

# Passages I love

*Instrumental thoughts on instincts, prayer, Traditions,  
becoming useful, faith—and, oh yeah, Rule 62*

JUNE 2023 / AA GRAPEVINE

I'm sitting here reflecting on how our "Twelve and Twelve" has helped me on my journey of recovery. My sponsor often states this from the forward: "AA's Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." I want to share some other passages that have meant a lot to me.

When we worked the Steps, my sponsor shared with me Step Four's instincts for sex, security and society. In the chapter on Step Twelve it says, "True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God." And in Step Four it reminds us that, "Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities."

Later I joined a Step study group that used the "Twelve and Twelve" along with our Big Book. Step by step we used both books. I got a deeper understanding of the Steps and how to apply them to my life. The meeting was held at what would become my present sponsor's home. The meeting had been started 20 years earlier. Alkies were all over the living room, kitchen and hallway. We would also study the Traditions out of the "Twelve and Twelve." The only problem was that we lost about half the crowd then. But the Traditions weren't as boring or glum as I thought. I learned the need of surrendering up my ego for the greater good and unity of the group and AA as a whole. And I got to learn about Rule 62—don't take yourself so damn seriously!

I was talking to a longtime friend about Step Eleven's St. Francis Prayer and how it helped me to be more useful to God's kids. He said he had a study group of the St. Francis Prayer and asked if I would be interested. His study helped me grow so much in understanding and effectiveness. Here's an example:

One day my granddaughter and her 1-year-old son left our home and got into a horrific car accident. The car was destroyed and ended up on its roof. The little guy was banged up, but his mom was in intensive care and no one knew if she would make it. In Step Eleven it says, "Our immediate temptation will be to ask for specific solutions to specific problems and for the ability to help other people as we have already thought they should be helped. In that case we are asking God to do it our way." This is where I learned to say, "God, heal her in the way you see fit. Thy will, not mine be done." As a result, my fear subsided and I was able to return to comfort the family and trust the Great Physician.

Then finally, there's the spiritual axiom in Step Ten, "that every time we are disturbed, no matter what the cause, there is something wrong with us." I used to utilize the "yeah but" and was told there are no "yeah buts" in AA. Others are not the problem.

These are only a few of the passages from our "Twelve and Twelve" that have helped me to not only stay sane and sober, but to continue to be of maximum service to God and others.

BY: GARY D. | EDGEWATER, NEW JERSEY

### From the Book

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away.

- Twelve Steps and Twelve Traditions, Tradition Five, page 151



... I want the hand of AA always to be there.  
And for that: I am Responsible



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*)

**\*Inter Group Representative  
Meeting Attendance**

- The March IGR Meeting was canceled.
- Our next *scheduled* IGR/COR meeting is *planned* for Tuesday, **April 21, 2026 @ 6pm.**  
\* aka Central Office Representative

**We become  
those things  
we so silently  
despise.**

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**TO: Central Office Committee**  
From: Randy C., (Central Office employee)  
Date: April 3, 2026  
Subject: Ogden Intergroup **Central Office Report for March 2026**

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**Sales Summary:** (Income = \$253)

- \*Books: 83 (\$ 176\*)
- Chips: 193 (\$ 77)

[\*= all printed material]

○ Brass	26 (\$ 55)
○ Aluminum	163 (\$ 17)
○ Tri-Plate	4 (\$ 5)

**Office Activity:** Hours: 79

- Emails: 121
- Calls/Msgs: 29
  - Calls to our Answering Service: 2
- Walk-Ins: 50 (average weekly walk-ins = 13)

**Website Activity:** Visitors: 900 Views: 2,348

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**Contributions:** \$ **410**

- Groups (4) groups \$ 260\*\*
- Individual(s) \$ 175

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

(ending) March 2026: \$ 7,696 (+ .7%) 3.6 months

**(Operating Funds):** (ending) March 2026: \$ 836.58

Thank You for this job as the Central Office employee.

-Randy

\*\*10-year record low

Intergroup Central Office-Ogden	MARCH	TOTAL
<b>2026 (Year-to-Date) Group Contributions</b>	<b>3/31/2026</b>	<b>2026</b>
Clearfield Group		250.00
Courage to Change Group		200.00
District One		180.00
Grupo Primer Paso de Ogden (SP)	15.00	45.00
Huntsville Group		65.00
It's in the Book		116.25
Ladies of the Mountain (WRH)	20.00	20.00
Meat & Potatoes		111.00
Meeting in the Mountain (VC)		344.00
Our Primary Purpose Group		95.15
Recovery Together Group		200.00
Sat Men's Brotherhood		224.00
Serenity Happy Hour (Sunday)		110.12
Serenity Sisters		84.00
South Davis #1		100.00
Stone of Sisyphus		250.00
Sunday Night Unity		150.00
The Way Out		65.26
Tremonton Group		150.00
Tyler Ave Group	75.00	200.00
Wed Night Fever Happy Hour		10.00
Wed Night Stag		96.50
Wed. Night Alumni - ORMC	150.00	325.00
Women's Circle of Hope		129.92
<b>Groups Sub-Total</b>	<b>260.00</b>	<b>3,711.20</b>
Individual Donation(s)	175.00	3,795.00
<b>TOTAL Contributions</b>	<b>\$435.00</b>	<b>\$7,506.20</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



## DISTRICT Meeting Info

➤ **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 One Meeting Minutes for March 10th, 2026

### ① OPENING:

Mike R. called the meeting to order at 7:00pm with a moment of silence, followed by the Serenity Prayer. The GSR Preamble was read by Matt A., followed by the 12 Traditions read by Mike. New GSRs Josh from the Tremonton group, Angela and Patricia from the New Beginnings group were recognized. Michelle J., Carrie, was recognized as interested A.A.. DMike F. Area Delegate, Kristen D Alternate Delegate, Tracy F. Secretary, and Matt D. Past Delegate were all recognized from Area 69. Roll call and the contributions basket were passed around at this time. Sam P. presented the January Meeting Minutes, which were reviewed and a motion to accept was raised. The district body voted to accept the meeting minutes.

### ② REPORTS

- **Treasury Report** - Judy Y. made the updates to the Treasury report as discussed at the February business meeting.
  - A question was raised as to how to send in Pink Can Donations.
    - Send a check with your group Name and Number, if you know it, to P.O. Box 953 Brigham City, UT 84302.
  - Judy advised that after prudent reserve we have \$3,726 in the bank and asked what the District should do in the case that we have excess funds.
    - Suggestions were made to review and create guidelines at the next budgetary ad hoc committee to ensure that a plan is created for excess funds.
    - Suggested to give funds to groups that may be hurting
    - Suggested that excess funds would go to Area first then GSO second.
- Skipped the rest of the reports to create room for Mike's Agenda Items presentation

### ③ DCM and DCMC Reports

- Skipped to create room for Mike's Agenda Items presentation

### ④ GSR REPORTS & OPEN DISCUSSION

- **Concept III Presentation** by Josh C.
  - "To ensure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."
  - There will be times where we'll need to trust our trusted servants to make decisions without a group or service entity's approval. There will be times that full facts (additional background information) and debate not available to groups, will help further inform our trusted servants and their decisions (and their votes on our behalf).
  - Those decisions may ultimately differ from the original conscience given to them when asked to vote on their groups behalf, but those differently made decisions are vital in allowing them to be more than mere messengers.
  - Trust our Trusted Servants.

### ⑤ OLD BUSINESS

- Open Positions: C.P.C., Communications, and Literature chairs. 4 DCM positions are also open at this time. It is requested we have at least one DCM from Logan and one from Ogden.
- Area 69 Standing Chair workshop
  - The Standing Chair workshop will be held at the Brigham City Boys and Girls Club on June 20th District 1 will receive \$500 in seed money from the Area for the workshop
  - A flyer has been created and provided to Area 69 and District 1's Central Office for distribution.

### ⑥ NEW BUSINESS

- General Service Conference Agenda Items Presented by Mike F. Area 69 Delegate.
  - Mike opened by explaining his role as our Area Delegate. Mike is the link in the chain between Utah's groups and the General Service Conference. He carries the voice of Utah to the conference and the voice of the conference back to our groups.
  - The items discussed here come from individuals, groups, districts, and areas within A.A. and are voted on each year at the General Service Conference.
  - The agenda item's background material can be accessed by your Groups GSR via the Delegates corner of our Area Website: <https://sites.google.com/aaofutah.org/aa-of-utah/delegates-corner>
  - Agenda Items the Area will vote on at the Area 69 Pre-Conference Assembly in April as well as some quick background information discussed at the business meeting.
    - Cooperation with Professional Community
      - Item E. Consider a request that stand-alone audio/visual clips be created when developing any new/revised videos for professionals.
    - Corrections
      - Item C Consider a request to update the pamphlet "The A.A. Member – Medications and Other Drugs."
    - Finance
      - Item B. Discuss motion to add wording to Item F-3, "Self-Support: Where Money and Spirituality Mix."
      - Item C. Consider a request to create a Twelve Step study guide or workbook.
      - Item D. Consider a request to discuss the location of the General Service Conference (GSC) (PAI-22)
    - Grapevine/La Vina
      - Item B. Consider the list of suggested AA Grapevine and La Vina book topics for 2027 or after.
      - Item F. Consider that the AA Grapevine, Inc., accept contributions.
    - Literature
      - Item C. Review progress report on the development of the Fourth Edition of the book Alcohólicos Anónimos – Spanish.
      - Item D. Review draft of the Fifth Edition of the book Alcoholics Anonymous.

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

- Item I. Consider publishing the personal stories from the Fourth Edition of Alcoholics Anonymous not included in the draft Fifth Edition of Alcoholics Anonymous.
- Policy and Admissions
  - Item C. Equitable Distribution of Workload (EDW)
    - i. Discuss the suggestion to discontinue the annual review of service kits and workbooks by Conference committees.
    - ii. Discuss the suggestion that a similar number of agenda items be assigned to each Conference Committee.
    - iii. Discuss creating a “Conference Committee on Digital Communications.”
- Report and Charter
  - Item A. Discuss the A.A. Service Manual, 2026-2028 Edition.
  - ii. Consider the request to remove a quote from Dr. Bob in The AA ServiceManual.
- Treatment - The committee our delegate will be serving on
  - Item E. Consider a request to review locally produced safety-related video service material and provide input on the potential for this video service material to be adapted for use by GSO.
- Trustees
  - Item A. Review resumes of candidates for:
    - i. Pacific Regional Trustee
    - ii. Eastern Canada Regional Trustee
  - Item G. Consider a request to produce an animated video based on the pamphlet “The Twelve Steps Illustrated.”
  - Item H. Consider a request to produce an animated video based on the pamphlet “The Twelve Traditions Illustrated.”
- Archives
  - Item B. Consider a request to define eligibility for Area-level service for members residing outside of the geographic area they want to serve. (PAI 46)
- International Convention/Regional Forums
  - B. Discuss ways to encourage interest and participation at Regional Forums.
- Inventory Implementation
  - Review Inventory Implementation Report

## ⑦UPCOMING EVENTS

- Area 69 Pre-Conference Assembly
  - District Meeting
- Sons of Utah Pioneers April 10-12th  
650 E 700 S Brigham City April 14th

## ⑧CLOSING

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

### DISTRICT 11 GSR Meeting Minutes February 11, 2026

John D. opened the meeting at 6:30 pm.

1. Moment of Silence followed by the Serenity Prayer.
  - A.A. Preamble read by **Bruce S.**
  - GSR Preamble read by **Cory E.**
  - 12 Traditions ready by **Kameron K.**
  - Welcomed GSRs and New GSRs – **Dennis B.** is new GSR for Higher Ground.  
**Marla H., Elliott R. Esteban G., and Cameron M.** (District Archivist Chair) joining via zoom.
  - Welcome Interested AAs and Visitors – **Pete G.** (Area 69 Registrar) joins via zoom.
  - Roll Call – **Kim M.** passed around roll call with a request for updated information.
  - Presentation – **Kim M.** – Principle/Spirit of Rotation presentation
  - Treasurer’s report – **Kameron K.** gave report. Question about “donations.”  
Will need to be discussed further. Motion to accept Treasurer’s Report by **Helen B.** second by **Kevin M.,** approved.
2. Old Business: \*Open Standing Chair Positions (CPC and PI) No volunteers.  
\*Area training on February 14, 2026.
3. New Business: \*March 11, 2026 District Committee Meeting will be a presentation by our Area Delegate and a potluck and will begin at 6 pm.  
\* Motion by **Kim M.** to change language in Guidelines to reflect secretary emailing proposed meeting minutes 1 week before meeting; discussion; vote is taken; unanimous approval.  
\*Motion by **John D.** for rental space at SDRC for District 11 items; discussion; vote is taken; unanimous approval.  
\*July 11, 2026 will be GSR Education Workshop.  
\*Motion (procedural) by **Scott D.** to increase District Committee Meeting to 1.5 hours; discussion; vote is taken; unanimous disapproval.

\*Motion (procedural) by **Scott D.** to read GSR reports each District Committee Meeting; discussion; vote is taken; unanimous disapproval.

\*New GSR Report online fillable forms were emailed out by the District.

4. GSR open mic time: **Bruce S.** wants to keep open mic time; feels it is important; **Lindsay B.** says South Davis Group has a new alternate GSR, **Megan.**; **Jordy J.** presented a question in her online GSR Report; she would like to know "Is anonymity of registered sex offenders protected within AA? Concerned about vulnerable population." Lots of discussion; it is decided time will be set aside at our April District Committee Meeting to further discuss this topic.
5. GSR Reports: Reports given in written form.

**Scott D. (Helene D. alt.):** It's In The Book, Church of Nazarene, Thursday's at 6 p.m., avg. attendance 15-20. Doing good; all positions are filled.; **Kelby L.:** The Original Way, South Davis Recovery Club, Monday's at 5:30 pm, avg. attendance 14. Corrections Chair is presenting to group on February 23.; **Lora M.:** Bountiful KISS, Bountiful Community Church, Tuesdays at 7 p.m., avg. attendance 15. Giving a one minute report on architecture of AA District and Area each week; all service positions filled; 7<sup>th</sup> Tradition is supporting GSO, Area, and District; **Bobby L.:** Happy Group, South Davis Recovery Club, Sunday's at 10 am, avg. attendance 79.; **Richard Z.:** Bountiful Men's Group, First Baptist Church, Wednesday's at 7 pm, avg. attendance 25. Concerned 7<sup>th</sup> Tradition money isn't being used properly; individuals are spending their own money on supplies and not being reimbursed; would like District advice on getting members to participate in service roles. **Marla H.:** Serenity Sisters, South Davis Recovery Club, Wednesday's at 7 pm, avg. attendance 20-35. Working on filling all service positions; **Nikki D.:** Serenity Happy Hour in Washington Terrace, Sunday's at 10 am, avg. attendance 80.; **Dennis B.:** Higher Ground, Glen's Home, Monday, Wednesday, and Friday at noon, avg. attendance 7; **Bruce S.:** Not A Glum Lot, South Davis Recovery Club, avg. attendance 28. Attendance seems to be better; Newcomers seems to be finding their meeting along with other meetings; **Lindsay B.:** South Davis Group #1, Bountiful Community Church, Thursday's at 7 pm, avg. attendance 12. Suggest District advertise events and existence better; average meeting attendee is not aware of District's purpose; new Alternate GSR is Megan; meeting has grown in recent months by 3-4 people; **Aaron M.:** Davis Group, Baptist Church Layton, Friday's at 7 pm, avg. attendance 25. Two treatment centers attend meeting infrequently; not all home group members attend weekly, but many group members stay in touch with those not in attendance; meeting seems to be going well. **Jordy J.:** 12 O'Clock High, South Davis Recovery Club, Monday-Friday at noon, avg. attendance 13. Question from GSR was presented at open mic time.

Motion to extend time by **Warren D.** second by **Bruce S.**

6. Standing Chair Reports:

Archivist – **Cameron M.** – archives collection almost put away; needs more histories; wants to make sure we protect archives from water in new storage room.

BTG – **Paul H.** – Visited Young People's Group; not much to report.

Communications – **Kevin M.** – February Newsletter live on aaofutah.org; working with **Phillip W.** and committee on July 11 Workshop.

Corrections – **Warren D.** – Visited Young People's Group, In the Solution, and We Are Not A Glum Lot; out of paper applications for jail meetings; meeting with chief at jail to get more copies; still working on getting Davis County Jail paperwork all electronic; ots of interest in bringing meetings to youth corrections; still working on making that happen.

CPC – Open

DCM North – **Trudi F.** – visited Young People's Group in Clearfield; they were very lively and carried the message of AA; they have a GSR and treasurer.

DCM South – **Phillip W.** – visited early morning Saturday meeting; Workshop moved to July 11; visiting The Original Way Group to give a report.

DCMC – **John D.** – discussion earlier.

Literature/Grapevine – **Josh C.** - absent.

PL – Open

Treatment – **Sarah K.** – absent.

Intergroup Report – Ogden- no report.

Intergroup Report – SLC- no report.

7. Approve Last Month's Meeting Minutes Motion by **Phillip W.** second by **Kevin M.**, approved.

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

9. Coming Soon: District 11 GSR Meeting, Mebruary 11, 2026 at 6:00 pm, South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.

Motion to close by **Kevin M.** second by **Nikki D.** 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."

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

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? HUMOR ?

"Drinking didn't drown my problems, it irrigated them."

**HOW CAN YOU TELL** the difference between a sponsor and a therapist? The only time a sponsor uses the word "closure" is before the word "mouth."

"Call before you drink and I will help you stay sober.  
Call after you drink and you will help me stay sober."

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.

# Fix-It Group of Ogden

Whether you're brand new, have never worked the Steps before, or simply want to learn more—no problem.

Don't have a sponsor? That's okay.  
Have a sponsor? Fantastic!

Even if you've worked the Steps before and are seeking a fresh approach, you're absolutely welcome here.

We work all 12 Steps intensively, just as outlined in the Big Book—over the course of a single weekend. As it says on page 357: "To take the Twelve as rapidly as possible."

RESERVATIONS ARE REQUIRED!!

Please call, text (801)-821-0473 , email us at [FIXITGROUPOFOGDEN@GMAIL.COM](mailto:FIXITGROUPOFOGDEN@GMAIL.COM)  
Or SCAN THE QR CODE



## OLD TIMERS

### SPEAKERS MEETING

5 SPEAKERS / 20+ YEARS SOBRIETY EACH

**Join us for a powerful sit-down,  
listen-and-learn style meeting  
featuring five speakers with 20+  
years of sobriety.**

**Light refreshments will be provided,  
and all are welcome to be part of this  
meaningful night of fellowship and  
recovery.**

**OAK ROOM  
Ogden Regional  
5475 S 500 E,  
Ogden, UT 84405**

**SATURDAY  
APRIL 11  
6-8 PM**

# Utah Area 69

## 2026

### Pre-conference Assembly

#### April 10-12

- Hosted by District 13 -

**Sons of Utah Pioneers Building: 3301 East Louise Ave., SLC, Utah**

**Registration \$20.00 • Dinner \$15.00**

**Zoom Code: 879 3198 3200 • Password- 109417**

**Friday, April 10** (Room in the Basement)

- 6:00 PM – Registration
- 6:30 PM – 7:30 PM – Committee Roundtables/Agenda Topics
- 7:30 PM – 8:15 PM – Roundtable Report Back
- 8:30 PM – 9:00 PM – PRAASA Reports

**Saturday, April 11**

- 8:00 AM – Registration
- 8:30 AM – 8:45 AM – ESR Orientation
- 9:00 AM – 12:00 PM – Area 69 Business Meeting
- 12:00 PM – 1:30 PM – Lunch
- 1:30 PM – 5:30 PM – Area 69 Business Meeting
- 5:30 PM – 6:45 PM – Dinner
- 6:45 PM – 7:00 PM – Sobriety Countdown
- 7:00 PM – 8:00 PM – Speaker: Robert Pardon
- 8:00 PM – 9:00 PM – Ice Cream Social

**Sunday, April 12**

- 9:00 AM – 10:00 AM – ESR, DCM, Area Standing Chair Round Tables
- 10:00 AM – 11:00 AM – Ask It Basket
- 11:00 AM – 12:00 PM – Spiritual Speaker Meeting

*Register*



*Dinner*

