

Trying the Twelve Steps

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

"When all else fails," said the old country doctor, "follow directions."

We have not talked about the Twelve Steps offered by A.A. as a program of recovery from alcoholism, and they are not going to be listed or explained here, because anyone curious about them can find them elsewhere. Their origin is striking, however.

In 1935, two men met in Akron, Ohio. Both of them were then considered hopeless drunkards, which seemed shameful to those who had known them. One had been a Wall Street hot shot; the other, a noted surgeon; but both had drunk themselves almost to death. Each had tried many "cures" and been hospitalized over and over. It looked certain, even to them, that they were beyond help.

Almost accidentally, in getting to know each other, they stumbled onto an astonishing fact: When each of them tried to help the other, the result was sobriety. They took the idea to an alcoholic lawyer confined to a hospital bed, and he, too, decided to try it.

The three then kept on, each in his individual life, trying to help one alcoholic after another. If the people they tried to help sometimes did not want their aid, they nevertheless knew the effort was worthwhile, because, in each case, the would-be helper stayed sober even if the "patient" kept on drinking.

Persisting at this avocation for their own benefit, this nameless little band of ex-drunks suddenly realized in 1937 that 20 of them were sober! They cannot be blamed for thinking a miracle had happened.

They agreed they ought to write a record of what had happened, so their experience could be widely distributed. But, as you can imagine, they ran into real difficulty in reaching agreement on what precisely had taken place. It wasn't until 1939 that they were able to publish an account they could all subscribe to. By then, they numbered about 100.

They wrote that the pathway to recovery they had followed up to then consisted of twelve steps, and they believed anyone who followed that pathway would reach the same destination.

Their number has grown to more than two million. And they are virtually unanimous in their conviction: "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

Many of us had long been booze-fighters. Time after time, we had stopped drinking and tried to stay stopped, only to return to drinking sooner or later and find ourselves in increasing trouble. But those Twelve Steps of A.A. mark our road to recovery. Now, we do not have to fight any more. And our path is open to all comers.

Hundreds of us had only a vague idea of what A.A. was before we actually came to this Fellowship. Now, we sometimes think there is more misinformation than truth about A.A. floating around. So if you have not looked into A.A. firsthand, we can imagine some of the distorted, false impressions you may have picked up, since we had so many of them ourselves.

Happily, you need not be misled by such misrepresentations and rumors, because it is perfectly easy to see and hear the real A.A. for yourself. A.A. publications (see page 72) and any nearby A.A. office or meeting (see your local telephone directory or check G.S.O.'s A.A. website) are original sources of facts which surprised many of us. You need not take any second-hand opinions, because you can get free information and make up your own mind.

Really getting a fair picture of A.A. may be one instance in which willpower can be put to very good use. We know for sure that alcoholics do have tremendous willpower. Consider the ways we could manage to get a drink in defiance of all visible possibilities. Merely to get up some mornings—with a rusting cast-iron stomach, all your teeth wearing tiny sweaters, and each hair electrified—takes willpower many nondrinkers rarely dream of. Once you've gotten up with your head, on those certain mornings, the ability to carry it all through the day is further evidence of fabulous strength of will. Oh yes, *real* drinkers have *real* willpower.

The trick we learned was to put that will to work for our health, and to make ourselves explore recovery ideas at great depth, even though it sometimes might have seemed like drudgery.

It may help if you try to remember that A.A. members are not eager to question you. We may not even seem to be listening to you much, but spend more time laying on you the unvarnished facts of our own illness. We are in pursuit of recovery, you know, so we talk to you very much for our own benefit. We want to help you, all right, but only if you want us to.

It may be that problem drinking is, indeed, as some psychological experts say, an ailment characterized especially by egocentricity. Not all alcoholics are egotistical, although many of us have learned to see that tendency in ourselves. Others of us felt inferior most of the time; we felt equal or superior to other people only when drinking.

No matter which type we were, we realize now that we were excessively self-centered, chiefly concerned about our feelings, our problems, other people's reactions to us, and our own past and future. Therefore, trying to get into communication with and to help other people is a recovery measure for us, because it helps take us out of ourselves. Trying to heal ourselves by helping others works, even when it is an insincere gesture. Try it some time.

If you really listen to (not just hear) what is being said, you may find the person talking has quietly slipped inside your head and seems to be describing the landscape there—the shifting shapes of nameless fears, the color and chill of impending doom—if not the actual events and words stored in your brain.

And whether this happens or not, you will almost surely have a good laugh or two in the company of A.A.'s, and you'll probably pick up a couple of ideas on living sober. If you want to use them, that is up to you.

Whatever you decide to do, remember that making these ideas available is one of the steps toward recovery for us.

Living Sober, Section 30, p. 81-84

From The Book

The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed *or* would fail to get something we demanded. Living on a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

Twelve Steps and Twelve Traditions, pg. 76, Step Seven

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

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*)



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)



***Inter Group Representative Meeting Attendance**

- The March **IGR/COR Meeting** was canceled.
- The March Central Office-Ogden business report can be found on page 4.
- The next *scheduled IGR/COR Meeting* is *planned* for **Tuesday, April 15, 2025 @ 6pm.**
The Steering Committee meets at 5:30pm immediately preceding.

* aka Central Office Representative

TO: Central Office Committee
From: Randy C., (Central Office employee)
Date: April 1, 2025
Subject: Ogden Intergroup **Central Office Report for MARCH 2025**

MARCH Sales Summary:

- Books: 70 (net\$ 142)
- Chips: 512 (net\$ 250)

○ Aluminum	404	(\$ 36 net)
○ Brass	106	(\$ 207 net)
○ Tri-Plate	2	(\$ 7 net)

Office Activity: Hours: 69

- Emails: 113
- Calls/Msgs: 26
 - Calls to our Answering Service: 3
- Walk-Ins: 47 (average weekly walk-ins = 12)

Website Activity: March Visitors: 1,038 Views: 2,996

Contributions: **\$ 1,015**
• Groups: (10) groups **\$ 1,015**

(Prudent Reserve) : {Goal \$8,400 / 4 mos. Operating Expenses @ \$2,200 per mo.}

Savings Account (ending) March 2025: \$ 5,800.81 (↓18%)

Checking Account (Operating Funds): (ending) March 2025: \$ 1,237.05

Thank you for the job as your Central Office employee.

-Randy

Freedom arrives
As judgements depart
- Bob M. 12/21/2016

Pass It On 2025



Suggested Contributions

(from pg. 13 of AAWS Pamphlet F-3)

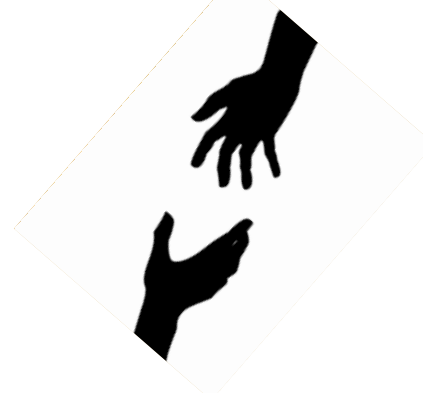
- **Intergroup Central Office** 50%
3480 Washington Blvd #108
Ogden, Utah 84401
- **District One** 10%
P.O. Box 953
Brigham City, Ut 84302
- OR-
- **District 11** 10%
PO Box 461
Bountiful, Ut 84011
- **Area 69 Treasurer** 10%
PO Box 18134
Kearns, Utah 84118
- **(General Service Office) GSO** 30%
PO Box 2407
James A Farley Station
New York, NY 10116-2407

Intergroup Central Office-Ogden	MARCH	TOTAL
(Year-to-Date) 2025 Group Contributions	3/29/2025	YTD 2025
11:59 Group		50.00
BYOB Group	150.00	150.00
Davis Group	200.00	200.00
Fellowship Manor		130.00
Friday Night Action		70.00
Grupo Primer Paso de Ogden	15.00	45.00
Huntsville Group	100.00	100.00
In the Solution Group		100.00
Ladies of the Mountain (WRH)	20.00	530.00
Meat & Potatoes		140.41
Primary Purpose Group		98.46
Recovery Together Group		200.00
Sisters in Sobriety		150.00
Sunday Night Unity	150.00	150.00
The Way Out		62.00
Thursday Night Harrison		50.00
Tyler Ave Group	50.00	150.00
Upon Awakening		100.00
Wed Night Stag		80.50
Wed. Night Alumni - ORMC	180.00	280.00
Women's Circle of Hope		113.00
Groups Sub-Total	865.00	2,949.37
District 11	150.00	150.00
District One	0.00	180.00
Individual Donation(s)	0.00	470.00
TOTAL Contributions	\$1,015.00	\$3,749.37

A Declaration of Unity

This we owe to A.A.'s future:

- To place our **common welfare** first;
- To keep our fellowship **united**.
- For on A.A. unity depend our lives,
- And the lives of those to come.



“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
February 12, 2025

John D. opened the meeting at 6:31 pm

1. Moment of Silence followed by the Serenity Prayer.

- A.A. Preamble read by **Mary T.**
- GSR Preamble read by **Cory E.**
- 12 Traditions ready by **Phillip W.**
- Welcomed GSRs and New GSRs
- Welcome Interested AAs and Visitors
- Treasurer's report – **Kameron K.** gave report. Encouraged GSR's to look at the report and compare it to the information from their group GSR's. Motion to accept Treasurer's Report by **Bruce S.** second by **Brian W.**, approved.

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

3. Old Business: Discussion about potluck at March 12, 2025 District meeting.

4. New Business: **John D.** lets everyone know a 1 year zoom account was purchased by District 11. This can be used for any district matters. Discussion about making monthly district meetings hybrid meetings. Motion to approve the change to a hybrid meeting by **Bobby L.** second by **Nikki D.** More discussion. Motion will be reconsidered next month. **John D.** presents the idea of no longer doing verbal GSR reports and having GSR's continue handing in a written report. An open mic of 5-10 minutes for any GSR concerns would be held at each district meeting instead. Motion to approve changing the GSR reports by **Cory E.** second by **Bruce S.** Motion passed.

5. GSR Reports: Reports given in written form.

Bruce S.: Not A Glum Lot, South Davis Recovery Club, Tuesday's at 7 pm, avg. attendance 20. **Cory E.:** The Original Way, South Davis Recovery Club, Monday's at 5:30 pm, avg. attendance 15. All service positions filled. **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. **Bobby L.:** Happy Group, South Davis Recovery Club, Sunday's at 10 am, avg. attendance 71. **Richard Z.:** Bountiful Men's Group, First Baptist Church, Wednesday's at 7 pm, avg. attendance 30. Trying to figure out why donations they mailed last month aren't appearing on district report. **Lora M.:** Bountiful KISS, Bountiful Community Church, Tuesdays at 7 p.m., avg. attendance 8. **Mary T.:** Women's Circle of Hope, Mountain Road Church in Fruit Heights, Saturdays at 10 a.m., avg. attendance 25. Wondering if we are still looking for stories from veterans. John D. will look into that.

Standing Chair Reports:

DCM North – **Trudi F.** – She visited 3 meetings this month.

DCM South – **Bruce S.** – no report

Corrections – **Mark S.** – absent

PI – **Ricardo B.** – absent

CPC – **Brian W.** – Conducted a presentation with information from the Area CPC Chair.

Grapevine – Open

BTG – **Paul H.** – no report

Treatment – **Bob A.** – absent

Literature – **Josh C.** - no report

Archivist – **Cameron M.** - absent

Intergroup Report – Ogden-

Intergroup Report – SLC-

DCMC – **John D.** – GSO is looking for stories from those attending online meetings. Our Delegate is looking for stories about good experiences with the new Plain Language Big Book.

*Motion to extend meeting another 5 minutes by **Kameron K.** second by **Bruce S.** Motion approved.



- 6. Approve Last Month’s Meeting Minutes. Motion to accept by **Cory E.** second by **John D.**
- 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, March 12, 2025 at 6:00 pm, South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.
Motion to close by **Lora M.** second by **John D.** 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

>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

District One - GSR Meeting Minutes unavailable at time of publication

?? HUMOR ??

An alcoholic entered his office parking lot after work to see it empty, and he was crestfallen to see that his car had likely been stolen. He called the police and after a while he called his wife too.

“You idiot,” she said when she picked up, “I drove you to work today!”

Embarrassed, he said, “Well then, can you pick me up?”

“Sure,” she replied, “as soon as I convince this cop that I didn’t steal your car!”

-Paul C. / Oceanside, Calif.

SURRENDER

Q: How did the alcoholic save his marriage?

A: By accepting his wife on wife’s terms.

-Jason L. / Westfield, Ind.

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 Three:

The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as those who likely will not make it?
2. Is there some kind of alcoholic whom I privately or publicly do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or not?
4. Do I let language, religion (or lack of it), race, education, age, sexual identity or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their other problems are?

“Indeed pain is one of our greatest teachers. Though I still find it difficult to accept today’s pain and anxiety with any degree of serenity -- as those more advanced in the spiritual life seem able to do – I can, if I try hard, give thanks for present pain nevertheless.

I find the willingness to do this by contemplating the lessons learned from past suffering – lessons which led to the blessings I now enjoy.”

AA Co-Founder, Bill W., March 1962,
“What Is Acceptance?”, pg. 272, **The Language of the Heart**

2025 IC Toolkit - Make Your Plans to Attend

7/3/25 Starts 7:30 PM

Boîte à outils 2025 IC

7/6/25 Ends 11 AM

2025 Caja de herramientas IC

<p>Housing Resource Flyer Message sur les hébergements Mensajes de recursos de hotel</p>			
<p>Register Here! Inscrivez-vous ici! Regístrate aquí!</p>			
<p>What to expect at IC 2025 À quoi chaque participant peut-il s'attendre? ¿Qué puede hacer cada asistente?</p>			
<p>Volunteer Informations sur le bénévolat Información para voluntarios</p>			
<p>Attraction Video! Vidéo! Video!</p>			
<p>Virtual Sessions Program Watch Party Registration Visionnage en groupe d'un programme Inscripción para Visionado en grupo de un programa</p>			

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.

VOLUNTEERS NEEDED!

Give back to AA and Al-Anon through service at

AA & AL-ANON FALL FELLOWSHIP

Dates & Location TBD

VOLUNTEERS NEEDED TO HELP WITH:

- MERCHANDISING
- HOSPITALITY LEAD
- HOSPITALITY HELP (AA)
- REGISTRATION (AL-ANON)
- LITERATURE
- ARCHIVES/CANDLE TENDER
- AUDIO & RECORDEDING COORDINATOR

If you are willing and able to help in these positions, reach out to:

AA volunteers - Matt D. - matty123@mac.com

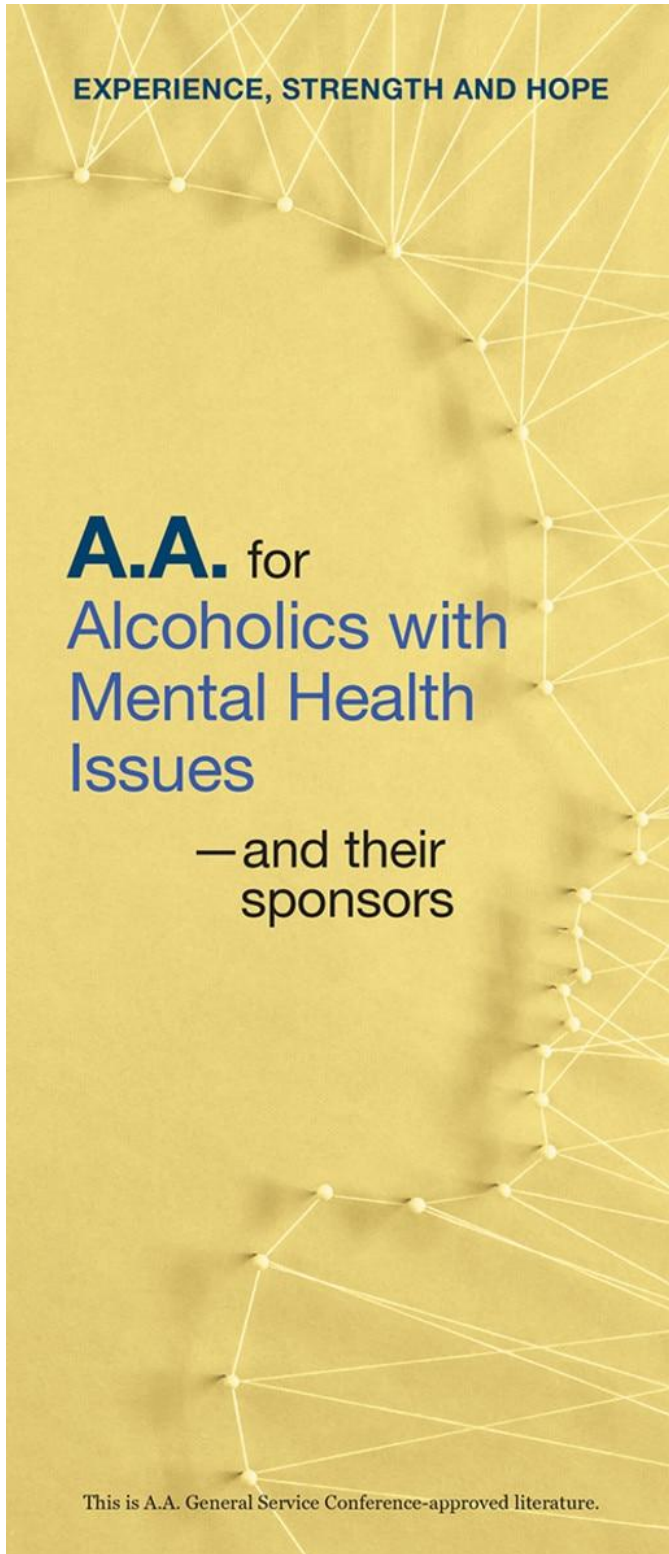
Al-Anon volunteers - Jeanette - allmenexcept1@gmail.com

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

Pamphlet Spotlight



A.A. for Alcoholics with Mental Health Issues — and their sponsors

Twelve alcoholics with serious mental health issues — bipolar disorder, severe depression, schizophrenia — share how they found recovery in Alcoholics Anonymous.

11

Includes the perspectives of five A.A. members with long-term sobriety who have sponsored alcoholics with mental health issues.

P-87 48 pages
General Service Conference-approved
Available at Ogden Central Office

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2025 Easter Fellowship EVENT



Bring a dish or treat to share in fellowship.

Saturday, April 19th
12:00 pm to 4:00 pm

Luncheon & Easter Egg Hunt for Kids



Brigham City Alano Club
131 West Forest Street, Brigham City, UT
84302