

In This Issue:

- **C.O. Meeting minutes**
- **"Step Eight Freedom" by Bob S.**
- **"Spirituality Within the Small Beauties" -Unknown**
- **Events Calendar**
- **Financial information**
- **"An Amazing Welcome" by Charlie T.**
- **Announcements**
- **Birthdays**



Step Eight Freedom

Hesitant and puzzled, I began my Eight Step, a list of people whose feelings I hurt or harmed — my Step Four inventory had several of those.

My Eighth Step information came mostly from my Step four inventory, but also my sponsor had me do a spontaneous writing earlier on. This included asking God over and over again to reveal where I had been selfish and dishonest—not just from regular memory, but from my deepest inner self.

This function brought to light many secrets I had kept from myself for many years. It relieved me to write it down and get it out of me.

I seldom took in consideration the anguish my wonderful Christian parents probably felt to see their son's name in the newspaper for public intoxication year after year. Or my younger sister who, four years later, attended the same high school with my devil may care reputation, remembered especially by the teachers.

I never felt guilty about a loan company I never paid back or the time when I, as a teen, tried out a motorcycle from a used lot and wrecked it. I wobbled it in and jumped on my bicycle and away I went.

Tempted to leave out certain of my bad behaviors because, after all, I had been sober for five whole months, and intended never to drink whiskey again! I was obviously now in the category of what is called "living amends!" My sponsor pointed out that the Big Book makes no mention of "living amends;" it actually dispels that idea at the bottom of page 82—"Ain't it grand the wind stopped blowin'?"

I believe the honesty revealed in my Eighth Step list was a vital and crucial part of my recovery.

-Bob S

CENTRAL OFFICE Board of Trustees

Chair — Brad M.

Co-Chair — Wade J.

Secretary — Open

Treasurer — Mark C.

Trustee (District 2) — Rusty J.

Trustee (10) — Jake S.

Trustee (13) —Steve C.

Trustee (11) — Open

Alt Trustee — Open

BOARD@SALTLAKEAA.ORG



7th Tradition Contribution Addresses

General Service Office

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

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

District 13 Treasurer

P.O.Box 95383
S. Jordan, UT 84095

CENTRAL OFFICE Standing Committee Chairs

Activities — Anders S

activities@saltlakeaa.org

Archives — Rob C.

archives@saltlakeaa.org

By-laws — Jake S.

Coins — Gina H.

coins@saltlakeaa.org

Co-op Professional Community -John S.

cpc@saltlakeaa.org

Corrections — Open.

Hotline — Forrest P

hotline@saltlakeaa.org

Literature — Gina H.

literature@saltlakeaa.org

Lifeline Newsletter — Rachelle

lifeline@saltlakeaa.org

Outreach — Nick R

outreach@saltlakeaa.org

Public Information—John S.

pi@saltlakeaa.org

Technical Support — Elan B

it@saltlakeaa.org

Treatment & Accessibility - Charlie T

treatment@saltlakeaa.org

Twelfth Step — Charlie C.

12step@saltlakeaa.org

Volunteer — Kim B.

volunteer@saltlakeaa.org

Website — Sonya

webservant@saltlakeaa.org



C.O. Meeting Minutes July 2022

Reports Board of Directors

Chair: Brad - board@saltlakeaa.org

Welcome new reps Danny, Live and Let Live; Max, South Valley Lunch Bunch; Robin, Rise and Grind; Mo, Non- Smoking Sobriety Hour; Kevin, Stonewall Group.

Co-Chair: Wade J. - cochair@saltlakeaa.org. (Absent)

Treasurer: Mark C. - treasurer@saltlakeaa.org
Operating budget missed by \$1,000. Encourage Reps to spread message that Central Office can be used as a resource for chips, literature, big books, etc. and to keep us in mind with 7th tradition donations.

Trustee: Rusty J. - trustee02@saltlakeaa.org

Bridging the Gap program is to assist people coming out of jails, institutions, and treatment centers to get connected with AA members. LDS Hospital meeting starting up soon. Anyone can be a volunteer.

Trustee: Jake S. - trustee10@saltlakeaa.org.

New prison will open in September, will keep updated about volunteer orientation.. District 10 needs support. No group contributions received in June.

Trustee: Steve C. - trustee13@saltlakeaa.org
(Absent)

Reports Committee Chairs

Activities: Anders S. - activities@saltlakeaa.org

Thank you for your Founder's Activity support!

Coins - Gina H. - coins@saltlakeaa.org

Come buy coins and literature from Central Office!

Cooperation w Professionals/P. I. Chair: John S. -

cpc@saltlakeaa.org. Open to homeless community at The Upper Room Group on Sun at 10:00 AM. Road Home on Sun at 10 am & Magnolia Apartments Thurs at Noon. Utah Veterans Alliance Car Show at Wheeler Farm 6351 S 900 E. September 17th 10am-3pm.

Hotline: Forrest - hotline@saltlakeaa.org

Volunteers needed to take calls after hours. Reach out to me by email to volunteer.

Newsletter: Rachele B. - lifeline@saltlakeaa.org

Need submissions of poetry, prose or articles.

Outreach: Nick R. - (Absent)

Technology: Elan B. - IT@saltlakeaa.org

University Surplus Store found a bunch of cheaper computers for Central Office as needed. Reminder for standing chairs and board members to connect with him to get access to email.

Accessibilities: Charlie - Treatment@saltlakeaa.org

Currently have 1½ meetings a week. Non-Smoking Sobriety Hour Mondays and Tuesdays at 5:30.

12th Step Coordinator: Charlie C. - 12step@saltlakeaa.org

Wants to get connected with Hotline lists so they make sure they get connected with 12 th step calls.

Volunteers: Kim B - volunteer@saltlakeaa.org

Three volunteers started this week, thank you for getting the word out.

Webservant: Sonya M - webservant@saltlakeaa.org

4.5 thousand visitors viewing 9000 times. Meeting schedule is top visited page, please keep it up to date & double check for accuracy. Submit events & fliers.

Old Business

Trustee/District 11 Liaison: (open)

Secretary: (open)

Corrections: (open)

New Business

Extended board meeting 8/2 at 6pm. All standing committee chairs budget need be submitted.

Adjourn and Close with Responsibility Statement

Next Central Office Rep meeting will be held on 8-9-2022 @ 6:3

Spirituality Within the Small Beauties



Speak to Me

The man whispered, "God, speak to me" and a meadowlark sang.

But the man did not hear.

So, the man yelled "God, speak to me!" And the thunder rolled across the sky.

But the man did not listen.

The man looked around and said, "God let me see you." And a star shined brightly.

But the man did not notice.

And, the man shouted, "God show me a miracle!" And a life was born.

But the man did not know.

So, the man cried out in despair, "Touch me God and Let me know you are here!"

Where upon God reached down and touched the man.

But the man brushed the butterfly away and walked on.

Don't miss out on a blessing because it isn't packaged the way you expect.

-unknown

Upcoming Central Office Events

CENTRAL OFFICE PICNIC

Murray Park Pavillion #5

292 E. Murray Park Avenue

Sunday August 14 11am - 3 pm

Burgers, Veggie Burgers and Hot

Dogs will be provided .

Please Bring your

Favorite Side Dish/desert!

RSVP Appreciated! Text/RSVP

Anders@801-380-8206

AA Corrections Workshop

Saturday August 13, 2022

10:30 to 1:00 P.M.

Central Office of Salt Lake

80 West Louise Ave.

Salt Lake City, Utah 84115

Carrying the message to the new Utah State Prison

Utah Area 69

Districts 2, 10, 11, & 13

AA Meeting Opportunities

AA Literature Policies and procedure

Bridging the Gap

Visitor Sponsorship

Pizza and refreshments served

C.O. FINANCIALS JUNE 2022



<u>Income Statement</u>	2022	2021
<u>Revenue</u>		
Group Contributions	\$2,114.37	\$3,039.89
Copy/Newsletter donations	\$35.60	\$21.49
Contributions-Other	\$	\$652.00
Individual Contributions	\$ -	\$ -
Sales - Literature	\$5,313.50	\$5,150.50
Sales - Coins	\$1,148.00	\$1,196.40
Sales-Other	\$	\$528.95
Total Revenue:	\$8,611.47	\$10,589.23
COGS - Literature	\$4,279.17	\$4,303.48
COGS - Coins	\$916.40	\$1,061.00
Total COGS	\$5,195.57	\$5,364.48
Gross Profit	\$3,415.17	\$5,224.75
Operating Expenses	\$4,572.14	\$2,680.61
Other Expenses:	\$ --	\$ --
Total Expenses:	\$4,572.14	\$2,680.61
Net Income:	\$ 1,156.24	\$2,544.14

Please Note: According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are 4,000 per month, 24,000 for six months.

Thank you everyone for your donations!! We appreciate you!

Calendar of Events



**MARK YOUR CALENDARS!
PRE-ASSEMBLY WORKSHOP**

AUGUST 20 & 21, 2022

LEGACY EVENTS CENTER

151 South 1100 West – Building 1

Farmington UT 84025

- **SATURDAY – REGISTRATION \$15**
- **SATURDAY EVENING - DINNER
PROVIDED BY DISTRICT 11**
- **SUNDAY – SPIRITUAL SPEAKER –
SHERYL T**

**ZOOM – Meeting ID 8793198 3200
password 10941.**



Women's Big Book & Men's Spiritual Retreat

Announcing the... **2022**
Album of the Year!

Women's Big Book Retreat

Doncha' Missit
singing "Save the Date"

Bette B. Gowin
singing "See You There"

Ima Tending
singing "Meeting with Old Friends"

The Roger Sisters
singing "Get the Word Out"

33rd Annual

WBBER

From the Thrill of a Lifetime!
Decide early and reserve yours now!

Don't let this one slip by!!
What an event this year will be!

September 9, 10, 11, 2022

New Song!
"Engage, Learn, and Grow"

It will make you dance!

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

Registration
Mail your non-refundable check
(Payable to "Women's Big Book Retreat")
to:
Sharon B.
1042 E. Ft. Union Blvd. #233
Midvale, UT 84047
by Sept. 1st, 2022
or register and pay online at:
newwrecovery.org
WBBER AA tab
by Sept. 7th, 2022

See ya there!

Questions Call:
Sharon at
801-706-9612

Email:
WBBERgirls@gmail.com
or
Email Sharon:
nanook_is_alive@yahoo.com

Get Yours Now!

Group is performing at
Camp Rogens!

29th Annual Men's Spiritual Retreat

Lava Hot Springs, ID

September 9th, 10th & 11th 2022

Fellowship - Meetings - Meditation - Hot-Pools - Potluck Banquet on Saturday

Cost \$30 early \$40 day of - Please Pre-Register

Venmo: @chronicbeard Include name+phone number

Check: To: "CC + H2O" 131 J Street SLC, UT 84103

Housing - limited beds available - first come first serve

Queen \$200.00 / Twin \$75.00 / Bring your own sleeping bag and pad \$25.00

You can also reserve lodging at the Aura Soma Lava at [\(208\) 776-5800](tel:2087765800).

Take Exit #47 off I-15 to Lava/Soda Springs Join private Facebook group: CC & H2O Men's Retreat

Personal Experience of Love

An Amazing Welcome

I have a Deaf friend that has been coming to my Home Group the 5:30 Non-Smoking Sobriety Hour for about maybe 10 years. I have a limited ability to sign but do not have the skill to read his sign and convert it into English. They call this reverse. A few years ago, he had stayed with his recovery and came up on One Year sober.

To celebrate his One Year Anniversary, I made sure we found an Interpreter to be able hear his share for all of our Sign Language Impaired members. He was Powerful.

In February we started again to find a way to open the doors of AA for our Deaf friends to join by creating and circulating a Purple Can for Interpreter money. An Interpreting school student offered to help and my friend soon showed up. The students Interpret the Monday and Tuesday meetings.

About two weeks ago my friend was able to share for the second time in about 10 years. The Hearing people applaud with clapping hands and the Deaf applaud with hands waving above their heads. My entire Home Group applauded in Sign. I have never seen such a Welcome as I did at that moment. I chose to share after my friend and I thanked them for welcoming my friend. I told of my long time dream to have my Home Group sign the Serenity Prayer together with our Deaf friends. I sat down.

When the meeting was down to the Burning Desire few minutes. my friend Kelley asked if we would teach the Serenity Prayer now. My friend and I stood and explained the signs and showed how to sign the Serenity Prayer.

The meeting ended and my entire Home Group signed the Serenity Prayer with my Deaf friend. Oh, how I Love AA and especially my Home Group.

Thank you,

-Charlie

Purple Can Contributions

These contributions provide Interpreter Funds for Deaf to join or find out about AA. Purple Cans are available for groups to take in the Book Sales room at Central Office. Money contributed to the Purple Can is set up to be brought to or sent to Salt Lake Central Office under contributions Purple Can.

Please note that the Salt Lake Central office is not soliciting these funds. An Accessibility Deaf Committee is raising the funds and managing the accounting. Salt Lake Central Office only allows us to bring these funds together for the purpose of Carrying the Message to Members that are Deaf.



Personal Contributions by Group

Group Contributions	January	February	March	April	May	June	Total
A Vision for You	\$ 125.56		\$ 100.00		\$ 127.96		\$ 353.52
AA No Nonsense Group	\$ -		\$ 76.00			\$ 76.00	\$ 152.00
Another 24					\$ 160.00		\$ 160.00
Balkens BB Study	\$ 162.70						\$ 162.70
Basic AA	\$ 128.04					\$ 49.00	\$ 177.04
Big Book Babes	\$ -	\$ 158.78	\$ 309.50				\$ 468.28
Bog Irish	\$ -			\$ 151.10			\$ 151.10
Bountiful Community	\$ -			\$ 25.00		\$ 25.00	\$ 50.00
Bountiful Mens Group	\$ 65.00						\$ 65.00
By the Book	\$ 60.50		\$ 62.80		\$ 92.60		\$ 215.90
City at 7						\$ 143.76	\$ 143.76
Chapter 5	\$ -	\$ 100.00			\$ 108.06		\$ 208.06
Come as You are	\$ -	\$ 64.81					\$ 64.81
Crazy Ladies	\$ 100.00			\$ 176.10	\$ 108.06		\$ 384.16
DNS	\$ -			\$ 500.00			\$ 500.00
Downtown Bunch	\$ -		\$ 314.00				\$ 314.00
Draper Lunch						\$ 63.90	\$ 63.90
Early Friendship Group	\$ 248.93						\$ 248.93
Every Night Firelight	\$ -		\$ 200.00		\$ 100.00		\$ 300.00
Fresh Air Serenity	\$ -	\$ 300.00			\$ 200.00		\$ 500.00
Friday Night Light	\$ -			\$ 37.50			\$ 37.50
Garden Variety	\$ -	\$ 94.80			\$ 130.00		\$ 224.80
Grape Vine Group	\$ 133.20			\$ 65.40			\$ 198.60
Hillcrest Group	\$ -			\$ 400.00			\$ 400.00
HillCrest Zoom			\$ 100.00				\$ 100.00
Honeys Breakfast Club			\$ 649.80				\$ 649.80
Hope Group	\$ 50.00			\$ 100.00			\$ 150.00
Hope on 90th			\$ 200.00			\$ 200.00	\$ 400.00
Liberty Newcomer			\$ 20.00				\$ 20.00
Magna Friendly Bunch	\$ 150.00		\$ 50.00	\$ 50.00		\$ 150.00	\$ 400.00
Midvale Bunch			\$ 184.00				\$ 184.00
Non smoke Sober Hour	\$ 400.00		\$ 300.00		\$ 635.00		\$ 1,335.00
Off the Cuff				\$ 12.00			\$ 12.00
Old Bastards Group			\$ 10.00			\$ 20.00	\$ 30.00
Old Timers Speaker	\$ 168.00		\$ 92.50				\$ 260.50
Park City Group				\$ 360.00			\$ 360.00
Primary Purpose			\$ 90.00			\$ 60.00	\$ 150.00
Saturday Morning SOTS		\$ 65.40		\$ 64.83			\$ 130.23
South Davis	\$ 20.00		\$ 25.00				\$ 45.00
South Valley Bunch	\$ 86.18				\$ 148.00		\$ 234.18
Southenders						\$ 262.50	\$ 262.50
Speak Easy Ladies	\$ 192.83			\$ 137.85			\$ 330.68
Sunday Mornin Big Book Study				\$ 200.00			\$ 200.00
The Stone of Sisyulus			\$ 66.00				\$ 66.00
Thunder Heart		\$ 100.00		\$ 100.00			\$ 200.00
Toelle Beginners						\$ 60.00	\$ 60.00
Unknown				\$ 407.00	\$ 600.00	\$ 272.40	\$ 1,279.40
Wake Up Call PC	\$ 600.00						\$ 600.00
We are One		\$ 100.00				\$ 484.50	\$ 584.50
We Keep it Simple	\$ 10.80						\$ 10.80
West Valley Group			\$ 50.00				\$ 50.00
Women 12 X 12/BB Study					\$ 96.00		\$ 96.00
Women in Sobriety				\$ 116.25			\$ 116.25
Top of Morning						\$ 247.30	\$ 247.30
Women Stepping Up					\$ 120.00		\$ 120.00
Monthly Total	\$ 2,701.00	\$ 984.00	\$ 2,900.00	\$ 2,903.00	\$ 2,627.00	\$ 2,114.36	\$ 11,513.84

"Trail Of Hope" HIKING GROUP



Come hike with us & enjoy a meeting Mon, Tue, Wed & Thurs. Meet at the park n ride at the mouth of Big Cottonwood Canyon @ 5:30pm or up top at Silver Lake at 6:00pm For more information text:

Pine: (801) 450-5600



Midvale Lunch Brunch

- Travis 30 days
- Nicole 60 days
- Brandon 4 years
- Rod G. 26 years
- Max 6 months
- Jason J. 16 yrs
- Elizabeth 30 yrs
- James 30 years
- Dave 3 years
- Reuben 3 years



Submit picture or scan group birthdays to lifeline@saltlakeaa.org. Text or drop off at Central Office:

80 West Louise Ave (2860 S.) Thanks!

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