



WILLINGNESS

It all started when I was just a child. First I was born with F.A.S. so I was kinda screwed from the beginning. Growing up at a young age I always thought it was normal to see bottles, syringes and pipes all over the house. I thought it was normal to get beat by my father as much as I did. At age 12 I drank alcohol for the first time and used meth and heroin for the first time. As I grew older I was in and out of Juvenal placements. O&A, Clorinda, Glenn Mills, group homes, wilderness programs, proctor homes, all over the place. I was extremely out of control, drinking and getting high the whole way through. The state took me away from my family at a young age, and I'd run from everywhere. I'd rather live on the streets then let people get close to me.

When I turned 16, two weeks after that to be exact, I rolled my car under the influence, thinking it was ok to drive. The awful thing is, as I was thrown from the car unconscious, my best friend was still in the car. She couldn't get her seat belt off, was wearing a choker chain, and had an asthma attack and died. I was charged with vehicular homicide and placed in a Juvenal prison called Decker Lake Facility. I spent about 6 months there, then escaped through the roof. I was picked up 3 weeks later, certified as an adult, and went to the old Metro Jail. I was released from there on probation which only lasted 3 months. I went out and was strung out

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- In Loving Memory of Dick Gillespie

Central Office Summer Pot Luck Picnic



Murray Park Pavilion #5



August 18th 11:00am - 2:00pm

Hamburgers, hot dogs, coffee, soda & water will be provided

Please bring your friends and family and a side dish or dessert to share with everyone!



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.

coins@saltlakeaa.org

Co-op Professional Community — Joe B.

cpc@saltlakeaa.org

Corrections — David R.

corrections@saltlakeaa.org

Events Calendar — Jeremy C.

events@saltlakeaa.org

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 —

webservant@saltlakeaa.org



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:

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"

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

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: 7/9/19 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- All Is Going Well. Keep Smiling and Thank You For Your Service.

Treasurer: Arty K. - We no longer have excess funds. Please discuss how to allocate money with your groups.

Trustee District 2: Paul M.- Another Bridging The Gap Workshop is being held in CA

Trustee District 10: Brad M. - We need Bridging The Gap volunteers.

Trustee District 11: Doug R- A volunteer that has been doing corrections for district 11 for 29 years is retiring.

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 tickets/game; 2 more games left! 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.

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 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- We need people to volunteer to take meetings into new rehab centers everywhere. C.O. has prayer cards and meeting in a pockets for .10

Public Information: Melissa E.- Has created a facebook page for Central Office. We will have a booth at Recovery Days again this year (Sept 14th) @ the Galavan Center.

Tech: Asch - We are looking into computer updates.

Volunteers: Doug R- Proposed donating a box of 12&12s to Medicare recipients, voted against due to low funds. Encourages people to stop in and see what we do here at Central Office.

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

Hotline: Danny R.- All of the hotline information has been lost. Will be stepping down as Hotline chair.

Webservant: Doug R.-Total Of 2,969 Users. 5,637 Sessions, 2,489 New Users, 81% Accessed Central Office Website Through A Mobile Device. Most Popular Page Accessed Was Schedule Of Meetings Page.

NEW BUSINESS

Open Positions:

- Outreach
- Hotline
- Webservant
- Alt Trustee



Next Central Office Rep. meeting will be held on Tuesday 8/13/19 @ 6:30pm

on meth, heroin and alcohol. So now I'm almost 17 and very strung out, not caring about nobody, not even myself. My girlfriend at the time is pregnant and I'm far from being responsible. I'm out robbing people, doing burglaries, then I got robbed for a lot of drugs one night. I went out and found that person, a fight broke out, and I ended up killing this person.

So when I finally was arrested I had multiple upon multiple charges. I finally pled to two 1st degrees for armed robbery, one 2nd degree for manslaughter, one 2nd degree for burglary and one 3rd degree for assault. I came to prison at age 17 in 1998. I didn't leave prison for the first time on my first parole until 2014. 16.5 years straight. I got out and met my son for the first time, was way overwhelmed, started to relapse and came back to prison on a violation. I did a few months and was released again.

Now at this time my father passed away. All I have is my mom, she was the only one to talk to me and keep giving me a home to parole to. I was released six more times, every time getting out and repeating history. This last time only lasted four weeks. Now at this time I've expired my 0-5 and both 1-15s, so now I'm just on my consecutive 1st degrees. Well, I get with this female in this four weeks, and my mother passes away in this time. I lose my address and go off the deep end. While using drugs and alcohol some stuff allegedly happened at my job.

I'm still fighting these charges but I'm being charged with one 1st degree for aggravated burglary, one 3rd degree for aggravated assault, one 3rd degree for possession of a firearm by a restricted person and two class b misdemeanors for burglary tools. So, now I'm looking at doing at least 20 more years unless I can beat some of these charges down. I've lost

everything. My mom, my family, my house and there is a female who says she is pregnant. All for what? For nothing but an addiction. When is enough enough? So at this point I figure something has to change at 39 and losing everything, not knowing if I'm getting back out of prison or not, and doing this all by myself. I don't have no one or nothing, just myself.

Now I'm blessed to be able to come to this A.A. meeting. I've always heard how this program can help people, so now it's my turn to get some help. I'm an addict and I realize now that it's time for me to give in and get help! That's the first step right? Admitting that I have a problem. So I'm here opening up to whomever will listen and to whoever wants to help me. This is the first time I've ever opened up and spoke about any of this. I heard a quote the other day that really stuck with me, it states, "God says to love thy enemy, so I obeyed and began to love myself." I really like that. We are our own worst enemies, so I want everyone to know if I can do this, and want to change, then everyone can do it as long as they really want to. And with that I will take another 24.

-Justin M.





SALT LAKE CENTRAL OFFICE JUNE FINANCIALS



Income Statement

	2019	2018
Revenue		
Group Contributions	\$1,094.15	\$1,727.04
Copy/Newsletter donations	\$17.45	\$32.50
Individual Contributions	\$-	\$-
Sales - Literature	\$6,766.60	\$5,655.60
Sales - Coins	\$1,843.25	\$2,055.90
Interest Income	\$-	\$433.72
Total Revenue:	\$9,721.45	\$9,904.76
COGS - Literature	\$6,576.52	\$5,634.46
COGS - Coins	\$1,687.05	\$1,218.55
Total COGS	\$8,263.57	\$6,853.01
Gross Profit	\$1,457.88	\$3,051.75
Operating Expenses	\$5,476.50	\$3,800.28
Other Expenses:	\$-	\$1,924.00
Total Expenses	\$5,476.50	\$5,724.28
Net Income:	\$(4,018.62)	\$(2,672.53)

Bank Accounts

Checking & Petty Cash	\$8,533.34	\$18,990.54
Accounts Payable Due	\$(7,346.26)	\$(4,880.95)
Money Market - PR	\$19,333.61	\$24,217.70
Total	\$20,520.69	\$38,327.29

Group Contributions - June

Eye Opener -	\$120.00
Greater Kearns -	\$25.00
Grub Lunch Bunch -	\$74.00
Hillcrest -	\$13.00
Primary Purpose -	\$40.00
Salt Lake Men's -	\$350.00
Sharing & Caring -	\$149.00
South Davis AA -	\$50.00
Unity Lunch Bunch -	\$28.00
We Agnostics -	\$112.50
Counter Sales -	\$182.65

TOTAL **\$1,094.15**

- 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.

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



Maple Grove Camp-Out

Aug 9th - 11th 2019

Potluck - Raffle - Auction - Sobriety
Countdown - Meetings

Registration Fee:

\$15.00 Family

\$10.00 Single

for more info contact Ralph @
(801)597-0276

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

The Great Outdoor Beaver Meeting

August 29th - September 1st

Beaver Canyon Campground

1419 E. 200th N. Beaver, UT 84713

for more info visit

www.thegreatoutdoorbeavermeeting.com

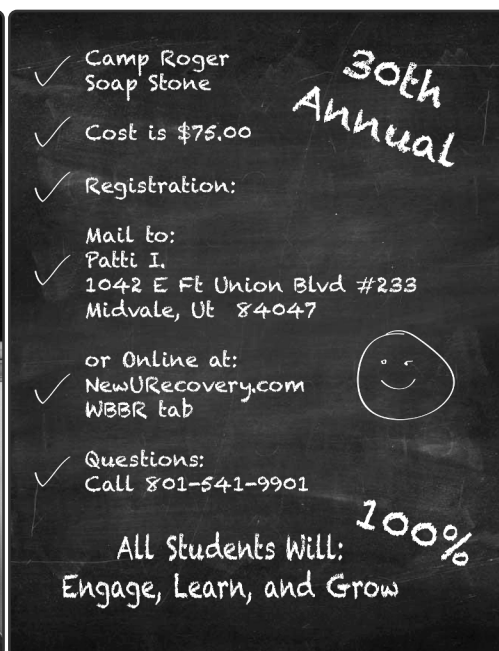
Area 69 Fall Assembly

September 27-29, 2019

Legacy Events Center

151 S.100 W. Farmington, UT
84052

for more info contact Mike F.
(650)333-6078



***Please send events to:**

lifeline@saltlakeaa.org



City at Seven

Lory H. - 32 years

Christian - 13 years

Grey - 2 years

Chris - 1 year



**Tickets available at
Central Office**

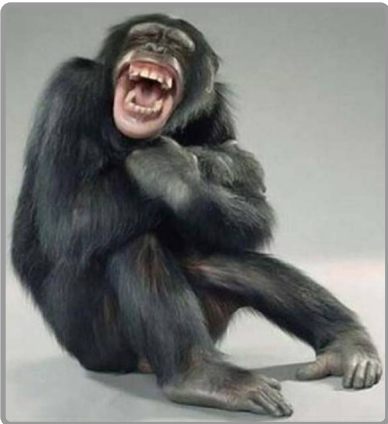
for \$11.00

game dates:

August 17th &

August 30th

Joke of the Month



So a man walks into a bar with a large box, the bar tender goes up to him and asks "whats in the box". The man says "I'll show ya' if you get me a beer." So of course the bar tender gets the man a beer, the man drinks it, and he pulls out a little foot tall man and he pulls out a little piano. The little man starts playing the piano! Next the bar tender asks "hey! thats prety cool, where did ya' get that?" The man says" I'll tell ya' if you get me another beer." So the bar tender gets the man another beer, the man drinks it, and he says "I got it from a geeenie and a lamp" The bar tender

says "If ya' let me barrow that geeenie and that lamp I'll give ya' another beer." The man says "Oh, Okay!" The bar tender gets the man another beer, the man drinks it, and the man gives the bar tender the lamp. The bar tender rubs the lamp and the geeenie pops out! The geeenie says "Master, I grant you one wish, what is it?" The bar tender says "I wish for a million bucks!" And all of a sudden a million ducks start flying into the room. "What the heck is this! I wished for a million bucks not a million ducks!" And the man says, "Well did you think I wished for a 12 inched pianist?"

As time went by things got a lot easier. I left prison a free man in April of 2008. What I mean by a free man is I was done, I was off paper and it was finally over. To be honest I was more afraid this time than I was ever before because at least being on paper I still would have some sort of structure. As it was I was not worried, I totally had a plan. My mother and father picked me up on a Tuesday morning. On the way home my mom said, "Where do you want to go and eat?" My mother started making suggestions and out of nowhere a thought came to my mind. I said, "Let's go to the Alano Club" and they both said "where?" I said, "The Alano Club, it's that place by our house where I used to go to A.A. meetings. They have a small restaurant in the basement with the best home cooked meals ever. Plus I think it's a good idea for me to get into a meeting as soon as possible if I want to make it."

So on my first day out of prison I went to the Alano Club. I held back, I guess I was nervous and a bit reserved, but thinking back now I think that was okay for the circumstances. The only thing at this point that mattered was the simple fact that I was at a meeting because I wanted to be, not because a parole officer or judge told me I had to be. So for the first month I was out I went to 2 meetings a day. I started to open up and share and I started looking for a sponsor. They asked me to be a greeter and I would make coffee and make sure there were cups for everyone. I found myself spending a lot of time there. I was looking for work and was not having any luck. I was getting real discouraged. It was not long after that I got a job working through a temp agency. As I said before I was looking for a sponsor but with the level of my addiction I had many other issues as well. I had self-esteem issues, control issues, obsessive compulsive disorder, boundary issues and relationship problems. I also had been abused

sexually, emotionally and physically so alcohol and drugs were just a small part of the problem.

So back to looking at this time, finding a sponsor was confusing for me. I spent so much time looking it was like shopping for the perfect car, but in my case I always found a sponsor that was good looking or partner material, someone that I was attracted to. My first sponsor was a good sponsor at first. As far as I knew he was a straight guy. One night after a meeting we went to his place to do some Big Book work and one thing led to another. We both crossed boundaries and had sex. Things were cool and then the next time we made plans to study he also planned on using and having some fun. So there I was, out of prison about 3 months and I had my first relapse and my sponsor continued to use. Our relationship from that point ended. I could not go back. I just kept telling myself, "I'm free. It's just a small set back. It's not too late to stop. I can fix this." So I chose to go my way and he went his.

Now moving on I continued to go to meetings and I eventually found another sponsor. This time my sponsor was a little older than me. Things were going good, I was working 40+ hours a week and I was back to working the steps. My sponsor was a motivated guy and I looked up to him. I know that from the very beginning I had an attraction for him but I just left it at that. I really did not speak about my sexuality that much, I just always assumed that everyone knew or could tell that I was gay. While doing my 5th step with him it was very emotional. It was very hard and there were a lot of tears. We were both crying and then hugging and before I knew it we were kissing and well, there you have it. Once again I was out of a sponsor, but I was okay with that at the time.

Time went by and I continued to work the steps and was attending meetings. I gave up on any type of

It Never Gets Better *continued from last month...*

sponsor. I just felt that I did not want to be a part of anyone else's problems or be the cause of them. I loved A.A. and the members of A.A. I had lots of fun while sober and that was something that I did not think was even possible. We went on camping trips, we went to Lake Powell and we had BBQs that were fun. The members of A.A. were so welcoming and supportive. Even though my addictions got the best of me more than not, I was able to get some sobriety time under my belt here and there. Like I said before, I left prison a free man and things were going okay for about 3 years.

Then I stopped going to meetings which at first was because I was working so much, but then life started happening. Things were not going good, I lost my job, I started using meth and drinking. My 21 year old nephew got killed in a high speed chase, my mother was diagnosed with cancer, and two months after my nephews death I found out that I was H.I.V. positive. So you can already see where this is going. I went back to what I know best, running and gunning 24/7. As far as I was concerned my life was over so I was going to live it to the fullest doing what I enjoy most. Looking back now, I did not realize how much self-pity

and shame I was drowning myself in. So for the next 2 years I spun around with not a clue in my mind, not even a worry or a thought of coming back to prison.

Once again I wound up back in prison. It was April of 2013 and this time my attitude had changed. I wanted to get all the help I could, so for the next 4 years I did all I could to better myself. I took all the classes and put together events like Recovery Day and Mustache March. I got involved in A.A. and was working the steps and sponsoring again. I ended up getting a 13 month time cut for my hard work and paroled in April of 2016. I did really good for about 18 months, then relapsed. Everything that I worked so hard for I lost. I know in my heart if I would have went back to A.A. and if I was honest with myself my time would be my time. Now I'm in the Utah State Prison fighting several charges and a 5 to life sure has me saying the serenity prayer.

-Ryan N.

The End

Just as a sculptor will use different tools to achieve desired effects in creating a work of art, in Alcoholics Anonymous the Twelve Steps are used to bring about results in my own life. I do not overwhelm my self with life's problems, and how much more work needs to be done. I let myself be comforted in knowing that my life is now in the hands of my Higher Power, a master craftsman who is shaping each part of my life into a unique work of art. By working my program I can be satisfied, knowing that "in doing the best that we can for today, we are doing all that God asks of us."

In Loving Memory



Richard Dale Gillespie

January 27th 1929 - July 17th 2019

Loving husband, father, grandfather and great grandfather, passed away July 17th 2019.

Born January 27th, 1929 in Eureka, UT, and lived in Salt Lake for most of his life. He married Shirley Cook Gillespie February 4th, 1955, celebrated 57 years of marriage together before Shirley's passing on August 11th, 2012. Previously married to Patricia Sullivan Thatcher. Richard is survived by his daughter Leisa Stevens, son Bradley Gillespie, daughter-in-law Paula Springer; Rick Thatcher, and Kathy Thatcher, 10 grandchildren and 7 great grandchildren, and many nieces and nephews. Preceded in death by his son Jeffrey Lynn Gillespie, 6 siblings and parents Robert and Florence Gillespie.

Richard worked many jobs throughout his life, but spent 22 years helping people in recovery as the Director of The Haven. Dick was a wonderful human being, who began his lifelong recovery from alcoholism in 1971. He spent the last 47 years of his life helping others find their path to recovery as well.

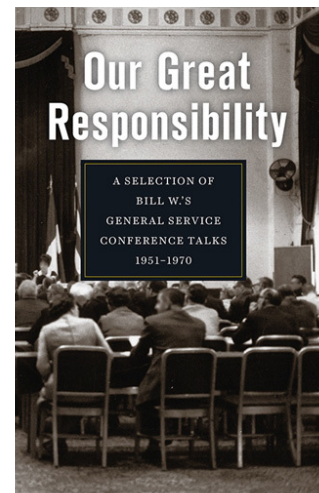
NEW BOOK

Our Great Responsibility

A selection of Bill W's General Service Talks
1951 - 1970

This book gives the clearest view of the beginnings of AA during the time of writing and publishing the Big Book. Bill spoke of the divisions in beliefs and you many find that some of these continue today. Please do not miss this birds eye view of our glorious past.

-Charlie T



*Now available at Central Office for \$8.50

Alcoholics are unable or unwilling, during their addiction to alcohol, to live in the present. The result is that they live in a constant state of remorse and fear because of their unholy past and its morbid attraction, or the uncertain future and its vague foreboding. So the only real hope for the alcoholic is to face the present. Now is the time. Now is ours. The past is beyond recall. The future is as uncertain as life itself. Only the now belongs to us. Am I living in the now?

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