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Consequences

Hey there friends, my name is Jase and I am an alcoholic! I have drank and/or used drugs in one form or another for the last 30 years or so. I have never had a DUI, never been to jail, never been homeless, never lost a job, never really experienced any consequences. As such, fear never deterred me from picking up and I have spent the last ten years or so in and out of detoxes and treatment centers. I would get sober and start working with my sponsor and then say screw it and start drinking again, always saying to myself, "eh, I will figure it out later, it always works out."

This time was different. There WERE consequences. One day I was sick, throwing up all day. I did what I always did and tried to power through it with a bottle of vodka. This time, however, it didn't work. That evening it was decided (by me or someone else, I can't remember) to go to the ER. The last thing I remember was being dropped off in front of the Emergency room. The next thing I remember (and this could have been hallucinated) was waking up bound and gagged in a glass box in a dark room 4 days later.

Apparently after I checked into the ER they attempted to detox me and I ended up having a seizure. My lungs filled with fluid and I stopped breathing. After being intubated and restrained in the event of another seizure, I was put under. What happened between that Thursday evening and sometime Monday has only been relayed to me second hand by various sources so I don't really know the exact details but the few brief moments of consciousness here and there were terrifying. I had never been that scared in my life. Consequences. There was my first big one.

Death is kind of a good motivator unless that is what you are aiming for, which I am not. My mother came to get me on day 7. When I got home I found out that I lost my job of over two Decades. Consequences... I ended up packing up my apartment and moving back to the small town where I grew up

CENTRAL OFFICE Board of Trustees

Chair — Brad M.

Co-Chair — Open

Secretary — Mike L.

Treasurer — Lenny B.

Trustee — Rusty J.

Trustee — Jake S.

Trustee — Open

Alt Trustee — Open

Alt Trustee — Open

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 601
Springville, UT 84663

District 10 Treasurer

PO Box 57271
Murray, UT 84157

Salt Lake Central Office

80 West Louise Ave.
Salt Lake City, UT 84115
(Please include group name)

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 — Open

activities@saltlakeaa.org

Archives — Rob C.

archives@saltlakeaa.org

By-laws — Open

Coins — Gina H.

coins@saltlakeaa.org

Co-op Professional Community — John S.

cpc@saltlakeaa.org

Corrections — Open

corrections@saltlakeaa.org

Events Calendar — Open

events@saltlakeaa.org

Hotline — Open

hotline@saltlakeaa.org

Literature — Doug R.

literature@saltlakeaa.org

Lifeline Newsletter — Open

lifeline@saltlakeaa.org

Outreach — Melissa E.

outreach@saltlakeaa.org

Public Information—Open

pi@saltlakeaa.org

Technical Support — Sonya

it@saltlakeaa.org

Treatment— Open

treatment@saltlakeaa.org

Twelfth Step — Zach B.

12step@saltlakeaa.org

Volunteer — Kim B.

volunteer@saltlakeaa.org

Website — Sonya

webservant@saltlakeaa.org

C.O. FINANCIALS JULY 2021

<u>Income Statement</u>	2021	2020
<u>Revenue</u>		
Group Contributions	\$1,810.04	\$2,235.90
Copy/Newsletter donations	\$14.40	\$0
Individual Contributions	\$1,000.87	\$1,463.25
Sales - Literature	\$5,488.10	\$5,302.95
Sales - Coins	\$1,485.50	\$916.35
Sales - Other	\$458.00	\$156.30
Total Revenue:	\$10,256.91	\$10,074.75
COGS - Literature	\$4,653.86	\$6,588.85
COGS - Coins	\$1,203.76	\$850.34
COGS - Other	\$368.81	\$51.63
Total COGS	\$6,226.43	\$6,588.85
Gross Profit	\$4,030.43	\$2,583.93
Operating Expenses	\$3,657.53	\$2,768.59
Other Expenses:	\$-	\$-
Total Expenses:	\$3,657.53	\$2,768.59
Net Income:	\$372.95	\$(184.66)
<u>Bank Accounts</u>		
Checking & Petty Cash	\$17,291.37	\$9,709.86
Accounts Payable Due	\$(3.00)	\$-
Money Market - PR	\$23,924.91	\$20,415.97
Total:	\$41,213.28	\$30,125.83

C.O. Meeting Minutes August 10th 2021

Reports Board of Directors

Chair: Brad -

Warranties & Statement of Purpose. Welcome to new C.O. Reps. Introduced all present.

Co-Chair: Open

Secretary: Mike -

If you aren't getting my emails please let me know at secretary@saltlakeaa.org.

Treasurer: Leonard B. -

Read and reviewed July's financial report. (See Attached) Net was positive \$372.00. Financials are on par with other months. Bought equipment for the new Point of Sale (\$760). About \$5500.00 in accounts payable for bills. Lenny suggested doing another inventory with the new inventory sheets he developed.

Trustee: Rusty - (District 2)

Fellowship hall is open from 11am to 8pm. They are currently doing a "soft" type menu, coffee shop style.

Trustee: Jake S. - (District 10)

District 13 is officially real. They filled many of the chair positions. The By-Laws need to be amended to include District 13. Meeting every 4th Thursday of every month. It will be the Hope Church at 6:30pm.

Reports Committee Chairs -

By-laws - Jake S. -

Unable to get the hard copy of the By-Laws and is hoping that there may be a clearer doc. Lenny made a motion that only the "By-Laws" preamble be read at the beginning of every meeting. Motion passed.

Volunteers: Kim B -

Masks are required inside Central Office.

Webservant: Sonya -

Lots of meeting changes. Thanks to Jake and Doug for all your help. Did a reach out to the area and they have a schedule that matches ours. Should be up soon. Will add the MASK MANDATE to our Google Business listing. Masks are available at C.O.

New Business:

- Jake mentioned a concerned member in District 2 over accessibility for the deaf and pitched the idea of an Accessibilities Chair position for Central Office.
- Jake set a motion that The Central Office will no longer provide the current free Zoom Room platform to online/hybrid meetings based on the 7th tradition. It was voted that the motion will be tabled until the next Central Office Rep meeting in order for this motion to be discussed with groups. Motioned tabled again to next month. Motion carries.
- The point of sale is free to use except for the transaction fees. Lenny suggests eventually upgrading the software which would be \$60.00 per month. It would enable us to track the analytics easier. Lenny set a motion to upgrade the software of the Point OF Sale. Motion passed.
- Brad mentioned that we need to revise the bi-law in regards to using a credit card. Motion carries. Details will be discussed at the board meeting next month.

Old Business :

Board positions -

- Co-chair - **Open**
- District 11 Trustee - **Open**
- Alternate(s) Trustee(s) - **Open**

Committee Chair Positions -

- Activities - **Open**
- Events Calendar - **Open**
- Corrections - **Open**
- Newsletter - **Open**
- Tech Committee - **Open**
- Treatment Chair - **Open**

Adjourn and Close with the Serenity Prayer

****The next C.O. Office board meeting will be held on Tues Sept 7th 2021 @ 6:30 pm.***

****The next C.O. Rep meeting will be held on Tues Sept 14th @ 6:30 pm***

Alano Club Announcement

Greetings from the Alano Club Board of Trustees. We hope you have all survived the rain we had the last part of August. Here is an update on club happenings, events, and an update on what we've been up to since the last Lifeline article. We also want to let members (or potential members) know how to pay club dues and help support keeping us open!

Club Improvements:

- Our kitchen grill is currently being refurbished. (not all burners were working nor both ovens) It is also being scrubbed of all grease on the back, which was a fire hazard.
- A security gate has been installed at the bottom of the stairs to keep folks from wandering into the closed area. (which happens often and the gate was donated) This will also help to keep our employees safe.
- Dead tree limbs have been taken out of the big tree close to the north entrance. (this was a danger to folks in the area)
- Our four wooden doors upstairs have been refurbished (by volunteers) and are currently being reinstalled. This will help alleviate the noise and disruptions between the 2 meeting rooms.

Savings & Membership:

- We currently have 121 dues paying members, 102 of which are eligible to vote (3 months of consecutive dues). There are also 44 eligible for the board-3 spots will be available the end of January)
- If you are attending meetings at the club, you can pay dues with cash, check or **credit card (*!!!)**. Talk to ...cont on pg 7

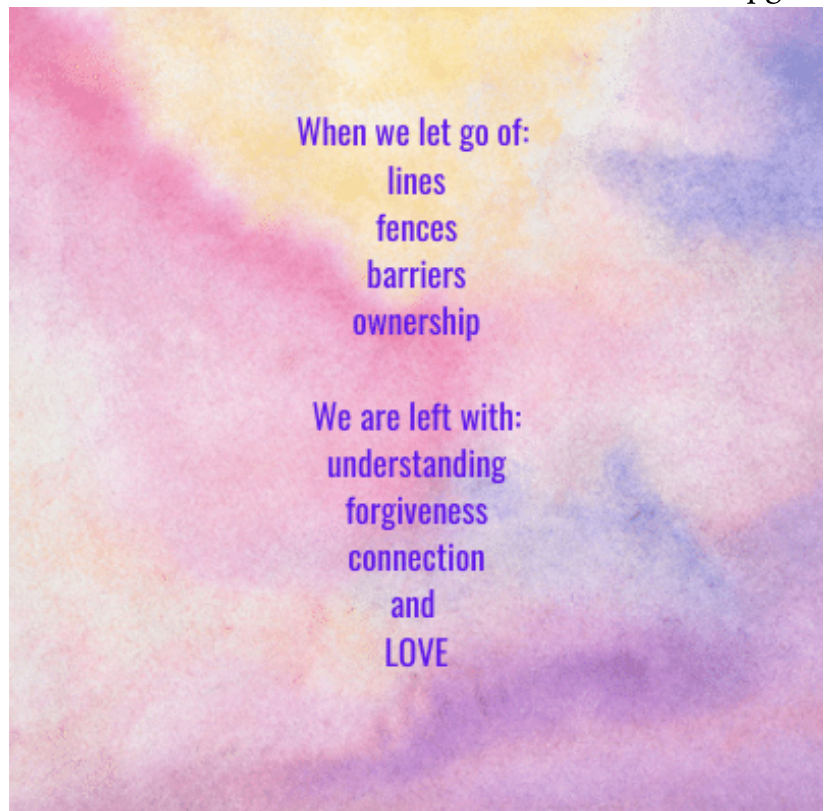
Consequences

Cont from pg 1...

to stay with her until I got back on my feet. This whole experience has been quite the wake up call. Knowing that my next drink could very well be my last drink has given me a whole new outlook on life. I don't regret having gone through that or losing my job. This is an opportunity to write my next chapter, a chapter devoid of mind-altering substances.

Today I am grateful. Grateful for having gone through that. Grateful for my friends and family and very grateful for this program!

-Jase





EVENTS



EVENTS



EVENTS



THE GREAT OUTDOOR BEAVER MEETING

Labor Day Weekend

September 2nd - September 5th

"An Experience You Must Not Miss" (Big Book pg.89)

for more information please visit :

www.greatoutdoorbeavermeeting.com



Alano West Annual Event

K.I.S.S. CAMPOUT

Rockport Dam

Sept 3rd - 5th 2021

\$45 for families

\$25 for single campers

\$10 for Saturday events

Pre-register before July 31st

for a \$5 discount

Questions?

contact Scottie @ 801-696-4996

or Ruth @ 801-759-2063



Women's Big Book Retreat

Book your "retreat" now!

Camp Rogers 2021

September 17, 18, 19

\$75.00 (\$80 at the door)

Registration:

Mail your non-refundable check
(payable to: "Women's Big Book Retreat")
to: Pati I.

1042 E Fort Union Blvd #233

Midvale, UT 84047

or register online at:

newurecovery.org

questions? Call: 801-574-8765

wbbgirls@gmail.com

Men's Spiritual Retreat

"CC + H2O"

The Practical Nature of Spirituality

Lava Hot Springs, ID (exit 47 off I-15)

Sept 10th, 11th & 12th

Featuring: **Bill C.** of Naples, Florida

\$30 early, \$40 day of

Venmo: @chronicbeard (include name(s) & phone #)

Check: payable to - CC + H2O - 131 J. St. SLC, UT 84103



24th National A.A. Archives Workshop

"Today is Tomorrow's History"

September 30th - October 3rd, 2021

San Antonio, TX



for more information, contact:

Tami S., Chair: (210)316-0147

Paul B., Co-Chair: (210)885-5848

2021ArchivesWorkshop@gmail.com

website: 2021NAAAW.org

Alano Club Announcement ...cont from pg 5

the meeting secretary to get it paid through our kitchen staff.

- You can also use **our Facebook Shop** with a credit card. (look at the top of the FB page) to pay your dues.

Fundraising:

- We have a **“Go Fund Me Account”** for the Club.
<https://www.gofundme.com/f/alano-club-salt-lake-city-recovery-for-ourclub> Please contribute if you can. We have not received any grants from the State of Utah, or other agencies this year, and can always use your support.

Upcoming Events:

- **Recovery Days** - Salt Lake Recovery Day returns in person this year! Saturday, September 11, 2021 at the Gallivan Plaza, from 2p-8p. The Alano Club will have a booth with recovery and Alanon information. Come visit our booth! This event supports and empowers individuals in recovery and recognizes the contributions of family members. The day includes sponsor and vendor exhibits, speakers, live music, food trucks, face painting, and an area with fun activities for kids! This nationally awarded event is free and open to the public. We hope to reach many who need our help at this event.
- **September 25 – Club Day at Lagoon!** Tickets will be \$65 Adult and \$52 child. We will sell these at our booth for Recovery Days and will also have them available to purchase at the club.
- **October 30 - CA Halloween Party and Dance** - more info to come
- **Possible future events:** (the Sept 18- 5k,12k run has been postponed till next spring.
- **Oct 2** – Motorcycle and Car Wash
- **Oct 16** – Chili Cookoff
- **Nov 25** – Thanksgiving Turkey Lunch/Dinner
- **Dec 18** – Booseville Bombers Christmas Show
- **Dec 25** – Christmas Prime Rib Lunch/Dinner

News & Other Info:

- The club is now open 7 days a week! Please find our meeting schedule at alanoclubslc.org. We have volunteers helping with many of the meetings right now on Monday and Tuesdays. We have just hired additional employees who are in training and our goal is to have the club open 7 days a week with employees soon.
- The kitchen opening has been delayed and we are hoping it will be sometime in September. This will be with a limited menu and hours. To begin, we will offer Friday / Saturday evening meals and Saturday / Sunday breakfast. Prices will reflect the increased cost of food today. For more information, follow our website and look for postings at the club.
- We are always looking for volunteers to assist at the club. If you are interested, please talk to one of the kitchen staff and they can schedule you on a particular day.

JOKE OF THE MONTH



A man goes to a bar with his dog. He goes up to the bar and asks for a drink. The bartender says "You can't bring that dog in here!" The guy, without missing a beat, says "This is my seeing-eye dog." "Oh man, " the bartender says, "I'm sorry, here, the first one's on me." The man takes his drink and goes to a table near the door. Another guy walks

in the bar with a Chihuahua. The first guy sees him, stops him and says "You can't bring that dog in here unless you tell him it's a seeing-eye dog." The second man graciously thanks the first man and continues to the bar. He asks for a drink. The bartender says "Hey, you can't bring that dog in here!" The second man replies "This is my seeing-eye dog." The bartender says, "No, I don't think so. They do not have Chihuauas as seeing-eye dogs." The man pauses for a half-second and replies "What?!?! They gave me a Chihuahua?!?"

EXPERIENCE STRENGTH HOPE

I've had a pretty good childhood for the most part. I had both of my parents up to the age of eight. From there it was bouncing back and forth from my mom's on the weekdays and then to my dad's on the weekends. Just a little prior to that I got myself involved in drugs. I tried marijuana at the age of six. I didn't really become a pot head though until I was about twelve. I would smoke marijuana almost on a daily basis, whether that be before school, during school and even after school. I didn't get into the hardcore drugs until about my soft-more year. I tried meth for my first time, twice over one weekend. After my mishap of accidentally getting shot, I went back to just smoking marijuana. Eventually I quit everything, just for a short time though. After my mother passing away when I was about sixteen, I

returned to the hardcore drugs; smoking meth on occasions and trying everything ranging from salvia to xanax. After a little while though, again I quit everything, when I was about nineteen years old. I got a stable job and had a good life for the most part. Then I became a graveyard supervisor at my job and because of that I returned to meth. From there I let meth take complete control of my life. But now I am trying to reestablish my life.

-Jacob



Reborn

The Big Book amazingly promises that we will be reborn (p. 63). In Big Book context, Bill W may have been referring to Dr. Carl Jung's description of a spiritual experience: *"Ideas, emotions, and attitudes, which were once the guiding forces of the lives of these men are suddenly cast to one side and replaced by a completely new set of conceptions and motives . . . "* (p. 27) Of course, Bill himself had a near similar experience at Towns Hospital (p. 14).

I had a similar experience when I was about three months sober but had not yet worked the steps. One late night while meditating on a pier of rocks protruding into the Ocean in Santa Monica, California, I was overcome with a tremendous surge of energy and joy that sent me sprinting down the beach. This lasted a long time but had dissipated by

the next morning. It occurred to me that I had experienced the same as Bill Wilson on page 14—perhaps, I too had become "reborn!"

But alas, two months later I marched into a bar and almost ordered a gin and tonic. Thank God I didn't, but I certainly had not had the Big Book definition of a spiritual experience: *"A personality change sufficient to bring about recovery from alcoholism."* (p. 567)

But as time passes, I realize that God has removed the mental obsession to drink alcohol so long as I remain in a fit spiritual condition. Indeed, the 10th step promise on page 85 has happened: *"The problem (mental obsession) has been removed. It does not exist for us."* In this context, I have been reborn!

-Bob S, Richmond, IN

2nd Chances

It seemed like I was trapped and fighting for my life in an unrelenting battle with alcoholism. I grew up around alcoholism with immediate family members, friends and acquaintances. Then I found myself falling subject to this very demon that ultimately caused so much carnage to my life that I couldn't even fathom. Going from having a family, house, career as an f16 flight mechanic for the Air Force, thinking that my life was going on the right track, that I was unstoppable and that my drinking was not a problem. I was so wrong. I was probably in the worst stage of alcoholism I could be in. Nobody was right but me, I was angry at everyone including myself. I was very depressed and emotional. I wasn't happy. I hated my life. The more I drank the worse it got. My family tried to get me to stop or even slow

down but nobody could tell me what to do, so they watched me literally slowly kill myself and start to lose everything and eventually even them. I'm in treatment now and with hard work, dedication, surrendering and devotion I will get my family, career and life back. God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

-Bray



The Choice

My addictions started in middle school. I was just 14 years old, with a very careless feel to the real world. I came from a middle class family and was very grounded. I play several sports and did very well in high school.

Then I started using drugs and drinking for social purposes. Then soon just to fit in. After a horrific football injury I got hooked on pills and by the time I graduated I was completely strung out on heroin. I still ended up graduating but my life was a fucking mess. I soon turned to a life of crime to support my habit. Soon I was addicted to the fast life.

After just 9 months I found myself in prison doing 5 years. I never felt so low. At this point I hit rock bottom. I lost everything; my assets, my respect, morals, values, family and freedom. After 5 years I was released back to the streets and with no support and no resources I found myself fighting for air. My demons, so powerful, they overcame my will and soon I had no fight left in me.

I found out that my rock bottom had a basement. That's when I decided I need real help. ***I made a choice to stop digging and start climbing.***

-J

The Sober Me is the Real Me

I remember praying in jail time and time again because I kept messing up and doing drugs and making poor choices. My life had become unmanageable and in disarray time and time again. I have been in and out of jail and rehabs for the last 10 or more years of my life.

My mother, aunt and uncles have all died from overdosing and struggling with the same problems I have through my life. I at least started making the proper changes and addressing the fact that I've had a problem and that my life had and has become unmanageable. I'm so tired of losing everything from housing to relationships and family and friends. I've decided to turn my will and my life over to the care and discretion of god or my higher power as I understand it.

I'm working the steps and am currently going through rehab to turn my life around. I'm ready to

be able to hold down a job and have a relationship again. The sober me is the real me and is the good and happy and strong me. I pray that I will remember this every day as I battle addictions and work on my life and my sobriety.

I can't wait to be able to put all of this behind me and to actually have the life I want and deserve. Because believe it or not we all deserve to have a great life, drug free and productive. I pray everyone gets sober and back on track and gets to live the lives we all deserve.

-Jordan





Q U O T E S



If you are attached to a certain outcome,
you may be missing the bigger picture in your life.

The Uni-verse 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 Uni-verse is unfair,

but because it has a better option for you, 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.

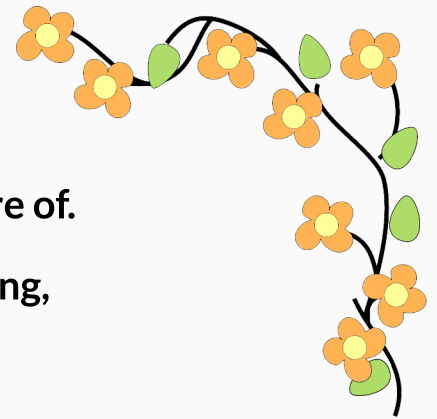
When you experience stress, anxiety and worry - those are thoughts
based in fear and fear is not what we've come to be.

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



To sit patiently with a yearning that has not yet been fulfilled,
and to trust that, that fulfillment will come,
is quite possibly one of the most powerful "magic skills"
that human beings are capable of.

It has been noted by almost every ancient wisdom tradition.

-- *Elizabeth Gilbert*

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