



Love, Purpose and Worth

WARNING: This is all opinion! When looking into the AA program I came upon “the 12 step promises”, they seemed too good to be true and indeed extravagant. When I read them for the first time they seemed to piss me off. I didn't understand the language and it hurt my pride knowing that I lacked what these pages told me I could get. Just like an alcoholic I got angry because I didn't have something and felt inadequate without it. I felt unsure and judgmental when reading about what “God” could do for me that I couldn't do for myself. It sounded cultish and stupid to the deafness my disease instilled upon me. The idea that I “couldn't do” something for myself was infuriating, but the truth was just that. I couldn't, I couldn't get sober and I couldn't fill the voids inside of me.

I've tried many times, with and without AA or treatment to get sober, and every time I would fall right back into the bottle that offered me a small amount of peace. False peace some call it, but I call it what it is, just peace. For a small time a few days or weeks on end my benders would calm the tornado inside my head, steady my personality and glue me together. Life would seem so unbearable without alcohol I couldn't be without it. And that's what I mean when I say “I couldn't stop” not that I really tried to stop, hell why would I? Alcohol was the only thing holding me together most of the time. Without it I was a wreck, my mind would be so chaotic and uncontrollable I wouldn't get a moment of sleep or a second to relax. Racing thoughts that

made me feel so distant from reality, like throwing a stone into white water rapids and trying to watch it skip, I would just be gone. Swallowed up by the current and thrown to the bottom by the force of it all. Or like trying to read a page from a book while your mind is somewhere else, reading on but not retaining anything at all. That seemed to be a typical conversation for me. I'd just be somewhere else mentally while physically present, unable to pull myself into the moment.

If only you could imagine the anxiety this brought. So powerful that it would cripple me, socially and physically. Add in a few voices, auditory hallucinations and a separate personality and yeah, I'm f**ked. Uncork and unwind, I used to say. You see now? Alcohol did for me what I couldn't do for myself. Alcohol remedies all of this for me, it was medicine that slowed it down and brought me to home base mentally. But after a while it trapped me and became my master. That's what this article is about, the correlation of the 12 step promises to the effects of the drink.

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7TH TRADITION CONTRIBUTION ADDRESSES

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New York, NY 10163

<https://ctb.aaws.org/Login.aspx>

Area 69 Treasurer

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<http://utah.aa.org/contributions.php>

District 10 Treasurer

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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 - 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 - 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:

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)

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, 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 Stagg Big Book Study

Experience Strength & Hope - Tues @7:00pm @Creekside Christian Fellowship:1400 Bitner Rd, Park City

CENTRAL OFFICE REPS: MEETING MINUTES

6/12/2018 – 6:30 pm

Chair: Doug R. - Warranties & Statement of Purpose. Motion to discuss donating \$1,000 to Area 69. Please discuss with your groups where you are sending money. Look at where it is needed!

Treasurer: Arty- financial report - Everything looks good, we donated money to G.S. as discussed last month.

District 11: Kevin D.- District 11 Needs To Fill The Following Service Positions: GSRs Needed, Bridging The Gap, Treatment, CPC, PI, And DCMS Needed...

District 10: Evan J.- Pre-Assembly Workshop Aug 18th & 19th in Park City. Come Participate!

District 2: David R.- Needs People To Fill In Service Positions! Attend the meeting @ Fellowship Hall, Held Last Tuesday Of The Month @ 6:00 pm.

Public Information: Mellissa E.- USARA Event on Sept. 8th. Project Homeless Connect is Oct. 12th. Volunteers needed! Please Contact Mellissa At: PI@saltlakeaa.org

Activities: Suzy L- BEES Tickets Available ONE More Game Left - August 11th! Please Contact Central Office \$10.00 Per Ticket. Sit Behind 1st Base... Great Seats!!!

Activities@saltlakeaa.org

Archives: Laura- The archives room is coming together.. Central Office.
archives@saltlakeaa.org

Newsletter/lifeline: Shurone- All Is Well, Always Looking For Stories/Poetry/Art! Please Submit... lifeline@saltlakeaa.org

Treatment: Rusty J- Dist 11 still needs a treatment chair.

Volunteers: Jim C- Things Are Going Well. We Have Several New Volunteers Having Great

Next Central Office Representatives meeting will be held on Tuesday
August 14th 2018

I am RESPONSIBLE

Service: The Third Legacy of Alcoholics Anonymous



City at Seven:
Mia - 1 year
Kara - 1 year
Elenor - 16 years
Mike - 29 years

Golden Keys Group
Lone Peak Facility
Utah State Prison
Eugene. 6 Mo.

Hour of Hope Group
Wasatch Facility
Utah State Prison
Don S. 11 yrs

Jim S. - 32 years



Salt Lake Central Office Fun and Fellowship! Tickets are only \$10.00 Sit behind 1st base! Game starts at 6:30pm. Tickets are 1st come 1st serve and they go fast! Pick up your tickets at Central Office.

Aug. 11th - Bees vs. Tacoma
Last game of the summer!!!

Joke of the Month



After a Beer Festival in London, all the brewery presidents decided to go out for a beer. Corona's president sits down and says, "Señor, I would like the world's best beer, a Corona." The bartender takes a bottle from the shelf and gives it to him. Then Budweiser's president says, "I'd like the best beer in the world, give me 'The King Of Beers', a Budweiser." The bartender gives him one. Coors'

president says, "I'd like the best beer in the world, the only one made with Rocky Mountain spring water, give me a Coors." He gets it. The guy from Guinness sits down and says, "Give me a Coke." The other brewery presidents look over at him and ask, "Why aren't you drinking a Guinness?" and the Guinness president replies, "Well, if you guys aren't drinking beer, neither will I."

2018 EVENTS CALENDAR

august

Aug 5th: Central Office Picnic
Murray Park - Pavilion #5

Aug 10-12: Maple Grove Campout
Scipio, UT info: Ralph 801-597-0276

Aug 18-19: UT Area 69 Pre-Assembly Workshop

Aug 30-Sept 2: 43rd Annual Great Outdoor
Beaver Meeting & Campvention of AA
www.thegreatoutdoorbeavermeeting.com



MEN'S RETREAT
25th annual
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>

september

Sept 7-9: Men's Spiritual Retreat
Lava Hot Springs, ID
www.aurasomalava.com/ASL-Conference-Center

Sept 7-9: Pacific Regional Forum
Area 6

Sept 7-9: 29th Women's Big Book
Retreat 2018

Camp Rogers YMCA near Kamas, UT

Sept 21-23: Fall Assembly (Area
Elections)

District 10 Salt Lake

AA BEHIND BARS

Hi, my name is Riley. In my journey for a solution, I did the whole "relocation" thing from Ogden, Utah to Las Vegas, Nevada. Immediately I found myself homeless and desperate for home. Desperate enough to try to cheat some serious people involved in check fraud against a major casino. They caught on and I had to go. With my life in danger, I hid behind the Clark County Rescue Mission. Overwhelmed by the reality of my situation, I was reminded of my brother. The hopelessness of my situation took on a whole new meaning with him in mind. I was consumed with sadness at the thought of seeing my brother again. I'd pissed off some serious people and this was the end for me. I was going to die.

I prayed and something strange happened...The thought "just walk" came to me, so I got up and started to walk home...500 miles away to Ogden City! In six weeks I never thought of this and even now looking back it still sounds irrational to even attempt to walk home, especially with nothing and being as malnourished as I was.

Two long days on the road and my situation became much worse. It was hot, I was tired and on this second day I could NOT get a ride. I tried everything. In the middle of nowhere, just north of Hurricane, Utah I started to cry. Not your average crying either. I began to cry out loud, sobbing as I prayed. "HEY!"

someone said. Suddenly bewildered, I looked around a desert full of nothing but sage brush, when a man emerged from the brush to my right and asked me "Are you ok?" (Can you imagine, crying your eyes out like a baby **alone** in the desert and a man pops out of a bush?) "Am I going to die?" I asked, to which he replied, "Do you believe in God?" "I was just talking to him" I admitted.

He invited me over to him. This man had everything I needed, food, water, and even sewing needles and sinew to sew my broken strap on my backpack. He stitched up my backpack, and as I ate we talked and at no point did I question what was going on. Once I was on my way, I made it 30 feet when someone gave me a ride.

Sobriety came to me much the same way. I **fought** for a solution with **all** I had! Completely defeated, I surrendered after a 20 year fight. Again, God put people in my life that had everything I needed. Suggestions... solutions... "God is suddenly doing for me what I could not do for myself" I guess just hearing those words wouldn't do it, you'd have to experience it. So if you're tired of fighting, I have a suggestion that might work for you too...surrender. Stop fighting. Give up and even if you don't believe, Pray.

- Riley D.

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

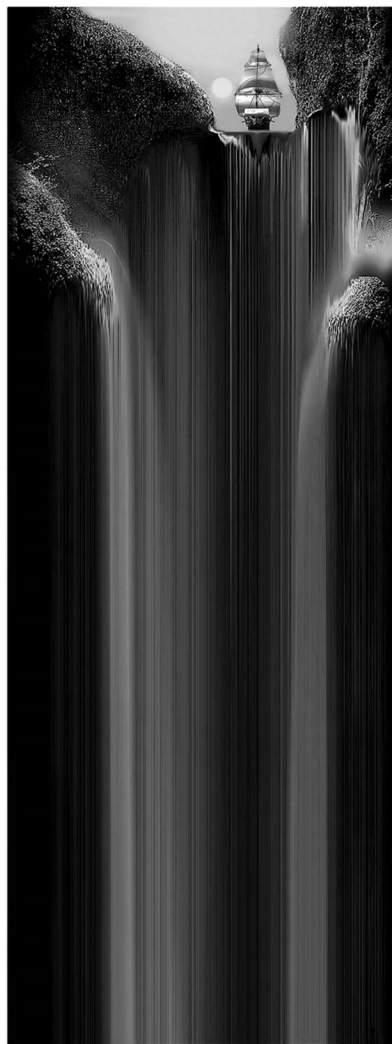
A Part of Me

First and foremost, I want to thank my creator for my recovery today. On Aug. 12 of 2018, I will have 6 years clean, Wow! What an achievement for me. I started using alcohol and drugs when I was 9 years old. Since that age it has always been part of my life. When I was 8 years old, I was sexually and physically abused. When I said something about the abuse to my parents, all that was done about that was taking me out of one situation of abuse and putting me into another. I overheard a conversation concerning whether I was telling the truth, so from that day on, I lost trust and kept everything to myself, never spoke a word about anything I was feeling or secrets I had. I believe being sexually abused by my female cousin shaped a lot of who I am today, then being physically abused by a male family member formed a belief that it's ok to let others walk all over me, so that's how I lived my life for years. I never spoke about things I have gone through. It was easier to use and hide then to trust. This caused so much depression, I would not want anyone to ever go through. I used and hid for 40 years, what a big mess my life was. In the end, I caught some serious felonies that landed me in prison at 31 years old. The one good thing about coming to prison is my Recovery. And also, I

am comfortable in my own skin, I am finally able to stand myself when I look into the mirror. As far as A.A. goes, in my life, it has worked for me, although I

am still in my first step of honesty faith and hope, I can finally talk about what happened to me, and I finally have faith in my creator and myself. My hope for change has come true because of the steps I take in my program. I have lost so much since I have been incarcerated, but I have gained just as much, if not more. If anyone has a similar story like mine, who's in addiction, I plead with you to be courageous and take that step of bravery. Speak about things that make you feel vulnerable or embarrassed, or ashamed. I see it like this, if I can do it, break down my steel wall to release the things that have weighed me down, then you can do it. I believe in you, for You. One thing I also want you to know about me is, I believe things happen for me, not to me. So now I make the most of each day the creator has given to me, for me, and I love it.

A.A. works for me, I have taken a long time on my first step, but I work the program for me, and I am changing every day. I know one thing for sure, I'm clean today, because I take one step at a time. Make each day count. Love you all.



MOMENT OF CLARITY

Artwork by A.A. member Skip M.

-Sincerely, Scotty T.



SALT LAKE CENTRAL OFFICE MAY FINANCIALS

Income Statement

	2018	2017
<u>Revenue</u>		
Group Contributions	\$3,832.07	\$3,457.84
Copy/Newsletter donations	\$12.40	\$30.38
Individual Contributions		\$30.30
Sales - Literature	\$6,542.70	\$5,093.87
Sales - Coins	\$2,264.00	\$2,519.10
Sales - Other	\$ -	
Total Revenue:	\$12,651.17	\$11,131.49
COGS - Literature	\$6,350.03	\$5,158.68
COGS - Coins	\$1,455.41	\$1,1442.04
Total COGS	\$7,805.44	\$6,600.72
Gross Profit	\$4,845.73	\$4,530.77
Operating Expenses	\$5,354.18	\$5,368.75
Other Expenses:	\$-	\$-
Total Expenses:	\$5,354.18	\$3,368.75
Net Income:	\$(508.45)	\$(837.98)

Bank Accounts

Checking & Petty Cash	\$20,355.33	\$13,835.78
Accounts Payable Due	\$(80.50)	\$(6,354.06)
Money Market - PR	\$24,213.71	\$24,196.26
Total:	\$44,488.54	\$31,677.98

Group Contributions -

90th & 32nd @ 6:00 -	\$250.04
A New Future -	\$11.50
Bountiful Community -	\$25.00
Elevators Broken -	\$110.00
Grub Lunch Bunch Cowboy -	\$58.00
High and Dry -	\$10.25
Hillcrest Group -	\$300.00
Magna Friendly Bunch -	\$100.00
Park City Men's Group -	\$210.00
Recovery Ways -	\$18.00
Right Stuff -	\$80.00
South Davis A.A. -	\$50.00
Unity Lunch Bunch -	\$35.00
Up Group -	\$55.00
We Care Group -	\$50.00
<u>Total</u>	<u>\$1,727.04</u>

- 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

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



"God could and would if he were sought" "may you find him now" "that God is doing for us what we could not do for ourselves". None of this made any sense to me at all, and was completely useless until I made the mental connection that drink and drug did for me what I could not do for myself. That I had sought it time after time and found it useful treatment to the underlying causes of my behavior. That substance abuse was a remedy or a solution to my problems, not the problem itself. Before making this realization I was indeed powerless. I would know that I had a problem. Thinking that it was my use of alcohol and drugs I would try to stop using then everything else would pile up and cripple me, overwhelm me, and I would run to the drink. Cause another problem in my life, end up in jail, or in the hospital, or both handcuffed to a gurney in a hospital (yeah it's happened) feel the need to get sober and repeat that process over and over again and again. Powerless. Unmanageable. I personally have a different definition of insanity; some say that it's doing the same thing over and over expecting different results. Mine is doing the same thing over and over knowing exactly what's going to happen, and guess what? Doing it anyway!

Let me go into this by saying I'm sick, not stupid. I realized I had a problem, I just didn't know how to identify the correct problem. When attempting to get sober I found it easiest just to lie and say I had stopped drinking then to actually stop drinking, because what came after not drinking and drugging was a whole other set of shit I didn't have the strength or courage to face. But then like many, and many to come I got caught over and over in this lie and soon decided, yes I must stop. So here is where the struggle comes, I've established that alcohol was my solution not my problem. Not knowing this and attempting to get sober was like trying to put the pin

back into a grenade after the lever has been released. In other words it doesn't F'n work. I got manic and psychotic and really, really unmanageable. You see I had taken away my solution to my real problems and without that medication I was truly in a dark place with no hope. Run by fear of drinking and lost without it, I was terrified of myself and what I had become. I was alcoholic with no anesthetic. The voids that I talked about earlier took over and I became hollow to the world around me. I had no love for myself, a god, or anyone else. Empty, broken and alone. Those three things are what defeated me. I look at it now and see it clear as day but back then at that time I had no idea what was keeping me sick. In fact I was sicker than when I was in active addiction, and I was one broken shoelace away from checking out of this world or going back to drinking and I certainly didn't want to drink again.

To sum it all up, I had three main broken relationships in my life. I had a broken relationship with myself, broken relationships with others and a broken relationship or conscious separation from god. If you were to do a math equation on these it would look like this.

Relationship with self

Relationship with others

+ Relationship with god

DETOX

That's why I never could stay sober; I had no support, love or purpose. Support being god, love for myself (and without that what can you really love at all) and purpose being what can I provide to the world or others. This is what trapped me, filled me with resentments, judgment, loneliness,

Love, Purpose and Worth

hopelessness and fear. Making it so easy to be a walking relapse time after time.

After seeing this parallel and making the connection to what alcohol is for me, I looked on to the 12 steps and interpreted their language to my understanding.

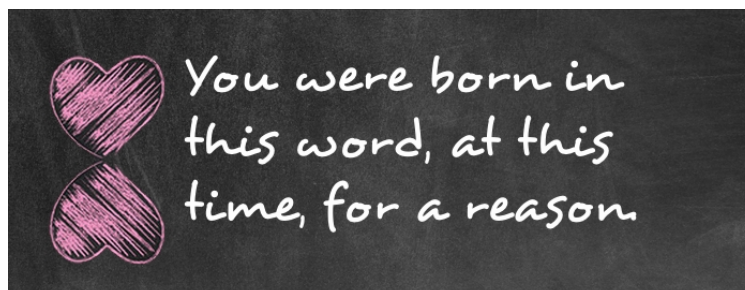
- Step one being that alcohol was my solution to a very unmanageable life
- Steps two and three reconstructing and rebuilding a relationship with God (as I understand God to be)
- Steps four through seven reconstructing and rebuilding a relationship with myself
- Steps eight and nine reconstructing and rebuilding a relationship with others
- Step ten maintaining a relationship with myself
- Step eleven maintaining a relationship with god
- Step twelve maintaining a relationship with others

See to me working the steps is what fills those voids deep down inside and cures you from feeling so hollow all the time. It's the solution that replaces the drink and the drugs with something true and fulfilling. Bringing me back to the world and giving me love, purpose and worth. No matter how you do it, be it the twelve steps of AA/NA or your own way I strongly believe that you need to look at those three relationships in your life and reflect on how they

...cont from pg. 10

make you feel, empty or full? Then do what you can to repair and better them, everyone deserves and needs the support and love of something bigger and stronger than themselves, the purpose to walk the earth as another human being giving and receiving the gifts of life and the ability to look into the mirror and have a sense of worth fill them to their very core of existence. Life will happen, and every moment of it will invite us to show up for it. I would always show up drunk, because I didn't know any other way. I was afraid of people and had economic insecurities, I had no idea how to handle many situations and I could not comprehend the word serenity or know peace. When I took drugs and alcohol into my body I didn't know what the outcome would be. I was unhappy at every turn and extremely strung out. Now days I have something new, I feel whole and happy. I'm able to live life on life's terms and accept what comes to me day to day. To contribute to life every chance I get, I feel belonging in programs like H&I and AA, and I learn when and where I can from whoever offers to teach me. This makes me feel wanted, needed and loved and gives me what I call the ultimate remedy to my problems. Love, Purpose and Worth

- Kyle W.



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



SALT LAKE CENTRAL OFFICE

801.484.7871

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Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS