

Fending off loneliness

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

Alcoholism has been described as "the lonely disease," and very few recovered alcoholics argue the point. Looking back at the last years or months of our drinking, literally hundreds of thousands* of us remember feeling isolated even when we were among a lot of happy, celebrating people. We often felt a deep sense of not belonging, even when we cheerfully acted sociable.

Many of us have said we drank originally to be "a part of the crowd." Many of us felt we had to drink to "get in," and to feel that we fitted in with the rest of the human race.

It is an observable fact, of course, that our chief use of alcohol was egocentric—that is, we poured it into our own bodies, for the effect we felt within our own skin. Sometimes, that effect momentarily helped us to behave sociably, or temporarily assuaged our inner lonesomeness.

But when that effect of alcohol wore off, we were left feeling more set apart, more left out, more "different" than ever, and sadder.

If we felt guilty or ashamed of either our drunkenness itself or anything we did while drinking, that compounded our feeling of being an outcast. At times, we secretly feared or even believed that we deserved ostracism, because of the things we did. "Maybe," many of us thought, "I really am an outsider."

(Perhaps this feeling is familiar to you, when you think back to your last bad hangover or bad drunk.)

The lonely road ahead looked bleak, dark, and unending. It was too painful to talk about; and to avoid thinking about it, we soon drank again.

Although some of us were lone drinkers, it can hardly be said that we completely lacked companionship during our drinking days. People were all around us. We saw, heard, and touched them. But most of our important dialogues were entirely interior, held with ourselves. We were sure nobody else would understand. Besides, considering our opinion of ourselves, we were not sure that we *wanted* anybody to understand.

No wonder, then, that when we first listen to recovered alcoholics in A.A. talking freely and honestly about themselves, we are stunned. Their tales of their own drinking escapades, of their own secret fears and loneliness, jar us like a thunderbolt.

We discover—but can hardly dare to believe right at first—that *we are not alone*. We are *not* totally unlike *everybody*, after all.

The brittle shell of protective and fearful egocentricity we have dwelled in so long is cracked open by the honesty of other recovered alcoholics. We sense, almost before we can articulate it, that we do belong somewhere, and the loneliness starts rapidly leaking away.

Relief is too weak a word to convey our initial feeling. It is mixed with wonder, too, and almost a kind of terror. Is it real? Will this last?

Those of us sober in A.A. a few years can assure any newcomer at an A.A. meeting that it *is* real, very real indeed. And it does last. It is not just another false start, of the sort that most of us have experienced too often. It is not one more burst of gladness soon to be followed by hurt disappointment.

Instead, as the number of people now sober for decades in A.A. swells each year, we see before our eyes more and more hard proof that we can have a genuine and enduring recovery from the loneliness of alcoholism.

*The present (2019) worldwide membership of A.A. is estimated to be over two million

Still, getting over years-long, deeply ingrained habits of suspicion and other protective mechanisms can hardly be an overnight process. We have become thoroughly conditioned to feeling and acting misunderstood and unloved—whether we really were or not. We are accustomed to acting like loners. So, after we first stop drinking, some of us may need a little time and a little practice to break out of our customary solitude. Even though we begin to believe we are not alone any more, we sometimes act and feel in the old ways.

We're green at reaching out for friendship—or even accepting it when it is offered. We're not quite sure how to do it, or whether it will work. And that piled-up, superheavy burden of years of fear still can drag at us. Therefore, when we start to feel a bit lonely—whether we are actually, physically alone or not—the old routines and the balm of booze can easily entice us.

Now and then, some of us are even tempted just to give up, and go back to the old misery. At least, it is familiar, and we wouldn't have to work hard to recapture all the expertise we achieved at the drinking life.

Telling an A.A. group about himself, a fellow once said that being a drunk from his teen-age years to his forties was a full-time occupation, and he passed by most of the things North American males usually learn as they grow into young manhood.

So there he was in his forties, he said, sober. He knew how to drink and brawl, but he had never learned a vocational or professional skill, and he was ignorant of most social graces. "It was awful," he declared. "I didn't even know how to ask a girl for a date or what to do on one! And I found there aren't any classes on 'How to Date' for 40-year-old bachelors who never learned."

The laughter in the A.A. meeting room that night was particularly hearty and affectionate. So many there empathized, had gone through the same type of unease. When we feel such awkwardness, incongruous at 40 (or even at 20, these days), we might think we were pathetic, even grotesque—were it not for the many rooms full of understanding A.A. people who have known that very type of fear, and can now help us see the humor in it. So we can smile as we try again, until we get it right. We do not have to give up in secret shame any more; we do not have to renew our old, hopeless attempts to find social confidence in the bottle, where we found loneliness instead.

That is just one extreme example of the kind of all-arms-and-legs feeling some of us get when we first set sail on sobriety. It illustrates how dangerously lost we might be if we tried to go it alone. There might be one chance in millions that we'd make the voyage somehow.

But we know now that we do not have to proceed all on our own. It is far more sensible, safer, and surer to do it in the company of the whole happy fleet going in the same direction. And none of us need feel any shame at all at using help, since we all help each other.

It is no more cowardly to use help in recovering from a drinking problem than it is to use a crutch if you have a broken leg. A crutch is a beautiful thing to those who need it, and to those who see its usefulness.

Is there really anything heroic in a sightless person's stumbling and groping—just because he or she refuses to use easily obtained assistance? Foolish risk-taking—even when it is not at all necessary—sometimes does get undeserved praise. But mutual helpfulness—since it always works better—really should be more prized and admired.

Our own experience at staying sober overwhelmingly reflects the wisdom of using whatever good help is available in recovery from a drinking problem. Despite our great need and desire, none of us recovered from alcoholism solely on our own. If we had, of course, we would have had no need to approach A.A., a psychiatrist, or anyone else for aid.

Since no one can live totally alone, since all of us are dependent to some degree on our fellow human beings for at least some goods and services, we have found it sensible to accept that particular reality, and to work within it in the highly important venture of getting over our active alcoholism.

Thoughts of a drink seem to sneak into our minds much more smoothly and slyly when we are alone. And when we feel lonesome, and an urge for a drink strikes, it seems to have special speed and strength.

Such ideas and desires are much less likely to occur when we are with other people, especially other nondrinkers. If they do occur, they seem less potent and more easily put aside while we are in touch with fellow A.A. members.

We are not forgetting that almost everyone occasionally needs some time to himself, or herself, to collect thoughts, take stock, get something done, work out a private situation, or just vacation from the stress of the usual day. But we have found it dangerous to become too indulgent about this, especially when our mood becomes a bit morose or self-pitying. Almost any company is better than a bitter privacy.

Of course, even at an A.A. meeting, it is possible to want to drink, just as people can feel lonely in a crowd. But the odds against taking the drink are much better in the company of other A.A.'s than they are when we are alone in our room, or in a hidden corner of a quiet, deserted barroom.

When we have only ourselves to talk to, the conversation gets kind of circular. More and more, it excludes the sort of sensible input other people can supply. Trying to argue yourself out of a drink is rather like attempting self-hypnosis. Often, it is about as effective as trying to persuade a pregnant mare not to foal when her term has come.

For these reasons, then, when we suggest avoiding fatigue and hunger, we often tie in a mention of one more hazard to make it a triple play: "Don't let yourself get too tired, too hungry, or too lonely."

Check it out.

If the notion of taking a drink crosses your mind any time soon, pause to consider. As often as not, you are likely to find you are in one or more of those three high-risk conditions.

Tell somebody, fast. That at least starts to relieve the loneliness.

Living Sober, Section 14, p. 33-36

From The Book

Selfishness – self-centeredness! That, we think is the root of our troubles...

... Above everything, we alcoholics must be rid of this selfishness.
We must, or it kills us!

Alcoholics Anonymous, (*Big Book*) pg. 62, "HOW IT WORKS"

Deadline for ANY newsletter submission is the 20th 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

- The **Central Office Rep (IGR)** meeting is held **monthly** at Central Office the **3rd Tuesday** @6:00pm
(unless otherwise posted in this newsletter)



SPECIAL NOTICE

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

(by permission of the Think Brink owner)



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***Inter Group Representative Meeting Attendance**

- Four (5) District One & Two (2) District 11 groups were represented at the February IGR meeting.
- **The following groups sent IGR's:** Meat & Potatoes, Tuesday Night Morgan, Friday Night Action, Serenity Happy Hour, Wednesday Night Stag, Serenity Sisters. & Newcomer groups
- The next scheduled IGR/COR Meeting is *planned* for Tuesday, **March 18, 2025 @ 6pm.**

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

Inter Group / Central Office Rep Meeting Minutes

Ogden Central Office

Tuesday February 18, 2025

IGR Attendees: (7) Mike L., Jim N., Randy P., Gunnar H., Michael G., Michelle K., & Goose

Steering Committee: Steve H. Office Mgr: Randy C **Excused: Kelly C., Jake C.,**

The meeting opened at 6pm.

- There was a moment of silence for the still-suffering alcoholic, followed by the reading of the Intergroup Service Preamble by Jim N, and the reading of the Traditions by Steve H.

New Business: -----

- Randy C. gave the January Central Office Report that included sales summary for coin and literature sales and phone/in person contacts with Central Office. He further discussed the cost associated with our answering service.
- Steve H. summarized finances, noting that Central Office received donations from only 12 groups. We discussed cash flow issues and recommended that IGRs mention to their groups that monthly donations help the cash flow. Some groups donate annually or periodically. Although infrequent donations are larger, and we appreciate those donations, monthly or frequent donations will help Central Office.
- A continuing issue for the Central Office is the vacancies in the Steering Committee. We need an Assistant Chairperson and a Secretary as well as other positions. Written duties and responsibilities for Steering Committee positions were given to the IGRs to take to their groups.
- We discussed the suggestion that IGR meetings be held quarterly instead of monthly. Feedback from IGRs that had taken this question to their group resulted in the decision to continue monthly meetings.
- IGRs briefed us on any group issues/activities.

The meeting closed at 6:35 pm with the AA Responsibility Statement.

TO: Central Office Committee

From: Randy C., (Central Office employee)

Date: March 1, 2025

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

February Sales Summary:

- Books: 66 (net\$ 122)
- Chips: 447 (net\$ 227)

○ Aluminum	349 (\$ 32 net)
○ Brass	93 (\$181 net)
○ Tri-Plate	4 (\$ 14 net)

Office Activity: Hours: 82

- Emails: 118
- Calls/Msgs: 26
 - Calls to our Answering Service: 3
- Walk-Ins: 62 (average weekly walk-ins = 16)

Website Activity: February Visitors: 990 Views: 2,886

Google Business Listing: February Searches: 641 Views: 1,208

Contributions: \$ 1,152

- Groups: (10) groups \$ 1,152

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

(ending) February 2025: \$ 7,050.75 (up 7/10 %)

Checking Account (Operating Funds): (ending) February 2025: \$ 1,216.61

Thank you for the job as your Central Office employee.

-Randy

We can go from
Extraordinary to ordinary
With just 12 steps...
- Bob M. 12/21/10

2025 March Pass It On



Intergroup Central Office-Ogden (Year-to-Date) 2025 Group Contributions	February 2/28/2025	TOTAL 2025
11:59 Group	50.00	50.00
Fellowship Manor		130.00
Friday Night Action		70.00
Grupo Primer Paso de Ogden (SP)	15.00	30.00
In the Solution Group	50.00	100.00
Ladies of the Mountain (WRH)	500.00	510.00
Meat & Potatoes		140.41
Primary Purpose Group		98.46
Recovery Together Group	200.00	200.00
Sisters in Sobriety	150.00	150.00
The Way Out	37.00	62.00
Thursday Night Harrison	50.00	50.00
Tyler Ave Group	50.00	100.00
Upon Awakening		100.00
Wed Night Stag		80.50
Wed. Night Alumni - ORMC	50.00	100.00
Women's Circle of Hope		113.00
Groups Sub-Total	1,152.00	2,084.37
District 11	0.00	0.00
District One	0.00	180.00
Individual Donation(s)	0.00	470.00
TOTAL Contributions	\$1,152.00	\$2,734.37

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
- } **10%**
- **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 11 GSR Meeting Minutes January 8, 2025

John D. opened the meeting at 6:30 pm

1. Moment of Silence followed by the Serenity Prayer.
 - A.A. Preamble read by Bruce S.
 - GSR Preamble read by Kevin M.
 - 12 Traditions read by Kameron K.
 - Welcomed GSRs and New GSRs – Richard Z. **Bountiful Men's Group**, Mary T. **Women's Circle of Hope**, and Cathy D. **Women's Circle of Hope (Alternate GSR)**
 - Welcome Interested AAs and Visitors
 - **Treasurer's report** – Kameron K. gave report. Motion to accept **Treasurer's Report** by Bruce S. second by Cathy D., approved.
2. Kim M. forgot roll call. Requested **new GSR's see her after the meeting to update their information.**
3. Old Business: At the last meeting 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 took the Motion back to their groups. A vote was held. Motion passed.**
4. New Business: John D. presented the idea of moving the district meetings to the South Davis Recovery Club. No cost difference and no change in date and time. Discussion of positives and negatives. Motion to approve the change in location by Kevin M. second by Cory E. Motion passed. John D. presented the idea of a quarterly potluck for the district meetings. The Area 69 Delegate and Alternate Delegate will be attending the District 11 meeting on March 12, 2025. Motion to hold potluck on March 12, 2025 by Kevin M. second by Bruce S. Motion passed. The idea of continuing potlucks will be considered. Trudi F. was voted in as the new DCM North. Paul H. was voted in as the new BTG Chair. Josh C. was voted in as the new Literature Chair.
5. 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 10-15. Bruce S.: Not A Glum Lot, South Davis Recovery Club, **Tuesday's at 7 pm**, avg. attendance 22. Group did not appreciate the Christmas dinner being held on their meeting night. Group is well attended and growing. Cory E.: The Original Way, **South Davis Recovery Club, Monday's at 6:30 pm**, avg. attendance 8-10. Would appreciate any group chairs attending their meeting the third Monday of the month to introduce themselves and explain what they are doing. Nikki D.: Serenity Happy Hour in Washington Terrace, **Sunday's at 10 am**, avg. attendance 40-50. Group created a Treatment Chair and Corrections Chair. Kim M.: Serenity Sisters, South Davis Recovery Club, **Wednesday's at 7 pm**, avg. attendance 25-30. Brian W.: In The Solution, avg. attendance 20. Carey M.: Higher Ground, Mountain Road Church, **Monday-Saturday noon, Wednesday's at 7 pm**. Going really strong in the fellowship. Jared C.: **South Davis Group 1, Bountiful Community Church, Thursday's at 7 pm**, avg. attendance 35. Attendance has grown because people are being brought in from

>District GSR 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

South Davis Recovery Club
25 N. 200 W.
Bountiful

treatment facilities. Bobby L.: **Happy Group, South Davis Recovery Club, Sunday's at 10 am, avg. attendance 60.** Richard Z.: **Bountiful Men's Group, First Baptist Church, Wednesday's at 7 pm, avg. attendance 30.** Will looking into group contributions to District, GSO, and Area. Cary J.: Flying High Group, South Davis Recovery Club, **Monday's and Friday's at 7 pm, avg attendance on Monday's is 15 and on Friday's is 30.**

5. Standing Chair Reports:

DCM North – Trudi F. - Just voted in.

DCM South – Bruce S. – He visited 3 meetings this month.

Corrections – Mark S. –

PI – Ricardo B. -

CPC – Brian W. – Met with Area 69 CPC and PI chairs. Will have a booth at the Weber State University Physicians Conference March 13-15. His focus is on physicians, attorneys, and prosecutors and police officers. In November he will be speaking at a meeting with prosecutors and police officers.

Grapevine – Open

BTG – Paul H. – Just voted in.

Treatment – Bob A. - Absent

Literature – Josh C.- Just voted in.

Archivist – Cameron M.- Absent but communicated to Cory E. that he will have pamphlets soon.

Intergroup Report – Ogden-

Intergroup Report – SLC-

DCMC – John D. – nothing additional.

*Motion to extend meeting another 5 minutes by Cory E. second by Kevin M. Motion approved.

6. **Approve Last Month's Meeting Minutes. Motion to accept by Bruce S. second by Cary J.**

7. Area/District Events: Area Committee Meeting, District 9 Moab, Utah, February 22, 2025.

Information available at aaofutah.org

8. Coming Soon: District 11 GSR Meeting, February 12, 2025 at 6:30 pm, South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.

Motion to close by Cary M. second by Kevin M. Closed at 7:35 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 – John D. 801-643-0193

DCM North – Trudi F. 801-631-7625

DCM South – Bruce S. 801-750-3297

District 11 Funds, P.O. Box 461, Bountiful, Utah 84011

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 Two:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize **or** do I trust and support my group officers, AA committees and office workers?
Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?
4. Do I often feel the need to “save face” in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with AA chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made?

??HUMOR??

A doctor, a teacher and a recovering alcoholic all die and go to heaven, where they are asked, “When you are in your casket, what would you like to hear people saying about you as they pass by?”

The doctor answers, “I’d like to hear them say I was a great doctor and a great family man.”

The teacher says, “I’d like to hear them say I was a great teacher who made a huge difference with our children of tomorrow.”

The recovering alcoholic says, “I’d like to hear them say, ‘Look he’s moving!’”

Jerry H. / Fullerton, Calif.

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Area 69 Pre-Conference Assembly



April 4-6, 2025

BOYS & GIRLS CLUB of Northern Utah - BRIGHAM CITY
645 E 700 S Brigham City, UT 84302

OR

VIRTUALLY VIA ZOOM

Meeting ID: 879 3198 3200 Passcode: 109417

Friday 4th

6PM
Registration Opens

7PM
PRAASA Reports

8PM
Social Event - TBA

Saturday 5th

8 AM
Registration Opens

8:30 AM
Welcome & Intro to Service

9 AM-12 PM
Area Business

12-1:30 PM
Lunch Break - \$5 Suggested Donation

1:30-5 PM
Area Business

5-6:30 PM
Dinner Break - \$15 Suggested Donation

6:30 PM
Sobriety Countdown

7 PM
AA Meeting

8 PM
Social Event - TBA

Sunday 6th

9 AM
Round Tables - GSRs, DCMs, Standing Chairs

10 AM
Past Delegate & Trustee Ask It Basket

11 AM
AA Meeting

Open AA meetings for newcomers, non-voting AAs, and Visitors through Saturday. Stay tuned for more info! Hosted by District 1 - www.aaofutah.org



Area 69 Pre-Conference Assembly

Holiday Inn Express

15 S 1550 W St, Brigham City, UT 84302

Conference rate \$149 before 3/21/25

Use block code ACA - (435) 723-7639

Hampton Inn

40 N Main St, Brigham City, UT 84302

Conference rate \$110 before 3/4/25

Mention Area 69 Assembly Group Rate - (435) 538-7080

Best Western Inn & Suites

480 W Westland Dr, Brigham City, UT 84302

Conference rate \$100 per night

Mention Area 69 Preconference Assembly - (435) 723-0440

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