

# LIFELINE



## Good AA?

What constitutes a good AA meeting? Please do not ask me for a list of questions which might draw more varied responses than this. Suffice it to say that beauty is in the eye of the beholder. So in attempt to pare the possibilities, let's consider the beholder. As the author I would like to point out my near-lifelong willingness to share/write about things I claim to have experienced myself. So, for our purposes here and in adherence to the prescribed article parameters, our beholder (AA meeting attendee) is a straight male in recovery from alcoholism. With this knowledge we are now able to

respectfully eliminate responses from gay men and the fairer sex.

Certainly any AA meeting should contain/emit some structure. A timely opening of the meeting as published is a good way to start. Perhaps a reading of the AA Preamble and rules of participation for the individual meeting could follow. How It Works and the Twelve Traditions are great informative readings describing what we're all about and should succeed the aforementioned. At this juncture we have a great start for what is involved in a good AA meeting. This being the "boilerplate" as it was.

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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**

## Tradition Nine

Tradition Nine is astonishing, "AA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve." In the words of Bill W, "The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?"

As an alcoholic, recovered from a seemingly hopeless state of mind and body, I'm still riddled with character defects... the biggest one is the idea that "I know what's right for other people." Even after a few 24 hours, those defects crop up most often in situations I am passionate about. The 9th tradition helps keep me right sized, keep me in the center of the heap instead of trying to climb to the top of it or hide underneath it. The 9th Tradition reminds me I am just a person amidst a sea of people. That was something my sponsor really drove home... that I am unique but not different.

*Continued on page 5*

## Central Office Board of Trustees

[board@saltlakeaa.org](mailto: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](mailto:activities@saltlakeaa.org)

**Archives — Josh D**

[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

**Coins — Sandy A**

**Cooperation with the Professional**

**Community — Charlie B**

[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

**Corrections — Dan B**

[corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)

**Hotline Telephone — John J**

[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

**Literature — Charlie T**

[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

**Lifeline Newsletter — Wendy P**

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

**Outreach — Sharon G**

[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

**Public Information - Beverly A**

[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)

**Technical Support — Shayne F**

[it@saltlakeaa.org](mailto:it@saltlakeaa.org)

**Treatment— Sandy B**

[ctf@saltlakeaa.org](mailto:ctf@saltlakeaa.org)

**Twelfth Step — Tim E**

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

**Volunteer — Jim C**

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

**Website — Doug R**

[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)



Central Office of Salt Lake City

**HELP US MAINTAIN AN ACCURATE AN UP-TO-  
DATE LIST OF ALL AA MEETINGS HELD  
WITHIN OUR SERVICE AREA!**

~If you have any meeting updates (deletions, additions, changes, etc), please visit our website using our instructions below, or give us a call at; 801-484-7871

Entering Meeting Changes on the web:

- 1) Go to our website: <http://www.saltlakeaa.org>
- 2) Find 'Schedule of Meetings' from the options along the top and select "Meeting Changes"
- 3) Scroll down to find the form, which begins with 'Group Name'
- 4) Fill out the form; in the 'Meeting details or Special Instructions' section, please indicate if meeting is new or existing
- 5) Press 'Submit' ... and you are done!

## 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

### Area 69 Treasurer

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

### District 2 Treasurer

PO Box 615  
Salt Lake City, UT 84110

### District 10 Treasurer

PO Box 57271  
Murray, UT 84157

### District 11 Treasurer

1157 Shannon Avenue  
Farmington, Utah 84025

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

## Pamphlet of the Month:

2014  
MEMBERSHIP  
SURVEY

### GROUP MEMBERSHIP



**86%** of the members belong to a home group.

### SPONSORSHIP

**82%** of members have a sponsor.

**74%** got a sponsor within 90 days.



\* These numbers do not add up to 100% because respondents were allowed to select more than one.

## Step Nine: My Experience, Strength & Hope

*"Made direct amends to such people  
wherever possible, except when to do so  
would injure them or others"*

Okay, so the first eight steps were behind me. I felt as if I had already given so much of myself in the previous steps, but was now faced with moving from behind the shield of protection that surrounded me in AA, to the firing line of reality. Could I do it?

I had felt protected. I had felt safe. All the things that I had shared or accomplished to this point were conducted in AA meetings, or were shared with my sponsor in working the steps, in safe and protected rooms. The people I had harmed were still just in written form, on a piece of paper. I knew the harm had been done, but it seemed distant and less real, even though I had just completed a thorough eighth step. They were names on paper, that's all. Standing in front of a piece of paper with a list of names on it did not seem threatening in any form.

*I found that I could do it, but  
more importantly, that I  
WOULD do it.*

My sponsor was great at bringing me back to reality. I won't say he was a big book thumper, but he knew that if I wanted to truly get over drinking, that Step Nine must be completed. We read and reread pages 76-84 in the Big Book, which provide the primary instructions for making amends to those we harmed, and then he set me free to go make amends. I found that I could do it, but more importantly, that I WOULD do it. Willingness: the word that leads to honesty and open-mindedness,

and ultimately ACTION.

My experience boils down to this: First - pray for courage before meeting with any individual that you are going to make direct amends to (you must stay spiritually fit). Second – keep it honest and simple and stay on task, never get defensive. Third – disclose directly the reasons you are making amends as you understand the situation. Fourth – ask the person what harm you have caused them (it is easy to express what you believe happened, but entirely different to know what they experienced, or how they felt when we harmed them).. Five – ask not for forgiveness, but make a sincere apology to the one you harmed and ask specifically what you can do to 'make it right', and if it is not immoral or unethical, do all you can to heed their request. Six – accept that you did all you are required to do to make amends, regardless of the outcome. Surprisingly you will find that most amends end positively.

My strength boils down to this: The ninth step promises are real. My favorite promise from working this step is that I will comprehend the word serenity and we will know peace, followed by not being afraid of people anymore, especially those I harmed.

My hope boils down to this: I hope you pray for the courage to do this step. The freedom is immeasurable and the promises are life-changing. I hope you lean on your sponsor for direction and take advantage of their experience and guidance along with the suggestions found in pages 76-84 of the Big Book and complimented by the suggestions in the Twelve and Twelve on step nine. Taking AA from the rooms of AA into action is life changing. You want to quit drinking for good? Then take this step completely and thoroughly. Remember: Half-measures avail us nothing.....

- Lloyd R

# ONE DAY AT A TIME

## ...Continued from: Tradition Nine

Like the actor in The Big Book, I am sometimes tempted to run the whole show. If everyone would just play the role I assigned everything would turn out fine. There are cautioning words later in working with others... Bill stresses that we do not know what's right for other people... only what is right for me.

It was in my first business meeting in a home group with several hundred members I had my first encounter with the 9th tradition. A hot topic was being called to vote, there were many passionate views being expressed on both sides... things were getting heated. It

was those Elder Statesman that gently reminded the group of tradition and concept, and then allowed the chips to fall as they may. And while there were members sober much longer than me, my vote counted just as much. That's the group conscience working in Alcoholics Anonymous. Then I'm just another Bozo on the bus, period- not better than or worse than.

Today I seek to see myself as one in the family, a worker among workers, just another driver on the highway of life. The 9th tradition taught me that.

-Anna S.

## ...Continued from: Good AA?

However, the aforementioned has only set up an opportunity for our male in recovery from alcoholism to receive what he may require for a sober day. More succinctly what might our man require out of a meeting to qualify it as helpful? A collected and widely viewed thought is that a man should be able to view the room's male attendees and feel "a part of." An "ironclad" way of insuring this is to become involved in some type of service for that group.

We believe it is nearly critical for a man to feel "a part of" a group of men in recovery. Childhood issues of the individual male experience may stay with a fellow for his lifetime. On display at any men's AA gathering are prime examples of men dealing with past male abuse issues; distrust, fear and in general a misunderstanding all together of male-machismo. Additionally on display is the resulting behaviors of men with differing, shall we say, more fortunate male experiences of; guidance, comradery, masculine friendship/bonding and trust. The mixture of these varied experiences is a wonder as men give freely of what they have and others are welcome to consider, absorb and or take what they are lacking or are attracted to. A men's AA meeting is a great place for a man to determine that he is perhaps not so different from his male alcoholic colleagues.

If a man peruses the attendees of a men's AA meeting he *may* be inclined to lose focus through various fellows, looks, demeanor or apparent state of emotion. Generally speaking, he can and will regain his focus momentarily. When a man peruses those in attendance of a coed AA meeting he *will absolutely* lose his focus at one time or another with virtually little or no chance of recovering it prior to the closing. I make this last statement in jest and sincere truth alike. Certainly a man can be a positive contributor/receptor of a coed AA

meeting but for many men, the fewer distractions the better chance for focus. Along this line is the likelihood that the female presence can and will give different motivations to some men's thought processes and subsequent sharing. Perhaps proving to be dissuasion from an honest share from the heart?

As with any AA meeting there are positive and negative examples of humanity in recovery or perhaps new verse more experienced is a more appropriate way to put it? For what it is worth to the eye of our beholder; if it looks like a man, talks like a man, dresses like a man, drinks like an alcoholic man, this man should be most willing to subject himself to the world of male recovery a minimum of once per week. Any AA should always pursue improvement as in enhancement to their recovery as well as the giving away of what one has so freely been given. It is beneficial for our man to learn to trust, include, serve, work with and realize the commonalities which we all share.

In closing I should like to say that the first two years of my sobriety were in men's groups exclusively. It was not designed that way. It was simply that when women attended they rarely came back. When I began to participate in coed meetings my eyes were opened to the female side of alcoholism. I was amazed at the many commonalities, the differences and also the varied feelings regarding a female perspective of the Big Book and its 1930's-esqe writing. My early male dominated influence set me on a solid path albeit a double-standard and sexist one. I learned this through coed AA. I maintain that a well-informed male in AA needs both coed and men's meetings. However, there is no substitution for that one hour per week. Thank you.

-Jon



## UPCOMING EVENTS

### September 2016

**September 9-11: 26th International Bridging the Gap workshop** in Tucson, AZ. Contact: Matthew L 916-899-1908 or [coordinator@btgww.org](mailto:coordinator@btgww.org)

**September 9-11: Men's Spiritual Retreat @ Lava Hot Springs** featuring Steve L. from Redondo Beach. Contact Josh or Mike for registration: Josh D (801) 879-8193 [joshuadecola@yahoo.com](mailto:joshuadecola@yahoo.com), or Mike C (208) 681-3169 [mikecaldwell51@gmail.com](mailto:mikecaldwell51@gmail.com)

**September 16-18: The 27th Annual Women's Big Book Retreat** at Trefoil Ranch Girl Scout Camp. <http://www.newurecovery.org/#!/wbbr-aa/rhptg> Contact Marsha [marshasabc@aol.com](mailto:marshasabc@aol.com)

**September 18: Annual Acceptance Group Picnic** at Lindsey Gardens 11-5; Celebrating the group's 31st year!

**September 23-25: Fall Assembly Area 69** at Western Park: 302 E 200 S in Vernal, UT contact: Jerrad T:435- 790-1270 or Shorty A. 435-219-5674

### October 2016

**October 7-9: Fellowship of the Spirit Utah 2016** at the Marriott in Park City. [www.fotsutah.org](http://www.fotsutah.org)

**October 22: Annual Chili Cook-Off** at St Vincent Church: 1375 Spring Lane Salt Lake, 84117 from 6:30pm-9:30pm

**Are you a Grapevine Hoarder?  
(we hope so!)**



Our archives representative is trying desperately to fill in the gaps! If you have any of the issues list below, please reach out to Josh at [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

1953 Jan Feb Mar Apr May June July Aug Sept Dec	1960 May June July Nov Dec	1969 All 12 months needed
1954 May Nov Dec	1961 All 12 months needed	1970 July Nov
1955 Jan Apr	1962 Nov	1980 Dec
1956 Jan	1963 Nov	1991 Complete
1957 Apr June July Sept Oct Nov Dec	1964 Feb Apr Oct	2000 Feb Apr May June July Dec
1958 Jan Mar Apr May June July Aug	1965 May June July Aug Oct Nov	2001 Feb Mar Nov Dec
1959 Feb Apr June Aug Oct	1966 June July Oct Dec	2004 May
	1967 July Oct	2010 Mar
	1968 Mar June July Oct Nov Dec	2011 Jan Feb Aug Sept

# Central Office Representatives Meeting Minutes 08.09.16

Chair: Nick R – Welcome, statement of purpose, introductions of new CORs: Conner-Coffee and a Big Book, Mike-Wake up Group, Scott-Bog Irish, Patsy-Early Friendship Group. Announced that he was picking up 50 tickets for the Friday, Sept 2 Bees Game and fireworks at 6:30 pm. Tickets are \$14. Seating on the first base line in the shade.

Co-Chair: Doug R – Fielding a lot of calls from the fellowship. Website is updated with Annual Picnic info and Bees game.

Secretary: Gina F – please be sure to sign in for reporting to the newsletter.

Treasurer: Lorraine R – Will be providing the profit and loss report which shows which groups and donation and which are not in the newsletter. One COR stated his group stopped donating to central office because the prudent reserve is so high. Nick explained the office is ok financially, and “groups vote with their money,” also that we have to have a 6 mos., prudent reserve. Group questioned if it was the time of the year, were all groups represented, are some groups no long functioning? Wendy P thought the profit and loss should be in the newsletter with year to date and monthly. Also discussed a 12 month rolling report.

Trustee: OPEN

Trustee: Sharon G – Helping with the kid's activities for the annual picnic.

Alt Trustee: Lori C - excused

Alt Trustee: Bob C – Going to DCM meetings, to learn about cooperating with like chair positions between central office and DCMs

Activities Chair: Joel R – Reiterated that volunteers were need to set up the annual picnic on Sunday, August 14 in Murray Park, reminded everyone of the Chili Cook-off in October at Saint Vincent's Church. No movie, considering a speaker or two. He and Penny are going to need a lot of help as he's having surgery in Sept.

Archives: Josh D – Grapevines being published on-line. Wants a list of missing issues published in newsletter. Wendy P agreed.

By-Laws: Lon R - Excused

Coins: Sandy A – All is good, shipping prices to increase to a minimum of \$7.

Cooperation with Professionals: Charlie B – Kent S will be helping with the outreach on this committee, including medical, legal, etc. needing AAs help.

Corrections Chair: Dan B – More volunteers needed for the jails

Hotline Chair: John J – All is well

Literature Chair: Charlie T – Made a motion to sale back log of Spanish language Big Books at 25% off to move inventory, seconded, no one opposed. Noted by Doug that a Spanish Central Office is pretty slim and not a good target for sales.

Newsletter Chair: Wendy P – reminder to CORs to submit stories, when submitting meeting changes please elaborate on the details: meeting name, what is current and what is changing. Kudos to volunteers.

Outreach Chair: OPEN

Public Information: Beverly A – Back in town after a month in California. Will start replenishing materials at hotels, hospitals and shelters.

## Central Office Representatives Meeting Minutes 08.09.16 *(continued)*

Tech Committee Chair: Shayne F – Doug reported all is good

Treatment Chair: Sandy Barlow - Excused

12th Step Committee Chair: Tim E – committee running well, list is current and working.

Volunteer Chair: Jim C – POS went down, made hand receipts, off by only \$1.23 under. Thanked Doug for his help.

Website Chair: Doug R – Fee for the C.O. domain is current. In July the website had 7,194 sessions of which 42% were new visitors

**Old Business** None

**New Business** None

Elections:

Trustee: No one stood

Outreach Chair: Sharon G stood, she said she would do Outreach and her Trustee post. She Loves Meetings!

Adjourn and Close with the Serenity Prayer

Next Central Office Rep meeting will be held on Tuesday September 13, 2016

### ***Meeting Updates!***



- **CANCELED MEETINGS:**

**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

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

- **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



## July 2016 Comparative Financial Statement

<b>Income Statement</b>	<u>2016</u>	<u>2015</u>
Revenue		
Group Contributions	\$2,525.02	\$4,764.50
Copy/Newsletter donations	\$10.50	\$34.90
Individual Contributions	\$35.40	\$63.19
Sales - Literature	\$4,896.00	\$4,775.77
Sales - Coins	\$1,930.50	\$1,572.50
Interest Income	\$ -	
Total Revenue:	\$9,397.42	\$11,210.86
COGS - Literature	\$4,810.10	\$4,641.03
COGS - Coins	\$1,025.70	\$799.09
Total COGS	\$5,835.80	\$5,440.12
Gross Profit	\$3,561.62	\$5,770.74
Operating Expenses	\$3,641.32	(\$344.30)
Other Expenses:	\$ -	
Total Expenses	\$3,641.32	(\$344.30)
Net Income:	(\$79.70)	\$6,115.04
<b>Bank Accounts</b>		
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 send all sobriety milestones to :  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by the 15th of each month  
 for publication in the following month's LifeLine.

#### SUNDAY BREAKFAST

Stephen	30 days	Doyle	9 years
Keeley	30 days	Judy	13 years
Karla	6 months	John C.	14 years
Loretta	1 year	Sheryl T.	15 years
Jim	2 years	Billy G.	23 years
Johnny	4 years	Sherry F.	23 years

#### NOMADIC LUNCH BUNCH

Steve	30 days
Michele	90 days
Charlie	1 year
Kathy D.	8 years
Tammy T.	7 years
Gina F.	14 years
Mike	20 years

## Home Groups Represented: *August 2016 Central Office Meeting*

- |                       |                             |                            |
|-----------------------|-----------------------------|----------------------------|
| • 10th Step Group     | • Every Night Fire Light    | • Rose Park Recovery       |
| • 90th & 32nd         | • Highland Group            | • Salt Lake Group          |
| • Acceptance Group    | • Hillcrest                 | • Serenity Now             |
| • Back to Basics      | • Hot Topic                 | • Stepping Stones          |
| • BBT&T               | • Life Elevated             | • Stonewall                |
| • Bog Irish Big Book  | • Magna Friendly            | • Sugarhouse Men's         |
| • By the Book         | • Midvale Lunch             | • Sunday Morning Breakfast |
| • Came to Believe     | • Nomadic Lunch             | • Wake up call             |
| • Caring & Sharing    | • Non Smoking Sobriety Hour | • Wasatch Family Shelter   |
| • Coffee & A Big Book | • Park City Men's Stag      | • Women in Sobriety        |
| • Come as You Are     | • Primary Purpose           | • Young and Alive          |

# SOBRIETY SEARCH

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

RECOVERY

FREEDOM

SPONSOR

WILLINGNESS

HIGHERPOWER

GRATITUDE

HONESTY

MEETINGS

BILLW

OPENMINDED

COFFEE

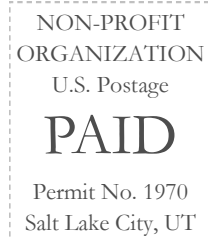
MORECOFFEE

SOBRIETY

FELLOWSHIP

SPONSEE

**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](http://www.saltlakeaa.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

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