



Overdoing Serenity?

BY: ANONYMOUS | SALT LAKE CITY, UTAH

I AM SOBER today because I don't take the first drink and do go to meetings. I enjoy my sobriety today because I am making an honest effort to incorporate the Twelve Steps into my daily life. I frequently fall far short of anything even resembling perfection, but with this effort comes progress. And after all, is that not one of the fundamental aims of the AA program?

This state of well-being, as you might expect, was not always the case (and undoubtedly will not always be the case). A problem did arise a while back--the problem of a serenity glut. Superficially, it appeared that the program had worked so well that I had attained a sort of heaven right here on earth. (As I recall, that phrase was written somewhere in the original draft of the Big Book but deleted before publication, perhaps for some of the reasons I am about to discuss.)

On closer examination (to be specific, another Fourth Step), I discovered that my glut was rooted in a character defect, not, as I had so pridefully assumed, in a total assimilation of the program. I was forced into the realization that my overabundance of serenity was not serenity at all, but rather complacency; and that, in turn, was a result of escaping life, not mastering it.

I was allowing myself to be cloistered from emotionally hazardous situations, usually involving new people, places, and things, because I *might* fail or I *might* get hurt. I was, in effect, institutionalized without being in an institution; too afraid of life to become involved in living; yet satisfied with the status quo. Because of a subtle, underlying fear (not the gut-wrenching kind experienced when drinking), I was unconsciously avoiding the challenges that, when worked through, invariably lead to growth and ultimately to true serenity. Without this growth process, as unpleasant as it might be upon occasion, I knew I could never hope to experience the joy of living to the fullest.

Well, enough of the problem. Now for the solution. I have since come to believe that serenity without growth is stagnation, and that is not the way the program should work. If I don't go, I don't grow; it's as simple as that. Since my problem was not concerned with accepting existing responsibility (I was usually pretty good at that), I had only to find a way to live aggressively and all would be fine, I thought. Wrong! At least partially wrong. I did have to initiate *some* action and be *somewhat* assertive, but certainly not in the manner I approached it to begin with.

I made two monumental mistakes the first time out. First, I didn't ask the help of my Higher Power; and second, I insisted on getting involved *at* people instead of *with* them. I suppose the effect is like taking an emotional jump over Niagara Falls in a barrel instead of wading in the shallow end of the pool until you feel secure enough to swim. I can thank my alcoholic sense of direction, bad timing, and chronic extremism for that one.

But fortunately, by the grace of God, my mistakes did not result in disaster. I am now in the process of taking a few *calculated* risks for the sake of progress. I will even go out on a limb occasionally, but the difference is that I now leave the saw in God's hands.

Above all else, I must be continually grateful for who I am and what I have today, and I must realize that I did not get here alone. I am still afraid of hurt and failure, but I value true serenity enough to take a chance and grow, because I know the alternative is stagnation

From the October 1980 Grapevine

Never Waste Your Time on a Drunk?

Twelfth Step - Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice in all our affairs

OCCASIONALLY, I hear someone say, "Never waste your time on a Twelfth Step call if the man is drinking." I can't go along with that; but then, I'm prejudiced. A couple of AA members "wasted their time" on me when I was drunk.

It was one gray Sunday morning when I first called AA, sick and hung-over and willing to do anything to get my wife off my back. After taking such a drastic step, I couldn't bear the prospect of confronting these people face-to-face; so by the time they arrived, I was again feeling no pain. They had a wonderful message--what I remember of it. I do remember laughing and crying and telling them what great guys they were. They stayed maybe a half hour, and didn't even flinch when I threw my arms around them and blew my boozy breath in their faces. They left some pamphlets, which I read and put in the bottom drawer of the desk. And that was the end of it. But five years later, considerably sicker in body and spirit, I knew beyond all doubt--AA was the place for me.

These fellows were so anonymous that I never saw them again, even though I told this story many times in the hope somebody would stand up and say, "That's us!" I wanted to thank them for their tolerance for a sloppy drunk and to tell them that some sobriety had eventually sprouted from that call.

There are many ways we can "waste our time" on drunks in AA. In any big-city AA office, a lot of the calls that come in are simple drunk-hauling jobs. Some guy is in the bus station and wants to get to the detox center, or is holed up in a crummy hotel room and wants to get to the VA hospital.



Lots of them are drifters, longtime drunks, and professional panhandlers. They're likely to have the remnants of a bottle of wine, hard stuff, or cough syrup that they want to polish off enroute. We take on these hauling jobs just because there isn't anyone else to do it. These people seldom have any interest in AA, or even in sobering up. A waste of time? Well, at least we can carry an infinitesimally small part of the AA message: "I'm in AA, and I care enough about this sick specimen of mankind to give him a hand." Or maybe that's a big part of the message.

I've "wasted my time" carrying the message to people in a recovery center where the views of the staff about AA ranged from mild interest to active dislike. If anyone had kept a box score on the AA results, it would not have been impressive: two or three people known to be sober in AA a year or two later, a little more respect for AA on the part of the staff--that's about it. But I'd do it again.

Another way to "waste time" is to keep track of a friend who is drinking himself to death, refusing to admit even the possibility that he is an alcoholic. Or to put in an hour or so on the phone in the post-midnight hours with someone who is drunk and lonely and wants to talk.

It is often said in AA that our sobriety is miraculous because being drunk is an alcoholic's natural state. If we exclude the drunk alcoholic from our feeble attempts to carry the message, we may never get a chance at him when he's sober. My opinion--and this is strictly personal--is that no one is too far gone to soak up a little bit of the AA message.

This is my note of thanks to you two anonymous members from sixteen years ago. I hope you carried the same message to a lot of other drunks.

--R. J. - Salt Lake City, Utah

From the Book

"Yet we AAs have had to learn that the kinds of freedom that we must possess cannot possibly be obtained by violence. As a Fellowship, we cannot fight anybody, anywhere or at any time. This has been proved. When we had directly attacked John Barleycorn, we had lost. Booze fighting had never worked. When we quarrel too much with each other, we get drunk.

Hence genuine peace will always be a chief ingredient of AA's freedom. But let none suppose that we shrink from major conflict only because we are afraid.

Nowadays we believe we keep the peace because we love each other."

AA Co-Founder, Bill W., November 1960, "Freedom Under God: The Choice Is Ours",
The **Language of the Heart**, page 319

Ogden Office

HOURS CHANGE in 2026

Effective January 3, 2026, Ogden Central Office hours for **SATURDAY** will be changing.

The **new SATURDAY hours** will be:

12:00pm (Noon) to 4:00pm

(Tuesday through Friday hours remain
1:30pm - 5:30pm)



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**)

***Inter Group Representative Meeting Attendance**

- Four (4) District One groups were represented at the November IGR meeting.
- **The following groups sent IGR's:** Meat & Potatoes, Newcomer Group, Wednesday Night Alumni & Wed. Night Stag group.
- **The December IGR/COR Meeting is canceled.**
The next scheduled meeting is *planned* for Tuesday, January 20, 2026 @ 6pm.

The holidays are here.



Central Office-Ogden will be
CLOSED Thursday, December 25
for the Christmas Holiday



TO: Central Office Committee
From: Randy C., (Central Office manager)
Date: December 3, 2025
Subject: Ogden Intergroup **Central Office Report for November 2025**

Sales Summary: (Income = \$260)

- *Books: 84 (\$ 181*)
- Chips: 205 (\$ 79)

[*= all printed material]

○ Brass	30 (\$ 64)
○ Aluminum	173 (\$ 12)
○ Tri-Plate	2 (\$ 3)

Office Activity: Hours: 80

- Emails: 124
- Calls/Msgs: 38
 - Calls to our Answering Service: 4
- Walk-Ins: 44 (average weekly walk-ins = 11)

Website Activity: November Visitors: 802 (down) Views: 2,261

Contributions: \$ 1,166

- Groups (9) groups \$ 1,166

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

(ending) November 2025: \$ 5,556 (+.8%) 2.6 months

(Operating Funds): (ending) November 2025: \$ 2,218.59

Thank YOU for the job as Central Office manager.

**Courage takes
 Little anger.**

-Bob M. 12/21/2016

> **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 - **Unavailable**

>>>> **NEW Meetings** <<<<

Tuesday Afternoon

Tuesday, 4:00 pm
Crestwood Rehab Center
3665 Brinker Ave., Ogden

12/25

What an Order!

Friday, 7:00 pm
Keystone Recovery
1159 30th Street, Ogden

12/25

CHANGE in day & time

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.

Christmas Ball



Banquet and Dance

Adults \$10
Children \$6

Saturday, December 20th 6pm-10pm

At Alano Club Inc.
684 24th Street
(801) 393-5054



Intergroup Central Office-Ogden	November	TOTAL
2025 (Year-to-Date) Group Contributions	11/29/2025	YTD 2025
11:59 Group	100.00	200.00
A New Beginning		113.00
Admitted we were Powerless		117.06
Babes of Anonymity		174.40
BYOB Group		300.00
Clearfield Group		500.00
Clearfield Young Peoples Group		75.00
Courage to Change Group		288.00
Davis Group		200.00
District 11		200.00
District One		720.00
Fellowship Manor		330.00
Friday Night Action		195.00
Friday Night Recovery		240.00
Grupo Primer Paso de Ogden	15.00	165.00
Huntsville Group		340.00
In the Solution Group		200.00
It's in the Book		109.37
Ladies of the Mountain (WRH)	20.00	953.50
Meat & Potatoes		506.41
Meeting in the Mountain (VC)		806.00
New Comer Group		300.00
Our Primary Purpose Group		417.76
Pavilion Posse		40.00
Quitting Time *INACTIVE*		87.17
Recovery Together Group	400.00	2,700.00
Sat Men's Brotherhood	200.00	600.00
Sat Night Alumni - ORMC		195.00
Serenity Happy Hour (Sunday)		544.21
Serenity Happy Hour (Wednesday)		150.00
Serenity Sisters		264.56
Sisters in Sobriety		300.00
South Davis Group		75.00
Stone of Sisyphus		450.00
Sunday Morning Serenity		100.00
Sunday Night Unity		300.00
The Way Out	52.00	522.00
Thursday Night Harrison		90.00
Tremonton Group		150.00
Tuesday Morgan Group		150.00
Tyler Ave Group	50.00	550.00

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



Group Contributions	November	YTD 2025
*UNASSIGNED**		158.40
Upon Awakening		455.00
Wed Night Fever Happy Hour		120.00
Wed Night Stag		285.00
Wed. Night Alumni-ORMC	200.00	1,510.00
Women's Circle of Hope	129.00	440.36
Groups Sub-Total	1,166.00	17,687.20
Individual Donation(s)	0.00	1,384.00
TOTAL Contributions	\$1,166.00	\$19,071.20

Note from the Editor:

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



ICOAA Ogden Quarterly Financials

3rd Quarter 2025		Expense
Fixed	Answering Service	156.29
	Charge Card processing	44.85
	Liability / Renters Ins	101.76
	Payroll	3,232.25
	Phone / Internet	543.47
	Postage	44.80
	Printing	160.67
	Rent	1,507.47
	2025- 1st Quarter Payroll Taxes	535.50
	Transfer from Checking TO Savings Acct (PR)	1,205.00
Fluid	Online Grapevine annual fee	49.00
	Inventory-SL Central Office	2,855.50
	Inventory-Sobriety Coins	604.55
	PDF S/W lic annual fee	102.96
	Petty Cash	40.00
	Misc. Office Supplies	34.30
Expense Totals		11,218.37

3rd Quarter 2025		Income
	Inventory Sales	4,440.25
	COGS-Cost of Goods SOLD	(3,368.47)
	Member Contributions	5,229.36
	Transferred FROM Savings to Checking (PR)	2,050.00
Income Totals		8,351.14

2025 - 3rd Quarter NET = (\$2,867.23)

Prudent Reserve - Beginning Balance	\$6,000.96
Prudent Reserve - Ending Balance	\$5,156.09
2025 - 3rd Quarter Prudent Reserve variance	(\$844.87)

3rd Quarter Net Sales 1,071.78



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 Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

“The Traditions are neither rules, regulations, nor laws. No sanctions or punishments can be invoked for their infractions. Perhaps in no other area of society would these principles succeed. Yet in this Fellowship of alcoholics, the unenforceable Traditions carry a power greater than that of law.”

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Go to church. Any church.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.