



LIFELINE



Service in Corrections:

Early in my sobriety, my sponsor was constantly encouraging me to volunteer for every little thing that came up, so when they were looking for AA volunteers for prison, I felt that familiar elbow in my ribs. I knew where I was headed and I soon found myself at the Fred House training center at the Utah State Prison for an indoctrination class. It didn't look too bad. After waiting for months without a response to my application, I called, only to learn that I had been denied because I had a relative, unknown to me, in the area I would be going into and that was not allowed. After three or four more attempts, I decided to forget it. Nineteen years later, after I got one of my sponsees involved in service, he wondered why I was not going into the prison, as well. I explained the problem and he suggested I try again. How's that? The sponsee is telling the sponsor what to do. Ok. I'll do it! Amazingly, it went right through and I was soon walking through the gates of the Lone Peak Facility for my first prison meeting. One of the inmates there had written to World Services and had the Life Elevated Group recognized as an official AA meeting. That first meeting quickly

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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

"...and Get a Home Group."

This is part of that advice that we all receive as newcomers that accompanies, "Get a sponsor, work the steps." Fortunately, I had the openness and willingness to follow that advice and for that I am very grateful.

I have a different meeting that I regularly attend for each day of the week. Some days alternate between a meeting during the day or an evening meeting, depending on work and other commitments. In a certain sense, each of these meetings acts as a kind of home group for me. My home group meets 5 days each week, but I attend at least once or twice each week.

These descriptive phrases help me understand what a home group is- there could be certainly be more:

- a. I am regularly there
- b. I miss only when it cannot be helped
- c. I have developed close relationships with others who attend

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Central Office Board of Trustees

board@saltlakeaa.org

Chair — Nick R

Co-Chair — Doug R

Secretary — Gina F

Treasurer — Lorraine R

Trustee — OPEN

Trustee — Sharon G

Alt Trustee— OPEN

Alt Trustee— Bob C

Central Office Standing Committees

Activities — Joel R

activities@saltlakeaa.org

Archives — Josh D

archives@saltlakeaa.org

By-laws — OPEN

Coins — Sandy A

**Cooperation with the Professional
Community — Charlie B**

cpc@saltlakeaa.org

Corrections — Dan B

corrections@saltlakeaa.org

Hotline Telephone — John J

hotline@saltlakeaa.org

Literature — Charlie T

literature@saltlakeaa.org

Lifeline Newsletter — Wendy P

lifeline@saltlakeaa.org

Outreach — Sharon G

outreach@saltlakeaa.org

Public Information - Beverly A

pi@saltlakeaa.org

Technical Support — Shayne F

it@saltlakeaa.org

Treatment— Sandy B

ctf@saltlakeaa.org

Twelfth Step — Tim E

12step@saltlakeaa.org

Volunteer — Jim C

volunteer@saltlakeaa.org

Website — Doug R



Central Office of Salt Lake City

7th Tradition Contribution Addresses

A.A. World Services

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

Area 69 Treasurer

PO Box 286
Hyde Park, UT 84318
[http://utah.aa.org/
contributions.php](http://utah.aa.org/contributions.php)

District 10 Treasurer

PO Box 57271
Murray, UT 84157

Salt Lake Central Office

80 West Louise Ave.
Salt Lake City, UT 84115

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

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

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

CANCELED MEETINGS:

Women's 12 x 12 Book Study on Thursdays @ 7:00 pm: Health South Building 8074 S 1300 E, Sandy

Night Owls on Friday and Saturday nights @ 10:45 at Fellowship Hall

The Road West on Tuesdays @ 6:15pm at U of U Hospital Psych Unit

The Educational Variety on Thursdays at 7:30 pm: Westminster College

NEW MEETING:

Volver a Fundamental on Tues. & Thurs @ 7:30 pm to 9:00 pm: 1060 S 900 W, SLC (basement)

MEETING UPDATE:

West Jordan Big Book Study is now on Mondays @ 7:00 pm: Sister Fabian Hall, 7405 Redwood Road

NEW LOCATION for **City at Seven** on Saturday nights at 7:00 pm at **Fit to Recover**: 789 W 1390 S, Salt Lake City



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—the questions which were in our minds when we first approached the Fellowship.

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.

http://www.aa.org/assets/en_US/what-is-aa/p-24-a-newcomer-asks



CENTRAL OFFICE ELECTIONS:



*Now is YOUR Chance to be of Service at
SLC Central Office*

November Elections – Board Members

According to the By-Laws of Salt Lake Central Office, Inc. our current Chairperson will conduct elections for the following Board Officers: Chairperson, Co-Chairperson, 2 Trustees at Large and 1 Alternate Trustee at Large. This will take place at the November CO Rep meeting (November 8, 2016).

Term of Office

The term of office shall be two years from the time of election. No more than two members from any member group shall serve together on the Board of Trustees at any time. After four years of consecutive service in any position on the Board of Trustees, at least a one year sabbatical is required. No person shall serve in any Board of Trustees at Large or Alternate Trustee office for more than two years, but may be a candidate for another office on the Board of Trustees. No person shall serve as a member or officer of the Board of Trustees for more than a total of six years in any one ten year period. The term for the position of Immediate Past Chair shall not count toward the maximum years of service requirements.

General Qualifications

Each person standing for a position shall inform the CO Committee that they are sober members of A.A., actively engaged in an A.A. recovery program, and have a minimum of two years of continuous sobriety. The nominee shall also declare the identity of their Home Group in Alcoholics Anonymous.

Board of Trustee Duties – General

- To oversee the operation of Central Office and be responsible for its functions in accordance with the A.A. *Guidelines – Central or Intergroup* Offices published by the General Service Office of Alcoholics Anonymous, and the A.A. Twelve Traditions.
- To coordinate group interest in Central Office and service organizations.
- Consider ways and means of aiding the A.A. program in accordance with its traditions and principles.
- To select and hire, at its discretion, a Central Office Manager, other employees or volunteers, subject to the approval of the CO Committee and in accordance with the standards of the Eighth Tradition of A.A.
- Guide the Central Office Manager, employees and volunteers in accordance with policies and procedures established by the Board of Trustees and the conscience of the CO Committee.
- Implement the decisions of the CO Committee.
- Assure the CO Committee of Central Office's compliance in all functions and activities with the Articles of Incorporation and duly adopted amendments.
- Establish, with participation and approval of the CO Committee, procedures or capital improvements, disbursement of funds and expenditures for ongoing expenses on all matters which significantly impact the operation of Central Office.

...Continued on next page

Chairperson Duties

- Be an elected and voting member of the Board of Trustees.
- Attend and preside at all regular and special Board of Trustees meetings and all regular and special CO Committee meetings.
- Prepare the agenda for all Board of Trustees and CO Committee meetings.
- Appoint, with the concurrence of the CO Committee, the Chairpersons and members of all ad hoc committees authorized by the Board of Trustees or CO Committee. The Chair may delegate to the chairperson of each ad hoc committee the authority to appoint its members.
- Represent Central Office at meetings of member groups, other A.A. gatherings, A.A. events, Area 69 assemblies or any other meeting in which Central Office has an interest or should be officially represented. In lieu of attending any such meeting or event, the Chair may designate another Board of Trustees member or other qualified member of A.A. as a suitable representative.
- Prepare, or have prepared, and submit the Central Office Annual Report to the Member Groups on or before the January CO Committee meeting of each year.
- Supervise the Office Manager, employees or volunteers as deemed appropriate by the Board of Trustees and CO Committee.
- Be one of the cosigners on all bank accounts.

Co-Chairperson Duties

- Be an elected and voting member of the Board of Trustees.
- Attend all regular and special Board of Trustees meetings and all regular and special CO Committee meetings.
- Assist, participate and share in the responsibilities of the Chairperson, and assume all duties of the Chairperson in that person's absence.

Trustees at Large & Alternate Trustees Duties

There shall be three elected Trustees at Large and two elected Alternate Trustees at Large who shall:

- Attend all regular and special Board of Trustees meetings and all regular and special CO Committee meetings.
- Assist, participate and share in the responsibilities of the Board of Trustees as described in these By-Laws and as otherwise authorized or delegated by the Chairperson or their designate.
- Fill in at meetings and activities when the regular Trustee at Large is unable to attend and to accept the position of Trustee at Large when that person is unable to complete their term.
- Any Officer or Board of Trustees member of Central Office, in addition to the powers conferred by these By-Laws, shall have the powers and shall perform such additional duties as are authorized by law and prescribed and directed by the Board of Trustees or CO Committee.



**For more information please see the By-Laws and/or talk with one of the current
Board of Directors members.**

...Continued from page 1: **Service in Corrections**

fueled my passion and I accepted the responsibility for the Sunday night meetings. Some nights there were only two of us, but on others, there were up to 16 men. It is never the same, but everyone always has a chance to share. I have been fortunate to take some of these men to their first meetings after being released, and have also seen them accept additional chips for years of sobriety.

Unfortunately, as we know, some people just can't seem to get it, and I have seen some back behind the fence shortly after being released. Perhaps next time will be different!

After three years, due to a dwindling population and budget cuts, the Lone Peak Facility and other small sections are being shuttered. Most inmates will move to the Wasatch Facility, others to the Gunnison Prison and some to local jails or halfway houses. I have been assured that once everyone has been transferred, we can resume our Sunday meetings at Wasatch. Not soon enough! These people think we go out there just for them, but these meetings have certainly helped to keep me sober. Thanks for the opportunity to serve.

—John E.

“Being a little kinder, a little slower to anger, a little more loving makes my life better—day by day.”

-Alcoholics Anonymous, Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members

UPCOMING EVENTS:

OCTOBER 2016

October 7-9: UCYPAA ANNUAL CONVENTION at the Zion (Tanner) Amphitheater in Springdale, UT. Contact yawnworthy@gmail.com for interest in pre-registration.

October 7-9: FELLOWSHIP OF THE SPIRIT at the Marriot Park City, in Park City Utah. Visit www.fotsutah.org for more information, registration, and to book your room at the Marriot for a special conference rate.

October 22: 2016 CHILI COOK OFF at St. Vincent de Paul Catholic Church (1375 Spring Lane, SLC). Side dishes and dessert are potluck, so feel free to bring something. For questions or to volunteer, email joel_r@comcast.net

NOVEMBER 2016

November 24-27: 50th ANNUAL LAS VEGAS ROUND UP in Las Vegas, NV. Visit www.lasvegasroundup.org for more information and to register.

...Continued from page 1: "...and Get a Home Group."

- d. I take positions of service at the meeting or in the name of the group
- e. I come early when possible and stay late at times
- f. I care about the meeting
- g. I celebrate lengths of sobriety at this meeting (mine and others)
- h. I encourage others to attend my home group

While I try to bring each of these to every meeting I attend, they are most particularly present at my home group.

I think each person should have the chance to hospitable, welcoming and of service in his or her own home group. It makes sense to me that each group is determined by its own group conscience. Every group I attend does not necessarily need my input to their conscience. I like the idea of benefitting from each group as they wish to have a meeting. Each group should be confident in its own way of doing things.

We hear at meetings that no one person speaks for AA. I also think that no one meeting speaks for AA. Pick a home group and contribute to its carrying of the message. Work to make the carrying of the message in your home group the best it can be. I have also learned that it is foolish for me to think that each meeting I attend has to meet my expectation of a meeting. I should accept to group's hospitality, contribute graciously and willingly and depart gratefully.

When I am asked to introduce myself at a meeting as an out of town visitor, I am always excited to say, "My name is John and my home group is the 5:15 Happy Hour in Salt Lake City, Utah."

-John

CENTRAL OFFICE TREATMENT FACILITIES NEED YOUR HELP!!



Bill Dotson, AA number 3, the "Man on the Bed."

Districts 2 and 10 need Treatment Facility Chairs!

- ◆ **District 2:** Salt Lake City, Tooele, and Dugway
- ◆ **District 10:** Murray, Magna, West Valley, Wendover, Park City

Since one of the ways A.A.'s co-founders helped maintain their sobriety was by carrying the A.A. message into hospitals, many other alcoholics have discovered the great value to their own sobriety of working with suffering alcoholics in treatment settings and correctional facilities.

Requirement is two years of continuous sobriety and the position is a two-year term

If interested, please contact Sandy B. at 801-557-1646 or barlow.sandy@gmail.com

Central Office Committee Meeting Minutes 09.13.16

Chair: Nick R – Welcome, Introduction of new Reps; Mike - Wake Up Call in Park City; Mike – Tooele Group; Tom – Draper Group; Piper - Women's GQ Group

Co-Chair: Doug R – Central Office is doing well, meeting lists are being kept up. Lists go to District and Area, District and Area are working with Central Office to order literature to save on shipping costs for all three groups

Secretary: Gina F – Circulate clip boards and everyone be sure to sign in

Treasurer: Lorraine R – Will be providing Quarterly financial sheets showing all groups and contributions year to date. Reported that new chair, co-chair, trustee and alternate trustee will be voted on in November. Supporting input given my Nick, Doug and Gina

Trustee: OPEN

Trustee: Sharon G – Excused, Aloha

Alt Trustee: OPEN

Alt Trustee: Bob C -

Activities Chair: Joel R - Excused, Gina reported that he is healing well

Archives: Josh D – Excused

By-Laws: Lon R – Nick spoke to him this morning, Lon reported he will have the By-Laws ready by October. Lon emailed Gina at 3:45 pm today that he is stepping down, Gina emailed a thank you for your service

Coins: Sandy A – all is going well, coins are fully stocked

Cooperation with Professionals: Charlie B – reported he has been speaking with Chuck Spence (brother to Mike Spence), Program Director of the Governor's Office of Economic Development to get help making appointments with prosecutors and judges of Drug Courts

Corrections Chair: Dan B – Need more volunteers

Hotline Chair: John J – all is running well, good communications between Central Office daytime volunteers and after-hour group volunteers.

Literature Chair: Charlie T – Pamphlet of the month, "A New Comer Asks", sold \$350 of Spanish Language Big Books

Newsletter Chair: Wendy P – Requests groups submit their monthly birthdays and any other content

Outreach Chair: Sharon G – Excused, Aloha

Public Information: Beverly A – Excused

Tech Committee Chair: Shayne F – Doug reported all is going well

Treatment Chair: Sandy Barlow – Created flier for treatment chairs for Districts 2 & 10. Discussed Recovery Ways. They want a selected group of AAs to attend their meetings. Nick said if their meetings are not open to all AA members, they cannot list their meeting in the Central Office meeting schedule

12th Step Committee Chair: Tim E – Have not been receiving calls, which means the 12 Step Committee is working. He is sending out to all CORs new sign-up sheet

Volunteer Chair: Jim C – Bill is in the V.A. hospital. Stated that there needs to be more younger volunteer signing up to help. Announced District will be holding a meeting in Central Office on a Saturday in October explaining how area 69 works

Website Chair: Doug R – All is good. 43% of visitors to the website in August were new.

Old Business - None

New Business – None

Wrap up statement by Nick regarding the importance of getting the word out to all AAs about the upcoming elections, including the opportunity to "stand" for chair, co-chair, trustee and alternate trustee. Voting will be in November. Explained the work put into setting up Central Office as an all-volunteer staff with the exception of accounting. There are very few offices in the country operating with an all-volunteer staff.

Meeting Adjourned and Closed with the Serenity Prayer

Next Central Office Rep meeting will be held on Tuesday October 11, 2016 at 6:30 pm

SOBRIETY SEARCH

S O Q L L C S R D A Q P W O H
V D C H J Y E D B P I T P S O
N F N G A S E A N H T E E S N
K R Z E P P D V S E N Z V E E
O W A E M G P R Q M M X I N S
F N C H O A O I I U Z A J G T
A T P H H S G N N V L E S N Y
V D F O N M D N R E L S A I R
C C X O Y E U V I P S K T L Y
N H P M D T C L N V M S M L Y
P S W N X C V F A O I K T I Q
A N E W F R E E D O M L M W Z
A S E C I V R E S A A R I O K
S E L B I S N O P S E R M A I
P P Q T C Q G Z J J Y S G P K

AMENDS
ANEWFREEDOM
HAPPINESS
HONESTY
IAMRESPONSIBLE
LIVINGAMENDS
OPENMINDEDNESS
RESPECT
SERVICE
SPONSORSHIP
WILLINGNESS

An Announcement from G.S.O

September 15, 2016

To: Members of the General Service Conference
From: Greg T, General Manager, General Service Office
Re: G.S.O. Staff Opening

Dear Friends,

Applications are now being sought for a G.S.O. staff member. G.S.O. staff are members of Alcoholics Anonymous who rotate through the various assignments such as Corrections, Public Information, C.P.C., Conference, International, etc. They also correspond with A.A.s on all aspects of recovery and service. Additionally, they represent the General Service Office at A.A. functions throughout the U.S. and Canada and provide the primary staff support for the General Service Board and the annual General Service Conference.

Desirable qualifications include excellent communication, organizational and computer skills, as well as the ability to work independently and as a team member. Fluency in French or Spanish is desirable. A.A. service experience will also be taken into consideration in addition to a willingness to relocate to New York City, if necessary. A minimum of six years sobriety is required. This opening will be available January 2017.

Attached is an "Application for Employment – A.A. Staff" that we hope you will share with members who are interested in serving on our staff and meet the basic requirements outlined above.

We will welcome applications up to *November 15, 2016*. Interested members may apply via email: staffcoord@aa.org; fax (212) 870-3003; or postal mail.

Please address any questions regarding the nature of the job to Eva S, Staff Coordinator at (212) 870-3124 or staffcoord@aa.org. Questions regarding benefits and related matters should be directed to Olga M, our Human Resources Director at (212) 870-3025.

For additional information regarding the General Service Office staff member position, please see the Feb/March 2005 *Box 4-5-9* article, "G.S.O. Staff Member – A Job Like No Other" at http://www.aa.org/lang/en/en_pdfs/en_box459_febmar05.pdf

Your friends here join me in sending our gratitude and best wishes.

Please Note: The attachment "Application for Employment – A.A. Staff" can be obtained by contacting your groups' General Service.

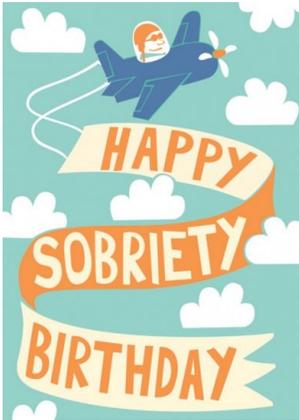
August 2016 Central Office Financial Summary

Income Statement

| | <u>2016</u> | <u>2015</u> |
|-----------------------------|---------------------|---------------------|
| Revenue | | |
| Group Contributions | \$ 3,370.18 | \$ 2,811.97 |
| Copy/Newsletter donations | \$ 5.47 | \$ 59.91 |
| Individual Contributions | \$ 40.57 | \$ 109.06 |
| Sales - Literature | \$ 6,980.55 | \$ 6,830.72 |
| Sales - Coins | \$ 1,803.00 | \$ 1,832.80 |
| Interest Income | \$ - | |
| Total Revenue: | \$ 12,199.77 | \$ 11,644.46 |
| | | |
| COGS - Literature | \$ 6,731.56 | \$ 6,779.23 |
| COGS - Coins | \$ 884.88 | \$ 948.97 |
| Total COGS | \$ 7,616.44 | \$ 7,728.20 |
| | | |
| Gross Profit | \$ 4,583.33 | \$ 3,916.26 |
| | | |
| Operating Expenses | \$ 3,192.15 | \$ 3,493.92 |
| | | |
| Other Expenses: | \$ - | |
| Total Expenses | \$ 3,192.15 | \$ 3,493.92 |
| | | |
| Net Income: | \$ 1,391.18 | \$ 422.34 |
| | | |
| <u>Bank Accounts</u> | | |
| | | - |
| Checking & Petty Cash | \$ 15,799.57 | \$ 11,540.44 |
| Money Market - PR | \$ 24,166.05 | \$ 24,135.75 |
| Total: | \$ 39,965.62 | \$ 35,676.19 |

*PLEASE NOTE THAT ACCORDING TO THE CENTRAL OFFICE BYLAWS IT IS REQUIRED TO HAVE 6 MONTHS OVERHEAD IN THE PRUDENT RESERVE. AVERAGE MONTHLY COSTS ARE \$4,000 PER MONTH, \$24,000 FOR 6 MONTHS.

*A DETAIL OF GROUP CONTRIBUTIONS IS AVAILABLE AND WILL BE HANDED OUT QUARTERLY



Please send all sobriety milestones to : lifeline@saltlakeaa.org by the 15th of each month for publication in the following month's LifeLine.

SUNDAY BREAKFAST

SPEAK EASY LADIES

NOMADIC LUNCH

| | | | | | |
|-----------|---------|--------|---------|-----------|--------|
| Richard | 36 yrs. | Paul | 1 yr | Claudia D | 5 yrs |
| Sue T | 11 yrs | John J | 3 yrs | Julie P | 26 yrs |
| Terryne B | 1 yr | Rob | 30 days | Lisa J | 3 yrs |
| Mike | 30 days | John R | 10 yrs | Lorna N | 15 yrs |
| Madolyn | 30 days | Kathy | 6 yrs | Daina S | 1 yr |
| Tristen | 1 yr | Matt | 9 mos | Jamie B | 8 yrs |
| Tony | 30 days | Joe | 6 mos | Kathy K | 31 yrs |
| Dan | 30 days | Matt | 30 days | Toni L | 27 yrs |
| Alan | 27 yrs | Fred | 11 yrs | | |
| Terry | 1 yr | Blake | 5 yrs | | |
| Jeremy | 3 mos | | | | |



Home Groups Represented: September 2016 Central Office Meeting

- 10th Step Group
- 90th & 32nd Group
- A Vision for You
- Anna's Lunch Group
- Basic Young Peoples
- BBT&T Group
- Bog Irish Big Book
- By the Book Women's
- City @ 7
- Draper Group
- Every Night Firelight
- GQ group
- Happy Destiny
- Happy Group
- Hillcrest Group
- Hour of Hope
- Magna Friendly Group
- Murray Group
- Nomadic Lunch
- Quiet Time Meditation
- Rose Park Recovery
- Salt Lake Group
- Serenity Now
- Spiritual Quest
- Stonewall Group
- Sunday Breakfast
- Tooele Group
- Vincent & Friends
- Wake Up Call
- Women in Sobriety
- Young & Alive

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

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Salt Lake City, UT

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