



AN ANGEL NAMED BRUCE

...At my darkest moment, I was sent an Angel named Bruce. I've been sober for some time now and have seen lots of strange and unusual things in AA. Throughout my sobriety I have tried to keep an open mind and remain ready for change. In 1998, as I was coming up on my 20th sobriety anniversary, I began to become cynical regarding the state of affairs inside the fellowship of Alcoholics Anonymous. I was seeing things in AA that were just plain making me angry. I had become a Bleeding Deacon. Many members in our fellowship were working steps beyond the suggested twelve, trusted servants began to take money for service, new-comers were chairing meetings, old timers were squatting in service positions disregarding the spirit of rotation, new-comers were sponsoring other new-comers, more money was spent on travel than on carrying the message, others took service positions without performing service, trusted servants were getting drunk, AA groups were permanently closing throughout the valley, men were sponsoring women, women were sponsoring men, and dogs were sponsoring cats. I could continue my personal inventory of the fellowship, but I think you can get the idea of where my head was going and who had taken charge. The feeling kept growing that the AA I had joined so many years ago is not the AA I was a member of now. The results of my harsh inventory was the fellowship had dramatically change and not for the better.

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CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALTlakeAA.ORG

Chair — Doug R.

Co-Chair — Julian G.

Secretary — Rob C.

Treasurer — Arty

Trustee — David G.

Trustee— Kevin D.

Trustee—Evan J.

Alt Trustee— Paul

Alt Trustee-vacant

CENTRAL OFFICE STANDING COMMITTEE CHAIRS

Activities — Suzi L.

activities@saltlakeaa.org

Archives — Laura C.

archives@saltlakeaa.org

By-laws — John F.

jfoulg@hotmail.com

Coins — Mike O.

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

cpc@saltlakeaa.org

Corrections — Mark S.

corrections@saltlakeaa.org

Hotline — John J.

hotline@saltlakeaa.org

Literature — Charlie T.

literature@saltlakeaa.org

Lifeline Newsletter —

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lifeline@saltlakeaa.org

Outreach — Christina

outreach@saltlakeaa.org

Public Information—

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pi@saltlakeaa.org

Technical Support —

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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





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 7:00-8:30 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 - Inspirio 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 - Palmer Court: 999 S. Main St. SLC

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:

7th Street Group - Dropping Monday & Friday. (Tue-Thur)

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)

7th East Group - M-F 12:00-1:00 (was 11:30-12:30) 7th st. Treatment Center - 2487 S. 700 E.

Garden Variety - Sundays 9:30 -10:30am

Magna Friendly Bunch - time change to every day @ 7:00pm @Alano West Club: 9087 W 2700 S, Magna

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, Salt Lake City

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



UPCOMING

EVENTS

2018

JUN 10

SL Central Office Founder's Day Breakfast

10:30-12:30pm Fairmont Park: 1040 E Sugarmont Dr, SLC

Bridging the Gap Workshop

District 11 - Bountiful, UT

JUNE 16

JUN 23-25

Utah Conference of Young People in Alcoholics Anonymous: We Ceased Fighting

Big Cottonwood Canyon <http://www.ucypaa.org/register/>

Picnic in the Park

Magna Alano: 9087 West 2700 South, Magna

JUN 24

JUN 29-JUL 1

Price Alano Club Campout @noon

1267 N Carbonville Rd Price, UT 84051

Great Outdoors (GOD) Campout

Defa's Ranch: 16350 N Country Rd 7, Hanna, UT

JUL 13-15

AUG 10-12

Maple Grove Campout in Scipio

For more info contact Ralph: 597-0276

SALT LAKE CENTRAL OFFICE APRIL FINANCIALS

Income Statement

	2018	2017
<u>Revenue</u>		
Group Contributions	\$3,345.13	\$3,479.86
Copy/Newsletter donations	\$44.05	\$30.43
Individual Contributions		\$17.70
Sales - Literature	\$1,501.00	\$6,753.20
Sales - Coins	\$8,192.25	\$2,050.51
Sales - Other	\$2.99	
Total Revenue:	\$13,085.42	\$12,331.70
COGS - Literature	\$7,901.78	\$6,663.93
COGS - Coins	\$845.33	\$1,143.66
Total COGS	\$8,747.11	\$7,807.59
Gross Profit	\$4,338.31	\$4,524.11
Operating Expenses	\$5,071.11	\$3,481.53
Other Expenses:	\$-	\$-
Total Expenses:	\$5,071.11	\$3,481.53
Net Income:	\$(732.80)	\$1,042.58

Bank Accounts

Checking & Petty Cash	\$31,267.11	\$15,325.89
Accounts Payable Due	\$(11,205.67)	\$(12,103.15)
Money Market - PR	\$24,210.63	\$24,196.26
Total:	\$44,272.06	\$27,419.00

- 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	\$100.00
4th Dimension Young People	\$159.62
90th and 32nd @ 6:00	\$257.34
974 Group	\$600.00
Come As You Are	\$150.00
Hillcrest Group	\$250.00
Magna Friendly Bunch	\$200.00
Midvale Lunch Bunch	\$52.94
Murray Group	\$111.00
No Nonsense	\$37.00
Non-Smoking Sobriety Hour	\$80.00
Park City A.A. Group	\$300.00
Primary Purpose	\$40.00
Recovery Ways	\$20.00
Right Stuff	\$58.00
Saturday Morning SOTS	\$67.88
South Davis A.A.	\$50.00
South Enders	\$75.00
Weekend Warriors	\$36.75
Total	\$3,345.13

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

Happy Birthday Happy Birthday Happy Birthday

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Golden keys Group
Lone Peak Facility
Utah State Prison:

Brayden. 90 Days
Chad. 1 Yr.
Leo. 1 Yr.

Clark P - 35 years

Speak Easy Ladies
Group:

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

City at Seven:
Willie - 7 years



Happy Birthday Happy Birthday Happy Birthday Happy Birthday

acceptance

... is the answer

Women's AA Meeting
Mondays at 7pm
First Baptist Church
777 S 1300 E (rear entrance)
*10 min meditation at the end!



Joke of the Month



"Ha-ha", thought the cop gleefully, when he saw the staggering man walking out of the bar towards the parking lot, "I'll just wait until he pulls out and then I'll pull him over for drunk driving." There was no doubt about it the man was as drunk as could be, after tripping over a rock and dusting himself off, the man slowly made his way towards his car swaying every which way. After opening the passenger side door by mistake, the man finally opened the right door and sat down heavily in the driver's seat. After dosing off for a few minutes the man seemed to awake out of his drunken slumber and slowly put his keys in the ignition turning on the car. The man barely started pulling out before the cop turned on his sirens full blast and headed over to the car, "alright buddy" said

the cop, "get on out and let me see you walk a straight line." To the cops surprise the man easily walked a straight line. After passing the Breathalyzer test too, the cop was positively mystified, "how'd you get sober so quick?" question the cop. "Get sober?" responded the man with a smile, "I always was sober, I was just distracting you so all my drunken buddies could escape without you noticing!"

CENTRAL OFFICE REPS: MEETING MINUTES

5/8/2018 – 6:30 pm

Treasurer: As Of April 2018 All Is Good And In The Positives With Central Office. Any Questions Please Contact Arty.

Trustee District 10: District 10 Is In need Of A Secretary. If Interested Please Attend District 10 Meeting On The First Monday Of The Month At 6:00-PM At The Alano Club. Any Questions Please Contact Evan.

Trustee District 2: Looking For Volunteers For The Pride Festival In June 2018 Please Contact David R.

Activities: SALT LAKE BEES Tickets Are Available At Central Office At Discounted Price Of 10.00 Per Ticket For The Following 4-Games. May-26th, June-8th, July-28th, And August-11th..

Founders Day Breakfast Sunday June 10th 2018 From 10:30-Am-12:30-Pm At Fairmont Park In The NORTH Pavilion. "Volunteers Needed If Anyone Is Interested Please Contact SUZY..

Central Office Picnic Sunday August 5th 2018 At 11:00-Am-12:00-Pm At Murray Park Pavilion 5.

Archives: Room Was Approved And Looking For Any Volunteers With Handy Skills To Help Out With Building Display Case, Etc. Please Contact Laura.

By-Laws: 4-Amended Items To the Salt Lake Central Office By-Laws Was Voted On And Approved On Tuesday May-8th 2018. Any Questions In Regards Please Contact John F.

Outreach Committee: Is Creating A Group To Spread The Message About Central Office And What Central Office Represents And Provides In The Salt Lake Area. In Search Of Volunteers Please Contact Christina In Regards.

Newsletter/Lifeline: Always Looking For New Stories, Poetry, Art-Work And Jokes. Please Contact Shurone In Regards.

Public Information: Is Looking For Volunteers For The Booth That Will Be At USARA September 8th 2018. Please Contact Melissa in regards..

Hot-line: 303 Total Calls, 46-Outbound Calls, 257-Inbound Calls, 164-Calls Answered, 79-Calls Missed. For further Information Please Contact John J.

Literature: Getting In At Central Office The First Native American Big Book Audio In Navajo. Any Questions Please Contact Charlie T.

Web-Servant: As Of April 2018- Web Statistics: 6,799 Sessions, 42% where NEW Users. 79.4% accessed the website using a mobile device. Most popular pages where the "Schedule Of Meetings", Contact Us and Meeting Search.. For Any More Information Please Contact Doug.

Next Central Office Representatives meeting will be held on Tuesday
June 12th 2018

I am RESPONSIBLE

Service: The Third Legacy of Alcoholics Anonymous

AA BEHIND BARS

Eight years ago, my addiction and the loss of my older brother, led me to the A.A. program. My mother and father nursed me back to health, then took me to a small rehab in North Fork, past Ogden Utah to a place called Valley Camp. The fellowship of Alcoholics Anonymous, and the twelve steps changed my life. In the big book we read that our addictions will inevitably lead us to jails, institutions, or death, unless, we, through the twelve steps and a sincere spiritual awakening change our lives to a sober and guilt free lifestyle.

So after eighteen months of good sobriety, the lack

of daily inventory, communication with my sponsor, and an injury to my left hand, led me to relapse. Within months I found myself in hand cuffs and on adult probation with parole. After some situations with my family and four violations of my probation, I was back in jail. I lost the love of my life and her beautiful children, and hit a rock bottom that I had never in my worst dreams thought possible. In a jail cell I started to work the twelve steps of Alcoholics Anonymous from start to finish. I wrote this short story as part of my amends to my mother and father. I hope you benefit in reading it as much as writing it benefited me.

-Dustin O.

A mother and father were once asked by a man that had no children, why with all their money, and all the help and support they have, did they let their son end up in jail. "You had the means to heir a lawyer, get him the help he needed, and you let him go to jail? And please don't tell me I wouldn't understand because I don't have any children!" The couple replied, "Don't you think we haven't asked ourselves the same question or even worse? And have you ever had to be there for anyone before?" "I've tried to be there for people" he said, "If that's what you mean." "Okay, and what happened? How are they doing?" they asked. He replied, "I don't know." The couple nodded. "You try and you pray and you just don't know do you? That's the worse part, isn't it? We tried to get help for our son, but the help he needed was more than we could give. We asked everyone, what do we do? Finally we put him in jail." They were quiet for a moment. "Eventually that's what we had to do." "But jail?" the man said. "He won't learn anything, it's just three halls, a hole to live in, and what's on t.v. That's his whole life." "Once he asked us why we didn't just let him die. Can you imagine it? Why didn't we just let him die? He was 35 years old and why didn't we just let him die? We told him that our life without him wasn't worth living. As long as he lives, we live." Those words are written on every good parents heart. The man said he understood now. Then he stood in silence, staring at the ground. He looked up at the couple and said, "Thank you Mom and Dad!"

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.

AN ANGEL NAMED BRUCE...cont from page 1

So on May 22, 1998, the very day of my 20th AA birthday I decided to quit AA. Yes, my twentieth anniversary was the day I **QUIT AA**! As it turns out, that was also the day of my favorite meeting, the Friday Night Candle Light meeting at the Alano Club. So I had to alter my plans a bit and delay my departure from AA by a few hours. I had no clue what that decision was going to bring. I have heard it said often, "That if you want to make God laugh, just tell Him your plans."

My new plan was to QUIT AA immediately after the Friday Night meeting. That night, my good friend Bruce was chairing the meeting. I let it slip out that it was my 20th AA birthday. Bruce said, "Congratulations! Tomorrow I'm the secretary of the Saturday Beginners meeting, and it would mean a lot to me if you would come so I could present you with your 20th anniversary chip."

Now, this really put me between a rock and a hard place. I could not find the words to tell Bruce that as soon as the Friday Night Candle Light meeting was over, I was quitting AA, thus would not be able to attend the Saturday Beginner's meeting. I just couldn't tell Bruce. So I agreed to make one last meeting.

The next day, I made the Saturday Beginners meeting at the Alano Club and Bruce gave me my 20 year (XX) chip. He also gave me a big hug and asked me to keep coming back. He also asked me to take a moment and tell the group how I had done it. I began to share in a general way, what it was like, what happened (choking by this time) and what it is like now (beaming with gratitude). Because it was a beginners meeting, I closed by inviting the new comers to come back again next week. As it turned out, Bruce had put me in a position where I had to administer my own medicine. Here I was, the one who quit AA, asking others to keep coming back. Here was irony in sobriety. I never actually un-quit AA since I never got around to telling anyone that I had quit. I just simply never went away. **Thanks Bruce.**

As always,
Anonymous

Volunteers needed!

Help take AA meetings into the Decker Lake Youth Center, a long-term juvenile secure care facility, starting June 5th.

More details available at the BYP (Basic Young People's) meeting, weekly on Tuesday nights from 8:30-9:30pm @ the First Baptist Church - 777 S 1300 E in Salt Lake.



Nomadic Lunch Bunch is back in the Alley!



Wednesdays @12:15
Fat Cats: 3739 S 900 E

The Central Office Archives display room needs donated time and materials!

The owner has emptied the room and is planning to paint the walls, after that it is time to start moving in! But first the archives display room needs to have much done to it and several incidentals before we can proceed with the actual displaying of archival materials; here is a list of things to do and resources needed:

- *The carpet needs to be cleaned, does anyone have a carpet cleaner they would be willing to let us use?
- *A large table and a couple of chairs for sitting and reading large archival newspaper binders.
- *A slat wall and shelving for displaying Grapevines. Two 4 by 8 slat wall sections and three 8 - foot shelves.
- *Artists! I need help creating a time line of AA and Utah/Salt Lake AA history.



Salt Lake Central Office Fun and Fellowship!

Tickets are only \$10.00 ea. Sit behind 1st base! Games start at 6:30pm. Tickets are 1st come 1st serve and they go fast! Pick up your tickets at Central Office.

June 8th - Bees vs. New Orleans

July 28th - Bees vs. Nashville

Aug. 11th - Bees vs. Tacoma

The best way to keep someone sober is to take them to a fun AA event.

AA BEHIND BARS:

"With a past so dark and dreary, so far away the fellowship is always near me. So cold and hell bent, what is this life for, what am I meant?"

So much ambition and drive set aside to feed my addict! Growing up in Utah County with only the thought of drink, smoke, and drug. At an early age I promise that multiple years of incarceration, loss, and pain was never the focal point. After a long hard road, it seemed like not only the State, but everything and everybody true and correct was pushing recovery my way. Really not my cup of tea! The meetings and 12 steps eventually found me, and a cup of coffee I could take. First thoughts...what a bunch of deranged lunatics! Are these guys out of their blasted minds? With a group like this just imagine the kind of drug & drink induced chaos we could create! Yet here we are talking about being clean & staying that way one day at a time? I felt like banging my head off the damn wall! Then I eventually realized that people that were once in the trenches with me are racking up multiple days, months, & years of clean time. My sick ass addict would relapse & surely think to find said "ya-whoo's" most definitely back in active addiction and they weren't! Scratching my head, completely baffled, I remember clearly and truly realizing that this 12 step thing WORKS! My addict was going crazy with this realization and even when I was engaging in drink or drug...my addict would work overtime making sure I wasn't turning shit over to anybody and I would pick and choose how I was gonna work my program. My Higher Power has always been there and I know this because I am still alive. Today I realize that just because I hit a meeting doesn't mean that I can run my own shit! I know the 12 steps work because I've seen and know people, friends, and loved ones living life because of the 12 steps. I know it because when I walk down the prison hallways to a meeting I always get blanketed by the spirit! Rather it be by a guest member or by a fellow inmate trying to get this damn thing, I dunno. I got two fists up and I've got a Higher Power that will not give up! I'm still alive and I have a family that loves me! If you're reading this, listen to the suggestions, refer to the 12 steps, and work tuff - .

-Rocco

Drugs Get In Life's Way

Drugs offer instant thrills
to latent desires unfulfilled,
Misery created through fantasy
incites unbalanced philosophies.
More victims infected by social disease
is an illness that's become systemic
now, it's a self gratifying epidemic.
Drugs get in life's way.

It's the course to hopelessness
sleeping on floors as a guest,
victimizing children and babies
abandonment and negligence
as parents desert all worth saving
ambitions lost, futures hazy
who need's life, so stressed and crazy.
Drugs get in life's way.

There's truth in the reality
that feeling good is a fallacy.
Drugs alter the personality
feeling good to find "self"
then crashing down--nothing left
struggles, stress all by "self".
Fortunes lost, nothing left.
Stuck! Alone, alone with "self".
The drugs got in life's way.

What more can one say?
Why do we do, what we do
when we know what drugs do
when you take a risk and
you lose, then you pay.
Well, I've lost a lot
because I simply forgot
That **drugs get in life's way.**

-Sam K.

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