

# Not a river in Egypt

From the June 2018 Grapevine magazine.

Even in sobriety, denial ruled his life. But Step Six and a cool Higher Power helped him begin to accept reality and lift his head out of the sand "Your daughter has something in her lung," the doctor said. "She needs to have it removed and it needs to be today." My daughter was 18 months old when she inhaled a popcorn seed deep into her left lung. It was a big deal and had to be surgically removed. When the doctor used words like "probability of death" and said, "She could incur permanent damage," well, let's just say that I handled the news like I usually handle anything that scares me.

"This doctor is nuts," I said to my wife. "We should get a second opinion." And some vodka, I thought to myself.

Denial. We all live with it. It's the first of the five stages of grief. Denial not only presents itself in my life when someone dies, but whenever anything happens that involves having to accept any kind of change that scares me. I go into denial at work, over finances, with my kids, my wife, my sponsor. Doesn't matter. If something is about to happen and I don't want it to happen, then it didn't happen. Denial is one of my defects of character. It is the first aggressive angle I take to say no to reality. As an alcoholic, I use denial as a weapon because I really, really want things to go on as they were. People tend to retreat when I get snide and cocky. I'm really good at it and I'm even better at it when I'm hammered. When it came to my drinking, my denial was unbreakable. There wasn't a spouse, a parent, a therapist, a friend or a religion that could convince me that I had a problem. And even when alcohol stopped working for me physically, mentally, spiritually and socially, I still wanted it in my life. That's how powerful the obsession was for me. I did not want to stop drinking.

So when I got to AA and accidentally got a sponsor, I did what any upstanding drunk would do when it came to Step One: I faked it. "Oh, yes. I am an alcoholic," I said. "I am powerless over alcohol. Sure, my life is unmanageable." I'm ready for Step Two, suckers! But as I faked it, even though I was staying sober, my life got worse. My wife asked for a divorce after I got sober; my relationship with my kids broke after I got sober; I saw my financial situation failing after I got sober; I realized I had no friends after ... shall I go on? My life really was unmanageable. It's amazing what a few weeks of "undrunkness" will show a person. I was in serious denial over all of it.

I have said in meetings many, many times: the only thing that alcohol has ever given me was the gift of desperation. Desperation drove me to try a couple of new things that were foreign to me—honesty and God. I was terrible at honesty when I got to AA. I lied and distorted everything for personal gain and to avoid confrontation. Even when I could tell the

truth, I lied. Just a little tweak here and a little fake there and I looked like an even bigger hero, or a much more generous person, or a martyr or just an all-around great guy.

It took a lot for me to go to a meeting and finally admit that I used alcohol to fix my life and that I didn't want to stop, that I was scared, unhappy and alone. But from that moment on, my life has not been the same. That was my first lesson in true acceptance, and it is acceptance that eventually overcomes denial in my life. I don't have to be OK with a situation that develops. I just have to stop denying that the situation is there. If I work an honest program, acceptance soon follows.

I did get to make one choice as an alcoholic. I got to pick a cool Higher Power, and that Higher Power will exist as long as I try to give him my life and connect with him every single day.

Every now and then, the old version of me pops in for a sneak attack, but it only takes over temporarily, thanks to the Steps and all the other resources that AA has given me: meetings, a good sponsor, literature, good conversation with other alcoholics and some service work equals acceptance. It is all wrapped up in the power of my God.

I pray for the newcomer and for anyone who is starting over in this program to get a good sponsor to take them through honest Step work, so that they can ultimately seek and find a Higher Power to manage their daily lives.

God was there for my daughter during her surgery. Even though I didn't know him very well at the time, he was there. He was always around, actually. With the help of AA, I can see him in my life now and it is amazing.

For today, I feel that AA is and always will be a part of my life. God willing, I'm not in denial about that.

-- R.T. // Queen Creek, Ariz.

### From the Book

“It was thus proven that, as individuals, we can carry the AA experience and ideas into *any outside field whatever*, provided that we guard anonymity and refuse to use the AA name for money-raising or publicity purposes.

AA Co-Founder, Bill W., November 1958, “Problems Other Than Alcohol”,  
The **Language of the Heart**, page 225

**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)



**\*Inter Group  
Representative  
Meeting Attendance**

- The December IGR Meeting was canceled.
- The next scheduled IGR/COR meeting is *planned* for Tuesday, January 20, 2026 @ 6pm.

\* aka Central Office Representative



**Ogden Intergroup  
Central Office**

(ICOAA)

➤ **Regular Office hours**

Tuesday thru Friday

**1:30 pm - 5:30 pm**

Saturday **12:00pm - 4:00pm**

**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*)

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**TO: Central Office Committee**  
**From:** Randy C., (Central Office employee)  
**Date:** January 8, 2026  
**Subject:** Ogden Intergroup **Central Office Report for December 2025**

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**Sales Summary:** (Income = \$325)

- \*Books: 96 (\$ 187\*)

- Chips: 278 (\$ 138)

[\*= all printed material]

- |               |             |
|---------------|-------------|
| ○ Brass       | 55 (\$ 117) |
| ○ Aluminum    | 218 (\$ 15) |
| ○ Tri-Plate   | 4 (\$ 5)    |
| ○ Spec. Order | 1 (\$1)     |

**Office Activity:** Hours: 83

- Emails: 143
- Calls/Msgs: 33
  - Calls to our Answering Service: 4
- Walk-Ins: 67 (average weekly walk-ins = 17)

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**Contributions:** \$ **2,004**

- Groups (13) groups \$ 1,998
- Individual Contribution(s) \$ 6

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

(ending) December 2025: \$ 6,046 (+ 8.8%) 2.9 months

**(Operating Funds):** (ending) December 2025: \$ 1,331.61

Thank YOU for this job as your Central Office employee.

-Randy

**District One Meeting Minutes for November 11th, 2025****II OPENING:**

Mike R. called the meeting to order at 7:00 with a moment of silence, followed by the Serenity Prayer. The GSR Preamble was read by Bryn B. followed by the 12 Traditions read by Mike L. New GSRs Josh for the Keep it simple group, Jenny alternate GSR for the Keystone Saturday group and Rober N. for the Huntsville group were recognized. Heather C. and Elliot R. were recognized as interested A.A.s. Roll call and the contributions basket were passed around at this time. Sam P. presented the October Meeting Minutes, which were reviewed and a motion to accept was raised by Bryan B. then seconded by Thomas C. The district body voted to accept the meeting minutes.

**III REPORTS**

- Corrections - Bob Y. stated that the corrections committee is looking to create an Anonymous hotline for members in the jail to call when they need to talk with an A.A. The Everything A.A. pamphlet is being distributed within the Weber County Jail and Bob is looking to gather a committee meeting sometime soon.
- Grapevine - Patrick F. has been pitching the grapevine to several meetings within district 1. He highlighted the Grapevines weekly podcast "Half-hour Variety Hour" which is now in its 5th year. Patrick also reminded the meeting not to throw out your old Grapevine issues, but instead donate them to your homegroup. It was also advised that a current 1 year physical subscription to the Grapevine is \$35.
- Treatment - Matt A. Announced that he is working on creating a list of treatment centers in our district with contact numbers and a list of insurances accepted by each.
- Ogden Intergroup - Mike L. gave a report listing the number of in person visits, website hits, and a treasury report. He also advised that Central Office Ogden will be closed on November 21, 22, and 27th.
- Logan Intergroup - Mike A. gave a report and announced the Logan Intergroup Gratitude dinner which will take place on November 15th at the Whittier Center.
- Treasurer - Judy Y. gave the September Treasury report. It was asked if the bank can accept Zelle payments for online transactions and Judy will be checking on this. It was also advised that the P.I. and Corrections chairs had yet to be updated on the report and will be in December.

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**③ DCM and DCMC Reports**

- DCM Mike R. - Gave a report on the meetings he's been attending and that he attended the Area 69 Fall Workshop as well as attended the DCM planning meeting.
- DCM Shari R. - Attended several meetings in the area and spoke with those in charge about service. Attended the Fall Workshop in Salt Lake City. Takeaways from this include:
  - The bid for the 2026 Fall Workshop was won by District 7, which is the SW corner of Utah and includes places like Cedar City, Panguitch and Kanab.
  - The name of the February Committee Meeting has now been changed to the Agenda Items Meeting and will be hosted the 2 nd Saturday of March vs the 4 th Saturday of February. This will need to be updated in our guidelines.
  - There is a flyer for the Area 69 Committee Meeting which will be hosted by District 7 and held in Cedar City, on December 6 th . On odd years, Area Inventory is addressed during this session. Even years is "Pass the Gavel".
  - Motions presented were:
    - To create a new service position for a Young People in AA chair on the Area 69 Committee.
    - There was a motion presented and voted on to defray our area alternate delegate to attend an upcoming assembly. I forgot which one. It was put forth and passed.
  - The Area 69 budget for travel defrayment for officers was increased due to higher than normal travel and further travel engagements. It was voted on and passed.
  - Reminder that GSRs have a vote in area business and if you'd like your group's voice to be heard, please consider attending these events.
  - Attended the District DCM meeting. The general theme of this meeting was a reminder that our District meetings belong to the GSRs and are for the GSRs. How can we elicit more participation and involvement? What would the GSRs like to have done differently?
  - Announced the A.C.T Alumni Annual Christmas Party, which will be held Dec 13th.

**IV GSR OPEN DISCUSSION**



- Mike R. requested a few reports from GSRs about the status and health of their groups.
- Carrie W. from the Treanton group advised that they had a great Trunk or Treat event where they also passed out literature as well as candy. They are also working with intergroup to get literature on mental health to their local treatment facilities.
- Kyle B. from the Brigerland group advised that their evening meetings are being standardized to a 7pm start time. Their overall attendance is also on the rise at all meetings as the season shifts.
- Bob from the Friday Night Action group advised their attendance is also up and that their meeting is a great place to interact and share with newcomers and young people in A.A.
- Carol G. from the Sisters in Sobriety group advised that she will be shifting from GSR to Alternate GSR and that the group is currently struggling to find leaders. They are regularly attended by a group of ladies from a treatment facility.
- Jonathan W. from the Meat and Potatoes group gave a report on the health of their meeting. They review the Big book at their Monday meetings and As Bill Sees it at their Friday meetings. The meeting would like to invite treatment centers in our area to visit and invited a discussion on how to approach this without crossing the lines of promoting the program.
- GSR Discussion on how to approach treatment centers and offer you're meeting as a place of service for them began. Rocky R. asked how current groups like Mike R's homegroup facilitate this. Mike R. Advised that his group was approached by a treatment center and they invited them to join them on Friday nights. Misha, GSR, advised to be careful that we are not overstepping and becoming affiliated. Josh, GSR, asked if these groups can approach the treatment centers and just say they are looking for support in the means of attendance. Donny G., Area P.I. chair, advised that there is literature you can read up on about this exact topic. Donny also advised that we are not to promote ourselves, but we can promote our meetings to those it may serve. A few other GSRs also gave their support of promoting the meetings not ourselves.
- Patrick F. from the BYOB group advised that their group has a sign outside the door at the library which lists that room as an A.A. meeting for an hour and that we've had several newcomers join the meeting who never leave without numbers and support from the group members. He also plugged the meeting format of rotating readings each week of the month.

#### **OLD BUSINESS**

- Elections: No one stood for any open positions.

2026 Standing Chair workshop - Mike will talk with Michelle to get an update on the planning committee

#### **NEW BUSINESS**

- District 1 Workshops: Mike R. asked if groups would like more than just two workshops a year, which would require more volunteers but be a way to get our district groups together and not just our GSRs. This idea was well received and was advised to be taken back to each group for further comment.

#### **UPCOMING EVENTS**

- District Meeting 650 E 700 S Brigham City Dec. 9th
- Area 69 Committee Meeting 2279 N Wedgewood Lane Cedar City, UT Dec. 6th

**CLOSING** A motion to close the meeting was entered and the meeting was closed with the Responsibility Statement.

➤ **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

### **DISTRICT 11 GSR Meeting Minutes November 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 **Lisa R.**
- GSR Preamble read by **Lora M.**
- 12 Traditions ready by **Liz M.**
- Welcomed GSRs and New GSRs. **Helen B.** is new Alternate GSR for KISS Group. **Jordy J.** is new GSR for 12 O'Clock High Group. **Jayme A.** is the new Alternate GSR for Davis Group. **Jill A.** joining via zoom.
- Welcome Interested AAs and Visitors

AA CENTRAL OFFICE – OGDEN - 3480 WASHINGTON BLVD. SUITE 108

Office Hours: **Tuesday thru Friday 1:30 pm - 5:30 pm / Saturday 12:00 pm - 4:00 pm // "CLOSED" Sunday, Monday & Holidays**

Phone: (801)393-4728 igrcentraloffice@gmail.com

- Roll Call – **Kim M.** passed around roll call with a request for updated information.
  - Tradition Presentation – **Nathan N.** – Tradition 10 presentation
  - Treasurer's report – **Kameron K.** gave report. Motion to accept Treasurer's Report by **Kevin M.** second by **Kim M.**, approved.
  - Presentation on the Plain Language Big Book by **Jake S.** our Area 69 Literature Chair.
2. Old Business: \*Open Standing Chair Positions (Corrections, PI, Treatment, and Communications). **Warren D.** stood for Corrections Chair. **Sarah K.** stood for Treatment Chair. Both were vote into those positions.
3. New Business: None.
4. GSR open mic time.  
Motion to extend time by **Cory E.** second by **Phillip W.**
5. GSR Reports: Reports given in written form.  
**Scott D.:** It's In The Book, Church of Nazarene, Thursday's at 7 p.m., avg. attendance 15-20. Wonders if we are ever going to have a GSR Meeting/District Meeting. **Kevin M.:** Our Primary Purpose, Church of Nazarene in Layton, Monday's at 7 pm, avg. attendance 15-20. **Lindsay B.:** South Davis Group #1, Bountiful Community Church, Thursday's at 7 pm, avg. attendance 10-12. Attendance varies, but strong meeting. **Cary J.:** Flying High Group, South Davis Recovery Club, Monday's and Friday's at 7 pm, avg attendance on Monday's is 15 and on Friday's is 30. **Marla H.:** Serenity Sisters, South Davis Recovery Club, Wednesday's at 7 pm, avg. attendance 20-40. **Cory E. (Kelby L. alt.):** The Original Way, South Davis Recovery Club, Monday's at 5:30 pm, avg. attendance 12-15. A DCM or District Chair is welcome to attend their business meeting the 4<sup>th</sup> Monday of the month 6:30-7; new GSR in 2026. **Aaron M.:** Davis Group, Baptist Church Layton, Friday's at 7 pm, avg. attendance 35. **Lora M.:** Bountiful KISS, Bountiful Community Church, Tuesdays at 7 p.m., avg. attendance 12. All service positions are filled.
6. Standing Chair Reports:  
DCM North – **Trudi F.** – Visited Follow Bill and Clearfield Group.  
DCM South – **Phillip W.** – Visited 6 groups; Gave the District Report and Fall Assembly Report at the Area 69 Fall Workshop. There is a new meeting starting on Sunday's at 8 p.m. at the South Davis Recovery Club.  
Communications - Open  
Corrections – **Warren D.** – just voted in.  
PI – Open  
CPC – **Brian W.** – absent.  
BTG – **Paul H.** – Spoke with 2 treatment centers about BTG and gave them his contact information. Received update on 1 individual connected with SLC BTG; he's still sober and attending AA.  
Treatment – **Sarah K.** – just voted in.  
Literature/Grapevine – **Josh C.** – Doing good.  
Archivist – **Cameron M.** – Almost done going through obituary archive book. Need to scan some of the obituaries at the South Davis Recovery Club that aren't available online and make a Table of Contents.  
Intergroup Report – Ogden- no report.  
Intergroup Report – SLC- no report.  
DCMC – **John D.** – discussion earlier.
7. Approve Last Month's Meeting Minutes. **Kim M.** forgot to print the Minutes. Will bring next month and vote.
8. Area/District Events: Information available at aaofutah.org
9. Coming Soon: District 11 GSR Meeting, December 10, 2025 at 6:30 pm  
South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.  
Motion to close by **Kevin M.** second by **Kameron K.** Closed at 7:40 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."

Intergroup Central Office-Ogden	DECEMBER	TOTAL
2025 (Year-to-Date) Group Contributions	12/31/2025	Final 2025
11:59 Group		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
<b>District 11</b>		200.00
<b>District One</b>		720.00
Fellowship Manor		330.00
Friday Night Action		195.00
Friday Night Recovery		240.00
Grupo Primer Paso de Ogden	15.00	180.00
Higher Ground Grp-Fruit Hghts	400.00	400.00
Huntsville Group	80.00	420.00
In the Solution Group		200.00
It's in the Book		109.37
Ladies of the Mountain (WRH)		953.50
Meat & Potatoes		506.41
Meeting in the Mountain (VC)		806.00
Newcomer Group		300.00
Our Primary Purpose Group		417.76
Pavilion Posse		40.00
Quitting Time <b>*INACTIVE*</b>		87.17
Recovery Together Group	402.00	3,102.00
Sat Men's Brotherhood		600.00
Sat Night Alumni - ORMC	260.00	455.00
Serenity Happy Hour (Sunday)		544.21
Serenity Happy Hour (Wednesday)	50.00	200.00
Serenity Sisters		264.56
Sisters in Sobriety	100.00	400.00
South Davis Group	100.00	175.00
Stone of Sisyphus		450.00
Sunday Morning Serenity		100.00
Sunday Night Unity		300.00
The Way Out	41.00	563.00
Thursday Night Harrison		90.00
Tremonton Group	300.00	450.00
Tuesday Morgan Group		150.00

**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	DECEMBER	Final 2025
Tyler Ave Group	50.00	600.00
<b>*UNASSIGNED**</b>		158.40
Upon Awakening	50.00	505.00
Wed Night Fever Happy Hour		120.00
Wed Night Stag		285.00
Wed. Night Alumni - ORMC	150.00	1,660.00
Women's Circle of Hope		440.36
<b>Groups Sub-Total</b>	1,998.00	19,685.20
Individual Donation(s)	6.00	1,390.00
<b>TOTAL Contributions</b>	<b>\$2,004.00</b>	<b>\$21,075.20</b>



## 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 Twelve:**

**Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.**

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust or agree with AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, do I imply that membership requirements go beyond the desire to stay sober?
4. Have I a personal responsibility to help an AA group fulfill its primary purpose? What is my part?
5. Do I do all I can do to support AA financially?
6. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA attractive so that other drunks might want it?
7. What does anonymity mean to me?
8. In light of increased awareness of alcoholism and AA's program of recovery among the general public, why is the principle of anonymity still important?
9. Am I mindful to respect the anonymity of other AA members who may work in my place of employment or my industry? How about AA members who live in my area or neighborhood?
10. What does "principles before personalities" mean to me??

Information listed **below** is presented **solely** as a service to our readers,  
**NOT as an endorsement** by Intergroup Service of Northern Utah AA **or** AAWS.  
For any additional information, please contact the event sponsor.

**5<sup>th</sup> ANNUAL**  
**BIG ASS HOLIDAY PARTY**  
**SMORGASBOARD**  
**EXTRAVAGANZA**  
**(to benefit Central Office - Ogden)**  
**JANUARY 31, 2026**  
**NOON TO 4 P.M.**  
**POTLUCK – BRING**  
**SOMETHING TO SHARE**  
**COME JINGLE OUR**  
**POST-HOLIDAY BELLS**

**3480 WASHINGTON  
BOULEVARD  
SUITE 108**

**Brought to you by the  
Tuesday Morgan Group**  
any questions call:  
Mike L. (801) 645-9538

