



## IT NEVER GETS BETTER ...cont from May 2019

Things were going well at first. I knew I would drink again if I stayed. In my alcoholic mind I told myself I could drink again so it was only a matter of time. As you know life goes on and things happen and our paths change, sometimes for the better and sometimes it's not clear. I did start to drink again and was partying a lot, drinking and driving all the time. I got a night job at a club. I loved it because I could drink all I wanted.

As you can already see where this is going, about nine months later I was stopped for a broken tail light and long story short I went to jail for D.U.I #6. I was devastated. I did not want to be in jail. I called home to beg for help and it worked. I got out but went to court two months later and was sent to jail for one year and had to have an inpatient drug program completed as well. As far as I was concerned my life was done this time. I went to the Salt Lake County Oxbow jail which turned out to be better than Metro. Oh, I think I failed to mention that when I was working at the bar I was introduced to cocaine and crack.

During my stay in jail this time I learned a lot and was educated by criminals on how to buy and sale drugs and where I could find them. I also learned about identity theft and fraud, check cashing, check making, shoplifting, returns and all kinds of quick come ups. I got out of jail and within three hours I

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*by S.T.6*
- Poetry Behind Bars:  
*by Sam M. K.*
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Circle of Hope
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- Calendar of Events



**Please join us!**  
**for the 2019 annual**  
**Central Office**



**Founders Day Breakfast**  
**Sunday June 16th @ 10:00 am**



**Fairmont Park**  
**1049 Sugarmon Dr. SLC 84106**  
**Maingrove Pavillion**



## CENTRAL OFFICE

### BOARD OF TRUSTEES

BOARD@SALTlakeAA.ORG

**Chair** — Julian G.

**Trustee**— Brad

**Co-Chair** — Dave V.

**Trustee**—Doug R.

**Secretary** — Rob C.

**Alt Trustee**— Mike

**Treasurer** — Arty K.

**Alt Trustee**- Mitchell

**Trustee** — Paul M.

## 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

P.O. Box 471  
Fillmore, UT 84631

#### 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

2320 Wood Hollow Way  
Bountiful, UT 84010

## CENTRAL OFFICE

### standing committee chairs

**Activities** — Rob C

activities@saltlakeaa.org

**Archives** — Laura C.

archives@saltlakeaa.org

**By-laws** — Julian G.

**Coins** — Jim C.

**Co-op Professional Community** — Joe

cpc@saltlakeaa.org

**Corrections** — David R.

corrections@saltlakeaa.org

**Events Calendar** — Jeremy C.

**Hotline** — Danny R.

hotline@saltlakeaa.org

**Literature** — Charlie T.

literature@saltlakeaa.org

**Lifeline Newsletter** — Shurone H.

lifeline@saltlakeaa.org

**Outreach** — Julie

outreach@saltlakeaa.org

**Public Information**— Melissa E.

pi@saltlakeaa.org

**Technical Support** — Asch M.

it@saltlakeaa.org

**Treatment**- Rusty J.

treatment@saltlakeaa.org

**Twelfth Step** — Skip M.

12step@saltlakeaa.org

**Volunteer** — Doug R.

volunteer@saltlakeaa.org

**Website** — Tasha

webservant@saltlakeaa.org



# NEWS & UPDATES

## NEW MEETINGS:

### 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.

### CinemAA -

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

### Millcreek Meditation Meeting -

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

### We Agnostics Step Study -

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

## MEETING UPDATES:

### 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"

### Rise and Grind

### Tooele Beginners -

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

### Murray Group -

Moving to Christ Lutheran Church 240 E. 5600S. Murray, UT 84107 - Wed @ 8:00pm

## MEETING UPDATES CONTINUED:

### "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

### Southenders -

Location change to Jims Family restaurant, 1728 W. Park Ave. Riverton. Tue 7pm

### Womens 12 x12 & Book Study -

location change to 2015 Newcastle Dr. Sandy, Presbyterian Church. Thur @7:00pm

### Dist 11 GSR -

Moving to S. Davis Recovery Club

220 W. Center St. Bountiful, 84010. 2nd Wed

### Cottonwood Speaker/step discussion -

moving to: 8029 S 700 E Sandy 84070 -Collective Recovery center Sunday at 10:00am

### Highlanders -

Moving to 7486 Union Park Ave. Midvale, UT 84047. Wed @ 8:00pm

## CANCELED MEETINGS:

### 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

### White Flag Group -

Sat @ 6:00pm



# CENTRAL OFFICE REPS: MEETING MINUTES

5/14/19 @ 6:30 pm

Chair: Julian - Warranties and statement purpose. Welcomes all Central Office Reps.

Co-Chair: Dave V - Wants to welcome all the new C.O. Reps.

Treasurer: Arty- Everything is going well.

Secretary: Rob C - All is going well. Keep smiling & thanks for your service.

Trustee District 2: Paul M -

Trustee District 10: Brad M - No report

Trustee District 11: Doug R - We are having hotline issues, new support system might be Digicom.

Alt Trustee: Mike A. - District 10 needs volunteers, a DCM and an alt DCM.

Activities: Rob C. - Founders Day Picnic is June 16th at Fairmont Park from 10:00 to 2:00.

Archives: Laura- Please have your groups write histories of how they began so that people can read about them in the archives room.

Corrections: Dave R.- Needs volunteers to take meetings into the jails and prisons. One year of sobriety is required, off paper one year as well.

Literature: Charlie T - New book from GSO, Bill W's conference talks. Available now at Central Office.

Newsletter: Shurone - Always looking for stories, poetry, and art work for the lifeline.

Treatment: Rusty J - Treatment Centers are full this time of year, lots going on. Meeting being held at the VOA detox center. Glad to be of service.

Volunteers: Doug R. - Thanks to everyone who runs Central Office

Coins: Jim C, Sandy A, Chris C - We inventory and order chips on a weekly basis.

Public Information: Mellissa E. - No response from High Schools, but still trying to provide them with information. Pride is coming up in June, will be there with literature racks and books etc.

Hotline: Danny R. - Is taking over the hotline, handed out his contact information.

Events: Jeremy C - If anyone has events they would like to add to the calander let me know - [events@saltlakeaa.org](mailto:events@saltlakeaa.org)

## Old Business:

Committee Chair Positions still open and available:

**New Business:** Vacant Committee Chair Positions Open (Duties and Qualifications read from the Central Office by-laws)

Cooperation with Professionals - Joe

Outreach - Julie

Adjourn and close with the Serenity Prayer

**Next Central Office Rep. meeting will be held on Tuesday  
June 11th 2019 @ 6:30pm**



# SALT LAKE CENTRAL OFFICE APRIL FINANCIALS



## Income Statement

	2019	2018
<b><u>Revenue</u></b>		
Group Contributions	\$2,618.15	\$3,345.13
Copy/Newsletter donations	\$51.25	\$44.05
Individual Contributions	\$-	\$-
Sales - Literature	\$11,643.72	\$8,192.25
Sales - Coins	\$1,064.35	\$1,501.00
Interest Income	\$-	\$2.99
<b>Total Revenue:</b>	<b>\$15,377.47</b>	<b>\$13,085.42</b>
COGS - Literature	\$11,375.83	\$7,901.78
COGS - Coins	\$1,028.18	\$845.33
<b>Total COGS</b>	<b>\$12,404.01</b>	<b>\$8,747.11</b>
<b>Gross Profit</b>	<b>\$2,973.46</b>	<b>\$4,338.31</b>
Operating Expenses	\$3,663.93	\$5,071.11
Other Expenses:	\$-    \$-	
<b>Total Expenses</b>	<b>\$3,663.93</b>	<b>\$5,071.11</b>
<b>Net Income:</b>	<b>\$(690.47)</b>	<b>\$(732.80)</b>

## Bank Accounts

Checking & Petty Cash	\$17,610.01	\$31,267.11
Accounts Payable Due	\$(1,787.07)	\$(11,205.67)
Money Market - PR	\$24,311.44	\$24,210.62
<b>Total</b>	<b>\$40,134.38</b>	<b>\$44,272.06</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 - April

Come As You Are	249.09
Cowboy Grub Lunch	25.00
Highlanders	310.00
Live and Let Live	45.00
Midvale Lunch Bunch	180.21
Murray Group	48.00
No Nonsense	59.00
Non Smoking Sobriety	100.00
Off the Cuff	30.12
Salt Lake Group	100.00
Total Salt Lake Group	100.00
Saturday Morning SOTS	84.26
South Davis AA	75.00
South Enders	300.00
Speak Easy Women	158.02
Spiritual Quest	26.18
Sugarhouse Men's	221.25
Wake Up Call	264.27
Weekend Warriors	35.50
<b>TOTAL</b>	<b>2,618.15</b>

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

# AA BEHIND BARS

**Dear readers,** since my last letter I am proud to say, I'm still in recovery thanks to creator and the will power he has gifted me with. I am Native American and attend Wellbriety, a 12-step program for natives. The program teaches steps in a traditional way, it keeps me in touch with a passion I have to seek who my people are and what they have lived for and died for. Alcohol is a big problem for everyone who takes advantage of the substance, especially natives on reservations throughout our world. Alcohol is our biggest problem. We all know what alcohol can do to us all, it is the same on the rez, it seems it has been part of the culture and second hand nature to let alcohol and drugs kill and harm so many of us. My goal as an addict is to not add to our problems. I have committed myself to my recovery and the focus of my recovery is to help others. I am one who will call others on their crap, such as glorifying about past usage of any substance, and talking about the harm we have caused to everyone, even ourselves. I love to speak about living a healthy life, not only in society, but in prison as well. Could any of you imagine if we could honestly understand triggers, risk factors and interventions? If you could understand this, put yourself in the place of your mother, father, your wife and children, siblings and friends and start to forgive and love yourself, you have a chance to find a connection with

something more powerful than your own selfish needs. This connection I am speaking of is having and feeling true freedom from any addiction that have enslaved us for so long. I have this connection and it feels awesome. I asked my creator with my whole heart to release me from this garbage, from this prison, and I haven't used since then. I have been in recovery for 6 years, 9 months and 2 days, and yes, I am counting. I'm counting because the bottom of my very lowest came in prison. I wondered, if I cannot change any of my behaviors now, this will be my life for the rest of my life, so I made a choice to stop destroying and I have kept my word to myself to stop. Step one is really difficult for me. First, I had to be honest. Second, I had to find my faith. Third I had to figure out what hope means. All three together has not been easy. It's taken me 6 years, 9 months and 2 days to get right with step one, and now I'm ready to move forward to step two. As I leave this letter to all of you, I pray for all of you and may the creator bless you all. I feel so free; this has been my recipe for my recovery. I hope those who have no answer or are struggling will work step one and be honest, first to yourself. One step at a time, one day at a time.

I love you all. -S.T.6



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

# UPCOMING EVENTS

## Post Conference / Area 69

June 7th, 8th & 9th - 2019

Quality Inn / Swains Brothers

1684 W Hwy 40 Vernal, UT 84078

for more information: [dkoense8@gmail.com](mailto:dkoense8@gmail.com)



Come Join us at Defa's Ranch For  
the 37th

## G.O.D. Camp-Out!

July 12th, 13th & 14th - 2019

\*flyers and registration forms available at  
Central Office

## 2019 Area 69's

### Bridging the Gap Workshop

Hosted by District 2

June 22nd 2019 - 9:30am-3:30pm

3301 E Louise Ave Millcreek, Utah 84109

Lunch will be served - donations welcomed

## Pre-Assembly Workshop Area 69

hosted by District 7

**August 17-18, 2019**

**Ramada Inn**

1575 W. 200 N. Cedar City, Utah

for more information call Janet @ 435-590-6245 or  
[jhafen@scinternet.net](mailto:jhafen@scinternet.net)



***TO all groups in district 2, 10, and 11!***

*I am trying to put together a collection of histories of how your group started. Please put your heads together and write up a one page story of the origin of your group. These stories will be kept in a binder and available for*

*reading in the new Archives room at Central Office. If possible please type and include a contact phone number.*

*Thanks, Laura C.*

**\*Please send events to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)**

"WE DO NOT REGRET THE PAST"

# UCYPAA

Bryce Canyon, UT

June 28-30, 2019

## *Speakers*

**FINN A ★ TINA A ★ WADE J**

Tucson, AZ   Los Angeles, CA   SLC, UT

Friday

Saturday

Sunday

## *Plus!...*

**Panels ★ Concepts Workshop ★ Stargazing  
Half-Marathon Meetings ★ Hiking  
Mafia & Other Campfire Games**

Pre-Registration \$20 at [ucypaa.org/register](http://ucypaa.org/register)  
Includes camping at Ruby Inn RV & Campground  
(link to hotel room block option on webpage)

"NOR WISH TO SHUT THE DOOR ON IT"

# my home group: women's circle of hope

The Women's Circle of Hope held their first meeting in 2008. We met at the Mountain Road Church located at 796 S Mountain Road in Fruit Heights, Utah. The meeting still meets at this location every Saturday from 10:00am-11:00am. At the first meeting, 10-12 women attended. The founding member of the group is Susan M. E. and she was an early group officer, along with Kirsten E., Heather L. The group was small at that time, there was only 10-15 women at the first meeting, so these women rotated positions practically every week. The group did list with the General Service Office in 2008 but in researching the history of the group, we found that they only had paperwork from 2012 onward.

This meeting started because there were not any women's meetings with much support for understanding about AA. This has always been a closed women's meeting and all women are always welcome. The founding members went to other meetings and announced the meeting time, date, and place. They also passed out flyers with the group's information. In that first year, member numbers were down to two women and so we almost gave up the meeting. At that time, we had women attending the meeting who only wanted to share on the addiction problem, not the solution.

Now there are, on average, 12-15 women attending each week and a strong sisterhood has grown from this meeting. Each week we try to focus on the solution and read the traditional literature such as the Daily Reflections, 12 Steps, 12 Traditions. We celebrate group member's anniversaries of sobriety by giving coins for milestones. These coins come from the members themselves who donate the coins so

we can remain self-supporting. We will be celebrating the group's anniversary this year by attending a Women's Retreat in September. This is the first time doing this but we hope to do this again each year to celebrate the group's anniversary.

Our members are very active in participating at the group, District and Area levels. Our group has all positions filled and, in the spirit of rotation, new members serve for 6 months for all positions except Treasurer and General Service Representative (GSR), as these are 2-year positions. We have monthly business meetings where we hear the Treasurer's and GSR's Reports and review old or new business. Our members are also very active in service to a variety of conferences, assemblies, and conventions. We support other women's group's fundraisers in both attendance of them and in announcing them in other meetings to raise awareness of the events. Our group also cooperates with professional agencies by signing court cards, taking meetings in to the women in jail, and are on the call list at Central Office. Since the beginning of this group we have shone a light for other women with a desire to stop drinking. We foster an open and loving atmosphere to everyone and that carries each of us through the next 24 hours. We have a phone list that gets updated regularly. Anytime there is a woman attending our meeting for the first time, a home group member will make sure to give her the phone list and we make sure they feel welcome. This group has garnered a name in the region for being a great women's meeting with strong sobriety and diverse membership.



*...cont from page 1*

was in a Chevron bathroom smoking crack cocaine. Then I got stuck in the bathroom for about 40 minutes all paranoid. I was supposed to go to the first step house first thing but instead I decided to get high. I did eventually make it there and was put on house restriction because I was high.

Things started going well, I was doing the program again, I got a job and was getting home visits. About 4 months into my program I was working at a place called Pizza Time as a shift supervisor. The manager was a real good friend of mine so she gave me a chance.

I had been working there about 3 months and one night just before closing time my sister showed up. She was there because she wanted some pizza. Next thing I know we are in the back room in the office smoking crack. I locked up the store, sent my drivers home and cleaned up and closed the store. I had no intention of going back to the First Step House. Instead I took the \$3,500 deposit and went and got some more crack and a motel room.

3 or 4 days later I woke up out of money, out of dope, out a job and lost a good friend. Who does something like that? Here I was back at it again, but this time it was all going to be different because I learned the ropes on how to make money quickly so that I was able to pay for hotel rooms and stay high.

For the next 3 years my addiction got to its worst, there was not much that I would not do to stay high and survive. I was on the run from probation and I had several warrants. From 1993 to 1996 I became everything I said I would never be. I was a liar, cheat, a thief. I stole check credit cards, account numbers, it did not matter. I found something I was good at. At first, I did not

like doing it but when I got good, I lost all sight of myself and my morals.

July 1996 was when things got real. I was involved in a strong-arm robbery, 2 high speed chases, aggravated assault on a police officer, brandishing a fire arm, grand theft auto and distribution of cocaine and crank. Yes, my life spun out of control. Thinking back now as I write this, what was I thinking? Two days before I was caught, I was in the lobby of a hotel where there was news on the t.v. and what do you know, I made the news, Utah's most wanted on Fox 13.

At this point I should have just given up, it might have been easier, but in my mind I was unstoppable. Well, Mr. unstoppable was caught two days later and about a month or so later I was sentenced on several felonies and sent to the Utah State Prison. This was definitely going to be the beginning of a new chapter in my life, the getting sober years.

(To be cont. next month...)



© Sarah Andersen

# *poetry* BEHIND BARS



**FOR** more than thirty years  
I've stayed and played  
Behind the walls of denial  
For three decades enslaved  
Now that's quite a while  
It was denial self will and  
Indulgence in false pride  
I couldn't face reality  
So I'd use the dope to hide  
I couldn't/wouldn't admit  
That I was sick.....  
So I'd smoke me a dub  
Hard fast and quick  
To hell with some love  
I need my fix  
Who was at fault  
Well, I didn't blame myself  
I didn't have any self respect  
I didn't respect anyone else  
I lost my business, jobs, money homes  
One day I look around  
My whole family was gone  
You think that I quit  
Nope! I was too full of greed  
You see, I thought smoking crack  
Could fulfill my needs  
Whether broke, busted, disgusted  
Simply feeling under loved  
My solution to any problem  
Was to smoke another dub

With no home, no phone, no job  
No money or even a car  
Acting and performing  
Doing things alarming  
I became a euphoric rock star  
Tweaking and geeking  
Running hard, cooking  
Gunning and playing tough  
Slept under a bridge  
A few nights when it rained  
Man! Now that was rough  
Not a soul could I trust  
A child woman or man  
But get mine I must  
And I always had a plan  
  
Then there was violence  
As smoking causes strife  
A fool pulled a pistol  
And threatened my life  
Another day I was busted  
I went straight to jail  
I realized my own demise  
I'd created my own hell  
You see, I'd started to smoke  
Because I couldn't cope  
In the beginning it was good  
But then I learned why  
Dope is called dope

I kept smoking and smoking  
Trying to find some hope  
Committing slow suicide  
Without using a gun or a rope  
Tweaking and geeking  
Running hard day and night  
Committing all sorts of wrongs  
Justifying them to be right  
Grinding hard to live large  
As my life fell through crack  
Now I own an addiction  
With puff dragon  
Breathing at my back  
You see, I thought that  
I was a player  
But euphoria played me  
She chained me to addiction  
So I'll never be free  
But I've finally awakened  
From my ghoulish pipe dream  
One day at a time  
Is the theme to my  
New clean scheme.....

**Sam M. K.**

**I am Sam I am**

**Wasatch Facility**

**Utah State Prison**



**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**