

A Letter From Bill W. on Depression

The following excerpts from a letter of Bill W.'s were quoted in the memoirs of Tom P., an early California AA member. Tom did not use the name of the person addressed—perhaps because he was still living.

Tom said:

Here in part is what Bill W. wrote in 1958 to a close friend who shared his problem with depression, describing how Bill himself used St. Francis's prayer as a steppingstone toward recovery:

Dear,

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA ... the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

How to translate a right mental conviction into a right emotional result and so into easy, happy, and good living ... well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally.

Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis prayer ... "It is better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly I realized what the matter was ... My basic flaw had always been dependence, almost absolute dependence on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and institutional satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that as long as I was victimized by false dependencies.

For my dependency meant demand ... a demand for the possession and control of the people and the conditions surrounding me.

This seems to be the primary healing circuit, an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea ... only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

Tom said:

"Bill's word's of wisdom helped and inspired me and many others. To those who have never been there, it is hard to describe the gratitude that overflows in men and women who are delivered from the black depths of depression into the light. As with delivery from the bondage to alcohol, it is a hosanna of the heart that never ends."

From The Book

The subject presented in this book seems to me to be of paramount importance to those afflicted with alcoholic addiction.

I say this after many years' experience as Medical Director of one of the oldest hospitals in the country treating alcoholic and drug addiction.

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented., unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks – drinks they see others taking with impunity. After they have succumbed to the desire again, as many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

-excerpts from "The Doctors Opinion" **Alcoholics Anonymous**, (Big Book) Pgs. xxvii - xxix



Ogden Intergroup Central Office

(ICOAA)

CLOSED July 4 & July 5

➤ 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)

Ogden Central Office will be

CLOSED

Friday, **July 4**

&

Saturday, **July 5**



FLAG DAY

JUNE 14

THE FLAG RESOLUTION
OF 1777

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***Inter Group Representative Meeting Attendance**

- Three (3) District One groups were represented at the May IGR meeting.
- **The following groups sent IGR's:** Tuesday Night Morgan, Babes of Anonymity & Meat & Potatoes groups
- The next *scheduled IGR/COR Meeting* is *planned* for Tuesday, June 17, 2025 @ 6pm.
Steering Committee members meet at 5:30pm immediately preceding.

*aka **Central Office Representative**

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

**Inter Group / Central Office Rep
Meeting Minutes
Ogden Central Office
Tuesday May 20, 2025**

IGR Attendees: : (3) Mike L., Stephaine R., Gunnar H.

Steering Committee: Steve H. Office Mgr: Randy C

Excused: Kelly C.,

>>>>>> STEERING COMMITTEE MEETING NOTES

Two (2) Central Office Steering Committee members met briefly prior to the IGR meeting on Tuesday, May 20, 2025. The committee reviewed finances. April Group donations were significantly better than in previous months, but May donations to date are low (\$ 545)

Intergroup Representative meeting

- **The Meeting opened at 6pm** with 3 IGRs present. There was a moment of silence for the still-suffering alcoholic, followed by the reading of the Intergroup Service Preamble by Mike L, and the reading of the Traditions by Gunnar H.
- Randy gave the Central Office Business Report that included a summary for coin and literature sales, phone and in-person contacts with Central Office. Information on how to live stream the July AA International Conference for private or group view was distributed and will be Included in the June newsletter.
- Steve H. summarized finances, and projected outlook. Central Office finances in April were helped by one (1) substantial individual donation.
- An ongoing issue for Central Office is the vacancies in the Steering Committee. We need a Vice Chair, a secretary, a Member at Large, as well as other positions. Written duties and responsibilities for Steering Committee positions are part of the Central Office By-Laws. At present, in addition to the Central Office Manager, we have only one (1) active member on the Steering Committee. PLEASE poll your groups for volunteers.
- IGRs briefed us on group issues/activities. Mike L indicated that the response for the Morgan Group campout June 27-29 has been positive. Flyers have been circulated on how to sign up.

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

2025 Pass It On June

Ogden Intergroup Central Office Newsletter

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

Sales Summary: (Income = **\$163**)

- Books: 42 (\$ 67*)
- Chips: 249 (\$ 96) →

○ Aluminum	212 (\$ 20)
○ Brass	34 (\$ 66)
○ Tri-Plate	3 (\$ 10)

*= all printed material

Office Activity: Hours: 108

- Emails: 142
- Calls/Msgs: 35
 - Calls to our Answering Service: 2
- Walk-Ins: 64 (average weekly walk-ins = 13)

Website Activity: May Visitors: 924 Views: 2,494

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Contributions: **\$ 920**

- Groups **(10) groups** \$ 920

(Prudent Reserve) : { Goal \$8,400 / 4 mos. Operating Expenses \$2,200 per mo.
(ending) May 2025: \$ 6,650.91 (+ .7 %)

(Operating Funds): (ending) May 2025: \$ 1,533.43

Thank you for the job as Central Office employee.

-Randy

There is no "I" in Recovery.

- Bob M. 122110

Intergroup Central Office-Ogden	MAY	TOTAL
(Year-to-Date) 2025 Group Contributions	5/31/2025	YTD 2025
11:59 Group		50.00
Babes of Anonymity		174.40
BYOB Group		150.00
Clearfield Group		200.00
Courage to Change Group	200.00	200.00
Davis Group		200.00
District 11		150.00
District One		360.00
Fellowship Manor		130.00
Friday Night Action	125.00	195.00
Grupo Primer Paso de Ogden	15.00	75.00
Huntsville Group		250.00
In the Solution Group	50.00	200.00
Ladies of the Mountain (WRH)	20.00	550.00
Meat & Potatoes		247.91
Our Primary Purpose Group		209.80
Recovery Together Group		450.00
Sat Men's Brotherhood		200.00
Sat Night Alumni - ORMC		195.00
Serenity Happy Hour (Sunday)		292.79
Serenity Sisters		264.56
Sisters in Sobriety		150.00
Stone of Sisyphus		150.00
Sunday Night Unity		150.00
The Way Out	99.00	161.00
Thursday Night Harrison		50.00
Tuesday Morgan Group	150.00	150.00
Tyler Ave Group		200.00
*UNASSIGNED**		158.40
Upon Awakening	100.00	345.00
Wed Night Fever Happy Hour		120.00
Wed Night Stag		80.50
Wed. Night Alumni - ORMC	50.00	480.00
Women's Circle of Hope	111.43	224.43
Groups Sub-Total	920.43	7,163.79
Individual Donation(s)	0.00	1,005.00
TOTAL Contributions	\$920.43	\$8,168.79

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

10%

- Area 69 of Alcoholics Anonymous

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.”



DISTRICT 11 GSR Meeting Minutes April 9, 2025

John D. opened the meeting at 6:30 pm

1. Moment of Silence followed by the Serenity Prayer.
 - A.A. Preamble read by **Kevin M.**
 - GSR Preamble read by **Scott D.**
 - 12 Traditions ready by **Gary S.**
 - Welcomed GSRs and New GSRs – **Aaron** from Davis Group and **Scott D.** 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 – **Gary S.** – Tradition 3
 - Treasurer's report – **Kameron K.** gave report. Motion to accept Treasurer's Report by **Paul H.** second by **Bruce S.**, approved.

3. New Business: **Amy S.**, the Area Treatment Chair will be doing a presentation at our next meeting on May 14th. Chili Dogs will be served for dinner. A \$5/person donation is recommended.
4. Old Business: **Sophi** presented her research on approximate costs for equipment for making the monthly district meeting a hybrid meeting. She will present a more exact dollar amount at the next district meeting.
5. GSR Reports: Reports given in written form.

Cory E.: The Original Way, South Davis Recovery Club, Monday's at 5:30 pm, avg. attendance 12-15. Business meeting is the 4th Monday 6:30-7; currently looking for a literature chair; just held a Tradition 2 Workshop. **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 88. **Richard Z.**: Bountiful Men's Group, First Baptist Church, Wednesday's at 7 pm, avg. attendance 30. Questions about contributions to District; Newcomers are getting shutdown by potential sponsors. **Nikki D.**: Serenity Happy Hour in Washington Terrace, Sunday's at 10 am, avg. attendance 70. **Kevin M.**: Our Primary Purpose, Church of Nazarene in Layton, Monday's at 7 pm, avg. attendance 15. **Carey M.**: Higher Ground, Mountain Road Church, Monday-Saturday noon, Wednesday's at 7 pm. Lots of newcomers recently. **Aaron M.**: Davis Group, Baptist Church Layton, Friday's at 7 pm, avg. attendance 20+.

Standing Chair Reports:

DCM North – **Trudi F.** – Visited Admitted We Were Powerless Group on Saturday's at 7 pm. They do not have a GSR and aren't interested in getting one. Visited Higher Ground Group, **Carey M.** is their GSR. Working with **Bruce S.** on putting together a Tradition Workshop.

DCM South – **Bruce S.** – Visited 15 Groups this month. Working with **Trudi F.** on putting together a Tradition Workshop.

Corrections – **Mark S.** – no report

PI – **Ricardo B.** – no report

CPC – **Brian W.** – no report

Grapevine – Open

BTG – **Paul H.** – Working on getting started.

Treatment – **Bob A.** – no report

Literature – **Josh C.** - SJS Talent In the Park at Ogden Amphitheater on July 12; \$12 registration; looking for old books or literature to be donated.

Archivist – **Cameron M.** - missing a lot of group histories; in the process of archiving obituaries and getting South Davis Recovery Club and Backstreet Club.

Intergroup Report – Ogden- no report

Intergroup Report – SLC- still looking for someone to be on Board of Trustees for Central Office for District 11.

DCMC – **John D.** – Motion to extend by 5 minutes by **Cory E.** second by **Kam K.**, approved. Report on PRAASA.

6. Approve Last Month's Meeting Minutes. Motion to accept by **Kevin M.** second by **Phil W.**
7. Area/District Events: Area 69 Post-Conference, District 12 Spanish Fork, Utah, May 16-18, 2025. Information available at aaofutah.org
8. Coming Soon: District 11 GSR Meeting, May 14, 2025 at 6:30 pm, South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.

Motion to close by **Cory E.** second by **Bruce S.** Closed at 7:36 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**

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Area 69 **Standing Workshop**

June 21, 2025

9:00 am

Location: Kanab Center, Bldg. B (20 N. 100 E., Kanab, UT.)

>>> Parking and entrance in rear of building.

Hospitality provided by District 7

NO REGISTRATION FEE!

Looking for ways to enhance your sobriety? Join us for a day to help the still suffering alcoholic. If you are a standing chair for your district OR have a passion for corrections or treatment, this event is for you!

For more info: Amy, area69treatment@aaofutah.org OR Jim, area69corrections@aaofutah.org

Traditions Checklist

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 FIVE:

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

1. Am I willing to firmly explain to newcomers the limitations of AA help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
2. Have I ever imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
3. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
4. Do I help my group in every way to fulfill our primary purpose?
5. Do I remember that AA long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
6. Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?

?? HUMOR ??

How many alcoholics does it take to change a lightbulb? ONE. He holds the lightbulb, and the entire world revolves around him!

- Ralph A. / Springfield, MA.

I recently shared at an Insomniacs Anonymous meeting and 12 people fell asleep. At the end of the meeting everyone emphatically asked me to PLEASE keep coming back!

-Craig H. / Rohnert Park, CA.

Q: Why are Grapevine jokes so hilarious?

A: Because we have a “dry” sense of humor

-Scott H. / Minneapolis, MN.

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 27th, 28th & 29th

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**