

# Hitting the Pause Button

from May 2026 Grapevine Magazine

They were just trying to help out.  
He was sure they were yelling at him. Time to reset!

I used to fly off the handle even more than I do now, and more intensely. Back in 2003, my first service commitment at my home group was buying coffee and supplies. When I bought some discount coffee, I was told by a group member that we normally buy a certain pricier brand. My reaction on the outside was coldly polite. My reaction on the inside was to start arguing in my own defense. Didn't they understand I was just trying to save the group some money?

When I asked others in the group in whom I confided about my coffee quandary, they all smiled and listened. One member even had the gall to calmly inform me that, yes, in fact it's not just that particular brand, but it's the *100% Colombian* version they get.

Although this person who corrected me had no motivation other than to be helpful, I felt like they were yelling at me and calling me an idiot. My first impression was to take offense and react defensively. It has taken a long time to make some small progress in overcoming my being overly sensitive, grandiose and vulnerable to false first impressions.

I was the actor wanting to run the show, and when others didn't read the lines I had created for them in my head, I became angry, indignant and self-pitying. I couldn't understand when you didn't react the way I thought you should. I would try even harder to be gracious or more demanding, all while trying to get the recognition that I didn't even realize I wanted so badly.

I once heard a speaker say, "I am trapped inside what I think you think about me." When I consulted my sponsor, he reminded me that what others think and say is out of my control and none of my business. Then he brought up this concept of preparing myself mentally for others not to act in the way I imagined they should. If I pray in the morning for the courage to be open-minded and tolerant, and if I realize that there will be people who differ with me, that's me preparing for bad weather by putting on a jacket or closing the windows and doors.

The storms of life in my case are almost entirely internal. My wife, or boss, or coworker who has a different opinion than me could create my internal (and unfortunately external) overreactions. So if I follow my sponsor's advice and admit that I'm no longer running the show and that maybe I need to try giving others the right to be different, I'm employing tolerance.

I also learned that I could be criticized honestly and survive it. It won't kill me for someone to criticize me. This is one of many examples I have experienced of what Bill W. calls our "spiritual kindergarten." Simple, like so many things in the program, but not easy.

The program offers me the opportunity to "pause when agitated" and exercise my right to be a human being. That opportunity arrives in the gap between the stimulus of the world and my response to it. I only have control of my response. I've heard that if I make space between the stimulus and my response, I'm making room for the universe, or God, or peace, or common sense or for anything better to get in between me and the stimulus. And that room gives me a chance to think about how I might be able to bring something good to the situation, rather than think about what I need to get out of it.

Thank you AA, for helping me to pause a little bit more than I used to, which has made my life unbelievably better than it used to be

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- MATT M. / SAN ANTONIO, TEXAS

### From the Book

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we once did when we were trying to arrange life to suit ourselves.

It works - it really does.

- Alcoholics Anonymous (Big Book), pages 87-88



The April IGR Meeting minutes can be found on page 9

**\*Inter Group Representative Meeting Attendance**

- Four (4) District One groups were represented at the April IGR meeting.
- The following (4) groups sent IGR's: Tuesday Morgan, Meat & Potatoes, Serenity Happy Hour (Sun.), Sat. Morning Brotherhood
- Our next *scheduled* IGR/COR meeting is *planned* for Tuesday, May 19, 2026 @ 6pm.

\* aka Central Office Representative

>>> **NEW Meeting** <<<

**Hope for Today**

Wednesday

7:00 pm

Community Presbyterian Church  
311 S. 100 E.  
Brigham City, Utah



**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*)

**TO: Central Office Committee**  
From: Randy C., (Central Office employee)  
Date: May 2, 2026  
Subject: Ogden Intergroup **Central Office Report for April 2026**

**Sales Summary: (Income = \$338)**

- \*Books: 74 (\$ 180\*)
- Chips: 221 (\$ 117)

[\*= all printed material]

○ Brass	42 (\$ 88)
○ Aluminum	176 (\$ 25)
○ Tri-Plate	3 (\$ 4)

**Office Activity: Hours: 100**

- Emails: 155
- Calls/Msgs: 29
  - Calls to our Answering Service: 8
- Walk-Ins: 63 (average weekly walk-ins = 13)

**Website Activity:** Visitors: 985 Views: 2,591

**Contributions: \$ 3,328**

- Groups (20) groups \$ 3,328

thank  
you  
for your  
support!

**(Prudent Reserve): {Goal \$8,400 / 4 mos. Operating Expenses x \$2,100 per mo.}**  
(ending) April 2026: \$ 8,011(+ 4%) 3.8 months

**(Operating Funds): (ending) April 2026: \$ 2,306.31**

- (YTY) Year-to-Year 2025-month end **\*\*comparison: +18%**  
\*\*total funds

COURAGE takes  
little anger  
- Bob M. 12/21/2016

Thank You for the job as your Central Office worker.  
-Randy

Intergroup Central Office-Ogden	April	TOTAL
<b>2026 (Year-to-Date) Group Contributions</b>	4/30/2026	YTD 2026
11:59 Group	60.00	60.00
BYOB Group	175.00	365.00
Clearfield Group		250.00
Courage to Change Group		200.00
District One	180.00	360.00
Friday Night Action	150.00	150.00
Grupo Primer Paso de Ogden (SP)	15.00	60.00
HAFB Group	100.00	100.00
Huntsville Group	255.00	320.00
It's in the Book		116.25
Ladies of the Mountain (WRH)		20.00
Meat & Potatoes		111.00
Meeting in the Mountain (VC)		344.00
New Comer Group	140.00	140.00
Our Primary Purpose Group	65.38	160.53
Recovery Together Group	790.00	990.00
Saturday Morning Brotherhood	258.50	482.50
Serenity Happy Hour (Sunday)	68.82	178.94
Serenity Happy Hour (Wed.)	50.00	50.00
Serenity Sisters		84.00
South Davis #1		100.00
Stone of Sisyphus		250.00
Sunday Night Unity		150.00
The Way Out	50.00	115.26
Tremonton Group		150.00
Tuesday Morgan Group	500.00	500.00
Tyler Ave Group	75.00	275.00
Upon Awakening	155.00	155.00
Wed Night Fever Happy Hour	77.00	87.00
Wed Night Stag		96.50
Wed. Night Alumni - ORMC	153.00	478.00
What an Order!	10.00	10.00
Women's Circle of Hope		129.92
<b>Groups Sub-Total</b>	<b>3,327.70</b>	<b>7,038.90</b>
Individual Donation(s)	0.00	3,770.00
<b>TOTAL Contributions</b>	<b>\$3,327.70</b>	<b>\$10,808.90</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 One Meeting Minutes for April 14th, 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 followed by the 12 Traditions.

### ② REPORTS

- **Intergroup Logan** - Filled their literature position, but are still looking for a new secretary. Intergroup Logan will be hosting a Chili Cookoff on 4/25 from 1pm to 4pm at the First Presbyterian church 1778 W Center St. Logan, UT 84321.
- **Treasury Report** - Judy Y. Reported she received the seed money from Area 69 for the 2026 Standing Chair Workshop. She also has a folder she's been carrying with all the receipts and documents of expenses for panel 75 in case any member of the body would like to review them.

### ③ DCM and DCMC Reports

- **DCMC** - Mike R. Has been attending meetings to encourage meetings to participate in the district. He had also attended the Area 69 Pre-Conference assembly and voted on behalf of the district.

### ④ GSR REPORTS & OPEN DISCUSSION

- **Treamonton Group** - Carrie advised that their group is looking for a chairperson for the Sunday meetings.
- **Recovery Together** - Chevy advised that the group has been discussing what announcements pertain to A.A. and which ones do not.
- **Fellowship Group** - Brad advised the group is currently finishing reading the stories from the 1st edition of the Big Book, and will be transitioning to a Grapevine meeting after the stories are finished.
- **Huntsville Group** - Robert N. reported that their meeting has lots of attendees on Thursdays, but not as many on Sundays. Though they stay committed to keeping the doors open, even when few show up.
- **Sunday Night Unity** - David reported that there is always cookies and ice cream to be had at the meeting. Also that it is the 2nd oldest meeting in our District, starting in 1967

### 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
  - Volunteers to meet after our next district meeting on 5/12 and walk through the workshop space.
- District workshops - District 1 still has to put on a workshop for Panel 75.
  - Carrie from the Treamonton group has volunteered to head a committee for a Concepts workshop.

### ⑥ NEW BUSINESS

- Concept IV - Sam P. gave a report on concept IV: At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.
  - This concept allowed for certain staff members of those organizations that help this program run have a vote at the General Service Conference and ensure "There are no 'superiors,' no 'inferiors,' and no 'advisers.'"
- Area 69 Pre-Conference Assembly Report - Robert N. Provided the pre conference assembly report. Highlighting what items the area servants decided to vote for and against:
  - 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.
      - Vote Passed
  - Corrections
    - Item C Consider a request to update the pamphlet "The A.A. Member – Medications and Other Drugs."
      - Vote Passed
  - Finance
    - Item B. Discuss motion to add wording to Item F-3, "Self-Support: Where Money and Spirituality Mix."
      - Vote Passed
    - Item C. Consider a request to create a Twelve Step study guide or workbook.
      - Vote Passed
    - Item D. Consider a request to discuss the location of the General Service Conference (GSC) (PAI-22)
      - Vote Failed
  - Grapevine/La Vina
    - Item B. Consider the list of suggested AA Grapevine and La Vina book topics for 2027 or after.
      - Vote Passed
    - Item F. Consider that the AA Grapevine, Inc., accepts contributions.
      - Vote Passed
  - Literature
    - Item C. Review progress report on the development of the Fourth Edition of the book Alcohólicos Anónimos – Spanish.
      - Postponed
    - Item D. Review draft of the Fifth Edition of the book Alcoholics Anonymous.
      - Vote Passed
    - Item I. Consider publishing the personal stories from the Fourth Edition of Alcoholics Anonymous not included in the draft Fifth Edition of Alcoholics Anonymous.
      - Vote Passed
  - 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."
- o 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
    - Vote Failed
- o 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.
    - Vote Passed
- o 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."
    - Vote Passed
  - Item H. Consider a request to produce an animated video based on the pamphlet "The Twelve Traditions Illustrated."
    - Vote Passed
- o 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)
    - Vote Failed
- o International Convention/Regional Forums
  - B. Discuss ways to encourage interest and participation at Regional Forums.
    - Vote Passed
- o Inventory Implementation
  - Vote Passed

⑦UPCOMING EVENTS

- District Meeting 650 E 700 S Brigham City May 12th
- Area 69 Post Conference Assembly Salt Lake City May 15-17th
- Area 69 Standing Chair Workshop 650 E 700 S Brigham City June 20th

⑧CLOSING

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

➤ **District 11 – 2nd Wednesday, 6:30 PM**  
 South Davis Recovery Club  
 25 N. 200 W.  
**Bountiful**

➤ **District One – 2<sup>nd</sup> Tuesday, 7:00 PM**  
 Boys & Girls Club  
 650 E 700 S  
**Brigham City**

**DISTRICT 11 GSR Meeting Minutes March 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 **Cory E.**
- GSR Preamble read by **Richard Z.**
- 12 Traditions ready by **Phillip W.**
- Welcomed GSRs and New GSRs – **Megan R.** is new Alt. GSR for South Davis Group #1.
- Welcome Interested AAs and Visitors – **Jake S.**, Area Literacy Chair, **Mike F.** Area Delegate, **Tracy F.**, Area Secretary, and **Kristen D.**, Area Alternate Delegate are present.
- Roll Call – **Kim M.** passed around roll call with a request for updated information.
- Treasurer’s report – **Kameron K.** gave report. Motion to accept by **Marla H.** second by **Paul H.**, approved.

2. Old Business: \*Storage closet is coming soon.

3. New Business: \*Presentation by **Mike F.** on final agenda items for 76<sup>th</sup> General Service Conference. (Motion to extend time at 7:28 by **Kam K.** second by **Kevin M.**)

4. 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. All positions are filled; prudent reserve for GSR and expenses; **Kelby L.**: The Original Way, South Davis Recovery Club, Monday's at 5:30 pm, avg. attendance 14. Group is healthy and growing in attendance; newer attendees are enjoying the format; **Marla H.**: Serenity Sisters, South Davis Recovery Club, Wednesday's at 7 pm, avg. attendance 20-35.; **Dennis B.**: Higher Ground, Church of Nazarene, Monday, Wednesday, Friday and Saturday at noon and Wednesday at 7 pm, avg. attendance 6; Meeting location is temporary; meeting should return to Mountain Road location April 15, 2026; **Lindsay B.**: South Davis Group #1, Bountiful Community Church, Thursday's at 7 pm, avg. attendance 12. New alternate GSR, Megan R. **Aaron M.**: Davis Group, Baptist Church Layton, Friday's at 7 pm, avg. attendance 25. Group is doing well. **Elliott R.**: Clearfield Young People's Meeting, location in transition, Thursday's at 6:30 pm, avg, attendance 20. Meeting was kicked out of meeting location for failing to stop specific callbacks; holding a home group meeting this week to vote on a new meeting location and discuss how to approach making amends to previous meeting location; group would also like guidance in dealing with visitors who air grievances with the group with outside parties instead of the group itself.
5. Standing Chair Reports:  
Archivist – **Cameron M.** – no written report.  
BTG – **Paul H.** – got a second committee member; hoping to each visit 2 meetings per month.  
Communications – **Kevin M.** – no written report.  
Corrections – **Warren D.** – Visited Serenity Happy Hour and In the Solution; can now email the jail volunteer applications; they still need to be printed, filled out, scanned, and emailed back to Warren; groups wondering when we can bring meetings to youth corrections.  
CPC – Open  
DCM North – **Trudi F.** – no written report.  
DCM South – **Phillip W.** – no written report  
DCMC – **John D.** – discussion earlier.  
Literature/Grapevine – **Josh C.**- no written report.  
PI – Open  
Treatment – **Sarah K.** – no written report.  
Intergroup Report – Ogden- no report.  
Intergroup Report – SLC- no report.
6. Approve Last Month's Meeting Minutes Motion by **Phillip W.** second by **Lisa R.**, approved.
7. Area/District Events: Information available at aaofutah.org
8. Coming Soon: District 11 GSR Meeting, April 8, 2026 at 6:30 pm, South Davis Recovery Club, 25 North 200 West, Bountiful, Utah 84010.

Motion to close by **Kevin M.** second by **Cory E.** 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."

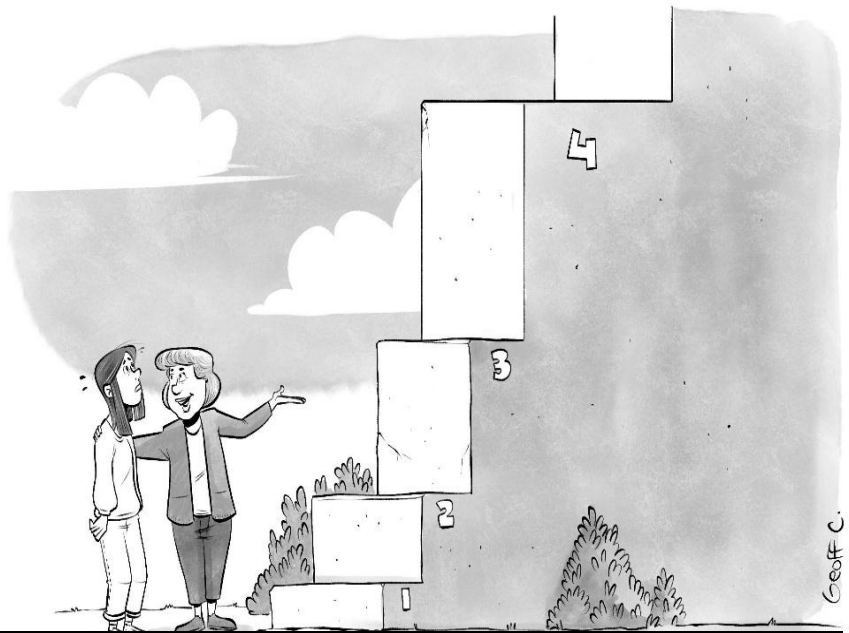
DCMC – John D. 801-643-0193  
 DCM North – Trudi F. 801-631-7625  
 DCM South – Phillip W. 385-314-9624  
 District 11 Funds, P.O. Box 461, Bountiful, Utah 84011

?? HUMOR ??

One evening after supper Mary's drunk husband asked her if they could spice up their love life a bit. Maybe they could switch positions sometime.

"Sure," Mary replied. "You go to the sink and wash dishes, and I'll sit on the couch, drink beer and belch."

-Dusty B./ Hancock, Maine



"Trust me, it's not as hard as it looks."

Geoff C

INTERGROUP REPRESENTATIVES MEETING

April 21, 2026

Minutes

The Intergroup Representative meeting began at 6pm 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 Gunnar followed by the reading of the Traditions by Marc H.

Randy gave the Central Office Report for February & March, that included summary of coin and literature sales, phone and in-person contacts with Central Office. (12) Groups donated in February and only (4) groups donated in March. The \$260 received from Groups in March is the lowest monthly amount received in 10 years! April Group donations have increased over the previous 2 months!

A continuing issue for Central Office is vacancies on the Steering Committee. Open positions include Chairperson, Vice Chair, Secretary, Member-at- Large, Public Information, and Web Servant. Written duties and responsibilities for Steering Committee positions are part of the Central Office By-Laws which are posted at Central Office. **PLEASE** poll your groups for volunteers. At present we have only two active members of the Steering Committee, (Treasurer & Office Manager).

IGRs briefed us on any group issues/activities. Mike L indicated that the Morgan Group campout will be June 26-28. There are concerns that the drought will impact the supply of water so those attending will need to bring their own drinking water.

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

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

## Tuesday Morgan Group 39th Annual Best Dam Camp-Out

On the road to Lost Creek June 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>  
(Directions Google) Pine Canyon Road, Croydon, Utah

For info call or text, Eric J. @ 801-430-9353 or Mike L. 801-645-9538

- Registration 5 dollars
- Camping Per-Night....15.00 Trailers and Motor Homes... \$10.00 for Tents
- If you don't Camp you are encouraged to attend the Meals and Meetings and all day fellowship
- Pot luck Friday evening
- Community Breakfasts Saturday and Sunday
- Campfire Meetings Friday and Saturday Night
- We chase shade and fellowship during the day as we practice the fine art of camping.
- Pets are not encouraged. If they show up and some always do, they are cautiously welcomed and pampered, they cannot roam free and need to be well mannered and on a leash.
- Enjoy the Native American Indian presence and do not disturb or camp too near their location of the Sweat Lodge Frames and such. Remember Their firewood stacks are not for our use.
- Feel free to bring your personal camping fun Horseshoes and such, just No ATV's

**Most of all enjoy the Fellowship sun-up, till past sun-down.  
Be amazed by the magic of the Fellowship, Pine Canyon  
Creek, the Red Rocks, and the slow quite Mornings. It  
may *keep you coming back* like it has many for 39 years**

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