



No Tourists Allowed: Seeking Inner Peace and Sobriety in War-Torn Sudan *(Excerpt)* by Shannon E.

As I sit here soaking in lavender oil and the ease of Sunday morning, I reflect fondly on the irreverent way I left war-torn Sudan. I was, in every sense, a heartbroken girl fleeing in a panic, and due to my PTSD I was headed for the super-nova of downward spirals. According to Hollywood—and its promise of a cookie cutter ending—I had failed the quest.

It wasn't until rewriting this story after I had nearly four years of consecutive recovery time under my belt that I saw the beauty in the true story, the one about struggle and darkness, the story that told of a real person on a real mission to find inner peace.

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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

A Pre-Fifth Step Prayer

God, please help me to complete my housecleaning by admitting to another human being the exact nature of my wrongs. Please remove any fears I have about this step and show me how completion of it will remove my egotism and fear. Help me to see how this step builds my character through humility, fearlessness and honesty. Direct me to the right person who will keep my confidence and fully understand and approve what I am driving at. Then help me to pocket my pride and go to it, illuminating every twist of character, every dark cranny of the past so I may complete this step and begin to feel near to you." (72:1, 72:2, 73:0, 74:2, 75:2)*

*The numbers in parenthesis at the end of each prayer indicate the page and paragraph where the wording was used from the Big Book of Alcoholics Anonymous to create the prayer.

http://friendsofbillw.net/twelve_step_prayers

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activities@saltlakeaa.org

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archives@saltlakeaa.org

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Cooperation with the Professional

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cpc@saltlakeaa.org

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Lifeline Newsletter — OPEN

lifeline@saltlakeaa.org

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it@saltlakeaa.org

Treatment— Marianne

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

Meeting Changes

One of the many responsibilities that SL Central Office has taken on is to maintain an accurate and up to date list of all AA meetings held within its service area. Even though we have developed a wonderful working relationship with the three Districts and share information and resources with their various committee members we still need your help as group members.

When you see information that is listed on the schedule of meetings that is not accurate or you know that your group's information will be changing please let us know. Our website provides a convenient way to communicate your group's information to all those concerned. Which includes the various committees within SL Central Office, the Delegate Area 69 [Utah], and the various Districts. Of course an old fashioned phone call to Central Office still works! (They will enter the information you provide so it gets communicated to all those concerned.)

How to enter your meeting's changes:

- 1) Go to our website (<http://www.saltlakeaa.org/>)
- 2) From the top menu system select 'Schedule of Meetings', then select 'Meeting Changes'
- 3) Scroll down to the form, which begins with 'Group Name' (a required field)
- 4) Fill out the form with your group's changes. In the 'Meeting details or special instructions' section please indicate if this is a new meeting or a change to an existing meeting.
- 5) Press the 'Submit' button

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>

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.”



EVENTS/ANNOUNCEMENTS

- ⇒ **Honoring Old Timers Dinner/Speaker Meeting Sat 4/30 Dinner at 5pm Meeting at 7pm Alano Club 5056S 300 W**
- ⇒ Akron Ohio Founders Day Conference June 10-12
<http://foundersdayregistration.akronaa.org>
- ⇒ **New meeting!** Big Book Sober Sisters Thursday nights 7:15-8:15pm at South Valley Unitarian Universalist Church: 6876 S Highland Drive
- ⇒ The Corrections Committee at Central Office needs AA Metro Jail volunteers. Requirements are at least one year of continuous sobriety and to be off paper for five years.
- ⇒ The Cooperation with Treatment Facilities Group meets the last Thursday of each month at 6:30 at Salt Lake Central Office. The committee is in need of more men for the meeting at the first step house on Wednesdays at 7pm. This committee meets on the 3rd Tuesday of every other month at Central Office.
- ⇒ Tenth Step Group meets at 4:00pm every Saturday at the Odyssey House at 350 E 2100 S in Salt Lake. This meeting is a Big Book Study and is closed, or for alcoholics only.

Pamphlet of the Month: "Is A.A. For Me?" *(excerpt)*



Is A.A. for me? All of us in A.A. have asked this question. We found out that many people had felt like us. With the help of A.A. we tried to understand what alcohol had done to us. We were not alone. We could get help. Answer each question yes or no. Yes answers will tell you if A.A. is for you.

- Have I tried to stop drinking for a week or so but could not do it?

Most of us in A.A. made promises to ourselves or our families. We could not keep them. Then we came to Alcoholics Anonymous. A.A. said, "Try not to drink today. If we do not drink today, we cannot get drunk today."

- Have I wished people would stop talking about my drinking?

In A.A. we do not tell anyone what to do. We talk about what we did. We talk about our drinking. We talk about how we stopped. We will help you if you want help.

- Have I changed drinks to try not to get drunk?

We tried not to get drunk. We made our drinks weak. We just drank beer or wine, or we just drank on weekends. But if we drank anything with alcohol in it, we got drunk.

- Do I ever need a drink to get going in the morning?

We found that if we needed a drink when we woke up, then we needed alcohol too much. If we need a drink to start the day, drinking is a problem.

- Do I envy people who can drink without getting into trouble ?

Other people seemed to be able to take it or leave it. We were different. We did not know why.

For more information look for "A.A." or "Alcoholics Anonymous" in your local telephone book, or call or write: A.A. General Service Office Box 459, Grand Central Station New York, NY 10163 Telephone: (212) 870-3400

http://www.aa.org/assets/en_US/aa-literature/p-36-is-aa-for-me

This type of expedition is mainly foul and insufferable, but at least it gets your blood pumping and heart racing. Today I know that asking questions and not fitting in doesn't make me rebellious or a bad person; it makes me a soul who was born to break the mold and to challenge what is. Sudan, with all its harrowing experiences, helped mold me into a talented and strategic writer, and now I utilize this skill to spread the message of hope to those seeking for recovery from addiction, too.

But I only obtained this clarity after immense suffering. When I first landed a contract for this book I was still a punk kid, a real royal egomaniac. The first draft of the story, as my agent, Carolyn, told me, was filled with anecdotes, but lacked depth of character. Carolyn was, in her roundabout way, saying that in my current state of active addiction, I lacked depth of character. Of course, as an alcoholic, I was sure she was wrong and I was right, and so I pressed on writing and drinking the night away. What happened afterward—the multiple DUIs, the loss of my dream job and book contract, the four years of court-ordered probation—led to experiences of incredible humiliation, rejection, and despair. At rock bottom, I nearly lost my life several nights while drunk driving (and could've harmed another). Fewer than five years ago, I was in a maroon jumpsuit in the Salt Lake County Jail with very little hope of ever making it this far.

At the time I couldn't see it, but my fall from grace was a gift. Ultimately, the suffering led to the obliteration of my ego, that mask we all wear to appear tough and unbreakable but really serves to hide our insecurities and suffocate the budding potential within.

Suffering was the conduit that led to the inner peace I'd been searching for all my life.

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I'm still Indy—intent on taking out the bad guy—but instead of focusing my efforts on the hoodlums of the external world, I focus on the only one I'm responsible for: my ego. The good news is that the hooligan within is less lethal, and knowing that my dark side is the catalyst to unleashing my great potential allows me to enjoy the experience of being an imperfect human in this rowdy, haphazard world. Hostility and peace-making—these are the contrasts inside all of us. The true battle of good versus evil does indeed lie within. As warriors on Earth we're here only to conquer our own perceptions so that they are beacons of love and compassion for everyone. In our own way we are all ships battling the harsh and lonely waters of life, desperate for a space to rest our weary heads and experience peace. By transforming our perceptions from judgement to love we transcend ourselves and heal the planet. This is our great work.

And so, my friends, let us heed the call.

—Shannon E.

Editor's note: Shannon E lives in Salt Lake City and is an author, international freelance journalist, and advocate for addiction recovery. Despite training as a writer on humanitarian issues for the United Nations, Shannon prefers sharing her personal stories of addiction and recovery to infuse hope in those still struggling.

Behind the Mask



Alarm rings, heavy eyes, hard heart
Another day, oh not another day
I pull the covers off, I'm cold...brittle
Another attempt to find my way.

Will I let them see me today?
Will I let them inside my soul?
No, not yet. Today is not the day
It's too dark in this space, this hole.

I stand and walk to the mirror
Why, oh God, did you create this?
It's revolting, disgusting, sad. Why God?
I am reminded of the things I miss.

To look like me, to live in my skin
This upon no one will I ever wish
I'm broken, I'm fragmented, incomplete
Doomed to a life of pain, of anguish.

To my right, there it is, my answer
I will hide behind it and become untrue
The mask shall hide this mess of a face
Yes, I think this day I will make it through.

I don the mask, close my eyes and tie the string
"God, please make a person I want to be."
I say a prayer before I look at who I've become
Maybe I'll be what the others want to see.

I open my eyes, and gaze at the glass
Am I still there? Who can this be?
What a change, yes at this I am pleased
With the stranger standing in front of me.

I am ready to face the world outside
A world that decided this was beautiful
Again, God, why can't it be me, just me?
Is this what is going to make my heart full?

I step outside; I am me, but not me
I have changed to please them, for what?
Will it make a difference, will they notice?
I'm safe. My doors to them are tightly shut.

The day passes and none the wiser
I pulled it off, they believed the act
All the world's a stage, I'm a character
They still don't know me, that's the sad fact.

I'm not ready to reveal the person behind the mask
I'm not ready take down these walls, I'm scared
Oh fear, what a grip you are holding on me
What if it was just a piece of me I shared?

Would it be different, would they accept me?
The cruelty of my past tells me it can't be so
I will keep the mask, my veil, my sanctuary
But with this lie I'm unsure how far I can go.

Maybe the day will eventually come
It will be safe to let down my guard
I will be able to show them me, the real me
Then looking in the glass may not be so hard.

—Aimee M
90th and 32nd
(Home Group)

March 2016 — Group Contributions

	Mar 16	Jan - Mar 16
Grupo Serenidad	0.00	0.50
Vincent Friends	0.00	121.60
No Laurels AA	0.00	57.83
Weekend Warriors	0.00	53.25
Sugarhouse Men's Group	47.13	149.73
Recovery Way	25.00	55.00
Hot Topics	19.05	19.05
6 40 New Yorkers	0.00	56.84
Friday Night Young and Alive	0.00	112.50
4th Dimension Young Peoples Group	0.00	74.06
Area 69	0.00	34.90
Thursday Night Womens Reflections	0.00	90.00
90th and 32nd @ 600	0.00	291.30
Every Night Firelight Group	0.00	174.88
Saturday Morning Hot Topics	45.00	45.00
How It Works	200.00	200.00
G/C Women	94.39	94.39
Salt Lake Group	0.00	100.00
Keep It Simple	0.00	33.50
Women's 12X12	0.00	97.00
12 O'Clock High	0.00	100.00
974 Group	100.00	101.55
A Vision for You	0.00	145.35
A Way Out	0.00	42.00
Acceptance	0.00	174.78
An AA Group	0.00	235.22
Basic Young Peoples	0.00	169.10
Bog Irish	109.21	109.21
Bountiful Community	25.00	25.00
Bountiful Mens	0.00	49.02
By the Book	50.00	171.30
Come As You Are	25.00	25.00
DNS Group	0.00	412.85
Early Bird Special	0.00	989.50
Early Friendship	0.00	146.40
Eye Opener	0.10	450.20
Foothill	0.00	152.10
Garden Variety	0.00	203.00
Grapevine	0.00	126.44
Greater Kearns	25.00	40.00
Grub Lunch Bunch	60.00	210.00
Happy Destiny	2.00	2.00
High & Dry	0.00	125.00
Highland Group	23.15	115.55
Hillcrest	0.00	1,560.00
Magna Friendly Bunch	0.00	50.00
Midvale Lunch	0.00	212.71
New Way	0.00	500.00
No Nonsense	0.00	118.00
Nomadic Lunches	0.00	212.89
Non Smoking Sobriety Hour	80.00	80.00
Not A Glum Lot	0.00	34.21
Off the Cuff	0.00	141.15
Park City Group	0.00	300.00
Park City Men's Group	231.00	231.00
Park City Nooners	2,000.00	2,000.00
Park City Step Study	0.00	100.00
Primary Purpose	60.00	60.00
Salt Lake Men's	0.00	225.00
Sharing N Caring	0.00	160.00
Speak Easy Women	141.50	141.50
Starting The Day	20.00	40.00
Sunday Morning Breakfast	0.00	215.00
Unity Lunch Bunch	20.00	20.00
Up Group	0.00	20.00
Wake Up Call	0.00	645.00
Women In Sobriety	3.15	3.15
Women Stepping Up	0.00	120.00
TOTAL CONTRIBUTIONS	3,405.68	13,371.51

Save the Dates

Founders Breakfast

Sunday, June 19, 2016

Sugarhouse Park, Hidden Grove Pavilion (same as last year)

Event time TBD but likely from 10:00 a.m. to 1:00 p.m.

Central Office Picnic

August 14, 2016

Murray Park, Pavilion 5 (where we used to have it years ago)

Event starts @ 11:00



Central Office Representatives Meeting Minutes 04.12.16

Chair: Nick R – Welcome, C.O. Statement of Purpose, intro of New C.O.Rs.: Wendy P, Lee K, Alexander O, Brian P, Rob C, Danny R, Kayden C, Scott J.

Co-Chair: Doug R – things are going well, welcome to the new reps

Secretary: Gina F – please sign in on the clip board

Treasurer: Lorraine R – Financial statement , in the black

Trustee: Mike M offered to help with any committee needing support

Trustee: Marianne D – no report

Alt Trustee: Lori G - did not attend

Alt Trustee: Sharon G – Would like to organize a gathering to attend the free night of the Utah Arts Festival. Nick R said to get the word out to the groups.

Activities Chair: Joel R – Nick reported that 51 tix had been sold for the hockey game, people had a good time. He suggested possible monthly events. If any suggests for events please contact Nick or Joel.

Archives: Josh D – did not attend

Coins: Sandy A. – plenty of coins

Cooperation with Professionals: Mike S – did not attend

Corrections: OPEN

Hotline: John J – 400 calls last monthly, only 10 % missed, has plenty of volunteers, groups are calling to sign up

Literature Chair: Charlie T. – Presented pamphlet of the month “Is AA for Me?” Has been setting product display units up. Has gone over budget and presented an updated budget. He requested an additional \$600 for the year. Motion to approve, passed.

Newsletter Chair: Tim B – announced he was stepping down, reminded reps that articles are needed, send in birthdays, explained how to get Lifeline by mail and electronically.

Outreach Chair: Joy - needs more volunteers for each district, night meetings and Spanish speaking. Explained how outreach works. Doug offered to help with his liaisons with district 10 & 12.

Public Information: Beverly A – In touch with some of the districts and area 69. Locating health fairs coming up, left literature with the homeless shelter. Nick asked her to help identifying health

Central Office Representatives Meeting Minutes 04.12.16 *(continued)*

fairs for us to table at.

Tech committee: Shayne F – Doug reported that all was well

Treatment: OPEN

12th Step Committee Chair: Tim E – has completed a comprehensive list of 75 volunteers, but still needs help with covering for the west side of the valley including Utah county

Volunteer Chair: Jim C – Nick congratulated him volunteers for all their efforts

Website Chair: Doug R – All area meeting lists are not in order. Stats for web site: 7,488 sessions of which 3,823 are new (or 41%). Significant viewing on mobile phones

No Old Business

New Business: Elections

Corrections. No one stood, Doug presented Dan B who wanted the position but could not attend meeting. Vote, 2 opposed proxy, vote passed.

Treatment Chair. Vote: Marianne D stood. Passed. She can be a trustee and chair treatment.

Lifeline Chair: no one stood. Nick asked Doug R, Jenni S and Gina F to produce the newsletter until the chair position is filled.

Motion to close meeting

Closed with the Serenity Prayer.

The next AA Central Office of Salt Lake Committee Chair meeting will be held

Tuesday, May 10th, 2016

@ 6:30 pm at Central Office of Salt Lake City: 80 West Louise Avenue (2850 S.)

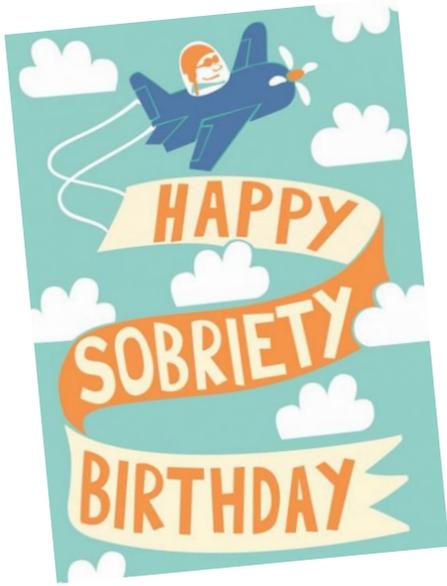
March 2016 Comparative Financial Statement

Income Statement

	<u>2016</u>	<u>2015</u>
Revenue		
Group Contributions	\$ 3,405.68	\$ 1,761.04
Copy/Newsletter donations	\$ 18.29	\$ 64.87
Individual Contributions	\$ 200.55	\$ 53.55
Sales - Literature	\$ 8,403.08	\$ 8,500.71
Sales - Coins	\$ 2,499.00	\$ 1,833.50
Interest Income	\$ -	
Total Revenue:	\$ 14,526.60	\$ 12,213.67
COGS - Literature	\$ 8,292.58	\$ 8,320.62
COGS - Coins	\$ 1,443.54	\$ 940.02
Total COGS	\$ 9,736.12	\$ 9,260.64
Gross Profit	\$ 4,790.48	\$ 2,953.03
Operating Expenses	\$ 3,488.41	\$ 3,737.55
Other Expenses:	\$ -	\$ -
Total Expenses	\$ 3,488.41	\$ 3,737.55
Net Income:	\$ 1,302.07	\$ (784.52)

Bank Accounts

Checking	\$ 17,952.05	\$ 17,558.18
Money Market - PR	\$ 24,159.99	\$ 24,120.63
Total	\$ 42,112.04	\$ 41,678.81



Nomadic Lunch Bunch

March

Charlie..... 9 mos
 Portia..... 5 yrs
 John N.....6 yrs
 Jeff6 yrs
 Rick..... 12 yrs
 Colleen..... 12 yrs
 Kelly 14 yrs
 Jonnie..... 23 yrs
 Rusty..... 24 yrs
 Anna Ruth...28 yrs

Speak Easy Ladies

March

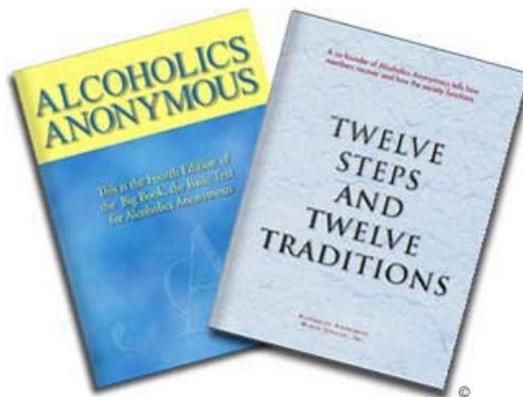
Betsy M.....23 yrs
 Donnie D.....28 yrs
 Sue W.....2 yrs

April

Betsy W.....28 yrs
 Kara H. 3 yrs
 Pat O..... 32 yrs

Home Group Representation ◦ April 2016 ◦ CO REP MTG

- Acceptance
- An AA Group
- Back to Basics
- BBT&T
- Bog Irish
- Bountiful Men's
- By the Book
- Came to Believe
- City @ 7
- Coffee and a Big Book
- Come as You Are
- Crazy Ladies
- Fresh Air 12x12
- G/Q Women's
- Hillcrest Group
- Hot Topic
- Life Elevated
- Magna Friendly Bunch
- N/S Sobriety Hour
- Nomadic Lunch Bunch
- Park City Men's
- Primary Purpose
- Remember Reality
- Salt Lake Group
- Saturday Morning SOTS
- Serenity Now
- South Enders
- Speak Easy Ladies
- Stonewall
- Sun Morning Breakfast
- Unity Lunch Bunch
- Valley View
- Women in Sobriety



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more information
about our
Newsletter,
Meeting Schedules
and Events.**

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