



# lifeline

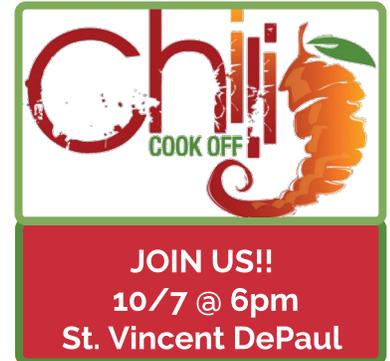
## WBBR MEANS SERIOUS FUN!



A deep dive into the first 164 pages of the Big Book is just cover for a raucous girls' weekend, right? In fact, the Women's Big Book Retreat (WBBR) lived up to its billing. We covered 164 pages, eleven chapters, twelve steps and many odds and ends. I heard a warning that "this is not an excuse to get out of working the steps with your sponsor." I set aside my big-book-boredom and unexpectedly found insight on issues that had been nagging at me. I confiscated new slogans. I found a way to identify as a 1%er (long-term sobriety). I got a new makeup tip, plus meals and a bunk bed. All-in-all, \$75 was a good investment to attend the WBBR held Sept 8, 9 and 10 at a dusty campground in the Uinta mountains.

WBBR is not an AA-sanctioned event; it is one woman's walk through the Big Book of Alcoholics Anonymous. She shared conventional wisdom as well as new ideas by describing her experience in 28-years of sobriety. I felt right at home when her introduction to the Big Book mirrored what my sponsor had done with me 19 years ago – starting at the oft-ignored publishing dates, preface and table of contents. During her presentations in the spacious lodge, some of the 70-plus attendees busily highlighted and underlined their

*...cont on page 5*



## IN THIS ISSUE:

- WBBR MEANS SERIOUS FUN
- STEP 6: AN IN-DEPTH LOOK
- PAMPHLET OF THE MONTH
- LETTER FROM PRISON:  
NATALIE
- LETTER FROM PRISON:  
CASSIE R.
- CENTRAL OFFICE REP  
MEETING MINUTES
- FINANCIALS
- MEETING UPDATES
- CALENDAR OF EVENTS
- JOKE OF THE MONTH
- ORIGINAL ARTWORK

## Step 6: An in-depth look

By the time I got to steps six, I had become very aware of the coping mechanisms I had used to navigate through the ups, and more importantly, the downs of my life. The thorough fourth step had flushed out the blatant and most acute character defects that I used to survive my life to that point. By fearlessly digging into every nook and cranny of my personality traits, I was able to develop a roadmap of character defects to lead me through Steps five through nine. I had listed the event or person's action that had caused my distorted view. I detailed why I created and used the distorted behavior. I wrote about the way I acted as personality traits developed. So as I approached the 5th step with my sponsor, I had the **Who, What, Why and How** each of my character defects had manifested. By sharing this roadmap of where I had been and how I had arrived at each destination in detail with my sponsor, it brought my journey out of the dark and into the light, so that perspective and understanding could be used to evaluate where I wanted to go from here. My sponsor shared her travels and how she had walked a similar path of searching and seeking as she found her way on the road to recovery, and this aided me in seeing that I was not alone in my use of

*...cont on page 9*

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Salt Lake City, UT 84115

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Salt Lake City, UT 84110

**District 11 Treasurer**  
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"WE ARE SELF  
SUPPORTING  
THROUGH OUR OWN  
CONTRIBUTIONS..."

## PAMPHLET OF THE MONTH



*"Financial independence and the support of our Fellowship by alcoholics and alcoholics alone not only enhances A.A.'s importance to each of us, but stimulates our engagement in our own recovery".*

\*

*As Bill W. put it in 1957, "Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility - one that every member ought to understand. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid."*

\*

*When John D. Rockefeller Jr., a potential A.A. patron, commented, "I am afraid that money will spoil this thing" he marked a turning point in A.A. history. "A.A. Members began to see the truth in the old cliché, "Who pays the piper calls the tune," and the seed of the Seventh Tradition took root".*

[https://www.aa.org/assets/en\\_US/f-3\\_selfsupport.pdf](https://www.aa.org/assets/en_US/f-3_selfsupport.pdf)

## MEETING UPDATES

### New Meetings:

- Practice These Principles** - Friday @ 7:00AM, Unitarian Church 569 S. 1300 E. SLC
- Carpet Slippers** - Sunday @ 7:00, Fit to Recover - 789 W. 1390 S. SLC
- Draper Lunchtime Step Study** - Monday @ 12:00, 1194 E. Draper Parkway - Wasatch Grind and Pulp
- No Laurels - (Women's Meeting)** Monday @ 7pm, 1st Unitarian Church - 569 S. 1300 E., Salt Lake City. Enter through SW door.
- Six in the City** - Saturday @ 6pm, Palmer Ct. 999 S. Main St., Salt Lake City
- We Admitted We Were Powerless** - Sat @7pm, Elevation Church: 375 S State Street, Ste B, Clearfield
- Sacred Healing** - Mondays @ 5pm, Urban Indian Center - 1230 W 1300 S, Salt Lake City

### Meeting Updates:

- 7th East Group** - M-F 12:00-1:00 (was 11:30-12:30) 7th st. Treatment Center - 2487 S. 700 E.
- Garden Variety** - Sunday 9:30-10:30
- Homeless Warriors** - Mon, Fri from 6:30-7:30 475 W. 100 S.
- Our Primary Purpose** Sundays @ 7:00pm @ rotating private residences; call for location (208) 241-3945.
- Magna Friendly Bunch** Everyday @ 7:00pm @ Alano West Club - 9087 West 2700 South, Magna. *The time is changing on Fri June 9th from 8 to 7 pm.*
- 700 East Group** Thursdays @ 8:30pm (changed from 7:30) @ 7th Street Treatment - 2487 S 700 E, Salt Lake City *Fireside meeting-*
- Warrior Women** Now Saturdays at 7:00

### Canceled Meetings:

- Lighten Up Group** - Tue@8:00pm lighthouse recovery center
- Our Primary Purpose** - Sun @7:00pm
- Draper Lunchtime Step Study** - Mon @ 12:00
- Gay Men Stagg Big Book Study**
- Experience Strength & Hope** Tuesday @ 7:00 pm @ Red Church (Creekside Christian Fellowship):
- GQ Women's Meeting** Mondays in Salt Lake.
- Keep It Simple** Wednesday @ 8:00 pm.
- Nooner Discussion** Mon. @ 12:00 pm @ The Alano Club: 5056 S. 300 W., Salt Lake City



# CALENDAR OF EVENTS



## October 2017



-Salt Lake Central Office Chili Cook Off: Saturday October 7th @ 6pm @ St. Vincent DePaul 1385 Spring Lane (5100 South)

-Fellowship Of The Spirit Utah 2017: October 6th 7th and 8th@ the Park City Marriott 1895 Sidewinder Dr. Park City, Utah [www.fotsutah.org](http://www.fotsutah.org) A Big Book based conference.

-GSR Workshop hosted by District 10: October 14th from 10:00am to 2:00pm 1361 Woodside Ave. Senior Center Park City, UT for more information contact Lisa 801-833-4259



## November 2017

-Fall Workshop - District 7: Nov 4th-5th @ the Ramada Inn 1575 W. 200 N. Cedar City, UT

## December 2017

-Area 69 Committee Meeting (Area Inventory): Sat Dec 2nd 9am-5pm @Sons of Utah Pioneers Center: 3302 E Louise Ave in Salt Lake

### Missing Grapevines List:

Our A. A. Archives chair Laura is attempting to compile a complete list of published Grapevines, so if you have any that are on this list, let her know at [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org). You can also call Central Office and let them know if you have any of these @ 801-484-7871 Thanks!

1953: Jan, Feb, Mar, Apr, May, June, July, Aug, Sept, and Dec.

1954: May, Nov, and Dec.

1955: Jan, April.

1956: Jan

1957: Apr, June, July, Sept, Oct, Nov, Dec.

1958: Jan, Mar, Apr, May, June, July, Aug.

1959: Feb, Apr, June, Aug, Oct.

1960: May, June, July, Nov, Dec.

1961: All 12 months missing.

1962: Nov.

1963: Nov.

1964: Feb, Apr, and Oct.

1965: May, June, July, Aug, Oct, and Nov.

1966: June, July, Oct, and Dec.

1967: July and Oct. 1968: Mar, June, Oct, Nov, and Dec.

1969: All 12 months needed.

1970: July and Nov.

1990: July and Oct.

2000: Jan, Feb, Apr, May, June July, and Dec.

## WBBR MEANS SERIOUS FUN!

...cont from page 1

Big Book. One made jewelry, one meditated in the lotus position, most listened intently while chomping on a treat of some kind. I crocheted a few rows.

At times I felt like a student at Miss Pamala's Finishing School because it was clear I was being schooled by a fine lady. In the next moment she would tell a raw story with such honesty that it made me wince. I was moved by her generosity of spirit and comfort in her own skin. She gave me ideas I had never heard (Chapter 10 "To Employers" offers ideas on sponsorship). Occasionally groups of women would break away for their own meeting, gab-fest or walk in the woods. It was heaven. As with any kind of travel or emotional cleansing, WBBR was not all fun and games. Sleeping rituals were disturbed, bowel movements became irregular and I got cranky at my bunkmates. But I knew from past experience that if I could hold on until Sunday (wait until the miracle happens), there were a couple of surprises in store. I won't give them away because you really have to be there to feel the impact.

The WBBR has been an ongoing event in this region for nearly three decades. A core group of women keep it going and it was clear the behind-the-scenes work for this annual event is massive. At registration, you sign up for two kitchen shifts, and for the most part, everyone bellied-up-to-the-bar to help with the care and feeding of the large group. I saw myself in other women's stories and patted myself on the back for showing up for my own recovery. I can't wait until next year.

- Lucy H.



## WIT AND WISDOM: AN INTERVIEW

Q: When's a good time to go to an AA meeting?

A: *When I want to, when I need to, when I don't want to and when I don't have anything else to do!*

Q: What are some dangerous things for you as an alcoholic?

A: *I've been thinking, I have free time and I'm trying to figure it out!*

Q: How did you recognize your rock bottom?

A: *I was in a hole and I stopped digging.*

Q: What are some of your "couldn't's" when you started the program of AA?

A: *Couldn't show up, couldn't pay attention and couldn't tell the truth.*

Q: What is the best thing about being sober?

A: *I got my feelings back.*

Q: What is the worst thing about being sober?

A: *I got my feelings back.*

Q: How did you improve your memory?

A: *I quit lying!*

Q: What do you do when things don't go your way?

A: *Don't have a way.*

Q: If all else fails?

A: *Call or work with another alcoholic.*

Q: Do you have a favorite passage from the Big Book?

A: *Yes, "We absolutely insist on enjoying life (pg. 132) and "We are sure God wants us to be happy, joyous and free" (pg. 133).*

Q: And the 12 x 12?

A: *It's always Rule 62: Don't take yourself too seriously (pg. 149).*

Q: Any advice for the newcomers?

A: *Don't drink or drug no matter what even if your ass falls off. If it does, we will show you a new way to sit.*

# CENTRAL OFFICE AUGUST 2017 FINANCIALS

## Income Statement

	<u>2017</u>	<u>2016</u>
<b>Revenue</b>		
Group Contributions	\$ 2,622.36	\$ 3,369.68
Copy/Newsletter donations	\$ 109.60	\$ 5.47
Individual Contributions	\$ 152.15	\$ 41.07
Sales - Literature	\$ 4,938.17	\$ 6,952.55
Sales - Coins	\$ 997.00	\$ 1,831.00
Event Income	\$ 51.00	\$ -
Total Revenue:	<b>\$ 8,870.28</b>	<b>\$ 12,199.77</b>
COGS - Literature	\$ 5,668.55	\$ 6,731.56
COGS - Coins	\$ 547.36	\$ 884.88
Total COGS	<b>\$ 6,215.91</b>	<b>\$ 7,616.44</b>
Gross Profit	<b>\$ 2,654.37</b>	<b>\$ 4,583.33</b>
Operating Expenses	\$ 3,419.50	\$ 4,023.72
Other Expenses:	\$ -	\$ -
Total Expenses	\$ 3,419.50	\$ 4,023.72
<b>Net Income:</b>	<b>\$ (765.13)</b>	<b>\$ 559.61</b>

## Bank Accounts

Checking & Petty Cash	\$ 7,735.62	\$ 23,370.17
Accounts Payable Due	\$ (2,608.51)	\$ (4,839.44)
Money Market - PR	\$ 24,208.41	\$ 24,175.19
Total	<b>\$ 29,335.52</b>	<b>\$ 42,705.92</b>

- Please note that according to the central office bylaws it is required to have 6 mos overhead in the prudent reserve. Average monthly costs are \$4000/mo, \$23,000 for 6 mos.
- A detail of group contributions is available and will be handed out quarterly.

# CENTRAL OFFICE REPRESENTATIVES MEETING MINUTES

## TUESDAY SEPTEMBER 12, 2017 – 6:30PM

### 6:30–6:45 Reports - Board of Directors

Chair: Doug R - Warranties, statement of purpose, welcome new CO Reps. Got back from Minneapolis bridging the gap workshop. Started a procedural guideline committee. Co-Chair: – Julian G - New central office reps please see Julian for New central office rep packet, etc.

Secretary: Rob C - Nothing to report except to Keep Smiling and call if anything is needed 801-647-0889.

Treasurer: Lorraine R - Contributions are down 18% compared to last year. Discussed ideas and bringing this issue to the groups through the representatives at the meeting.

Trustee: Kevin D- (District 11 liaison) Nothing to report.

Trustee: Bob C - (District 2 liaison) Made the district 2 meeting "Homeless Project Connection"

Trustee: Evan J - (District 10 liaison) Walter past delegate will be present at workshop in park city October 14th 2017. Thomas B is holding a treatment workshop at Rick's house please contact Evan for information.

Alt Trustee: Bob G - Nothing to add very happy to be of service.

Alt Trustee: VACANT

### 6:45 – 7:25 - Committee Chair reports -

Activities: Suzy L - EXCUSED - Corrections: Mark - EXCUSED - Tech Committee: Jonathan H. - EXCUSED

Archives: Laura - was on vacation, will send out report as soon as possible, still needs missing grapevines please contact Laura for any information etc.

By-Laws: Jon F. - Happy to serve Rusty helped to understand the By-laws etc.

Coins: Mike O - Things are going well, Happy to serve.

Cooperation with Professionals: Ben S. - was ark - EXC contacted by Valley Mental Health all is going well.

Hotline: John J - Total 60-Outbound calls out of 273 calls total phones are doing well happy to serve.

Literature: Charlie T - Provided the "Self-Support:

where money and spirituality mix Pamphlet defining where our contributions go in Alcoholics Anonymous and is happy to be of service.

Newsletter: Shurone - Holding a meeting Thur @ 5:30pm at central office. She would like volunteers to join her committee. Please contact her if interested in being a part of the Lifeline and all it does for our community.

Outreach: Rob C.- Putting together a group to share the message in regards to Central Office throughout all the meetings held in salt lake and local areas. so far has found a few people willing to join the committee. Holding a meeting at central office the end of this month please contact interested 801-647-0889 Thank you very much.

Public Information: Mellissa E - On October 6th 2017 "Project Homeless Connect Event" 9-3-Pm needs volunteers to help out. Please contact in regards.

Treatment: Rusty J - Happy to be of service and help carry the message into Treatment centers about Alcoholics Anonymous.

12th Step: Skip M.- Has created a new updated master list of 12-step volunteers please contact Skip or the Secretary for information on obtaining a copy. Making Great Progress.

Volunteers: Jim C - Things are going well can always use volunteers please contact if interested in helping out.

Webservant: Doug R - August website statistics: 6,566 sessions, 40% were new users. 43% accessed the website using a mobile device. Most popular pages where "Contact us" and "meeting search". Each Committee now has its' own page under the "Contact us" page. I've asked each Committee Chair to review it and let me know what they want on their page. Please check them out from the contact us page. <http://www.saltlakeaa.org/contact-us/> It's a work in progress so check back often.

**7:25 - 7:30 Old Business** - Board Member elections - Qualifications and duties will be read:

Alternate Trustee - "Vacant"

7:30 Adjourn and Close with the Serenity Prayer



## YOUR MOST MEMORABLE MEETINGS!

What is the most interesting and memorable spot you have ever attended a meeting? A simple question that begs a lot of thought. Was it in an amazing city, or was it a historic building that you will never forget? Also, what about the group made the meeting so special?

Please share your thoughts with us. Our groups are very interesting, well traveled families with some amazing stories. With meetings around the world we would love to hear what you have to share!

TRIP, LIFELINE COMMITTEE

[tripmit@yahoo.com](mailto:tripmit@yahoo.com)



### **Nomadic Lunch Bunch:**

- Tammy T. - 6 months
- Scott P. - 5 years
- Kim D. - 6 yrs
- Ryan S. - 12 years
- Scott G. - 17 years
- Pat H. - 27 yrs
- Dave - 30 years
- Tony M. - 38 years



### **Chili Awards:**

- Best Overall
- Most Original
- Most Unique

### **Potluck:**

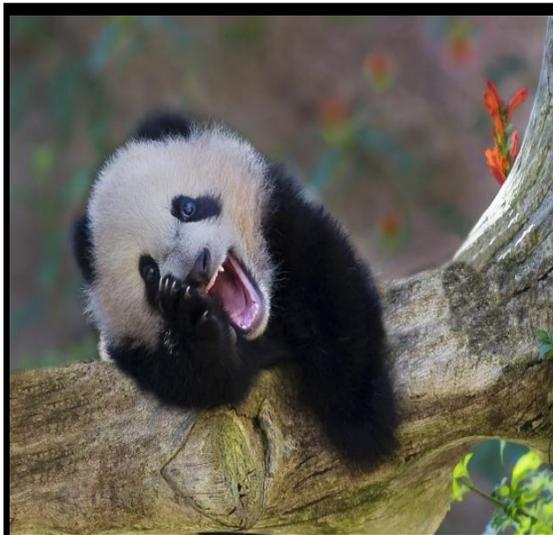
- Side dishes
- Desserts
- Beverages



### **Speakers:**

- Jaryd N. (2 yrs) 5 min   ° °   John M. (26 yrs) 15 min
- Mickey H. (54 yrs) 30 min

## JOKE OF THE MONTH



A scientist runs into an AA meeting and exclaims "we did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured." Slowly a hand raises in the back and a man says "what happens if you take two?"

## Step 6: An in-depth look *...cont from Pg 1*

distortion to cope with life's events. It was crucial for me to receive the perspective and understanding of Step 5, for without it, I could not have been able to unlock the doors of steps six and seven, which lead us into acceptance and forgiveness.

### REACHING OUT

Steps six and seven are like a handshake between us and our Higher Power. We reach out for help with trust and faith in our need to change. When we do so, our Source meets and embraces us in the forgiveness that will heal all that we release and relinquish to that Watchcare. I will use an example from my 4th step inventory to highlight how these steps worked for me:

**Who/What** - I was resentful of my father's abandonment of me at birth and his absence throughout my life.

**Why** - Because I wanted and needed his love and recognition so much.

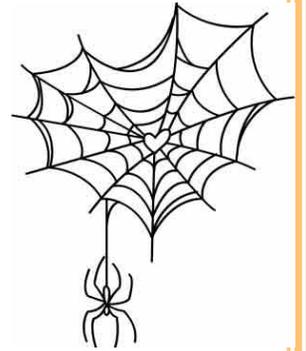
**Behavior/How it manifested** - I tried any and everything to win his love or get his attention. My self-esteem was obliterated as I felt surely there was something wrong with me.

When I sat down to do my 6th step, I took each one of my coping mechanisms one at a time and evaluated if I was ready to be free of them. Was I ready to peel off that layer of protection to reveal new and unknown ways of dealing with life on life's terms? This was pretty scary stuff for me. These defects had been tools, albeit unhealthy ones, to deal with each day's occurrences that had become who I was. I used these techniques without thinking or planning. They had become my identity, my armor. To be rid of them would leave me naked and exposed. I would be vulnerable and raw to the powerful world of uncertainty. But what was my alternative? My roadmap had taken me to the fork in the road where I must choose between the path toward spiritual growth and a Light that improves my self-esteem, or the road back to hopelessness, darkness, and despair. The choice was easy, but my fear was oh, so strong. Was I ready to face life without the label of victim tattooed across my chest? Was I ready to face life with the knowledge of who I really am as a person? And who was I, anyway???

I went back to my fourth step list. Because I wanted my father's love and recognition so badly, I became a people pleaser. I said yes to situations that I really wanted to say no to. I acted happy when I was not. I became sad instead of expressing anger or rage, and the list goes on. All of this false behavior was keeping people in my life, but at a great expense. These actions did not reflect who I really was. I wanted my father and people to know and love me, but I felt if they really knew who I was, they would not. The building pressure and responsibility of keeping this farce going would always explode and I would lash out with strong emotion, and drink to escape the anguish. The remorse of the explosion and the blackout would yield apologies and humiliation...the cycle of people pleasing would begin anew. So here I was at Step six: so completely tired of the old, sorry, and worn out ways of coping. I had been working through each step, and each one had miraculously been taking me to places I never dreamed possible. "Why should this step be different?" I asked myself. I was sick and tired of the old ways. I knew and felt I was on the cusp of discovering who I really was and I had an awareness, a growing excitement within that I was going to like what I discovered. Yes, I was ready to become the person I had always wanted to be: a good, strong, honest woman whose sunbeam could shine brightly in her life. Yes, I was ready to be free from the shackles of manipulating and people-pleasing that maintained a false image. Yes, I was entirely and completely ready to be free of these defects of character, for by losing them, it would make room for the truth, beauty and goodness of what life and my Higher Power could offer me. But to be free, I had to step into the unknown. I had to reach my hand up to my Creator and leave it there---outstretched in faith and trust that He/She/It would know what to do with me. I had to throw out the old behavior and be ready to learn healthy skills that would replace the defective tools I had used all my life. I stood ready and vulnerable: WILLING to be shown the way to the real me. I accepted the fact that I had done the best I could with what I was given. I trusted that my heartfelt desires would be revealed to me, if I but asked. I had to have faith that if I sincerely asked, it would be given.

-Deb

**Hi**, I am a grateful alcoholic. I never knew this day would come, only because I have drank most of my adult life. I thought my life was wonderful. Me and the drink took over 30 years to get stuck together. Jack, Jim, and the favorite was Sunny Brook. Life took a wide detour towards a big wake-up called rude awakening. I now sit in a nice room with others who have been in the same dilemma as myself. I receive strength by coming to our Thursday Alcoholic Anonymous meeting. It brings hope to another young alcoholic or addict when I see new comers who embrace this program. Being here in prison has its ups and downs, however I can manage to cope with everyday problems without reaching hopelessness. I'm able to endure this on Life's terms. A.A. has given this native woman courage, strength, and hope to live without alcohol. I thank my Creator for giving me this second chance. Also the system. I have 4 years of recovery.



I am happy these days.



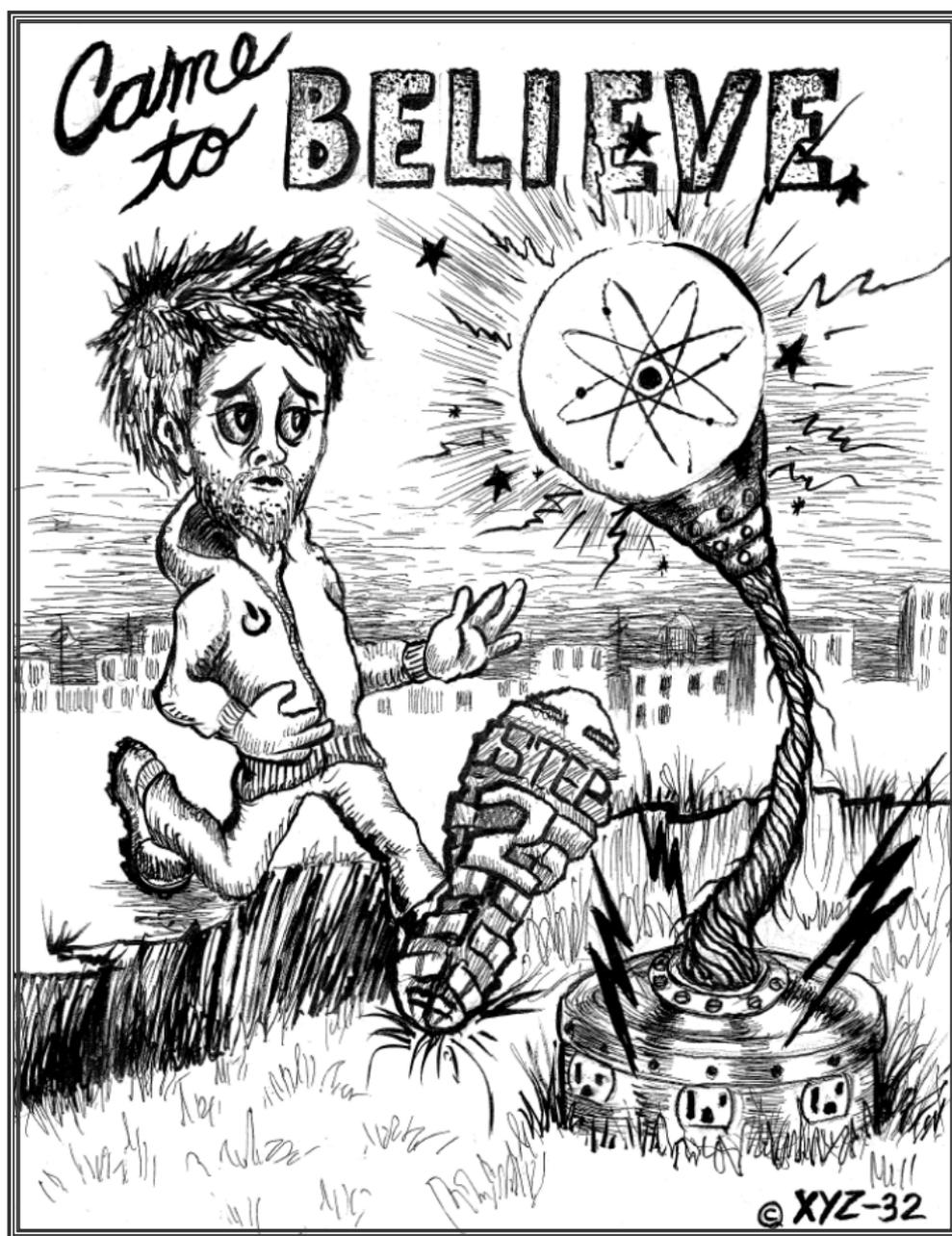
**H**aving been in and out of addiction, alcoholism, and institutions for 32 years, I've gratefully just celebrated my 4th year of recovery. It has been a hard, hard road as I am back in prison for the seventh time for having dirty U.A's. I am ever grateful for the chance to reach out to another person who's in recovery also. I've never worked the 12 steps until now, and I am grateful for the journey. I stay in today only and sometimes I can only stay in the moment. It is not enough for me to be "dry" in prison. I now know that I must always be vigilant in working my program even in prison. I've come to learn that I have to reach out to God, others in recovery, and stay connected to myself. Prison is not forced recovery - I must always work on my recovery. The last four years gave me a bit of a head start on my sobriety and I'm grateful.

-Cassie R.

## Going Back Out: a personal perspective

"Going back out." Only three words, but in many respects the scariest three words we can hear in AA. Many of us who have been out dread the thought of going back out but we do it, again and again. One of the greatest strengths of AA is that the group continues to support fellow members who make that huge mistake. How many of us don't come back in out of fear that they won't be received with open arms upon returning to the group? After an extended trip to the dark side I have gone to new groups just to avoid the stigma of screwing up. I have learned in my 13 years (in and out) that members want to do anything possible to encourage us to come back and work the program again and again. The program's lack of judgment is in many respects its greatest strength, I would like to thank everyone who has encouraged people like myself to come back to meetings.

Thanks, Trip M.



(Artwork by a Local AA Member)

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**Salt Lake City, Utah 84115**

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