



"Keep Coming Back"

Morning, late morning. Where was I? Where have I been? What have I been doing? Oh happy day. I still have my wallet with the credit cards and my driver's license. How did this happen again? Ten years of "how did this happen." "It happened" because I am an alcoholic trying to manage his disease.

After all, isn't that what we alcoholics in our cups do best? Promise and pledge that we will never take another drink, rely on our own self will to manage our alcoholism and then manage to get drunk all over again. For a practicing alcoholic, getting drunk without really knowing why is not rocket science.

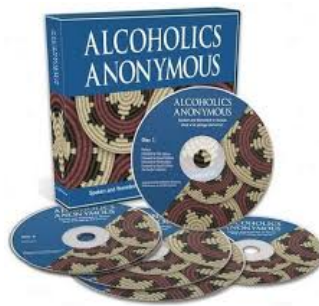
I promised my wife of thirty years. I promised my five children. I promised my friends and law partners. I promised my home group. No, I would never drink again. But I did, and I woke up in a strange city, in an unknown hotel with a set of keys to a car and had no idea of its whereabouts. Looks like I will have to wait until the credit card statement comes so I can piece together the places where I had been and the things I had been doing for the past three days. Another broken set of promises. Another round of thirty day, sixty day, and maybe a ninety day chip.

I was told by the members of my home group to "keep comin' back." So I did. Those three words and the simple act of coming back to a meeting saved my life. I did keep coming back and the home group kept taking me back. The group asked me, "Do you think you have a problem with alcohol, and do you have a desire to quit drinking?" I said "yes" to both questions. "Then keep coming back." So I did. In all reality I had no better option other than to die an unnecessary and tragic death, another statistic victimized by that bone crushing juggernaut of a disease.

...cont on page 7

In This Issue:

- "[Keep Coming Back](#)" by Kent S.
- [Labor of Love](#) by Cindy Yurth
- Meeting News & Updates
- Financial Page
- From Behind Bars: Letter from: Cedric P.
- Joke of the Month
- C.O. Meeting Minuets
- Poetry by Karen B. & David L.
- Birthdays



Labor of Love

Translating the Alcoholics Anonymous by Naaltsoos Si'ah

WINDOW ROCK Quitting alcohol was hard, said Eugene Plummer. But translating the Alcoholics Anonymous "Big Book" into Navajo? That was right up there.

Believe it or not, Plummer, who was a pretty serious alcoholic for 30 years, says he quit drinking in one day when he got a job working with young people and couldn't stand the thought of letting them down.

Translating the book took four years.

Plummer's long journey with the Big Book, which he started calling the "AA bi Naaltsoos Si'ah" (the AA book that's there), started one day when he was working his day job at KYAT Radio in Gallup.

...cont on page 4

**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

**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
Archives — Laura C.
archives@saltlakeaa.org
By-laws — John F.
jfoulg@hotmail.com
Coins — Mike O.
Co-op 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 — Shurone H.
lifeline@saltlakeaa.org
Outreach — Christina
outreach@saltlakeaa.org
Public Information — Melissa E.
pi@saltlakeaa.org
Technical Support — Jonathan H.
it@saltlakeaa.org
Treatment — Rusty J.
treatment@saltlakeaa.org
Twelfth Step — Skip M.
12step@saltlakeaa.org
Volunteer — Jim C. volunteer@saltlakeaa.org
Website — Doug R.
webservant@saltlakeaa.org



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 @8:00 pm - Inspiro 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:

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:

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

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

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.

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

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

"Word came to me at the studio one day that they were looking for somebody to translate something," recounted Plummer, 65, of Manuelito Canyon, New Mexico.

That wasn't a rare occurrence. Several of the announcers at the station are fluent in Navajo and use it on the air, so people come to them when they need translation services.

Usually, said Plummer, someone wants five or six lines translated for a PSA or something.

"Nobody wanted to take it," he said, "so I emailed Sabina Wrightsman at the World Translation Center to find out more."

Wrightsman, the center's president, pulled no punches. She told him Alcoholics Anonymous had contracted with the center to translate the Big Book, sometimes referred to as the AA bible, into Navajo in an audiobook.

The Big Book is not called "big" for nothing. It is 575 pages long.

Plummer would be paid by the audio file he turned in and the center would provide the recording equipment.

"My first reaction was, 'I can't do that!'" Plummer recalled. "Sabina convinced me to just translate the 12 steps, and we would go from there."

Unbeknownst to Plummer, Wrightsman had recruited several other Navajos to attempt the project. The 12 steps were a test.

"She thought my translation was the best," said Plummer.

Encouraged, Plummer signed up for the long haul. He asked the station owner, Sammy Chioda, if he could use the station's audio equipment. Sure, said Chioda...but he would have to do it when no one else was using it.

This presented a problem. The radio station is on the air 5 a.m. to 11 p.m. Plummer tried to come in on the weekends, but with a family, that was hard.

"I started driving to the station at 2:30 a.m.," Plummer said. "I always had a dictionary in my hand."

The Big Book basically has two kinds of chapters: case studies and teachings. The stories were easy to translate, Plummer said...descriptive, verb-heavy Dine

bizaad is a storyteller's language. Plus Plummer enjoyed reading about people like him, who had beaten the odds and overcome a drinking problem.

The teachings, on the other hand, are a bit obtuse and contain a lot of scientific language.

"There's one part where he (AA founder Bill W.) talks about how everything has life in it, even a metal bar," explained Plummer. "He talked about the atoms in everything and how the electrons are orbiting around the nucleus."

As far as Plummer could determine, there was no Navajo word for "atom." So, in time-honored Navajo fashion, he jury-rigged.

"I thought about how the moon orbits around the earth, and that's how I explained it," he said.

For those technical passages, it might take Plummer an hour to translate five lines of English.

About three-quarters of the way through the book, Plummer hit a wall.

"I couldn't hack it no more," he said. "I was way behind."

He called Wrightsman and quit.

To his surprise, she let him go.

"She didn't argue with me," he recalled. "She didn't beg me or anything."

But, as the days went by with no 2 a.m. alarm, something nagged at Plummer. He thought of all his relatives who were still in the grip of alcohol. Could hearing the AA method in their native tongue touch them somehow?

Like any good recovering alcoholic, he turned to his Higher Power.

"I said, 'lord, you have to help me,'" he recalled. "'If you're the one who wants to get this to the people who need help, you have to help me.'"

After a two-week hiatus, Plummer was back on the job. This time he was better about asking for help, and not just from the Man Upstairs.

"I didn't do it alone," he said. "When I was having trouble with the English, I asked some of the non-Natives who worked at the station. There was also a lady in Utah who translated some of the stories."

CENTRAL OFFICE REPS: MEETING MINUTES

Chair Doug R. - Excused for the month of October

Co-Chair Julian G. - Welcomes new C.O. Reps.

Secretary Rob C. - Keep smiling!

Alt Trustee: Patrick - Filled in for Evan, attended the District 10 meeting. They have 2 DCM positions available.

Alt Trustee: Paul - Filled in for Kevin, attended District 11 elections, positions still available.

Trustee David R. - Mentioned Unity, Service & Recovery.

Activities Rob C - Chili Cook Off was a HUGE success. Great turn out. Winter activities coming...

Archives Laura - Timeline history of AA will be on display...archives room almost 100% open!

Literature Charlie T. - Plenty of books in stock.

Coins: Chips committee now consists of Jim C. & Sandy A. All coins have been REDUCED TO COST.

Hotline John J. - Everything is running smoothly - 284 total calls this month.

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.

Volunteers Jim C. - Need Volunteers For Monday, Tuesday and Friday afternoons at Central Office to help answer phones etc.

Treatment Rusty - District 2 and 10 are very active with treatment right now.

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.

Webservant Doug R. - Aug Stats 7,748 Sessions, 3,434 New Users, 72.6% Accessed Using Mobile Devices "Most Popular Page Was Meeting Schedule"

Next Central Office Representatives meeting will be held on Tuesday November 13th 2018 @ 6:30pm



**PROJECT
HOMELESS
CONNECT**

A.A. @ Project Homeless Connect

Alcoholics Anonymous was invited to participate in Project Homeless Connect on October 12th. Project Homeless Connect is an event designed to offer as many services as possible to homeless individuals in the community in one place, and in one day. Volunteer AA members from Central Office manned a table full of literature, including meeting lists, little Big Books, and assorted pamphlets for the whole day. Members interacted with the crowd, offering knowledge of the AA program of recovery to anyone interested in hearing the message. *Thank you to everyone who volunteered to make this event a success!*



CITY AT SEVEN:

Javier - 1 year
Ben - 10 years
Jeff - 4 years
Mike G. - 22 years

GOLDEN KEYS GROUP

Lone Peak Facility
Utah State Prison
Travis - 90 Days
Guy - 6 Mo.

SPEAKEASY LADIES:

August

Linda - 60 days
Barbara - 28 yrs
Emilee - 90 days
Toni - 29 yrs
Carolyn - 30 days
LaReice - 90 days
Julie - 28 yrs
Mateja - 4 yrs
Kim - 11 yrs
Anj - 6 mos
Crystal - 9 mos
JoAnne - 1 yr
Claudia - 6 yrs
Vicki - 9 mos

September

Amanda - 1 yr
Chris - 2 yrs
Lorna - 17 yrs
Kathy - 33 yrs
Melissa - 30 days
Raelene - 9 mos
Cheryl - 18 mos
Daina - 3 yrs
Melea - 2 yrs
Dianne - 1 yr

October

Allie - 18 months
Jacqueline - 33 yrs
Summer - 60 days
Lushia - 6 months
Sarah - 14 years
Cynthia - 30 days
Melissa - 60 days
Desiree - 18 mos
Katie - 16 years
Cindy - 25 years
Angela - 3 years



Joke of the Month



Bill wakes up at home with a huge hangover. He forces himself to open his eyes, and the first thing he sees is a couple of aspirins and a glass of water on the side table. He sits down and sees his clothing in front of him, all clean and pressed. Bill looks around the room and sees that it is in a perfect order, spotless, clean. So's the rest of the house. He takes the aspirins and notices a note on the table "Honey, breakfast is on

the stove, I left early to go shopping. Love you." So he goes to the kitchen and sure enough there is a hot breakfast and the morning newspaper. His son is also at the table, eating. Bill asks, "Son, what happened last night?" His son says, "Well, you came home after 3 A.M., drunk and delirious. Broke some furniture, puked in the hallway, and gave yourself a black eye when you stumbled into the door." Confused, Bill asks, "So, why is everything in order and so clean, and breakfast is on the table waiting for me?" His son replies, "Oh that! Mom dragged you to the bedroom, and when she tried to take your pants off you said, "Lady leave me alone, I'm married!"

"Keep Coming Back" *...cont from page 1*

"Keep coming back." I was welcomed back into the fellowship of A.A. and all of the A.A. groups that I attended on and off for over ten years. My hand reached out, and fortunately, the hand of A.A. latched on. During this time, my family, my home group and my sponsor never gave up on me. I would take a thirty day chip here, a ninety day chip there and other chips upward to two years, but would always react to the insane idea that I could manage my drinking my way. This "disease of self" was killing me. So for ten years of "again and again" I would go out and wrestle with "John Barleycorn."

Then one day an old timer took me out on a twelve step call to visit someone who had reached out for the hand of A.A. I was told by that old timer that for today we were responsible to be that hand. We had "a wet one." After talking him into handing over the shot gun that was lying underneath his chair, we got him to go to a local VOA detox facility. I never saw him again. I don't know what became of him.

That was over twenty years ago and I haven't had a drink since. I read the Big Book with a better understanding. I prayed to God to help me find His will for me and grant me the power to carry out that will. No more "my will be done" prayers. I worked the Steps with a sponsor. I went to meetings and did not drink in between those meetings. I did what I was asked to do. In short, I turned the management of my alcoholism over to God and the fellowship of A.A. where I found a "day at a time" solution to my alcoholism.

To my surprise, the cravings went away. Not all at once, and there was not a singular defining moment where I can say that the compulsion to drink went away. But I can say that any time the thought of taking A drink comes into my head, I am able to remember what it was like to wake up in a strange town with no recollection of the "playgrounds" I had frequented.

Lucky for me that I was told to throw myself into service work, both through A.A., my church and the local lawyers bar association. I later served multiple

terms as a board member and officer of my local A.A. central office where I met and worked with lifelong friends who were instrumental in helping me stay sober and balanced. I learned the value of living life on life's terms and from avoiding trying to change today's realities. My fighting days were over. No more reading my credit card statement to find out where I had been, what I was doing and who I was doing it with.

Today, I trust God, work on my shortcomings and help others. Today, I stay away from the "alka-logic thinking" that invites me to manage my recovery by self-serving willpower. For me it's about gratefully accepting the grace of God and hooking on to the power of the fellowship of Alcoholics Anonymous. Today I pray for a better understanding of God's will and ask for the resources to both accept and carry it out. No more "911 emergency prayers." Instead, I strive to ask God to let me be part of an answer to someone else's prayers. And yes, I tell the one who continues to reach out for the hand of A.A. to "keep coming back." May I never let an opportunity go by to be that hand of A.A.

So, do you want to stay sober? Because staying sober, I have come to find, is easier than constantly getting sober. Where do you find the sober people? You find them where the sober people have gathered for the past eighty plus years, the rooms of Alcoholics Anonymous. Get to those rooms and reach out for the hand of A.A. There are millions of us who stand ready to help any alcoholic who has expressed a desire to stop drinking, no matter what. No matter how many times an alcoholic with a desire to stop drinking reaches out, the hand of Alcoholics Anonymous will latch on. That is my experience for the past twenty plus years and it can be yours.

"Keep coming back." There is no better option. If you find a better option, we will refund your misery and we will wish you well in all your future endeavors. In the meantime we of Alcoholics Anonymous will together continue to "...trudge the Road of Happy Destiny."

-Kent S.

AA BEHIND BARS

To: You - What have you done with yourself? Look at yourself, think of the choices you've made in your life, and recall now, those bitter moments when you fall to your knees...If only you had the opportunity to choose again. What's past is past and what's past is dead. What most often weighs you down and brings you misery is the past in the form of unnecessary attachments, repetition of tired formulas and the memory of old victories and defeats. You must consciously wage war against the past and force yourself to react to the present moment. Use your mind; it is a sponge soaking up all the knowledge given to you as you go through life.

You are the most valuable treasure on the face of the earth, for you know who created you, yet you have shown no knowledge or appreciation of your uniqueness. You are the rarest thing in the world, one of a kind, a priceless treasure, possessed of qualities in mind, speech, movement, appearance and actions like no other who has ever lived, lives now or shall ever live. Why have you valued yourself in pennies when you are worth a king's ransom? You can't command success. You can only deserve it. In this world you cannot relax and rest on your name, past achievements, or your title. Be perfectly content with your intellect and personality. Losing your temper is a human weakness. You are responsible for your own actions. You must allow yourself a few small failures and develop the capacity to forgive yourself when you make a mistake. When you think of riches and power you think of money and control not knowing that God has given you the richest thing of all...your mind, the creator of your power.

Open your heart so an angel can help heal you. Everyday and in everyway you are getting better and better. Now it's time to focus your mind on transformation. Remember the phoenix of mythology, a bird that can recreate and reproduce itself. It did so in the most intriguing way, it would seek a fire, usually at a religious temple, fly into it, consume itself in the flames and then emerge a new bird. If this is not the ultimately profound transformation, then what is? Transformation is in your mind and body. To change something in a natural, not artificial way, involves transformation from within. If you observe life, the process of growth and decay, you will see the transformational powers at work all the time. The caterpillar changes itself into a butterfly. The infant grows into a child and then an adult. This acceptance of transformation gives you the key to understand the true meaning of life.

The results of your transformation are quite obvious, although the process is secret. A seed will not grow properly if you keep digging it up and exposing it to the light of day. It must stay invisible until it starts to grow. You have the power out of your souls judgement to be reborn into a higher form, which is divine. You are more than a human being. You are a human becoming. **You have returned from a living death.** Remember the laws of happiness and success. Count your blessings, proclaim your rarity, go another mile, use wisely your power of choice. In the face of undeniable reality of this eternal expanse how can you not feel the preciousness of the present moment. It is a miracle to be alive. Even one more day.

-From: Self (Cedric P.)

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



Events!

Thanksgiving Dinners

will be held on Thanksgiving Day at:

The Alano Club

5056 S. 300 W. Murray UT

12:00 pm

Fellowship Hall

2060 S. Windsor (840 E.) SLC UT

1:00 pm

Area 69 Fall Workshop

November 3rd & 4th

*Join Us for an AA Grapevine
Workshop!*

Hosted by district 1

Willow Park Rotary Event Center

599 W. 700 S. Logan, UT

For more information please call
central office (801) 484-7871

Labor of Love ...cont from page 1,4

The struggle continued...up at 2:30, translate for a couple of hours, start his day job. Whenever he felt like quitting, he prayed his work would reach the people who needed it the most, and found the strength to go on.

One day last summer, he turned the last page of the last script. He was done.

Then there was the editing process, which took a few more months.

On May 5 of this year, President Russell Begaye unveiled the 14-CD set that represented an oral, Navajo version of the Big Book at an AA conference in Albuquerque.

Plummer was there. He felt like a celebrity.

"They recognized me," he marveled. "Apparently, some people had already been listening to my voice."

They asked Plummer to speak. Luckily, extemporaneous speaking comes easy to a radio personality.

"I told them, 'this is freedom,'" he recalled.

Plummer made a connection between the Navajo language used as a code in World War II, to free the world from the specter of totalitarianism, and the language used again to free people from the grip of alcohol.

According to Wrightsman, the 800 CD sets AA brought for sale sold out that day.

"People from other tribes were buying them, even

white people were buying them," Plummer said. "People were asking me to autograph them."

By the time Plummer finished the translation, he and Wrightsman had become friends. She was in awe of his work ethic.

"To say this was an incredible labor of love is an understatement," she said. "Eugene worked relentlessly during the night and on weekends to get this done...We were blessed to have found and worked with him."

Like Plummer, Wrightsman believes the translation is an important work that may save some lives. She put Plummer's initial narration to a Power Point on the 12 Steps, and has seen people cry as they watch it.

"At the AA conference, President Begaye said something that I think is true," mused Wrightsman. "He said, 'We all understand English, but we feel Navajo.'"

Don (members of AA typically use only their first names at AA functions) who answered the phone at the Gallup AA chapter, said the audiobook is available at the chapter office in the Southwest Indian Foundation Building (218 E. Historic Highway 66) at \$7 for the 14-CD set.

"It's a good thing, especially for the older people who don't speak English well," he said. "Sometimes we use it at meetings if we have a lot of older people."

-Reprinted with permission from author Cindy Yurth of the Navajo Times



SALT LAKE CENTRAL OFFICE SEPTEMBER FINANCIALS



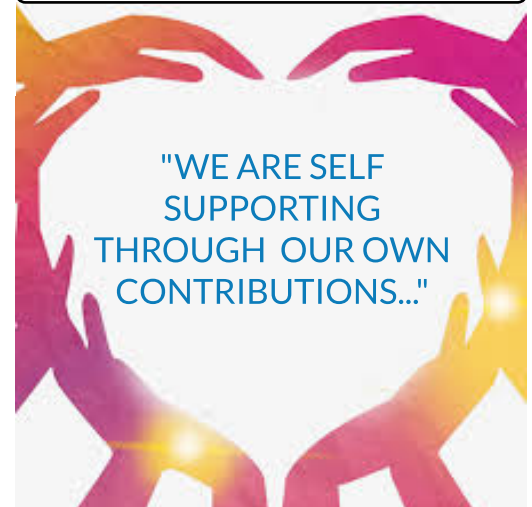
Income Statement

	2018	2017
<u>Revenue</u>		
Group Contributions	\$2,211.27	\$2,095.78
Copy/Newsletter donations	\$22.56	\$172.00
Individual Contributions	\$50.00	\$13.50
Sales - Literature	\$5,598.19	\$9,052.67
Sales - Coins	\$1,411.20	\$1,881.50
Sales - Other	\$ -	\$ -
Event Income -	\$110.76	\$1,036.63
Total Revenue:	\$6,368.97	\$11,032.66
COGS - Literature	\$5,459.40	\$9,996.03
COGS - Coins	\$909.57	\$1,036.63
Total COGS	\$6,368.97	\$11,032.66
Gross Profit	\$3,035.01	\$2,182.79
Operating Expenses	\$3,923.38	\$3,129.75
Other Expenses:	\$	\$-
Total Expenses:	\$3,923.38	\$3,129.75
Net Income:	\$(888.37)	\$(946.96)
<u>Bank Accounts</u>		
Checking & Petty Cash	\$11,846.13	\$14,551.41
Accounts Payable Due	\$	\$(7,956.68)
Money Market - PR	\$36,085.22	\$30,806.23
Total:	\$39,457.32	\$29,335.52

Group Contributions -

10th Step Group -	\$45.75
90th and 32nd @ 6:00 -	\$228.24
Bountiful Community -	\$25.00
Came to Believe -	\$236.86
Counter Sales -	\$88.80
Grub Lunch Buch Cowboy -	\$77.00
HOW CLUB - MALAD -	\$.50
How It Works -	\$250.00
Magna Friendly Bunch -	\$100.00
Non Smoking Sobriety Hour -	\$100.00
Off the Cuff -	\$94.18
Old Timers Speakers -	\$130.00
Recovery Ways -	\$25.00
South Valley Lunch -	\$100.00
Speak Easy Women -	\$404.94
Step Stones -	\$15.00
Women's 12x12 & BB Study -	\$100.00
Women's Big Book -	\$150.00
Women In Sobriety -	\$40.00

- 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





Serenity

by Karen B.



Thirst grew with each breath

Inhaling sand as if air

Dry, Hot, Course

Burning Burning Burning

The unquenchable thirst of desire.

Praying for a grain of sand to become a drop of water

Drip Drip Deluge.

The Thirsty ones held out cupped hands

Drank Drank Drank

And never had enough.

Sand in our bellies, water tumbling down;

The pit in our body grew:

Heavy Heavy Boulder

Thant none could move alone.

The brave one withdrew her hand

Empty Empty Hopeful

She grasped another's empty hand

They gazed upon each other and the bond became an oath

For each to stop the struggling, reaching out an open hand

And one By one By one

As the last hand grasped the first the circle was complete

Whole Strong United

The Circle breathed as one, as each breath touched stone within

Cracked Crumbled Softened

United breaths blew out the sand.

As they gazed upon each other, the circle filled with light.

No longer were they thirsty

No longer were they burdened

No longer were they empty

Each breathe, each gaze, each grasping of a hand

United them as one filled

with light and hope and God

Together the circle spoke as one

Serenity Courage Wisdom



POETS' CORNER

Addiction

by David L.

people frown upon me

they don't know my struggle

they haven't had the pain of rejection

or the rush of addrenalin

coursing through their veins

the feeling of excitement

when something is done

by your own doings

the constant nightmares

waking up drenched in sweat

because it felt so real

Addiction doesn't care

how long you've been hiding

she's there to welcome you

with both arms open

telling you everything is ok

Addiction

people say it's fake

No. Not true

to me it's there

and it's very, very real

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