

Safe at 30,000 Feet

AUGUST 2026 | GRAPEVINE

Newly sober, he was high in the air and the drinks were looking good. The thing that really saved him may surprise you

I came into AA as an agnostic—and I was more than willing to prove it, even though I didn't fully understand what an agnostic was. I would have even been willing to resort to fisticuffs to settle the matter if necessary. I was an angry young man. But I also knew something was wrong in my life, and maybe it was time to address that too.

In my early days in AA, I heard and saw some things that must have resonated with me enough to give AA a chance, even if it was just a small one. I did what I was told and found a sponsor who took me through the Steps using the Big Book.

At about nine months sober I had the opportunity to go back home to South Africa for the Christmas holidays. I was born and raised there, and that's where most of my family and many of my friends still lived. It was also where much of the wreckage of my past had occurred, so part of the purpose of the trip was to make some amends.

I was living in Los Angeles at the time, so the journey to South Africa involved a series of very long flights. I was still far from convinced about the "God stuff," but I followed my sponsor's directions on prayer and meditation from Step Eleven anyway. I was also quite nervous. This would be my first time leaving the "nest" of early sobriety.

When the time came to leave, I went to the airport armed with my sobriety kit: My Big Book, some willingness and a copy of the international meeting directory. What I didn't know then—and what I would soon discover—is that God has a sense of humor I wasn't yet familiar with.

To start, I was flying on an airline with the same initials as AA, of course. My first flight was from Los Angeles to New York, and in those days, alcohol was still complimentary on many flights. I sat down next to a couple of young guys like me and overheard them planning out all the drinks they were going to order once we were in the air. My mouth began to water. What I now know as the “insanity of the first drink” was starting to creep back in—and pretty strong. For a moment I thought about joining these guys in the “fun.”

My thinking was not too sound back then. I was convinced one of their drinks might just end up in my hand—or even down my throat—despite not wanting to drink anymore. Thankfully, my sanity returned, and I did what I had been trained to do: I pulled out my Big Book (with the cover turned inside out so no one could see what I was reading) and said a quick, semi-sincere, bush-league, pinch-hitter type prayer.

And then came a life-changing moment—one that has stayed with me to this day. I looked up and across the aisle I recognized a flight attendant from the sober clubhouse where I had been going to AA meetings! I was overwhelmed with emotion. In that moment, I knew everything was going to be OK. I felt the strong presence of a loving God who had my best interests at heart. I knew that staying sober in AA was my life’s path.

As soon as the plane got up in the air, I went over to talk to her. I’ve since forgotten her name—and, sadly and ironically, I later learned she died from alcoholism. But I’m forever grateful she was there that day. She called over another flight attendant, and before they began their service, we had a quick, impromptu AA meeting in the galley I’ll never forget. I made it through that trip sober, and I’ve stayed sober ever since. It’s been almost 40 years now.

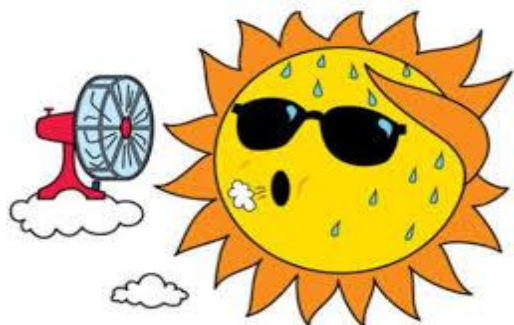
What I learned that day is this: God is in charge around here—even at 30,000 feet. If I live this program to the best of my ability, I will stay sober and all will be well. That choice is mine

BY: BRIAN E. | SCOTTSDALE, ARIZONA

*Inter Group Representative Meeting Attendance

- Three (3) District One groups sent representatives to the July meeting.
- The following (3) groups were represented:
Meat & Potatoes, Saturday Morning Brotherhood & Serenity Happy Hour (Sun).
- The next *scheduled* IGR/COR meeting is planned for Tuesday, August 18, 2026 @ 6pm.

* aka Central Office Representative



The following Steering Committee position is desperately needed at Ogden Central Office:

Webservant

The Webservant functions as the primary contact for all aspects of the Central Office northernutahaa.org website, handling a range of responsibilities that may include, but are not limited to, routine site and content maintenance as well as all online meeting schedule updates to ensure Central Office website alignment with the AA Meeting Guide app.

Any interested/qualified parties should contact
Randy at Central Office
(2 years continuous sobriety recommended)



Ogden Intergroup Central Office

(ICOOA)

(801) 393-4728

➤ 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 **3rd Tuesday @6:00pm**
(unless otherwise posted)

TO: Central Office Committee
From: Randy C., (Central Office employee)
Date: August 1, 2026
Subject: Ogden Intergroup **Central Office Report for July 2026**

Sales Summary: (Income = \$327)

- *Books: 121 (\$ 240*)
- Chips: 128 (\$ 87)

[*= all printed material]

○ Brass	35 (\$ 74)
○ Aluminum	92 (\$ 11)
○ Tri-Plate	1 (\$ 2)

Office Activity: **Hours: 104**

- Emails: 170
- Calls/Msgs: 32
 - Calls to our Answering Service: 4
- Walk-Ins: 53 (average weekly walk-ins = 11)

Website Activity: **July** Visits: 1,148 Views: 3,045 

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Contributions: **\$ 1,495** (July 2025 = \$1,208)

- Groups (13) groups \$ 1,315
- District One \$ 180

(Prudent Reserve): (ending bal.) July 2026: \$ 8,162 (+ .6%)

(P.R. Goal **\$8,400**) 4 mos. Operating Expenses x \$2,100 per mo.

(Operating Funds): (ending bal.) July 2026: \$ 1,441.53

(YTY) Year-to-Year comparison 2025-month end ** + 39%

**total funds

Thank You for this job at Central Office.

-Randy

One of the most difficult tasks

Is to become whom we "**think**" we are!

- Bob M. 2010

2026

AUGUST

Pass It On

Ogden Intergroup Central Office Newsletter

Intergroup Central Office-Ogden	JULY	TOTAL
2026 (Year-to-Date) Group Contributions	7/31/2026	YTD 2026
11:59 Group		160.00
A New Beginning		312.50
Beyond the Horizon	55.00	145.00
BYOB Group		365.00
Clearfield Group		250.00
Clearfield Young Peoples Group		100.00
Courage to Change Group		200.00
District One	180.00	540.00
Fellowship Manor		215.00
Friday Night Action		150.00
Grupo Primer Paso de Ogden (SP)	15.00	105.00
HAFB Group		100.00
Huntsville Group	140.00	460.00
It's in the Book		148.25
Keep It Simple		400.00
Ladies of the Mountain (WRH)		20.00
Meat & Potatoes	122.50	467.00
Meeting in the Mountain (VC)		344.00
New Comer Group		140.00
Not a Glum Lot	200.00	200.00
Our Primary Purpose Group	199.00	359.53
Recovery Together Group		1,400.00
Saturday Morning Brotherhood		482.50
Sat Night Alumni - ORMC		101.00
Serenity Happy Hour (Sunday)	90.50	269.44
Serenity Happy Hour (Wed.)		50.00
Serenity Sisters	98.00	182.00
South Davis #1	75.00	225.00
Stone of Sisyphus		250.00
Sunday Night Unity		300.00



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

- **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

... I want the hand of A.A.
always to be there.
And for that: I AM RESPONSIBLE.

Group Contributions	JULY	YTD 2026
The Way Out		145.26
Tremonton Group		450.00
Tuesday Morgan Group		500.00
Tyler Ave Group	75.00	425.00
Upon Awakening	50.00	255.00
Wed Night Fever Happy Hour	70.00	258.00
Wed Night Stag		151.50
Wed. Night Alumni - ORMC	125.00	753.00
What an Order!		10.00
Women's Circle of Hope		402.75
Groups Sub-Total	1,495.00	11,791.73
Individual Donation(s)	0.00	3,770.00
TOTAL Contributions	\$1,495.00	\$15,561.73

(No District Meeting minutes received for July)

District One Meeting Minutes for June 9th, 2026

II 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 followed by the 12 Traditions. Michelle J. was recognized as interested A.A.. Roll call and the contributions basket were passed around at this time. Sam P. presented the May Meeting Minutes, which were reviewed and a motion to accept was raised. The district body voted to accept the meeting minutes.

III REPORTS

- **Treasury Report** - Judy Y. provided the latest treasury report and advised she will need a receipt from paying the rent to the Boys & Girls club
- Skipped the rest of the reports to create room for our Delegate's Post Conference presentation

③ DCM and DCMC Reports

- Skipped to create room for Post Conference presentation

IV GSR REPORTS & OPEN DISCUSSION

- Skipped to create room for Post Conference presentation

V OLD BUSINESS

- Skipped to create room for Post Conference presentation

VI NEW BUSINESS

- General Service Conference Presented by Mike F. Area 69 Delegate. A full report can be requested at <https://sites.google.com/aaofutah.org/aa-of-utah/delegates-corner>.
Mike opened by explaining what the service structure and the conference that his report was on.

- Some opening highlights were:
 - The 2026 Budget has been reduced due to lack of contributions. This defers projects that A.A. as a whole have requested from the General Service Board and A.A. World Services.
 - The 136 voting members in attendance were asked to "Listen as if we are wrong" as the conference moved into its sharing and voting sessions.
- Treatment and Accessibilities Committee
 - Mike highlighted the committee he served on and their focus on the Military Outreach Project. This discussion led to the videos we currently have available on [AA.org](https://aa.org), those we can link to on youtube and linkedin, as well as how to attract users to this content.
 - The committee suggested AAWS consider all available cost saving technologies, including AI, for content production and language services.
- General Sharing Session
 - Contributions
 - A reminder that we don't have a budget problem, we have a revenue problem.
 - With the new [AA.org](https://aa.org) website, it should now be easier to make direct contributions.
 - Home Group online is a great platform, but A.A. cannot currently take contributions since it is a 3rd party organization.
 - A District 1 GSR made a motion for our area to create an Agenda Item to purchase Home Group online for AA as a whole.
- AAWS Financial Highlights
 - The 7th Tradition self support was down 6% in 2025, self support only paid for 57% of operating expenses.
- Grapevine Financial Highlights

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



AUGUST

Pass It On

Ogden Intergroup Central Office Newsletter

- Subscriptions are up 22%
- Operating loss was only \$300k in 2025 in comparison to \$800k loss in 2024
- Group Contributions
 - Out of the 53,703 Active Groups only 18,312 groups contributed (34%).
 - Of the groups that contributed the average contribution was \$344.25 for the year
- Prudent Reserve
 - The prudent reserve is currently forecast at less than 5 months expenses. As a reminder it is suggested that our goal be 12 months.
- Conference Committee Reports/Voting
 - Corrections
 - Approved the update of the pamphlet “The A.A. Member - Medications and Other Drugs”
 - Finance
 - Added wording to “Self-Support: Where Money and Spirituality Mix” to distinguish that AA Grapevine cannot take group contributions, but a group can support it via the Carry the Message project and of course as resources for our 12 step work.
 - Agenda
 - Themes discussed and voted on to be utilized by AA:
 - “The Spirit of Rotation: Cultivating Leadership”
 - “Anonymity, Our Spiritual Compass”
 - “Innovation Meets Tradition”
 - Cooperation with the Professional Community
 - No action was taken by this committee as their considered item to request standalone audio/visual clips be developed for new/revised videos for professionals is already being worked on.
 - Grape Vine/ La Vina
 - No action taken by this committee on their item to consider G.V./L.V. be able to take contributions.
 - Literature
 - The committee suggested and the body voted to approve the 5th edition of the Big Book with minor editorial changes. Vote: 125-9
 - The committee suggested and the body voted to remove the word “Eskimo” from chapter 7 of the Big Book. Vote 112-23
 - A floor action was then made to remove the word “Eskimo” from the Twelve Steps and Twelve Traditions, which now stands as an advisory action.

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✂UPCOMING EVENTS

- | | | |
|---------------------------------|--------------------------|-------------------------|
| • District Meeting | 650 E 700 S Brigham City | July 14th |
| • Area 69 Pre-Assembly Workshop | SLC | Aug 15/16 th |

🔒CLOSING

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 – 2nd Tuesday, 7:00 PM**
Boys & Girls Club
650 E 700 S
Brigham City

AREA 69 CALENDAR OF EVENTS

2026

August 15-16 **	Pre-Assembly Workshop	District 10	SLC
**(Flyer available at Central Office-Ogden)			
September 25-27	Fall Assembly Elections	District 3	Kamas
November 7-8	Fall Workshop /Pass the Gavel	District 7 & 12	Beaver
December 4-6	Pacific Regional Forum	San Diego	California

2027

March 5-7 PRAASA	Area 72	Seattle
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?? HUMOR ??

8

Um ... nice job?

My sponsor paid me the nicest compliment yesterday.
He told me I didn't need to share so often, that simply by attending meetings I was already helping many others.
He said that I make almost everyone I encounter feel better about themselves by comparison.

Craig H. /Rohnert Park, Calif

A newcomer and his sponsor were out eating lunch together.
The newcomer says, "Did you see me leave that bar sober? I'm so proud of myself."
The sponsor looks at him and says, "That was a salad bar."

Tom W. / Kanata, Ontario



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Information listed **below** is presented **solely** as a service to our readers,
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For any additional information, please contact the event sponsor.

MAPLE GROVE CAMPOUT

Aug 6-9, 2026

Registration:

\$5 per person | \$25 Trailers | \$10 Tents

Covers Group Sites A, B & C only

Does not include camping in any other site

Camping * Fellowship * Meetings * Raffle * Auction

Activities & Games for All Ages *

Kids, grab your fishing poles! The stream is newly stocked.

Registration, Activities, Meetings & Group meals

will be held in the

EVENTS AREA - Group Site A (unless specified)

Raffle & Auction Saturday Night

Donations greatly appreciated!

Thursday Early Bird Meeting @ 8 PM

Friday & Saturday night: Potluck (bring a side or dessert)

Saturday & Sunday morning: Breakfast provided

Contribution cans will be available

See agenda for more details

Questions? Text Shawn: 801.550.1135 | LeAnn: 801.891.3329 | Tiffany: 801.647.7081

Housekeeping: NO DOGS in Event Area (Group Site A)

All dogs must be leashed at all times (per Forest Service policy).

Directions: From Scipio, UT, take US-50 south 15.1 miles.

Turn west on Maple Grove Road (County Road 3300), proceed 4 miles.

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Valley Camp
5325 North Fork Rd
Liberty Utah, 84310

CAMPVENTION 2026

— ★ *Saving Lives for 75 Years* ★ —



Valley Camp
5325 North Fork Rd
Liberty Utah, 84310



Ping Pong Tournament
(Held on Friday at 2PM)



Corn Hole Tournament
(Held on Saturday at 9AM)



Horseshoe Tournament
(Held on Saturday at Noon)



Duck Race



Bounce House



Kids Games



Face Painting



Karaoke
DJ D-Alvarado



50/50 Raffle



Prize Raffle



Live Auction



Includes

Saturday Breakfast
Saturday Dinner
Sunday Breakfast
All Speakers and Meetings
Camping is included with Registration



★
After Hours
Texas Hold'em
Tournament

\$20.00 (Single Person)
\$40.00 (Family)

AA Speakers

Friday- Amber B (Utah)
Friday- Brother Luke (Kentucky)
Saturday- Spence C (Utah)
Sunday- Audra T (No. Carolina)

★ *Plus* ★

Birthday Meeting
Sobriety Countdown

AA Trivia