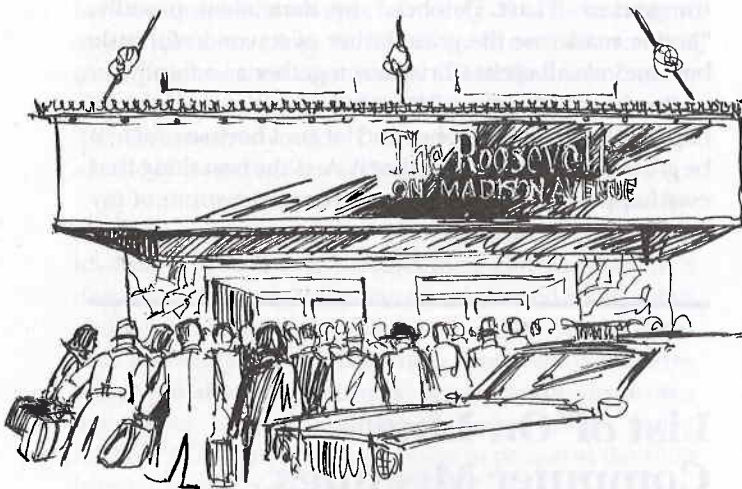


38th Conference— “Singleness of Purpose . . .”

Early in April, 134 A.A. members across the U.S. and Canada will be gearing up for the trip to New York to attend the 38th General Service Conference of Alcoholics Anonymous, which will be held at the Hotel Roosevelt, April 17-23. The 134 Conference members are made up of delegates from the 91 service areas of the U.S. and Canada, 21 trustees of the General Service Board, A.A.W.S. and Grapevine directors and G.S.O. and GV staff members. The annual week-long Conference will address, through presentations, a workshop, and much committee work and discussion, current problems facing Alcoholics Anonymous. Decisions and Advisory Actions will emerge based on the group conscience.



The theme of the 38th Conference is Our Singleness of Purpose—Key to Unity. To allow more time for important committee discussions and reports, this year's Conference will have only one workshop, based on the Conference theme. There will be presentations on self-support, area structure, singleness of purpose, and focus on the positive. A first this year will be a presentation on finance by Ed Gordon, G.S.O.'s director of finance and business administration. This came about as the result

of Ed's successful late-night discussion on finance at a sharing session during the 1987 Conference.

Other activities during the busy week will include two "What's On Your Mind?" sharing sessions, an opening dinner and A.A. meeting and highlights from the areas, presented by first-year delegates. A Site-Selection Committee will review and recommend to the Conference three possible host cities for the 1995 A.A. International Convention.

A report of the Conference and key Advisory Actions will be printed in the June/July issue of *Box* 4-5-9.

Lower Prices and Higher Discounts on A.A. Literature

On March 1, a 12½% reduction on books and booklets, as well as a 22% discount on pamphlets and other material, went into effect. There is also a 22% reduction on all Spanish, French and other foreign-language literature to bring them into line with English-language versions.

These reductions are possible because of the strongly growing contributions to G.S.O. from A.A. groups in the U.S. and Canada.

Most important, in the true spirit of the Seventh Tradition, there is no longer a different outside price for individuals and non-A.A. entities—all purchasers pay the same. This means we do not derive unusual amounts of income from any group or people, and most of all, not from outsiders. In the past some such income had been used to support A.A. service activities.

The Seventh Tradition is not the only one whose stability we should be concerned about today, but it was certainly a concern while we accepted publishing profits from outsiders. This latest price reduction comes close to eliminating profits from literature sales altogether, and when we reach that point the service work of the General Service Office will be entirely supported by group contributions.

Therefore both practical and spiritual benefits accrue from our observance of the Seventh Tradition, just as they do from close observance of all our Traditions.

Box 4-5-9 is published bimonthly by the General Service Office of Alcoholics Anonymous, 468 Park Avenue South, New York, N.Y., © Alcoholics Anonymous World Services, Inc., 1988.

Mail address: P.O. Box 459, Grand Central Station
New York, NY 10163

Subscriptions: Individual, \$1.50 per year; group, \$3.50 for each unit of 10 per year. Check — made payable to A.A.W.S., Inc. — should accompany order.

G.S.O.'s John G. 'Comes Home' to Treatment Facilities

For John G., the newest member of the General Service Office staff, his assignment to the Treatment Facilities desk is a coming home: "I was in and out of detox centers and rehabs before I finally sobered up at a psychiatric center in New York, and I identify strongly with alcoholic patients. More recently, I worked as a hospital alcoholism counselor, so I also appreciate many of the problems facing treatment center administrators."

Since succeeding Maureen C. in November 1987, John has had his hands full learning the details of his new job. He is keenly interested in the progress of a film now under consideration by the trustees' Committee on Treatment Facilities. "The new films 'A.A. and Young People' and 'It Sure Beats Sitting In a Cell,' released last fall, are very effective," John notes. "However, the committee is considering a film that tells patients and professionals in treatment facilities what A.A. is and what it isn't. It would help to lift a lot of ignorance and misunderstanding—and, hopefully, stem the tide of nonalcoholic drug abusers now being sent to A.A. by so many treatment centers."

John is especially moved by the letters G.S.O. receives from alcoholics in rehab centers. "They write for free copies of the Big Book and other literature, explaining that they are down on their luck and have no money. It sure brings back memories."

Born and raised in New York City, John was a regular on the drug scene. "I was a heroin addict," he acknowledges, "and did time in prison for stealing to support my habit. But alcohol did an even bigger number on me. A sharpshooter of the first order, I was on methadone, Antibus, the works, to no avail. The late Dr. Marie Nyswander, a pioneer in methadone maintenance treatment, detoxed me 11 times and finally threw me out of her program. I was divorced, on Welfare, and dying of

cirrhosis of the liver, but I still couldn't cork the bottle. When able to work, I turned my alcoholic talents to bartending."

In 1979, when John was three years sober in A.A., he went back to see Dr. Nyswander. "As experienced as she was," he remembers, "she nonetheless was amazed at the miracle that had happened for me."

During the first 90 days of his recovery in A.A., John attended 300 meetings, "day and night." After "graduating" from Welfare, he found work as a stationary engineer (heating, ventilation and air-conditioning), "even though I didn't know a radiator from a hole in the wall." Some six years later, he took a \$17,000 pay cut to become an alcoholism counselor at a hospital near his home in Staten Island. "It was hard wearing two hats," he says. "I tended to get emotionally involved with the patients and had to struggle constantly for balance. Also, some of my fellow counselors thought I was too hard-nosed in my approach to recovery. For example, I had a low tolerance for self-pity. I still think it's the worst emotion an alcoholic can have—it immobilizes. I know because I've been there."

Now 11 years sober, John marvels at the changes in his life. "My father died an alcoholic when I was nine months into recovery," he says, "and I was able to talk to him across the hurt and anger of the years. I knew that if I didn't forgive him, I wouldn't be able to forgive myself."

Three years ago, John was reunited with his daughters, Lynn, 22, and Janine, 21, after a 15-year estrangement. "Last October," he announces proudly, "Janine made me the grandfather of a wonderful little boy, and we all spent Christmas together as a family."

Recovery "takes time," John reflects, "but good things happen if we just stay sober and let go. I have so much to be grateful for. When I say that A.A. is the best thing that ever happened to me, I mean it from the bottom of my soul."

List of 'On-Line' Computer Meetings Available from G.S.O.

As more and more computer-equipped A.A.s are holding "on-line" meetings, a number of their groups have asked to be listed with the General Service Office. Because these meetings necessarily are "open" only to members with computers, it is not yet clear whether any or all such meetings, in the strictest sense, fulfill the definition of a group as described by the group conscience

of A.A. in the U.S. and Canada. In the meantime, G.S.O. has compiled a separate listing of on-line groups, very much as it has been doing with A.A. ham radio operators and CBs who meet on a regular basis.

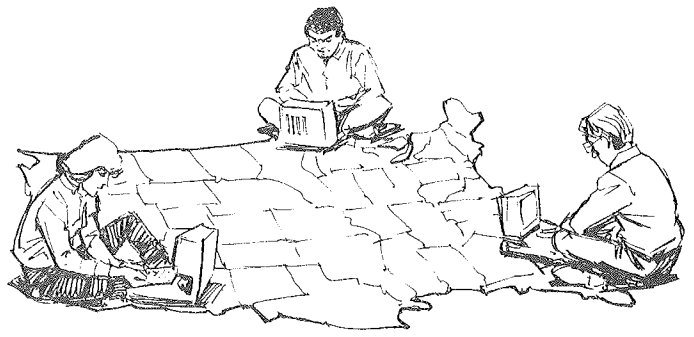
A "charter member" of the new listing is Q-Link BBS—short for Quantumlink Electronic Bulletin Board Service—an on-line group that can be accessed nationally. Says Ron H., of Woodside, N.Y., who acts as SYSOP (system operator): "Our meetings are no substitute for live meetings where A.A.s can see and hear and touch each other, but they are a great help to all of us who need to reach out between meetings and especially to the hearing-impaired and shut-ins—handicapped people, A.A. Loners and the aged who have difficulty getting to a live meeting. We have one woman member, for example, who was so phobic about mingling in groups of people that she rarely attended meetings. For some time, she has been on-line getting suggestions and help, and just recently she ventured out to a regular meeting again."

Ron became involved in computer meetings in November 1986. Shortly after subscribing to a national database service operating out of Reston, Virginia, he found the familiar slogan "Easy Does It" staring back from his screen. The message had been input by another A.A., and soon the two operators were conducting a "meeting" every Sunday. Several weeks later, another friend of Bill W.'s "wandered into the meeting room" with a message asking for help, liked what he "heard" and stayed, says Ron, "we have about 200 members nationwide, with approximately 20 of them present at any given meeting. Some use their own names, but most preserve their anonymity. One fellow is known as 'Sir A.A.,' another as 'EZDUZIT,' and yet another as 'ODAP,' an acronym for 'Our Devilish Alcoholic Personality.' My own moniker is 'Serenie.'"

Q-Link members are very close, Ron observes. "Because our communication is so anonymous, principles invariably prevail over personalities, and we share at a deep level. The only thing one member need know about another is our A.A. pseudonym and our network location. But many of us are becoming good friends as the result of our sharing in recovery. Some communicate on a one-on-one basis in addition to the meetings, and a number of us are planning to meet in person at the 1990 International Convention in Seattle."

Q-Link holds two evening meetings each week: an open discussion meeting on Sunday and a beginners meeting on Thursday. Anyone on-line can attend and is welcome, as is the case at any open A.A. meeting. The members figure that "people who don't have a problem with alcohol will leave of their own accord." However, in the case of closed meetings, at least one group requires a prospective member to complete a simple questionnaire electronically before being permitted access.

As Q-Link members come into the "room," they ac-



cess their code names and locations, and may input a question or comment as the meeting proceeds. "Surprisingly," says Ron, "we haven't had to cope with a disruptive drunk yet. But if one should become disruptive—say, by keying in extraneous words and comments—we could escort the person out of the meeting simply by knocking him or her off the service." Interestingly, he notes, "we have more women than men at our meetings, and so far everyone has been courteous and considerate."

Q-Link meetings, which last an hour, commence with a message of welcome that incorporates the A.A. Preamble. Often the chairperson/qualifier has been booked in advance, but otherwise it's a "pickup." Meetings end with the Lord's Prayer and, says Ron, "we have one fellow who draws pictures of coffee cups and doughnuts. But for the real thing, you have to bring your own."

Anyone in the U.S. and Canada with a Commodore-compatible computer and modem can participate in Q-Link meetings once they have subscribed to a database service. "At present," Ron reports, "we are holding our meetings at 10:30 p.m. Eastern standard time so that our West Coast members can join in; we're thinking of holding a later one as well for those who can't make it then."

Members of Q-Link believe that they are self-supporting in the sense that they pay their own way. "The cost of plugging into Commodore runs \$10.00 a month," says Ron. "Beyond that, we each pay approximately \$3.00 an hour for our 'meeting room' or special access area. Other database services may have different arrangements. For instance, CompuServe, one of the largest services around, eliminates a monthly fee but charges about \$9.00 an hour, which can become pretty expensive. Because Q-Link is electronically unified into a national communications network, we don't have to worry about calling long distance. Otherwise, some of our phone bills would be even pricier than when we were drinking!"

The cost of plugging into a national network is one reason for the proliferation of local electronic bulletin boards that can be set up easily on a home computer (see *Box 4-5-9*, Aug.-Sept. 1987). The only added cost is for modem phone calls which, by virtue of being within the local calling area, tend to be reasonable.

In San Francisco, Bob K. is the group SYSOP of RECOVERY BBS. "Our board has national echo areas," he explains. "That means that when I enter a message in San Francisco, it is duplicated and passed on to 35 or 40 other areas across the U.S. and Canada. For the price of a long-distance phone call, someone in Hawaii or New York could come into our meeting room, but our members by and large live locally."

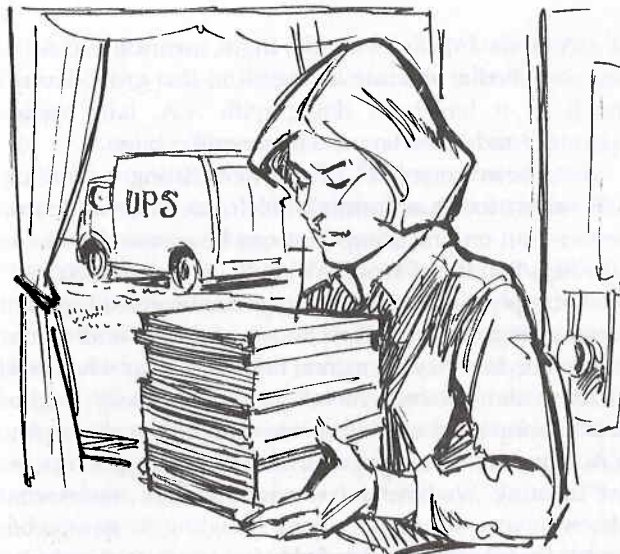
Thanks to proximity, members of RECOVERY BBS need not confine their interaction to on-line meetings. "About 14 of us met last fall at the regular Tuesday Downtown meeting in San Francisco," Bob reports. "Central Office calls us the 'Computer Group' and in December asked us to host one of its regular Friday All Groups meetings. We also hosted a two-hour segment of a local alkathon held during the Christmas holidays."

Of the on-line meetings, Bob says, "It's incredible how it works. Just keying in something—a feeling, a question, a comment—that you know somebody else will read is therapeutic. If I'm upset at 3 a.m., I pour it all out onto the board without waking someone out of a sound sleep. It's a great catharsis and the response from my fellow A.A.s is fast, supportive and loving. The Fellowship is literally at my fingertips 24 hours a day—except when there's a power outage. I never feel alone."

A Day in the Life Of a Delegate Is 'One Week Long'

Like all A.A. members, delegates come in all shapes and sizes. Linked by their common bond in recovery and service, they bring to the Fellowship the diverse viewpoints of their areas on local and world problems that affect the Fellowship as a whole. Their two-year terms of office are demanding—they seem to be everywhere at once except home, as those who try to reach them by phone can attest. What are their feelings about service work? How do they spend their A.A. time? And what are their days like?

Past delegate Louie H., from the Northern Minnesota Area feels, "the foundation of being a good delegate is being a good A.A. member. I attended my home group's weekly meeting and birthday celebration meeting. Being a part of those meetings included being available to set up, make coffee and attend to other group business. I also continued to be active in sponsorship on a daily basis. Being a delegate means being extremely active in the area. As a critical link in the service structure, a delegate also serves as a communication bridge between the groups and the Conference. Prior to the Conference, time was spent gathering information and opinions; after the Conference more time is spent reporting on the Confer-



ence. A delegate also receives correspondence from G.S.O. concerning missing groups, group problems, anonymity breaks and other Tradition breaks. In a typical week I received 8 to 12 pieces of mail and 6 to 8 phone calls regarding service. There is also correspondence from other delegates and A.A.s from outside the area. Being a delegate is another tremendous opportunity to get out of self and serve God and our fellow man."

"The delegate's job is considered by many to be the best in General Service, 'the golden assignment,' says Michael G., delegate, California Northern Coastal Area. "It is rewarding to work with other delegates, area officers, the trustees and G.S.O. staff—and to participate at close hand in the General Service process. Another part of the reward is the daily work. But there's so much to do that a typical day is about one week long."

Michael describes such a day: "A local newspaper publishes a series on alcoholism and addiction, showing an A.A. member full-face on page one . . . Local recovery and treatment centers have their in-house A.A. meetings, and there are three events I should attend in one weekend that require over 800 miles of travel . . . The General Service Conference is coming up and I am concentrating on the agenda and workshop topics. These will be discussed at the area assembly prior to the Conference, so that I can know the group conscience and vote accordingly."

"On the road to becoming a delegate, I took an inventory on 'principles before personalities' because, as area treasurer, I expected some controversy about finances. It helped then and it helps now. At our election assembly, I had a chance to practice keeping my hat size small, high as I was on congratulatory hugs. Part of being a delegate is knowing how to maintain perspective. My assembly helps with the task. The first time I knew I was right about an issue, those A.A.s wisely kept me from powering it through."

"At the end of one particularly trying, 'typical' day, I

told my sponsor I was tired of feeling rejected and unloved. He said he loved and accepted me, which was not what I wanted. I wanted to complain. He is a past delegate and understood what it was like. For me, the rewards of self-importance, power and outsize fantasies came true with a drink. The rewards of today come with the territory—feeling a part of the spirit of A.A. in action, experiencing a higher power as it expresses itself in our groups' informed conscience. I would not trade that privilege for Aladdin's lamp."

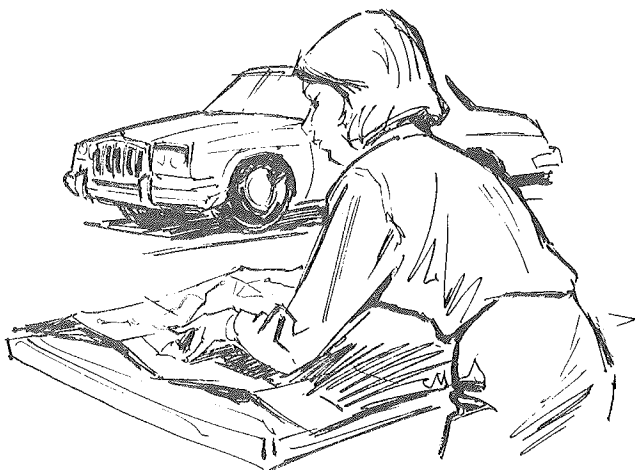
Connecticut delegate Louise A. feels similarly. "The fact that I have been given this trust is overwhelming," she says. "I travel throughout the area once a month, and the A.A.s all are so willing to help. I feel grateful and truly blessed.

"In Connecticut," she explains, "all service work is done by volunteers; we have no paid office help, no central office or intergroup. Each district has an answering service paid for out of district funds."

At her first General Service Conference, Louise says, "I walked in full of questions, feeling totally inadequate. Afterward I felt wonderful about having been there, yet the doubts persisted. I kept asking myself, 'Did you vote right?' My answer varied from moment to moment." However, she believes, "my attitude has changed over the months. I do the best I can; and I know that if I've made an error, the opportunity to rectify it will come up again."

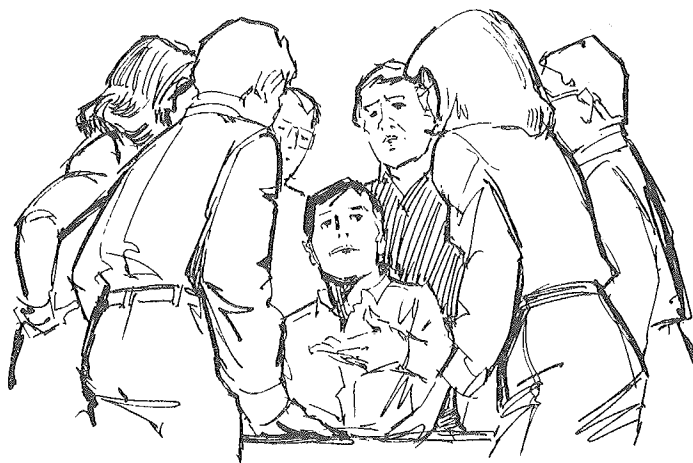
On one morning, Louise remembers, "I was preparing to go to the District 4 GSR meeting in West Haven, 50 miles away, when U.P.S. brought me a really heavy present—printouts from G.S.O. Just what I needed, endless pieces of paper, in duplicate, containing information about each group in the state. We have close to 1,000 meetings a week here; geographically we're small, but we have a lot of drunks."

Louise emphasizes that "being a delegate is much more than being involved with groups and areas and districts. It's working with people who have been down to



the wire between life and death, and carrying the message of hope and recovery to those who need and want sobriety."

The gratitude expressed by Louise, Michael and Louie was also voiced by Rhode Island's past delegate Cliff C., just before his term ended: "The end of my term is coming too quickly," he says. "I look forward with mixed emotions to the time when I am called a past delegate. Will I 'let go'? Will I be an 'elder statesman' or a 'bleeding deacon'? I hope and trust that I will continue to be filled with the gratitude that has perpetuated my need to serve A.A. and the alcoholic who still suffers."



When the thought of being a delegate first entered his mind, Cliff acknowledges, "I focused on what I perceived as the glamour of it all—which before long was replaced by the work of it all. Most of my days are very busy. Each morning, during my time alone, I reflect about the day before to assess what didn't get done, what follow-up is needed as the result of a district meeting last night, and whom I will call and meet today.

"Some things this delegate would rather not hear are that the area chairperson is resigning for personal reasons, the assembly is next week, and arrangements for the meeting must be made and verified. Then comes a call: The out-of-state position that the state convention chairperson has been waiting for is available, but he can no longer fulfill the commitment. Thank God for the committee system that picks up and moves on."

Cliff wryly notes "the times that a 'concerned' A.A. member has phoned late at night. Nobody has ever called me at that time to say how pleased he or she is with the work the area committee is doing."

But "let there be no doubt," Cliff says, "that being a delegate is one of the great privileges I have experienced. Long after my term is over, I will savor the memories. The Higher Power truly smiled on me when I was elected, and I have grown in sobriety and service beyond my wildest dreams."

A Letter to Conference Members From Bill W.



This letter to members of A.A.'s first General Service Conference is from Bill W.; it is dated April 19, 1951, barely five months after the death of his close friend and A.A. co-founder, Dr. Bob. The opening paragraph reflects Bill's preoccupation with the "passing of the guard" and with safeguarding the future of the Fellowship.

"By common consent of A.A. in years past," he wrote, "Dr. Bob and I have been discharging certain heavy responsibilities of service. He and I have constantly tried to guide and support the Alcoholic Foundation (renamed the General Service Board of A.A. in 1954) and its World Services here at New York; we have endeavored to be clear reflectors of A.A. opinion respecting those matters seriously affecting our Society as a whole; he and I have always been considered the principal guardians of A.A. Tradition.

"Now the moment has come when these serious responsibilities are to be transferred to you—the members of the General Service Conference of Alcoholics Anonymous. Acting for A.A.'s throughout the world, you are about to accept A.A.'s Third Legacy, the Legacy of Service."

Bill then pinpointed some immediate objectives for the Conference, which was being launched on a five-year trial basis. One suggestion, "to create an agenda for informal discussion meetings," including reports from out-of-town delegates "on local problems or deviations from A.A. Tradition," would set the tone for future Conferences. Bill also suggested 18 specific topics for discussion that revealed his extraordinary vision. Among them: What is the public relations policy of A.A. headquarters as applied to the press, radio and films? What is our obligation to A.A. in foreign countries? Why nonalcoholic trustees? Should A.A. literature be "Conference-approved"? How ought the delegates make reports to their committees? What is the nature of A.A.'s relationship to

medicine, religion, research and education?

"Of course," Bill observed, "the above list can be much extended. Doubtless these and many other typical questions which will come to your minds ought to be discussed in informal sessions at which I shall be happy to preside as late as any care to talk."

Wouldn't you love to have been there, rapping with him into the night? There are still a few oldtimers around who did. As for delegates to the 1988 Conference, Bill's closing words would apply today as then: "Hoping that the foregoing may be of suggestive value for a profitable three days to come and wishing you a happy Conference, I am

Always yours,

Bill

In A.A. the Minority View Is Essential to Unity

At every level of A.A.—from the individual group to the area assembly and the General Service Conference—the minority, or dissenting, view is considered essential to the unity, effectiveness and very survival of the Fellowship. Following are the experiences of several delegates and trustees who, at one time or another, have been the "minority voice." Some dissenters later did a turnabout and found themselves in accord with the group conscience. Others discovered, often to their own surprise, that by standing up for their conviction, they could sometimes turn the majority tide.

Don P., Class B (alcoholic) trustee-at-large, United States: "It's not easy being the minority voice. I get nervous about presenting an unpopular view before my peers; and sometimes I think, tongue in cheek, maybe it's better to be liked than to stand up for principle. Nevertheless, I do it all the time, most recently at my home group. We follow a format at meetings that calls for reading a chapter from the Big Book, then studying either a Tradition or a Concept. On this particular evening, there was to be an anniversary celebration, and many members were all for skipping the Concept in the interest of time. I spoke up, pointing out that, 'If we skip the Concept this one time, it'll make it that much easier to skip it the next.' The group listened and shifted gears. We studied Concept Nine, had our birthday cake, and I felt good and sober."

Peter B., former delegate from Saskatchewan, Can-

ada: "Taking the minority view makes me sweat like crazy. Offhand I can't remember the last time I spoke out, but an incident involving our GSR is fresh in my mind. Over a year ago, our area published a book, *The A.A. Legacy in Saskatchewan*, that broke anonymity by publishing members' last names. Two thousand copies of the book had already been printed at great expense, and the majority of people were inclined to let the matter rest. Then our GSR spoke up at an area meeting about the importance of anonymity to A.A.'s survival as a whole, and an emotionally charged discussion ensued. The result: We have scrapped copies of the book and are planning to print a thoroughly anonymous edition."

Delegate Bill S., Mid-Southern California: "Standing up for what I believe presents no difficulty for me, but sometimes it backfires. When I'm most convinced I'm right, I'm apt to be wrong. Not long ago, for instance, our area voted on where to hold the Pacific Regional Forum in June 1988 and the Regional Service Assembly in 1989. Most of the A.A.s were partial to Bakersfield and San Diego respectively, but not me. I wanted Alaska and Hawaii and said so, not thinking in terms of affordability as others did. The majority prevailed and, at the 1987 General Service Conference, I voted the group conscience. Ironically, my personal preferences for Alaska and Hawaii won out; but, meanwhile, I had learned a big lesson—to look beyond my own selfish wants and let go of them."

Jan W., Class B (alcoholic) Southwest U.S. regional trustee: "I've been on the losing end of lots of minority views, although I don't always go forth and do battle. However, I remember an area assembly in Denver that voted 20 for and 12 against a proposal. Discussion continued and everyone who wanted to talk had the opportunity to do so. Afterward the assembly voted again—and the results were exactly the same as before. What's wonderful in A.A. is that I've never known a time when I, or any other A.A. present, couldn't express an opinion, no matter how contrary to the majority view. And often I've held a belief, positive that I was right, only to change it after listening to others."

"I once heard a trustee observe to a minority-voice delegate, 'How did a smart fellow like you get caught on the backside of the burner?' He could have been talking to me—I've been topside, backside and straight down the middle."

Louie H., former delegate from Northern Minnesota: "At our spring assembly, there was a big discussion over what to do with a \$2,000 surplus. Just about all the other A.A.s wanted to save the money, but I felt it should be sent to the General Service Office in New York. Feeling like General Custer at Little Big Horn, I made my stand, pointing out that the money belonged to A.A. as a whole. An hour or so later, after further discussion, a vote was taken and it was almost unanimous in favor of sending the money to G.S.O."

Past delegate Will N., California Northern Interior Area: "For me, it's scary to take an unpopular view, unless I'm talking directly about recovery from alcoholism, and sometimes it takes plenty of patience. Five or six years ago, for example, my home group voted to change the sobriety requirement for a group secretary from six to three months. I for one didn't think it worked out especially well. So, at the end of the first year, I suggested that we return to the original requirement of six months, explaining that the heavy responsibilities of the office, which included programing meetings, were a lot to handle. 'It's not fair to the newcomer,' I said, 'and not fair to the group.' Well, I voted 'aye' all by myself. The following year I repeated the motion and again was voted down—only now I had company. This went on for five full years, but each year I noticed that one or two more members were voting with me. Finally, this past spring, the motion carried."

"Arriving at a group conscience in big matters or small is a process that can take a long time. The minority voice has a ripple effect; if the ripples are right and sturdy, they'll eventually have an effect."

Denis F., delegate, Washington state: "At our area assembly, a motion was made to cut out all floor debate before voting—the rationale being that the individual groups represented had already arrived at decisions on matters to be considered. The vote was overwhelmingly in favor of the proposal and I felt a personal loss. Then a past trustee spoke up, declaring that we had just 'limited the democratic process,' and also the sharing of new information. He further cited Concept Five which states: 'Our respect for the minority position, plus a desire for unity and certainty, often prompts . . . debate at length on important questions of policy, provided there is no need for an immediate or early decision.' As it turned out, the vote was reversed and I felt wonderful. Since then, our assembly not only stands still for the minority view—we actively solicit it."

Bob D., past delegate from Maine: "When taking the minority view, I often get the feeling that I'm all by myself . . . nobody is hearing me. But I'm always glad afterward, whether I influence the group conscience or not. At a recent election assembly, there was debate over a hot issue: It seems that our area meeting list, which contains the full names of area officers, was being sold to treatment facilities and hospitals. Most of the A.A.s present argued that it was okay to sell the lists in the interest of self-support. I felt otherwise and spoke up, suggesting that we limit distribution primarily to A.A. groups and their counselors within the hospitals and treatment facilities. My motion fell flat, but I plan to bring the issue up again and again, if need be. I may feel alone but I know that speaking my piece is important to the process of arriving at a group conscience, and I will not be shot down."

P.I.

Handling Anonymity Breaks: A Softer Approach

Most A.A.s know that breaking our anonymity at the public level directly violates the spirit of Tradition Eleven. However, breaks do occur from time to time and we are caught between a rock and a hard place. As our late co-founder Dr. Bob used to say, "There are two ways to break the Anonymity Tradition—by giving your name at the public level or by being so anonymous you can't be reached by other drunks."

Responding recently to an anonymity break in his local newspaper, Southern California delegate Al H. sent a letter which balanced education about A.A. principles with diplomacy and understanding. Following are excerpts, which may be of help to other A.A.s in the same position:

"This letter is not intended to be a complaint. Rather, it is an apology for our failure to properly inform you of our Tradition of Anonymity at the level of press, radio, TV and films. For many years, we have enjoyed complete cooperation from members of the media, and I'm sure we will continue to receive your support.

"Recently your newspaper carried two extensive reports on the problem of drug abuse in the legal profession. Obviously, the writer spent a great deal of time on these pieces and did an excellent job. We have noted, however, that some A.A. members were identified by their full names. This was evidently done with their permission; it seems that the members either were not aware of our Anonymity Tradition, or they simply forgot. That kind of thing happens, because we're all human.

"This is the type of situation with which we need your help. If you will, as a matter of policy, avoid printing the full names (or pictures) of A.A. members, you can help us maintain our anonymity. And we're talking about any news, good or bad. You see, it is important to us always to place 'principles before personalities.' By avoiding the use of full names *at the public level*, we emphasize the principles of sobriety rather than the personalities involved.

"I've enclosed a pamphlet, 'Understanding Anonymity,' which might explain our position more clearly. If you have any questions, please feel free to call me at any time."

Says G.S.O. staff member Betty L., currently assigned to the Public Information desk: "Al's 'friendly reminder' is right on the mark. The press has been a good friend to A.A.; without it, we never would have reached as many

suffering alcoholics as we have. Most anonymity breaks are made out of sheer ignorance, so our job is to inform and educate gently. We are members of A.A., not police officers."

Betty notes that when an anonymity break in the media is brought to the attention of G.S.O., the matter usually is referred to the local area delegate for appropriate response.

C.P.C.

Orientation Efforts Give D.W.I.s a Handle on A.A.

From California to Connecticut, A.A.s are carrying the message to court-referred D.W.I.s—explaining what A.A. can and cannot do, and that A.A. is not a punitive arm of the law.

In Connecticut, state C.P.C. chairperson Walter B. spent Christmas night talking to three D.W.I.s at a confinement center at Enfield. In San Francisco, P.I./C.P.C. member Dixie P. rounded up 32 A.A. speakers to cover 14 D.W.I. orientation sessions. And, most recently, the Southern Minnesota Area Assembly reports heartwarming success with an orientation program that has been in place for nearly three years.

District committee member Jan B. reports: "The Anoka County Correctional Facilities (A.C.C.F.) asked our District 13 for help early in 1985. Area judges had been sending D.W.I.s to regular A.A. meetings, and many were openly rebellious. Meetings were disrupted, anonymity was broken, and some of the court referrals were coming in drunk. Something had to be done."

Working with A.C.C.F., District 13 came up with a format for an A.A. orientation program that adhered to suggested A.A. guidelines and the Twelve Traditions. A 12-week program to be held in a structured environment, such as a treatment facility, it would help to educate offenders about the Fellowship. The speakers were all A.A. volunteers.

"When the program started," Jan recalls, "some of the judges were hesitant about referring the D.W.I.s. Now they all do. Best of all, many of the D.W.I.s go on to regular A.A. meetings after complying with enforced attendance at the orientation sessions—and they go on their own."

In 1986, 263 D.W.I.s completed the program, a figure that more than doubled in 1987. "Attendees usually have had two or more D.W.I. offenses and may be considered problem drinkers," Jan explains. "If a person misses two meetings out of a total of 12, he or she must report to a probation officer."

Although there are no statistics to substantiate a success rate, the program has gained the attention of the Minnesota Correctional Association, which would like to see it duplicated in other counties throughout the state.

The program's primary goal—development of an ongoing close and communicative relationship among the courts, correctional department and A.A.—is being realized, Jan notes. "As the result of this cooperative effort, individuals long considered 'unreachable' have a better chance of achieving and maintaining sobriety."

District 13 would be happy to share its experience with the A.A. Orientation Program. Please write to: District 13 of the Southern Minnesota Area Assembly, Box 33042, Coon Rapids, Minnesota 55433.

Treatment Facilities

Bridging the Gap Between Professionalism and A.A.

They used to be called "two-hatters"—a term (no longer used) for A.A.s professionally employed in the treatment of alcoholism and other chemical dependencies. How do they maintain perspective on the difference between "alcoholism" and recovery in A.A.? How do they balance their professional status with a healthy A.A. life?

Paul O., a Californian who recently retired from medical practice, spent 20 sober years working in the alcoholism field. "My personal choice," he says, "has been to keep clearly in mind the distinction between A.A. and the treatment of alcoholism. The two overlap in spots but are definitely not the same; indeed, they commonly compete for one's time, energy and 'success.' But I've had no reason to regret the distinction and, if my professional career has suffered as the result of my A.A. program, so be it. Without sobriety, I wouldn't have worked anyway."

Paul says he has been able to speak freely about himself at A.A. meetings, but only after thorough soul-

searching. "Professionals who say they can't attend or speak at A.A. meetings because a client might be present are the same people who, if in some other line of work, would say they are 'too busy' to go to meetings. My own experience has taught me that it's a rationalization to escape intimacy and involvement. Such people may have gone into alcoholism treatment for the same reason I went into medicine—to develop a 'professional elbow' to keep others at a safe distance."

Another A.A. working in the field, J.L. of New York, has known similar dilemmas. "After I qualified recently on the Ninth Step," he relates, "a sponsee said jokingly, 'That was a good lecture!' The remark hit home and I have had to take a good look at my A.A. program versus my career. As a counselor, I realize that I must leave my credentials at the meeting door, along with therapeutic devices and theories about the disease concept and detox regimens. If allowed entry, they lead me to judgmental attitudes, never mind grandiosity."

J.L. says that he "can easily not share from the floor because past patients are in the room." However, "I must remember that this is A.A., where we are only as sick as our secrets. I feel that I can set a good example for past patients by sharing and letting them see that I, too, have personal difficulties to work through."

Sometimes, he adds, "I can hear myself at meetings, giving feedback in a professional-sounding voice as if I'm replying to a patient in a rehab center. Or, I may lapse into thoughts that are quite opinionated regarding the speaker's sobriety. My solution is to stay in the NOW and speak from the heart. I am at an A.A. meeting, not hospital rounds."

For a while, "the question of sponsorship posed real problems." Why have a sponsor when I know all the answers?, J.L. asked himself. "What a powerful issue this is, to share my innermost feelings, to admit my wrongs and make amends. Several years ago, after the death of my sponsor, I talked to various people, including my supervisor at work, but failed to make a true connection. Fortunately, this period lasted but a short time; I found a new sponsor and, once again, was taught the importance of sponsorship in A.A."

Says Bob P., sober in A.A. 32 years and recently retired as administrator of a large New York treatment facility: "Even as counselors and other professionals, who are also A.A. members, have proved highly effective in treatment, I believe we have a great opportunity for self-improvement and growth. For one thing, we A.A.s have a tendency to over-identify, to fuse with the patient in a nontherapeutic way. The lines between Twelfth Stepping and counseling tend to be fuzzy, and working with an A.A. sponsor can go a long way toward making them clear. And, of course, meetings, lots of meetings."

Sponsorship also helps, Bob points out, when professional practices seem to conflict with A.A. principles and practice—for example, when one's treatment facility

sends chemically dependent nonalcoholics to local A.A. meetings. The A.A. member who works in the alcoholism field may face another dilemma: whether or not to attend meetings held at his facility. The "A.A. Guidelines for A.A. Members Employed in the Alcoholism Field" (available free from the General Service Office in quantities of 10 or less) suggests that it is best to attend meetings "off campus," but the decision is highly individual.

"At times I've walked a tightrope between my A.A. life and work in the substance abuse field," says an A.A. writing "anonymously" from Kodiak, Alaska. "The problems are central to our own humanness and vulnerability and, in my experience, can be largely resolved through unceasing communication and sharing in the Fellowship. At one point, I remember, I wanted to start a 'special' A.A. group for members working in the alcoholism field. After talking to my sponsor and other A.A.s, I discarded the idea as being too 'elitist.'

"Problems keep surfacing, of course. But they give me ample opportunity to practice the Twelfth Step in its fullest sense: to carry the message of sobriety to alcoholics and to practice the A.A. principles in *all* my affairs. As Bill W. said, 'We are not living just to be sober; we are living to learn, to serve, and to love.'"

Correctional Facilities

Institutions Correspondence — Another Form of Service

"To: All members of Alcoholics Anonymous,

"I'm one of the many alcoholics in the A.A. Fellowship with a problem I can use some assistance to overcome. You see, I'm a 22-year-old alcoholic that is at the present moment in prison. The reason I am writing you all this letter is that, even though all the members here are convicts, we are also people with problems and hurt feelings. I hope for the benefit of myself and the other members of our A.A. group, you people out there can write us a letter giving us some support or asking more about our meetings. We are looking for some individuals who are willing to share their own experiences and hope with us. For those who read this letter, I would appreciate it very

much if you would think about our problem and if there is any way you can help us it will be kindly appreciated. One thing I can always remember my sponsor telling me, that if you share your experiences and hope with a group of people and only one of those individuals gets some insight on how to prevent a trip out of the rooms, that's all that counts. I appreciate you people giving me some of your time and efforts in reading this letter. *Thank you* again for caring enough to listen.

Charles M."

This plea from Charles was accompanied by a request that we publish his letter in *Box 4-5-9*.

Because caring and sharing between one alcoholic and another is such an essential part of our recovery, the General Service Office coordinates an Institutions Correspondence Service. Following are suggested guidelines for this rewarding form of Twelfth Step work:

- We introduce ourselves by qualifying briefly in our opening letter.
- We try to make the inmate know that writing, like all forms of sharing, helps us as much as it helps her or him.
- We let the inmate know that he or she is not alone.
- Some correspondents use their group P.O. Box for receiving mail, rather than their home addresses.
- We share sobriety and sobriety only.
- We have found it best for all concerned if no emotional or romantic involvements develop.
- If there is a desire to send a gift for a special occasion, make it A.A. literature or Grapevine material.
- We respect the anonymity of our correspondents.
- We encourage "inside" A.A. group activity and stress that first A.A. meeting the day the inmate leaves confinement.

There is usually a list of at least 20 inmates waiting for outside A.A.s to volunteer as correspondents. Unfortunately, the inmates must be advised that it will probably be a minimum of four weeks (and often longer) before they will hear from an outside member. After waiting to hear from an outside A.A. for several months, inmate Ed D. wrote, "My situation in here is that I won't be going anywhere for at least five more years. I'm due to go to the parole board around 1992. Probably that is the reason I haven't heard from anyone, for I have too much time at this time. I believe that if I were a short-timer I might have had some response by now. So in the meantime, I will continue as you suggested, and that is to be patient (tough for an alcoholic) and continue to think positive one day at a time."

If you or your group would like to participate in the Institutions Correspondence Service please write and request a form from: Institutions Correspondence Service, General Service Office, Box 459, Grand Central Station, New York, NY 10163.

Calendar of Events

April

- 1-3 — *Benoni, Republic of South Africa.* Write: Ch., Box 538, Benoni 1500, Rep. of South Africa
- 1-3 — *Live Oak, Florida.* Big Book Weekend. Write: Ch., Rt. 1, Box 116, McAlpin, FL 32062
- 1-3 — *Salt Lake City, Utah.* Fifth Int'l. Conf. of Young People. Write: Ch., Box 520522, Salt Lake City, UT 84152
- 7-10 — *Columbia, South Carolina.* 41st Annual Conv. Write: Ch., Box 11230, Capitol Station, Columbia, S.C. 29211-1230
- 8-10 — *Wichita, Kansas.* Spring Roundup. Write: Ch., Box 1814, Wichita, KS 67208
- 8-10 — *New Orleans, Louisiana.* Annual Deep South Conv. Write: Ch., 4041 Tulane Av., New Orleans, LA 70119
- 8-10 — *Clarksburg, West Virginia.* Jackson's Mill Roundup. Write: Ch., Box 825, Clarksburg, WV 26301
- 8-10 — *Longview, Texas.* 19th E. Texas Roundup. Write: Ch., Box 2082, Longview, TX 75606
- 8-10 — *Seaside, Oregon.* Sixth N. Coast Roundup. Write: Ch., Box 727, Seaside, OR 97138
- 8-10 — *Vancouver, British Columbia, Canada.* Ninth Celebrate Sobriety Conf. (Sponsored by gay and lesbian members) Write: Ch., Box 718, Sta. A, Vancouver, B.C., V6C 2N5
- 8-10 — *St. Augustine, Florida.* Second Qtrly. N. Fla. Conf. Write: Sec., 2052 Euclid St., Jacksonville, FL 32210
- 8-10 — *Grand Forks, North Dakota.* Spring Roundup. Write: Ch., Box 1262, Grand Forks, ND 58206
- 8-10 — *Montgomery, Alabama.* Area Assembly. Write: Sec., 328 Calloway St., Montgomery, AL 36107
- 8-10 — *Flin Flon, Manitoba, Canada.* East Side Roundup. Write: Ch., 201 Bracken St., Flin Flon, Man. R8A 0J5
- 8-10 — *Superior, Wisconsin.* 43rd Roundup. Write: Ch., Box 996, Superior, Wisconsin
- 8-10 — *San Antonio, Texas.* Weekend. Write: Ch., Box 791985, San Antonio, TX 78279
- 9-10 — *Saint Joseph, Missouri.* 45th Anniversary. Write: Ch., 3309 Melody Lane, St. Joseph, MO 64503-1343
- 9-10 — *Oliver, British Columbia, Canada.* Roundup. Write: Ch., S40 C9 R.R.#2, Oliver, B.C. V0H 1T0
- 14-17 — *Lincoln, Nebraska.* Spring Fling. Write: Ch., 8010 Hickory Lane, Lincoln, NE 68510
- 15-16 — *Allegany, New York.* Day of Sharing. Write: Treas., 301 Coleman, Apt. B, Olean, NY 14760
- 15-17 — *Rockford, Illinois.* Spring Conf.

- Write: Ch., Box 1911, Rockford, IL 61110
- 15-17 — *Ocean City, New Jersey.* 24th Annual Conv. Write: Ch., Box 179, Sicklerville, NJ 08081
- 15-17 — *Tucson, Arizona.* Youth Enjoying Sobriety Conf. Write: Ch., Box 57644, Tucson, AZ 85732
- 15-17 — *Eureka Springs, Arkansas.* 12th Annual Conv. Write: Tr., Box 1512, Rogers, AR 72756
- 15-17 — *Shreveport, Louisiana.* Fourth LASCYPAA. Write: Ch., Box 4962, Shreveport, LA 71134
- 15-17 — *Lloydminster, Alberta, Canada.* Roundup. Write: Ch., Box 1026, Lloydminster, SK S9V 1E6
- 15-17 — *Edmonton, Alberta, Canada.* 16th Spring Roundup. Write: Ch., 10040 87th Av., Edmonton, AB T6E 2N9
- 15-17 — *Lake Charles, Louisiana.* 35th Annual Conv. Write: Ch., Box 6334, Lake Charles, LA 70606
- 16-17 — *Broken Bow, Oklahoma.* Round Robin. Write: Ch., Route 5, Box 169, Pittsburgh, TX 75686
- 16-17 — *San Juan, Puerto Rico.* 31st Conv., Write: Coord., Box 8805, Caguas, PR 00626
- 22-24 — *Chicago, Illinois.* 2nd Big Book Seminar. Write: Ch., Box 06324, Chicago, IL 60606-0324
- 22-24 — *Banff, Alberta, Canada.* 15th Annual Roundup. Write: Ch., Box 6744, Station "D", Calgary, AB T2P 2E6
- 22-24 — *Fort Wayne, Indiana.* Eighth N.E. Indiana Conv., Write: Ch., 8306 Schlatter Rd., Leo, IN 46765
- 22-24 — *Canandaigua, New York.* Third Conf. of the Lakes. Write: Ch., Box 890, Geneva, NY 14456
- 22-24 — *Casa Grande, Arizona.* Fourth Annual Campout. Write: Ch., Box 828, Casa Grande, AZ 85222
- 22-24 — *Kaiser Slautern, West Germany.* 10th

Closed Meeting Topics From the Grapevine

For more detailed suggestions, see the pages noted.

April (page 35): Spirituality in A.A.; low-bottom/high-bottom.

May (page 32): Cooperating with professionals; freedom from besetting character defects; working the Steps.

- International Roundup. Write: Ch., Box 81, APO 09021, Kaiser Slautern, W. Germany
- 22-24 — *Rancho Cordova, California.* Woman to Woman Conf. Write: Ch., 4820 Rocklin Way, Fair Oaks, CA 95628
- 23-25 — *Ridgecrest, California.* Indian Wells Valley Roundup. Write: Ch., Box 875, Ridgecrest, CA 93555
- 29-May 1 — *Fairlee, Vermont.* Conv. Write: Ch., 29 High St., #15, Brattleboro, VT 05301
- 29-May 1 — *Jamestown, New York.* Spring Conv. Write: Ch., Box 41, Lakewood, NY 14750
- 29-May 1 — *North Battleford, Saskatchewan, Canada.* Roundup. Write: Ch., 1371 105 St., North Battleford, SK S9A 1T1
- 29-May 1 — *Ketchikan, Alaska.* Fifth First City Roundup. Write: Ch., 540 Schoenbar Rd., Ketchikan, AK 99901
- 29-May 1 — *Winnipeg, Manitoba, Canada.* Spring Into Action Roundup. Write: Sec., 437 St. Anthony Ave., Winnipeg, Man. R2V 0S2

Planning a June, July or August Event?

Please send your information on June, July or August events, two days or more, in time to reach G.S.O. by *April 10*, the calendar deadline for the June/July issue of *Box 4-5-9*.

For your convenience and ours — please type or print the information to be listed on the Bulletin Board page, and mail to us:

Date of event: from _____ to _____, 19_____

Name of event: _____
Place (city, state or prov.): _____

For information, write: _____
exact mailing address) _____

Contact phone # (for office use only) _____

Flip up this end of page — more events listed on reverse side

April (cont.)

- 29-May 1 — *Bonnyville, Alberta, Canada*. Roundup. Write: Sec., Box 1066, Bonnyville, AB T0A 0L0
- 29-May 1 — *Victoria, British Columbia, Canada*. 37th Annual Rally. Write: Ch., Central Office, #8-2020 Douglas St., Victoria, B.C. V8T 4L1

May

- 6-7 — *Jerusalem, Israel*. Roundup. Write: Ch., Box 7538, Jerusalem
- 6-8 — *Niagara Falls, Ontario, Canada*. 24th Annual Blossom Time Conv. Write: Ch., Box 294, St. Catherines, ON L2R 6T7
- 6-8 — *Grants Pass, Oregon*. 13th Annual Rogue Roundup. Write: Ch., Box 1741, Grants Pass, OR 97526
- 6-8 — *Norfolk, Nebraska*. Spring Classic. Write: Ch., Box 1187, Norfolk, NE 68701
- 6-8 — *Colorado Springs, Colorado*. Corrections Conf. Write: Ch., 412 N. 19th St., Colorado Springs, CO 80904
- 6-8 — *Pensacola, Florida*. Second Annual Roundup. Write: Ch., Box 701, Pensacola, FL 32593
- 6-8 — *Thunder Bay, Ontario, Canada*. 22nd Annual N.W.O. Conf. Write: Ch., Box 73, Postal Station 'F', Thunder Bay, ON P7C 4V5
- 12-15 — *Pompano Beach, Florida*. Tenth Big Book Seminar. Write: Ch., Box 333, Pompano Beach, FL 33061
- 13-15 — *Tulsa, Oklahoma*. 47th Anniversary Conf. Write: Ch., Box 700 297, Tulsa, OK 74170-0297
- 13-15 — *New Brunswick, Canada*. New Brunswick/Prince Edward Island Assembly & Roundup. Write: Ch., Box 251, Oro-mocto, N.B. E2V 2G5

- 13-15 — *Courtney, British Columbia, Canada*. 37th Rally. Write: Ch., Box 1337, Comox, B.C. V9N 3Z0
- 13-15 — *Laughlin, Nevada*. Tri-State Fourth Annual Roundup. Write: Ch., Box 6075, Mohave Valley, AZ 86440
- 20-22 — *Chicopee, Massachusetts*. 19th Annual Roundup. Write: Ch., Box 5193, Springfield, MA 01101
- 20-22 — *Longueuil, Québec, Canada*. 6ième Grand Congrès Longueuil/Rive-Sud. Write: Ch., 185 Toulouse, #414, Longueuil, PQ S4L 1H4
- 20-22 — *Maui, Hawaii*. Roundup. Write: Ch., 70 Hoopalua Dr., Pukalani, HI 96768
- 26-29 — *Nashville, Tennessee*. Seventh Annual Music City Roundup. Write: Ch., Box 762, Goodlettsville, TN 37072
- 27-29 — *Seoul, South Korea*. Ninth Annual Conv. Write: Ch., G.D.S., Box #R-225, A.P.O., San Francisco, CA 96301-0007
- 27-29 — *Kerwood, Ontario, Canada*. Strathroy-Watford Campout. Write: Ch., Box 203, Strathroy, ON N7G 3J2
- 27-29 — *Dublin, Ireland*. 31st All Ireland Conv. '88, Write: Ch., 109 S. Circular Rd., Dublin 8
- 27-29 — *Castlegar, British Columbia, Canada*. 15th Annual Roundup. Write: Ch., 301 7th Av., Castlegar, B.C. V1N 1P8
- 27-29 — *Whitehorse, Yukon, Canada*. 13th Annual Roundup. Write: Ch., 18 Dieppe Drive, Whitehorse, Yukon, Y1A 3A8
- 27-29 — *Minneapolis, Minnesota*. Gopher State Roundup. Write: Ch., Box 65295, St. Paul, MN 55165-0295
- 27-29 — *Billings, Montana*. Roundup. Write: Ch., Box 21242, Billings, MT 59104
- 27-30 — *Waitsburg, Washington*. Third Annual Touchet River Outdoor Roundup. Write: Sec., 1120 S. Third St., Dayton, WA 99328-1608
- 29-30 — *Bellaire, Michigan*. Sixth Annual Spring Roundup. Write: Ch., Rte. 1, Box 86, E. Jordan, MI 49727

June

- 3-5 — *Vancouver, British Columbia, Canada*. Birds of A Feather Int'l. Conv. Write: Ch., Box 58396, Station "L", Vancouver, B.C. V6P 6E4
- 3-5 — *Summerside, Prince Edward Island, Canada*. Young People's Conf. Write: Ch., Wellington, RR1 Box 108, P.E.I. C0B 2E0
- 9-12 — *Houston, Texas*. 43rd Annual State Conv. Write: Tr., 3914 Roseland, Houston, TX 77006
- 10-12 — *Wasilla, Alaska*. Mat-Su Blast. Write: Ch., Box 876613, Wasilla, AK 99687
- 10-12 — *Mason City, Iowa*. State Spring Conf. Write: Ch., Box 719, Clear Lake, IA 50428
- 10-12 — *Conway, Arkansas*. Conv. Write: Ch., Rt. 1, Box 36, Damascus, AR 72039
- 10-12 — *Stellarton, Nova Scotia, Canada*. 23rd Annual Roundup. Write: Ch., Box 858, Stellarton, Nova Scotia, B0K 1S0
- 10-13 — *Ayr, Queensland, Australia*. 21st Area Roundup. Write: Sec., 27 Eighth St., Home Hill, Queensland 4806
- 16-19 — *Tampa, Florida*. 8th Y.P.C.A.A. Write: Ch., 7626 Crown Circle, Tampa, FL 33615
- 17-19 — *Ithaca, New York*. 37th Central N.Y. Conv. Write: Ch., Box 4762, Ithaca, NY 14852-4762
- 17-19 — *Akron, Ohio*. Loners-Internationalists Sixth Annual Conf. Write: Ch., Box 19814, Columbus OH 43236
- 17-19 — *Anchorage, Alaska*. Pacific Regional Forum. Write: Coordinator, G.S.O., 468 Park Avenue South, New York, NY 10016
- 24-26 — *Ogden, Utah*. Third Annual Rocky Mountain Roundup. Write: Ch., Town Station, Box 507, Ogden, UT 84402