

See? I'm not an Alcoholic!

from the June 2021 Grapevine Magazine

He wasn't about to stop drinking. Then one day a sober Navy buddy put him to the test

Back in 1988, I was a 19-year-old E2 in the Navy. I'd had some underage-drinking problems with the police and had been to see an alcohol counselor. Eventually I joined the military on an alcohol waiver.

In the Navy, I had some embarrassing drunks and was turned down for several opportunities. So I was really trying not to drink at the time I checked into the temporary barracks at Lemoore Naval Air Station in California. I was there to attend a training school.

I was assigned to a three-man room, but I had the room to myself until an older man showed up. He walked in and introduced himself. "My name is Steve, and I am an alcoholic," he said.

I felt sorry for him, calling himself that. But for some reason, I replied, "I might be one of those too." He took a lot of interest in that, asked a lot of questions, told me his story and invited me to an AA meeting.

Something in me didn't want to go to a meeting. I knew that once you went to AA you weren't supposed to drink and I wanted to keep my options open. I liked not waking up with hangovers and being sober, but I felt that having a drink or two occasionally wouldn't be bad if I controlled it and didn't get too drunk.

Steve was 42 and had two years of sobriety. He told me that if I didn't drink and didn't go to meetings, I'd go crazy and would eventually drink again. He said that alcoholism was a disease that needed to be treated, either by drinking or by going to meetings to stop drinking and doing Step work.

For three weeks, every day after school we discussed alcoholism, recovery and AA. I was very interested and soaked up the information. But when he put pressure on me to go to AA, I told him, "Look, I'm not an alcoholic. I was just saying that to be nice."

He wasn't convinced, and without missing a beat, he opened his Big Book to the part that says, "We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking." He then invited me to the Enlisted Men's Club to see whether I could drink one or two and stop.

As it turns out, I drank one and got very thirsty. I kept drinking and spent the last of my money on beer. Finally after last call, most people got up and left. But there was one guy who was gathering up partly filled pitchers of beer and putting them on his table. He was trying to drink all that beer. You could see on his face that his stomach hurt and he couldn't fit any more beer. He sat with his arms around all those pitchers like he didn't want anyone to take them. I was fascinated. Steve and I had been talking about drinking and alcoholism for weeks. Now, right in front of us, was a real live alcoholic.

On the way out the door, I said something to this man about his alcoholism. He wanted to fight and followed us back to the barracks. He was arrested for knocking on all the windows of the lower floor of our building.

The next day after school, Steve asked about our experiment and said that I ought to go to an AA meeting. I gave him the silent treatment for three days until he said he would quit bugging me about AA. I was relieved. "Do me a favor," he said. "Don't tell me what it is, but pick your bottom." So I did. I silently picked one, something I thought would never happen to me—divorce.

When training school was over, I tried to forget about Steve and the things he taught me. The idea of AA was upsetting. Eventually, after several months, I found solace in the bottle. Three and a half years later, with lots of periods of drinking interspersed with short dry periods, I found myself going through a divorce. I woke up one morning with the shakes and called AA. That was April 15, 1992. With the support of the program, the grace of God and mentors like Steve, I haven't had a drink since.

I am so grateful for that guy. He made it miserable for me to drink, planted the seeds of wanting to be sober and helped me know where to go when I became ready. And more importantly, he helped me pick a bottom that got me here sooner

➤ DAVID R. / FILLMORE, UTAH



Ogden Intergroup
Central Office
(ICOAA)

CLOSED Saturday July 4th

➤ **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)

>>> NEW Meeting <<<

Hope for Today

Wednesday

7:00 pm

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

07/26

Happy 4th of July!



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***Inter Group Representative
Meeting Attendance**

- The Central Office rep (IGR) meeting for June was canceled.
- The Central Office report for June is on page 4.
- The next *scheduled* IGR/COR meeting is **planned for Tuesday, July 21 , 2026 @ 6pm.**

* aka Central Office Representative

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

Sales Summary: (Income = \$196)

- *Books: 56 (\$ 90*)
- Chips: 259 (\$ 106)

[*= all printed material]



○ Brass	33 (\$ 69)
○ Aluminum	219 (\$ 26)
○ Tri-Plate	7 (\$ 11)

Office Activity: **Hours: 78**

- Emails: 130
- Calls/Msgs: 26
 - Calls to our Answering Service: 2
- Walk-Ins: 58 (average weekly walk-ins = 15)

Website Activity: **June** Visits: 755 Views: 1,866

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Contributions: **\$ 1,280** (June 2025 = \$1,525)

- Groups (11) groups \$ 1,280

(Prudent Reserve): (ending bal.) June 2026: \$ 8,112 (+ .6%)

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

(Operating Funds): (ending bal.) June 2026: \$ 1,985.97

(YTY) Year-to-Year comparison 2025-month end ** + 24%

**total funds

Wonder why it is
We never have to "cope"
With play?

- Bob M. 12/21/10

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

Intergroup Central Office-Ogden	June	TOTAL
2026 (Year-to-Date) Group Contributions	6/30/2026	YTD 2026
11:59 Group	100.00	160.00
A New Beginning	312.50	312.50
Beyond the Horizon		90.00
BYOB Group		365.00
Clearfield Group		250.00
Clearfield Young Peoples Group		100.00
Courage to Change Group		200.00
District One		360.00
Fellowship Manor	215.00	215.00
Friday Night Action		150.00
Grupo Primer Paso de Ogden (SP)	15.00	90.00
HAFB Group		100.00
Huntsville Group		320.00
It's in the Book		148.25
Keep It Simple		400.00
Ladies of the Mountain (WRH)		20.00
Meat & Potatoes		344.50
Meeting in the Mountain (VC)		344.00
New Comer Group		140.00
Our Primary Purpose Group		160.53
Recovery Together Group		1,400.00
Saturday Morning Brotherhood		482.50
Sat Night Alumni - ORMC	101.00	101.00
Serenity Happy Hour (Sunday)		178.94
Serenity Happy Hour (Wed.)		50.00
Serenity Sisters		84.00
South Davis #1	50.00	150.00
Stone of Sisypus		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

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

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... I want the hand of A.A.

always to be there.

And for that: I AM RESPONSIBLE.



Group Contributions	June	YTD 2026
The Way Out	30.00	145.26
Tremonton Group	300.00	450.00
Tuesday Morgan Group		500.00
Tyler Ave Group		350.00
Upon Awakening		205.00
Wed Night Fever Happy Hour	51.00	188.00
Wed Night Stag	55.00	151.50
Wed. Night Alumni - ORMC	50.00	628.00
What an Order!		10.00
Women's Circle of Hope		402.75
Groups Sub-Total	1,279.50	10,296.73
Individual Donation(s)	0.00	3,770.00
TOTAL Contributions	\$1,279.50	\$14,066.73

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 linkdin, 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
 - 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.

✂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

DISTRICT 11 GSR Meeting Minutes Unavailable at time of Publication

?? HUMOR ??

Growth through Pain

The Twelve Steps save you from suicide.
The Twelve Traditions save you from homicide.
General Service makes you want to do both.

J.D. / Big Lake, Minn

An epiphany is something that comes to you out of the blue that your sponsor has been telling you for the past six months.

Geoff C. / Vancouver, British Columbia

Wife: What are all the donuts for?

Me: They're for my home group.

Wife: Isn't that an online meeting?

Me: Yes. What's your point?

David L. / Columbus, Ohio

Who's in charge?

Fred was sitting at the bar last night boasting to his buddies, Carl and Ted.

Fred: Every meal is ready when I say it's ready. The dishes are washed when I say so. The bed is made and the laundry is done when I say so!"

Ted: "Wow! How long have you been married?"

Fred: Oh, I'm not married. I'm single.

Dusty B.. / Hancock, Maine

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.

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 each step of the 12 steps as rapidly as possible”,

RESERVATIONS ARE REQUIRED!!

July 25th and 26th

Please call or text (801)-821-0473 or email us at

FIXITOFODGEN@GMAIL.COM

Or SCAN THE QR CODE



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POT-LUCK IN THE PARK

BRING SOMETHING TO
SHARE OR NOTHING AT ALL
AS WE COME TOGETHER
AND CELEBRATE
RECOVERY WITH FRIENDS
AND FAMILY

SUNDAY JULY 19TH FROM 2:30P.M TO 4:30 P.M.
AT 3144 TAYLOR AVE, OGDEN UT.84403

EVERYONE IS WELCOMED

MUST PROVIDE YOUR OWN CHAIR OR BLANKET TO SIT ON... DOG FRIENDLY PARK



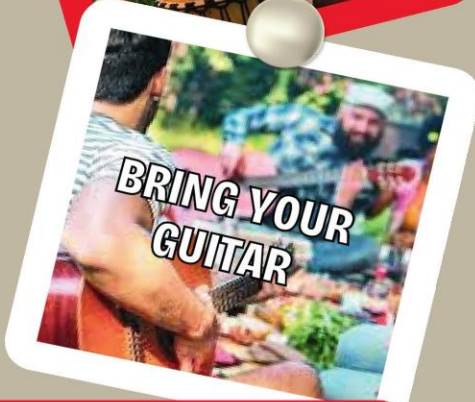
FREE HOT
DOGS AND
DRINKS
PROVIDED



WATER FIGHT FOR
EVERYONE



BRING A
DRUM FOR
THE DRUM
CIRCLE



BRING YOUR
GUITAR