



HONEST, OPEN, & WILLING

How many of us have ever come into Alcoholics anonymous with any semblance of those traits? The very nature of our brain disorder tells us that we will be okay if we just get that next drink or hit without suffering a major consequence. Convincing myself that those little white lies about how much I drank, why I fell down in the bathroom or parking lot and why I embarrassed myself once again at a family event were not significant. I even defended and lied about incidents like "how did the underside of the car get crumpled, why was I black and blue from running into things (my bed frame), why couldn't I just drink responsibly and not pass out?" All these incidents I stridently denied or confabulated a story so they could be pushed aside. Unfortunately, these drunken occurrences became more and more frequent. Forcing me to concoct more lies to others and of course to myself because the truth was just too horrifying. Self awareness of how far my disease had progressed had to be pushed aside at all cost. If I couldn't clearly and honestly remember an incident (blackout) then perhaps it wasn't real. I was a woman caught in the nightmare of alcoholism and in the stark light of early morning, hung over and afraid I could see no way out of this merry-go-round except to continue drinking, get locked up or die.

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- Calendar of Events

January 2019



"Do you know if happy hour was cancelled?"

—Rob G., Chicago, IL.

<http://www.aagrapevine.org/cartoon-winners>

CENTRAL OFFICE

board of trustees

BOARD@SALTlakeAA.ORG

Chair — Julian G.	Trustee — Brad
Co-Chair — Dave V.	Trustee —Doug R.
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7th Tradition

Contribution Addresses

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P.O. Box 471
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Salt Lake Central Office

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Salt Lake City, UT 84115

District 2 Treasurer

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CENTRAL OFFICE

standing committee chairs

Activities — Rob C

activities@saltlakeaa.org

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By-laws — Julian G.

Coins — Jim C.

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Treatment— Rusty J.

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Twelfth Step — Skip M.

12step@saltlakeaa.org

Volunteer — Doug R.

volunteer@saltlakeaa.org

Website —

webservant@saltlakeaa.org



NEWS & UPDATES

NEW MEETINGS:

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.

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

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)

"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

MEETING UPDATES:

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

CANCELED MEETINGS:

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

White Flag Group -

Sat @ 6:00pm

Panel 69 Post Conference Assembly

June 7-9 2019, Vernal Utah

823 cumulative years of Sobriety and Recovery! That's what we surrounded ourselves in at the Post-Conference Assembly! The Sobriety Countdown was a highlight with many recovering for multiple decades in the program. What an awesome spiritual blessing to be in the company of such service-oriented alcoholics. The longest span of 55 years was reported by our dear Past-Delegate Mickey. She now resides in California, but she planned a trip home to be with Utah AAs on this important date. Having just celebrated my 5th birthday, it was inspiring and humbling to see how it's done one-day-at-a-time! Another highlight was the Sunday morning Ask-it-Basket session where we were treated to hearing our current Delegate and 6 past-Delegates field questions from assembly participants. It is always informative, thought provoking, humorous, entertaining and inspiring! We were also privileged to hear two speaker meetings from Brett of District 10 and December (what a great name) of District 8. Both had harrowing stories of despair; followed by hope, recovery, working The Steps and living life on life's terms.

All that and I haven't even come to the "Primary Purpose" of the weekend in Vernal! What an awesome time it all was! The reason for the Post

Conference Assembly is to give our Delegate the opportunity to report back from his week at the General Service Conference which was held for the 69th time in New York City. Our Area 69, Panel 69 Delegate Matt D., from District 11, gave a much anticipated, impeccably prepared and skillfully delivered report from the conference! The juiciest, most noteworthy agenda items seemed to be the ones related to AAs cherished literature. The idea of a 5th Edition Big Book with new stories from young members narrowly failed. And the Twelve Steps and Twelve Traditions will not include reference to the Twelve Concepts as that agenda item also failed. The Delegates also affirmed the AA policy of not featuring full-face actors in PSAs. Also, several AA pamphlets will be getting revised. This is but a sampling of the full agenda, but gives a taste of what our Delegates do at Conference. Possibly the most awesome news to come out of the week, was that the 2022 Pacific Regional Forum was awarded, with Matt's help, to Utah! It has been 23 years since we've hosted the Forum. For me, that sounds like a great event to look forward to (and to stay sober for;))

Thank you for letting me share!

Kurt G. DCM/District 2



Hour of Hope Group:

Wasatch Facility UT ST Prison

Ron - 6 years

Matthew - 5 years

Carl - 9 years

City at Seven:

Jeff W. - 13 years

Willy G. - 8 years

Kirby - 5 years

Mike - 4 years

Sam - 18 months

John - 3 years

Sarah - 14 years

Ed - 18 months

CENTRAL OFFICE REPRESENTATIVES: 6/11/19 MEETING MINUTES

Chair: Julian G- Warranties And Statement Purpose.
Welcomed All CO Reps

Co-Chair: Dave V- Welcome to new Central Office Reps: Quin, and Jacob. "Sonya, Kala, And Katie" Welcome..

Secretary: Rob C- All Is Going Well. Keep Smiling and Thank You For Your Service.

Trustee District 2: Paul M.- Bridging The Gap Workshop is being held @ Utah Pioneers On East Louse on the last Saturday of June. 9:00-AM-4:00-PM

Trustee District 11: Doug R- Asked to have following items added in the Central Office By-Laws: Motion#1: Add to the web servant Chair responsibilities to provide the current credentials for accessing the website and meetings database in writing and have it kept in a secure location within SL Central Office. Justification: to ensure the accessibility of support for the website in case the chair is not available. "VOTED On And Approved"

Motion#2: Add to the Hotline Chair responsibilities to provide the current credentials for accessing the phone system portal in writing and have it kept in a secure location within SL Central Office. Financial impact: zero Justification: to ensure the accessibility of support for the phone system in case the chair is not available. "VOTED On And Approved"

Motion #3: Add the following to the general responsibilities of the committee chairs. "Due to the critical and time consuming nature of the technical chairs; Tech Committee, website and the hotline committees the chair of each of those committees should not hold any other committee chair in the same rotation." Financial impact: zero Justification: it's an unreasonable burden for one person to take on more than one area of responsibility of critical systems for the function of SL Central Office's operations. "VOTED On And Approved"

Committee Chair Reports:

Activities: Rob C- Founders Day Breakfast held Sunday June 16th@ Fairmont Park was a HUGE Success; Thanks to all the Folks who helped out. Salt Lake Bees Tickets are available for \$11/ticket at Central Office. Excellent seats behind first base. All Firework Games. We have 30 tickets/game; 4 dates available: June 22nd, July 5th, August 17th, and August 30th.

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- If Anyone Has Any Coming Up Events They Would Like To Add To The Calendar And Website At Central Office Please Email: events@saltlakeaa.org. Central Office Spring Event: Bonwood Bowling 2500 S. Main Street Saturday April 19th 2019 At 1:00-PM Two Full Games And Shoe Rental For 8.00 per Person.

Literature: Charlie T.- Salt Lake Central Office Has The Best Discounted Prices In The State!! Message Was "HUMILITY" The Gift Of Life..

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 Out For Arrest.

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

Treatment: Rusty J- On May 21st all active Treatment Chairs For All Three Districts Were Able To Get Together To Discuss Ideas And Goals To Achieve Together.

Public Information: Melissa E.- Gave A Rack Filled With Meeting Schedules, And Other AA Related Materials To "Usara" For The Pride Festival. Provided the SLC Library With A rack containing Meeting Schedules and other related AA materials.

Volunteers: Doug R-All Is Going Well And Running Smoothly.

Coins: Jim C- Inventory Is Conducted Each Week. Inventory is Always In Stock And Available To All @ COST...

Hotline: Danny R.- Central Office is moving from old phone system: "Ring Central" to a more reliable system through a company called "DIGAM". This Will Be In Effect Very Soon.

Webservant: Doug R.-Total Of 2,819 Users. 5,799 Sessions, 82% Were New Users, 70% Accessed Central Office Website Through A Mobile Device. Most Popular Page Accessed Was Schedule Of Meetings Page.

NEW BUSINESS

-Magna Friendly Bunch Meeting Is Having Their Annual Picnic On June 23rd 2019 @ 12:00-Pm Location: Magna City Park 8950 W. 2600 S.

-UCYPAA (YOUNG PEOPLE IN AA) annual campout is June 28-30th in Bryce Canyon. Come Join Us For A Powerful Event And Lots Of Fun And Excitement:
<http://www.ucypaa.org>

Next Central Office Rep. meeting will be held on Tuesday 7/9/19 @ 6:30pm



SALT LAKE CENTRAL OFFICE MAY FINANCIALS



Income Statement

	2019	2018
Revenue		
Group Contributions	\$1,188.72	\$3,832.07
Copy/Newsletter donations	\$54.43	\$12.40
Individual Contributions	\$-	\$-
Sales - Literature	\$5,108.82	\$6,542.70
Sales - Coins	\$1,729.10	\$2,264.00
Interest Income	\$-	\$-
Total Revenue:	\$8,081.07	\$12,651.17
COGS - Literature	\$4,943.84	\$6,350.03
COGS - Coins	\$1,571.77	\$1,455.41
Total COGS	\$6,515.61	\$7,805.44
Gross Profit	\$1,565.46	\$4,845.73
Operating Expenses	\$4,601.43	\$5,354.18
Other Expenses:	\$- \$-	
Total Expenses	\$4,601.43	\$5,354.18
Net Income:	\$(3,035.97)	\$(508.45)
Bank Accounts		
Checking & Petty Cash	\$7,950.99	\$20,355.33
Accounts Payable Due	\$(2,610.89)	\$(80.50)
Money Market - PR	\$24,323.83	\$24,213.71
Total	\$29,663.93	\$44,488.54

- 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 - May

Bog Irish -	\$18.50
Grub Lunch Bunch -	\$73.00
Holladay Group -	\$164.00
Magna Friendly Bunch -	\$250.00
South Valley Lunch -	\$156.00
Tenth Step Group -	\$9.00
Unity Lunch Bunch -	\$59.00
We Are One -	\$62.00
We Care Group -	\$119.41
Women In Sobriety -	\$40.00
Wemen Stepping Up -	\$100.00
TOTAL	1,188.72

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


A logo for "LAUGH. LOVE. CAMP" featuring a stylized tent, a crescent moon, and a campfire. Below the logo is the text "G.O.D. CAMPOUT 2019".

**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

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

Women's Big Book Retreat
September 6th, 7th, 8th 2019

I will go to Big Book.
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Mrs. Betta B. Gowen

30th Annual

- ✓ Camp Roger Soap Stone
- ✓ Cost is \$75.00
- ✓ Registration:

Mail to:
✓ Patti I.
1042 E Ft Union Blvd #233
Midvale, Ut 84047

or Online at:
✓ NewURecovery.com
WBBR tab

Questions:
✓ Call 801-541-9901

100%
All Students Will:
Engage, Learn, and Grow

*Please send events to
lifeline@saltlakeaa.org

Of course, this closed me off from any real healthy or intimate relationships. I put on armor to protect my alcohol use. On the outside I appeared to function at work and with superficial friendships- cause if you really knew me- you'd know what a fraud and coward I was. We, Alcoholics are loners; hiding in plain sight from anyone or anything that might expose us and shed light on our overwhelming dependency on booze to live. Even when alone, I was unable to face myself in the mirror and admit that I was beaten. Shame based and miserable how can you let yourself be known as a fall down drunk? Who can you trust and how can they possibly help? No far better to remain in hiding.


I'd like to say that if I knew then what I know now about this brain disorder; that its a chronic, life-long progressive disease that if not arrested leads to insanity and early death; maybe I would have been more eager, determined and willing to seek help earlier. But, I honestly don't know to what extent my disease had to progress before I was ready to surrender and admit to myself and others openly that I was not just bruised but truly beaten. It wasn't until I had an actual near death experience from drinking a fifth of vodka

while driving and blacking out that brought me to that resulted in alcohol poisoning;; my brain was drowned and I was found unconscious and bloodied from a fall onto a gravel driveway while in a blackout. I awoke from unconscious to find myself tied down, lying on a gurney in the ER, the nurses refusing to come near me because I was spitting, swearing, and striking out- in a blackout that I to this day have no memory of.


So yes, today I am totally **willing** to go to any lengths to remain sober. This means I must be rigorously **honest** with myself and others. To do this I have to also be **open** and involved with recovering aa members in order to give and get feedback. From practicing the steps on a daily basis I am able to enjoy all the benefits that sober living gives. Today I lead a life that is way beyond my expectations- one where I can live fully, love well, and forgive deeply. If you are new or returning to this fellowship hang on tight for the ride of your life and believe that you too can get sober, stay sober, and live a sober lifestyle.

So Be It.

~Linda G.



"Acceptance is not submission; it is acknowledgment of the facts of a situation, then deciding what you're going to do about it."



This is *history of the Archives room* at the A.A. Central Office in Salt Lake City Utah.

Hi my name is Laura and I am an alcoholic. In January of 2017 I began a two year term as the archivist for Central Office. My duties included collecting and storing the minutes and agendas of the Central Office board and representatives meeting. Pretty easy duties. Pretty ho hum duties. During the January board meeting of 2018 it was announced that the building owner at 80 Louise, wanted to open up a room for us. At this point I was "given" the thought that an archives room would make a great and much more interesting duty than just filing stuff. So I made a motion and it passed, to create a room to store and display any archival materials from districts 2, 10 and 11. Some elementary history of how A.A. started to be included. The archives room became officially open in March of 2019.

It took a village to make it happen! First the walls needed paint (thanks Rob C.), then a slat wall had to be installed (thanks Rob C. and John J.), next in line was a table and chairs (thanks John B. of Tooele). One

of the biggest tasks was finding a display case. Janet H., the repository archivist for area 69 had several, but finding time and bodies to transport one from St. George proved to be too much. In the end I happened across one in the KSL classifieds web page. The display case was just a couple blocks from central office, but I needed to find men with a truck and a big enough dolly for the job. This was accomplished by announcing the need in the Sunday Breakfast meeting at the Alano Club. I don't remember your name! Thank you and I hope you're still making meetings! Al, of Genesis Books donated a small display case, thank you! Another project that is still in the works is a timetable display of A.A. history including a map of significant sites and information. Thanks to Skip M. for the timeline. Thanks to Lisa C. for helping with the shelving for the grapevines, and my "normal" friends Shaun and Christopher for helping getting materials into the archives room. And last but not least I want to thank Bob C. for making sure the Grapevine archives are updated every month.

If you haven't done so yet, come down and check it out! This room is your room.

Joke of the Month



A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed. "Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not, it is 3:00 in the morning and it is pouring rain out there!" "Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself! God loves drunk people

too." The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?" "Yes," comes back the answer. "Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband. "Over here on the swing set," replied the drunk.

I will never forget the van ride from Davis County Jail to the Utah State Prison. I knew that I was going to prison, I just did not think it would be the same day I was sentenced. We arrived at the prison around 10:30 am. Just the sight of the place made me sick. It did not matter that I had driven past the prison hundreds of times, it looked and felt differently on this day. So, they took us in Uinta 5 which was R&O (registration and orientation) and as I said before it was July so it was hot outside and upon entering this building, it was even hotter. The place was old, it was nothing like the jail I had just come from. This place was like the prisons seen on t.v. metal bars, walls, toilet and sink and the cell was so small dark and dirty.

The projected time a person spent in R&O was about 3 to 6 months back then. During this time they map you and then send you on your way. The biggest thing that has stuck in my mind is the paper you have to sign, that being your death certificate. I was like, why? What does this even mean? It wasn't until later that another inmate explained it to me. Got to be honest, when I first went to prison I was scared, but once I hit population I got into the groove of things. I got a job but really wasn't trying to do much. I was in population for about 6 months when I was offered heroin for the first time. I had never used i.v. drugs, but I was down. I put a needle in my arm and used heroin for the first time in my life in prison. For the next two years I did nothing but party and work in the culinary.

Then I got moved to the Horizon Program. I did 4 years the first time, then I was out for 3 months, came back, got out for 8 months this time and back again. Around 2004 I came back to prison and I wanted something different so I wrote to the director of the Conquest Program and I was moved to that facility about a month or two later. This was where I started to learn about myself and who I had become over the years. In the Conquest Program there was a

lot of classes that I was required to attend. We also had to teach seminars and personal growths. We had small group therapy and one on one, but that just wasn't enough. I needed more so I started to go to A.A. meetings during my free time at night. I would go to meetings 7 days a week. After a while I started to chair some meetings. There was a volunteer named Pete, he was awesome, and this was where the real getting sober years started.

We had A.A. work shops every 3 months. An A.A. workshop lasted all day long for 2 days, Saturday and Sunday. We would work through all 12 steps as a group. That way we all new how to work the steps. Then we would eat dinner together and end the work shop on Sunday night with a speaker meeting. The main reason for the work shops was so all of us that worked our steps could start to sponsor new comers in A.A. Here at Conquest, this was where the real work of sobriety began. For the next 3.5 years I worked my program of recovery in A.A. I went to meetings, I chaired them and I sponsored many. I worked and lived by the 12 steps of Alcoholics Anonymous.

I had about a year and a half left before I was going to parole, which seemed like forever. Sometime in December I was moved to a different part of the prison, which was where they have work programs for inmates. This facility was called Lone Peak. This was awesome, I can work, my time will go by faster, and I could save up some money. This indeed was going to be one step closer to freedom. Weekend home visits. Lone Peak was ultimately going to be a true test. I got there around dinner time, walked to my section and was greeted by many. I told myself I wasn't going to smoke, that it was way too costly. First thing my buddy asked me to come outside with him to smoke. That there was mistake number one. I thought to myself, I can just have one. Well as you know that was not the case. There was not much to do here, they only had one A.A. meeting a week, so

...continued from pg. 10

until I was able to get on a work crew I was going to stay busy and stay out of the mix because there was a whole lot going on there. Drugs such as meth, heroin, cocaine, pills, pot the very things I was trying not to be a part of.

I was at Lone Peak about 2 weeks in desperate need of some positive support. One A.A. meeting a week was not doing the trick for me. No one there seemed to be at or on the same level as I was. Not that I was judging them, I was just trying to change my life. I started telling myself every day, "this is just a test" and I would keep saying it until Saturday when I could go to my A.A. meeting. As time went on I stayed sober and I stayed as positive as I could.

I just did things to stay busy. I kept asking the officers about work or job openings. I would volunteer to do work in the facility just to pass time and show them I was a hard worker. Two weeks of that did some good because on Monday morning I was called to the officer's desk and was asked if I wanted to go to work. Of course my answer was yes. You see, that's where all of my hard work started to pay off. Like it says in the Big Book and in step 10, "if we are painstaking about this phase of our development..." The promises, there are so many of them sometimes we don't notice them and other times we do. I just know God is doing for me what I'm not able to do for myself, like it says in the Big Book, "are these extreme promises? We think not."

At this point in my sobriety and the struggles I was going through, I was truly being tested. The way I was feeling and the way my past was, it was only a matter of time before my insecurities got the best of me. So yes, this job was a gift because it was able to occupy my mind, which in the long run helped me to build my confidence and kept me sober during a time when there was not a lot of support and only one A.A. meeting a week. I just know that I was extremely grateful that I had my Big Book. I look back on different times during my past and I realize that I always felt so alone, so lost and so empty. I just

wanted that feeling to go away and I new of only one thing that would take that feeling away, drugs. That might have been what worked in the past, but now it's not an option. I had to find something to get me through the next 9 months because work was good but it just was not enough.

One Sunday morning I was real board so I decided to read out of the Big Book. I grabbed my book and it opened up to step 4, make a searching and fearless moral inventory of ourselves...This is funny that my book opened up to this page. This is the step I always get stuck on and or half step. This step has always been so intimidating or too difficult for me to do. In my mind as long as I do all the other steps it will all work out in the end, which in the past that was never the case. No matter what I always seemed to find myself drinking and then that led to using cocaine or meth. So I told myself that day to stop being a lazy chicken shit, and I sat down and spent the entire day doing my 4th step inventory.

I was so excited and motivated to finish it before the next meeting, which I did, and on that Saturday afternoon I went to the meeting and no one but the volunteer showed up, so I shared with him what I had been up to and he asked if I wanted to do a 5th step with him. I said that would be awesome. Step 5, admit to God, to ourselves, and another human being the exact nature of our wrongs. We went through the prayers just like in the Big Book and then went to my list. We did not get it all done but the next weekend we finished it all up. What a great experience! I cannot express in words the feelings, however going through this process got me through the last stretch of my time. There was the Big Book, the 12 steps, and another member of A.A. giving back to another member who was struggling.

to be continued in August 2019...

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