



## Humility As a Choice

Learning from Dr. Bob

The stories of AA co-founders Bill W. and Dr. Bob S. fascinate me, especially the ones that describe the relationship between the two men. Bill, a charismatic promoter, would enter a meeting and march to the front. Dr. Bob, the strong, silent type, would slip into a chair at the back of the room.

It's written in the Big Book, "We are people who normally would not mix." Who could have predicted that these two would get together and accomplish what they did? I've read that they had strong differences of opinion, but those differences never interfered with their friendship. They truly liked each other's company and loved each other. Principles before personalities was something they practiced.

The beginnings of "Bill's Story" and "Dr. Bob's Nightmare" in the Big Book each describe the second part of the First Step, the unmanageability of our lives as a consequence of the disease. I, too, came into the program working backward through Step One. I learned in AA that powerlessness meant disease, not lack of willpower. Even before AA, I knew that the person I dreamed of becoming as a child and my actual adult behavior were far apart in crazy ways.

The disease and its unmanageability humiliated me. I confused the words humiliation and humility because they meant the same thing in my mind. When I admitted the truth, and said that what had happened to me--an abortion, a DUI, divorce, smoking crack, buying sex, bankruptcy, IRS problems, and more--was because I drank too much, I made a step toward humility--probably for the first time in my life.

In my active alcoholism, when the stimulus was humiliation, my response was denial. I'd lie about, trivialize, hide, or just plain ignore the humiliations. In AA, I learned that when the stimulus is humiliation or pain, a healing response is honesty and humility. According to *Twelve Steps and Twelve Traditions*, pain is a touchstone of spiritual progress, but it also offers another option. It offers the character asset of humility as a choice and means of growth. Pain does not have to be the only way to grow in recovery.

When speaking of humility, Dr. Bob sometimes told others, "Christ said, 'Of Myself, I am nothing--My strength cometh from my Father in heaven.' If he had to say that, how about you and me?"

"No one ever had to throw me down and pour liquor down my throat," he wrote near the end of "Dr. Bob's Nightmare." When I was newly sober, my AA group discussed this line. I complained that Dr. Bob was ignoring the disease concept.

"My friend, he's talking about responsibility," someone in the group said. It was definitely an "Aha!" moment.

The importance of responsibility was made clear for me in my Fourth Step. When I looked at my part in events, I saw that in every incident, whether the fault was mostly mine or mostly others', each situation would have turned out better if I had changed my response even a little bit.

I learned that I can choose positive responses in negative situations, and that I'm not a slave to retaliation and resentment. Freedom comes with taking responsibility. I don't have to use the back doors of alcohol to escape painful emotions I manufacture.

Dr. Bob's last drink on June 10, 1935, followed a blackout bender in Atlantic City and three days of detoxification. Bill gave him a bottle of beer on that morning to quiet his jitters so that Dr. Bob could perform surgery. That's pretty raw recovery.

What truly impressed me about Dr. Bob that day is what happened after the surgery. He disappeared for several hours and no one knew where to find him. When he came back to the house, they learned that he had spent the afternoon and early evening doing what we or term Ninth Step calls, and what the Oxford Groups he'd been involved with for some years called the principle of restitution. There is no better example of combining humility and responsibility than to make an amends.

When I first looked at the Twelve Steps, Step Nine was the one I wanted to avoid, possibly even more than Step One. Humility and responsibility were foreign to my nature.

Thirty years after getting together with Dr. Bob and fifteen years after Bob's death, Bill W. said in a talk that was published in the Grapevine, "All AA progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards."

Because I'm sober and trying to be a better human being, I might get a passing grade in humility today. Dr. Bob was an A+ student and a model for all of us.

-- Anonymous  
Ingleside, Illinois

November 2006 Grapevine magazine

## From The Book

If you think you are an atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel you must have some help, we know that we have an answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink.

**Alcoholics Anonymous (Big Book), pg. 181, Dr. Bob's Nightmare**



# Pass It On 2025

Ogden Intergroup Central Office Newsletter

## \*Inter Group Representative Meeting Attendance

- Four (4) District One groups were represented at the April IGR meeting.
- **The following groups sent IGR's:** Tuesday Night Morgan, Wednesday Night Stag, Babes of Anonymity & Newcomer groups
- The next *scheduled IGR/COR Meeting is planned for Tuesday, May 20, 2025 @ 6pm.*  
Steering Committee members meet at 5:30pm immediately preceding.

\* aka Central Office Representative



## 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 **3<sup>rd</sup> Tuesday @6:00pm**  
(*unless otherwise posted*)



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)

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

**Inter Group / Central Office Rep  
Meeting Minutes  
Ogden Central Office  
Tuesday April 15, 2025**

**IGR Attendees:** : (4) Mike L., Michael G., Goose, Stephaine R.

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

**>>>>>> STEERING COMMITTEE MEETING NOTES**

Two (2) Central Office Steering Committee members met briefly prior to the IGR meeting on Tuesday, April 15, 2025. The committee reviewed finances. Group donations were less again than expenses. Lack of income has caused the prudent reserve (savings account) to decrease by 18%.

**Intergroup Representative meeting**

- **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 Micheal G., and the reading of the Traditions by Mike L. Four District One GSRs attended the meeting.
- Randy gave the Central Office Report (found on pg. 5) that included sales summary for coin and literature sales and phone/in person contacts with Central Office. He also briefed the attendees on the newly formatted printed meeting list that now is synced with the website/meeting app information.
- Steve H. summarized finances, noting that Central Office received donations from 10 groups in the amount of \$1,015.
- A continuing issue for the Central Office is the vacancies in the Steering Committee. We need a Vice Chair, a secretary, Member-at-Large, as well as other positions. Written duties and responsibilities for Steering Committee positions were given to the IGRs to take to their groups.
- Mike L gave a District 1 report, indicating that the Pre-Conference Assembly was a success with approximately 325 people attending.
- IGRs briefed us on any group issues/activities.

**Meeting closed at 6:30 pm** with the AA Responsibility Statement.



**TO: Central Office Committee**  
**From:** Randy C., (Central Office employee)  
**Date:** May 2, 2025  
**Subject:** Ogden Intergroup **Central Office Report for April 2025**

### April Sales Summary:

- Books:\* 68 (net\$ 115)
- Chips: 333 (net\$ 111)

\*= all printed material

○ Aluminum	292 (\$ 26 net)
○ Brass	40 (\$ 78 net)
○ Tri-Plate	2 (\$ 7 net)

### Office Activity:      Hours: 82

- Emails: 117
- Calls/Msgs: 22
  - Calls to our Answering Service: 1
- Walk-Ins: 52                      (average weekly walk-ins = 13)

**Website Activity:**                      April                      Visitors: 991                      Views: 2,771

### Contributions:                      **\$ 3,499**

- Groups                      **(19) groups**                      \$ 2,784
- District One                      \$ 180
- Individual(s)                      \$ 535

**(Prudent Reserve) :** {Goal \$8,400 / 4 mos. Operating Expenses \$2,200 per mo.}  
 (ending) April 2025: \$ 6,600.85 **(+13.8 %)**

**(Operating Funds):** (ending) April 2025: \$ 2,327.74

Sometimes  
 we have to remind  
 Self  
 that there are  
 others  
 here,  
 too.

Bob M/ 12.22.2011

Thank you for this job  
 as your Central Office employee.  
 -Randy

Intergroup Central Office- Ogden	<b>APRIL</b>	<b>TOTAL</b>
<b>(Year-to-Date) 2025 Group Contributions</b>	4/30/2025	<b>YTD 2025</b>
11:59 Group		50.00
Babes of Anonymity	174.40	174.40
BYOB Group		150.00
Clearfield Group	200.00	200.00
Davis Group		200.00
District 11		150.00
District One	180.00	360.00
Fellowship Manor		130.00
Friday Night Action		70.00
Grupo Primer Paso de Ogden	15.00	60.00
Huntsville Group	150.00	250.00
In the Solution Group	50.00	150.00
Ladies of the Mountain (WRH)		530.00
Meat & Potatoes	107.50	247.91
Our Primary Purpose Group	111.34	209.80
Recovery Together Group	250.00	450.00
Sat Men's Brotherhood	200.00	200.00
Sat Night Alumni - ORMC	195.00	195.00
Serenity Happy Hour (Sunday)	292.79	292.79
Serenity Sisters	264.56	264.56
Sisters in Sobriety		150.00
Stone of Sisyphus	150.00	150.00
Sunday Night Unity		150.00
The Way Out		62.00
Thursday Night Harrison		50.00
Tyler Ave Group	50.00	200.00
<b>*UNASSIGNED**</b>	158.40	158.40
Upon Awakening	145.00	245.00
Wed Night Fever Happy Hour	120.00	120.00
Wed Night Stag		80.50
Wed. Night Alumni - ORMC	150.00	430.00
Women's Circle of Hope		113.00
<b>Groups Sub-Total</b>	<b>2,963.99</b>	<b>6,243.36</b>
Individual Donation(s)	535.00	1,005.00
<b>TOTAL Contributions</b>	<b>\$3,498.99</b>	<b>\$7,248.36</b>

### Suggested Contributions

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

- 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 50%  
3480 Washington Blvd #108  
Ogden, Utah 84401

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





## ICOAA Ogden Quarterly Financials

	<b>1st Quarter 2025</b>	<b>Expense</b>
<b>Fixed</b>	Answering Service	194.03
	Charge Card processing	44.85
	Liability / Renters Ins	93.75
	(includes \$439 from last PPD in 2024) Payroll	3,209.16
	Phone / Internet	536.00
	Postage	55.00
	Printing	304.87
	Rent	1,509.96
	Late Fee (Rent)	200.00
	2024 - 4th Quarter Payroll Taxes	531.68
	Transfer from Checking TO Savings Acct (PR)	550.00
<b>Fluid</b>	Inventory-SL Central Office	3,880.75
	Inventory-Sobriety Coins	920.05
	Accountant (Annual W2/W3) for 2020 -2024	500.00
	State Dept of Commerce (Annual)	18.00
	Misc. Office Supplies	152.20

**Expense Totals** **12,700.30**

	<b>1st Quarter 2025</b>	<b>Income</b>
	Inventory Sales	5,683.00
	COGS-Cost of Goods SOLD	(4,225.20)
	<b>Member Contributions</b>	<b>3,662.37</b>
	Transferred FROM Savings (PR) to Checking	1,700.00
	PayPal account final deposit	115.00

**Income Totals** **6,935.17**

**2025 - 1st Quarter NET =** **(\$5,765.13)**

Prudent Reserve - Beginning Balance	\$7,050.75
Prudent Reserve - Ending Balance	\$5,800.81
<b>2025 - 1st Quarter Prudent Reserve variance</b>	<b>(\$1,249.94)</b>

### Note from the Editor:

The Quarterly Financials that appear in this newsletter were *not* prepared 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.

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.



## DISTRICT 11 GSR Meeting Minutes March 12, 2025

**John D.** opened the meeting at 6:30 pm

1. Moment of Silence followed by the Serenity Prayer.
  - A.A. Preamble read by **Liz M.**
  - GSR Preamble read by **Kelby**
  - 12 Traditions ready by **Kevin M.**
  - Welcomed GSRs and New GSRs – **Andrew R.** from It's in the Book group
  - Welcome Interested AAs and Visitors
  - Roll Call – **Kim M.** passed around roll call with a request for updated information.
  - Tradition Presentation – **Cory E.** – Tradition 2
  - Treasurer's report – **Kameron K.** gave report. Motion to accept Treasurer's Report by **Bruce S.** second by **Ricardo B.**, approved.
3. New Business: Proposed Motion for Consideration presented by **Kameron K.** for usage of \$700.00 from prudent reserve for 2025 Fall Assembly. Discussion. Motion seconded by **Bobby L.** motion passed.
4. Old Business: **John D.** Motion to change monthly district meetings to a hybrid meeting second by **Nikki D.** Multiple votes against. More discussion. Second vote, Motion passed. Hybrid Meeting Committee volunteers needed. **Bruce S., John D., Cory E., Kameron M., Nikki D., Kevin M., and Sophi R.** named to committee.
5. GSR Reports: Reports given in written form.

**Nathan N.:** Not A Glum Lot, South Davis Recovery Club, Tuesday's at 7 pm, avg. attendance 15-20.  
**Cory E.:** The Original Way, South Davis Recovery Club, Monday's at 5:30 pm, avg. attendance 12-15.  
**Kim M.:** Serenity Sisters, South Davis Recovery Club, Wednesday's at 7 pm, avg. attendance 25-30.  
**Bobby L.:** Happy Group, South Davis Recovery Club, Sunday's at 10 am, avg. attendance 80. **Richard Z.:** Bountiful Men's Group, First Baptist Church, Wednesday's at 7 pm, avg. attendance 30. **Lora M.:** Bountiful KISS, Bountiful Community Church, Tuesdays at 7 p.m., avg. attendance 10. Meeting continues to maintain support but would like additional support. **Mary T.:** Women's Circle of Hope, Mountain Road Church in Fruit Heights, Saturdays at 10 a.m., avg. attendance 30. Group has concerns with making district meeting hybrid. **Nikki D.:** Serenity Happy Hour in Washington Terrace, Sunday's at 10 am, avg. attendance 60. Group is possibly running out of room at their current location. **Kevin M.:** Our Primary Purpose, Church of Nazarene in Layton, Monday's at 7 pm, avg. attendance 12. Group was able to put together a group conscience on four agenda items. The group conscience was presented in written form to our Area 69 Delegate **Mike F.** **Cary J.:** Flying High Group, South Davis Recovery Club, Monday's and Friday's at 7 pm, avg attendance on Monday's is 22 and on Friday's is 45. Attendance is increasing.

Standing Chair Reports: Reports given in written form.

DCM North – **Trudi F.** – Visited Davis Group on Friday's at 7 pm. They do not have a GSR. Interest individual said he would attend a District 11 meeting and evaluate.

DCM South – **Bruce S.** – Visited 4 Groups this month.

Corrections – **Mark S.** – no report

PI – **Ricardo B.** – no report

CPC – **Brian W.** – no report



- Grapevine – Open
- BTG – **Paul H.** – no report
- Treatment – **Bob A.** – no report
- Literature – **Josh C.** - no report
- Archivist – **Cameron M.** - no report
- Intergroup Report – Ogden- no report
- Intergroup Report – SLC- no report
- DCMC – **John D.** – no report

6. Presentation of 75<sup>th</sup> General Service Conference Committee Agenda Items by Area 69 Delegate **Mike F.** and Area 69 Alternate Delegate **Kristen D.**
7. Approve Last Month’s Meeting Minutes. Motion to accept by **Kevin M.** second by **Cary M.**
8. Area/District Events: Area 69 Pre Conference Assembly, District 1 Brigham City, Utah, April 4-6, 2025. Information available at aaofutah.org
9. Coming Soon: District 11 GSR Meeting, April 9, 2025 at 6:30 pm, South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.

Motion to close by **Kameron K.** second by **Phillip W.** Closed at 8:00 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** – 2<sup>nd</sup> 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**??

The drunk went to the police station to speak with the burglar who had broken into his house the night before.  
 “You’ll get your chance in court,” said the desk sergeant.  
 “It isn’t that” said the drunk. “I want to know how he got into the house without waking up my wife. I’ve been trying to do that for years.”

-Shirlene H./ Bountiful, Utah.

# Traditions Checklist

[www.aagrapevine.org](http://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 Four:**

**Each group should be autonomous except in matters affecting other groups or AA as a whole.**

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions?  
Of AA “as a whole”?
3. Do I judge or criticize other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—their lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don’t do things how I believe AA should be done?

10

4. With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience.

But when its plans concern the affairs of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should take any action that might greatly affect AA as a whole without conferring with the trustees of the Alcoholic Foundation [ now the General Service board ] on such issues our common welfare is paramount.

AA Co-Founder, Bill W., April 1946,  
“Twelve Suggested Points for AA Tradition”, pg. 22, **The Language of the Heart**



Pass It On

2025

Ogden Intergroup Central Office Newsletter

## Dr. Bob and Bill W. were co-founders of A.A.

*\* From Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International A.A. Convention in Cleveland, Ohio. Dr. Bob died Thursday, November 16, 1950.*

My good friends in A.A. and of A.A.,

... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

11

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.

Source: <https://www.aa.org/dr-bobs-farewell-talk>

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](mailto:matty123@mac.com)

Al-Anon volunteers - Jeanette - [allmenexcept1@gmail.com](mailto:allmenexcept1@gmail.com)



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.

## Tuesday Morgan Group Annual Best Dam Camp-Out

(Friday, Saturday & Sunday) June 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup>

On the road to Lost Creek

(Directions Google) Pine Canyon Road, Croydon, Utah

For info call or text: Eric J. (801) 430-9353 or Mike L. (801) 645-9538

- Registration 5 dollars
- Camping Per-Night....
  - \$15.00 Trailers and Motor Homes...
  - \$10.00 for Tents
- If you don't Camp you are encouraged to attend the Meals and Meetings and all day fellowship
- Pot luck Friday evening
- Community Pot Luck Breakfasts Saturday and Sunday
- Campfire Meetings Friday and Saturday Night
- We chase shade and fellowship during the day, as we practice the fine art of camping.
- Pets are not encouraged. If they show up and some always do, they are cautiously welcomed and pampered, they cannot roam free and need to be well mannered and on a leash.
- Enjoy the Native American Indian presence and do not disturb or camp too near their location of the Sweat Lodge Frames and such. Remember their firewood stacks are not for our use.
- Feel free to bring your personal camping fun Horseshoes and such, just No ATV's

**Most of all enjoy the Fellowship sun-up, till past sun-down.  
Be amazed by the magic of the Fellowship, Pine Canyon Creek,  
the Red Rocks, and the slow quite Mornings.  
It may keep you coming back like it has for many, many years**

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.



The Keep it Simple  
Groups Annual  
**POT-LUCK  
IN THE PARK**

BRING SOMETHING TO  
SHARE OR NOTHING AT ALL  
FREE DOGS AND DRINKS  
PROVIDED.

SUNDAY MAY 18<sup>TH</sup> FROM 2:00 P.M TO 4:00 P.M.  
AT 3144 TAYLOR AVE, OGDEN UT.84403

MUST PROVIDE YOUR OWN CHAIR OR BLANKET TO SIT ON... DOG FRIENDLY PARK

