



The lifeline, Then & Now

It is the last Friday of the month and I am joining a group of volunteers at Central Office to fold and label the newsletter. Putting out the newsletter is a group effort. Members have written articles, an editor has put it together, a volunteer gets the labels ready, another makes the newsletter available online, someone prints copies for us to mail, and for the Central Office reps to take back to their groups. We laugh and joke and enjoy folding the newsletter.

When I got 60 days, I was told I could go to Central Office and buy a metal chip, and so I did. The manager was working on the newsletter and put me to work on the minugraph machine. I printed, folded, stapled & stamped about 60 copies. I left Central Office with a copy of the newsletter, a metal 2 month chip, and my first experience of volunteering for the newsletter at C.O. complete with purple hands from the ink.

When the first Gulf War occurred, our editor was activated in the guard, and I was told I was the new editor. This was pre-computer, and we put it together using cut & paste. The labels were done by hand. A new editor volunteered, and we were mailing over 1000 copies. Volunteers came and we got everything ready. I took the boxes of newsletters to the Post Office bulk mail unit one day, and the clerks there pointed out a goof up. We had the address on the right side and the prepaid postage stamp on the left. The matter was taken to the

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- C.O. Meeting Highlights
- Poetry Corner - "Mother"

Red Road to Recovery:

I have always felt a connection with other beings whether it be through laughter and sadness or love and compassion. I believe we are all part of the same spirit, we just come in different disguises evolved through time, adapted to their proper settings and environments. Unfortunately for the Native Americans, native to the land on this continent (not a dirt lot in New Mexico) they haven't really been drinking alcohol as long as other cultures. This idea was explained to me that some cultures have developed a tolerance to fermented and or distilled spirits over thousands of years, whereas the Native American culture has just a couple hundred years of exposure. I don't think it was meant to be a part of the Navajo diet.

The first day of the convention was a similar start to regular AA assembly's; speakers, panels, and meetings, but these guys stepped it

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CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALT LAKEAA.ORG

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Alt Trustee — vacant

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Activities — Suzi L.

activities@saltlakeaa.org

Archives — Laura C.

archives@saltlakeaa.org

By-laws — John F.

jfoulg@hotmail.com

Coins — Mike O.

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Professional
Community** — Ben S.

cpc@saltlakeaa.org

Corrections — Mark S.

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Hotline — John J.

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Twelfth Step — Skip M.

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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

9 S 1300 W
Clearfield, UT 84015





Meeting NEWS and Updates

NEW MEETINGS:

Fill The Pot - Open Discussion Meeting

Wed @5:30pm - 501 W. 300 S. SLC

Women in Recovery

Tues @8:15pm - Alano Club: 5056 S. 300 W. SLC

TOC (Table of Contents) - Step Discussion Meeting

Wed @noon - Publik Coffee: 975 S. West Temple, SLC

We Keep it Simple Big Book Study

Thurs @7:00pm - Life Church UT: 4700 S. Bangerter Hwy.

Conscious Contact - Meditation Meeting

Tue 7:-8:30 pm - Hilltop United Methodist Church: 985 E. 10600 S. Sandy

Last Run w/ Bill W

Fri @4:30 pm @10351 E. Highway 210 Alta, UT

Back Alley A.A. Beginners Meeting

Tue @7:00 pm - 5689 S. Redwood Rd. Ste 30.(S.E. entrance downstairs)

Hope Group

Sat @8:00 pm - Inspiro Recovery: 8029 S. 700 E., Sandy

Practice These Principles

Fridays@7:00am - Unitarian Church: 569 S. 1300 E. SLC

Carpet Slippers

Sundays @7:00pm - Fit to Recover: 789 W. 1390 S. SLC

Draper Lunchtime Step Study

Mondays @12:00 - Wasatch Grind and Pulp: 1194 E. Draper Parkway, Draper

No Laurels - Women's Meeting

Mondays @7pm, Unitarian Church: 569 S. 1300 E., SLC (Enter through SW door)

Six in the City -

Saturdays @ 6pm - 273 E. 800 S. Disabled Am. Vets Bld.

We Admitted We Were Powerless

Saturdays @7pm, Elevation Church: 375 S State Street, Ste B, Clearfield

Sacred Healing

Mondays @5pm, Urban Indian Center: 1230 W 1300 S, SLC

MEETING UPDATES:

Southenderes - Moving to Jim's Restaraunt. 1728 Park Ave. Riverton, UT. Tue @ 7:00

Homeless Warriors - Mon @ 6:00pm, Weigand Center. 347 W. 200 S. SLC. Enter through the locked gate.

BBT & T - Thur @ 7:00pm 9757 S. 1700 E. Blessed Sacrament Church

7th Street Group - Is now named "Seventh Heaven" Dropping Monday. (Tue-Fri) @12:00pm

Greater Kearns - Moving to Trinity United Methodist Church: 3600 S 4400 W

Women Supporting Women - Moved to Tuesdays @ 6:30pm St. Lawrence Church, Heber.

Nomadic Lunch Bunch - Now Wednesdays Only!

12:15pm @Fat Cats Bowling: 3739 S 900 E in Salt Lake

By the Book - A.A. & Al-Anon Tue @7:30pm - 2100 S. State

Hope Group - location change - Inspiro to Red Eye Coffee: 7301 S. 900 E. Sandy. Weekly Sat@ 7:00 pm

Trudgers Walk with Purpose - Re-Started Sun @11:30am 258 W. 3300 S. Salt Lake City

Wasatch Group - Sat @ 5:30 pm - Wasatch Crest 425 Moulton Ln. Heber

A Way In for Beginners - Wed @7:15 pm - Fellowship Hall

Stepping Stones - Mon @Alano Club from 8:00-9:30

ESP- Changed to Thursday @ 6:00 pm - 1340 Kings Row Dr. Vincent DePaul Church (Closed meeting)

Alpha Alpha - This is a Big Book meeting @5:30 pm Tue. (Closed)

CANCELED MEETINGS:

A Way Out - Fri @ 6:00pm - 2100 S. State St. SL county bld

Red Barn Group - Sun @7:00pm - Farmington

Women Warrior - Sat @7:00 - Draper

Tooele Women's Meeting - Sun 1:15 @ the Oasis Clubhouse

Homeless Warriors - Fri @6:30 475 W. 100 S.

An AA Group - Wed @5:30 4th St Clinic: 400 S 400 W, SLC

Millcreek Womens Group - Wed @ 6:30 - Krishna Temple

Lighten Up Group - Tue@8:00pm Lighthouse Recovery

Free Rider Group - Tue @6:30pm Alano West

Free Rider Group - Fri @7:00 Red Eye Coffee

Our Primary Purpose - Sun @7:00pm

Draper Lunchtime Step Study - Mon @ 12:00

Gay Men Staggs Big Book Study

Experience Strength & Hope - Tues @7:00pm @Creekside

CENTRAL OFFICE REPS: MEETING MINUTES

8/14/2018 – 6:30 pm

Chair Doug R. - "Warranties & Statement Of Purpose." Welcome New CO Reps.

Co-Chair Julian G. - Orientation Packets For New CO Reps.

Secretary Rob C. - Has Spoken With a Utah Jazz Representative About Getting Utah Jazz Tickets At Discounted Rate This Year. It Was Tabled On Vote. Please Bring Back To Your Groups To Discuss. Tickets Would Be On Hand And Available For Select Games At Central Office For A Discounted Rate..

Treasure Arty K. - Financial Report, Also Discuss The Possibility Of Lowering Chip Prices Next Month..

Trustee Dave R. - "District 2" Everything Is Running Smoothly

Trustee Evan J. - "District 10" Need Volunteers For CPC And Prison..

Archives Laura - All is Good, Display Case Is Being Donated.

By-Laws Jon F. - Everything Is Current And Up To Date..

Hotline John J. - Running Smoothly 316 Total Calls

Newsletter Shurone - Asking And Looking For Poetry, Stories & Artwork for the lifeline..

Public Information Melissa E. - Recovery Days Is Coming Up. Need Volunteers 9-Am-3-Pm September 8th 2018 "AA Booth"

Volunteers Jim C. - Need Volunteers For Monday Mornings, Tuesday Afternoons, And Friday Mornings..

Webservant Doug R. - July Stats 7,314 Sessions, 3,029 New Users, 74.6% Accessed Using Mobile Devices "Most Popular Page Was Meeting Schedule"

Next Central Office Representatives meeting will be held on Tuesday
September 11th 2018 @ 6:30pm

I am RESPONSIBLE

Service: The Third Legacy of Alcoholics Anonymous



**GOLDENKEYS GROUP
LONE PEAK FACILITY
UTAH STATE PRISON:**

Travis - 30 days

**HOUR OF HOPE GROUP
WASATCH FACILITY
UTAH STATE PRISON:**

Jeremy - 30 days

CITY AT SEVEN:

Serena - 18 months

Jake - 2 years

Anthony - 1 year

Scott - 12 years

Trisha - 18 months

Tonya - 4 years

Derek - 17 years

Teri Ann - 21 years

SPEAK EASY LADIES GROUP:

May:

Melinda - 30 days

Cynthia - 30 days

Siminy - 60 days

Nancy - 31 years

Joan - 60 days

Chrystal - 6 months

Joanne - 9 months

Kim - 31 years

Vicki - 6 months

June:

Linda - 30 days

Barbara - 28 yrs

Kim - 11 yrs

Carolyn - 30 days

Emilee - 60 days

Mateja - 4 yrs

LaRiesse - 90 days

Julie - 28 yrs

Michele - 1 year

Jennifer - 5 years

Corrinne - 6 years

July:

Diane - 9 mos

Anne - 5 yrs

Sheila - 13 yrs

LaRiesse - 60 days

Shelley - 2 yrs

Monique - 10 yrs

Margaret - 24 yrs

Shery - 24 yrs

Meg - 31 yrs

NOMADIC LUNCH BUNCH

Burke - 2 yrs

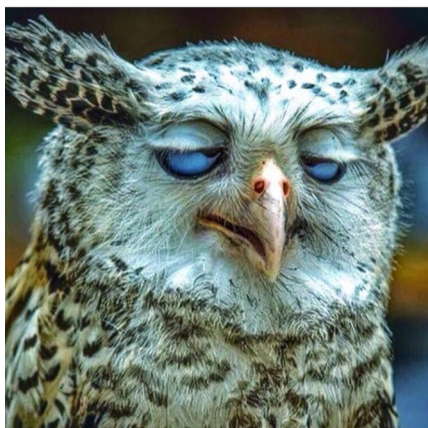
Diane - 9 yrs

Carol O. - 22 yrs

Meg A. - 31 yrs

Scottie - 18 yrs

Joke of the Month



Clean Breath

A drunk walks into a drug store and asks for a bottle of mouthwash.

"I'm not selling you that," says the druggist. "You'll drink it for the alcohol and get sick outside my door!"

"Not true!" insists the drunk. "I have my first date in over a year, and I want to make a good impression."

"Oh. I'm sorry. Here."

The druggist takes a bottle of mouthwash off the shelf and puts it on the counter.

The drunk stares at it and asks: "Got one that's been refrigerated?"

The 6,000 Mile Meeting

AA can make miracles, we have all seen them, and continue to see them in the most unusual places. My last AA miracle happened on a bridge in Krakow Poland last month. I had shared in my noon meeting at the Alono Club that I was very apprehensive about a future trip to Auschwitz to see where over a million people were murdered during the second world war. My worry was that a full day around the most evell spot on the planet could be a trigger to some bad things. Fortunately one of my fellow members was going to be traveling through Eastern Europe at the same time. Jeff had a more flexible schedule and was able to meet our group the day before we visited Auschwitz. Jeff and his companion had done the tour on the Friday we arrived in Krakow and sat done with me to talk for a couple of hours. That talk was wonderful, it is great to see someone completely out of context 7,000 miles east of Murray! Jeff was able to talk about what he had seen and how he processed the horror. Until you see evil up close it is hard to fully comprehend how it changes your comprehension of how bad people can be.

Thanks to an amazing cup of coffee (we offered to clean up the cups) and a couple of hours of talking my day at Auschwitz went much better than anticipated. Thanks to AA and everyone involved.



-Trip Mitchell

***Red Road to Recovery* ...cont from page 1**

up a notch. Drum circles , singing , and dancing..truly an honor to be a part of the ceremonial dance, circle of life, talk about a spiritual awakening sounds of the drum pulsing through the veins the chants, the cries, I could feel that connection. I could also feel the sadness. The pain that alcohol had caused ripping through the lives of the Navajo nation as it does with any nation. A non discriminating force cunning and baffling..

Day 2 ,the presentation of the "Big Book" translated into the Navajo spoken language. Navajo language can only be learned by speaking there is no lead and eraser involved. I believe this process took decades , from 1998 - 2018 alcoholics worked on this service piece. The president of the Navajo nation was presented with audio disc set that morning . His words , " we finally have a tool to wage war against alcohol", and it was a war . He also said that 80% of all crime and violence on the reservations were connected to alcohol. The stories were all the same "death" on the res.

I will say that the laughter , the giggles, were one of a kind. Afterwards driving home I felt a sense of relief , there was a solution , the Navajo nation finally had the gift alcoholics anonymous. The same opportunity that every alcoholic has if there willing to work for it.



Always Love,
It's easier,
Evan J.

2018

EVENTS CALENDAR



september

Sept 7-9: Pacific Regional Forum Area

6 - San Jose CA

https://www.aa.org/assets/en_US/en_Pacific_informationflyer_2018.pdf

Sept 7-9: Men's Spiritual Retreat - see info below

Sept 7-9: Bridging the Gap Workshop -

Westin Westminister, CO

coordinator@btgww.org

Sept 7-9: 29th Women's Big Book

Retreat 2018 - see info below

Sept 21-23: Fall Assembly (Area

Elections) - District 10 Salt Lake

John R: 801-891-0989

Kris K: 801-750-4092



CC + H2O

Conscious Contact + Water = LAVA Baby!

Men's Spiritual Retreat

Lava Hot Springs, ID

Aura Soma Conference Center

Sept. 7-9 2018

www.aurasomalava.com/ASL-Conference-Center



Camp Rogers YMCA 15 miles behind Kamas, Utah

Cost is \$75.00 & includes:

Sleeping Quarters, bathrooms, meals, and hot showers. No Smoking.

We study the first 164 pages of the Big Book with presenter Pamala S.

This is a retreat you do not want to miss!

Registration Deadline is September 7, 2018

Register on Line today at

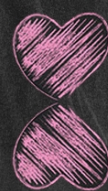
<https://www.newurecovery.org/wbbr-aa>

AA BEHIND BARS

It seems the longer I am here, the more I see that this environment I am in is because of me. Not consciously or by decisive choice, but by a whole bunch of actions I have done without much thought. You see, getting high was a choice. Yes! But, I really thought I wasn't hurting anyone. And at that exact moment, I wasn't. But our actions at one moment will come back on us in the future. When we are young acting out in ways like partying or anger outbursts is looked at like the boy needs help. But when a 50 year old acts out that way it's against the law and totally against societies' norm. So they put us in rehab, mental institutions, prisons or jails. And yet we have a problem dealing with life on life's terms. Because of the traumas of childhood and the way we have learned to cope with life over the years growing up. Yes, some of us have made some good choices and turned our lives around. But after how many times of making the mistakes we have? We eventually grow tired of the consequences of the behaviors and learn to change some of them, but it takes real work to overcome the real problem, ourselves! I have been trying to escape myself for so long that I think I lost myself somewhere. Since coming to prison I have committed myself to a life of A.A. To live the 12 steps. To not just live them as I see fit but totally live them as they were meant to be. I really have had a spiritual awakening from these steps. My life has eternally changed for the better. I still have to take my inventory daily, and admit where I am wrong (which is constantly) but I am a work in progress. The point is I try and take 1 day at a time and focus on my program and rely on my higher power to guide me!! - James M.

I value my sobriety. I know what I want in my life today. I know where my values stand and I choose to stay clean today. The true value for me is the drive to stay clean and it's because when looking at where I've been in my life, it's a bad nightmare. It takes a lot more effort to keep my sobriety then what it ever was for me to use. Today is different for me and it's because I turned all my additive behaviors over to the care of my higher power. I asked God to help me to understand myself as a man with an addictive additude. The will for change is the hardest challenge I've had to do. The only way I feel I can do this is by being sober each and everyday. Anyone who knows me will say I was hell on wheels. I had no breaks. I did everything full throttle to the end. Today I have to do things Gods way. Not perfectly, but to the point of not using alcohol or any drugs. And it's because I wish to live a life in a sober way. I'm liken how I'm feeling clean. It's something I've never been a part of for a very long time. I still struggle with bad health issues, but today I'm not drinking my sorrows. I'm dealing with life on life's terms, and it's all thanks to the ones who are there for us when we are in need. I thank you for not giving up on me.

Sincerely, Wes H.



*You were born in
this word, at this
time, for a reason*

AA BEHIND BARS

Dear Alcoholic,

It's 6:45 am Saturday, August 11, 2018 As I write this I'm surrounded by alcoholics and addicts in various stages of denial and recover. 49 of them to be exact. No, I'm not at a meeting. I'm in Promontory CF, Draper Prison. This is the ConQuest drug and alcohol program, and I'm in recovery. I'm 42-years-old from the Bronx, New York, and am totally sick and tired of being sick and tired.

I'm here on a 1-15 year sentence for identity fraud, from 2015. I had a chance on probation and blew that, too! How, pray tell, does this happen to an extremely well-educated individual? (I had no clue!) Now I have a clue! It's a hard pill to swallow as well.

I've been in and out of recovery for 20 years. I began my career as a drunk in my mid-teens, and ¾ through an 8-year army stint I already had 2 DWIs under my belt but weaseled my way from convictions. In 18 years of back and forth in the rooms (sometimes with a year or two sober) I still was in a relapse state of being. Why? I did my Steps, worked coffee commitments and went to minimum 3 meetings per week!! What was my problem? I didn't have a clue! Now I look back and with arrests for dumb stuff in six (6) states all alcohol or drug related, I did some soul searching, and in 2016 it finally clicked!!

Alcoholism was a symptom of something much deeper inside me. Much more painful. Much, much darker.

My early childhood (0-10) was very traumatic for me. Raised in the Bronx in a virtual warzone in the '70s and '80s I could not trust my environment and the people in it. Especially my very sick family. I never dealt with what I experienced and the developmental milestones were never achieved. I paid a hard price; truly I did. In 2016, having done a searching and fearless inventory I resolved some very real pain and conflicts I still had. I work my Steps daily, and our Heavenly Father gave me (The Holy Ghost) the power I needed to persevere. I'd like my fellow alcoholics to know I love you, am sorry for my trespasses, and I pray for your lives and souls diligently and believe in our unity, indivisible, with Liberty from Bondage under God!

Surrender. This word never made so much sense in all of my life. Giving up the fight, I "surrender" god..Help me get my life in order. I can't I've tried. It's not me! It's other people. It's all thier fault. If only life was the way I wanted. Well, people places or things may never be my way...so I surrender. That gives me more serenity to live my every-day life. Relying on a higher power to take care of things reather than my selfish ego is a lot less stressful. God's in control not me. It may not always make sense but it's always for my benefit. Currently I've been questioning god a lot... but I'm learning to trust and leave the outcome up to him and I believe all will turn out for the good... His will, not mine. With that I will take another 24. Thank you

-Jeremy M.

~Nicholas K.

If you would like to volunteer to bring A.A. meetings to the Utah State Prison or the Utah County Jail, please contact Central Office @ (801) 484-7871. or text (801) 450-5600



SALT LAKE CENTRAL OFFICE JULY FINANCIALS



Income Statement

	2018	2017
<u>Revenue</u>		
Group Contributions	\$4,093.16	\$1,801.73
Copy/Newsletter donations	\$7.05	\$22.66
Individual Contributions		\$149.94
Sales - Literature	\$7,755.20	\$6,746.25
Sales - Coins	\$1,775.19	\$1,539.00
Sales - Other	\$ -	\$ -
Interest Income -	\$7.20	\$ -
Total Revenue:	\$13,637.80	\$10,259.58
COGS - Literature	\$7,697.04	\$6,629.92
COGS - Coins	\$992.13	\$889.55
Total COGS	\$8,889.17	\$7,519.47
Gross Profit	\$4,948.63	\$2,740.11
Operating Expenses	\$3,672.96	\$2,994.38
Other Expenses: (Donation to area 69)	\$1,000.00	\$-
	\$-	
Total Expenses:	\$4,672.96	\$4,568.57
Net Income:	\$275.67	\$(1,828.46)

Bank Accounts

Checking & Petty Cash	\$17,914.70	\$16,731.72
Accounts Payable Due	\$(542.82)	\$(3,713.10)
Money Market - PR	\$24,224.90	\$24,180.32
Total:	\$41,596.78	\$37,198.94

- 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, \$24,000 for 6 mos
- A detail of group contributions is available and will be handed out quarterly.
- On-line contributions made in January will be reflected on the February Statement

Group Contributions -

12 O'Clock High -	\$150.00
5-15 Happy Hour -	\$300.00
An AA Group -	\$250.00
Cottonwood North Step Series -	\$53.00
Downtown Bunch -	\$400.00
Early Beginnings -	\$788.00
Early Friendship -	\$443.65
ESP -	\$70.00
Every Night Firelight -	\$68.00
Total Eye Opener -	\$50.00
Grapevine_1 -	\$194.47
Grub Lunch Cowboy -	\$33.00
Murray Group -	\$70.00
New Life -	\$138.00
No Nonsense -	\$71.00
One More Saturday Night -	\$78.66
Recovery Ways -	\$25.00
Salt Lake Men's -	\$300.00
Saturday Morning SOTS -	\$51.93
Sunday Morning Breakfast -	\$150.00
Unity Lunch Bunch -	\$34.00
Wake Up Call -	\$256.50
Weekend Warriors -	\$39.25
Women In Sobriety -	\$50.00
Total	\$4,093.16

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



office manager, and when the clerk returned he told us they would mail it for us on a one time basis. He also said that from now on we had to make sure that our volunteers were sober. We all got a good chuckle out of that.

At one time we mailed over 2000 copies of the newsletter. Our small office would be full of volunteers getting it ready. Once we had 14 people and the office was full. The fire Dept. showed up to do a yearly inspection, and we were told not to have as many people. Now we mail about 250 copies, and many people read the newsletter online. Still a small group meets and volunteers to fold the copies we mail. I look forward to being part of that group on a monthly basis.

-Ron K.

Mother

The mother the wellspring of life
our bodies gifts of this light,
we are the vessel and we have the right.
effluvium of energy flowing out of rock crevices
stony with the strength of carrying mans woes.
Our bodies only an offering
a vessel filled with love & life
overflowing with the power to return the light
Though we may spill when we trip and falter
it returns to the spring as it is living water
Filtered through trauma and pain
it returns to the source and comes back again and
again.

My Mother a source melding together
Life runs its course, cutting through barriers eroding
the old cancerous ways, there is no way
to hold her back as she always finds a way,
Moms rocky walls covered in green moss
eating away mistakes, concrete turns to clay,
Malleable we become willing to make a new day.

-AA Member



Discover Thyself

by Nicholas K

Discover Thyself
Within yourself
Ponder Joy and Pain (as well)
And Refrain
In thoughts that lead
Oneself to Hell
Never Act on Impulse!
Be patient and Kind
Always indulge on Scripture
The coming Rapture
And Forgive as
Forgiven
Lead a Life
Live a Life Worth Living
Today receive bread
Tomorrow Feed your Brother
And sister
And Father seated with Mother
Give of your self
Be Charitable
Sacrifice time and Money
Seek Not Wealth
But His Kingdom
Above All Else

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



SALT LAKE CENTRAL OFFICE

801.484.7871

80 West Louise Avenue (2850 S)
Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS