



The Powerful Tool of the 10th Step

I really liked reading the letter last month written by Bill W. about emotional sobriety. I'm grateful AA has evolved to the point where we understand the process not only helps us stay sober, but can help us be happy.

I've experienced the phenomenon of being "stark raving sober". It can feel almost worse than being loaded. I got loaded somewhat to moderate my feelings. Hank W. used to say he drank to drown his feelings, but they learned to swim! When I quit, I was faced with my feelings un-adulterated. It isn't always pleasant. I think those of us with time in recovery owe it to newcomers to let them know our emotions are going to be raw, sometimes. The good news is we have an outline for living that can help us through it. I try not to go into the gory details during meetings, but I'm grateful to hear others are struggling with life on life's terms. I imagined people who had been sober a while were some kind of spiritual giants, when I was new. Then a guy shared he was still a burglar, and he was better at it! It was starting to bother him, emotionally. He disappeared shortly after that. I hope he's doing well somewhere.

I went to a meeting at the Prison for quite a while. I was trying to carry the message, but what impressed me was some of the "old numbers" who had used the program to come to terms with themselves. They were making the best of their situation. Some of them had earned degrees and were trying to help each other. To

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"The Higher Power is like electricity - you don't have to understand in order for it to work."—Mike S., South Bend, IN

CENTRAL OFFICE board of trustees



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7th Tradition

Contribution Addresses

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District 2 Treasurer

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District 11 Treasurer

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activities@saltlakeaa.org

Archives — Laura C.
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By-laws — Julian G.

Coins — Jim C.
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NEWS & UPDATES

NEW MEETINGS:

Get Right, Late Night -

Sat @ 11:30pm @ Fellowship Hall 2060 S. Windsor St.

Women on Wednesday -

Wed@7:30pm 777 S. 1300 E. 1st Baptist Church

Midday Light -

Thur@11:00am 1270 E. 8600 S. @ Firefly Addiction

9th Street -

Wed @ 7:30pm 6771 S. 900 E. SLC @ Next Level

Recovery. Parking in front & back

Love Life Hiking Group -

Mon-Fri meet at the park n ride at the mouth of Big Cottonwood @5:30pm

Despertar Espiritual -

Everyday @ Alano West. 8:15pm to 9:45pm. 9087 W.

Magna Main St. Magna

7th St. Men's Meeting -

Tuesday @ 7:00pm to 8:00pm. 2487 S. 700 E.

Get Right, Late Night-

Fridays 11:15 PM- 12:15 AM at Fellowship Hall

Magna Friendly Bunch -

Mon-Thur 9:00am @ the Alano West Club - 9087 W

Main St. Magna.

The Coven -

Tuesdays 7:00pm @ Fellowship Hall 2060 S. Windsor

840 E. SLC. Women's Meeting.

MEETING UPDATES:

Wake Up Call -

7 days a week @ 7:00am. 4501 N. Hwy 224 at the Park City Community Church

Park City A.A. Group -

Moving from Valley Behavioral to St. Mary's Chapel, 121 Park Ave. Tue @ 7:00pm

Trudgers -

Location change on Sept 1st to Anna's Restaurant 4700 S. 900 E. Sun @11:30-12:30pm

Free at Last -

Changing from Wed @ 8:00pm to Fri @ 9:00pm

"Acceptance is the Answer" -

is now named "Women on Wednesday"

Rose Park Recovery

Now in the Northwest Community Center: 1300 W. 300 N. Salt Lake

Park City Speakers Group

Same building, new room, different entrance St Marys: 1505 White Pine Canyon Rd. Park City

Carpet Slippers

Changed meeting start time from 7:15 to 7:00pm

Last Run w/Bill W.

Last run with Bill W (ski season only) on Fri@4:30pm changing to summer hours: Sat@1pm

Red Eye Coffee-

is now "Rise and Grind"

Tooele Beginners -

Meets every day from **7-8** am (not 7-8:30)

"Foothill Group" -

is now "Salt Lake Young People"

Acceptance is the answer -

Moving from Mon to Wed. @7:30. 777 S. 1300 E. Baptist Church

CANCELED MEETINGS

ESP -

Thur @ 6:00pm St, Vincent Church

Coffee & a Big Book -

Sun @ 10:30am Suncrest Community Center

Sugarhouse at 7 (garage meeting) -

Sat @ 7:00pm 2100 S. 1500 E.

Back Alley Beginners Group

Alpha Alpha -

Tue @ 5:30pm @ the U of U law school

A Way In For Beginners -

Wed @7:15pm Fellowship

Nomadic Lunch Bunch -

Wed @ noon - Fat Cats Bowling Alley

Monday Night into Action Step Study -

Mon @ 7 pm 2015 E. Newcastle, Sandy

CENTRAL OFFICE REPRESENTATIVES: 9/10/19 MEETING MINUTES

Board of Directors Reports:

Chair: Julian G-

Warranties And Statement Purpose. Welcomed All CO Reps

Co-Chair: Dave V-

Welcome to new Central Office Reps. See me for information packets and questions about C.O.

Secretary: Rob C-

Wants to thank all CO Reps for your service and commitment to Central Office as well as your groups.

Treasurer: Arty K. -

Central Office Prudent Reserve is dwindling. Please inform your groups. Thank You

Trustee District 2: Paul M.-

The District 2 Meeting is held at Fellowship Hall on the 4th Tuesday of the month @6:00pm.

Trustee District 10: Brad M. -

Volunteers needed to take meetings into Prison.

Alt Trustee: Mike A. -

District 10 is in need of DCMs. Please attend the District 10 meeting at the Alano on the 1st Monday of the month @ 6:00pm

Alt Trusett: Serena -

Attended District 2 meeting. They are putting together meetings for blind and hearing impaired folks. This is great news.

Committee Chair Reports:

Activities: Rob C- Come join C.O. for our annual Chili Cookoff Sat. October 12th @ 6:00 - 8:30pm at St. Vincent De-Paul Church, 1375 Spring Lane SLC. Bring your favorite chili and enter to win one of 3 prizes or bring a dessert. Enjoy 3 speakers and laugh with friends. Volunteers needed to set up and clean up. Please contact Rob 801-647-0889 or show up at 5:00!

Archives: Laura- Archives Room Is Available To All. Utah AA History.. Come Down To Central Office During Normal Operating Hours And Check It Out..

Events: Jeremy C- Send recovery events for me to add to the website at Central Office. Please email: events@saltlakeaa.org.

Literature: Charlie T.- Newest book is "Our Great Responsibility" Talks from Bill W.

Corrections: David R- Asked For Volunteers To Take Meetings Into The Jail.. Requirements Are 1-Year Sobriety, Off Paper 1-Year. And Have NO Warrants O

Lifeline: Shurone- Please Ask Your Groups If Anyone Has Stories, Poetry, Artwork, Etc Please Submit To Lifeline@saltlakeaa.org

Treatment: Rusty J- There are issues with people from rehab centers are not respecting our meeting sites and not contributing any money to the meetings they are attending.

Public Information: Melissa E.- Has created a facebook page for Central Office. We will have a booth at Recovery Days again this year. Project Homeless Connect is in October.

Tech: Asch - We are updating the systems at C.O.

Webservant: Owen - 5,600 Sessions, 2,900 users (1040 returning, 2553 new) 75.9% Accessed Central Office Website Through A Mobile Device. Most Popular Page is the Schedule Of Meetings. 80 page views for Calr Jungs letter to Bill W.

NEW BUSINESS -

All service positions are filled.

Please let your groups know the C.O. appreciated their support!



Next Central Office Rep. meeting will be held on Tuesday 10/8/19 @ 6:30pm

MY NAME IS BRYAN

My name is Bryan and I've got problems. Yes, I shy away from labels. It's not that I'm not an alcoholic; that label certainly applies. I am one of those blessed people who are all of the "ics" or "icts". So yes, my name is Bryan, and I've got problems. More importantly I'm looking for solutions. This is what I have found.

When we begin telling our stories of experience, strength, and hope, it is the ultimate trap to fall into sensationalism. We are usually told to refrain from glorifying our use. Let's be honest here. War stories are great for laughs, but really we are attempting to measure suffering. How can I trust someone else's advice without knowing they at least have some understanding of what it is like. So let's get to my disgusting list out of the way: abused and raped as a child, threw away or destroyed a marriage, home, and nursing career, automobile accidents, self-harm (I'm a cutter), suicide attempts, homelessness, I've laid in puddles of my own filth, become violent due to intoxication, been stabbed in the chest, health issues due to use, police chases, I've been arrested at gunpoint, I'm in prison for the 2nd time with significant charges, but here is the most important one on the list: Changed perspective, a desire for change, and I've found God.

I feel that maybe I'm well versed on the rock bottom thing. You be the judge, as I know you will, we are all human after all. I hit bottom, and instead of lying there, I jumped and then tried repeatedly to smash my head on the rocks. But this time, this time I'm climbing back out.

There are two things that instigated my road to recovery. About seven months ago, desperate, incarcerated and suicidal, I decided to get off of my psychiatric medications. It was the first time in eight years I was off all illicit and legal medications. Let's be

very clear here, I am not advocating for discontinuation of psychiatric medications. For me I found the possibility that I had been treating my addiction issues rather than solid psychiatric conditions. I was at a point that I needed either a clear head or a noose.

It was rough at first, but I began a routine of exercise, prayer, and meditation. Time for another come clean moment: I've spent most of my life as an atheist. No, not an agnostic, an atheist. No God, no nothing but that rock bottom stuff, that desperate stuff, it's real. I would have given anything for some clarity and change. The other thing to push me towards recovery was my sister. Saint status is soon to follow. I don't have a sponsor, hell I didn't have anyone, but her. We can all agree that though we all have trials and tribulations, having to help take care of your older brother with "problems" is certainly unfair. She showed me nothing short of unconditional love and acceptance. It was her caring and support that made me believe that I could have a chance. Credit where credit's due.

So you may be asking yourself, "where's the good stuff? The A.A. stuff?" That is what you're here for I suppose. Yet as a fellow person with "problems", I'm sure you realize that as much as we draw strength from our common struggles, we each have a unique perspective and experience. Well hell, maybe I just had a light bulb moment. Maybe that's what this is all about. Regardless, do I know the steps, and do they work for me...yeah, in a way. Let's see where we're at so far. 1) Admitted I have a problem I can't control. 2) A problem that required something more than me to get through. 3) Willing to give up control and use that help to direct and guide me. 4) Rehash my ugliness in a blunt and honest way. 5) Well let's stop here for a moment, because I'm still working on things. I'm



SALT LAKE CENTRAL OFFICE AUGUST FINANCIALS



Income Statement

	2019	2015
Revenue		
Group Contributions	\$1,369.61	\$2,926.91
Copy/Newsletter donations	\$42.26	\$413.18
Individual Contributions	\$-	\$-
Sales - Literature	\$10,638.50	\$7,116.02
Sales - Coins	\$1,325.75	\$1,465.50
Interest Income	\$-	\$-
Total Revenue:	\$13,376.12	\$11,921.61
COGS		
COGS - Literature	\$10,290.80	\$7,098.93
COGS - Coins	\$1,259.25	\$731.38
Total COGS	\$11,550.05	\$7,830.31
Gross Profit	\$1,826.07	\$4,091.30
Operating Expenses		
Operating Expenses	\$3,697.62	\$3,997.97
Other Expenses:	\$-	\$561.93
Total Expenses	\$3,697.62	\$4,559.90
Net Income:	\$(1,871.55)	\$(468.60)
Bank Accounts		
Checking & Petty Cash	\$10,890.22	\$12,116.05
Accounts Payable Due	\$(6,834.29)	\$
Money Market - PR	\$19,353.33	\$24,099.60
Total	\$23,409.26	\$36,215.65

Group Contributions - August

Counter Sales -	\$112.20
Grapevine_1 -	\$110.52
Grub Lunch Bunch -	\$45.00
Highland Group -	\$67.05
Midvale Lunch Bunch -	\$84.00
Park City AA Group -	\$400.00
South Valley Lunch -	\$170.95
Spiritual Quest -	\$50.00
Sun Morniing Breakfast -	\$125.50
ULB -	\$23.39
Wake Up Call -	\$4.00
Webster -	\$142.50
Weekend Warriors -	\$34.50
Total	\$1,369.61

- 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.



UPcoming EVENTS



2019 Central Office Chili Cook-Off



Bring your best pot of chili to compete for fabulous prizes in these categories:

- *Most Unique/Unusual
- *Best Flavor
- *Best Overall

Saturday October 12th @ 6:00 pm

St. Vincent De Paul Church

1375 Spring Lane, SLC 84117

Other food items welcome & appreciated, such as side items, desserts, etc.

Set up and clean up volunteers also needed.

Please contact Rob C. to volunteer! 801-647-0889



PROJECT HOMELESS CONNECT

Salt Lake City Oct 25, 2019

What is it?

A one-day, one-stop event in SLC that brings together community volunteers to offer services to individuals and families experiencing homelessness.

Why is Central Office participating?

To offer the hand of AA to any who may be interested.

What will we do there?



Central Office volunteers will sit at a table stocked with literature, including meeting schedules, pamphlets, Lifelines, and a limited number of little Big Books. Volunteers will offer experience, strength, and hope to those inquiring about the AA recovery program.

Date and location of the event:

October 25, 2019 9am-3pm

Salt Palace Convention Center Hall 5

To volunteer your time:

Please contact PI Chair Melissa E at 801.915.3573 via text or call, or email pi@saltlakeaa.org

2020 International A.A. Convention

July 2-5, 2020

Detroit Michigan

*Registration opens: September 9th, 2019
online: www.aa.org or fill out the form at Central Office and mail or fax it in.

*Please send events (or anything else you would like to submit) to:

lifeline@saltlakeaa.org



Golden Keys Group

Lone Peak Facility - Utah State Prison

Michael - 2 years

Hour of Hope Group

Wasatch Facility - Utah State Prison

Pablo - 10 years

Braydon - 18 months

Diablo - 18 months

Ann - 18 months

Bryan - 60 days

City at Seven

Jason - 1 year

Brett - 1 year

Connie - 17 years

Larry - 32 years

Daniel - 18 months

Eric - 1 year

Laura - 2 years

Auery - 2 years

Liz - 13 years

Nick - 12 years

Joke of the Month



A man comes home late one night, drunk. "Where have you been?" asks his wife. "In the Golden Bar! They have golden chairs, golden glasses, golden beer, and a golden urinal!" This sounds awfully suspicious to the wife, who calls the Golden Bar. "Do you have golden chairs?" "Yes." "Do you have golden glasses?" "Yes." "Do you have golden beer?" "Yes." "Do you have a golden urinal?" "Hold on." On the other end, she hears "I think we have a line on the guy who pissed in your saxophone."

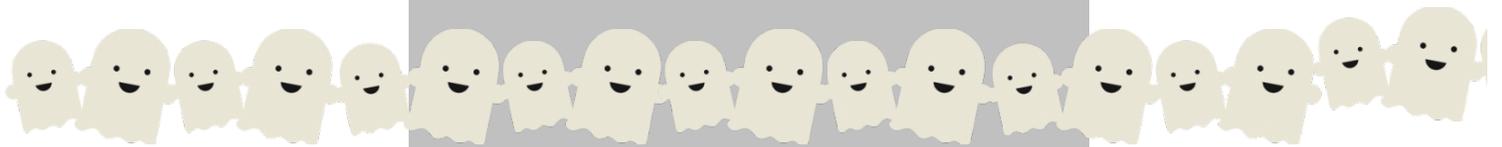
The Powerful Tool of the 10th Step *continued from page 1...*

...this day, I don't like to play spades. I associate it with sitting around getting loaded, in and out of jail. That was usually along with complaining about our "public pretenders" not doing their jobs.

One aspect of the 10th step I'm talking about in this context is that when I get upset or out of balance, I end up harming myself. In the 12&12 it talks about the first thing I have to do is calm myself. I've had situations where I hadn't really hurt anyone else, but I was still upset or frustrated. When that happens, I owe it to myself to examine what's going on. That's the only way I can see which part of the Serenity Prayer I need to plug into the situation. Through the process of personal inventory, I've been clearer about some of the decisions I've made. This has helped me to live a more happy, joyous and free life.

I wish I could say this comes automatically. I'm definitely a work in progress, but I'm considerably more balanced than before. I'm very grateful for that. I'm grateful we don't have Graduation Ceremonies in AA. Sometimes I can take my birthdays too seriously. Luckily, I can hear my mind, and know it isn't always my friend. I can pause when agitated, and try to see what the next right thing would be. I can focus on some of the dysfunction in others, but I need to remember I have a full plate of my own issues. Thank God for the patience of the old timers when I came around.

-Mel H.



We had a great time at Recovery Day on Saturday, September 14th. Recovery Day celebrates many paths to recovery from alcohol and substance abuse, and Central Office showed up to join the festivities. We set up a table with meeting schedules, pamphlets, prayer cards, and even got to give away a little Big Book to a still-suffering alcoholic. Thank you so much to all the alcoholics who showed up to be of service. There was a big group of

volunteers at our table all day from all over the valley, including Salt Lake Central Office reps and committee chairs, and some folks from District 2, including the PI and Treatment Chair. We had some great Fellowship while sharing our experience, strength, and hope to those who visited our table. Thanks once again to the volunteers and all the friends who stopped by to talk with us and celebrate our sobriety and recovery.

-MelissaE, PI Chair

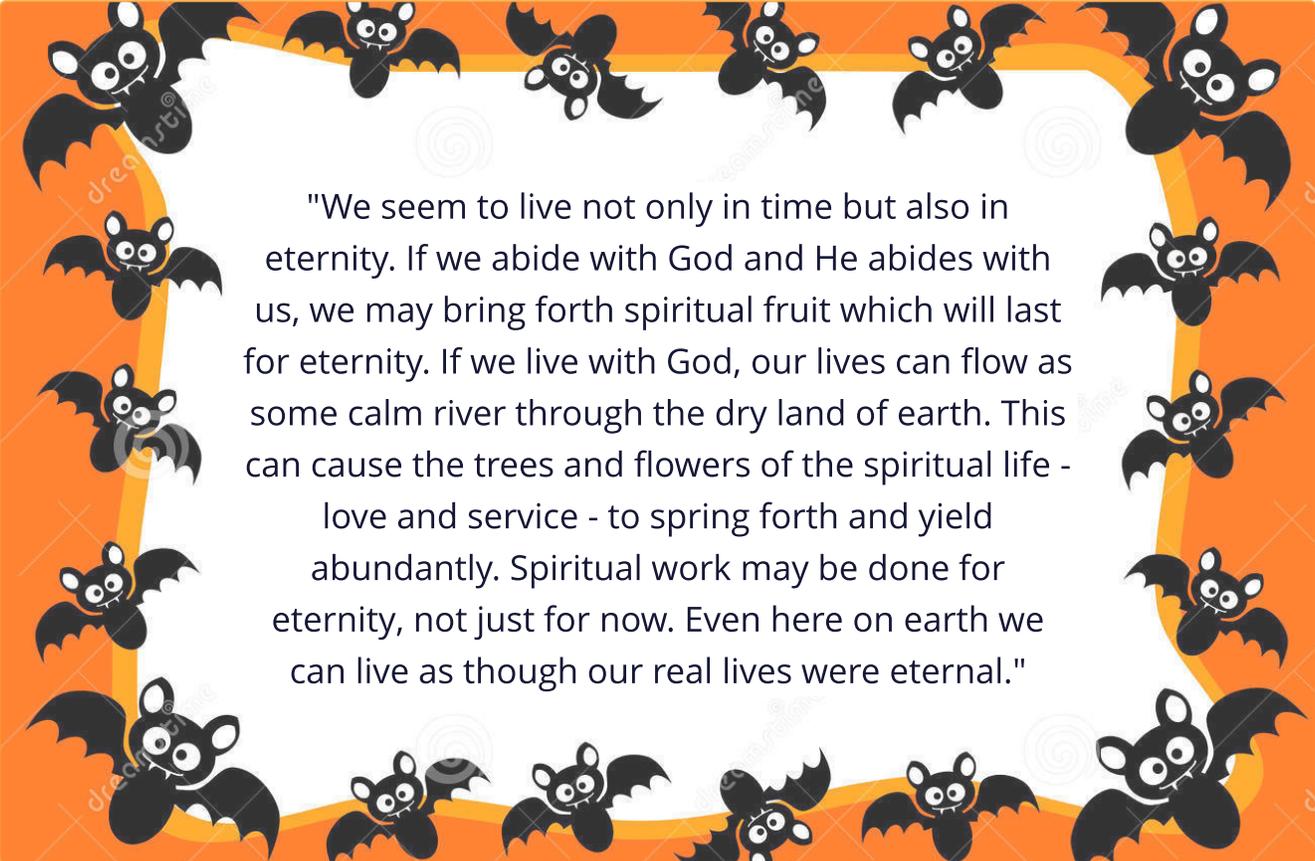
...working on that relationship with God. Here is my take, you apply the program as you see fit.

After some time being incarcerated I've become physically fit, and my head has cleared significantly. These are the things that have changed my life: I wake up grateful every day, every day; even on blah days I find something, anything to be grateful for, and I thank God for that thing, I keep my body healthy and strong. After years of abuse it deserves a break, and finally, now that I have a clear head and an invigorated spirit, I am begging forgiveness every chance I can. The list is long my friends. As I am sure yours is as well. I ask God via prayer, family and friends via phone and letters, I ask myself via meditation, and society, well I am still here in Draper, grateful for the view of the mountains.

There are so many corny sayings in our program and meetings, but they all hold kernels of truth. So yes, an attitude of gratitude, courage to change the things we can. Sometimes acceptance of the things we cannot

change is forced on us, but I hope the wisdom is still forth coming. On top of these things for God's sake, say your sorry people. I don't know about you, but I've done horrible things...multiple times...in multiple places...to multiple people...and despite this: I am blessed to still be alive, blessed to have the opportunity to become stronger, healthy of body, soul, and mind, blessed to be given the chance to make amends, blessed...So thank you God, thank you God, thank you God. Whoever you may be, wherever you may reside, I don't know, but I know you're looking out for me. I just needed to look.

One last thing people, and maybe this is my summation of the rest of the steps after my apologies. We've all been down and needed a hand up. Let's not forget once our feet are steady and we have our bearings to look back and see if there is someone else who could use your hand up to steady themselves. That's all I've got. My name is Bryan and I've got answers to my problems.



"We seem to live not only in time but also in eternity. If we abide with God and He abides with us, we may bring forth spiritual fruit which will last for eternity. If we live with God, our lives can flow as some calm river through the dry land of earth. This can cause the trees and flowers of the spiritual life - love and service - to spring forth and yield abundantly. Spiritual work may be done for eternity, not just for now. Even here on earth we can live as though our real lives were eternal."

She

As I kneel upon the earth asking *why, why, why?*
I look up wondering is She somewhere in the big blue sky?

Is She that tawny hawk flying circles in the air?
Does She feel my heart break open as I offer up my prayer.

Kneeling on the earth, I feel the chill seep from the ground,
Is She the sun bringing warmth to all she has found?

Is She the wind that touches all, but no one can see?
With everything upon this earth, She knows my soul within me.

Could She be the cloud above floating gently over mountain peaks,
or is She all of this that my heart yearns to seek?

If only I could touch her, or she could hold me for an hour,
Then I feel that I could name her my loving *Higher Power*.

As the evening sun sets, colors of the painted sky explode,
Our arms go round each other in a gentle loving hold.

By Karen B

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CALL FOR HOLIDAY HOURS