

Feeling Lonely?

OCTOBER 2026 GRAPVINE

I was sitting in an AA meeting surrounded by laughter and hugs. People were shaking hands, pouring coffee and chatting about their week. It looked like people all around me were connected socially. But inside I felt completely alone. I smiled, nodded and even laughed at the right moments, but the truth was that I was aching with loneliness. It was a strange kind of loneliness—the kind that shows up even when I'm not alone.

I used to think something was wrong with me for feeling that way. When I mentioned it, people would say, "You shouldn't feel lonely," or "Why didn't you call me?" or worse, "You know, loneliness is really self-centeredness." They meant well, but I heard shame between the lines, like I was failing at sobriety by having feelings. So I stopped mentioning my loneliness.

Instead, I stayed busy. I made coffee, chaired meetings, took service positions and smiled through it all. On the outside I looked fine. Inside, though, I felt unseen and disconnected.

Then one night a woman in our meeting shared something that broke through my defenses. She said, "Sometimes I feel lonely even in a room full of people. Usually it's because I'm not letting anyone really see me." I felt that deep in my chest. I realized I was hiding behind activity and appearance, trying to look like the perfect AA member instead of an honest one.

After the meeting, I walked up to the woman and said, "I really related to what you said." She smiled softly and replied, "Yeah. Me too. It gets better." That was all—no fixing, no advice. Just truth. And somehow, that simple exchange made me feel seen again.

Today I'm not as lonely as I used to be. But when loneliness does visit, I know it will pass—because I've seen it happen. Some bouts of loneliness take longer to fade than others, and that's OK too. My loneliness shows up in weird ways: anger, control, fear, busyness and even servility. And that's OK. The old saying is true: You're a human being, not a human doing. But sometimes I have to do to be—because once I reach that quiet space again, the loneliness fades.

When I recognize that I'm lonely—not crazy or broken—I can lean into the discomfort and move through it. Sometimes I call a friend, and sometimes I don't. Either way, I have the tools and the experience to know that sobriety doesn't mean I only feel happy or connected. It means I get to be human—and that's enough to keep going, one day at a time

BY: NIKKI O. / MAINE

This is How It Works

OCTOBER 2026 GRAPVINE

Today, our friend Don is celebrating 50 years of continuous sobriety. I got up early to attend his home group and arrived with a gift and card in hand. Before the meeting began, several of us oldtimers were standing around chatting, and Don, who was asked to speak, wondered what he should share about.

"You'll know," his long-time partner said, "Ask God for the words that need to be said this morning." That's what our friend did, and the results have me writing down the experience out of gratitude.

The reading of the group's opening format that day revealed that there was a new friend in the room with 73 days sober. Another member raised her hand and announced that she had 130 days. And then a younger person let us know that she had 29 days. It was a large crowd that day. We clapped as hugs were given, and coins and phone lists were exchanged. Then Don began to share.

Don talked about his powerlessness over alcohol and the unmanageability of his life before he surrendered and sought help in July of 1975. Without plan or preparation, Don and the following shares focused on what it felt like to be newly sober and what happens when you keep coming back and are willing to "do the work." The meeting wasn't about Don and his 50 years—it was about hope.

After the meeting, no one was in any hurry to leave. The feeling of fellowship was tangible as the home group member assigned to clean up shooed us out into the parking lot. Small crowds stood around determining which diner to visit while Don offered the man with 73 days a ride. This is how it works. It never ceases to amaze me.

BY: S.T. / WILMINGTON, DELAWARE



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)

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)

"I am responsible when anyone,
anywhere reaches out for help,
I want the hand of AA
always to be there, and for that...
I am Responsible."



***Inter Group Representative Meeting Attendance**

- The **September** IGR Meeting was canceled
- The September Central Office-Ogden business report is on page 4.
- The next **scheduled** IGR meeting is **planned** for Tuesday, **OCTOBER 20, 2026 @ 6pm.**

* aka Central Office Representative

TO: Central Office Committee

From: Randy C., (Central Office employee)

Date: October 1, 2026

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

Sales Summary: (Income = \$158)

- Books: 38 (\$ 75*)
- Chips: 233 (\$ 83)

{*= all printed material}

- 
- | | |
|-------------|-------------|
| ○ Brass | 25 (\$ 53) |
| ○ Aluminum | 206 (\$ 25) |
| ○ Tri-Plate | 2 (\$ 5) |

Office Activity: Hours: 84

- Emails: 114
- Calls/Msgs: 29
 - Calls to our Answering Service: 1
- Walk-Ins: 41 (average weekly walk-ins = 10)

Contributions: **\$ 1,791**

(September 2025 = \$2,013)

- Groups (12) groups \$ 1,791.35

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(Prudent Reserve): (ending bal.) September 2026: \$ 8,262 (+ .6%)

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

(Operating Funds): (ending bal.) September 2026: \$ 1,706.38

(YTY) Year-to-Year comparison: 2025-month end ** + 34%

****total funds**

Wonder why
it's easier to disparage
than to encourage?

- Bob M. 2012

Thanks for the job as the Central Office employee
- Randy

2026 OCTOBER Pass It On

Ogden Intergroup Central Office Newsletter

Intergroup Central Office-Ogden	September	TOTAL
2026 (Year-to-Date) Group Contributions	9/30/2026	YTD 2026
11:59 Group	400.00	560.00
A New Beginning		312.50
Bear River Group	431.35	431.35
Beyond the Horizon		145.00
BYOB Group		555.00
Clearfield Group		250.00
Clearfield Young Peoples Group		100.00
Courage to Change Group		445.00
Davis Group	400.00	400.00
District One		540.00
Fellowship Manor		215.00
Friday Night Action		150.00
Grupo Primer Paso de Ogden (SP)	15.00	135.00
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)		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		1,830.00
Saturday Morning Brotherhood		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	50.00	275.00
Stone of Sisyphus		250.00
Sunday Night Unity	150.00	450.00

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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Group Contributions	September	YTD 2026
The Way Out	20.00	195.26
Tremonton Group		450.00
Tuesday Morgan Group		500.00
Tyler Ave Group	75.00	575.00
Upon Awakening	74.00	329.00
Wed Night Fever Happy Hr		258.00
Wed Night Stag	151.00	302.50
Wed. Night Alumni - ORMC	25.00	878.00
What an Order!		10.00
Women's Circle of Hope		581.46
Groups Sub-Total	1,791.35	15,356.79
Individual Donation(s)	0.00	3,770.00
TOTAL Contributions	\$1,791.35	\$19,126.79

THANK YOU

District One Meeting Minutes for September 8th, 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. Roll call and the contributions basket were passed around at this time. Sam P. presented the August 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. is continuing to work with Weber State University's Nursing program and has suggested A.A. have a booth at one of their events to provide some in person information and pass out literature on our fellowship.
- **Public Information** - Hailee A. advised that there are no current updates.
- **Treatment** - Matt A. advised that there are no current updates
- **Intergroup Ogden** - Mike L. advised that Central Office sold the most chips it ever has this month with over 100! The prudent reserve is also doing fairly well again. Mike also accounted the story from this month's Pass It On "The Parking Gods." Be sure to subscribe to the monthly Pass It On if you have not.
- **Intergroup Logan** - Has not had great literature sales and is discussing discounting or donating old materials. Their Gratitude Dinner will be coming up November 7th, with a flier coming soon. Cache Valley is also looking to host workshops in 2027, balancing between fellowship and educational events.
- **Treasury** - Sam P. provided an abridged treasury report highlighting the recent increase in contribution from groups.

③ DCM and DCMC Reports

- Michelle J - Michell attended 5 of the 7 Cache Valley meetings last month. With each group, she discussed the Pre-Assembly conference, upcoming dates and used my pre-conference report to bring to the groups many of the topics that were discussed in the workshop, including these topics-
 - The GSR Is More Than a Reporter, they should:
 - Bring important agenda items back to the group.
 - Encourage discussion before decisions are made.
 - Help members understand where their money goes.
 - Help members understand how their voices influence AA.
 - Digital Seventh Tradition
 - The workshop also discussed the growing use of digital baskets such as: Venmo, Zelle, Cash App, PayPal
 - Important reminders included:
 - Protect anonymity.
 - Avoid mixing personal and group funds.
 - Create systems that can be easily transferred to a new treasurer.
 - Consider using group accounts rather than personal accounts.
 - Five to Thrive - how the \$1 contribution compares to other costs and how choosing to help AA thrive by giving \$5 when you can
 - Why General Service Matters
 - Many AA members see general service as the "business side" of AA, but the workshop encouraged us to look at it differently.
 - General service:
 - Carries the message beyond our individual groups
 - Connects local groups to AA as a whole
 - Protects the future of the fellowship
 - Supports services that individual groups cannot provide alone
 - One speaker compared the business side of AA to plumbing.
 - We don't think much about plumbing until it stops working. The same is true for general service. Much of this work happens behind the scenes, but it keeps the spiritual water flowing throughout the fellowship.
- Mike R. has been attending meetings in Brigham City and Ogden, as well as the Pre-Assembly Workshop. He will be attending the Area 69 Fall elections in Kamas this month.

IV GSR REPORTS & OPEN DISCUSSION

- Bear River Group - Pete advised the group has a new treasurer who has worked with the group and the Alono Club to distribute the funds they have collected. This month they were able to distribute their collected contributions as follows: \$431 to Central Office, \$250 to G.S.O, \$86 to Area 69, and \$86 to District 1.

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

2026 OCTOBER Pass It On

Ogden Intergroup Central Office Newsletter

- Beyond the Horizon - Carrie advised they have an excellent core group, but could always use additional support Tuesdays at 7pm.
- Recovery Together - Jim shared that the Monday meetings have been regularly attended by treatment centers and they hosted over 75 people this past Monday. They could use some members with longer term sobriety with so many newcomers, but of course all are welcome!
- Huntsville Group - Tim advised that the Thursday meeting could use some extra support.
- Tremonton - Josh shared that the group is doing well.
- Bridgerland - Dan advised that the Summer Campout Sobriety count down had nearly 300 years collectively. Their group will also be conducting a group inventory this month.
- Morgan Tuesday - Mike L. shared that the group always has treats so come visit.
- Saturday Morning Brotherhood - Dough advised they have a strong home group
- Area Motions:
 - Sam reported on a few area motions that G.S.R.s and groups may want to be aware of that will be on the table at this month's Fall Elections in Kamas. The exact wording of these motions can be found in the documents at: <https://sites.google.com/aaofutah.org/aa-of-utah/area-69-events>
 - Motion 1 would be to add a virtual Area Committee Meeting in January of every year as a service training session
 - Motion 2 proposes only 4 in person Area events a year rather than the current 8.
- Ogden Recovery Days Sept. 26
 - 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 next month. All positions will be open for elections.
- District 1 12 Concepts workshop
 - The date of the 12 concepts workshop has been set for December 12th. It will be a 4 hour event and cover all 12 concepts. Our Area Delegate and Past Delegates will be speaking and answering questions.

NEW BUSINESS

UPCOMING EVENTS

- | | | |
|---------------------------------|---------------------------------|--------------|
| • Area Elections | 50 E 400 S Kamas, UT 84036 | Sept 25-27th |
| • District Meeting | 650 E 700 S Brigham City | Oct 13th |
| • 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

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There's one thing about long-term sobriety:
I used to drink to forget ... now I forget why I walked into a room.

Charles K. / Brooklyn, NY

Q: What's the difference between AA and Al-Anon?

A: Any old drunk can get into AA. But to get into Al-Anon, you gotta know somebody.

Kenneth C. / Wilmington, N.C.

?HUMOR?

Dear A.A. Friends:

August 26, 2026

We are writing to provide an update regarding the forthcoming publication of the much-anticipated fifth edition of *Alcoholics Anonymous*. At the July 30 meeting of the A.A. World Services Board, the Publishing Committee recommended, and the full board approved, that the fifth edition hardcover be produced with a removable dust jacket and that a list price of \$20 USD be adopted. We are on track with the production process to publish the hardcover of the fifth edition, updated with 26 new stories of recovery, in February 2027.

We share the Fellowship's excitement about the fifth edition of our beloved Big Book—coming more than 25 years after the publication of the fourth edition. More information about the publication of the fifth edition will follow this fall.

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Warmly,



John W.

Chair, AAWS Board



Bob W.

General Manager, G.S.O.

Alcoholics
Anonymous®
www.aa.org

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

Dear A.A. Friends:

September 21, 2026

We are grateful for the many ways A.A. members support the Fellowship. Every Seventh Tradition contribution helps carry the message of hope and recovery and supports the work of your General Service Office.

As part of our ongoing effort to make contributions as simple and easy as possible, we are pleased to introduce our new contributions platform. The new platform reflects feedback we've heard from members and groups, offering more choices, greater flexibility, and improved tools for managing contributions. The platform will go live on the [contributions page](#) on aa.org mid-October.

We want to share what you can look forward to, as well as a few changes to familiar features.

More ways to contribute

One of the most significant improvements is the number of ways groups and members can make a contribution. The new platform will support the following payment methods and platforms:

- ACH from U.S. bank accounts
- EFT from Canadian bank accounts
- Credit and debit cards
- Apple Pay
- Google Pay
- Venmo
- PayPal

You will have the option to cover the processing costs associated with your contribution as well.

And for members who prefer to give anonymously, anonymous contributions will continue to be available.

More flexibility and control

The new platform provides enhanced self-service capabilities. For example, through the new contributions portal, you'll be able to:

- Make contributions online on behalf of an Area or District.
- More easily search for groups, districts, and areas when making Seventh Tradition contributions.

We've heard from members who want greater flexibility in managing recurring contributions. The new platform will allow you to:

- Change the amount of a recurring contribution
- Update maximum contribution limits

(continued on pg. 10)

- Pause or resume a recurring contribution
- Schedule a contribution for a specific date
- Select a different recurring contribution frequency after a contribution has been created

We will also now be able to provide improved communication about recurring contributions, including notifications of failed payments, expired cards, and abandoned contributions, helping you stay informed and avoid unnecessary interruptions.

Accessing the contributions portal is designed to be simple, too. There's no password to remember and no separate login required. A secure link will be sent directly to your email address when you need to access your contribution information.

What will change

With these improvements, the A.A. World Services Board has authorized a few changes to make the contributions platform more intuitive, more reliable, and easier to maintain. These include:

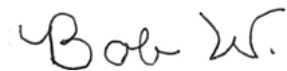
- Acknowledging a group: Members making individual contributions will no longer be able to designate a group to receive acknowledgment, sometimes referred to as a "soft credit."
- Recurring contribution frequency: When initially setting up a recurring contribution, the only available frequency will be monthly. After you create the recurring contribution, you can change the frequency in the donor portal.

We know that with the introduction of a new platform, there may be a period of adjustment and questions from members. We are here to support you as you navigate the new platform and answer any questions you may have. Please contact memberservices@aa.org with any support questions related to the new platform.

Thank you for your patience and understanding during this transition and for your ongoing generosity that supports our Fellowship.

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With gratitude for your continued service to Alcoholics Anonymous,



Bob W.
General Manager, GSO

FROM THE BOOK

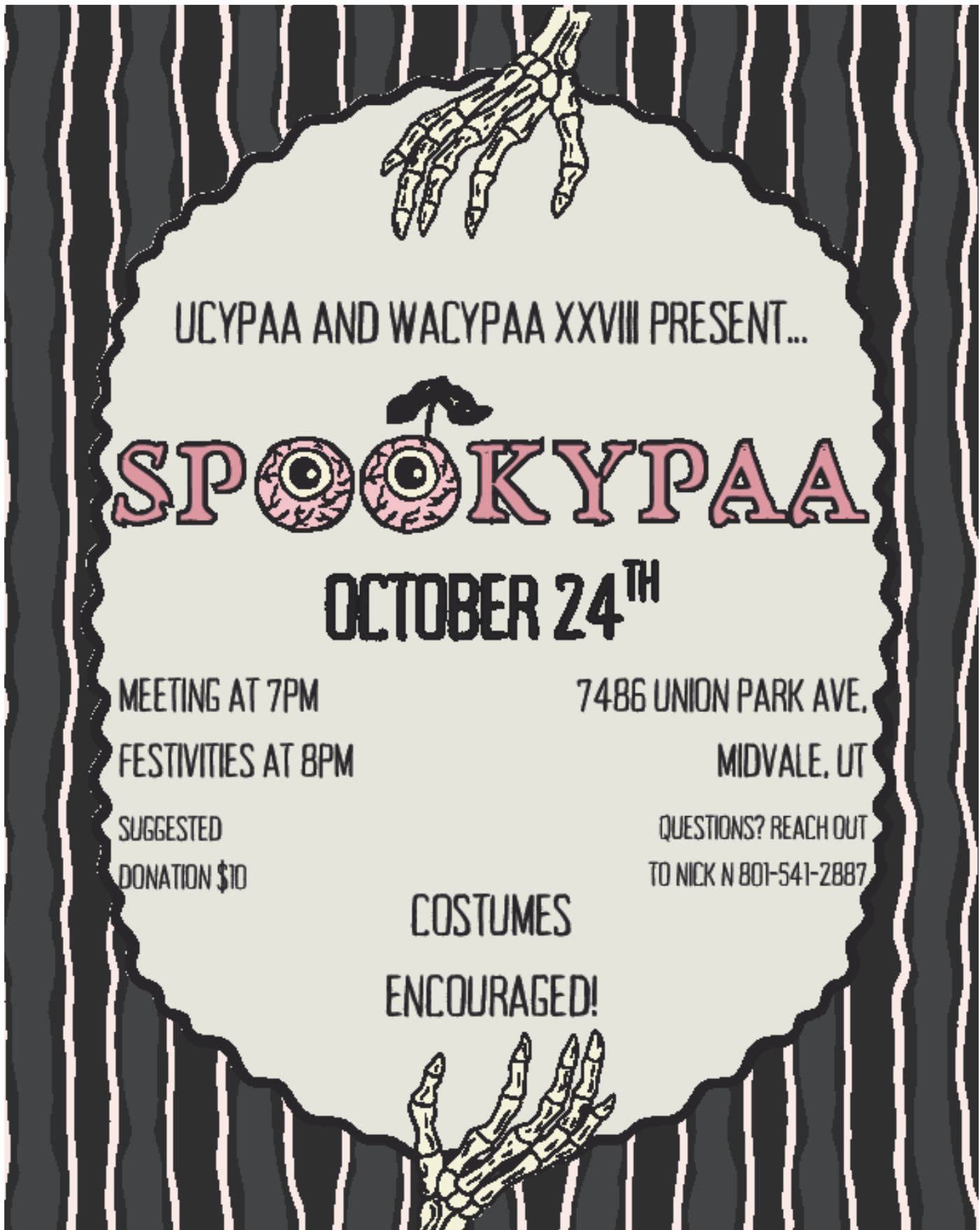
When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?

- **Alcoholic Anonymous**, (Big Book) Step Eleven, **pg. 86**

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NATIONAL CORRECTIONS CONFERENCE 2026

RECOVERY IN THE WILD WEST



BUTCH CASSIDY PACKAGE

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

\$140.00

CALAMITY JANE PACKAGE

REGISTRATION:
HOSPITALITY
T-SHIRT

\$90.00

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 - KRISTENDYER202@gmail.com
MATT - MATTY123@MAC.COM