



LIFELINE

SALT LAKE CENTRAL OFFICE NEWSLETTER

The Wreckage of the Present by Preston B.

Over the years I have witnessed people who seem to have been solid members of the program go out and drink again. The reasoning is inconsequential, because if they are real alcoholics, the only actual reasoning for them drinking again is that the obsession returned and they, once again, became powerless over alcohol. Many of these people had become my friends over the years, because we did service, sponsored new people and naturally bonds were created. I can only wish they had stayed.

The tenth step is the beginning of an ongoing effort to clean up the wreckage of the present. After taking the first nine steps, it is apparent to me when I become resentful, afraid, or when I arouse bitterness in others with my actions. This is true, because I don't regularly feel discontented and when I do it is an abnormal feeling. The big book says "when these crop up," meaning that it is going to happen. So, what am I supposed to do about maintaining a fit spiritual condition?

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Central Office of
Salt Lake City

(801) 484-7871

80 West Louise Avenue (2850 S.)
Salt Lake City Utah 84115-2860

Hours of Operation

Monday-Friday
10am to 5pm
Saturday 10am to 2pm

Call for Holiday Hours

Exciting Events For This Month!

- Oct. 2-4: The Annual Fellowship of the Spirit Conference
@ The Prospector Lodge in Park City, UT fotsutah.com
- Oct. 17: The **AA Central Office Fall Chili Cook Off** starts at 6:30pm
@ St. Vincent Church 1375 Spring Ln. SLC, UT
- Oct. 22: How To Party Like A GSR - Hosted by District 2 7-8pm
@ Fellowship Hall 2060 Windsor St. SLC, UT
- Oct. 30: SaLTYPAA Halloween Dance Location TBD
Contact saltypaa@gmail.com for more information

Next Month

Nov. 7-8: District 1 Fall Workshop

...More Excitement To Come!

Central Office Board of Trustees
board@saltlakeaa.org

Chair – Nick R

Co-Chair – Doug R

Secretary – Gina F

Treasurer – Martin C

Trustee at Large – Mark A

Trustee at Large – Ray J

Central Office Standing Committees

Activities – Danielle A

activities@saltlakeaa.org

Archives – Josh D

archives@saltlakeaa.org

**Cooperation with the Professional
Community – Mike S**

cpc@saltlakeaa.org

Corrections – David R

corrections@saltlakeaa.org

Hotline Telephone – Danny R

hotline@saltlakeaa.org

Literature – Allison F

literature@saltlakeaa.org

Lifeline Newsletter – Tim B

lifeline@saltlakeaa.org

Outreach – Mike M

outreach@saltlakeaa.org

Public Information - Laura C

pi@saltlakeaa.org

Technical Support – Shayne F

it@saltlakeaa.org

Treatment- Randy C

ctf@saltlakeaa.org

Twelfth Step – Tim E

12step@saltlakeaa.org

Volunteer – Jim C

volunteer@saltlakeaa.org

Website – Doug R

webservant@saltlakeaa.org



Central Office Of Salt Lake City

Hello There,

My name is Jim C. and I currently serve as your Volunteer Committee Chairperson. Our Central Office is currently staffed by volunteers from the Salt Lake Valley, Tooele County, Park City area, and Davis County.

I would like to extend an invitation to any and all that would like to know more about our Volunteer Program to contact me or any of the volunteers on duty with your inquiries. Central Office hours are Mon-Fri 10am-5pm and the number: 801-484-7871. I can be reached at: 801-842-2673.

Yours In Service,

Jim

SALT LAKE CENTRAL OFFICE
Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

1. To carry the A.A. message and help those individuals who suffer from alcoholism
2. To maintain a 24-hour Twelve-Step phone list, and to answer phone inquiries as needed
3. To provide an A.A. listing in appropriate public sources
4. To function as a clearing house for the circulation and exchange of information among all of the A.A. Groups in the area
5. To compile, update and print meeting lists and other information about local A.A. services
6. To maintain A.A. approved literature for sale to members and the public
7. To print and distribute a newsletter
8. To be available to those in the community seeking information about alcoholism and A.A.
9. To maintain contact, refer inquiries and cooperate with General Service Committees and local groups
10. To arrange, delegate, or manage the details of all Central Office events or any other functions approved by the CO Committee
11. Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.
12. Such other activities that are consistent with the principles of the Twelve Traditions

7th Tradition Contribution Addresses

A.A. World Services

Box 459 Grand Central Station
New York, NY 10163
<https://ctb.aaws.org/Login.aspx>

Salt Lake Central Office

80 West Louise Ave.
Salt Lake City, UT 84115

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

Area 69 Treasurer

PO Box 286
Hyde Park, UT 84318
<http://utah.aa.org/contributions.php>

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

District 10 Treasurer

PO Box 57271
Murray, UT 84157

“We Are Fully Self Supporting through Our Own Contributions.”

~Attention Aspiring Writers~

We welcome your correspondence and will publish your material, space permitting and if it meets editorial criteria. Share your experience, strength and hope with another alcoholic! To request a free subscription or to submit AA-related content please do so by sending an email to:
lifeline@saltlakeaa.org

Pamphlet of the Month: Understanding Anonymity

GENERAL SOCIAL NETWORKING WEBSITES; Facebook and other social networking websites are public in nature. Though users create accounts and utilize usernames and passwords, once on the site, it is a public medium where A.A. members and non A.A.s mingle. As long as individuals do not identify themselves as A.A. members, there is no conflict of interest. However, someone using their full name and/ or a likeness, such as a full-face photograph, would be contrary to the spirit of the Eleventh Tradition, which states in the Long Form that, "... our [last] names and pictures as A.A. members ought not be broadcast, filmed or publicly printed." Experience suggests that it is in keeping with the Eleventh Tradition not to disclose A.A. membership on social networking sites as well as on any other website, blog, electronic bulletin board, etc., that is not composed solely of A.A. members and not password protected, or is accessible to the public. Websites social networking offer individuals the chance to post a great deal of personal information about themselves (and others). Our experience suggests that some A.A. members do not post anything that is "A.A. jargon" on their personal profiles and in "status updates," while others feel it is alright to do so as long as A.A. or Alcoholics Anonymous specifically is not mentioned. These websites often allow users to create social networking "groups" and the ability to invite others to "events" for like-minded individuals. Some A.A.s have chosen to create A.A.-related groups. Since this is a relatively new medium, A.A. members are frequently "learning as they go," and technology and applications change practically on a daily basis.

Our experience has shown that the evolving nature of social networking platforms makes it difficult to provide specific guidelines for using such resources for A.A. purposes. Any A.A. group or member that is thinking about entering this public arena should closely consider the privacy policies of such sites, in light of A.A.'s tradition of anonymity. For example, social networking sites often provide full names and pictures of group members, contrary to A.A.'s practice of avoiding such disclosures in public media. Even "closed" or "private" groups might still reveal an individual's identity. Being well-informed prior to joining or starting such a group is the key to protecting your own anonymity, and that of others. G.S.O. has received numerous complaints from concerned A.A. members regarding anonymity breaks online, inappropriate use of the A.A. name, and copyrighted materials and protected trademarks being improperly used on Facebook and other social networking websites. No local online A.A. or non-A.A. entity should purport itself to be a spokesperson for A.A. or act as if they represent the General Service Office, A.A.W.S., or the General Service Board. Each A.A. entity is autonomous and encouraged to make decisions by informed group conscience decision in light of the guidance provided in our Twelve Traditions. A.A. members sometimes contact G.S.O. for suggestions on how to remain within the Traditions on Facebook and other social networking websites. Keep in mind that G.S.O. staff members are not "special workers" of the "technological wizards" variety, but they can act as a resource regarding A.A.'s Twelve Traditions and the shared experience of the Fellowship in the U.S. and Canada. How A.A.'s spiritual principles play out in new technologies needs to be carefully discussed by each A.A. individual or entity creating an online presence.



...Continued from: The Wreckage of the Present by Preston B.

First of all, it was important for me do not blame my disease for the actions I take and the repercussions of such actions. I went a long time pointing the finger and not taking responsibility for my own life. Oh what a victim I was. It was a big step for me to realize that I had character defects that continued on. I felt as though when people shared in meetings and talked about how well their lives were going after they took the steps, that there was something wrong with me, because I still developed problems. These problems are nothing more than a manifestation of my character defects. It is up to me to recognize these and make the effort to grow toward something better.

God plays a huge part in dealing with my character defects. I want to be as useful as possible, but my experience has proven to me that I cannot fix my character defects no matter how well I arrange my life and walk on egg shells. It is not only no way to live and enjoy life, it's practically impossible to accomplish. Considering this, I am convinced Higher Power is the one who has removed those more severe defects. Hiding from people was never the answer, because sooner, or later, I was going to have to deal with the world and its people. I'm grateful that I have this program so I can minimize the damage I cause as I go along.

I was about two years sober and making many mistakes in my life. One day I was reading Bill's story, and I saw towards the end that he wrote a passage about how when he was around that same time sober, he was also plagued by waves of self pity and resentment. The big book is so good, and Bill's writings were so on point that when he describes a problem he doesn't just leave you paralyzed and without a solution. Continuing to take inventory was it good step in understanding problems as they come, and making amends quickly if I had harmed anyone. In that particular passage he stated that "when all other measures failed, work with another alcoholic would save the day." Needless to say, the way I have worked with newcomers over the years could very well be characterized as intensive and frantic.

I didn't know why I was, for some reason, under the impression that practicing the first nine steps of the a program would render me a perfect person. Ultimately, I realized that the best I will ever be is a flawed human being. Everyone has character defects whether they are alcoholic or not, but if my character defects run awry, and I don't take the necessary steps to hold them in check, then something will happen for me that won't happen for normal people and that is I could run the risk of the insanity of alcohol returning and drinking again, like so many I have known. I am happy to have found a power in which I can live. I am happy to have recovered from the hopeless condition and am receiving the promise of the tenth step, which is to have a daily reprieve, so long as I persevere in maintaining a fit spiritual condition through the practice of the tenth step.



A Message to the Fellowship/Call for Assistance

This is Charlie T requesting help.

For the past 3-4 years a Deaf man named Joseph has worked to start a deaf meeting of AA for the Deaf to attend. The meeting is named "A Moment of Silence" at the South Davis Club 25 North 200 West in Bountiful on Tuesday at 7:00 PM. This meeting has had some struggles and Joseph could use our help.

This idea of opening the doors of AA to the Deaf is a **Major Project**. This will take many members to form a committee to carry this out. I would like to meet and greet those members that have a skill with sign language and those that are advanced enough to possibly interpret a meeting to aid in this project.

At Central Office a motion was passed to fund \$200/month for up to Six months with review and a possibility to go for 6 more months. There is hope to find a funding mechanism to create this effort as perpetual.

You can reach Charlie T at 385-695-9181 or slowcharliet@gmail.com.



2015 Group Birthdays

Nomadic Lunch Bunch

Tom	30 days
Christina	60 days
Katherine	90 days
Ann	9 mos
Nick	9 mos
Frank	3 yrs
Susan	5 yrs
Pat H	25 yrs

Life Elevated Group

Tim	4 yrs
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Speak Easy Ladies

June

Ann	6 Months
Julie	1 year
Corinne	3 years
Chelsea	5 years
Patti	12 years
Alie	18 years

July

Melissa	6 months
Michelle	9 months
Anne	2 years
Pat B	6 years

Speak Easy Ladies

July (cont)

Billie	30 days
Sunny	90 days
Claudine	6 months
Stacy	1 year
Amra	3 years
Monique	7 years
Sheila	10 years
Gina	13 years

August

Vicki	1 month
Claudia	3 years

Speak Easy Ladies

August (cont)

Laura	9 months
Tona	6 month
Lorna	14 years
Meg	8 years
Michelle	8 years
Barbara	25years
Julie	25 years
Toni	26 years
Max	32 years

So You Think You're Different by John T.

I'm an alcoholic! I was working for a large beer distributor and I was very successful in sales. What a great job, everyone drank. At least that's how I saw it! That's why when people would say to me; do you think you might have a problem with alcohol; I couldn't understand; I'm no different from the other people working here. I'm just doing my job like everyone else.

It was suggested that I should maybe contact a clinic to ask them if they thought I might have a problem with alcohol. Well I could, and would never respect their opinion because I had a job and insurance so I just knew their opinion would be bias. They would just want my money and insurance to pay them so that was out of the question.

I continued on with my normal drinking as I understood it to be. As things got worse my world start to come apart rapidly. Problems at home; family, kids and a third car accident that landed me in the hospital for three months stay with extended rehab was still not enough to stop my pattern but it did get my attention. So, I remembered my long time friend Larry D that I did a lot of my drinking and partying with. Larry had lost his job because of the things we used to do. I remember seeing Larry and something was different about him; I knew he was in some program that was helping him get his life back together.

I contacted Larry and asked if he could meet me for lunch and he agreed. I knew nothing about AA but I could see his life was turning around and getting better. So at lunch, I asked him if he could me into this AA. I asked him the next time you go to one of those meetings, let me know. His response was, "John, I go every night" "I said, okay, next time. Larry said "Okay, how about Thursday night?" Thursday night came and I didn't show up. A few days later, Larry called and I told him I was sorry and would be there next Thursday night.

The AA meeting was called Grass Roots and it met in a large church. When I walked into that meeting I don't know what I expected but I knew I WAS DIFFERENT! I looked around and my thoughts were I don't know what Larry's been doing with his life but this is not for me. Some of these people were motorcycle guys, some looked like they didn't have jobs, some older people, some young kids, white, DIFFERENT FROM ME.

I was ready to bail but I stayed for the meeting just to be polite, but couldn't wait for it to end and that was going to be the last time I would see Larry D. Before I could escape Larry D. and another man asked me to have coffee with them. I agreed. During our conversation they told me about 90 meetings in 90 days and if at then end of that time if it seemed like it was something that would not work for me, I could go on with my life. Well, that appealed to me because I knew I could do the 90 days; then if anyone asked I could respond that I did 90 in 90 and there was no problem here.

Larry took out a meeting schedule and marked a meeting for every day for me to attend and he showed up to the meetings too. When I started going I was full of fear because I WAS DIFFERENT! After every meeting we would go have coffee and talk. About the third time while having coffee, Larry said, "John, the next time you're in a meeting of AA I want you to listen for all of the things you did do instead of all the things you didn't." Well, they say this program of AA is a GIFT. "Some people get it, some people don't." I can honestly say that allowed me to get the gift of sobriety when I started looking at the similarities not the differences.

WEAR THE WORLD AS A LOOSE GARMENT

It is the time when I am by myself, in quiet communion with God, which gives me the power, when I go back out into the tasks of everyday life, to wear the world as a loose garment.

I must live in the world and yet Live apart (from the world) with God.

I can go forth from my secret times of Communion with God To the work of the world.

To get the spiritual strength I need, my inner life Must be lived apart from the world.

I must wear the world as a loose garment.

Nothing in the world should seriously upset me, As long as my inner life is lived with God.

Salt Lake AA Central Office Reps

Meeting Minutes for

September 8, 2015

Chair: Nick R – Called meeting to order, read the Central Office Statement of Purpose

Co-Chair: Doug R – attended board meeting Tuesday before and invited all to attend

Secretary: Gina F – asked for help setting up board, chair and reps email distribution lists. Vicky volunteered. Asked all who would present extensive information to please email a copy of their presentation to make it easy to cut and paste into minutes and Lifeline.

Treasurer: Martin C – reported generous donations from groups and requested reps thank their groups, strong literature sales, announced it was time for all chairs to submit their budget needs for the upcoming year.

Trustee: Ray J - out

Trustee: Mark A. – nothing to report

Activities Chair: Dani A – Announced C.O. Picnic to be held on Sunday 9/27 at Sugarhouse Park @ the Hidden Grove. 10 am to 6 pm Meetings at 10 am and 4 pm, BBQ and Potluck Noon to 2 PM. Hosted by Central Office, free. Be of service for set up and breakdown, call Dani at 808-594-8533 or show up to be of service.

Archives: Josh D – announced Lava Hot Springs Men’s retreat.

Coin Committee: Sandy A – coins are being carefully handled as always by this committee

Cooperation with Professionals: Mike S – no report

Corrections Chair: David R – Need more volunteers with minimum one year of sobriety

Hotline Chair: Danny R – issues with calls to Hotline being missed, phone password not working, Jim C will check on phones

Literature Chair: Allison F – more hard bound Big Books being ordered

Newsletter Chair: Tim voted in as chair, reported a need for more articles

Outreach Chair: Mike M – working with Nick to get more groups on board with c.o. reps to vote on c.o. issues, and use of funds

Public Information: Laura C – out

Tech Committee Chair: Shayne F – out, Doug R said he wasn’t aware of any issues for the tech committee

Treatment Chair: Randy C – reported a cooperative effort of districts to share resources to carry the message to treatment centers. Committee meets 3rd Tuesday each month

12th Step Committee Chair: Tim E – out, death in family

Volunteer Chair: Jim C – He is giving volunteers greater latitude to do their own functions without him micromanaging. Stated the POS computer must not be used for any other purpose. Needs help with other computer problems. He and Doug R will discuss specifics

Website Chair: Doug R - Thanked all for sending in their meeting changes for the list. Provided audience overview of the AA website: 6,695 sessions; 3,455 user; 41.54% new session; 4,769 accessed through mobiles of 71% of viewers

No old business

No new business

Meeting adjourned with the Serenity Prayer.

**The Next AA Central Office of Salt Lake Committee Chair Meeting Will Be Held
October 13, 2015 at 6:30pm
Central Office of Salt Lake City 80 West Louise Avenue (2850 S.)**

Central Office Rep Meeting Attendees: September 2015

Highland Group	Happy Destiny	Tooele Beginners Group
Fresh Air	Acceptance Group	A Vision for You
Bountiful Men's Group	Old Fashioned AA	Fresh Air Seekers
Sunday Happy Group	High on the Hills	Saturday SOTS
City at Seven	90th & 32nd	Friday LGBT
Foothill Group	Hillcrest Group	Women in Sobriety
South Valley Lunch	BBT&T	Welcome Home
10th Step Group	Coffee and a Big Book	
Closed Meeting of Alcoholics	Sugar House Men's	
Red Eye	G/Q Women's Meeting	
Park City Men's Meeting	Garden Variety	
Southenders	Hot Topic	

August 2015 Comparative Financial Statement

	<u>2015</u>	<u>2014</u>
Revenue		
Group Contributions	\$ 2,811.97	\$ 2,995.00
Copy/Newsletter donations	\$ 168.97	\$ 90.85
Sales - Literature	\$ 6,830.72	\$ 5,992.67
Sales - Coins	\$ 1,832.80	\$ 1,774.00
Total Revenue:	\$ 11,644.46	\$ 10,852.52
COGS - Literature	\$ 6,779.23	\$ 6,031.95
COGS - Coins	\$ 948.97	\$ 902.07
Total COGS	\$ 7,728.20	\$ 6,934.02
Gross Profit	\$ 3,916.26	\$ 3,918.50
Operating Expenses	\$ 3,196.92	\$ 3,059.25
(Rent, Bookkeeper, Utilities, Printing)		\$ -
Other Expenses: Web Servant Committee	\$ 39.90	\$ 1,517.25
	\$ -	\$ 500.00
Total Expenses	\$ 3,236.82	\$ 5,076.50
Net Income:	\$ 679.44	\$ (1,158.00)

Bank Accounts

Checking	\$ 10,342.27	\$ 15,816.78
Money Market - PR	\$ 24,114.85	\$ 24,015.40
Total	\$ 34,457.12	\$ 39,832.18

August 2015 Group Contributions

	<u>Jul 15</u>	<u>Jan - Jul 15</u>		<u>Jul 15</u>	<u>Jan - Jul 15</u>
11th Step Meditation	0.00	25.00	New Way	0.00	1,268.14
12 O'Clock High	0.00	200.00	New Yorkers	0.00	61.75
17th x 17th	344.00	344.00	No Nonsense	0.00	116.00
4th Dimension Young Peoples Gro	59.80	59.80	Nomadic Lunches	107.23	799.65
5-15 Happy Hour	90.90	379.80	Non Smoking Sobriety Hour	0.00	400.00
6 40 New Yorkers	0.00	51.50	Nut Buckets	0.00	95.00
90th and 32nd @ 600	0.00	408.00	Off the Cuff	139.75	406.11
974 Group	100.00	363.50	Old Fashioned AA	0.00	75.00
A Vision for You	0.00	246.40	One Small Step	0.00	19.40
A Way Out	0.00	60.00	Park City Attitude Adjustment	0.00	400.00
Acceptance	191.58	316.99	Park City Group	0.00	200.00
An AA Group	129.60	485.66	Park City Men's Group	80.00	165.00
Area 69	0.00	52.00	Park City Step Study	0.00	100.00
Basic Young Peoples	0.00	304.00	Prassa Committee	0.00	119.00
Bog Irish	134.30	134.30	Primary Purpose	0.00	50.00
Bountiful Community	0.00	40.00	Recovery Way	5.00	86.00
Bountiful Mens	62.00	62.00	Red Eye Group	0.00	50.50
By the Book	0.00	165.00	Right Stuff	0.00	113.00
Came to Believe	0.00	100.00	Salt Lake Group	0.00	33.15
CAYA	0.00	88.32	Salt Lake Men's	0.00	245.00
Closed Meeting of Alcoholics	86.73	221.05	Saturday Beginners	205.00	455.00
Coffee and A Big Book	0.00	53.05	Sharing N Caring	0.00	269.00
Come Around	0.00	25.00	South Davis AA	0.00	50.00
Come As You Are	65.37	65.37	South Enders	0.00	300.00
District 10	0.00	0.80	South Jordan Big Book Study	0.00	35.75
District 2	0.00	0.04	South Valley Lunch	408.00	408.00
DNS Group	0.00	596.00	Speak Easy Women	0.00	369.96
Early Bird Special	1,084.50	1,979.50	Spiritual Quest	300.00	300.00
Early Friendship	0.00	312.49	Starting The Day	20.00	100.00
Elevator's Broken	0.00	0.84	Stonewall Group	0.00	78.00
Every Night Firelight Group	83.11	898.11	Sugarhouse	0.00	76.50
Fresh Air 12 & 12	0.00	75.00	Sugarhouse at Seven	0.00	222.00
Friday Night Young and Alive	0.00	80.00	Sugarhouse Men's Group	0.00	105.97
Friendship Group	0.00	0.20	Sunday Morning Breakfast	0.00	115.00
Garden Variety	0.00	287.50	Tenth Step Group	0.00	29.58
Girls Buncha	0.00	10.00	Tooele Beginners	19.28	95.41
Grapevine	0.00	144.60	TRY AGAIN	0.00	76.50
Greater Kearns	0.00	30.00	Unity Lunch Bunch	0.00	50.00
Grub Lunch Bunch	62.00	331.00	Up Group	20.00	80.00
Happy Destiny	0.00	40.00	Valley View Group	25.00	125.00
Highland Group	57.00	225.40	Wake Up Call	550.00	1,700.00
Holladay	0.00	242.00	Weekend Warriors	0.00	100.00
Honey's Breakfast Club	181.44	181.44	Welcome Home Group	0.00	50.00
Hot Topics	0.00	41.24	West Jordan Big Book Study	63.91	63.91
Into Action	0.00	88.73	West Valley Group	0.00	7.00
It's in the Book	0.00	26.79	Women In Sobriety	14.00	65.25
Keep It Simple	0.00	161.25	Women Stepping Up	0.00	100.00
Magna Friendly Bunch	25.00	175.00	Women's 12X12	0.00	216.50
Midvale Lunch	0.00	300.00	Women's Big Book	0.00	98.41
Murray Group	50.00	150.00			
New Life	0.00	150.00	Total Contributions GROUPS	2,807.33	10,778.67

Salt Lake Central Office Inc.
80 West Louise Avenue
Salt Lake City, Utah 84115

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Your Donation Is Appreciated!

If you would like to receive LIFELINE through the mail, please fill out this form and send it to:

Salt Lake Central Office
80 West Louise Ave
Salt Lake City, UT 84115

You may also access /sign up to receive LIFELINE via email on the Salt Lake Central Office website: www.saltlakeaa.org

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Amount donated: \$3.00 \$5.00 \$10.00 Other \$ _____

Contact Us

Give us a call for more information about our Newsletter, Meeting Schedules and Events.

Salt Lake Central Office
80 West Louise Avenue
SLC, UT 84115
(801) 484-7871

lifeline@saltlakeaa.org

Visit us on the web at www.saltlakeaa.org