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Blake A.

Central Office Elections for 2021-2022

Almost all of the volunteer positions at C.O. are open and up for election this month! We are holding **elections on December 8th** at 6:30 at the monthly C.O. meeting online via zoom. These service positions are a great way to learn more about how A.A. runs on the local level, as well as all the other benefits that come from participating in service work. Come and expand your circle of sober friends and join the crew at the Salt Lake Central Office.

These are the *Qualifications*: Each person standing for a position shall inform the CO Committee that they are sober members of A.A., actively engaged in an A.A. recovery program, and have a minimum of two years of continuous sobriety. The nominee shall also declare the identity of their Home Group in Alcoholics Anonymous.

List of *Board Positions* up for Election:

- Chairperson
- Three trustees
- Two alternate trustees

List of *Committee Positions* up for Election:

- Hotline
- 12th Step Coordinator
- Activities
- Newsletter
- Outreach
- Website
- By-laws
- Volunteer
- Literature
- Archives
- Public Information
- Treatment Facilities
- Corrections
- Cooperation with Professionals
- Technology
- Coins

More
Information
on Page 8



CENTRAL OFFICE Board of Trustees

Chair —

Co-Chair — Brad M.

Secretary — Mike L.

Treasurer — Lenny B.

Trustee — Paul M.

Trustee— Brad M.

Trustee—Doug R.

Alt Trustee— Mike A.

Alt Trustee- Serena C.

BOARD@SALTLAKEAA.ORG

7th Tradition Contribution Addresses

A.A. World Services

Box 459 Grand Central Station
New York, NY 10163

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 — Lorie G.

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 B.

outreach@saltlakeaa.org

Public Information— Melissa E.

pi@saltlakeaa.org

Technical Support — Sonya

it@saltlakeaa.org

Treatment- Rusty J.

treatment@saltlakeaa.org

Twelfth Step — Skip M.

12step@saltlakeaa.org

Volunteer — Doug R.

volunteer@saltlakeaa.org

Website — Owen G.

webservant@saltlakeaa.org

C.O. Meeting Minutes November 10th 2020

Reports Board of Directors -

Chair: Julian G- Absent (Brad covered Warranties & Statement of Purpose)

Co-Chair: Brad - Welcomes new C.O. reps

Secretary: Mike- Thanks to everyone who volunteers at Central Office.

Treasurer: Leonard B- Literature and group contributions were light this month compared to last year. \$1,500 in debit card rewards will be deposited into the prudent reserve, as well as the \$4,000 previously pulled from it.

Trustee: Doug R- (District 11) Over 25 people attended the meeting where 8 out of 10 panel members were filled.

Trustee: Brad - Self-supporting not only means donating money, but also time.

Reports Committee Chairs -

Events Calendar- Jake- Let me know if anyone hears about any fun events or activities.

Archives: Laura - Come check out the map and timeline of AA & Utah history, recently added to the archives room.

Coins: Jim C. - Took inventory and placed an order for coins. Everything is running smoothly.

Public Information: Melissa E - The library has requested speakers to educate those wanting to know the purpose of AA.

Treatment Chair: Rusty J. - I've been distributing literature to treatment centers, handling requests for AA meetings.

Volunteers: Doug R- Appreciates all of the volunteers at C.O. Come in and spend some time volunteering here at C.O. and see how things are run.

Webservant: Sonya - Would like to put a link on the website to a newcomer packet. That way meetings can give info to newcomers via a link.

Old Business : Vote on the proposed change to the bylaws where each board member and committee chair will spend 8 hours volunteering at CO during their 2 year term. Motion passed.

New business: Elections and open positions. Mike stood for another 2 years as Secretary. Next month all committee chair positions are available. Lenny made a motion to install the 2021 budget which passed with a caveat of reducing the archives budget to \$150 and increasing the lifeline budget to \$1500.

Adjourn and Close with the Serenity Prayer

Keep Smiling And Have A Wonderful Safe Month!

*The next Central Office Board meeting will be held on Tuesday December 1st 2020 @ 6:30-pm

*Central Office Rep. meeting will be held on Tuesday November 8th 2020 @ 6:30-pm

**"Only 10% of those in A.A.
get involved with service.**

**Out of those 10%,
90% stay sober."**



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.

A.A. Central Office

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

We hold a meeting on the 2nd Tuesday of every month at 6:30 pm

80 W Louise Ave SLC, UT 84043

Now OPEN

- *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!

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/>



zoom

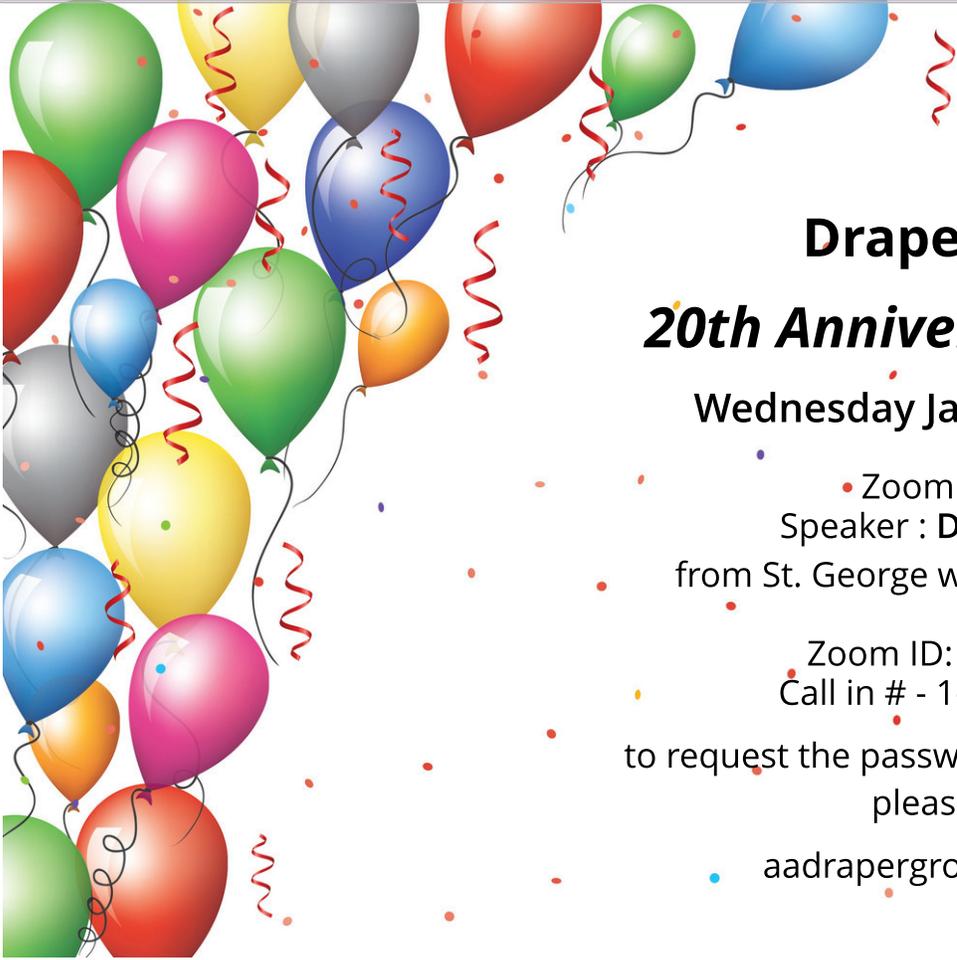


Please check on the Central Office website for up-to- date virtual meeting schedules. Most meetings have been moved to the Zoom app.

<http://www.saltlakeaa.org>

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

NEWS & EVENTS



Draper Group

20th Anniversary Meeting

Wednesday January 13th 2021

• Zoom Platform

Speaker : **Dennis A. (Doc)**

from St. George with 47 years sobriety

Zoom ID: 263 219 320

Call in # - 1-669-900-6833

to request the password to join this meeting,
please email -

• aadrapergroup@gmail.com

"Pass The Gavel"

December Area Committee Meeting

Hosted by District 11

Saturday **December 5th, 2020**

8 am to 5 pm

(Chili Verde Lunch served at noon)

Legacy Events Center, Building 1

151 S 1100 W, Farmington, UT

and on Zoom - Meeting ID - 879 3198 3200
password - 109417

Please come join us as panel 69 will pass the gavel to
our new panel 71 committee members.

Everyone is invited to this event, come get to know
your committee members!

57th International Women's Conference

February 18th - 21st, 2021

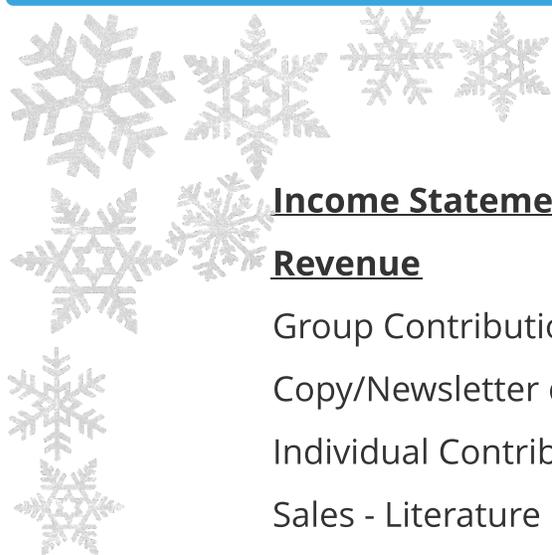


HOSTED BY CHARLOTTE NC

REGISTRATION IS FREE BUT REQUIRED.
CONTRIBUTIONS ARE WELCOME.

<https://internationalwomensconference.org/>

C.O. FINANCIALS NOVEMBER 2020



Income Statement

Revenue

	2020	2019
Group Contributions	\$1,946.72	\$2,897.77
Copy/Newsletter donations	\$10.17	\$20.45
Individual Contributions	\$891.60	
Sales - Literature	\$3,626.60	\$9,235.41
Sales - Coins	\$1,022.00	\$1,613.65
Sales - Other	\$208.05	
Total Revenue:	\$7,705.14	\$13,767.28

COGS - Literature	\$3,080.83	\$8,813.70
COGS - Coins	\$838.35	\$1,562.18
Total COGS	\$3,953.16	\$10,375.88
Gross Profit	\$3,751.98	\$3,391.40
Operating Expenses	\$3,461.41	\$3,514.72
Other Expenses:	\$	\$
Total Expenses:	\$3,461.41	\$3,514.72
Net Income:	\$290.57	\$(123.32)

Bank Accounts

Checking & Petty Cash	\$20,157.70	\$17,166.84
Accounts Payable Due	\$(45.06)	\$(13,013.41)
Money Market - PR	\$22,424.91	\$19,371.11
Total:	\$42,537.55	\$23,524.54





By-Laws Update

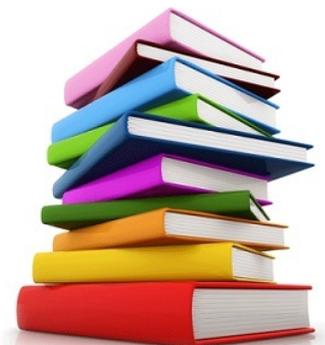
- 6.6.9 Each board member and committee chair will volunteer at Central Office at least eight hours during their two year service position. Preferably an hour each quarter.
- 7.2.4 Each board member and committee chair will volunteer at Central Office at least eight hours during their two year service position. Preferably an hour each quarter.



A Visual History of Alcoholics *Anonymous: An Archival Journey.*

There is a new book being released February 14th 2021. There will be a pre-order period from Dec. 1st, 2020 - January 31st, 2021 where it can be ordered at an early bird price of \$11 (the list price will be \$12). Copies pre-ordered will be delivered in advance of the February 14th release date.

This book originated as the souvenir book for the 2020 International Convention in Detroit. **"It is a celebration of our history in words and images."** It includes a special focus on Detroit in A.A.'s history - an updated coverage of recent innovations in A.A. group life.



Central Office Elections



**MORE
INFO**

The general duties of the Board of Trustees include:

- To oversee the operation of Central Office and be responsible for its functions in accordance with the A.A. Guidelines – Central or Intergroup Offices published by the General Service Office of Alcoholics Anonymous, hereinafter sometimes referred to as “G.S.O.”, and the A.A. Twelve Traditions.
- To coordinate group interest in Central Office and service organizations.
- Consider ways and means of aiding the A.A. program in accordance with its traditions and principles.
- To select and hire, at its discretion, a Central Office Bookkeeper, other employees or volunteers, subject to the approval of the CO Committee and in accordance with the standards of the Eighth Tradition of A.A.
- Guide the Central Office Book Keeper, employees and volunteers in accordance with policies and procedures established by the Board of Trustees and the conscience of the CO Committee.
- Implement the decisions of the CO Committee.
- Assure the CO Committee of Central Office’s compliance in all functions and activities with the Articles of Incorporation and duly adopted amendments.
- Establish, with participation and approval of the CO Committee, procedures for capital improvements, disbursement of funds and expenditures for ongoing expenses on all matters which significantly impact the operation of Central Office.
- Each board member and committee chair will volunteer at Central Office at least eight hours during their two year service position. Preferably an hour each quarter.

*For more information on the requirements for board and committee chair positions please refer to the Central Office By-Laws:

<https://www.saltlakeaa.org/download/SL-Central-Office-By-Laws.pdf>

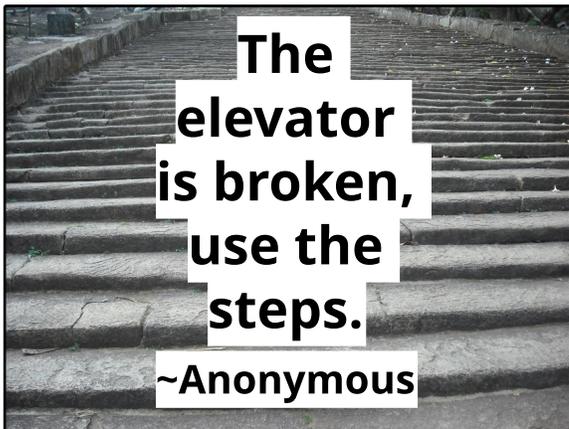


Joke of the Month



A man who smelled like a distillery flopped on a subway seat next to a priest. The man's tie was stained, his face was plastered with red lipstick, and a half empty bottle of gin was sticking out of his torn coat pocket. He opened his newspaper and began reading. After a few minutes, the disheveled guy turned to the priest and asked, "Say, father, what causes arthritis?" "Mister, it's caused by loose living, being with cheap, wicked women, too much alcohol and a contempt for your fellow man." "Well I'll be." the drunk

muttered, returning to his paper. The priest, thinking about what he had said, nudged the man and apologized. "I'm very sorry. I didn't mean to come on so strong. How long did you have arthritis?" "I don't have it father. I was just reading here that the Pope does."



Elevators are easy. Just press the button and we go right to the top. The way is fast, quick and silent, We don't work up a sweat. We can't trip and fall. There is not much time to communicate with anyone else along the way so we don't have to use any effort or thought. We can daydream as we face the front of the car and watch the numbers as they change from floor to floor.

Then the elevator breaks and we crash to the ground. Those of us who survive are told to take the Steps to get where we want to go. Our addictions were elevators out of living. The chemical highs we experienced were just like an elevator ride. Until we crashed.

I sill sometimes sweat, stumble, and get out of breath in my climb, but I'll take time to talk with others who are taking the steps with me.

The Alano Club is NOW OPEN:

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

We are very excited to be able to offer meetings again! Please be respectful of others.

- 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.

For more information visit us at alanoclubslc.org

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

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. *It is our light, not our darkness, that most frightens us.* We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you NOT to be? You are a small child of God. Your playing doesn't serve the world. There's nothing enlightening about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children manifest the glory of God that is within us; it's in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.



- Marianne Williamson

Suicide Antidote

This was supposed to be my suicide note
Fortunately my demons are my antidote
I pushed everyone away who loves me
most

Yet scream for anyone to be here and hold
me close

These drugs are just to trick me that I'm
the character I've created

Wanting to be the most popular, I became
the most hated

I never thought I'd open up telling a soul
I'm afraid and mean it

I've been such a master of mask, who the
fuck is gonna believe it

I've completely lost myself before I even
found me

Hell is full and heaven won't have me

I can't even pick myself up or maybe I
don't want to

I'm a great man, just hate the monster
inside of me and I've shown you

I've watched myself transform when I have
the strength to look in the mirror

Years of abuse and rehab yet seems
nothing can keep me outta livin in fear

I just took a shot to keep writing these
songs

I did a line to stop reliving all my wrongs

I haven't walked in your shoes nor mine

Trust me that's no ego, no one is fine

These tears on my face have failed to
erase all the memories I pray I could
replace

This daydream was always a nightmare

My love for the drug beat you at first glare

It came before you despite my kryptonite
of blond hair

I pushed you away just like the rest of
them

Let's not bullshit, I'm not like the rest of
men

That makes this an unbearable torture

Like the Devil himself sent you to me as
his forever seeking vulture

Trapped in a never ending circle unable to
complete your torture

All the while I announce myself as a lion
king predator

Deep down only the master pretender

These lyrics were put down by my brain

The story born from my pain

Which sparked my heart for one last flame

So accept this note knowing there's no
need for worry

This is far from the end of my story

-Blake A.

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

80 West Louise Avenue (2850 S)
Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS