

The following two stories are taken from the stories of 5 sponsors in pamphlet P-87,

**“A.A. for Alcoholics with Mental Health Issues - and their sponsors”**, relating the experiences of a man and a woman — Both of whom **are sponsors** of alcoholics coping with serious mental health issues — who have found sobriety and a new way of life in Alcoholics Anonymous.

These stories represent their experience, strength and hope.

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Amalia

**“I don’t have any cures, but I do have experience in staying sober.”**

My first sponsee, Bonnie, was a mental health professional and she also suffered from mental illness. She asked me to sponsor her one night after I spoke, and I know she asked me because I am alcoholic and she heard a little about how it was for me, what happened and what it is like now.

Periodically, Bonnie would share with me when her symptoms flared up — sometimes she would be afraid of voices coming out of electrical outlets and such. She knew I had no experience with mental illness, but somehow she felt she could trust me with everything because we shared alcoholism and I was recovering from alcoholism using A.A.’s trustworthy principles.

Since then, I have sponsored at least seven alcoholics who also suffer from mental illness; and although they all have asked me to be their A.A. sponsor, their mental illness is very much a part of our relationship. Some of them have told me at the initial meeting about their mental illness, and with others, we just had to deal with it as we went. When anyone asks me to sponsor them, I ask them to meet to talk about it, just so we can find out if our idea of sponsorship is the same. I tell them that I consider sponsorship to be a service commitment and that, as the sponsor, I serve at their desire. I don’t have any cures, but I do have experience in staying sober, which I am willing to share as long as they want it.

I have been sponsoring Gladys for a very long time, and her behavior changes noticeably according to the state of her mental health. She shares about her struggle with mental health providers and medications, which she for now is not taking — she has gone from psychiatrist to shaman. All I do is keep trying to steer her back to our principles and suggest that she follow the guidance of the mental health providers she has engaged. Her love for A.A. is obviously great, and she is willing to be of service and is diligent with her Step work, so she is sober and she is grateful.

Rhoda is a long-time sponsee of mine who came to me in the throes of her mental illness and with a few years of sobriety under her belt. She is bipolar and had to be hospitalized, but for years she has stayed in treatment. She has been a good employee, surviving many layoffs in her company, and, to now, she is very involved in A.A.’s general service work. She credits A.A. for her ability to stay on track with her mental health care. As her sponsor, I have not had to do anything different from what I do with any other sponsee. I am there for her 100 percent when she is up and when she is down.

Jannine asked me to sponsor her when her longtime sponsor moved out of state. She has been able to maintain her sobriety and get through many crises having to do with her own periods of acute mental illness as well as her daughter’s mental illness. She disappears at times and all I can do is pray for her, but when she’s back we work the Steps. She and I have met to do A.A. work in many different settings, including the hospital, my car, her car, the coffee shop, my house, my office, the park, the psych ward. Sometimes she brings the body and sometimes she is fully present, yet I know I need to stay committed to being there for her.

Angie suffers from depression and is struggling with mental health providers. She has her own ideas about traditional Western medicine and alternative treatment. As her A.A. sponsor, I have no opinion on that, but I'm willing to listen to her and to encourage her to use our principles and seek divine guidance. We are working the Steps ever so slowly, but we keep moving.

All these women have different mental illness symptoms and treatment approaches; yet, no matter their mental state, they share a strong desire not to drink and are willing to go to any lengths to maintain their sobriety.

I am honored to be in the lives of these women and to have their trust. They show me that sobriety is possible no matter what else ails us. In turn, I trust my Higher Power and am willing to be there and to learn from those people who turn to me for help and to pass along freely the sobriety tools that were freely given to me.

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Paul

**“A.A. members, as such, have no business commenting on another A.A. member’s medical care.”**

Some years ago, I sponsored a man who was sober five years and had a good job and a big house. His beautiful wife was from a nationally known, fabulously wealthy family, and they had a cute new baby. One day he parked his car at the beach and blew his head off. I cut his obituary out of the paper, attached it to the poem “Richard Cory” by Edward Arlington Robinson, and distribute it to everyone in our men’s group. “Richard Cory” is about a man who is wealthy, well-educated and mannerly; he is looked up to and admired by the people of his town; and one night he takes his own life.

When new men in A.A. ask me to sponsor them, if they talk about suicide or seem despondent, I ask if they have access to firearms. If the answer is yes, I suggest that they give their guns to me for a minimum of 90 days, and I strongly encourage them to get a psychiatric evaluation. In a few instances men waited a year before asking for their guns back — after they had gone through the Twelve Steps.

Sometimes new members of A.A. confide in me that they are on medication for a psychiatric disorder, and that their sponsors or other A.A. members have advised them to stop taking their medication or to stop seeing their therapist. I tell them to run in the opposite direction as fast as they can, because A.A. members, as such, have no business commenting on another A.A. member’s medical care. My friend who killed himself probably could have benefitted from psychiatric care. On page 133, our book, *Alcoholics Anonymous*, cautions us, “we should never belittle a good doctor or psychiatrist. Their services are often indispensable in treating a newcomer and in following his case afterward.”

One man I sponsored was on disability for his long-standing, debilitating bipolar I disorder. For years he had seen a psychiatric social worker at least monthly, and he was concerned about what I thought about that. I told him that I assumed that the social worker would help him with his mental health issues and I would help him with reading the Big Book and going through the Twelve Steps. He seemed relieved that there was no conflict between mental health treatment and A.A. He told me later that the social worker was pleased to cooperate with a sponsor who focused on A.A. and didn’t try to be a therapist or a junior psychiatrist.

Another man I sponsored, sober many years in A.A., also has bipolar disorder, and he was in a psychiatric hospital for weeks while his psychiatrist adjusted his medication. Today, he sees a

# September

# Pass It On

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psychiatrist regularly, goes to marital counseling with his wife, attends a support group related to his mental disorder, and continues to be a staunch, active A.A. member.

I've sponsored people with 30, 40 or 50 years of sobriety and more, and from time to time they need to see a psychologist or psychiatrist for situational life problems, marital difficulties, depression, anxiety or other issues. I encourage them to seek this help, because A.A. isn't a cure-all for everybody's problems, and I know that untreated stress associated with depression or anxiety can lead people back to the bottle.

## From the Book

"Then, too, it would be a product of false pride to believe that Alcoholics Anonymous is a cure-all, *even* for alcoholism.

Here we must remember our debt to the men of medicine. Here we must be friendly and, above all, open-minded toward every new development in the medical or psychiatric art that promises to be helpful to sick people. We should always be friendly to those in the fields of alcoholic research, rehabilitation, and education."

- A.A. Comes of Age, pg. 232  
(Bill W. - July 1955, St. Louis)

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## >>>> NEW(ish) Meetings <<<<

### Clearfield Young Peoples Group

Thursday, 6:00 pm

Clearfield Community Church  
525 E. 200 S., Clearfield

### Solace of Serenity

Sunday, 4:00 pm

Solace Apartments  
220 31<sup>st</sup> Street, Ogden

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

## **Employment Opportunity**

### AA Chicago Area Service Office

**Position:** **Office Manager** of AA Chicago Service Office

**Direct Reports:** Yes, 3-5 FTE  
**Employment Status:** Exempt  
**Location:** Chicago, IL.  
**Remote work eligible:** No  
**Compensation:** Salary range \$70,000-\$90,000  
Medical/Dental, PTO, 401(k)  
**Submission Deadline:** 10/1/25

**Application instructions:** Cover letter and resume, and service resume if applicable, to:  
[finance@chicagoaa.org](mailto:finance@chicagoaa.org)



## 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**

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

### **\*Inter Group Representative Meeting Attendance**

- Four (4) District One & Two (2) District 11 groups were represented at the August IGR meeting.
- **The following groups sent IGR's:** Tuesday Night Morgan, Babes of Anonymity, Meat & Potatoes, Saturday Men's Brotherhood, Serenity Happy Hour, & Newcomer Groups.
- The next *scheduled IGR/COR Meeting* is *planned* for Tuesday, **September 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:** September 5, 2025

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

**Sales Summary:** (Income = \$486)

- \*Books: 153 (\$ 297\*)
- Chips: 497 (\$ 189)

[\*= all printed material]

- |             |             |
|-------------|-------------|
| ○ Aluminum  | 419 (\$ 29) |
| ○ Brass     | 71 (\$ 151) |
| ○ Tri-Plate | 7 (\$ 9)    |

**Office Activity:** Hours: 81

- Emails: 117
- Calls/Msgs: 28
  - Calls to our Answering Service: 2
- Walk-Ins: 62 (average weekly walk-ins = 16)

**Website Activity:** August Visitors: 857 Views: 2,445 (down)

**Google Business Listing:** August Searches: 668 Views: 1,404 (up)

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**Contributions:** \$ 2,008

- Groups (12) groups \$ 1,900
- Individual Contribution(s) \$ 108

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

(ending) August 2025: \$ 5,106.05 (-15.6%)

**(Operating Funds):** (ending) August 2025: \$ 2,275.43

Thank you for the job as Central Office employee. -Randy

Some touch others' Hearts  
with Our gloves still on...  
not wanting to leave prints.

- Bob M. 12/21/2016

**OGDEN AA CENTRAL OFFICE**  
**Committee Meeting Minutes for July 2025**

**STEERING COMMITTEE MEETING**

The Ogden Central Office Steering Committee met briefly prior to the IGR meeting on Tuesday, July 15, 2025. We discussed finances. May group donations were the lowest of the year, but June donations were better. However, group donations have not covered monthly expenses for 4 months this year, so far. It appears that many groups make quarterly donations instead of monthly donations. Monthly donations would help Central Office cash flow.

**INTERGROUP REPRESENTATIVES MEETING**

The Intergroup Representative meeting began at 6:00 pm with (4) IGRs present. There was a moment of silence for the still-suffering alcoholic, followed by the reading of the Intergroup Service Preamble by Goose and the reading of the Twelve Traditions by Mike L.

Randy C. gave the Central Office Business Report for May & June that included group contributions, summaries for coin and literature sales, phone and in-person contacts with Central Office.

We discussed a change to the voice recording that plays when Central Office is closed. The suggestion was to move the information about the answering service phone number to the beginning of the recording. This change will be made.

Steve H. summarized finances, and our projected 90-day outlook.

An ongoing issue for Central Office is the vacancies in the Steering Committee. We desperately 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 which are available from Central Office, (and listed on page 12 of this newsletter). At present we have only two active members of the Steering Committee. PLEASE poll your groups for volunteers.

IGRs briefed us on any group issues/activities. Mike L indicated that the Morgan Group campout June 27-29 was well attended and a great time!

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

| Intergroup Central Office-Ogden            | August<br>8/30/2025 | TOTAL<br>YTD 2025  |
|--------------------------------------------|---------------------|--------------------|
| 2025 (Year-to-Date)<br>Group Contributions |                     |                    |
| 11:59 Group                                |                     | 100.00             |
| A New Beginning                            |                     | 113.00             |
| Babes of Anonymity                         |                     | 174.40             |
| BYOB Group                                 | 150.00              | 300.00             |
| Clearfield Group                           | 300.00              | 500.00             |
| Courage to Change Group                    |                     | 200.00             |
| Davis Group                                |                     | 200.00             |
| <b>District 11</b>                         |                     | 200.00             |
| <b>District One</b>                        |                     | 540.00             |
| Fellowship Manor                           |                     | 130.00             |
| Friday Night Action                        |                     | 195.00             |
| Friday Night Recovery                      | 240.00              | 240.00             |
| Grupo Primer Paso de Ogden                 | 15.00               | 120.00             |
| Huntsville Group                           | 50.00               | 340.00             |
| In the Solution Group                      |                     | 200.00             |
| It's in the Book                           | 25.00               | 25.00              |
| Ladies of the Mountain (WRH)               |                     | 560.00             |
| Meat & Potatoes                            |                     | 376.41             |
| Our Primary Purpose Group                  |                     | 299.80             |
| Recovery Together Group                    |                     | 1,350.00           |
| Sat Men's Brotherhood                      | 200.00              | 400.00             |
| Sat Night Alumni - ORMC                    |                     | 195.00             |
| Serenity Happy Hour (Sunday)               |                     | 432.05             |
| Serenity Sisters                           |                     | 264.56             |
| Sisters in Sobriety                        | 150.00              | 300.00             |
| South Davis Group                          | 75.00               | 75.00              |
| Stone of Sisyphus                          | 300.00              | 450.00             |
| Sunday Morning Serenity                    |                     | 100.00             |
| Sunday Night Unity                         |                     | 300.00             |
| The Way Out                                | 95.00               | 291.00             |
| Thursday Night Harrison                    |                     | 50.00              |
| Tremonton Group                            |                     | 150.00             |
| Tuesday Morgan Group                       |                     | 150.00             |
| Tyler Ave Group                            | 200.00              | 450.00             |
| <b>*UNASSIGNED**</b>                       |                     | 158.40             |
| Upon Awakening                             |                     | 345.00             |
| Wed Night Fever Happy Hour                 |                     | 120.00             |
| Wed Night Stag                             |                     | 131.00             |
| Wed. Night Alumni - ORMC                   | 100.00              | 960.00             |
| Women's Circle of Hope                     |                     | 311.36             |
| <b>Groups Sub-Total</b>                    | 1,900.00            | 11,796.98          |
| Individual Donation(s)                     | 108.00              | 1,113.00           |
| <b>TOTAL Contributions</b>                 | <b>\$2,008.00</b>   | <b>\$12,909.98</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

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 GSR Meetings Information<

### ➤ District One – 2<sup>nd</sup> Tuesday, 7:00 PM

Boys & Girls Club  
650 E 700 S  
Brigham City

### ➤ District 11 – 2<sup>nd</sup> Wednesday, 6:30 PM

South Davis Recovery Club  
25 N. 200 W.  
Bountiful

## ?? HUMOR ??

Asked by her third-grade teacher to spell the word straight, Susie, the daughter of an alcoholic, stood up and said, "S-T-R-A-I-G-H-T".

"Very good Susie," said her teacher. "Now can you tell us what it means?"

"No ice," she answered.

- Kevin O. / Hastings, Neb.

After sharing my experience, strength and hope at an online meeting, I felt very much a part of the online world & proudly declared myself an official "cyber-drunk."

"That's fine," my sponsor responded, "as long as you remember you're not a virtual alcoholic."

- Anonymous / New York, N.Y.

## 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 EIGHT:

**Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

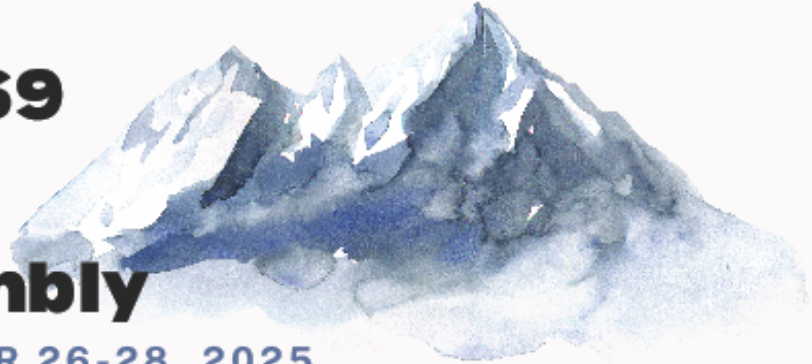
1. Does my own behavior accurately mirror the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which illustrate the wisdom of this Tradition?
8. Have I read the book *Twelve Steps and Twelve Traditions*? How about the pamphlet “A.A. Tradition—How It Developed”.
9. Can my group rely on me to fulfill my service responsibilities without someone checking on me?

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HOSTED BY DISTRICT 11

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# Area 69 Fall Assembly



SEPTEMBER 26-28, 2025

LEGACY EVENT CENTER/WESTERN SPORTS PARK  
151 S 1100 W FARMINGTON, UT 84025 BUILDING #4

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## REGISTRATION:

OPENS- 5 PM  
COST- \$25

\*\*\*ANYONE NEW TO SERVICE OR IN NEWLY ELECTED  
SERVICE POSITIONS, PLEASE ATTEND THE INTRO TO  
SERVICE/POST CONF ASSEMBLY ORIENTATION @ 8:30 AM  
SAT SEPT 27

## Schedule

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6:30-7:30 PM  
-STANDING COMMITTEE  
ROUND TABLES

7:30-9:00 PM  
-INTERNATIONAL  
CONVENTION  
REPORT BACKS

**FRIDAY  
SEPTEMBER 26**

9:00-5:00 PM  
-AREA BUSINESS  
5:00-6:30 PM  
-DIN DIN

6:30-7:30 PM  
-ACTIVITY

7:30-8:30 PM  
-SPEAKER: WADE J.

**SATURDAY  
SEPTEMBER 27**

8:00-9:00 AM  
-GSR SCHOOL &  
ROUND TABLES

9:00-10:00 AM  
-ACTIVITY

11:00-12:00 PM  
-SPEAKER: CHERIE L.

**SUNDAY  
SEPTEMBER 28**

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