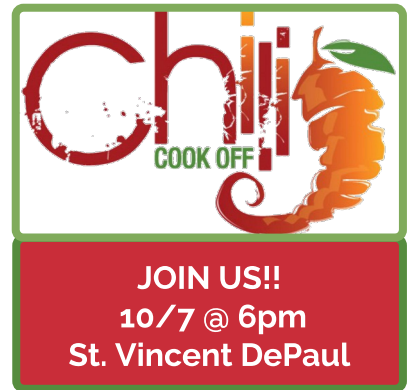




BANGING THE GAVEL

When I came to Alcoholics Anonymous, I was completely naive to the ways of the program and was very broken by alcohol. I knew of AA and thought, I have no where else to go, these folks know more than I do about Alcohol...it's in the name. I attended my first Quarterly business meeting after being in and out of the program for 6 months. During that 6 months, I heard about service and I was ready to listen. I took up a coffee position and was so nervous I was going to screw it up, I barely slept the night before. I was taking the whole thing very seriously. So at the first business meeting, I wanted to observe and find out how the "real" business of how the group functioned and how it worked was important to me. I also wanted to figure out who was "in charge". Like I said, I was still new. I watched, I listened, I learned and found out slowly about the different long-term service positions and how they worked together. I continued to do coffee and eventually was brave enough to step up to a chairperson position. Again, no sleep the... night before and... worried I would make a

...cont on page 11



JOIN US!!
10/7 @ 6pm
St. Vincent DePaul

IN THIS ISSUE:

- BANGING THE GAVEL - ANNE A
- HIGHER POWER: COMING TO BELIEVE AND HEALING - PATRICIA N.
- PAMPHLET OF THE MONTH
- CENTRAL OFFICE REP MEETING MINUTES
- JULY FINANCIALS
- HOME GROUP BIRTHDAYS
- MEETING UPDATES
- CALENDAR OF EVENTS
- JOKE OF THE MONTH

HELLO MY NAME IS CRAIG...

Regarding alcohol, I have a little different story than most. I didn't pick up my first drink until I was 42. I loved it. It was so nice to be able to escape the fears of life. Alcohol quickly took over my life and I couldn't imagine living a day without it. As alcohol started to take over my life, I became more and more miserable and shot full of holes. I couldn't go a day without it. I needed to drink to be functional. I have never felt so alone and miserable. The problem I found myself in was that I had to stop drinking or I would lose my job. This was/is very difficult to do considering I couldn't go hours without drinking let alone days and months. I needed help, I knew I had to stop but I couldn't. I checked myself into detox and after 7 days without drinking I was sure I was cured and ready to never drink again. The same day I got out of detox I found myself drunk with no idea why. I didn't even try to resist the urge to drink. After a few more months of heavy drinking, I once again checked into a detox facility and was sure

...cont on page 9

CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALTlakeAA.ORG

Chair — Doug R

Co-Chair — Julian

Secretary — Rob C

Treasurer — Lorraine R

Trustee — Evan J

Trustee— Kevin D

Trustee—Bob C

Alt Trustee— Bob G

Alt Trustee—OPEN

CENTRAL OFFICE STANDING COMMITTEE CHAIRS

Activities — Suzi L

activities@saltlakeaa.org

Archives — Laura C

archives@saltlakeaa.org

By-laws — John F

Coins — Mike O

**Cooperation with the
Professional
Community** — Ben S

cpc@saltlakeaa.org

Corrections — OPEN

corrections@saltlakeaa.org

Hotline — John J

hotline@saltlakeaa.org

Literature — Charlie T

literature@saltlakeaa.org

Lifeline Newsletter —
Shurone

lifeline@saltlakeaa.org

Outreach — Rob C.

outreach@saltlakeaa.org

Public Information—

Melissa E

pi@saltlakeaa.org

Technical Support —

Jonathan H

it@saltlakeaa.org

Treatment— Rusty J

treatment@saltlakeaa.org

Twelfth Step — Skip M

12step@saltlakeaa.org

Volunteer — Jim C

volunteer@saltlakeaa.org

Website — Doug R

webservant@saltlakeaa.org

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 6044 Clearfield, UT 84089
<http://utah.aa.org/contributions.php>

District 10 Treasurer

PO Box 57271
Murray, UT 84157

Salt Lake Central Office

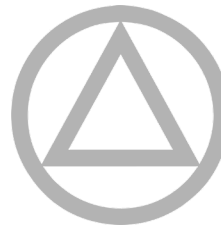
80 West Louise Ave.
Salt Lake City, UT 84115

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

District 11 Treasurer

1805 N 1450 W
Layton, Utah 84041



"WE ARE SELF
SUPPORTING
THROUGH OUR OWN
CONTRIBUTIONS..."

PAMPHLET OF THE MONTH



Based on the 12 questions in "Is A.A. for You?," this 32-page pamphlet is an illustrated, easy-to-read version.

*

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.

*

Many of us drank to make things better. But when we got to A.A., alcohol had taken over our lives.

*

How does it add up? Is A.A. for you? A.A. cannot take care of all your problems. But we can show you how to live one day at a time without alcohol. Many people have beat their drinking problem. Only you can decide if A.A. is for you. If your answer is yes, call us.

https://www.aa.org/assets/en_US/p-36_isAAforMe.pdf

MEETING UPDATES

New Meetings:

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 Update:

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:

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 (Creskide 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



September 2017

- K.I.S.S. Campout at Rockport Reservoir September 1st & 2nd 2017 Wanship UT
- Women's Big Book Retreat - 28th Annual Cheer for the WBBR 2017 September 8 -10 at Mill Hollow Summer Camp near Oakley
- Men's Spiritual Retreat Sept 8,9,10th in Lava Hot Springs, ID
http://www.idahoarea18aa.org/support_files/submitted/2017MenH2O.pdf
- International Bridging the Gap Workshop Sept 8-10 @Hilton Minneapolis in Bloomington, MN www.BTHWW.org
- Seniors in Sobriety International Conference @ Airtel Plaza Hotel, Van Nuys, California. September 14-17 (818) 823-7008
- Pacific Regional Forum Area 6 September 21-23 in San Jose, CA
- 2017 AA Fall Assembly - District 2 September 29 -October 1 @ Sons of Utah Pioneers - 3301 E. Louise Ave, Salt Lake City, UT

October 2017

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

November 2017

- Fall Workshop - District 7: Cedar City (more info to come)

Salt Lake Central Office



...of serving the greater Salt Lake Area

HIGHER POWER: COMING TO BELIEVE AND HEALING

Sobriety and mindfulness are cathartic and healing. I can just breathe and watch the universe unfold. This has healed any illness I have had.

Mindfulness is a blessing in my sobriety. According to Jon Kabat Zen the word mindfulness is derived from medicine. As Saki Santorelli said regarding healing thyself: "Look at the bandaged spot, and let the light in; the light comes not from without but from within."

The two requirements of Step Three in the Big Book are that no human power can relieve my alcoholism, and I am not God. If I just do the footwork and Let Go & Let God, I can pay attention, not persevere, not beat up on myself, or even think.

I had three alcoholic grandparents and two functional alcoholic parents who were obsessive-compulsive atheist controllers. I was taught to be an alcoholic. By 1997 I had found a Higher Power within and met my husband at a prayer circle group at a church but was a social drinker not bitten by the disease yet. I had knocked off my drinking in my twenties and didn't realize until 2004 that I had an allergy to alcohol; it makes

me mentally ill, and I started to crave it. Working the steps in the AA Program eight times and step work in Al-anon three times and finally adult child step work has been healing me like the un-peeling of layers of an onion. Now I can finally rest with my Higher Power and watch the show.

As the "Just for Today" Al-anon Bookmark comments: "Just for today, I will adjust myself to what is, and not adjust myself to my own desires. I

can take my "luck" as it comes, and fit myself to it."

I am walking with my Higher Power. As the

AA 10th Step Promises State: "And we have ceased fighting anything or anyone----even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame."

As the 11th Step States on page 87 of the Big Book: "We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems." This is how I came to believe, pay attention, and heal today.

Patricia N.

*"Now I can finally rest with my
Higher Power and watch the show"*

HAPPY
joyous
FREE

CENTRAL OFFICE JULY 2017 FINANCIALS

Income Statement

	<u>2017</u>	<u>2016</u>
Revenue		
Group Contributions	\$ 1,996.28	\$ 1,683.52
Copy/Newsletter donations	\$ 63.37	\$ 32.25
Individual Contributions	\$ 464.50	\$ 6.10
Sales - Literature	\$ 5,586.54	\$ 7,145.91
Sales - Coins	\$ 1,790.50	\$ 2,160.30
Interest Income	\$ -	
Total Revenue:	\$ 9,901.19	\$ 11,028.08
COGS - Literature	\$ 5,838.48	\$ 7,002.48
COGS - Coins	\$ 1,150.06	\$ 1,162.15
Total COGS	\$ 6,988.54	\$ 8,164.63
Gross Profit	\$ 2,912.65	\$ 2,863.45
Operating Expenses	\$ 2,994.38	\$ 4,530.54
Other Expenses:	\$ -	
Total Expenses	\$ 2,994.38	\$ 4,530.54
Net Income:	\$ (81.73)	\$ (1,667.09)

Bank Accounts

Checking & Petty Cash	\$ 18,572.07	\$ 11,010.19
Accounts Payable Due	\$ (11,287.32)	\$ (351.62)
Money Market - PR	\$ 24,196.26	\$ 24,166.05
Total	\$ 31,481.01	\$ 34,824.62

- 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 JULY 11, 2017 – 6:30PM

Chair: Doug R - Warranties, statement of purpose, welcome new CO Reps.

Co-Chair: Julian G - put together a PDF with Lorraine.

Secretary: Rob C - Please accept my apologies still trying to learn and master this position.

Treasurer: Lorraine R - Copier thing has been resolved, 66% of meetings donate to central office, financial statement went out for July, overall we are doing well.

Trustee: Kevin D - (District 11 liaison) attending district 11 meeting 8-9-17.

Trustee: Bob C - (District 2 liaison) BBQ at fellowship hall flyers are on wall at central office.

Trustee: Evan J - (District 10 liaison) Needs volunteers to go into prison. Attended district 10 GSR meeting on 8-7-17. Moab work shop for district 10 is Aug 19-20th 2017.

Alt Trustee: Bob G - Does not have anything to report.

Alt Trustee: VACANT

6:45 – 7:30 Reports from Committee Chairs

Activities: Suzy L - Picnic was wonderful - big turnout. Always looking for volunteers for events. Chili cook-off is Oct 7th 2017.

Archives: Laura - Photographed pictures of Fellowship Hall and the Alano club, and hung them in Central Office. She is also looking for missing issues of the Grapevines please contact her if you have any of the ones she is looking for.

By-Laws: Jon F - "Elected 8-8-17"

Coins: Mike O - Conducted inventory 8-8-17. From that activity we placed an order to boost the quantities of bronze and aluminum chips to the desired stock levels.

Cooperation with Professionals: Ben S - Had support from district 2, had a great experience.

Corrections: Mark - Currently working on bridging the gap wants and NEEDS volunteers, and wants to get messages out to volunteers.

Hotline: John J - All is going well 330 calls in July.

Literature: Charlie T - Wants to discount the Spanish literature by 50% Motion was passed to follow through with discounting the over stock of Spanish Big Books, and Twelve and Twelve Books.

Newsletter: Shurone H - Needs people to submit articles for the Lifeline.

Outreach: Rob C "Elected 8-8-17"

Public Information: Mellissa E - Absent

Tech Committee: Jonathan H - Wants to upgrade the monitors etc at central office. Needs help getting donated equipment from the U Of U. Please contact to volunteer.

Treatment: Rusty J - New treatment centers are on the rise. Currently 34 treatment centers are on our list.

12th Step: Skip M - "Elected 8-8-17"

Volunteers: Jim C - Extended invitation to anyone wanting to serve and volunteer, talked about the volunteer article in the lifeline.

Webservant: Doug R - July website statistics: 7,072 sessions, 40.95% were new users. 42% accessed the

website using a mobile device. Most popular pages where the "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.

6:35- 6:55 Old Business

Board Member elections - Qualifications and duties will be read.

Alternate Trustee - "Vacant"

Committee Chair elections - Qualifications and duties will be read

By- Laws "Jon F Was Elected To Serve" Outreach "Rob C Was Elected To Serve" 12th Step "Skip M Was Elected To Serve"

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



*Hour Of Hope Group
Wasatch Facility
Utah State Prison*

Leopolo 6 Mo

Robert 8 Yrs

The University of Utah Hospital 5 W. Psychiatric ward AA meeting needs a new chairperson /sec. Rex S. has been running this meeting for 2.5 years and it's time for a change. The patients at 5 W. Psych who come to the meeting have often hit their bottom and want your experience strength and hope. This is as good as it gets. Those interested need at least one year sober. H & T experience helps, and a one year commitment is appreciated. For more information contact Rex @ (801)649-5097.

JOKE OF THE MONTH



"A drunk walks into a bar, sits down and demands a drink. "Get out" says the bartender. "I don't serve drunks here". The drunk staggers out the front door, only to come back in through the side door. He sits at the bar, bangs his fist and demands a drink. "I just told you to get out, didn't I? Now LEAVE!". The drunk gets off his stool, stumbles out the side door and, comes back inside through the back door. Once again, he sits at the bar and loudly asks for a drink. The bartender, now glowing mad, looks at the drunk and yells "I TOLD YOU, NO DRUNKS ALLOWED, NOW GET OUT!!!". The drunk looks up at the bartender and slurs "How many bars do you work at, anyway?".

that this time I could... ...stop. Once again, I was drunk the day I got out. I remember sitting on my bed so confused and bewildered at why I had drank again? I remember this over powerful feeling that I was losing. I was a full fledged alcoholic and I had no idea how to stop.

This is where AA came into the picture. I called AA that same night and asked where a meeting was, I went to that Saturday night meeting not knowing anyone. I ended up doing 90 meetings in 90 days. For the first time in my life someone or something taught me how to stop drinking. They taught me that I can never socially drink again, I had to completely give up alcohol for good. They taught me about a higher power who has the power to completely remove the obsession. Through my actions of attending meetings, reading the big book 5 times back to back and getting a sponsor, God took away my obsession with alcohol.

I haven't had another drink for a little over 2 years now. The pain of that first year sober is pretty much gone. I was a slave and now I am free. It's a wonderful feeling.

After being so blessed through becoming apart of AA I wanted to give back what I had learned to others. I heard about taking AA into the jail, I signed up to volunteer every Sunday. I have such a special opportunity to work with the men in the prison, those guys could have been me, the only difference is they got caught. Carrying AA into the prison is such a privilege and honor. The more I work with the group the more hope I can see in their eyes. Sunday night is the highlight of my week , I am so proud to be a member of a group that has one purpose and that is to help others who suffer with addictions. I truly love this program.

-Craig

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.

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.

AA BEHIND BARS: A PRISONER'S PERSPECTIVE

In April 2015 I woke up in a holding cell in the county jail. Only then did I realize that I was in the relapse that had been controlling my life for over two years. I was told that my bail was one million dollars. I knew I was in a lot of trouble!!

The first couple of months of jail I was held in administrative segregation, where all I could do was read, pray and have conversation with one other inmate. It was "hard time". I realized how much I wanted the sobriety that I'd thrown away and decided to start working the 12 steps again. I turned to God with full purpose of heart. There were three meetings a week and a workshop service available and I attended them all with an attitude of humility and desire. I was miraculously provided with a sponsor and over the course of the next 18 months I thoroughly worked and lived the principles of recovery. As I did so I felt the power of God come into my life and heart. In November of 2016 I came to prison. As I sat in a

cell receiving an orientation, wondering what my fate would be, and praying for help, I was given a strong moment of serenity where my higher power let me know that wherever I went in the system, and however long I had to be here, he would be with and take care of me.

never
lose
hope

I've been in the conquest program of the prison since December, 2016. We have 13 twelve step meetings available per week and some great volunteers from the street who make them all possible. I consider our Sunday night big book study my home group. The street volunteer Pine is a great blessing to us. His

story is nothing short of a motivational miracle and provides all of us with hope!

As I've given myself to the 12-steps of A. A. over the last 28 months of my life I've felt a tangible sense of peace come into my heart and mind. I know it works! Thanks for letting me share...

--VJay D.

CC+ H₂O (CONSCIOUS CONTACT + WATER) = LAVA, BABY!



24th Annual Men's Spiritual Retreat

September 8, 9 & 10, 2017

**Lava Hot Springs, ID @ Aura Soma Conference Center
Sobriety Workshop lead by Paul H. from the Bay Area**

Mike C. (208) 681-3169 (Committee Chair) & Ben S (801) 913-5360 (Treasurer)

FELLOWSHIP – MEETINGS – MEDITATION – HOT-POOLS – RECOVERY

mistake. People are counting on me and this is life or death...very serious...

After awhile, I settled down and the man who kept the group phone list named Ed, was moving away. I offered to help maintain the list. Turns out the man was the secretary of the group and I got elected to secretary of the Wake Up Call in Park City the very next business meeting. People actually voted me in! I was happy to be of service and yet, had no clue what I was doing. "Don't they have training for this sort of thing - I'm totally unqualified!!!" My next thought was at the other end of the spectrum: "Stand back and let me show you all how this meeting should be run!". Yes, I know...keep coming back.

After many reassurances from my sponsor and the

elder statesman, I've relaxed A LOT. I turned to the tribal knowledge of the group, explored AA literature on how to run a group and approached the task with a heightened sense of responsibility - instead of panic or pride.

Today, I've been conducting and chairing the quarterly business meetings, spontaneous group conscious meetings and documenting the Wake Up Call business for almost two years. I had come from a place of no knowledge, fear, more fear and it's good friend, anxiety... to one of curiosity, willingness and openness to suggestion. The group consciousness is a powerful force and one I am proud and honored to call to order as often as needed with the bang of a gavel.

-Anne A



The Bog Irish Big Book Study needs your HELP! Declining attendance is putting the meeting in jeopardy of staying alive. This is one of the oldest meetings in the Salt Lake Valley! Each week we read a complete chapter in the Big Book, followed by 30 min. of discussion. Coffee, intelligent conversation, fellowship and FUN! Please join us on Sundays @7:30PM @ First Presbyterian Church: 12 "C" Street in Salt Lake City. Enter through brown doors on the WEST side of the street.



CHEER for the **2017**

WBRR

WOMEN'S BIG BOOK RETREAT

28TH ANNUAL

GO TEAM!

This year's 2017 Women's Big Book will be held on September 8th, 9th, and 10th. This year's event will be held at the Mill Hollow Summer Camp near Oakley, Utah. We encourage all of you to "Get the Word Out"! -WBRR Committee

**28th Women's Big Book Retreat
September 8, 9, and 10th**

@Mill Hollow YMCA Camp

Cost: \$75.00

**Includes: sleeping quarters, bathrooms,
meals, and hot showers.**

To register visit

<https://www.newurecovery.org/wbbr-aa>

by August 30, 2017

Questions?

Contact Patti I: [801-541-9901](tel:801-541-9901)

pattiibholm@gmail.com

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



SALT LAKE CENTRAL OFFICE
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Monday-Friday: 10-5
Saturday: 10-2
CALL FOR HOLIDAY HOURS