



Exactly Where I Needed to Be

A miscarriage in sobriety deepens her spirituality

As I was driving home from my AA meeting, a song came on the radio that brought back a flood of memories. I was taken back to the winter of 2019, when I had recently found out I was pregnant and could not be happier. But one Friday morning, I woke up covered in blood. I knew what that meant, having had a miscarriage before. As my husband drove me to the hospital, I wailed in pain and heartbreak. In my head, I yelled at God, “How could you do this to me?” I threatened God. “If I miscarry,” I told him, “I am going to drink. I had been so good. I hadn’t had a drink in almost 18 months. Why am I being punished instead of rewarded?”

While we waited for the results of tests, my husband took me to lunch where I sat there crying, once again wondering why God had done this to me, pleading for an answer that made sense. My husband stopped eating, looked at me and said, “We may never know why, but perhaps the better question to ask is what can we learn from this?” With those few words, my perspective changed and my anger melted. I did indeed miscarry. That evening, my husband had been asked to share his story at an AA meeting and we both showed up because AA had taught us how to suit up and show up even if we didn’t feel like it. The next day I went to my home group and shared at that meeting that I had miscarried and had so many wonderful women reach out to me with love and support. I was not alone in my despair. They told me they had miscarriages too and they didn’t have to drink over it. I clung to my AA group, my Higher Power and my sponsor. A week later, I celebrated 18 months sober surrounded by thousands of sober women at the Women’s International Conference in Los Angeles—God knew exactly where I needed to be.

I would like to say that it was easy to accept the loss, but to be honest there were times when the loss was so overwhelming, I would fall to my knees. The longing to be a mother contrasted with my feeling that the universe was telling me I would never be one. I fluctuated between “Why me?” and “Why does she deserve to be a mom and not me?” but always landing back on the question “What can I learn from this?” One day, I was home alone listening to music and I heard the song “Thy Will Be Done.” I crumpled to the floor and wept, the tears washing away my pain. Finally, I surrendered. I

didn't know if I would ever be a mom. I didn't know why this happened. I just knew that God had a good plan for me and finally, I was willing to surrender to his will no matter what the result was.

What did I learn from this experience? For one thing, that I can stay sober no matter what. I also knew that one day I would share my story and it would help someone who was suffering from miscarriage or infertility issues. Little did I realize how close to home that would be. In 2021, my best friend found out she was pregnant. Unfortunately, a month later she also experienced a miscarriage. I was able to show up for her, share what I had gone through and encourage her that she did not need to drink over this. Much later I found out that she was on the way to the liquor store that day but came to my house instead, because she knew I was a safe place. I am so humbled that God was able to use my story to help someone I love so much stay sober. That is the power of the program.

Today, I am eight years sober and the mother of two perfectly healthy toddlers who have never seen me drunk. Miracles really do happen.

BY: ANNA M. | EAGLE MOUNTAIN, UTAH

From the Book

“Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy.”

- **Alcoholics Anonymous (Big Book)**
page. 96 - Working with Others



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

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



PLEASE NOTE:

Ogden Central Office will be

CLOSED

the week of

Tuesday, October 14th

through

Saturday, October 18th,

for the office manager's biennial vacation.

PLEASE plan accordingly

Thank YOU.

What an Order!

Wednesday, 6:00 pm

Keystone Recovery

1159 30th Street, Ogden

11/25

>>>> NEW Meetings <<<<

Tuesday Afternoon

Tuesday, 4:00 pm

Crestwood Rehab Center

3665 Brinker Ave., Ogden

11/25

***Inter Group Representative Meeting**

- The September IGR meeting was canceled.
- The next *scheduled* IGR/COR Meeting is *planned* for Tuesday, **October 16, 2025 @ 6pm.**

Steering Committee members meet at 5:30pm immediately preceding.

* aka Central Office Representative

TO: Central Office Committee
From: Randy C., (Central Office employee)
Date: October 3, 2025
Subject: Ogden Intergroup **Central Office Report for September 2025**

Sales Summary: (Income = \$296)

- *Books: 42 (\$ 119*)
- Chips: 240 (\$ 177)

[*= all printed material]

- | | |
|-------------|-------------|
| ○ Brass | 78 (\$ 165) |
| ○ Tri-Plate | 1 (\$ 1) |
| ○ Aluminum | 161 (\$ 11) |

Office Activity: Hours: 81

- Emails: 134
- Calls/Msgs: 26
 - Calls to our Answering Service: 6
- Walk-Ins: 51 (average weekly walk-ins = 13)

Website Activity: September Visitors: 818 Views: 2,207 (down)

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Contributions: **\$ 2,013**

- Groups (10) groups \$ 2,013

(Prudent Reserve) : { Goal \$8,400 / 4 mos. Operating Expenses \$2,100 per mo.)
(ending) September 2025: \$ 5,156.09 (+.9%)

(Operating Funds): (ending) September 2025: \$ 2,276.63

Thanks for letting me be your Central Office employee.

-Randy

It's humorous h.o.w.
the one thing
we are not
O.C.D. about
is Recovery

- Bob M. 12/21/2010

Pass It On



2025



OCTOBER

Ogden Intergroup Central Office Newsletter

Intergroup Central Office-Ogden		September	TOTAL
2025 (Year-to-Date) Group Contributions		9/30/2025	YTD 2025
11:59 Group			100.00
A New Beginning			113.00
Babes of Anonymity			174.40
BYOB Group			300.00
Clearfield Group			500.00
Clearfield Young Peoples Group	75.00		75.00
Courage to Change Group	58.00		258.00
Davis Group			200.00
District 11			200.00
District One			540.00
Fellowship Manor			130.00
Friday Night Action			195.00
Friday Night Recovery			240.00
Grupo Primer Paso de Ogden	15.00		135.00
Huntsville Group			340.00
In the Solution Group			200.00
It's in the Book			25.00
Ladies of the Mountain (WRH)			560.00
Meat & Potatoes			376.41
Meeting in the Mountain (VC)	806.00		806.00
Our Primary Purpose Group			299.80
Quitting Time *INACTIVE*	87.17		87.17
Recovery Together Group	500.00		1,850.00
Sat Men's Brotherhood			400.00
Sat Night Alumni - ORMC			195.00
Serenity Happy Hour (Sunday)			432.05
Serenity Happy Hour (Wed.)	100.00		100.00
Serenity Sisters			264.56
Sisters in Sobriety			300.00
South Davis Group			75.00
Stone of Sisypheus			450.00
Sunday Morning Serenity			100.00
Sunday Night Unity			300.00
The Way Out	112.00		403.00
Thursday Night Harrison			50.00
Tremonton Group			150.00
Tuesday Morgan Group			150.00
Tyler Ave Group			450.00
*UNASSIGNED**			158.40
Upon Awakening	110.00		455.00

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

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THANK YOU

Group Contributions	September	YTD 2025
Wed Night Fever Happy Hour		120.00
Wed Night Stag		131.00
Wed. Night Alumni - ORMC	150.00	1,110.00
Women's Circle of Hope		311.36
Groups Sub-Total	2,013.17	13,810.15
Individual Donation(s)	0.00	1,113.00
TOTAL Contributions	\$2,013.17	\$14,923.15

>**District GSR Meetings Information**<

DISTRICT ONE - GSR Meeting Minutes - Unavailable

➤ **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 11 - GSR Meeting Minutes - September 10, 2025

Trudi F. opened the meeting at 6:34 pm. **John D.** is excused from the meeting.

1. Moment of Silence followed by the Serenity Prayer.
 - A.A. Preamble read by **Richard Z.**
 - GSR Preamble read by **Josh C.**
 - 12 Traditions ready by **Kevin M.**
 - Welcomed GSRs and New GSRs. **Lindsay B.** is new GSR for South Davis Group #1. No GSR's joining via zoom.
 - Welcome Interested AAs and Visitors
 - Roll Call – **Kim M.** passed around roll call with a request for updated information.
 - Tradition Presentation – **Paul H.** – Tradition 8 presentation
 - Treasurer's report – **Kameron K.** gave report. Motion to accept Treasurer's Report by **Kevin M.** second by **Marla H.**, approved.
2. Old Business:
 - *Motion by **Kim M.** to create position of Communications Chair; discussion; vote is taken; unanimous approval.
 - *Motion by **Kim M.** to combine Literature Chair and Grapevine Chair positions; discussion; vote is taken; unanimous approval.
 - ***Josh C.** is willing to accept the new position as Literature/Grapevine Chair; unanimous approval.
3. New Business: ***Trudi F.** states we have 4 open Standing Chair positions (Corrections, PI, Treatment, and Communications) and asks if anyone wants to stand for any of those positions. No one stood.
4. GSR open mic time. GSR's **Scott D.**, **Richard Z.** and **Josh C.** made comments.
5. GSR Reports: Reports given in written form.

Marla H.: Serenity Sisters, South Davis Recovery Club, Wednesday's at 7 pm, avg. attendance 40. **Scott D.:** It's In The Book, Church of Nazarene, Thursday's at 7 p.m., avg. attendance 20-30. Meeting has moved to the Church of Nazarene starting 9/11/25. **Kevin M.:** Our Primary Purpose, Church of Nazarene in Layton, Monday's at 7 pm, avg. attendance 20. **Richard Z.:** Bountiful Men's Group, First Baptist Church, Wednesday's at 7 pm, avg. attendance 32. Voted to not change AA preamble read at group; voted to no longer serve snacks, but keep serving coffee; needs to check with group treasurer to get clarification on what contributions have been mailed to District; the Pastor at the First Baptist Church brought up an issue with smoking at meetings. **Lindsay B.:** South Davis Group #1, Bountiful Community Church, Thursday's at 7 pm, avg. attendance 8. Meeting has been going strong for 65 years;

6. Motion to extend meeting by 10 minutes by **Trudi F.**, second by **Kim M.**; approved.

Pass It On 2025 OCTOBER

Ogden Intergroup Central Office Newsletter

7. Standing Chair Reports:

DCM North – **Trudi F.** – Working on visiting more groups.

DCM South – **Phillip W.** – Working on visiting more groups.

Communications - Open

Corrections – Open

PI – Open

CPC – **Brian W.** – absent.

BTG – **Paul H.** – Had a great experience with a man released from Beaver prison; helped him to connect with AA in SLC; working hard.

Treatment – Open

Literature/Grapevine – **Josh C.** – Doing good.

Archivist – **Cameron M.** – Brent Swanson submitted his history; still working on obituaries; GSR's who haven't submitted history's please do it.

Intergroup Report – Ogden- no report.

Intergroup Report – SLC- no report.

DCMC – **John D.** – no report.

8. Approve Last Month's Meeting Minutes. Motion by **Marla H.** second by **Kevin M.**; approved.

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

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

Motion to close by **Kim M.** second by **Cameron 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."

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DCMC – John D. 801-643-0193

DCM North – Trudi F. 801-631-7625

DCM South – Phillip W. 385-314-9624

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

?? HUMOR ??

A cop was patrolling his beat and came upon a drunk trying vainly to shove a door key into a lamppost. He walked up to the poor guy and said, "It's no use, fella. There's no one home."

"Ah, but you're wrong," replied the drunk. "There's a light on upstairs."

- Anonymous

Before I joined AA, I was always telling myself that I ought to quit drinking.

But who the heck wants to listen to a drunk who talks to herself?

Mary D. // Pittsburgh, Pa.

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 NINE:

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I try to “boss” things in AA?
2. Do I ever resist formal aspects of AA because I see them as authoritative?
3. Do I try to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn’t every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

Service Material from the General Service Office of Alcoholics Anonymous

SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

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

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior. Addressing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

*For more information on this topic, see the
"A.A. Guidelines on Safety and A.A. Groups" (MG-25) at aa.org.*

RISING IN RECOVERY TOGETHER

FALL FELLOWSHIP WEEKEND

AA, AL-ANON, ALATEEN

Oct 24-26, 2025

Friday 6-9 pm (registration @ 5 pm)

Saturday 8 am - 10 pm

Sunday 7 am - 12 pm

THE NATIONAL SOCIETY OF THE SONS OF UTAH PIONEERS
3301 EAST LOUISE AVE, MILLCREEK, UT

COME & EXPERIENCE

- SPEAKERS
 - SATURDAY: JEANETTE A (AL-ANON), STACY C (AA)
 - SUNDAY: NORMA D (AL-ANON), JIM M (AA)
- PANELS
- SHARING MEETINGS
- MEDITATIONS
- SOUND BATH (BRING BLANKET & PILLOW)
- OPTIONAL CATERED MEALS

COST

BEFORE OCT 15: \$25/PERSON, \$45/FAMILY OF 3+

AFTER OCT 15 OR AT THE DOOR: \$30/PERSON, \$55/FAMILY OF 3+

TO REGISTER:

1. PAY USING THE VENMO ACCOUNT TO THE RIGHT
2. INCLUDE EACH ATTENDEES NAME AND YOUR EMAIL
3. YOU WILL RECEIVE MORE DETAILS VIA EMAIL



@Rob-Puskedra
(Teresa Puskedra)

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