



## "Burrito Man"

My name is Anthony L., I'm 30 years old, and this is my story of the power of God, using people as instruments to steer my life into A.A. and recovery, thus saving my life. When I was 27 living in SLC I had, once again, messed up my probation so I decided to go on the run because I didn't want to go back to jail. Somehow I ended up finding my way to Merced, CA where I didn't know a single person. I had left my family and friends, and everyone I knew back in Salt Lake.

Because I didn't know anyone I continued to get high on meth to stay awake because I didn't feel safe enough, or have anywhere to sleep. After a couple of weeks I found my way to Madera, CA, yet another city where I knew no one. I started hanging out in this one park where the homeless drug addicts all congregated, and came to know a few of them and started to get high and drunk with them pretty much every day.

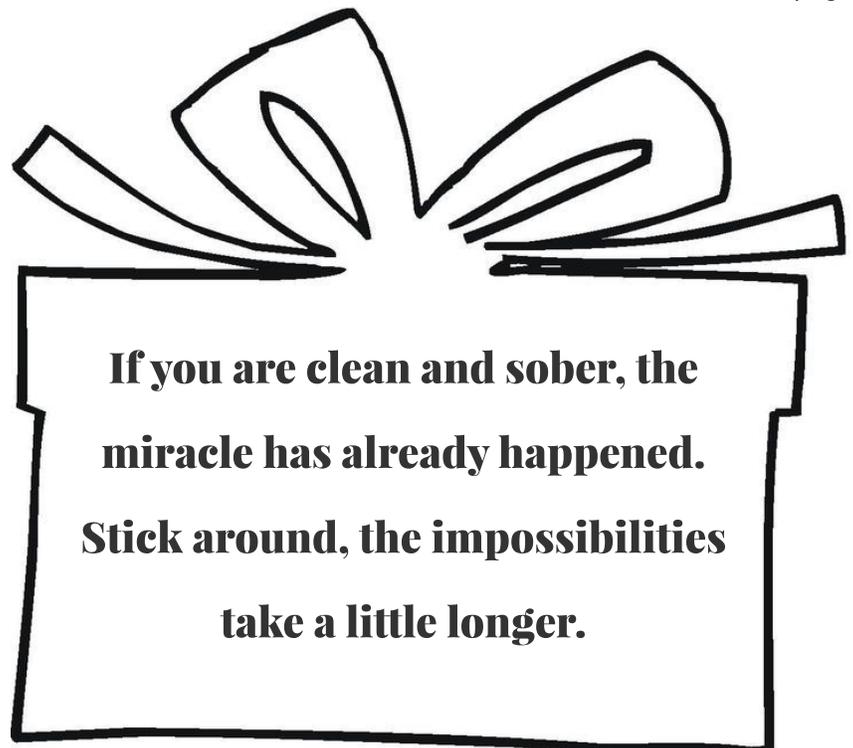
Eventually I met a guy who convinced his mom to let me stay with them. After a couple months my friend and his girlfriend decided to leave to Fresno and his mom said I could still live with her even though he was leaving, so I did. Shortly after he left, his sister Carmen just got out of prison after doing 5 years and moved into the house with us. Even though she was 16 years older than me, we got into a relationship together.

Eventually she wanted to move to Fresno with her dad because she was tired of always fighting with her mom over dumb stuff. I cared for her so I agreed to move with her to Fresno. Once we were in Fresno with her dad, the 3 of us were staying in a hostel that was notorious for drugs. We started using drugs and alcohol a lot more than we did before because it was so effortlessly easy to obtain both.

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**If you are clean and sober, the  
miracle has already happened.  
Stick around, the impossibilities  
take a little longer.**

## 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 A.  
**Treasurer** — Arty K.      **Alt Trustee**- Serena  
**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** — Jake  
events@saltlakeaa.org  
**Hotline** — Johnathan  
hotline@saltlakeaa.org  
**Literature** — Charlie T.  
literature@saltlakeaa.org  
**Lifeline Newsletter** — Shurone H.  
lifeline@saltlakeaa.org  
**Outreach** — Schadie  
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** — Owen  
webservant@saltlakeaa.org

# NEWS & UPDATES

## NEW MEETINGS:

### Balkers Big Book Study -

Mon@8:45pm @ Rise & Grind Coffee, 7301 S 900 E. unit 18, Midvale, 84047

### 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

### 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

### The Coven -

Tuesdays 7:00pm @ Fellowship Hall 2060 S. Windsor 840 E. SLC. Women's Meeting.

## MEETING UPDATES:

### Tooele Beginners -

address change to "The Beacon" 60 S. Main, Tooele. 7am, noon & 8pm, 7 days a week.

### 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 to the Alano Club in Murray. Sun @12:00-1:00pm

### 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)

## CANCELED MEETINGS

### Magna Friendly Bunch -

Mon-Thur 9:00am @ the Alano West Club - 9087 W Main St. Magna.

### Millcreek Meditation -

Mon @ 6:00pm 2780 E 3900 S

### 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: 11/12/19 MEETING MINUTES

## Board of Directors Reports:

Chair: Julian G- Excused, Dave filled in for him.

Co-Chair: Dave V- Warm 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 dedications and efforts to keeping this sacred thing we all have shared and loved alive and running.

Treasurer: Arty K. - Central Office has been selling chips, books and literature at cost since early 2019. We are operating off group & individual donations, this is why the financials between 2018 & 2019 are different in comparison. We are no longer making any profit selling coins or books. Central Office is run by 99% volunteers who donate their time and efforts.

Trustee District 2: Paul M.- District 2 is hosting the area 69 event @ St. James Episcopal Church on Sat. Dec. 7th starting @ 8:00am

Trustee District 10: Brad M. -District 10 might be re-structured because it's so large. GSRs needed!

Alt Trustee: Mike A. -Please attend the District 10 meeting at the Alano on the 1st Monday of the month @ 6:00pm

Alt Trustee: Serena - District 2 needs a literature chair. World Service Concepts suggests getting a service sponsor.

## Committee Chair Reports:

Activities: Rob C- Huge turn out at the Chili Cook-Off. Thanks for attending as well as helping out. Winter activities are coming up, possible movie night coming as well as bowling and a pot luck for the Utes game. We will be holding a party for the Super Bowl again. If anyone has any ideas for activities please contact me directly anytime @ 801-647-0889.

Archives: Laura- Archives Room Is Available To All. Utah AA History.. Come Down To Central Office

During Normal Operating Hours And Check It Out..

Coins: Jim C. - All coins are stocked up and available at cost. Come check out our selection of coins.

Events: Jake- Send all recovery based events to [events@saltlakeaa.org](mailto:events@saltlakeaa.org) and they will be posted on the website.

Hotline: Johnathan - Sign-up to take calls when C.O. is closed, the schedual is available on the website.

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.

Lifeline: Shurone- Please submit stories, poetry, & artwork to me @ [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

Treatment: Rusty J- Good communication within Districts in treatment.

Public Information: Melissa E.- Project Homeless Connect was a huge success. Central Office has a facebook page, come check it out!

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

Webservant: Owen - 3.5k users, 6.4k sessions.

## NEW BUSINESS:

Service Positions Coming Up!

-Sectetary, Treasurer, Corrections, Literature & Newsletter positions available in December.

Please let your groups know that C.O. appreciates their support!



**Next Central Office Rep. meeting will be held on Tuesday 12/10/19 @ 6:30pm**

## WHY NOT

In A.A. we place a lot of emphasis on our identity as “addicts”, “in recovery” or as “alcoholics”. But why are we addicts, alcoholics or in recovery? It’s because we have errant coping mechanisms or thinking errors about acceptable ways of dealing with an array of issues, from boredom to traumas. At some point during an impressionable period of our lives we believed it was “ok” to use, and once we saw results in short term gratification we began to use for any and all issues till we became powerless in our addictions. My name is Andrew R. and I have “think errors”. My addiction started out of boredom and became my excuse for anger, abandonment, loneliness, sadness, and every little thing in between. The beginning of this “thinking error” started in a belief. A belief that “there is no problem with this so, why not?” “Why not” became my first thought anytime a craving or situation presented the opportunity or excuse to use. I’ve been presented with the realization that my coping mechanisms are in need of some serious change. I’m learning not to rush and try to change everything at once but instead to change one thing, no matter how small, at a time. I’m learning to

replace my previous “why not” with a “why not” of some substance. If I’m bored, “why not” write this paper? If I’m angry “why not” write a letter to my son? If I’m frustrated “why not” do some school work? If I’m depressed “why not” inspire others to change? I’m learning to replace my “thinking errors” with productive activities to be more constructive. Self-help improvement may seem a herculean effort on your part, but it is possible. The error in thinking that allows us the belief that our behaviors are acceptable coping mechanisms are self-created beliefs. Regardless, they are nothing more than beliefs in need of change. Many never try long enough to learn anything that will help, they want the quick fix without having to do any work. I challenge you to change your self-defeating beliefs into productive rational beliefs and seize any advantage in life you can. I can’t change you or your problems but maybe I can inspire you to make the effort yourself. Avoiding your problems is only easy in the short term. Putting things off till the last minute can make them worse later on, so I ask, “why not” start now?

-Andrew R.

## Review of Project Homeless Connect



**PROJECT  
HOMELESS  
CONNECT**

Central Office volunteers were present to share their experience, strength, and hope at Project Homeless Connect. The event was a one-day, one-stop event in Salt Lake City designed to bring together community volunteers to provide services for individuals and families at risk of or experiencing homelessness.

Located at the Salt Palace Convention Center, 909 volunteers representing 106 different service providers served 1,084 people at the event.

Central Office volunteers handed out meeting lists, Lifelines, brochures, and several free copies of little Big Books. Thank you so much to the volunteers for working, especially Paul M and Dave R, who were there all day and packed up the booth materials!

To stay up-to-date with Central Office Events and Public Information Committee work, please visit and like our Facebook page for Salt Lake Central Office at <https://www.facebook.com/saltlakecentraloffice/>

Thank you for allowing me to serve

Melissa E., PI Chair



# SALT LAKE CENTRAL OFFICE OCTOBER FINANCIALS



## Income Statement

	2019	2018
<b>Revenue</b>		
Group Contributions	\$2,897.77	\$2,004.99
Copy/Newsletter donations	\$20.45	\$31.80
Individual Contributions	\$-	\$-
Sales - Literature	\$9,235.41	\$7,083.50
Sales - Coins	\$1,613.65	\$1,363.85
Interest Income	\$-	\$-
<b>Total Revenue:</b>	<b>\$13,767.28</b>	<b>\$10,484.14</b>
COGS - Literature	\$8,813.70	\$6,903.88
COGS - Coins	\$1,562.18	\$1,279.47
<b>Total COGS</b>	<b>\$10,375.88</b>	<b>\$8,183.35</b>
<b>Gross Profit</b>	<b>\$3,391.40</b>	<b>\$2,300.79</b>
Operating Expenses	\$3,514.72	\$3,408.82
Other Expenses:	\$-	\$-
Total Expenses	\$3,514.72	\$3,408.82
<b>Net Income:</b>	<b>\$(123.32)</b>	<b>\$(1,108.03)</b>

## Bank Accounts

Checking & Petty Cash	\$17,166.84	\$16,098.28
Accounts Payable Due	\$(13,013.41)	\$(4,506.28)
Money Market - PR	\$19,371.11	\$24,247.33
<b>Total</b>	<b>\$23,524.54</b>	<b>\$35,839.33</b>

## Group Contributions -

4th dimension Young Pep's -	\$181.70
5-15 Happy Hour -	\$400.50
90th & 32nd @ 6 -	\$238.67
Clouds & 11th Step -	\$30.00
Fresh Air Serenity Seekers -	\$400.00
Greater Kearns -	\$45.00
Highland Group -	\$37.00
Magna Friendly Bunch -	\$100.00
Murray Group -	\$30.00
No Laurels -	\$94.50
Off The Cuff -	\$23.03
Recovery Ways -	\$1.00
Right Stuff -	\$61.50
SA-Bountiful -	\$11.00
Salt Lake Group -	\$112.00
Sat Morning SOTS -	\$68.70
South Enders -	\$150.00
Speak Easy Women -	\$175.98
Sun Morning Breakfast -	\$100.00
Tooele Beginners -	\$37.50
We Are One -	\$42.00
<b>Total -</b>	<b>\$2,897.77</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.

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



# Calendar Of EVENTS



## Holiday Celebration

Utah Pride Center

1380 Main St. SLC

Sunday December 22, 2019

Bill W. Documentary - 12:30pm

Pot Luck - 2:00-3:00pm

Acceptance Group - 3:00pm

## 2020 INTERNATIONAL A.A. Convention

July 2-5, 2020

Detroit Michigan



\*Registration opens: September 9th, 2019  
online: [www.aa.org](http://www.aa.org) or fill out the form at Central  
Office and mail or fax it in.

## Alano West's

### Christmas Party

December 14th @ 6:30pm

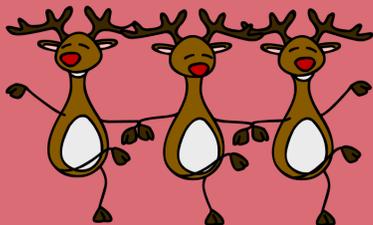
9087 W Main, Magna

White Elephant Gift Game & Potluck Dinner

Handmade gifts or under \$5.00

Bring your favorite holliday dish to share with  
everyone

Family & Friends Welcome!



## Area 69's 2019 December Committee Meeting

(area inventory)

*Hosted by District 2*

**Saturday December 7th, 2019**

**8:00 am - 5:00 pm**

8:00 - Registration

8:30 - General Service Orientation

9:00 - Area Business

12:00 - Lunch

1:30 - Area Inventory

5:00 - Adjourn

*St. James Episcopal Church*

*7486 Union Park Ave. Midvale UT 84047*

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

**[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)**

# HAPPY BIRTHDAY!!



## Hour of Hope Group

Wasatch Facility  
Utah State Prison

**Dustin. 60 Days**

**Matt. 6 Mo**

## Golden Keys Group

Lone Peak Facility  
Utah State Prison

**Ron. 7 Yrs**

**Guy. 1 Yr**

**Zack. 30 Days**



## Joke of the Month



A driver was pulled over by a police officer for speeding. As the officer was writing the ticket, she noticed several machetes in the car. "What are those for?" she asked suspiciously. "I'm a juggler," the man replied. "I use those in my act." "Well, show me," the officer demanded. So he got out the machetes and started juggling them, first three, then more, finally seven at one time, overhand, underhand, behind the back, putting on a dazzling show and amazing the officer.

Another car passed by. The driver did a double take, and said, "My God. I've got to give up drinking! Look at the test they're giving now."

## "Note From the Editor"

Shortly after arriving in the rooms of Alcoholics Anonymous, I decided that I wanted to be "a part of". I wanted to belong to this brilliant group of people who had taken politics, religion and money, and set them aside. I was also still telling myself that I was shy and not very good at making friends, when the reality was that I was terrified of talking to people after avoiding them for over a decade. Whenever I had to come in contact with people, I avoided talking so they wouldn't smell alcohol. This habit carried into my first few months in the rooms, but I'm thankful for that time because I learned a lot as I sat in the back corner and listened to every word.

Eventually I thought about getting a service position, and one of my friends suggested volunteering at Central Office. I started coming in on Wednesday mornings to answer phones and sell chips and books, and one day, a few months after I had been coming in, my fellow volunteer mentioned that Central Office needed someone to edit the newsletter. I was finishing up my English Lit degree at the U and thought it sounded perfect! At the next Central Office meeting (2nd Tuesday of the month @6:30) I stood for the lifeline editor position, and everyone warmly welcomed me into the group.

My predecessor, Jenny, taught me all about Lucid Press, lots of computer stuff that I had never learned, and has given me excellent support during the last few years. She still helps me do final edits, sends out the lifeline in email form and helps gather content. I'm very grateful for her contributions. I am also very grateful to everyone who has submitted anything to the lifeline to be printed. Your stories, poems and artwork have inspired and delighted me, and I'm sure many others.

During one of my first committee meetings we were discussing how to get articles, and we came up with a plan to ask the prisoners if they would like to write about their experience, strength and hope. My friend Pine, who has been taking meetings out there for over seven years, has been able to bring me the most amazing, honest, heart felt articles and poems that

have ever been submitted to the lifeline. The courage these prisoners have shown in sharing their personal stories has been inspirational. Because Pine takes copies of the newsletter out there, and brings me their letters and poems, I get to hear about them looking forward to the next issue, and how amazing their meetings are. It's been an incredible thing to be a part of. I don't know the men out there personally, but I feel like we have a connection because of this newsletter, and I am grateful for it.

When I was diagnosed with throat cancer in March this year, there were weeks when I was unable to attend meetings. Thankfully I could walk up a few stairs to my parents computer and work on the lifeline for an hour or two here and there. It really kept me connected to the rooms while I couldn't physically be there, and I am beyond grateful for that. Reading the daily emails sent to me by wizards every morning, as well as the content sent to the lifeline, really helped me through some rough days. I am still mystified by the amount of prayers sent my way, and am grateful beyond words for all of them.

Being the editor of the lifeline has forced me out of my comfort zone, to ask people to write articles and help with content. It has held me responsible for getting something with value mailed out to hundreds of people each month. It has also been one of the greatest gifts of my recovery and I would recommend it to anyone. I have grown into a more loving, tolerant alcoholic because of this service position, and am very grateful that I've been a part of producing it.

If you are reading this and haven't jumped into the service pool, I invite you to come and see what it is like. Central Office is a great place to start and this month we have several positions that are up for election. They are: Secretary, Treasurer, Literature, Corrections, and Newsletter/lifeline. I hope everyone has a wonderful Holiday Season and a Happy New Year!

-Love, Shurone



## "Burrito Man" *continued from page 1...*

Eventually the drugs and alcohol use got so bad that it started to cause problems between me and my girlfriend and cause the people around us to be paranoid about me because I was the "new" face from out of state, so they didn't trust me even though I didn't do anything to give them a reason to think I would do them wrong, they still thought that way. Eventually I was told to leave and even my girlfriend and her dad wanted me to leave because they didn't want to be "shunned" with me and have to leave the hostel too.

So there I was alone once again, this time on the west side of Fresno, which is considered the worst part of Fresno. I remember thinking, "They've left me, I've been deserted by my own people, this is the end!" Because I was both heartbroken and completely alone, I began drinking myself into oblivion and getting higher than I'd ever been, almost to the point of overdosing.

One day while I was sitting on the curb getting high and downing a bottle of whiskey alone, a guy came walking up to me and asked if I had a cigarette. I gave him one and he asked me if I was ok. I said what do you mean? He then proceeded to tell me how he had been just down the block talking to some other people and noticed me sitting alone, drinking and getting high. He said that he never walked down that street I was sitting on, but something inside him told him to walk down and talk to me. I told him what I had just gone through with Carmen, her dad, and the hostel, and that was why I was getting drunk and high, to hide from the pain I was feeling.

I don't know what it was about this guy, who told me to call him "burrito man", but it was easy to talk to him. Even though he looked like a big scary gang banger, with his bald head and tattoos everywhere,

he was kind and attentive to what I was telling him. When I finished telling him my story he then told me, "Now I know why something inside me told me to come talk to you. It was God telling me that you needed someone to help you get out of your darkness, so he sent me." He then asked if I had heard of this recovery program located in this part of Fresno called The King Of Kings men's recovery home. When I told him that I had not heard of it he asked if I would be willing to give it a try.

I sat there wondering why this man, who didn't even know me, would care if I was ok or not and why he wanted to help me when everyone else around me had deserted me and turned their backs on me. I decided to follow this guy to the King of Kings anyway, thinking, "At least this place will give me a place to sleep, eat and shower." At first I had no intention of staying for more than a week at least, but, next thing I know 2 weeks pass, then a month. Every day, whether it be in our "miracle garage", the Alano Club, the Westside Fellowship, LOLT, or at the community outreach, we had A.A. group meetings.

I came to like and appreciate the program of recovery, I got my 90 in 90 and more. I did AA every day for 4.5 months before I came back to Salt Lake. I truly believe that my higher power, whom I choose to call God, sent that "burrito man" to help save my life and get me sober, because the way, and amount of drugs and alcohol I was using, it was only a matter of time before it killed me. God works in strange ways, and uses the most unlikely of people at times, as instruments to spread his love and mercy. I thank God for sending Burrito Man into my life and pray that he is still being blessed for the gift God gave him to give to me.

-Anthony L.

\* \* \*  
\* \* Happy \* \* Holidays \* \*  
\* \* \* \* \*



60 days feels pretty neat

but by far have I got this beat  
day by day I cruise this path

I like the sound of my laugh  
the feelings of joy and happiness

it's a different kind of bliss

I like who I see in the mirror

I no longer live in fear

-Bobby

I think that I shall never see  
a poem as lovely as recovery.  
A mind by alcohol once beset  
now knows hope, joy and rest.

A heart that seeks God throughout the day  
and in the evening bows her head to pray.

An angry child who used to swear  
now chooses words with much more care.

Resentments that caused so much pain  
rest quiet now and acceptance reigns.

Life is still full of trials  
but I know to let go, let God and smile.

Poems are parodied by fools like me  
the A.A. program insures my recovery.

-Anonymous

Rudy the Red-Nosed alky,  
had a very shiny nose.  
And if you ever saw him,  
it was 'cuz the bars were closed.

All of the local AAs,  
never laughed or called him names

They only prayed that Rudy,  
would finally end this dangerous game.

Then one drunken, lonely night,

Bill W. came to say,

Rudy with your hopeless plight,  
Won't you come to a meeting tonight?

Then all the AAs loved him,  
as they shouted out with glee;

Rudy the red-nosed alky,  
you'll recover just like me!

Jim D.

[www.aagrapevine.org](http://www.aagrapevine.org)



**Central Office of Salt Lake Incorporated**  
**80 West Louise Avenue**  
**Salt Lake City, Utah 84115**

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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