided to send an extra \$20/month to the district office.
5. Standing Chair Reports:

DCM North – **Caroline A.** – Absent
DCM South – Open Position
Corrections – **Sheri C.** – Purchased some Plain Language Big Books for each pod. All supplies and information are ready for the new Corrections Chair, Mark S. "It has been such a gift to serve AA and share my experience, strength, and hope of this program's beautiful design for living." There is a need for consistent volunteers for meetings at the jail. Even if you can only attend once per month or every other month.

PI – **Leslie B.** -Absent

CPC – **Cory E. Brian** was voted in as the new CPC.

Grapevine – **Carol G.** Absent

BTG – **Ricardo B.** - Absent

Treatment – **Seth N.**– Absent **Bob A.** was voted in as the new Treatment chair.

Literature – **John D.**- Visited 2 groups in the last 30 days. The literature and literature rack will be at South Davis Recovery Club until it is needed for an event or we have a Literature Chair.

Archivist – **Cameron M.**- Absent but communicated to **Kameron K.** that he is thinking of the possibility of an archive committee.

Intergroup Report – Ogden- **Carol G.**- Absent

Intergroup Report – SLC- **Phillip W.**- There are open positions at Salt Lake Central Office. January 18th is the Central Office Volunteer Party. There is a Plain Language Big Book Read Through beginning January 25th. Please see saltlakeaa.org for more information.

DCMC – **Kameron K.** – National Corrections Conference is coming to Utah in 2026. There will be a need for professionals in the area to assist with the conference.

6. Approve Last Month’s Meeting Minutes. Motion to accept by **Matt D.** second by **Mark S.** Motion by **Kim M.** to submit the previous month’s minutes to the central office for the newsletter instead of the current months minutes because the minutes are being submitted to the newsletter before being approved. Second by **Kevin M.**, approved.

7. Area/District Events: Information available at aaofutah.org

8. Coming Soon: District 11 GSR Meeting, January 8, 2025 at 6:30 pm, Episcopal Church of the Resurrection, 1131 S. Main Street, Centerville, Utah 84014.

Motion to close by **John D.** second by **Corey E.** Closed at 7:55 pm 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

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

District One 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

Traditions Checklist

www.aagrapevine.org

The following questions * were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally **intended as suggestions for individual use**, many AA groups have since adopted them and use them as a basis for wider discussion. We will publish these checklist questions for one of the Twelve Traditions each month in 2025. (Hard copies are available at Ogden Central Office)

(*revised November 2018)

Tradition One:

Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?
2. Am I a peacemaker? Or do I foster arguments with statements such as "just for the sake of discussion"?
3. Am I gentle with those who rub me the wrong way, or am I sometimes abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I ever put down some AA activities for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support AA as a whole in every way I can, or just the parts that I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

??HUMOR??

Heard at a meeting...

"The other night the host offered me a drink and I said, 'Not a good idea. That's like giving a monkey a hand grenade.'"

-Chris C. / Ossining, N.Y.

Tequila on ice makes my head hurt.

Whiskey on ice makes my stomach hurt.

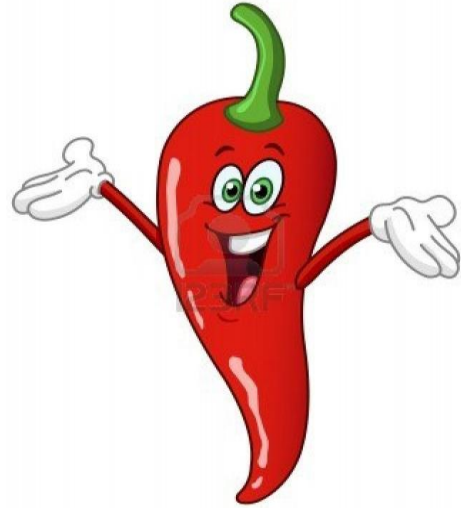
Vodka on ice makes my heart hurt.

Conclusion: Stay away from ice!

- Paul C. / Oceanside, Calif.

The 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.

Tuesday Morgan Group
CHILLY CHILI COOK OUT



FEBRUARY 22nd 2025

10

THE JENSEN PAVILION, UP LINE CREEK ROAD

2425 LINE CREEK ROAD, MORGAN, UTAH, 84050

OFF OF MORGAN VALLEY DRIVE BETWEEN MORGAN AND PETERSON

12 NOON TILL 3 OR MAYBE 4 ISH

SUGGESTED DONATION 3 DOLLARS PER PERSON (more or less)

CHILI AND TAMALES SERVED, SIDE DISHES ARE ALWAYS WELCOMED.

Out of respect to others; “No” Dogs Please

QUESTIONS PLEASE CALL OR TEXT, MIKE L. 801-645-9538 or ERIC J. 801-430-9353