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BIG BOOK MEANING OF INSANITY

Step Two: *"Came to believe that a power greater than ourselves could restore us to sanity."*

I came into A.A. after a long non-stop toot with the usual accompanying delirium tremors. During my first meeting I was still hearing "non-existent" music and for several weeks my emotions were a roller coaster. For a normal person that might warrant a schizophrenic diagnosis with a bipolar disorder, e.g., INSANE. However, I have come to believe that the Big Book's use of that word is in the context of something quite different.

I finally realized what the Big Book was trying to get across to me only after studying it for some time. Here are two examples:

- In Jim's story on pages 35-37, Jim came to the erroneous conclusion that he could safely drink whiskey so long as he mixed it with milk. As foolish as this may sound, no medical professional would clinically declare him insane. Alcoholic, yes. Insane no.
- Then later on page 37 I found: *"Whatever the precise definition of the word may be, we call this plain insanity."*

We fellow alcoholics might simply consider this as "Alco-logical" thinking.

We have adopted the belief that taking the same actions (using) will produce different results. That using mind altering substances will be different (better) somehow this time.

I believe this is what Bill meant to get across to us:

- **Sane:** When an alcoholic can see and act on the truth in drink.
- **Insane:** When an alcoholic cannot see and act on the truth in drink.

-Bob S

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

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 — Open*

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*

corrections@saltlakeaa.org

Hotline — Forest

hotline@saltlakeaa.org

Literature — Doug R.

literature@saltlakeaa.org

Lifeline Newsletter — Rachelle

lifeline@saltlakeaa.org

Outreach — Melissa E.

outreach@saltlakeaa.org

Public Information—John S.

pi@saltlakeaa.org

Technical Support — Open*

it@saltlakeaa.org

Treatment & Accessibility - Charlie

treatment@saltlakeaa.org

Twelfth Step — Zach B.

12step@saltlakeaa.org

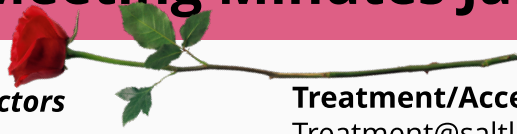
Volunteer — Kim B.

volunteer@saltlakeaa.org

Website — Sonya

webservant@saltlakeaa.org

C.O. Meeting Minutes Jan 2022



Reports Board of Directors

Chair: Brad -

Not Present (joined later) board@saltlakeaa.org

Co-Chair: Wade J. cochair@saltlakeaa.org

Conducting meeting in Brad's absentia

Trustee: Rusty J. - (Dist 2) trustee02@saltlakeaa.org

Central City Rec Center 615 S. 300 E. "Unity Lunch Brunch" at 12:05--12:55 weekdays is struggling. It is a vital meeting for us to support as it is the meeting supporting visitors from downtown.

Trustee: Jake S. - (Dist 10) trustee10@saltlakeaa.org

District 10 and 13 are currently not seeking pink can contributions due to surplus, will advise when pink can is requested again.

Reports Committee Chairs

Activities: Anders S. events@saltlakeaa.org not

Present (joined later)

Archive: Rob C. Not Present

By-laws: Jake S. - Bylaws are updated and current on website.

Coins - Gina H. - Not Present

Cooperation w Professionals/P. I. Chair: John S. - cpc@saltlakeaa.org Homeless accessible meeting 10 am Sundays at Palmer court. "The meeting to be named later" meeting in schedule is going well. Coordinating with General Service for CPC.

Literature: Doug R -

5,308 Cost of goods, 6,215 total revenue, \$907 profit, 1,582 items sold. inventory on Saturday Jan 29 after 2 pm.

Hotline: Forest - hotline@saltlakeaa.org,
We have time slots that are filled by meetings, but we are unsure if they are still doing it. Sonya said we do have contact information for each group that has updated scheduled in last two years. Wade suggests we use those contacts to see if they are still taking the meetings.

Newsletter: Rachelle B. - lifeline@saltlakeaa.org
Lifeline is doing well!

Treatment/Accessibilities: Charlie T.

Treatment@saltlakeaa.org.

Accessibilities purple can project is being formed. we have the foreign language big books all over the world. Our light show will be rolling out shortly. Purple Cans are available for pick-up.

Volunteers: Kim B - volunteer@saltlakeaa.org

Wednesdays, Fridays, and Saturday's volunteers needed at the following times; 10-5 on Wed and Fri, 10-2 on Sat.

Webservant: Sonya M - webservant@saltlakeaa.org

8.8 thousand users last month 4.5 thousand different people. Please use meeting change form to update. Website also has information on how to run online and hybrid meetings, as well as closed captioning. Hotline is no longer marked as 24/7.

Old Business :

Wade and Rusty will continue to discuss the snowplow situation. Rusty gives update that the volunteers are going through the 12-step list to get it updated.

Board positions

- Secretary Co-Reps- **Thomas and Isaac.** Thanks
- Treasurer - **Open**
- District 11 Trustee - **Open**
- 2 Alternate(s) Trustee(s) - **Kip voted in as Alternate to serve a liaison for District 13. Thanks Kip!**

Committee Chair Positions

- Corrections - **Open**
- 12 Step Coordinator - **Open**
- Tech Committee - **Open**

New Business:

Rusty is the contact for building maintenance
Wade brings up that there is not a District 12 liaison, Doug discusses this may need a by-laws change.

Adjourn and Close with Responsibility Statement

***Next C.O. Rep. meeting will be held (hybrid) on 2-9-2022 @ 6:30**

Alano Club Announcement

Greetings from the Alano Club Board of Trustees. 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 / Maintenance

- Quartz countertops have been donated and installed in the kitchen.
- We are adding two doors to separate the kitchen from the dining area.



Savings & Membership:

- We currently have 136 dues paying members, 123 of which are eligible to vote (3 months of consecutive dues). There are 51 eligible members for the board
- If you are attending meetings at the club, you can pay dues with cash, check or credit card. Talk to the meeting secretary to get it paid through our kitchen staff.

Fundraising

- **We have a “Go Fund Me Account” for the Club.**
<https://www.gofundme.com/f/alano-club-salt-lake-city-recovery-for-our-club> Please contribute if you can. We have not received any grants from the State of Utah, or any other agencies this year and can always use support.
- **Please sign up for Smile Accounts at Smiths and Amazon.** They will will give the club .5 cents for every dollar spent.
- Some meetings have a paypal code in the bottom of the 7th tradition baskets that allows members to contribute without using cash. This code will also be on display throughout the club for easy donations.

Upcoming Events

- **Valentines Day Event:** February 12th at 6:00pm. Bingo, Raffle, DJ, speaker (Wade G.) Ice cream, chocolate covered strawberries, stuffed animal prizes, carnations for sale, and more!
- **St. Patricks Day:** Free Riders Event

News & Other Info:

- **Board members do not get paid.** These are volunteer positions that require time and commitment.
- We are looking for employees, cooks and general help. Without them we cannot open the kitchen. The board members have been covering shifts so that meetings can continue.

Practice The Steps & Traditions in All Our Affairs:

The solution to living a full and enlightened life to an alcoholic in recovery, laid in rest under the headstone of denial in a graveyard of empty bottles, busted relationships, and broken dreams. These happenings were the unintended result of choosing to live a life fear free by using alcohol to deny, cover and ignore the consequences of my actions.

My anointed higher power, King Alcohol, had been sturdy and reliable for some time before it began its metastasizing of the spiritual content of Its Captured User. I had become a Subject of King Alcohol, a shivering denizen of his mad realm, the chilling vapor that is loneliness settled in. Like Kryptonite, it gradually weakened the essence of my soul to the dark loneliness of paranoia, surrounded by walls of terror, bewilderment, fear, and despair.

What's next my inner consciousness asked? My defeated EGO had no reply! My questioning conscience drove me to ask for help and doors opened wide to the Fellowship of Alcoholics Anonymous. There I found release from care, boredom, and worry. My imagination was fired. Life meant something at last. Hope arrived for satisfaction of life ahead.

It was A.A. where my mind cleared itself of all intoxicants and opened to new ideas for living. I learned who I was by studying, taking, and teaching the 12 steps. I learned what I could become by the sharing of others afflicted by a similar malady, by reading the Big Book, the 12 Steps and Traditions, and other spiritual literature written by Wizards of Wisdom who were non-alcoholics. Most importantly I learned how to claim that new life with regular attendance to Meetings, Serving Others and Listening and Questioning those who exhibited the mannerisms of sobriety which I desired.

I learned that life is a series of challenges, problems, and difficulties that shape and sculpt our being. I learned how to face these things using the basic tools of our program. That started happening when I developed discipline to use the 12 Steps & 12 Traditions to solve life's problems. Restoring discipline did not happen immediately. It took time to break the long-held practice of seeking immediate gratification brought on by my Addiction. It has been a slow transformation from Adult Adolescence to Adult Manhood! Growing in sobriety is a long journey not reaching its earthly conclusion until the Heart & Spirit lies in peace.

How do we live our journey to the fullest? Bill W suggests "With hearts and minds attuned to the welfare of others." We have found something brand new in life. Though we knew we must help other alcoholics by staying sober, that motive became secondary. It was transcended by the happiness we found by giving ourselves to others.

Bill wrote the Big Book which was published in 1939 after several years in the making with many edits and suggestions from the First 100. Many hours of exchanging ideas and hours of discussion between the members resulted in a beautiful "original manuscript" encompassing the "Siren Call" to hopeless alcoholics.

The Big Books' words captured the Hearts and Minds of countless Alcoholics and gave Hope to themselves, family, and friends that there was a way out from alcoholism.

It wasn't until 1953 that the book "The Twelve Steps and Twelve Traditions" was printed. Like our U.S. Constitution with its Bill of Rights, the Big Book

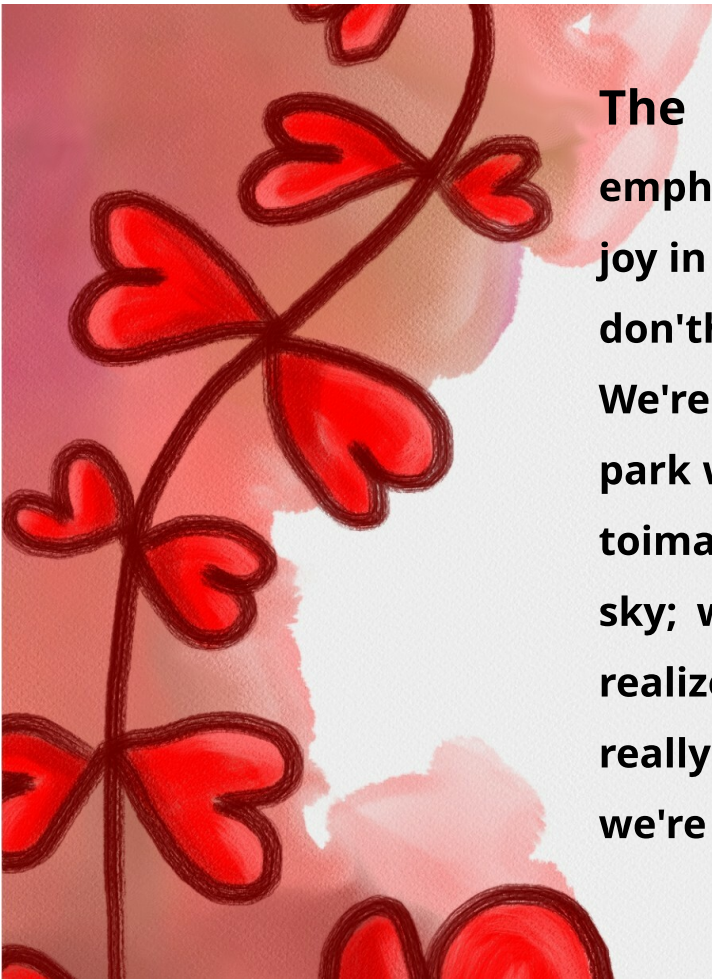
cont on pg 9...

Joke of the Month



A little lizard went walking through the forest to see his pal the monkey. The monkey called out, "hey little buddy, come up here I got some great pot." So the little lizard climbed up the tree and they smoked a great big joint. The little lizard said, "hey this stuff is great, but I have horrible cottonmouth." "Well," said the monkey, "there is a river right down there." So the little lizard walked down the tree, through the brush and began drinking some water. All of a sudden a crocodile

emerged. "Hey little buddy, waz up?" said the croc. "I just got stoned with my pal the monkey" said the lizard. "Really?" said the croc, "where is he? I want some." "He is through the brush and up the tree." replied the lizard. So the croc walked through the brush and to the tree. When he arrived the monkey looked down and said, "holy shit! How much water did you drink little buddy?"



The great teachings unanimously emphasize that all the peace, wisdom, and joy in the universe are already within us; we don't have to gain, develop, or attain them. We're like a child standing in a beautiful park with his eyes shut tight. We don't need to imagine trees, flowers, deer, birds, and sky; we merely need to open our eyes and realize what is already here, who we really are -- as soon as we quit pretending we're small or unholy-

- unknown

C.O. FINANCIALS DECEMBER 2021

Income Statement

Revenue

	2021	2020
Group Contributions	\$5,256.31	\$2,063.72
Copy/Newsletter donations	\$-	\$10.17
Individual Contributions	\$-	\$891.61
Sales - Literature	\$6,006.45	\$4,856.61
Sales - Coins	\$1,267.00	\$-
Total Revenue:	\$12,885.27	\$7,822.15

COGS - Literature	\$5,376.50	\$3,953.16
COGS - Coins	\$1,062.67	\$-
Total COGS	\$6,439.17	\$3,953.16

Gross Profit	\$6,446.10	\$3,868.99
Operating Expenses	\$3,798.22	\$3,461.41
Other Expenses:	\$-	\$-
Total Expenses:	\$3,798.22	\$3,461.41
Net Income:	\$2,647.88	\$407.58

Bank Accounts

Checking & Petty Cash	\$27,513.07	\$20,275.70
Accounts Payable Due	\$(16,509.94)	\$(45.06)
Money Market - PR	\$23,948.62	\$22,424.91
Total:	\$34,951.75	\$42,655.55



Dixie Winter Fest 2022



Hilton Garden Inn, 1731 S
Convention Center Dr. St.
George Utah

"Sunlight of the Spirit"

Weekend of Fellowship and
Recovery

Merchandise Available online. No at the door sales

DixieWinterFest.org

KARAOKE @ FELLOWSHIP HALL



**SATURDAY
NIGHTS @
8:00**

VALENTINE'S DAY EVENT

@ The Alano Club

Feburary 12th @ 6pm

Bingo, Raffle, DJ, Dance

Speaker Wade G @ 7pm

Ice cream, fellowship and
more!



VALENTINE'S DAY EVENT

@ Fellowship Hall

Feburary 12th @ 8:30pm

80s themed Dance

+ Karaoke



needed further clarification to guide our First 100 thru its early formation and its continued existence to assure that future alcoholics would have a path to sobriety.

When taken in Order with full earnestness, the 12 steps will clear away the spiritual bankruptcy that encrusted our behavior, ideas, instincts, solutions, and outcomes. Chaos, disharmony, distrust, selfishness, dishonesty, discontent, and restlessness had produced a negative human being both: 1) Hard to live with and 2) Difficult to Love.

Working the 12 Steps to its fullest will produce a new human being who has undergone a physic change as promised by Dr. Silkworth. "To Thine own self be true!" Is our motto. Doing the 12 steps to your best of your ability will accomplish this.

What's next? A new person is ready for the "Great Adventure" as Suggested by Bill W. in the Original Manuscript! The words "To Others" were eliminated from the 12th step where it stated, "Carried the Message to Others, Especially Alcoholics". A true Visionary Bill saw the possibility that this new approach to Spirituality had worldly potential.

As the Bill of Rights made the U.S. Constitution a more perfect way of government the Traditions made the AA program a more complete Spiritual way of Living. They allows us to unite with the world and to keep our program from following the path of many failed Temperance movements. Having honed our skills of living spiritual with our fellow members inside and outside the rooms of A.A. we can now tackle the challenge of having the same learned language of the heart with the other 90% of the people on this Earth not inflicted with alcoholism.

Is this possible one asks? The answer is yes. There are

a multitude of moments in each day where one can capture that same intimacy with another human being. A friendly glance or smile. A warm greeting! An Act of Kindness. A casual compliment; the use of one's name; asking how their doing; listening with earnest; following up with additional questions about what was heard, and the most challenging of all feeling and responding to the feelings behind the calliope of words. Further exploration with fellow human beings will bring magic moments to your day. As Bill W. has stated the 12TH tradition is his favorite because anonymity is the "Sacrifice of Self", the essence of unity.

Our common welfare should come 1st; there is one ultimate authority, a loving God, and it is not us, we do not govern. **We stop drinking to drop the shield dividing us from one another.** We strive to find and be our true selves, to learn and carry the message of A.A. We learn to identify EGO so that it dosen't divert us from our primary purpose. We learn how not to drink, how to be fully self-supporting not living off others, to lead not control, to keep opinions to ourselves and to seek the counsel of others, keeping the EGO under control and avoiding self-promotion.

Practicing all the principles, Steps and Traditions leads to a happy and fulfilling life. They offer benefits to family, friends, ourselves and all of humanity. Remember Today is the first day of the rest of your life! Make it Beautiful. The whole world is now your neighborhood!!!
-John J.



Some places in this world are very hard to climb, and people use animals. Each person can only ride one, and each animal might have a different name. The riders go up the trail in different orders, and they discuss their varying opinions about their experiences. They may even have conflicting opinions: One traveler may think the trip thrilling, another may find it terrifying, and a third may find it banal (which means ordinary).

At the summit all the travelers stand in the same place. Each of them has the same chance to view the same vistas. The donkeys are put to rest and graze; they are not needed anymore.

We all travel the path of Tao ("the way Home"). The donkeys are the various doctrines that each of us embraces. What does it matter which doctrine we embrace as long as it leads us to the summit? Your donkey might be a Zen donkey, mine might be a Tao donkey. There are Christian, Islamic, Jewish, and even Agnostic donkeys. All lead to the same place. Why poke fun at others over the name of their donkey? Aren't you riding one yourself?

We should put aside both the donkeys and our interim experiences once we arrive at the summit. Whether we climbed in suffering or joy is immaterial; we are there. All religions have different names for the ways of getting to the Holy Summit. Once we reach the Summit, we no longer need names, and we can experience all things

Honey

Does she speak?
Lovingly called sweet Honey at home
In school, she
whispers in her best friend's ear
Hillary's aroma of peach cranberry
Long blond hair
Kind blue eyes
Until she moved to a rich place
where she never fit
A ginger-haired freckled boy
spit on her often
Guys with pretty eyes
who broke all the rules
laughed at her for being different
While the teacher smacked her
trying to get Honey to talk
It never worked
Only caused groups of girls
to join with groups of guys
To kick her, hit her & call her names
The neighborhood girls
were only friends with her if not in school
Honey cried every night in the fifth grade.
Mom and a nice teacher sent her Angels from above
Aubrey became her first best friend. A true Angel
Junior High
Still, didn't talk much
So people thought the skinny, pretty girl with
changing mood ring eyes was stuck-up

Comfort and Honey
Junior High Best Friends
She smelled of Carmax
Placed it frequently
on her rosey lips
Covering up the bruises
from her Mom
Honey covered up everything
Sick neighbor man
Took pictures of her on Saturday
Touched her on Sunday
From Junior high to high school
she joined a group of preppy kids
who lived all over Utah
Homeschooled to Taylorsville High
When she came out as 'bi'
No one spoke to her again
Moods out of control
Worsened by alcohol carried in a mug all-day
Every-day
Still, life got better
loved college learning
attended the college parties
where clothes rarely stayed on
Women hated her for sleeping
with their men.
Narcissistic men adoration
For Honey was so sweet
She never said 'No'
Acceptance at last
Poisonous names fired
Shocking everyone
as she ran into the arms of a Colombian man
where she felt no fear
Edibles became her new drug of choice

Erasing her anxiety and depression
Until a voice spoke
Saying her husband of three years would murder her
No sleep for a week
Spiritual black void
Catatonic, unable to take medications without help
Lost 50 pounds
Sister, Doc, Eve, told her she wished Honey dead, for then she wouldn't worry parents
Said Honey caused her Mom's serious heart problem & Dad's diabetic coma
The judge wasn't as harsh
Not as harsh as the judged
Honey and Clover
Sister Judge Clover was intelligent, cautious, drug-free, popular, thin, even sweeter than honey
At close to a 100 pounds, Honey never could compare
Sister Ang, barely beat Clover to St. Marks in her Harley
Released to an Intensive program
This time the voice in the dream
Didn't take her to a tent near a homeless shelter
But to a local A.A. group, where no one expected her to give more than she had
Sobriety lit up her face
This time, friends who didn't choose death
So she didn't either
Smiling & laughing months later
Honey isn't scared to speak anymore

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