



I am responsible, when anyone, anywhere reaches out for help, I want the hand of AA always to be there... And for that, I am responsible.

Spiritual Experiences

Bill W., Grapevine , July 1962

It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project I would like to say a few introductory words. There is a very natural tendency to set apart those experiences or awakenings which happen to be sudden, spectacular or vision-producing. Therefore any recital of such cases always produces mixed reactions. Some will say, "I wish I could have an experience like that!"

Others, feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, "I just can't buy this business. I can't understand what these people are talking about."

As most AAs have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence. At first it was very natural for me to feel that this experience staked me out for somebody very special.

But as I now look back upon this tremendous event, I can only feel very specially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

In all other respects, however, I am sure that my own experience was not in the least different than that received by every AA member who has strenuously practiced our recovery program.

How often do we sit in AA meetings and hear the speaker declare, "But I haven't yet got the spiritual angle."

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Letter from the editor

Allow me to introduce myself, my name is Bill W. and I am a very, very grateful alcoholic. For years I told people (mostly myself) that I haven't always been an alcoholic. I had often said I only drank heavily for the last few years. And then, after taking a half-ass inventory of myself said, eh maybe like 10 years. Then, looking even deeper, perhaps I hit hard the last (insert arbitrary number) years. The truth is, I had my first alcoholic drink at around 13 or 14 and while I didn't drink daily until I was in my thirties

I have ALWAYS been an alcoholic. I was always picked on and bullied in school and never fit in anywhere, that is until I found that liquid courage....

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CENTRAL OFFICE board of trustees

BOARD@SALTLAKEAA.ORG

Chair — Julian G.	Trustee — Brad
Co-Chair — Dave V.	Trustee —Doug R.
Secretary — Mike L.	Alt Trustee — Mike A.
Treasurer — Lenny B.	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 Hollo 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 — Jason D.

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:

Something Simple -
Wed @ 7:00pm 400 S Main St. Kamas Comm. Center

Quitting Time -
Wed @ 6:00p W. Layton, UT

Bountiful Solutions -
Tue @ 12:00pm Corner Bakery 175 W 500 S Bountiful

High Peaks -
Mon @ 5:30pm Alta Comm Center 10351 E Hwy 210

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

9t Street -
Wed @ 7:30pm 6771 S. 900 SLC Ne: Level
Recovery. Parking front & back

Despertar Espiritual -
Everyday @ Alan West. 8:15pm W.
Magna Main St. Magna

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

MEETING UPDATES:

Southenders - Will be moving *FROM* Jim's Family Restaurant in Riverton *TO* **Alta View Hospital**, Blanch Family Education Center btwn bldg 4&5. Park in front of BLDG 5 on southwest end of property. Last meeting at OLD location will be 1/28, first meeting at NEW location will be 2/4 Tuesdays @ 7pm

Last Run with Bill W -
Time change to 5:15pm Alta Reading Room 10351 E Hwy 210.

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"

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-
now "Rise and Grind"

CANCELED MEETINGS

Serenity Through The Storm -
Thur @ 7:00pm 525 E 200 S Clearfield, UT

Women on Wednesday -
Wed @7:30 Baptist Church 777 S 1300 E

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.

CENTRAL OFFICE REPRESENTATIVES: 01/14/20 MEETING MINUTES

Board of Directors Reports:

Chair: Julian G- Welcomed new reps.

Co-Chair: Dave V- Welcomed new Central Office Reps: Jim-Sugarhouse 5:30pm Non-Smokers, Michelle-9pm Every Night Firelight, Mike-10am Rise and Grind, Russ-11th Step Meditation, Annie-Thursday Noon Group, Gabe-Saturday Morning Suck. I missed a few so let me know and I will get you on here next month.

Secretary: Mike L.-Introduced himself as new Secretary. Thanks Rob for all your help with the transition.

Treasurer: Lenny B-Gave the financial report for December 2019. Prudent reserve on the mark. Lost a bit last month.

Trustee District 2: Paul M.- The District 2 Meeting is held at Fellowship Hall on the 4th Tuesday of the month @ 6pm.

Trustee District 10: Brad M. - District 10 filled every available position.

Alt Trustee: Serena - Corrections needs Spanish speaking people for meetings.

Committee Chair Reports:

Activities: Rob C- Superbowl party at 4pm @ Central office. 801-647-0889.

Archives: Laura C.-Talked about what archives is. Discussed adding to the sobriety calendar through the year. Discussed group history binder.

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 and they will be posted on the website.

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

Literature: Charlie T.- Fully stocked with books and literature.

Corrections: Lori G. is the corrections chair. Brings some experience volunteering in corrections. We are excited to have you with us. Please tell your groups we are in need of volunteers to take meetings into Salt Lake County Jail. People in jail are in need of our service and need recovery. Background check is required and must be off paper for 5 years. However if you are not sure you will qualify, at least TRY and see what happens.

Lifeline: Jason D- Please submit stories, poetry, & artwork to me @ lifeline@saltlakeaa.org

Treatment: Rusty J- several cal from entities ; literature and books. Open discussion about starting a meeting at LDS Hospital

Public Information: Melissa E.- Contacted by the District 10 chair. Will be having a get together with all area PI's. Took brochures to Salt Lake Defenders Assoc. No big events currently but looking for ideas.

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

Webervant: Owen - 3.1k users, 5.5k sessions, 73% searching, 25% accessed the website. Doug helped update the bylaws, thank you Doug!

NEW BUSINESS:

Newly Appointed Service Positions :

*Secretary - Mike L.

*Treasurer - Leonard B.

*Lifeline - Jason D.

Adjourn and Close with the Serenity Prayer

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



Next Central Office Rep. meeting will be held on Tuesday 2/11/19 @ 6:30pm

MY ROAD TO RECOVERY

I'm 5 months into a ten month sentence at the Utah State Prison. This is my 4th time back in since I first came here back in July of 2017. Before that I had only done county time. The truth is drugs and alcohol have been the driving source in my life for many years. I'm not gonna say that I didn't have any fun, cause that would be a lie. I had a lot of fun for a few years, and had a lot of really cool experiences and met some of the most amazing people! But I'm tired of letting everyone down including myself. The depths of depravity that I have allowed to be my life, are a constant reminder of why I don't ever wanna return to drugs and alcohol.

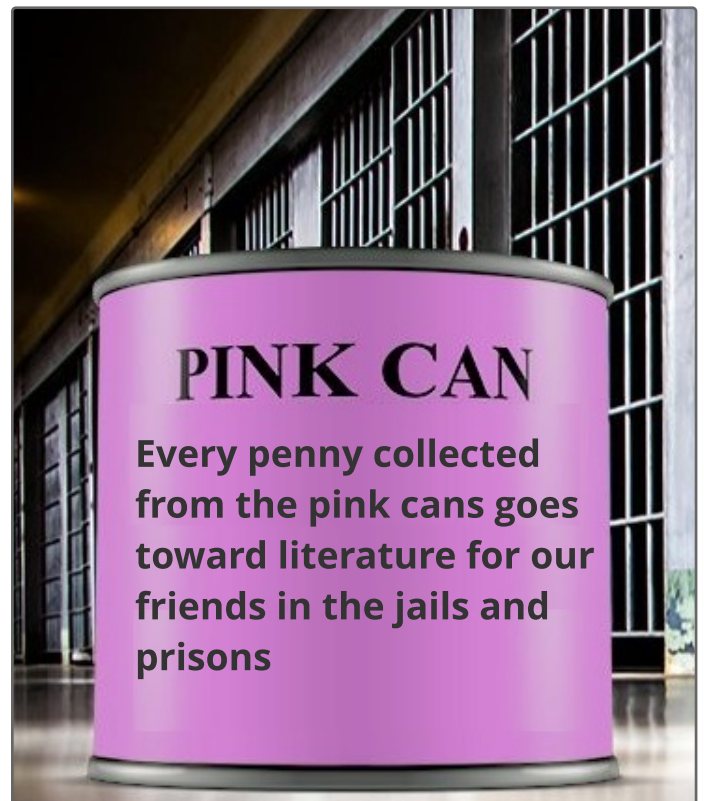
Every time I return to active addiction I reach a whole new bottom, a low I never thought possible. After everything I've been through, I'm lucky to be alive. Back in 2014 I was sprayed with acostic lye, and it destroyed the surface of my left eye. For the past five years I have fought to try and restore my vision, only to be told recently that they can't help me.

Everything bad that has happened to me correlates with using drugs and alcohol. After I was sprayed with acid, my addiction was my means of escape. I didn't know how to live life anymore. It was a dark time. In 2015 I decided to go to detox for probably the 4th or 5th time after being stabbed four times at a trap house. I was sick of living a life full of misery and despair. And the fact that I wasn't a part of my son's life was destroying me inside.

At the hospital after going through the intake process, they told me that I most likely have hep-c, and my liver was distended and swollen. Instead of putting me in the detox part, they kept me in the emergency unit for three weeks. After I was released, I knew I needed treatment, or I would return to drugs, so I went to a dual diagnosis treatment center in Ontario, CA. Thus I started on my long road to recovery.

I was introduced to the rooms of AA in treatment. Ever since then I've been in and out of the rooms, with little bouts of sobriety. And just like it says in the Big Book, always followed by a worse relapse. My whole adult life I've found some success, then I relapse, go to jail, and now prison. I got it into my head that I could just use once, and before you know it, I lost my job, I was shooting meth and heroine. I resorted back to selling drugs, and I'm on the run, with three new felonies.

I never really put a lot of effort into working a program of recovery until just recently. I started working the twelve steps, got a sponsor, and I started building a solid foundation. I'm truly blessed to be where I am. My higher power has placed me in a place where I can transform my life. My relationship with my higher power has never been better, and I'm no longer afraid of tomorrow. I have confidence and love for myself, and others. Today I work a program of recovery daily, I attend meetings daily, and work the twelve steps with a sponsor. -Townsend H.





SALT LAKE CENTRAL OFFICE DECEMBER FINANCIALS



Income Statement

	2019	2018
Revenue		
Group Contributions	\$2,062.52	\$2,246.50
Copy/Newsletter donations	\$65.95	\$3.00
Individual Contributions	\$-	\$-
Sales - Literature	\$8,647.25	\$7,228.90
Sales - Coins	\$1,655.50	\$1,208.60
Interest Income	\$-	\$-
Total Revenue:	\$13,010.85	\$10,820.10
COGS - Literature	\$8,434.00	\$8,294.44
COGS - Coins	\$1,596.86	\$1,175.44
Total COGS	\$10,144.07	\$8,294.44
Gross Profit	\$2,866.78	\$2,525.66
Operating Expenses	\$4,404.76	\$3,238.90
Other Expenses:	\$-	\$-
Total Expenses	\$4,404.76	\$3,238.90
Net Income:	\$(1,537.98)	\$(713.24)

Bank Accounts

Checking & Petty Cash	\$13,804.07	\$15,895.10
Accounts Payable Due	\$(8,916.50)	\$(15,794.55)
Money Market - PR	\$24,387.23	\$24,265.58
Total	\$29,274.80	\$24,366.13

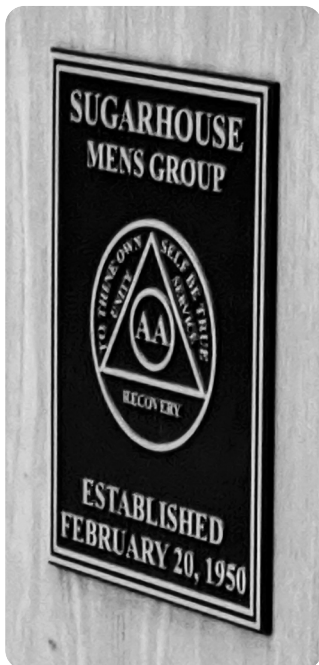
- Please note that according to the central office bylaws it is required to have 6 mos overhead in the prudent reserve. Average monthly costs are \$4000/mo, \$24,000 for 6 mos
- A detail of group contributions is available and will be handed out quarterly.

Group Contributions -

Activities	122.00
Basic Young Peoples	79.75
Bog Irish	144.74
Bountiful Community	25.00
Counter sales	1650.05
District 10 corrections	0.25
Early Beginners	3.00
Grub Lunch Bunch Cowboy	64.00
South Davis AA	25.00
Unity Lunch Bunch	41.06
Weekend Get AA	75.00
Welcome Home	110.00
Women In Sobriety	40.00
Women Stepping Up	120.00
Total -	<u>\$2,062.52</u>

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

CALENDAR of Events



The **Sugarhouse Mens Group** of Alcoholics Anonymous proudly announces 70 years of service to the recovery of many men in the State of Utah. The group was established February 20, 1950 and is the oldest group in Area 69. A celebration will take place on February 21, 2020 at 8 pm at Mount Olympus Presbyterian Church at 3280 E 3900 S. The celebration is an **open meeting** with cake and light refreshments and **all** are welcome to attend.

2020 INTERNATIONAL A.A. Convention

July 2-5, 2020

Detroit Michigan

*Registration opens:
September 9th, 2019
online: www.aa.org
or fill out the form
at Central Office and
mail or fax it in.



PRAASA 2020 MARCH 6TH - 8TH

53RD PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY
Tucson Arizona
Hosted by Arizona Area 03 of Alcoholics Anonymous

*I should run for political office
just to see what kind of
scandalous dirt they dig up.*

*I would love to be able to piece
together my twenties.*

23rd Annual Dixie Winterfest *A Vision for You*

February 28, 29 and March 1, 2020
Red Lion Conference Center, St. George Utah



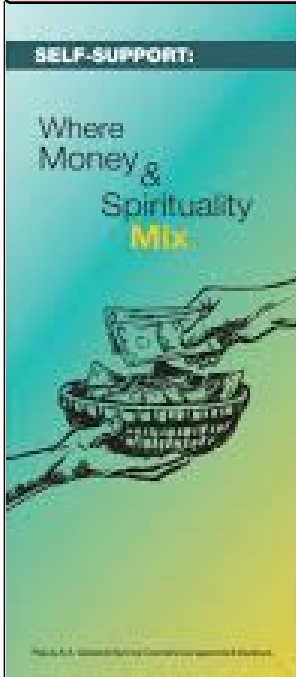
About Winterfest

<https://dixiewinterfest.org>

Registration - \$25

*Please send events (or anything else you would like to submit) to:
lifeline@saltlakeaa.org

PAMPHLET OF THE MONTH



"The paradox of A.A. is that financial independence and the support of our Fellowship by alcoholics and alcoholics alone not only enhances A.A.'s importance to each of us, but stimulates our engagement in our own recovery...A.A. is 'our thing,' from our group's treasury to the balance

sheets at the General Service Office."

"With the realization that A.A. must steer clear of outside contributions in order to maintain its autonomy and independence came the understanding that the money necessary for A.A.'s survival would have to come from individual A.A. members and groups. As Bill W. put it in 1957, "our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility - one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid."



Hour Of Hope Group

Wasatch Facility
Utah State Prison

Ricardo -18 mo

Al -6 mo

Dale -30 days

Ron - 7 years

Matt - 60 days

Tyler - 6 mo

Rick - 6 months

Golden Keys Group

Lone Peak Facility
Utah State Prison

Doug - 2 yrs

Randy - 2 yrs

Zack - 30 days

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 6:30pm

80 W Louise Ave SLC, 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!

Prior to this statement, he had described a miracle of transformation which had occurred in him -- not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; and that this gift was all out of proportion to anything that might be expected from simple AA activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, "Well, that guy is just reeking with the spiritual angle -- except that he doesn't seem to know it yet!" We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.

Moreover he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate -- my sudden spiritual experience notwithstanding.

So nowadays when AAs come to me, hoping to find out how one comes by those sudden experiences, I simply tell them in all probability that they have had one just as good -- and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extending over six months had been condensed into six minutes -- well, they then might have seen the stars too!

In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones -- they are certainly all of the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."

This is why I think we should question no one's transformation -- whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be the most useful for our needs.

Spiritual Experiences, By Bill. July, 1965
Copyright © The AA Grapevine, Inc.

JOKE OF THE MONTH



A man Valentine's Day to be special, so he bought a bottle of absinthe and stopp by the florist's to order a bouquet wife's favorite flower: white anemones. Unfortunately, the florist was sold out of flowers and had only few stems of feathery ferns. The man asked the florist to make a bouquet out of the ferns and the flask of liquor. He added card and proceeded home.

After a romantic candlelight dinner, he presented his wife with the gift. She opened th card "Absinthe makes th grow fonder." With a tear in h eye, she whispered to him I "Yes, and with frond like these, who needs anemones."

...I was ten feet tall and bullet-proof. I was good looking and smart and could hold a conversation! And, I was popular... *Cheers* had it right, sometimes you really do want to go where everybody knows your name, and our troubles are all the same. For many years I sat on a bar stool. My drink of choice was always waiting for me when I walked in, I may as well have been named Norm. I was surrounded by all of these like-minded people that had the same interests and problems as me. The bar scene and friends were eventually traded in for isolation and bottom shelf turpentine. When I couldn't eat or stand up or pay my bills or go to work anymore I went to asylums... or treatment centers to get "better." 6 times I went with the intention to get healthy and have another go at controlled drinking and 5 of those were unsuccessful (the controlled drinking that is.) I am proud Chapter 3 was written about me! It wasn't until I finally surrendered and got to work that I was finally free from the bondage of this disease.

My program had always been my last resort, the last house on the block, I would say. Speaking personally, putting it first is actually the *easier, softer*. Today, A.A. is my first priority and it gives me so much happiness, but I have to put a little bit of work into it **everyday** for it to work.

I would posit this: perhaps the *Cheers* theme is really about A.A.: *I wanna be where I can see, our troubles are all the same. I wanna be where everybody knows my name!* I want to be right here, I want to be in Alcoholics Anonymous!

I am excited to serve in this position! If anyone has any questions, comments, stories, artwork or poetry, don't hesitate to drop a line at lifeline@saltlakeaa.org

Thank you for letting me be of service!

-JD



Estamos buscando miembros de AA que hablen español para llevar reuniones a las prisiones y cárceles.

Para llevar el mensaje a la prisión, usted debe ser residente legal de los Estados Unidos, tener un año de sobriedad, estar fuera de cargos por delitos graves por más de 10 años, y estar fuera de los cargos por delitos menores por más de 5 años. Por favor, póngase en contacto con Jana en district10corrections@gmail.com, con cualquier pregunta.

Para llevar el mensaje a las cárceles, usted debe ser residente legal de los Estados Unidos, tener un año de sobriedad, estar fuera de los cargos por delitos graves por más de 5 años, y estar fuera de los cargos por delitos menores por más de 3 años. y no han estado en la cárcel por más de 3 años. Por favor, póngase en contacto con Dan B en Doodan666@yahoo.com.



The Last Page on the Left

Addiction

Demons come when they want
it's not a set date or time
they can come in the day
or creep up on you at night
It does not matter your background
Blue collar or white
maybe your homeless
or your trying to hide
addictions' the devil
once you start, it's a difficult thing to stop
smoking it, eating it, drinking it
or even putting it in a shot
it's made me lose things
this she didn't care
the harder I got into it
the harder it was to bear
This has been my life
since the age of nine
I thought I was unstoppable
I thought I was sublime
My life has been difficult
My family knows this to be true
overdoses and institutions
aren't you glad this isn't you
by, David L.

Your Choice : Alcoholism or Recovery

Alcoholism kicks your butt
Steals your soul
Then throws you in the gutter.
Recovery saves your butt
Restores your soul
Picks you up
Then puts you on the path
to a sober life
that's happy, joyous and free



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