



## **Sobriety = Service = Spirituality = Serenity**

Do you like meeting people? Do you like to travel? Do you like to learn new things and have new and interesting experiences? Would you welcome the chance to deepen your spirituality? These are all things I have experienced in the past ten months while serving as a GSR.

Last November when the call came for the newly open GSR position, I remember timidly raising my hand, and hoping like hell that someone else would also raise their hand. But it was only me, so I took on the position. My first experience was at the January District 10 GSR meeting. No problem I thought afterwards, just take notes and report back to the group; kind of like the Central Office Representative position. Then in the February GSR meeting it was strongly recommended that all the GSR's attend the February Area 69 Committee Meeting. I made the short drive up to Davis County and got there just as the committee chairs were finishing their reports and in time for the lunch break which consisted of a delicious potato bar. Then shit got real.

The next 2 or 3 hours consisted of listening to our current delegate, Wade J., give a report consisting of what felt like a million agenda items to be presented at the General Service Conference in New York City, to take place in May. I felt a little bit overwhelmed by all that information, and wondered how I might possibly remember it all. Not a problem; everyone was given a prepared copy of the agenda items! Please note the word prepared! Somewhere behind the scenes, someone anticipated our needs for this information. After the delegates' report everyone was split into committee round tables for the purpose of discussing respective

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### **A God Shot**

I want to share with you an honest to goodness God shot I was blessed with just 9 months into my sobriety. It happened in the Fall of 2015. A little background - I had a best friend that I worked with at a fast food restaurant here in Salt Lake City, Utah. We went to different high schools, but during our off hours we were inseparable. We were fortunate enough that the manager of the restaurant always put us on the same schedule as we could work the drive through like no other. We just jived. Then came the year that she met a boy and I met a boy and, being the teenage girls that we were, we drifted apart and eventually lost contact with each other. We were both 19 at the time.

*...cont on page 7*

**CENTRAL OFFICE  
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**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

**CENTRAL OFFICE  
STANDING COMMITTEE CHAIRS**

**Activities** — Rob C  
[activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)  
**Archives** — Laura C.  
[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)  
**By-laws** — John F.  
[jfoulg@hotmail.com](mailto:jfoulg@hotmail.com)  
**Coins** —  
**Co-op Professional Community** — Ben S.  
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**Corrections** — Mark S.  
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**Hotline** — John J.  
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**Literature** — Charlie T.  
[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)  
**Lifeline Newsletter** — Shurone H.  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)  
**Outreach** — Christina  
[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)  
**Public Information** — Melissa E.  
[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)  
**Technical Support** — Jonathan H.  
[it@saltlakeaa.org](mailto:it@saltlakeaa.org)  
**Treatment** — Rusty J.  
[treatment@saltlakeaa.org](mailto:treatment@saltlakeaa.org)  
**Twelfth Step** — Skip M.  
[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)  
**Volunteer** — Jim C. [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)  
**Website** — Doug R.  
[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)

# NEWS & UPDATES



## NEW MEETINGS:

CinemAA -

Mon @ 6:00pm @ Cold Creek, 521 N. Sportsplex Dr.  
Kaysville, UT 84037

Millcreek Meditation Meeting -

Mon @ 6:00pm @ 2780 E. 3900 S. Risen Life Church.  
Enter in back of office.

We Agnostics Step Study -

Fri @ 8pm @ Fellowship Hall 2060 S Windsor St. SLC

Love Life Hiking Group -

Text (801)792-4292 for day & time

Fill The Pot -

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

Women in Recovery

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

We Keep it Simple

Thur @7:00pm - Life Church UT: 4700 S. Bangerter  
Hwy. Big Book study

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 @8pm - Inspirio Recovery: 8029 S. 700 E., Sandy

Practice These Principles

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

Carpet Slippers

Sun @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

## MEETING UPDATES:

Welcome Home - S.W. building, bottom level, room  
GA05, Tue & Thur @ 7 pm. 500 S. Foothill Blvd.

Free At Last - Moving to Mentor Works on 11978 S.  
Redwood Rd. Wed @ 8:00pm

Southenderes - Moving to 12411 S. 265 W. Draper,  
UT.

The Rising Church - 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

## CANCELED MEETINGS:

Monday Night into Action Step Study - Mon @ 7 pm  
2015 E. Newcastle, Sandy

White Flag Group - Sat @ 6:00pm @ Presbyterian  
Church 12 C St.

Came to Believe - 8:00pm Sat @ St Marks, SLC

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

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.

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

## AA BEHIND BARS

My story is one of many I've heard after attending so many A.A. meetings throughout my addiction. Though it may be similar to others stories, I can only hope that there is one person out there who can relate and possibly find the strength to confront their struggle head on. I say this because the happiest times in my life where while I participated in A.A. and had the support of my fellow brothers and sisters in sobriety.

My addiction first started in Battle Mountain, NV. After many years of drowning my emotions with drugs, I finally met a beautiful woman who not only was also an addict but also wanted sobriety. Our plan was to change our environment, which meant moving from Nevada to Tooele, UT. We were extremely successful in our first year, building a happy family and living in sobriety. Unfortunately we eventually fell back into our addiction, thus beginning a two year downward spiral and eventually losing the relationship I had with my wife and son.

After hitting "rock bottom" I finally chose to visit an A.A. group in Tooele, UT. I knew I had nothing to lose. What I gained from that first meeting is something I'll never forget. At first I was unsure of

sitting around sharing my stories of "rock bottom" and it's basement. By the end of my first meeting I had a sense of inner peace that I had eluded me for many years. I had always tried drowning my demons, never realizing they knew how to swim. With this meeting I found a way to extinguish my demons! Looking back I can say that I was welcomed into a family, people who truly cared for me and my well being. They opened their hearts, minds, and spirits to a stranger, and that touched me deeply.

Throughout my life I've been abandoned and cast away, but this group of people actually cared! It blew my mind, to say that my sobriety relied on not only myself but another addict. None the less I wouldn't take back a single meeting or the introduction to someone who has shared their struggle in hopes that it may help me through my struggle. To everyone out there that wants to change their life...it works if you work it! Also to every alcoholic/addict out there that has attended a meeting with me...thank you for listening, thank you for sharing, and most of all, **thank you** for caring.

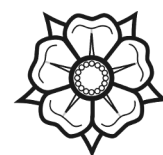
Your fellow addict,

- Justin M.

Since life is 10% actuality and 90% reactivity you must choose your reactions carefully. The program has given you choice and how you choose to react to this day can make the difference between simply being dry or being sober.



*I try to live today as I want to remember my life.*



# CENTRAL OFFICE REPS: MEETING MINUTES

Tuesday November 13th @ 6:30 pm

**Chair Doug R.** - Warranties and Statement Of Purpose.

**Co-Chair Julian G.** - Welcome packets for the new C.O. Reps.

**Treasurer: Arty** - All 2019 Committee budgets are approved.

**Alt Trustee: Paul M.** - Open positions for District 11.

**Alt Trustee: Patrick** - Bridging the Gap needs volunteers and service positions are open in District 10.

**Archives Laura** - The new display case is here!

**Liturature Charlie T.** - New pamphlet "THE GOD WORD" Coming next month. Proposed a donation of cases of Big Books to the jails and prisons which passed.

**Hotline John J.** - 300 calls this month. 34 outbound, 266 inbound, 167 answered, 80 missed and returned.

**Newsletter Shurone** - Please submit Poetry, Stories & Artwork to the lifeline.

**Public Information Melissa E.** - HUGE turnout and success at Project Homeless Connect Fri Oct. 12th.

**Treatment Rusty** - Looking for meetings for half-way houses. Specifically Fortetude facility.

**Corrections Dave R.** - Is in need of volunteers to take meetings into the prison.

**12 Step Committee: Skip** - Updated list for volunteers phone list which is now available.

**Volunteers Jim C.** -

**Webservant Doug R.** - Oct Stats 7,745 Sessions, 3,456 New Users, 73.6% Accessed Using Mobile Devices. Most Popular Page Was "Meeting Schedule"

Next Central Office  
Rep. meeting will be held  
on Tues December 11th 2018  
@ 6:30pm

**Sobriety = Service = Spirituality = Serenity** ...cont from page 1

committee affairs. The same agenda items were gone over again in April at the pre-conference assembly! It was during this assembly that I first learned about the unique challenges facing the creation of a Navajo version of our "Big Book". As this was a three day affair, there was a meeting on Sunday morning, highlighted by a spiritual speaker. It was pure bliss to listen to another alcoholic talk about their spiritual experiences, especially after getting to listen to the conference agenda items for a second time.

Since then I have had the great fortune to attend two more workshops and another assembly. I say fortune, because I had the pleasure of listening to two more Sunday morning spiritual speakers.

In closing I want to convey that service work has enhanced my sobriety and deepened my spiritual connection with life. I have also realized that in raising my hand a year ago I put myself in my Higher Powers' hands, and what I was afraid to do was nowhere near as bad as I had previously imagined. Just as we do not get sober and take the twelve steps alone; neither is service work done alone. There are service sponsors and every event is put together by a committee of six or more willing and trusted servants! We have each others' back! All up and down the AA service ladder and throughout AA!

-Thanks for letting me be of service,

Laura C. GSR





## Sunday Morning Breakfast:

Brent - 30 days	Shadie - 1 year	Ann - 18 months
Cindy - 25 years	Mac - 6 months	Jill - 7 years
Lance - 17 years	Pony - 90 days	Kathy - 8 years
Steve - 13 years	Kelly - 30 days	Kristin - 17 years
DJ - 8 years	Sly - 30 days	Bud - 33 years
Flo - 3 years	Steph - 90 days	Mike - 1 year
Clay - 6 months	Sheri - 60 days	Connor - 1 year
Sara - 6 months	Don - 30 days	Chris - 1 year
Daton - 3 months	Rick - 90 days	Tara - 90 days
Kallie - 60 days	Lisa - 1 year	Jamie - 30 days

## City at Seven:

Frank A. - 3 years

Kiera - 3 years

Danny - 9 years

Christopher - 2 years

## Joke of the Month



A guy goes into a bar and sees a beautiful woman. After an hour of gathering up his courage he finally goes over to her and asks, tentatively, "Um, would you mind if I chatted with you for a while?" She yells, "No, I won't sleep with you tonight!" Everyone in the bar is now staring at them. Naturally, the guy is hopelessly and completely embarrassed and he slinks back to his table. After a few minutes, the woman walks over to him and apologizes. She smiles

at him and says, "I'm sorry if I embarrassed you. You see, I'm a graduate student in psychology and I'm studying how people respond to embarrassing situations." To which he responds, at the top of his lungs, "What do you mean \$200!?!"

Back to the Fall of 2015, 35 years later. I started thinking about her and wondering what her life had turned out like. I found myself listening to the music we used to love, driving by her parents' house, re-visiting places we had gone together and remembering all the good times we had had together. I asked my sponsor what she thought about it, because I was damn near possessed, and she thought that maybe it was the change of seasons and it would pass.

Well, it didn't. For the life of me, I could not remember the last name of the boy she married so I got on Facebook and did a search for her using her maiden name. And I found her!!! So, I looked her up in the white pages and found a local address for her. I sat on the information for a few days and then one Friday afternoon, I thought, what the hell. Let's drive by her house. As I pulled onto her street, I could see a woman in the garage and looking at this strange car pulling up. I knew immediately it was her. I told her my name, we hugged, we were in shock, all that mushy girl stuff.

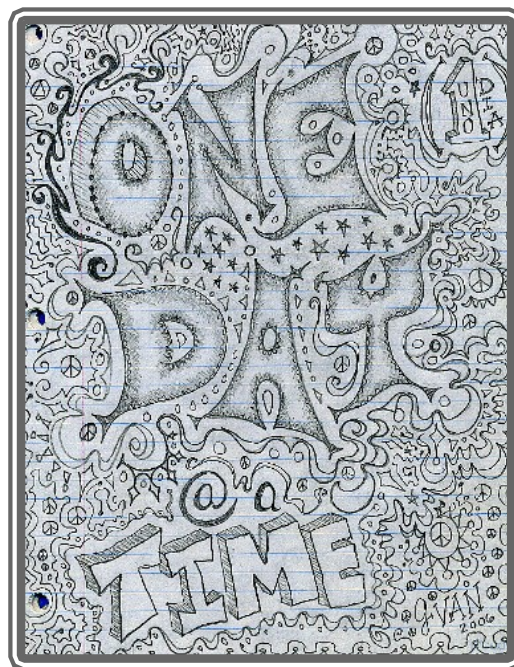
She invited me to join her for a visit on her patio and we picked up where we left off with the love and knowledge of being in a safe zone while in each other's company. Her brother joined us, and he couldn't believe the things we were telling each other after having been apart that many years. Then came the God Shot. I asked her if she would mind if I had a cigarette and she said that I could, but I really should try to quit. I told her that I had joined Alcoholics Anonymous 9 months ago and giving up one addiction at a time was going to have to be enough. She got up out of her chair, started shedding tears and said to me, "Now I know why you are here. God

sent you to me! I have been trying to get sober and am having the hardest time and I just don't know what to do next." I told her about the program of AA and asked her if she would like to join me at a meeting. We went the following week and although she has struggled, she keeps coming back.

I realize that I have been touched by God's blessings during my 57 years of life, but this one was huge. I felt like I was doing his work instead of asking him to work on me. I will have 4 years of continuous sobriety in January 2019 and I cannot imagine a life without this program and the people I have met along the way. I attend meetings, I have a sponsor who knows she is my sponsor, I have sponsored women, I participate in service at every chance I can, and I take every phone call I receive.

And today I can honestly see how the small miracles in my life have accumulated to huge acts of love doing for my Higher Power what he has and continues to do for me.

-Sandy B.



[http://www.geocities.ws/momsaachico/one\\_day\\_at\\_a\\_time.jpg](http://www.geocities.ws/momsaachico/one_day_at_a_time.jpg)

## AA BEHIND BARS

When I first got to Promontory I started going to a lot of meetings. Tried to do 90 meetings in 90 days, and now have been going for a year. I'm not making every meeting but most of them. The thing is here we have a hard time having a home group but for me the volunteers that bring the meetings into this prison feel a lot like my home group. During the last year I have gotten to know the people and who they are and a little about their stories. Every night of the week I get to see a new person of my home group and find out how they are doing and listen to them, and they get to listen to me! It seems like a family relationship almost! Anyway my point is that the love and dedication that these volunteers put into their programs show in the way they bring the meetings with their experience, strength and hope to this prison! I personally want to thank them all! I know that when I am released from this place that my home is in A.A. and there is almost a meeting on every corner. My hope is to one day be able to come back and be one of the volunteers bringing meetings into this prison or other correctional facilities! I so thank you guys for being so open, honest and free with your stories and helping me feel so at home and right where I need to be.

-James M.

**I am grateful** for the weather so beautiful, it changes with every season. How it's so beautiful in the summer, fall, winter and spring. I came to prison in June, the hot time of year. It was my first time in prison being sober. How grateful I am for that! Also, each day as I worked at the culinary at 3:00 am I saw so many different sunrises. The mountains, the clouds, now it is getting cold outside and I'm thankful for that. It has just reminded me how much I do appreciate the small things and how much I have changed. How grateful I am to be like the weather, always changing, growing through all the different things around me. How even being in Prison locked up, I feel so free.

-Christine



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



# DECEMBER/JANUARY

## Events!



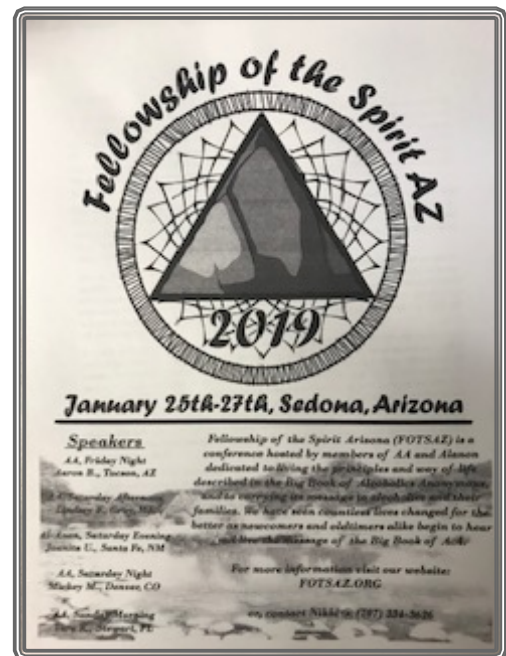
### WACYPA - January 3-6

Come support UCYPAA's bid to host the  
Western Area Conference of Young  
People in AA and spend a weekend with  
>2000 peers from around the country!

Register at [wacypaaxxii.org](http://wacypaaxxii.org)



## Holiday Celebrations at the Alano Club and Fellowship Hall: December 25th



**AA = Altered Attitudes**



# SALT LAKE CENTRAL OFFICE OCTOBER FINANCIALS



## Income Statement

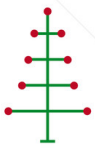
	2018	2017
<b><u>Revenue</u></b>		
Group Contributions	\$2,004.99	\$3,356.19
Copy/Newsletter donations	\$31.80	\$15.40
Individual Contributions	\$	\$
Sales - Literature	\$7,083.50	\$6,316.55
Sales - Coins	\$1,363.85	\$1,726.00
Sales - Other	\$ -	\$ 64.34
<b>Total Revenue:</b>	<b>\$10,484.14</b>	<b>\$11,478.48</b>
COGS - Literature	\$6,903.88	\$6,480.06
COGS - Coins	\$1,279.47	\$1,012.61
<b>Total COGS</b>	<b>\$8,183.35</b>	<b>\$7,492.67</b>
<b>Gross Profit</b>	<b>\$2,300.79</b>	<b>\$3,985.81</b>
Operating Expenses	\$3,408.82	\$3,170.87
Other Expenses:	\$	\$-
<b>Total Expenses:</b>	<b>\$3,408.82</b>	<b>\$3,170.87</b>
<b>Net Income:</b>	<b>\$(1,108.03)</b>	<b>\$814.94</b>
<b><u>Bank Accounts</u></b>		
Checking & Petty Cash	\$16,098.28	\$19,585.88
Accounts Payable Due	\$(4,506.28)	\$(17,978.75)
Money Market - PR	\$24,247.33	\$24,211.50
<b>Total:</b>	<b>\$35,839.33</b>	<b>\$25,818.63</b>

- Please note that according to the central office bylaws it is required to have 6 mos overhead in the prudent reserve. Average monthly costs are \$4000/mo, \$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 -

Bog Irish -	\$148.78
Cottonwood N Step Series -	\$53.00
Counter Contributions -	\$291.10
Every Night Firelight -	\$184.00
Grub Lunch Bunch Cowboy -	\$68.00
Highland Group -	\$2.50
Hillcrest Group -	\$200.00
Live and Let Live -	\$27.25
Murray Group -	\$45.00
No Nonsense -	\$54.00
Park City AA Group -	\$104.88
Recovery Ways -	\$29.60
Right Stuff -	\$66.25
Salt Lake Group -	\$65.00
Saturday Morning SOTS -	\$63.31
Sharing N Caring -	\$81.50
Sunday Morning Breakfast -	\$100.00
Wake Up Call -	\$169.57
Weekend Warriors -	\$41.25
Women's Reflections -	\$210.00
<b><u>Total -</u></b>	<b><u>\$2,004.99</u></b>

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



## The Twelve Steps to a Life Worth Living by Joseph Ganci Jr.

On the First Step to a life worth living my Higher Power gave to me: the gift of desperation and a life of unmanageability.

On the Second Step to a life worth living my Higher Power gave to me: a belief that there was something much bigger than me, and the hope of being set free.

On the Third Step to a life worth living my Higher Power gave to me: that the Bigger than me could set me free if I could and would agree wholeheartedly.

On the Fourth Step to a life worth living my Higher power gave to me: courage and a writing pen and spoke about notes and the loss of friends, family and morality, and this would give me new eyes to see what was my part in a stock taking bottom line accountability.

On the Fifth Step to a life worth living my Higher power gave to me: a chance to speak of my worst and my best and get it off my chest with another caring being who could introduce me to God for the very first time.

On the Sixth Step to a life worth living my Higher Power gave to me: the strength to let go of all things that were spiritually blocking me.

On the Seventh Step to a life worth living my Higher Power gave to me: a sense of time that was no longer mine, and said to overcome I have to let go and learn about trust, and if I was to grow this was a must.

On the Eight Step to a life worth living my Higher Power gave to me: a list of all those who had felt my sting and be willing to patch the scratch, fill the

gouge and cross the fiery bridge with humility and an olive branch.

On the Ninth Step to a life worth living my Higher Power gave to me: seven league boots to travel to ends of all creation and a hat to hold when asking for the forgiveness of gold, and to make whole what once was broken, to give back what was stolen, recant the vicious lie whatever the cost, and do no further damage to another mans heart.

On the Tenth Step to a life worth living my Higher Power gave to me the mirror of accountability, the task was to examine all my actions for it was journey with many distractions and when off course set it right immediately no how big the bite, and God would see to the rest, and it was after all for my very best if done each and every night.

On the Eleventh Step to a life worth living my Higher Power gave to me a personal conversation with God to speak the words of gratitude for the rescue from a hopeless state, and listen for thoughtful instruction for course corrections to my spiritual compass and examine every mistake.

On the Twelfth Step to a life worth living my Higher Power gave to me: the spirit of the universe now alive and growing in me. With the agreement that if I stay the narrow way, I would find my greatest joy in work or at play, for when I am in the service to my fellows beings, I am but in the service of my God. When sharing the living gift of recovery we fill the measure of our creation and find joy therein. For love and tolerance is our code and service to our fellow beings we have found to be the lightest load.

<https://newlifehouse.com/12-step-poem-alcoholics-anonymous/>

**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**