

lifeline

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.

Salt Lake Central Office

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Practice
Acceptance
this month!

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

*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!

Whack-A-Mole

A goal I set in early sobriety when my sponsor was helping me with goal-setting was to write an article for the Lifeline on "Meeting Manners." It was outside my comfort zone (opposite behavior) and I thought it may help other newcomers as I had been thoroughly confused the first couple of A.A. meetings. The verbiage of spoken and unspoken "suggested" do's and Don'ts were Greek to me. The vigor I had to write that article faded, partly due to the fact that I didn't want to sound like a know-it-all pedestal preacher which I hate! Plus the fact that I figured out decent etiquette by going to enough meetings. But recently I keep getting promptings to share my experience regarding "addiction whack- a- mole" and the beast within. I have a feeling many of us alcoholics and addicts share this phenomenon. I might also add that I have been hesitant to share my experience due to controversies on this matter. But, this is my program, it's not perfect and maybe it'll help someone. When I hit my rock bottom I was hopeless and answerless. I couldn't live with or without alcohol anymore. I was sick and tired of being sick and tired. Through my last few years of drink-

ing and maintaining my facade I had increasing bouts of anxiety, panic attacks and insomnia. My life was becoming unmanageable. Alcohol was no longer working despite increasing amounts. I had a handful of Xanax prescribed during one of my visits to the ER for anxiety and panic attacks. I rarely took one during my drinking because I didn't want to die. So, the night of my last drunk I came home and knew I was done. My inner true self was cracking through the facade.

For the first time in years I uttered a prayer to anyone listening, pleading "help me... please, help me." I had a spiritual experience which I now know was a tender mercy from my Higher Power. I was given a glimmer of hope and led

to A.A. I knew enough about alcohol withdrawal that to stop cold turkey could be dangerous. I had also tried weaning down my intake over a short period of time enough times to know that didn't work for me. **I cannot stop once I start.** So, with my partners help, I used most of the Xanax I had to safely withdraw. No problem. I didn't want anymore after the week was up. I used it responsibly and my partner kept them in the safe. My panic and anxiety didn't disappear like I'd hoped...

...continued on page 9





CENTRAL OFFICE Board of Trustees

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.

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.
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Corrections — Lorie G.
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Events Calendar — Jake
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Hotline — Johnathan
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Literature — Charlie T.
literature@saltlakeaa.org

Lifeline Newsletter — Jason D.
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Outreach — Schadie
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Public Information— Melissa E.
pi@saltlakeaa.org

Technical Support — Asch M.
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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

Alcoholics
Anonymous®

www.aa.org

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

March 19, 2020

The General Service of Alcoholics Anonymous (G.S.O.) U.S./Canada functions as a repository for A.A. members and groups who are looking for the shared experience of the Fellowship. As the global situation related to Coronavirus (COVID-19) continues to develop, we are fully committed to continue to serve as a resource center of shared experience to help navigate this unprecedented public health emergency.

It is important to note the G.S.O. is not an authoritative body over our groups, nor does it initiate rules or directives, as each A.A. group and entity is autonomous and decisions are made through its group conscience. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. For anyone experiencing health and safety questions, it is suggested they contact national, state/provincial and local health authorities for appropriate information.

However, in response to the global outbreak, we do have some general experience regarding how some A.A. groups and members have begun to address this issue. Many are following "social distancing" guidelines established by local, state, provincial, and federal officials, while at the same time maintaining their recovery and attending digital A.A. meetings.

By attending digital meetings, groups can focus on A.A.'s primary purpose: to carry its message of recovery to the alcoholic who still suffers. Many groups have alerted *local* A.A. offices or hotlines if they are temporarily not meeting in their regular space. Some groups have shared that they are utilizing digital platforms such as [Zoom](#), [Google Hangouts](#), or conducting conference calls.

A.A. groups are also creating contact lists, keeping in touch by phone, email or social media. Many local A.A. central/intergroup offices, and areas have added information to their websites about how to change a meeting format from "in-person" to a digital platform. A.A. in the digital age has certainly taken on a new meaning in these challenging times.

Please check with Central Office for up to date meeting schedules. Many meetings are being held via the [Zoom](#) app. As of this printing, Central Office is still **OPEN** and all are welcome to stop in.

<http://www.saltlakeaa.org/online-meetings/>

Central Office Meeting Minutes 03-10-2020

Board of Directors Reports

Chair: Julian G. - Excused

Warranties and Statement of Purpose
Welcome new Central Office
Representatives

Co-Chair: Dave V. - Welcomed new CO Reps

Secretary - Mike L. - Welcomed new Reps,
asked everyone to fill out signup sheet.

Treasurer: Leonard B. - Financial Report: not
alot to report other than a slight upward trend
since first of year.

Trustee: Paul M. (District 2 liaison) - D2 meet-
ing is 4th Tuesday of the month, Fellowship Hall,
7pm. Looking to fill positions. Had a report from
the area delegate.

Trustee: Brad M. - (District 10 liaison) Excused

Trustee: Doug R. (District 11 liaison) Excused

Alt Trustee: Mike A. - Excused

Alt Trustee: Serena - Bridging the Gap Coordi-
nator position is available. Talked about agenda
items for area pre-conference assembly. Has in-
formation on this years UCYPAA Campout which
is June 5-7 at Duck Creek.

Commitee Chair Reports

Activities - Rob C. Talked about planning events
such as Top Golf, bowling. The cost would be
discounted. Serena suggested a Bake-off and
Rob said this could be an option in the Spring.

Events Calendar: Jake - Submit your events to
Jake.

Archives: Laura - Excused

Bi-Laws: Julian G. - Excused

Coins: Jim C - Took inventory, adjusted the com-
puter, placed an order. Mentioned a call coming
in asking about online business meetings.

GOD SPEED JOHN M. A long time volunteer a
Central Office and a Man who touched MANY
LIVES with his example of selflessness.

UNI has cancelled all meetings for a minimum
of 8 weeks. Central Office needs volunteers for
Monday mornings and Tuesday afternoons.

Cooperation with Professionals: Joe B. -
Excused

Corrections: Lori G. - Excused

Literature: Charlie T. - Good stock of all books.
Spanish Grapevine is getting up in inventory.
Charlie needs a Co-chair to help fill in when he is
unavailable due to other commitments.

Hotline: Johnathan - Excused

Newsletter: Jason D. - Always looking for sub-
missions. Go check out the new Lifeline Face-
book page "Salt Lake Lifeline"

Outreach: Schadie - Excused

Public Information: Melissa E. - Excused re-
port: "Working with area District P.I. Chairs on
projects. We plan to post some GSO approved
PSA spots on the web and social media. We are
also working to expand AA literature available at
public libraries and Central Office PI will be do-
nating and delivering Spanish pamphlets and
books to support the initiative. Please follow the
CO Facebook page.

Tech Committee: Asch - Excused.

Treatment Chair: Rusty J. - Excused

12th Step: Skip M. - Excused

Volunteers: Doug R. - Excused

Webservant: Owen - 3700 users for February.
6500 private sessions. Please submit meeting
changes and will do his best to update once a
week, usually on Sundays.

Old Business: Literature Chair is Open, please
take to groups. Had people volunteer to help
Charlie in hopes that someone will step into the
Co-Chair position. Tentatively put together a Lit-
erature Chair Committee.

New Business: Proposed that Board/Committee
Chairs discuss a protocol in regards to those
who are not consistently showing up to repre-
sent their Committee Chair positions. Motion
was made to discuss at the next board meeting.

***Keep smiling and have a wonderful, safe
month!***

*(ed note: At the time of the Central Office meeting,
it was mostly business as usual. Events and activi-
ties may be cancelled or rescheduled now.*

*Please visit www.saltlakeaa.org for most recent
news and updates.)*

Please check www.saltlakeaa.org for time and location of next meeting.

Acceptance

**"And acceptance is the answer to all my problems today.
When I am disturbed,
It is because I find some person, place, thing, situation --
Some fact of my life -- unacceptable to me,
And I can find no serenity until I accept
That person, place, thing, or situation
As being exactly the way it is supposed to be at this moment.
Nothing, absolutely nothing happens in God's world by mistake.
Until I could accept my alcoholism, I could not stay sober;
Unless I accept life completely on life's terms,
I cannot be happy.
I need to concentrate not so much
On what needs to be changed in the world
As on what needs to be changed in me and in my attitudes."**

**Alcoholics Anonymous, 4th Edition p. 417
Copyright 1976 A.A.W.S. Inc.**

Thought to Consider . . .

**Acceptance is not submission;
It is acknowledgment of the facts of a situation,
Then deciding what you're going to do about it.**

Joke of the Month

At a winery, the regular taster died and the director was looking for a new one to hire. A drunkard with a ragged, dirty look came in to apply for the position. The director initially wanted to send him away but his curiosity was piqued, so he gave him a glass to drink.

The drunk tried it and said "It's a Muscat, three years old, grown on the north slope, matured in steel containers. Low grade, but acceptable."

"That's correct!" said the director. Intrigued, he poured another glass. "This is a Cabernet, eight years old, a south-western slope, oak barrels, matured at 8 degrees. Requires three more years for finest results" says the drunk.

"Correct!" A third glass... "It's a Pinot Blanc Champagne, high grade and exclusive" the old man says.

The director is astonished at this point. He goes over to his secretary and whispers something in her ear. She leaves and comes back a few minutes later with a glass of urine to try and trick bum.

He sips it and says: "It's a blonde, 26 years old, 3 months pregnant and I will name the father if I don't get the job.

February 2020 Financial Statement

Income Statement	2020	2019
<u>Revenue</u>		
Group contributions	2,402.94	1,823.15
Copy/Newsletter donations	21.60	10.50
Individual Contributions	766.12	-
Sales - Literature	5,498.25	6,670.22
Sales - Coins	1,670.05	1,153.10
Sales - Other		105.80
Total Revenue:	10,358.96	9,762.77
<u>COGS</u>		
COGS - Literature	5,389.99	6,513.84
COGS - Coins	1,657.96	1,112.74
COGS - Other	30.34	48.68
Total COGS	7,078.29	7,675.26
Gross Profit	3,280.67	2,087.51
Operating Expenses	3,827.13	3,987.10
Other Expenses	-	-
*Total Expenses	3,827.13	3,987.10
Net Income	(546.46)	(1,899.59)
<u>Bank Accounts</u>		
Checking & Petty Cash	3,823.55	12,269.55
Accounts Payable Due	(914.44)	(205.04)
Money Market -PR	24,405.29	24,364.96
**Total	27,314.40	39,429.47

Group Contributions	
90th and 32nd	278.32
By The Book	460.00
Crazy Ladies	200.00
District 2 Corrections	784.00
Grupo Fey Esperanza	336.10
Friday Night Young & Alive	174.00
Highland Group	48.00'
Island of Misfit Toys	131.50
Magna Friendly Bunch	150.00
Murray Group	73.50
Primary Purpose	31.75
South Davis AA	154.40
Wake Up Call	152.80
Weekend Warriors	81.58
Off the Cuff	39.00

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

*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 months. A detail of group contributions is available and will be handed out quarterly.*



Calendar Of EVENTS

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.

2020 Post-Conference Assembly

May 15th-17th, 2020

Hosted by district 5

Greenwell Inn & Convention Center

655 East Main st.

Price, Utah

(800) 666-3520

Conference Room Rate: "Area 69"
Single and Double Queen - \$50 + tax

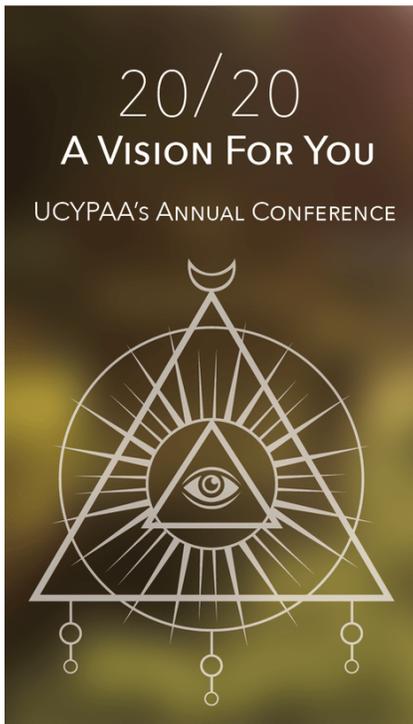
Contact:

Laney (435) 630-241

Brent (435) 630-8943

Mike (435) 630-9047

Scott (435) 650-7912




JUNE 5TH-7TH, 2020
AT DUCK CREEK, UTAH

- 2 LARGE COMMUNITY CAMPSITES RESERVED
- MEALS, ACTIVITIES, EVENTS & FELLOWSHIP
- SATURDAY NIGHT SOBRIETY COUNTDOWN
- 3 MAIN SPEAKERS

FOR REGISTRATION, ADDITIONAL INFORMATION,
AND INTEREST IN PRIVATE CAMPSITES OR OTHER
LODGING, PLEASE GO TO UCYPAA.ORG

\$20 REGISTRATION / \$20 T-SHIRT
OR
BOTH FOR \$30

UTAH CONFERENCE OF YOUNG PEOPLE
OF ALCOHOLICS ANONYMOUS



GREAT OUTDOORS CAMPOUT

July 10th, 11th & 12th

Defa's Dude Ranch, Hanna, UT

godcampout@gmail.com

If you have an upcoming event that you would like to add to the page, please submit to
lifeline@saltlakeaa.org and/or events@saltlakeaa.org

PAMPHLET OF THE MONTH

Are you stuck at home under self-quarantine? Do you have an itch for a speaker meeting that you are unable to scratch? Are you in desperate need of a message of Experience, Strength and Hope? Well have I got a deal for you! This pamphlet is jam-packed with 30 pages of AWESOMENESS! It is *literally a meeting in your pocket!* This pamphlet and more are readily available for you at Central Office, which is one of the few places that is actually still open (as of this printing.)

Also available online: https://www.aa.org/pages/en_US/aa-literature

Here are a few excerpts from within this pamphlet:

"I am person convinced that the basic search of every human being, from cradle to grave, is to find at least one other human being before whom he can stand completely naked, stripped of all pretense or defense, and trust that person not to hurt him, because that other person has stripped himself naked, too. This lifelong search can begin to end with the first A.A. encounter"

"There is a widely held belief in A.A. that if a newcomer will simply continue to attend meetings. 'Something will finally rub off on you.' And the implication, of course, is that

A Member's- Eye View of Alcoholics Anonymous



This is A.A. General Service
Conference-approved literature

the something which rubs off will be this so-called miracle of A.A. Now, there is no doubt in my mind that many people in A.A. accept this statement quite literally. I have observed them over the years. They faithfully attend meetings, faithfully waiting for 'something to rub off.' The funny part about it is that "something" is rubbing off on them. Death. They sit there - week after month after year - while mental, spiritual, and physical *rigor mortis* slowly sets in."

"I believe the real 'miracle of A.A.' the 'something' that will rub off, we hope, is simply the alcoholic's willingness to *act*."

...I was already on medication and knew asking my doctor for a prescription for anxiety was out of the question. They are addictive and I just didn't want to go there. I opted to try the herbal route. I smoked plenty of pot in my teen years and I turned out okay, right? Plus, it's getting legal everywhere, how bad could it be? My philosophy was harm reduction. I did not want to pick up a drink again. It worked well at first. When I was anxious and sensing a panic attack (sense of impending doom, racing pulse and thoughts, sweating, shallow breathing), I would toke on a vape pen and it did help. Unbeknownst to me, the addiction beast opened an eye. After a couple of weeks, my use increased. What was just every couple of days became nightly, then a couple of hits throughout the day... just to take the edge off. It was still better than alcohol. I wasn't killing anyone on the roads. I didn't get stupid high. Sure, I did get more munchies. I honestly didn't think it was a big deal. In hindsight my connection with my Higher Power became increasingly dulled during that time. One night, my partner commented that I was going through vape pens quickly and they were getting pricey. I caught myself negotiating with him to just give me one pen per week and once it was gone, I'd have to wait until the next week for a new one. Right after I said it... I realized the addiction beast had a claw in me. Luckily, I remembered these negotiation tactics I would pull while drinking. I knew I was done. I called my sponsor and met with her the next day and told on myself. Should I reset my sobriety date? I felt I had earnestly been working on the steps and was currently working on amends. Thank goodness I have a sponsor who is loving and understanding. She didn't think I needed to reset my sobriety date, especially since I recognized the sneaky addiction beast before it led me back to the bottle. Quitting pot was nothing like quitting alcohol, thank God! Let me just state for the record that I still think pot isn't nearly as destructive as alcohol. I personally know folks who use it re-

sponsibly for conditions that would otherwise require opioids or other addictive medications. I'm just not one of those who can use it responsibly and it could've led me back to the bottle. A couple of months later, I was having some trouble sleeping. I remembered Xanax was still in the safe. It whispered to me quietly at first. Then I had conversations in my head rehearsing my speech with my partner to justify giving me just one. The Xanax got louder. I couldn't stop thinking about it, so close in my grasp. I knew I had the safe combination somewhere, but it would require some digging. Luckily, I recognized the voice of addiction. I told on myself to my partner and asked to get rid of them. He did and voice and obsession went back to sleep. I now understand the story in the Big Book "Acceptance Was the Answer" (p. 407) where the physician says "Today I feel I have used up my right to chemical peace of mind." I also understand that removing one substance doesn't guarantee I won't get addicted to another. I recognize my pattern of addiction whack-a-mole and know where any mind altering substances are involved, I need to take steps to lull the addiction beast back to sleep immediately. Working the steps, staying spiritually in tune with my Higher Power, working with sponsees, attending meetings, helping others in need, being accountable, meditation, exercise, crafting, feeling useful and enjoying my work, exploring new hobbies, being in nature, setting attainable goals and getting outside of my comfort zone have helped me to manage my addictive beast and channel my addictive nature in a healthy way. Thank goodness I don't have to be perfect! I am an alcoholic first and foremost. But more importantly is to never forget the addiction beast that sleeps with me. He feeds on mind altering substances, so I think I will stay away from those today.

Oh and as far as meeting manners are concerned, love and tolerance is our code. Or in the words of my 9 year old son... "Dude, be nice."

Those who have one foot
in the canoe and one foot in the boat
are going to fall into the river

(Tuscarora proverb)



AAGRAPEVINE

The International Journal of Alcoholics Anonymous

Grapevine and La Viña are here to help

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone free access to all of our 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories will be available as well, so people can listen to the stories if they like.) Please share with your fellows. We have also included a link to our Youtube channel with some original audio stories as well as other important information.



To enter, visit:

www.aagrapevine.org/we-are-here-to-help

www.AAGrapevine.org

Need help with customer service?
 Call 800 631-6025 (English), 800 640-8781 (Spanish),
 818 487-2093 (French) or email:
customerservice@aagrapevine.org

The 12 Traditions

1. Our common welfare should come first, personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The 12 Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Last Page on the Left

A message from Central Office:

Good morning Central Office Reps, Committee Chairs and Board Members. The reason for this email is to inform all of you that Central Office is remaining open through the social distancing period of the Covid-19 situation. Central Office and it's volunteers would like to provide a place to go if anyone is in need of some "face-to-face" interaction with sober Alcoholics. This is and has been a difficult time for some. And with most meetings temporarily shutting down, and many going virtual, some still may need personal interaction from time to time. There will still be someone at Central Office during regular business hours if anyone needs to stop in or call for any reason. Please relay this information to your group contacts, online meetings, as well as other alcoholics you may talk to.

Daily Acceptance

"Too much of my life has been spent in dwelling upon the faults of others. This is a most subtle and perverse form of self-satisfaction, which permits us to remain uncomfortably unaware of our own defects. Too often we are heard to say, 'If it weren't for him (or her), how happy I'd be!'"

Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives.

Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be the sure foundation upon which increased emotional health and therefore spiritual progress can be built.

As Bill Sees it, pg 44

Big Book Corner

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will (not mine!) be done." - We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

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

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Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS