



LIFELINE

SALT LAKE CENTRAL OFFICE NEWSLETTER

Editorial by Bill W.

A.A. Grapevine, November 1948

"We of Alcoholics Anonymous believe that the principle of Anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him Who presides over us all."

ONE may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest -- such

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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

The Message, Sobriety, Service By Terry L.

As it turned out, I drank for about twenty years. When I first started drinking it was love at first sight, then it was love/hate, and eventually just hate. At some point I began to experiment with "being on the wagon." I would abstain from alcohol for a weekend, a week, or a month, and one time even for six months. I was attempting to not drink no matter what. The trouble with that strategy is that I tend to drink no matter what. That strategy always resulted in another drink. At some point it became clear that left to my own devices, I would always drink again.

One night after a bout of heavy drinking I returned home in the usual drunk fog which hours of drinking will produce. I sat on the couch and opened up one more can of beer and began watching some very late night television. It was a show about alcoholism and recovery. The show was somewhat negative about AA,

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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 – Joel R.

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 - OPEN

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

Exciting Events For December!

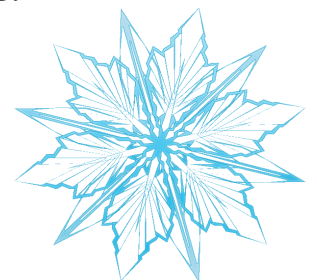
Dec. 5: Area December Committee Area Inventory hosted by District 11@ Clearfield Community Church from 8-5pm

...And 2016!

Jan 7-10: Joy of Living River Roundup in Bullhead City, AZ
www.rcco-aa.org

Mar 4-6: PRAASA at the Spokane Convention Center in Spokane WA 99201 www.PRAASA.org

...More Exciting Events to Come!



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

P0 Box 615
Salt Lake City, UT 84110

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

Area 69 Treasurer

P0 Box 286
Hyde Park, UT 84318
<http://utah.aa.org/contributions.php>

District 10 Treasurer

P0 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: “A Newcomer Asks” (Excerpts)

This leaflet is intended for people approaching Alcoholics Anonymous (A.A.) for the first time. In it we have tried to answer the questions most frequently in the minds of newcomers.

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. Only you can decide. No one in A.A. will tell you whether you are or not.

What can I do if I am worried about my drinking?

Seek help. Alcoholics Anonymous can help.

What is Alcoholics Anonymous?

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt—most of us successfully—to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

If I go to an A.A. meeting, does that commit me to anything?

No. A.A. does not keep membership files, or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

What happens if I meet people I know?

They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an A.A. meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

How can this help me with my drinking problem?

We in A.A. know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Why do A.A.s keep on going to meetings after they are cured?

We in A.A. believe there is no such thing as a cure for alcoholism. We can never return to normal drinking, and our ability to stay away from alcohol depends on maintaining our physical, mental, and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.



is the wide scope of this all embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A GLANCE at the 12 Traditions will instantly assure anyone that "giving up" is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare.

Tradition One asks us to place the common good ahead of personal desire.

Tradition Two asks us to listen to God as He may speak in the Group Conscience.

Tradition Three requires that we exclude no alcoholic from A.A. membership.

Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all.

Tradition Five restricts the A.A. group to a single purpose, i.e. carrying our message to other alcoholics.

Tradition Six points at the corroding influence of money, property and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements.

Tradition Seven states that we had best pay our own bills; that large contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous.

Tradition Eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status.

Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services--and no more. This Tradition breathes democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorizations to serve, never to govern.

Tradition Ten is an emphatic restraint of serious controversy; it implores each of us to take care against committing A.A. to the fires of reform, political or religious dissension.

Tradition Eleven asks, in our public relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link A.A. to other causes.

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The "Twelve Points of Tradition" are little else than a specific application of the spirit of the "Twelve Steps of Recovery" to our group life and to our relations with society in general. The Recovery Steps would make each individual A.A. whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our A.A. Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude and humility. Nor have we forgotten prudence. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as He may need us.

Bill W.

The A.A. Grapevine, November, 1948



...Continued from: **The Message, Sobriety, Service** by Terry L.

which I knew nothing about then. I remember saying to myself, "Whatever happens do not go to AA." On another occasion I came home in that same drunken fog and did my usual thing which was open one more beer and sit in front of the television. Even though I could barely comprehend what I was watching, something grabbed my attention. During the commercial break there was a short blurb (later I found out it was a public service announcement about Alcoholics Anonymous) about drinking for those who were wondering whether alcohol might be a problem. Both of these shows, one negative about AA and the short PSA produced by AA had planted seeds.

Around a year later I finally reached that place where I did not want to drink yet knew I eventually would. While driving on a Sunday afternoon after more horrific events, possibly brought about by drinking, I pulled over to a pay phone, called Information and was connected to our local AA Central Office. I immediately went there and was impressed by the fact that volunteers were there on a Sunday afternoon. I began my journey towards recovery in Alcoholics Anonymous right there and then, not having a clue where it would lead. I somehow knew it could possibly lead me away from where I was with drinking. As it turned out, Alcoholics Anonymous took me on a journey I could not have imagined.

Today I am grateful for those who took the time to produce and distribute the PSA's for Alcoholics Anonymous and those who sit in Central Offices on a Sunday answering telephones. Those two acts of service along with some other events and AA members all combined to bring the message of Alcoholics Anonymous to me which then led me to the doors of AA on a Sunday afternoon in November 1991. Since coming to Alcoholics Anonymous I have had the opportunity to answer phones at Central Office and serve on the Public Information Committee. I am grateful to have been sober ever since, thanks to the twelve steps, the fellowship, and the vast amount of opportunities to be of service in AA.

A.A. Birthdays

Crazy Ladies

Wendy J 2 yrs
Trilby D 32 yrs
Maggie L 33 yrs
Lindsay 2 mos
Kelli W 13 yrs
Karen B 4 yrs

Women in Sobriety

Amanda J 30 days

Life Elevated Group

Casey 1 yr
Drew 1yr

City at Seven

Ken 1 yr
David 18 mos
Danny 6 yrs
Dan 15 yrs
Phil 34 yrs

Nomadic Lunches

October

Bonnie 30 days
Shaun 60 days
Tomas 60 days
Kim 4 yrs
Chris 4 yrs
Stephen L 18 yrs
Rick J 23 yrs
Ron K 27 yrs

November

Britney 9 mos
Jane W 4 yrs
Steve 4 yrs
Karen 4 yrs
Stan K 18 yrs

Speak Easy Ladies

September

Trinity 30 days
Amanda 30 days
Christina 60 days
Caroline 3 yrs
Kathy 30 yrs
Lisa 1 yr

October

Melissa 9mos
Sue 18 mos
Cindy 22 yrs
Christina 9 mos
Stephanie 60 days
Carol 8 yrs

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

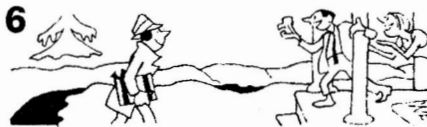


4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Central Office Reps Meeting Minutes 11.10.2015

Chair: Nick R – Called meeting to order, read C.O. statement of purpose, had Board and new reps introduce themselves

Secretary: Gina F – announced that the November All Groups Meeting did not have a sponsor. Discussion that attendance has dwindled down to sponsoring group members only. Board suggestion that All Groups be cancelled. CORs concurred.

Treasurer: Martin C – revenues down, budgets from committee chairs now due, his post rotates out in December. Suggested it would be helpful for next chair have some accounting savvy. Asked CORs to spread the word.

Trustee: Ray J – out sick

Trustee: Mark A. – nothing new to report

Activities: Joel R – did not attend

Archives: Josh D – did not attend

Coins: Sandy A – committee met to inventory 24 hour chips, order short, able to get chips within 3 days

Cooperation with Professionals: Mike S – excused, traveling for work

Corrections: David R – still need female volunteers with 1 year sobriety willing to commit to 1 year of services

Hotline: Danny R – calls continue to be missed, reported he rotates out in December, stated it was a good job and a lot of work, requires updating the volunteer coverage list every week

Literature: Allison F – multiple materials ordered, has literature racks and starter kits, noted many meeting places could use racks, Pamphlet of the Month “A Newcomer Asks.” Need volunteers for full inventory New Year’s Day, food! Nick stated that due to group’s generous donations, CO is able to order large quantities and sell at cost to members

Newsletter: Tim B – requests for people to write articles (Step and Tradition of the month). Needs articles group birthdays and meeting changes submitted by the 15th of the previous month.

Outreach: Mike M – getting positive responses they visit getting groups to vote in send COR to meetings

Public Information: OPEN

Tech Committee: Shayne F – did not attend

Treatment: Randy C – VOA Cornerstone 447 W. Bearcat Dr. SLC Tuesdays 2 pm Limits on attendance - call Randy to serve 801.518.5964 First Step Men’s Meeting 141 N. Grant St. SLC Wednesday 7pm

****NEEDS SUPPORT**** Treatment Group meets November 17 at 6:30pm at Central Office

12th Step Committee: Tim E – continues to work on getting volunteers

Volunteer: Jim C – volunteers doing great

Website: Doug R – online and printed meeting calendars increase in new users including mobile access, Mel O. stated there was some confusion around a South Valley AA meeting, needs more info.

New Business:

Central Office Reps Meeting Minutes 11.10.2015 *continued...*

Elections:

Public Information remains open

Treasurer remains open

Secretary filled by Gina F

Trustee filled by Tony S

Old Business: Nick spoke on Danny R's behalf: Motion regarding May 2015 and November 12, 2013

By-Laws presented, copies of motion, both documents handed out. Discussion on both by-laws held.

Reps to take materials back to groups and bring back response for final vote next meeting.

Interested AA: Charlie T – Found a second deaf A.A. Nick acknowledged a group of Hispanic AA members joining us wanting input on how to set up a Hispanic Central Office. Nick suggested ways they could integrate with Salt Lake Central Office. More discussion to come.

The Next AA Central Office of Salt Lake Committee Chair meeting will be held Tuesday, December 1st 6:30 pm Central Office of Salt Lake City: 80 West Louise Avenue (2850 S.)

Groups Represented at the November 2015 Central Office Rep Meeting

5:30 Sobriety Hour

90th & 32nd

A Vision for You

A Way Out

Acceptance Group

Back to Basics

Big Book/12&12

Big Uglies of AA

By the Book

City at Seven

Come as You Are

Crazy Ladies

DNS

Fresh Air 12x12

Garden Variety

Happy Destiny

Happy Group

Highland Group

Hillcrest Group

Hot Topics

It's in the Book

Murray Group

Nomadic Lunch Bunch

Salt Lake Group

Sat. Morning SOTS

So. Davis Group

Spanish Speaking Group

Speak Easy Ladies Group

Sugar House Mens

Sunday Breakfast

Vincent and Friends

Women in Sobriety

October 2015 Comparative Financial Statement

Income Statement

	<u>2015</u>	<u>2014</u>
Revenue		
Group Contributions	\$ 2,602.90	\$ 3,211.50
Copy/Newsletter donations	\$ 52.60	\$ 122.28
Sales - Literature	\$ 8,979.01	\$ 5,504.90
Sales - Coins	\$ 2,120.50	\$ 2,382.00
Total Revenue:	\$ 13,755.01	\$ 11,220.68
COGS - Literature	\$ 8,866.12	\$ 5,115.89
COGS - Coins	\$ 1,100.79	\$ 1,212.17
Total COGS	\$ 9,966.91	\$ 6,328.06
Gross Profit	\$ 3,788.10	\$ 4,892.62
Operating Expenses	\$ 3,040.57	\$ 3,322.95
(Rent, Bookkeeper, Utilities, Printing, Yellow Pgs.)		\$ -
Other Expenses: Treatment Committee	\$ 89.52	\$ -
Activities Committee (Chili Cook Off)	\$ 246.45	
Website Committee	\$ 19.95	\$ -
Volunteer Committee	\$ 55.32	\$ -
Total Expenses	\$ 3,451.81	\$ 3,322.95
Net Income:	\$ 336.29	\$ 1,569.67

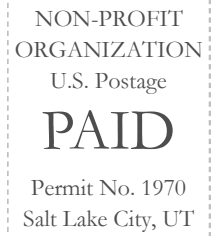
Bank Accounts

Checking	\$ 8,120.14	\$ 18,065.85
Money Market - PR	\$ 24,120.91	\$ 24,027.52
Total	\$ 32,241.05	\$ 42,093.37

October 2015 Group Contributions

Group	Oct 15	Jan - Oct 15	Group	Oct 15	Jan - Oct 15
11th Step Meditation	0.00	25.00	Midvale Lunch	0.00	375.00
12 O"Clock High	100.00	300.00	Murray Group	50.00	200.00
17th x 17th	0.00	344.00	New Life	0.00	266.00
4th Dimension Young Peoples Gro	0.00	59.80	New Way	100.00	1,429.14
5-15 Happy Hour	111.90	491.70	New Yorkers	0.00	114.00
6 40 New Yorkers	0.00	51.50	No Nonsense	0.00	116.00
90th and 32nd @ 600	0.00	408.00	Nomadic Lunches	0.00	1,035.49
974 Group	0.00	363.50	Non Smoking Sobriety Hour	0.00	480.00
A Vision for You	0.00	246.40	Not A Glum Lot	40.00	40.00
A Way Out	0.00	116.60	Nut Buckets	0.00	190.00
Acceptance	86.37	403.36	Off the Cuff	135.25	541.36
An AA Group	202.85	688.51	Old Fashioned AA	0.00	75.00
Area 69	0.00	52.00	One Small Step	0.00	19.40
Basic AA	0.00	158.50	Park City Attitude Adjustment	0.00	650.00
Basic Young Peoples	0.00	304.00	Park City Group	0.00	200.00
Bog Irish	0.00	134.30	Park City Men's Group	0.00	319.87
Bountiful Community	0.00	40.00	Park City Step Study	0.00	100.00
Bountiful Mens	0.00	62.00	Prassa Committee	0.00	119.00
By the Book	0.00	165.00	Primary Purpose	0.00	110.00
Came to Believe	0.00	100.00	Recovery Way	15.00	116.00
CAYA	0.00	88.32	Red Eye Group	0.00	50.50
Closed Meeting of Alcoholics	0.00	263.34	Right Stuff	0.00	113.00
Coalville Care Group	150.00	150.00	Salt Lake Group	0.00	70.15
Coffee and A Big Book	0.00	53.05	Salt Lake Men's	0.00	245.00
Come Around	0.00	25.00	Saturday Beginners	0.00	455.00
Come As You Are	0.00	65.37	Saturday Morning SOTS	140.00	140.00
Cottonwood Group	0.00	132.00	Sharing N Caring	0.00	269.00
Crazy Ladies	0.00	0.50	South Davis AA	0.00	50.00
District 10	0.00	0.80	South Enders	0.00	300.00
District 2	0.00	0.04	South Jordan Big Book Study	0.00	35.75
DNS Group	0.00	863.76	South Valley Lunch	0.00	408.00
Early Bird Special	0.00	1,979.50	Speak Easy Women	0.00	492.66
Early Friendship	186.13	747.50	Spiritual Quest	0.00	300.00
Elevator's Broken	0.00	0.84	Starting The Day	20.00	160.00
Every Night Firelight Group	0.00	898.11	Stonewall Group	0.00	206.50
Eye Opener	0.00	169.80	Sugarhouse	0.00	76.50
Fresh Air 12 & 12	0.00	75.00	Sugarhouse at Seven	0.00	400.00
Friday Night Young and Alive	0.00	80.00	Sugarhouse Men's Group	61.00	211.97
Friendship Group	0.00	0.20	Sunday Morning Breakfast	0.00	330.00
Garden Variety	0.00	287.50	Tenth Step Group	35.83	65.41
Girls Buncha	0.00	10.00	Tooele Beginners	0.00	95.41
Grapevine	27.33	171.93	TRY AGAIN	0.00	76.50
Greater Kearns	40.00	133.00	Unity Lunch Bunch	0.00	82.58
Grub Lunch Bunch	70.00	511.00	Up Group	0.00	80.00
Happy Destiny	0.00	40.00	Valley View Group	0.00	125.00
Highland Group	0.00	266.40	Wake Up Call	525.00	2,225.00
Holladay	0.00	242.00	Weekend Warriors	0.00	100.00
Honey's Breakfast Club	0.00	181.44	Welcome Home Group	0.00	50.00
Hot Topics	0.00	84.82	West Jordan Big Book Study	0.00	63.91
How It Works	0.00	250.00	West Valley Group	0.00	7.00
Into Action	110.39	199.12	Women In Sobriety	23.25	88.50
It's in the Book	30.34	57.13	Women Stepping Up	0.00	200.00
Keep It Simple	0.00	224.75	Women's 12X12	210.92	427.42
Live and Let Live	0.00	55.00	Women's Big Book	0.00	98.41
Magna Friendly Bunch	50.00	250.00	Total Contributions GROUPS	1,165.31	13,071.39

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



Return Service Requested



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

**Visit us on the web
www.saltlakeaa.org**