

lifeline

A.A. Central Office of Salt Lake City

Come be of service and add
a Central Office Rep to
your Home Group!

We meet on the 2nd
Tuesday of every month at
6:30 pm at Central Office:

80 W Louise Ave
Salt Lake City, UT 84043

- share activities and events
- learn how A.A. works at a local level
- lots of service opportunities
- help share the message

Hope to see you there!

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Journey On

You've taken a long journey to get where you are. Give yourself some respect for all that effort.

Realize how strong your experiences have made you. Think of all you can now do with that strength.

Feel the confidence of knowing how many challenges you've successfully worked through. Point that confidence forward, to transcend current challenges, to reach new meaningful goals.

After every setback, you find a way to keep going. From every achievement, you carry new value, hope, and energy into the future.

It certainly has never all been easy, and yet you've experienced much goodness, joy, and fulfillment along the way. Now you've established more momentum than ever before, to continue your journey through life's great richness.

Look back for a moment with appreciation, and feel the full power of that momentum. Then look ahead with fresh enthusiasm, and continue to journey on.

-Ralph Marston



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**7th Tradition
Contribution Addresses**

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Area 69 Treasurer
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Fillmore, UT 84631

District 10 Treasurer
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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.
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Did you know Salt Lake Central Office is on Facebook?

We want to make sure Salt Lake Central Office information is available to everyone in as many formats as possible. Our Facebook page is another way we provide public information about Central Office services. You'll find our Office, Board, and Chair contact information, as well as event postings and sometimes a funny meme or sobriety post. Check out our page "Salt Lake Central Office", and feel free to "like" or "follow" us! Please consider that some might feel that this conflicts with the anonymity put forth by the 12 Traditions before you sign up. Thanks!

ANNOUNCEMENT FROM GSO:

We are now able to accept online Seventh Tradition contributions through PayPal. This additional platform will simplify the process and provide a convenient way for members to make online Seventh Tradition contributions. In addition, we will continue to accept contributions using ACH or Debit/Credit Cards.

Donate at: <https://contribution.aa.org/>



Please check on the Central Office website for up-to-date virtual meeting schedules. Most meetings have been moved to the [Zoom](#) app.

<http://www.saltlakeaa.org>

As of this printing, the Salt Lake Central Office is **Open**

NEWS & UPDATES

Sober Hiking Meeting!

Monday through Friday

Meet at the mouth of Big Cottonwood if you want to carpool up (masks required) at 5:30 pm or up top at the Silver Lake parking lot at 6:00 pm.

**Times will change as it gets darker*

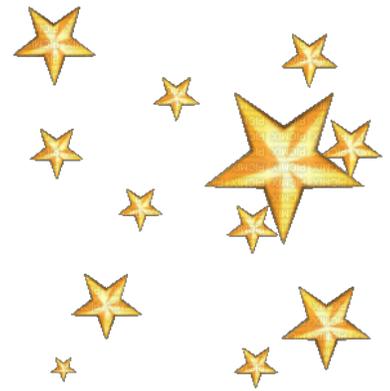
for more information text:

(801) 450-5600

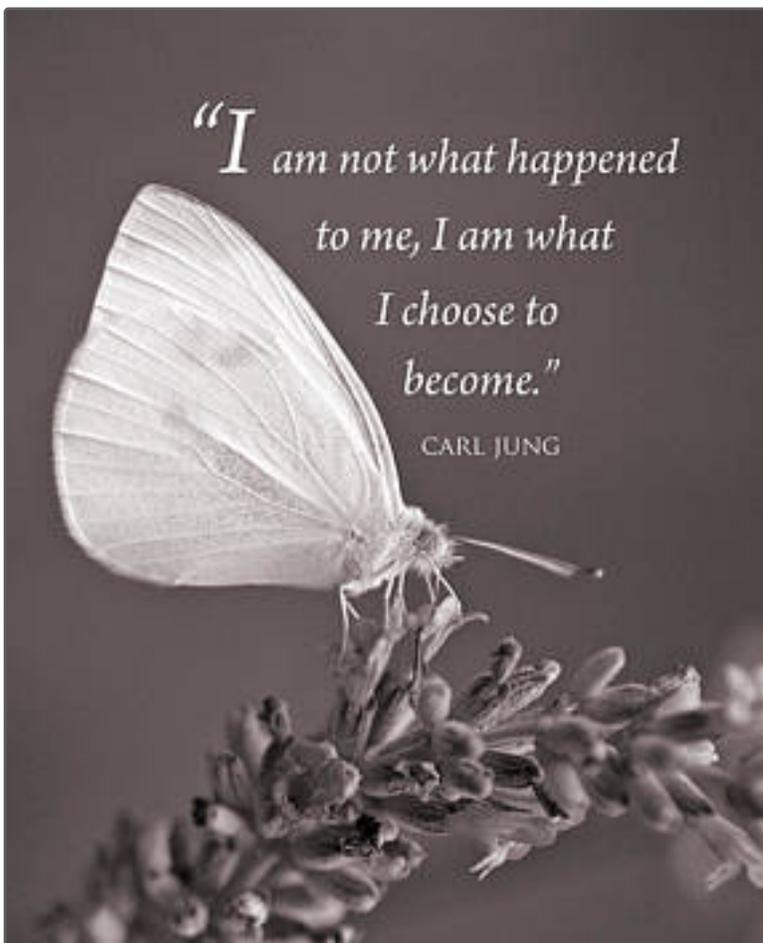
Looking for A.A. meetings that are held in-person?

- ▶ Go to our website: www.saltlakeaa.org
- ▶ select 'Meetings' from the drop down menu
- ▶ then select 'Schedule of Meetings'
- ▶ In the search box, type "Meeting in Person" then press the Enter key.
- ▶ From there, you can refine your search by location, day, time and/or meeting type.

*If you are attached to a certain outcome,
you may be missing the bigger picture in your life.
The Universe has plans for you that you are not yet aware of.
And when you try and try, the world is beyond your winning,
not because The Universe is unfair,
but because it has a better option for you that is beyond the struggle.
Sometimes the greatest acts of Grace are unanswered prayers.
If you are so attached to a certain outcome
that it gives you pain, anxiety and worry - that is a sign
that your thoughts are not aligned with the Will for The Uni-verse in your life.
When you experience stress, anxiety and worry - those are thoughts
based in fear and fear is not what we've come to be.
When we detach, when we let go,
when we allow something even greater to be that we didn't see coming
- THAT - is how we step into a miraculous life.*



~Mastin Kipp



*“I am not what happened
to me, I am what
I choose to
become.”
CARL JUNG*

**“When we think we have been hurt by
someone in the past,
we build up defenses to protect
ourselves from being hurt in the
future.**

**So the fearful past causes a fearful
future and the past and future become
one.**

**We cannot love when we feel fear.
When we release the fearful past and
forgive everyone,
we will experience total love and
oneness with all.”**

- Gerald G. Jampolsky



SALT LAKE CENTRAL OFFICE FINANCIAL REPORT



<u>Income Statement</u>	2020	2019
<u>Revenue</u>		
Group Contributions	\$1,807.27	\$1,094.15
Copy/Newsletter donations	\$	\$17.45
Individual Contributions	\$70.00	\$
Sales - Literature	\$2,764.60	\$6,766.60
Sales - Coins	\$870.15	\$1,562.25
Sales - Other	\$134.00	\$281.00
Total Revenue:	\$5,646.02	\$9,721.45
COGS - Literature	\$2,657.85	\$6,576.52
COGS - Coins	\$839.61	\$1,436.23
Total COGS	\$3,624.35	\$8,263.57
Gross Profit	\$2,021.67	\$1,457.88
Operating Expenses	\$4,377.58	\$4,488.52
Other Expenses:	\$	\$
Total Expenses:	\$4,377.58	\$4,488.52
Net Income:	\$(2,355.91)	\$(3,030.64)
<u>Bank Accounts</u>		
Checking & Petty Cash	\$1,395.36	\$2,771.55
Accounts Payable Due	\$(1,152.76)	\$(64.40)
Money Market - PR	\$24,415.97	\$19,411.50
Total:	\$24,658.57	\$22,118.65



2020 K.I.S.S. Camp Out

Crandall Cove Camp Ground at
Rockport Reservoir

September 4th - 6th

\$45 full weekend, family

\$25 full weekend, single camper

\$10 per person Saturday only

- fireside meetings
- 50/50 horseshoe tournament
- Saturday potluck dinner
- Drawing for prizes Saturday
- Sunday potluck breakfast

Utah Area 69

2020 Fall Assembly

September 25th - 27th, 2020

Ponderosa Events Building

475 S. Main St.

Spanish Fork, UT 84660

And on ZOOM

meeting ID 879 3198 3200

password 109417

- All registration will be done on-site (\$15).
- Masks are required during the meeting
- Food will be pre-packaged for safety
- Coffee will be dispensed for you.
- Feel free to bring your own food & drinks.

57th International Women's *Virtual* Conference

February 18th - 21st, 2021

HOSTED BY CHARLOTTE NC, FEBRUARY 18TH - 21ST, 2021

REGISTRATION IS FREE BUT REQUIRED. CONTRIBUTIONS ARE WELCOME.

<https://internationalwomensconference.org/>



CC & H₂O

(conscious contact and water)

Men's Spiritual Retreat

Lava Hot Springs, Idaho

September 11, 12 and 13 2020

COST - \$20 pre-register.

VENMO - @chronicbeard . Include name(s) and a phone number.

CHECK - Make out to "CC & H₂O". address: 131 J Street, SLC UT 84103. Include name(s) and phone number.

Special plans for COVID and Idaho regulations:

- Space is limited to a maximum of 50 people. If we do not get enough registrations by August 14th, we will have to cancel.
- We will keep the speakers local to reduce cost of travel.
- We will not allow participants to sleep on the floors of the conference center and must limit the number of people sleeping in the conference center.
- Aura Soma will offer a 15% discount on rooms (\$99 and up) with single and double beds. Renting full houses is still an option but is at your discretion.
- We will cancel our usual potluck meals in favor of supporting local restaurants and to avoid close contact.
- We will have in place sanitation supplies, social distancing policies and ask that participants wear masks if social distancing is not possible.
- We will do all retreat events (speakers, conference sessions) outside under rented tents.
- If we cancel, we will return the registration fee.

Woman's Big Book Retreat

31st Annual

Cost is \$75.00
(\$80.00 at the door)

Registration:

Mail your non-refundable check
(Payable to "Women's Big Book Retreat")
to:

Patti I.
1042 E. Ft. Union Blvd. #233
Midvale, Utah 84047

or register and pay online at:
newurecovery.org
WBBR AA tab

Questions:
Call 801-574-8765

Email:
WWBRgirls@gmail.com

CAMP ROGER

SAME PLACE
AS

LAST YEAR

AGENDA

ENGAGE

LEARN

GROW

LOOKING FORWARD TO SEEING YOU THERE!
GET THE WORD OUT!

Alano Club Announcement:

The Alano Club will re-open with a modified schedule beginning on June 25.

The operating schedule will be:

**Open on Thursday, Friday, Saturday and Sunday
from 6:00 am to 10:00 pm.**

- Due to the current Covid 19 restrictions, no kitchen services will be offered.
- Only the upper two rooms will be opened.
- Main level restrooms will be available.
- No traffic is allowed below the Main level.
- Social distancing of 6 feet will be observed.
- Face masks are mandatory.
- The meeting schedule is basically the same as before.
- Hard copy schedules will be available at the club.
- We are very excited to be able to offer meetings again.
- Please be respectful of others.

FYI: The financial state of the club could use your help. **During this down period the club has lost over 88% of its normal revenue.** Expenses, while down, are draining the club bank account. We encourage donations or assistance as we go through this tough time.

Thanks for your patience and understanding,

Alano Club Board of Directors

Joke Of The Month

Just beyond the Gates of Hell, an alcoholic, a womanizer, and a stoner find themselves standing in front of three identical doors. There to greet them is none other than Satan, who tells them a secret method to getting into Heaven: Each man must spend 1,000 years in a room with their greatest vice. If he does so, he will be allowed to enter Heaven. The catch? At the end of the 1,000 year period, if the man asks to be let out of the room, he instead will be trapped inside forever.

The first man, being a lifelong alcoholic, is presented with a room identical to his favorite drinking spot. Some of his old drinking buddies are present, along with infinitely replenishing spirits of all kinds! The first man is ecstatic and, thinking it will be an easy feat, runs inside and slams the door behind him.

The second man, known for being quite the pervert, immediately feels his blood start pumping as the second door is opened. Inside are women of every shape, size, color, you name it. Every woman this man has ever fantasized about is here, ready to obey his every command. Without a word the second man rushes inside, closing the door behind him.

Now the third man, having been a cannabis connoisseur for most of his life, stands in awe of the marvel before him. Inside his room is a forest containing every strand of marijuana conceivable; the shrubs are the most beautiful green hues, emitting the stickiest of smells; the ground is littered with the highest quality nugs, the dirt is hash rocks and kief, and the trees are actually twenty foot tall plants. The stoner can't wait to get eternally stoned and happily jaunts inside his room.

1,000 years pass...

Satan, being a man of his word, decides to check on each of the men. He opens the door to the first man's room, only to find the most disgusting mess he had ever seen: blood, booze, and bodily fluids create a disgusting miasma throughout the room. Broken glass litters the floor, and the man's once-friends lie dead in various states of decay. After searching for a while, Satan happens upon the man, shrivelled up and nestled in a pile of bottles, crying and bleeding profusely. The man's wracking sobs stop as his trembling lips work to form a sentence: "P-please... Get m-me out of here..." Satan, a man of his word, reminds the man of the condition upon which he was imprisoned, and having broken his end of the bargain, the man is trapped inside eternally.

"The second man must have done better than that one", Satan thinks to himself while opening the second door. Moments later, hundreds upon thousands of people come flooding out, men, women, children of all creeds, along with the scents of human waste and burnt flesh. Eventually Satan sees the man he locked in here riding the wave of people. "Get me out of here!" The man screams, and Satan seals the door forever.

The third door is all that remains now; as Satan opens it, he sees the stoner meditating in the center of the forest, surrounded by a pool of tears. The forest had been untouched for the full thousand years. Satan is understandably quite confused! The stoner opens his eyes in disbelief and runs over to Satan, and shaking him by the collar he says: "Do you have a lighter, man?!"



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

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SALT LAKE CENTRAL OFFICE

801.484.7871

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Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS