November Pass It On 2026
Ogden Intergroup Central Office Newsletter

Getting the Help We Need

NOVEMBER 2026 | AA GRAPEVINE

With family, AA and outside care, he finally found the right balance to live a happy, productive, sober life

I'm an AA member who is recovering from both alcoholism and a mental health condition. It's not something that I talk about much in meetings, but that's me.

When I came into AA, I loved it. I was trying to do everything that was suggested, yet I was struggling with quiet desperation and intrusive thoughts. I felt like I was going crazy. I was coming out of my skin and the only release I could find was through self-harm, which was getting bad.

In the chapter "There is a Solution" in our Big Book it says, "The main problem of the alcoholic centers in his mind." I was confused. Were all the other AA members feeling this way too? What should I share in meetings? What should I not share?

Finally, one day I mentioned to an older member of the group that I was cutting myself. He looked very concerned and told me, "This sounds like more than just alcoholism."

A few days later, he showed up at my house with four other members from my AA group. My fiancé had arranged for an intervention. She let them in. I walked into the living room, unaware that these AA members were there to convince me to seek outside help. It must have been so uncomfortable for them, but they probably saved my life.

I resisted their suggestion before finally realizing they were right. I needed help. The following day I was on my way to a treatment center in San Antonio, where the doctors dealt with both addiction issues and mental illness.

My diagnosis was swift and accurate. Getting me on the right medication for my mental illness proved a bit more challenging. I left the treatment center after 14 days in worse shape than when I arrived. I was coming completely unglued.

My first morning back home, I sat outside on the patio drinking coffee from my favorite cup. Again, I felt that uneasy pain of desperation. I picked up the cup, threw it against the wall and watched it shatter into pieces. The medication was not working for me. I soon found myself in another psych ward. This time, I smuggled in a razor blade. The nurse came into my room in the morning to find that I had used it. For the next few days, I had someone they called "my shadow" go with me everywhere I

went. I was assigned to a really good doctor. Through trial and error, he found the right medication for me. I left two weeks later feeling much better. The obsession to harm myself was gone.

I went back to my AA group able to focus on recovery. Eventually I found a great sponsor, switched home groups and got very involved in service. I was doing so well that there came a time when I thought, Maybe if I work the Steps really hard, I won't need to take my medication anymore. I did not share this thought with my group or my sponsor, and I didn't tell my doctor. I just stopped taking my meds. In no time, I was back on the crazy train.

I learned a valuable lesson from this experience: I discovered I needed the medication to treat my mental illness just as I needed AA and the Twelve Steps to treat my alcoholism. For me, it could not be one or the other. I needed both.

Like it says in the chapter "To Wives" in our Big Book, "Sometimes there are cases where alcoholism is complicated by other disorders. A good doctor or psychiatrist can tell you whether these complications are serious." I am simply one of those cases.

I had 15 years of sobriety in AA when my medication got completely out of whack. It should have been carefully monitored, but it wasn't. I had been trusting my family doctor with my mental health, unaware that he wasn't qualified to manage my care. Luckily, I told my wife what was going on inside my head. She immediately got me the professional help I needed. They doubled my medication, and I spent 10 days in the psych ward so they could watch me for any side effects. The new dosage worked!

My last visit to a psych ward was many years ago. Today I have a psychiatrist who regularly monitors my mental health and a sponsor who helps keep me in check. I stay plugged into AA through attending meetings, sponsoring others and doing lots of service. I live a very full, happy and productive life.

Thanks to a good doctor and AA, I am blessed to have 32 years of both sobriety and sanity.

BY: RAY M. | HURST, TEXAS

HUMOR?

I had a pretty strange day yesterday.
First, I found a hat full of money. Then I was chased by a drunk guy with a guitar.

- ***Paul C. / Oceanside, Ca.***

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Ogden Intergroup Central Office

(ICOAA)

(801) 393-4728
Email: igrcentraloffice@gmail.com

The Office will be CLOSED Thursday, November 26 for Thanksgiving

➢ 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

- Four (**4**) District One groups & One (**1**) District 11 Group sent representatives to the October meeting.
- The groups represented were: Meat & Potatoes, Tuesday Morgan Group, 1159 Group, Saturday Morning Brotherhood & Serenity Happy Hour (Sunday).
- The next ***scheduled*** IGR meeting is ***planned*** for Tuesday, **November 17, 2026 @ 6pm.**

*aka Central Office Representative

TO: **Central Office Committee**

From: Randy C., (Central Office employee)

Date: November 3, 2026

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

Sales Summary: **(**Income = $399)

- Books: 100 ($ 189*)
- Chips: 233 ($ 210)
  - Brass 94 ($ 161)
  - Aluminum 409 ($ 49)

{*= all printed material**}**

Office Activity: Hours: **102**

- Emails: 154
- Calls/Msgs: 47
  - Calls to our Answering Service: 1
- Walk-Ins: 65 (average weekly walk-ins = 13)

Contributions: ***$ 1,546*** *(October 2025 = $2,982)*

- Groups (**14**) groups $ 1,545.99

(**Prudent Reserve**): (**ending bal.**) October 2026**: $** 8,312 (**+ .6%**)

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

(**Operating Funds**): (**ending bal.**) October 2026: **$** 1,090.64

(YTY) Year-to-Year comparison**:** October 2025 ** **+ 21%**

****total* funds**

Thanks for the job as the Central Office employee

- Randy

It takes more effort
to Be who we *think* we are,
than whom we truly can Be.

- Bob M. / 2011

AA CENTRAL OFFICE – OGDEN - 3480 WASHINGTON BLVD. SUITE 108
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Phone: (801)393-4728 igrcentraloffice@gmail.com

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Intergroup Central Office-Ogden	October	TOTAL
2026 (Year-to-Date) Group Contributions	11/3/2026	YTD 2026
11:59 Group	100.00	660.00
A New Beginning		312.50
Babes of Anonymity	191.18	191.18
Bear River Group		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
District One	180.00	720.00
Fellowship Manor		215.00
Friday Night Action	100.00	250.00
Grupo Primer Paso de Ogden (SP)	15.00	150.00
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	187.00	654.00
Meeting in the Mountain (VC)		344.00
New Comer Group	250.00	390.00
Not a Glum Lot		200.00
Our Primary Purpose Group	134.00	493.53
Pavilion Posse	30.00	30.00
Recovery Together Group		1,830.00
Saturday Morning Brotherhood	74.00	1,046.50
Sat Night Alumni - ORMC		101.00
Serenity Happy Hour (Sunday)	69.81	339.25
Serenity Happy Hour (Wed.)		50.00
Serenity Sisters		182.00
Sisters in Sobriety	75.00	75.00
South Davis #1		275.00



Suggested Contributions

(from pg. 13 of 7th Tradition Self-Support 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

Group Contributions	October	YTD 2026
Stone of Sisyphus		250.00
Sunday Night Unity		450.00
The Way Out	15.00	210.26
Tremonton Group		450.00
Tuesday Morgan Group		500.00
Tyler Ave Group	75.00	650.00
Upon Awakening		329.00
Wed Night Fever Happy Hour		258.00
Wed Night Stag		302.50
Wed. Night Alumni - ORMC		878.00
What an Order!		10.00
Women's Circle of Hope		581.46
Groups Sub-Total	**1,495.99**	**16,852.78**
Individual Donation(s)	50.00	3,860.00
TOTAL Contributions	**$1,545.99**	**$20,712.78**

District One Meeting Minutes for October 13th, 2026

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. Roll call and the contributions basket were passed around at this time. Sam P. presented the September Meeting Minutes, which were reviewed and a motion to accept was raised. The district body voted to accept the meeting minutes.

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. He is also reviewing a video from G.S.O. to provide to the nursing program. Makay Dee Hospital was asking for help with getting their interns A.A. experience and Mark is looking for more contacts there to facilitate the assistance.
- **Intergroup Ogden -** Mike L. advised that Central Office's donations are up 34% this year and that the prudent reserve is doing well again. He also advised that now with so many A.A. apps and online resources Central Office hardly ever gets any after hours calls requesting meeting information.
- **Intergroup Logan** - Dan S. advised that intergroup is doing well and are increasing their budget for next year. They will also be hosting a gratitude dinner on November 7th from 4:30 to 7pm at the First Presbyterian Church 178 W Center St. Logan Utah.
- **Treasury -** Judy Y. presented the treasury report for September. She was unable to make some of the deposits yet so not all group contributions are reflected on last month's report, but will be on next month's.$227 Dollars were taken in as donations at the Area 69 Standing Chair Workshop and will be paid back to Area 69's Treasurer. It was also reiterated that the Pink Can donations can be utilized to provide literature to jails, treatment centers, and hospitals.

DCM and DCMC Reports

- Michelle J - Michell has been attending meetings in Logan informing them of the Area 69 Fall Assembly/Elections that just passed as well as the District 1 elections for Panel 77. She also has been plugging the District 1 12 Concepts Workshop that will be taking place December 12th. Michelle also provided updates for groups in Logan that do not have a current GSR. The groups are healthy and have lots of upcoming activities.
- Mike R. has been attending meetings in Brigham City and Ogden, as well as the Area 69 Fall Assembly. He reported that the following positions have been filled for Panel 77 Area 69
    - Area Officers
        - Delegate - Kristen D.
        - Alternate Delegate - Diana J.
        - Chair - Amy S.
        - Treasurer - Steve B.
        - Secretary - Joe H.
        - Registrar - Jolene G.
    - Standing Chairs: Agenda/Assembly - Babs K., Archives - Gina H.,Cooperation with the Professional Community - Jake S., Corrections - Debbie A., Grapevine/La Vina - Kathleen B., Literature - Cherry W., Repository Archivist - Janet H., Treatment/Accessibilities - Craig S. Still to be filled: Communications, Public Information, and Young People in Alcoholics Anonymous.

GSR REPORTS & OPEN DISCUSSION

- **Saturday Morning Brotherhood** - Doug J. advised that their home group has been discussing what are issues to bring up at district meetings vs what are issues to take care of within the homegroup. They pressed the importance of the home group.
- **Bridgerland** - A few positions are opened at the meeting and are expected to be filled at the group's next business meeting/elections. Their group is a front line group that meets 7 days a week in Logan and could use support from long timers.
- **Tremonton Group** - Carrie advised that they will be organizing a Christmas Party for December 4th, more details to be announced. They have been working to integrate venmo at their group for 7th tradition contributions as well as ordering a copy of the grapevine for their meeting. Recent discussion has prompted the question of how to get more people involved in service when so many have opinions, but are not following up with action.
- **S.H.E Women's Group** - Will be hosting a tie dye social. Misha, their GSR, is also looking for women with experience in A.A. Service work to attend the group and discuss what our legacy of service entails beyond the group.

- **Keep It Simple** - Is opening up more positions for service at their meeting. The group has grown pretty large and has created lots of opportunities for sponsorship and post meeting fellowship.
- **Hope For Today** - Is a new meeting in Brigham City at 7pm on Wednesday Evenings at the Presbyterian Church. They have been getting 8-15 newcomers and could use support.
- **Meat and Potatoes** - Elections were held last month and all positions were filled, though the group may add a Grapevine Representative soon.

OLD BUSINESS

- District 1 12 Concepts workshop
  - The date of the 12 concepts workshop has been set for December 12th from 8:30-11:30am with breakfast to be served at 8:00am. Notable speakers will be our current Area Delegate Mike F. as well as Past Delegate Dave R. This is a great opportunity to learn about our 12 concepts of world service, how they apple to A.A. as a whole and to your own home group. All are welcome but please RSVP to 122ConceptsBreakfast@gmail.com.
- National Corrections workshop
  - Recovery in the Wild Wild West will be at the Little American Hotel in Salt Lake City November 13-15th. Kristen D. shared with us several stories of speakers who will be in attendance as well as lots of fun activities. Artwork from members on the inside will be raffled off, notably a piece by a member on death row who says "I'm more free now on death row than I ever was out there thanks to A.A."
  - Volunteers are still required, please ask your GSR for the contact information for the volunteer coordinator.

NEW BUSINESS

- District 1 Panel 77 Elections
  - District 1 held its elections for panel 77, but still requires a few more positions to be filled. This is the best time to attend a district meeting and stand for a position as you'll have until the end of the year to work with the outgoing officer or standing chair to learn the job and how to best help our district. Please share this with your group as a district cannot function as intended without the Secretary and/or Treasurer.
  - Officers Elected:
    - DCMC - Mike R.
    - DCM (Logan) - Michelle J
  - Officer Positions Still Open for Panel 77
    - DCM (to serve Brigham, Ogden, as well as a DCM to help serve any location)
    - Secretary
    - Treasurer
  - Standing Chairs Elected
    - Cooperation with the Professional Community - Mark R.
    - Treatment - John C.
  - Standing Chairs Still Open for Panel 77
    - Communications, Corrections, Grapevine, Literature, Public Information
    -

UPCOMING EVENTS

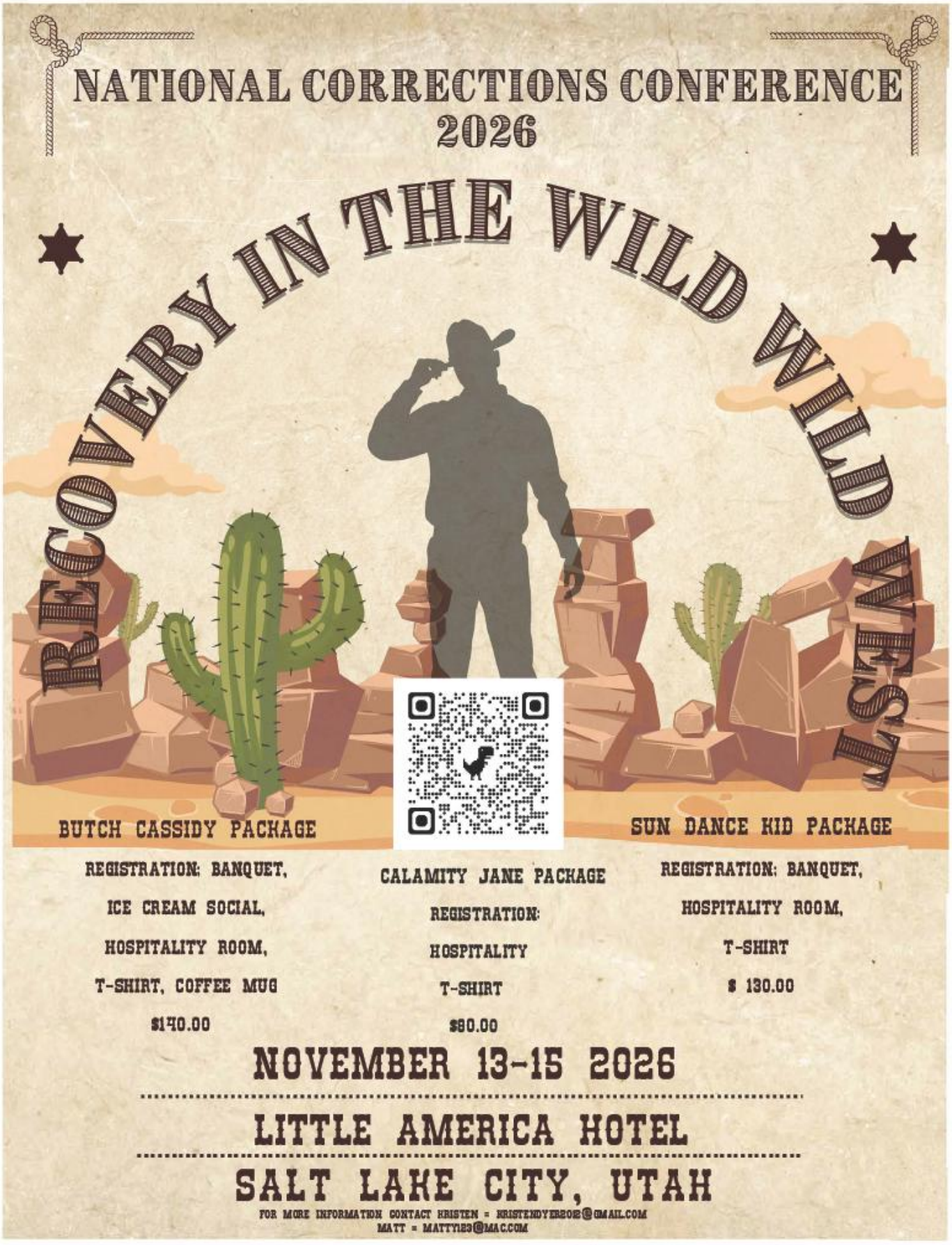
• Area 69 Pass the Gavel	50 E 400 S Kamas, UT 84036	Nov 7 & 8th
• District Meeting	650 E 700 S Brigham City	Nov 10th
• National Corrections Workshop	Little American Hotel SLC, Utah	Nov 13-15th

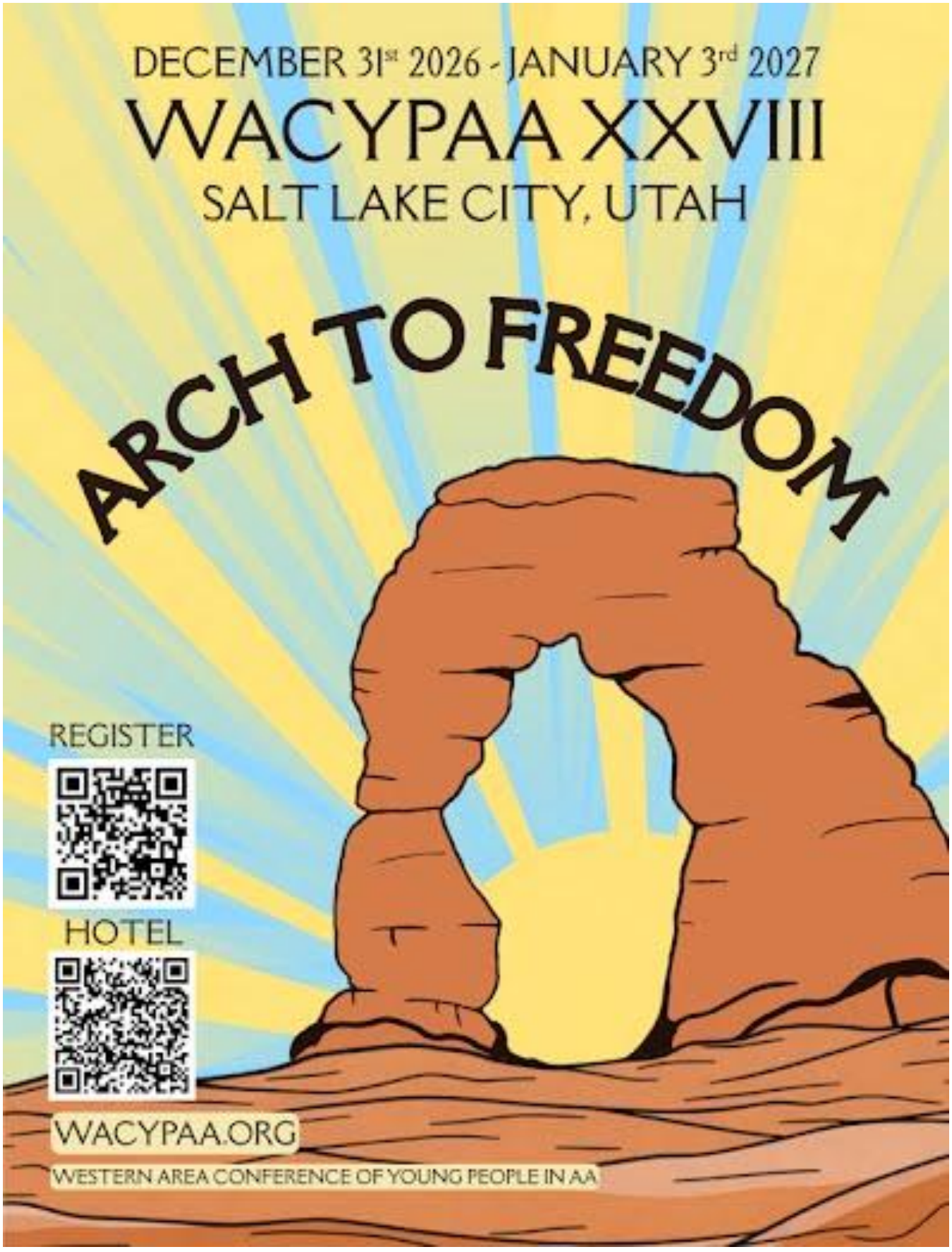
CLOSING

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


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
$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 - KRISTENDYER202@GMAIL.COM
MATT - MATTY123@MAC.COM


DECEMBER 31st 2026 - JANUARY 3rd 2027
WACYPAA XXVIII
SALT LAKE CITY, UTAH
ARCH TO FREEDOM
REGISTER
HOTEL
WACYPAA.ORG
WESTERN AREA CONFERENCE OF YOUNG PEOPLE IN AA



The Tremonton Group of A.A.
Invites you to attend
Our Holiday Party

Date: Friday, December 4th, 2026

Time: 8:00 P.M. (after regular 7pm meeting)

Place: Tremonton Public Works building
300 East 1200 South
Tremonton, Utah 84337
(Location of regular Tremonton Group AA meetings)

Food, drinks and fellowship will be provided. Bring a dish to pass if you can. Come celebrate the holiday season and the joy of sobriety/recovery with us!!!
All children are welcome, No pets!!!

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