

Never Too Young

SEPTEMBER 2026 GRAPEVINE

How can an 18-year-old on the dean's list at an Ivy League school be ready for AA? Believe her, she knows

By the time I discovered the miracle of alcohol, I already felt like I had catching up to do. I was 14 years old, and I needed that drink. Before alcohol, I found other coping mechanisms to deal with these feelings—achievement, perfectionism, people pleasing and lying. It was a lonely and stressful existence. I was always worrying what other people were thinking about me.

Why was I so desperate for that first drink? As soon as I had that first gin and juice, I knew instinctively that I wanted another. As the second drink went down, that warm, tingly feeling came over my body and I felt free, alive, a part of.

My next opportunity to drink came a few weeks later. Within 45 minutes, I slammed down eight shots until the room was spinning. I spent the rest of the night throwing up. Yet I woke up in the morning feeling like a hero, like I had survived a true rite of passage. The next four years can be simply described as a mission to drink as often and as much as possible. I developed a competitive nature about it, a drive to build up my tolerance and show others my fortitude for drinking.

The only thing that accelerated as fast as my drinking were my resentments. I became focused on the wrong others had done to me and how unfair life seemed. Although I had grown up in a religious home—one that embraced the moral teachings of the Bible—I had no sense of loving God, or any spirituality for that matter. The God I knew was like Santa Claus. If you were nice, you would get good things and when you were naughty, you wouldn't. With that kind of thinking, I got very angry. The world wasn't fair. I became self-righteous and vindictive. Depression crept in and I started having suicidal thoughts.

By the time got to college I was off to the races. Within three months I discovered that if I forced myself to throw up I could drink even more. One night I had 12 shots of vodka before I left the dorm. After two drinks at a fraternity party, I asked my friends if we could stop back at the dorm so I could throw up before heading to the next party. Shocked by my request, they called an ambulance, and I spent three days detoxing in the local medical center. I had no idea that would be my last night of drinking.

The nurse in the emergency room told me I was an alcoholic. I didn't believe her. I knew I was a heavy drinker, and perhaps my drinking was problematic, but how could an 18-year-old girl on the dean's list at an Ivy League school be an alcoholic? It was easy for me to see how my life was unmanageable, but powerless over alcohol?

The first days and weeks of not drinking were particularly dark for me. I no longer had the oblivion I craved. My problems were amplified, and my loneliness grew. I was in the "white-knuckle" phase. My depression worsened and I became consumed by thoughts of suicide. The therapist I had been seeing as part of my detox aftercare suggested that I try an AA meeting. Desperate for solutions, I complied.

My first meeting was small, maybe eight or nine people, including a school administrator, a professor, a local biker and a cat lady, but no young people like me. The meeting topic was Step One. I had never met people like this—drinkers who had become sober. I had looked down on non-drinkers before, but these people I could relate to. I identified with their stories despite our differences in age, appearance and life circumstances. After the meeting, they urged me to come back the next day.

Within in a few weeks of attending this meeting, a little blossom of hope budded inside me and, instead of thinking about suicide, I started to think about making plans for my 19th birthday.

It took me several months to buy my first Big Book and to ask a woman from this group to be my sponsor. One of the consequences of being young and sober was that at the end of our school year I would have to return to my hometown and find AA there. When I got home, I made the smart decision to get a service position on Saturday nights at a local group. I credit that with keeping me out of trouble my first summer of sobriety.

I relocated several more times and had to find new meetings and restart my Steps each time with new sponsors. There were oldtimers who told me, "I've spilled more than you drank." It was hard hearing them say "I wish I got sober as young as you."

Navigating life as a sober young person felt so challenging as I watched my peers drink recklessly with impunity. I also made some mistakes by getting involved in relationships that I had no business being in and making those people my Higher Power. I also strayed from meetings and got complacent about doing Step work. The pain of those decisions was very humbling, but motivated me to turn back to the program for answers. Service and Step work helped me to take the focus off my self-pity and let go of the things that were no longer serving me.

In my fifth year of sobriety, I moved to New York City and discovered a bounty of young people's meetings. I found my home group, Save Her a Seat, a meeting that focuses on women with five or more years of sobriety. I credit this meeting with teaching me how to become a woman of dignity and grace. I became friends with other women who got sober at 18 and even younger and I developed a rich and full social life centered around AA. Meetings like Soho Group, Straight 12 and Not a Glum Lot were full of young people making the most of their sober lives. I spent a lot of time in my 20s hanging out in diners with other alcoholics, and we also went to sober dances and camping and skiing trips.

I love the Ninth Step Promise: "No matter how far down the scale we have gone, we will see how our experience can benefit others." In my 22 years of sobriety, life has brought me disappointments and hard times, but every one of these experiences has given me the opportunity to help others who are going through something similar.

I'm no longer focused on whether life is unfair or not. Life is "lifey" no matter whether I'm naughty or nice. My job is to change my attitudes, let go of my resentments and accept things and people as they are. I have developed a new conception of a Higher Power—one that I can trust to take care of me, one that has a much bigger imagination than I ever had for my life.

AA is the center of my life. I have a sponsor who I always want to talk to, whose kind voice is in my head when I'm troubled by something, telling me "How can I bring God into this?"

I have two amazing home groups and the opportunity to witness the community that grows around me. It's incredible to think of the hundreds, if not thousands, of other alcoholics I've come to know over these years. I attend meetings and do service these days, not because I have to, but because I enjoy the connection and fulfillment I get from doing so.

Every time I meet another 18-year-old who walks into an AA meeting, my heart expands just a little bit more, and I feel a stronger sense of purpose and meaning in my life. I can be the person who lets them know that it's not too early to get sober, that their bottom is low enough and that life can be so much more meaningful without drinking.

From The Book

BY: ALLISON R. | NEW YORK, NEW YORK

"...make it emphatic that *he does not have to agree with your conception of God*. He can choose any conception he likes, provided it makes sense to him."

- Alcoholics Anonymous, "Big Book", pg. 93

***Inter Group Representative Meeting Attendance**

- **TWO (2)** District One groups sent representatives to the August meeting.
- **The following (2) groups were represented:**
Meat & Potatoes & Tuesday Morgan Group

NO IGR Meeting is scheduled for September

- The next ***scheduled*** IGR meeting is ***planned*** for Tuesday, **OCTOBER 20, 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 at
Central Office on the **3rd Tuesday @6:00pm**
(unless otherwise posted)

TO: Central Office Committee

From: Randy C., (Central Office employee)

Date: August 29, 2026

Subject: Ogden Intergroup **Central Office Report for August 2026**

Sales Summary: (Income = \$435)

- Books: 87 (\$ 191*)
- Chips: 192 (\$ 244)

{*= all printed material}

○ Brass	106 (\$ 223)
○ Aluminum	80 (\$ 10)
○ Tri-Plate	6 (\$ 11)

Office Activity: Hours: **80**

- Emails: 119
- Calls/Msgs: 24
 - Calls to our Answering Service: 2
- Walk-Ins: 59 (average weekly walk-ins = 15)

Contributions: \$ **1,772**

(August 2025 = \$2,008)

- Groups (10) groups \$ 1,771.73
-

(Prudent Reserve): (ending bal.) August 2026: \$ 8,212 (+ .6%)

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

(Operating Funds): (ending bal.) August 2026: \$ 1,916.64

(YTY) Year-to-Year comparison 2025-month end ** + 37%

****total funds**

If the "Promises"
 came true all at once...
 there'd be nobody left
 to make coffee!

- Bob M. 2012

My gratitude for this job at your Central Office.

-Randy

18 AUG 2026
Ogden AA Central Office Steering Committee Report

Office Manager/ Chairman – Randy C
Treasurer – Steve H

Minutes:

Eric M voted in as Secretary
<<<<<< Nothing Follows >>>>>>

Intergroup Representative
Meeting Minutes

Office Manager/ Chairman -Randy C
Treasurer – Steve H
Secretary: Eric M

Represented Groups: (2)

Meat & Potatoes – Gunnar H.
Morgan Tuesday – Mike L.

6:00 pm : Meeting opens - Moment of silence

- Intergroup Service Preamble read by Gunnar H.
- 12 traditions read by Mike L.
- Central Office business report for July read by Randy
See business report (page 5) for details
- Steve mentioned Randy's new pay scheme as 2x monthly rather than biweekly
- Randy mentioned website update

IGR discussions

- Mike L for Morgan Tuesday
 - group is doing well, growing
 - average attendance 6 persons
- Gunnar H. for Meat & Potatoes
 - varied attendance
 - internal debate over format
- Randy mentions NCCAA being held at SLC this year (NOV 26)
 - mentions idea for Ogden Central Office to host a table at NCCAA
 - > Mentions of SLC area website not including Ogden area link
- Randy thanks Tyler Ave group for buying coins and Action Express for buying books.

6:30 pm: Meeting closes with Responsibility Statement

SEPTEMBER Pass It On 2026

Ogden Intergroup Central Office Newsletter

Intergroup Central Office-Ogden	August	TOTAL
2026 (Year-to-Date) Group Contributions	8/29/2026	YTD 2026
11:59 Group		160.00
A New Beginning		312.50
Beyond the Horizon		145.00
BYOB Group	190.00	555.00
Clearfield Group		250.00
Clearfield Young Peoples Group		100.00
Courage to Change Group	245.00	445.00
District One		540.00
Fellowship Manor		215.00
Friday Night Action		150.00
Grupo Primer Paso de Ogden (SP)	15.00	120.00
HAFB Group		100.00
Huntsville Group		460.00
It's in the Book		148.25
Keep It Simple		400.00
Ladies of the Mountain (WRH)	20.00	40.00
Meat & Potatoes		467.00
Meeting in the Mountain (VC)		344.00
New Comer Group		140.00
Not a Glum Lot		200.00
Our Primary Purpose Group		359.53
Recovery Together Group	430.00	1,830.00
Saturday Morning Brotherhood	490.00	972.50
Sat Night Alumni - ORMC		101.00
Serenity Happy Hour (Sunday)		269.44
Serenity Happy Hour (Wed.)		50.00
Serenity Sisters		182.00
South Davis #1		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	} 10%
- District 11 PO Box 461 Bountiful, Ut 84011	
- Area 69 of Alcoholics Anonymous PO Box 18134 Kearns, Utah 84118	10%
- (General Service Office) GSO PO Box 2407 James A Farley Station New York, NY 10116-2407	30%
- Intergroup Central Office 3480 Washington Blvd #108 Ogden, Utah 84401	50%

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

Group Contributions	August	YTD 2026
The Way Out	30.00	175.26
Tremonton Group		450.00
Tuesday Morgan Group		500.00
Tyler Ave Group	75.00	500.00
Upon Awakening		255.00
Wed Night Fever Happy Hour		258.00
Wed Night Stag		151.50
Wed. Night Alumni - ORMC	100.00	853.00
What an Order!		10.00
Women's Circle of Hope	178.71	581.46
Groups Sub-Total	1,773.71	13,565.44
Individual Donation(s)	0.00	3,770.00
TOTAL Contributions	\$1,773.71	\$17,335.44

District One Meeting Minutes for August 11th, 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. Kristi was recognized as an interested A.A. from the 11:59 meeting. Roll call and the contributions basket were passed around at this time. Sam P. presented the July Meeting Minutes, which were reviewed and a motion to accept was raised. The district body voted to accept the meeting minutes.

III REPORTS

- **C.P.C.** - Mark R. Advised that is working with Weber State University's Nursing to create an in person and video presentation about A.A. and our meetings for their Nursing programs. Hey is currently using the C.P.C. presentation provided by the General Service Office.
- **Corrections** - Bob Y. reminded everyone that the Corrections committee brings meetings into the jail as a service that can be interrupted due to ever changing circumstances. There have been 3 lockdowns at the Weber County Jail that have caused meeting disruptions in the recent past. Bob also urged us to stay alert as an inmate used our meeting times to take items from the storage locker.
- **Treatment** - Matt A. advised that the Light House treatment center reached out asking for an A.A. meeting to be brought into their facility. The Treatment committee is working on the logistics of getting a meeting set up there with more information to follow.
- **Intergroup Logan** - Dan provided an update stating that all positions at intergroup are currently filled. Intergroup Logan is conducting a group survey in order to better understand the needs of their meetings and members. There will also be a Gratitude Dinner on November 7th. At the Presbyterian church from 4pm-7pm.
- **Treasury** - Judy Y. provided the latest treasury report. She answered questions as to why the district is currently not accepting digital contributions via Zelle due to the inability to track which group the contribution came from. **Judy reminded the G.S.R.s that all contributions whether check, money order, or cash need to include the Group's Name and or Group Number assigned by G.S.O. and that any checks must be made out to "District 1" with the number not written out as a word.**

③ DCM and DCMC Reports

- Michelle J - Michell attended the following meetings introduced herself as the new D.C.M. for the Logan Region and described how her job is to be the voice of their meetings at the district level.
 - Unity - Looking for Intergroup and General Service Representatives
 - Bridgerland - Monday Night 7pm is the only Beginners meeting in Cache Valley. They will be hosting their yearly Campout Aug 28-30th. See [Event Flyers](#)
 - Small Town/Big Recovery - Lots of new A.A.s and the meeting could use support from those with more time. Looking for more speakers for their meetings on the last Friday of each month. Looking for General Service Representatives.
 - Sober Solutions - Largest meeting in Cache Valley. They just hosted their summer picnic with 40 attendees.
 - She Women's Group - Lots of new women finding support at this meeting. They also host social events every other month!
 - Sober Cafe Groups - Transitioning from a registered group to a meeting. After operating expenses the remaining contributions will be sent to Cache Valley Intergroup.
- Mike R. has been attending meetings in Brigham City and Ogden and will also be attending the Area 69 Pre-Assembly Workshop

IV GSR REPORTS & OPEN DISCUSSION

- **Keep It Simple** - Josh advised that they received \$100 in the basket and used it to purchase new fans to help cool down the meeting space and keep it more comfortable. They will also be voting to see if their group will be available and willing to help set up the District 12 Concepts workshop. Josh also mentioned the group's Power Puff Girls who have taken the time outside of the meetings to gather and strengthen their sobriety.
- **Beyond the Horizon** - Carrie advised they have an excellent core group, but could always use additional support Tuesdays at 7pm.
- **Sunday Unity** - David advised that they have a regular attendance of about 20 people and of course welcome newcomers. Their meeting averages from newcomers with 2 days to longtimes with 40 years.
- **Meat and Potatoes** - Jonathan advised that the meeting is growing strongly with a 10% increase in attendance year over year. The group has successfully integrated venmo as a form of digital contributions collection. They are also sending the basket around a 2nd time at the first Monday/Friday meetings each month in order to collect more money specifically for G.S.O. This has increased their donations to G.S.O. by 16%.

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SEPTEMBER Pass It On 2026

Ogden Intergroup Central Office Newsletter

- Tremonton - Carrie advised that attendance is picking back up with 2-3 newcomers a week. Their summer picnic was a success with almost 50 people in attendance! Their group is looking for a new chairperson for the Tuesday and Sunday night meetings. As suggested at the July District Meeting the group is holding back the Pink can for the time being, but discussing passing another can to collect for Intergroup Logan.
- Bridgerland - Dan advised that the Summer Campout is coming up August 28-30th at Spring Hollow in Logan Canyon. There will be meetings by the fire and a sobriety countdown! See [Event Flyers](#)
- **Opportunities to serve A.A.** - A.A. Booths at events in Davis County (Sept. 5th) and Ogden Amphitheater (Sept. 25)
 - Those wanting to serve our cause can reach out to Donny G. Area 69 P.I. Chair.

OLD BUSINESS

- Elections
 - District 1 Panel 77 Elections coming up in October
 - There was a discussion on the District Committee Member positions and the suggested guidelines:
 - Served a full two-year term as a General Service Representative. If the person chosen is a current GSR, a new GSR should be elected to their position.
 - Has four or more years of continuous sobriety.
 - The time and energy to serve the District and the Area. (Recommended to have a DCM server the Brigham City, Logan, and Ogden regions)
- District 1 12 Concepts workshop
 - The date of the 12 concepts workshop must be pushed out after 9/26 due to conflicting with the Area 69 Panel 77 elections
 - More information to be provided at the September District Meeting.

NEW BUSINESS

- **District Workshop** - Mark R. Stood to chair the next district workshop on the topic of the 12 Concepts. Michelle advised she would join the workshop committee to help organize the event. A tentative date of Sept. 26 was picked, but further details will be announced after a location for the event is secured.

UPCOMING EVENTS

- District Meeting 650 E 700 S Brigham City Sept 8th
- Area Elections 50 E 400 S Kamas, UT 84036 Sept 25-27th
- National Corrections Workshop Little American Hotel SLC, Utah Nov 13-15th

CLOSING

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

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

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

?HUMOR?

The parking God

A drunk staggers out of a bar late one night and can't remember where he parked his car.

As he stumbles down the street looking for it, he starts praying, "God, if you can just please help me find my car, I'll sober up and stop drinking and go to church every Sunday..."

Just at that moment, he sees his car down the block and says, "Oh, never mind, I found it!"

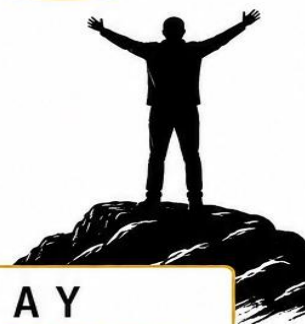
>> John A. / Pittsburgh, Pa.

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

FIX-IT GROUP OF OGDEN



On **SEPTEMBER 26TH** and **27TH**, the Fix-It Group of Ogden will be holding a two-day class that walks participants through all 12 Steps of Alcoholics Anonymous as rapidly as possible, following the directions found in the Big Book.



SATURDAY
SEPT 26TH
🕒 10:00 A.M. – 6:00 P.M.

SUNDAY
SEPT 27TH
🕒 12:00 P.M. – 4:00 P.M.

10



**YOU MUST ATTEND BOTH DAYS
TO COMPLETE THE STEPS.**



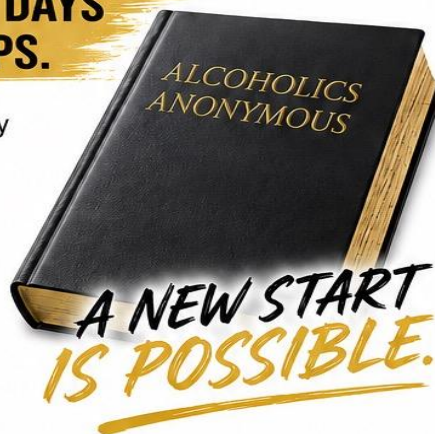
IT DOES NOT MATTER whether you currently have a sponsor or whether you have worked the Steps before.



This class gives you a **STARTING POINT** and helps show you what you will need to continue working on with a sponsor.



SEATING IS LIMITED, and attendance is available by reservation only.



**TO RESERVE YOUR SEAT,
TEXT 801-821-0473**

FOR MORE INFORMATION, PLEASE SEE ME AFTER THE MEETING.

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Western Area Conference of Young People in AA

WACYPAA XXVIII
PRESENTS

MAFIA MASQUERADE

UTAH VALLEY
ALANO CLUB

MEETING AT 7PM
GAMES AT 8PM

SUGGESTED
DONATION \$10

FRIDAY SEPTEMBER 11TH

JOIN US FOR A NIGHT OF FELLOWSHIP,
GAMES, AND MOSTLY HARMLESS DECEPTION.

MASKS AND MAFIA-RELATED COSTUMES ENCOURAGED!

QUESTIONS? CONTACT
NICK N AT 801-541-2887

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The poster features a scenic background of a forested mountain landscape with a cabin and a waterfall. The title 'CC & H2O LAVA Hot Springs' is prominently displayed at the top in a stylized font. Below the title, the text 'MEN'S SPIRITUAL RETREAT' is written in a bold, sans-serif font. The poster includes details about the location, date, and contact information. It also lists the cost of lodging and the pre-registration fee. A QR code for Venmo is provided, along with a list of items to bring. The bottom of the poster shows the registration start and retreat end times.

CC & H2O
LAVA
Hot Springs
MEN'S SPIRITUAL RETREAT

LOCATION:
Aura Soma Conference Center
196 E Main St,
Lava Hot Springs, Idaho

DATE:
September 11th, 12th and 13th

QUESTIONS CALL OR TEXT:
Luke (Chair) Idaho (208) 760-1226
Cleveland (Co Chair) Utah 814-572-8315

UNITED SERVICE RECOVERY AA

LIMITED BEDS AVAILABLE - FIRST COME, FIRST SERVED

HOTEL
RESERVE LODGING AT
THE LAVA HOTEL
(208) 776 - 5800

QUEEN: \$200
TWIN: \$75
BRING YOUR OWN SLEEPING BAG + PAD: **\$25**

VENMO: @Charles-Cecil-Acme-Installers
(INCLUDE NAME AND PHONE NUMBER IN TRANSACTION!)

VENMO LINK

PRE-REGISTRATION FEE: \$30 | DAY OF: \$40

Speaker- Jeremy Iouman
PLEASE BRING A BIG BOOK, A NEWCOMER, AND A SWIMMING SUIT.

REGISTRATION STARTS: FRIDAY 4 PM
RETREAT ENDS: SUNDAY 10 AM

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NATIONAL CORRECTIONS CONFERENCE 2026

RECOVERY IN THE WILD



BUTCH CASSIDY PACKAGE

REGISTRATION: BANQUET,
ICE CREAM SOCIAL,
HOSPITALITY ROOM,
T-SHIRT, COFFEE MUG

\$140.00

CALAMITY JANE PACKAGE

REGISTRATION:
HOSPITALITY
T-SHIRT

\$80.00

SUN DANCE KID PACKAGE

REGISTRATION: BANQUET,
HOSPITALITY ROOM,
T-SHIRT

\$ 130.00

NOVEMBER 13-15 2026

LITTLE AMERICA HOTEL

SALT LAKE CITY, UTAH

FOR MORE INFORMATION CONTACT KRISTEN = KRISTENDYER2026@GMAIL.COM
MATT = MATTYB3@MAC.COM