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Newcomers Perspective

A few months ago, I drove the wrong way on a one-way lane. The flashing lights blinded my pained eyes. My heart beat on high alert.

A cop followed me. Yet, I kept driving like a high and drunk genius.

Another flashing cop car appeared behind the other one. Knowing two cop cars usually meant jail, I pulled over, hoping to talk my way out of it. I prayed, realizing I may not deserve any assistance from the Angels this time.

I didn't do well in confinement. The hospital and school were the only places I was ever confined too. But, as someone who was super "h" in ADHD to the point I drove teachers to the students crazy with my fidgeting. In college, I was thrown out of a class because I couldn't sit still. Even then, I talked my way out of it, by showing the professor I wrote down everything she said, while managing to read the school newspaper and organizing my highlighters.

Jail or Prison would be without my parents' support, my life-saving medications or my king-sized bed with almost every streaming station. A spoiled upper-middle class woman, who rarely left home for any lengthy period of time, would be without my parents credit card.

"Can I see your license and registration Ma'am."

I did as he asked, throwing out everything in my glove box, adding to the huge collection on my floor. I hoped the saying was true, that the messier the car, the better looking the woman. One look at my frizzy brown hair and red eyes said otherwise.

"Do you know you were going the wrong way on a one-way," A familiar brown-haired young man asked me while looking down at his clipboard.

Wait.

This can't be good.. I knew this guy from somewhere.

Unless.

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

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 Dec 2021



Reports Board of Directors

Chair: Brad -

Introduction of the meeting

Co-Chair: : (Position is scheduled to be filled later in meeting by **Wade J.**)

Trustee: Rusty J. - (District 2)

trustee02@saltlakeaa.org Unity Lunch Bunch meeting at the Central City Rec Center needs help at Noon on weekdays. Nothing changing for corrections at Salt Lake jail. District 2 has open service positions available.

Trustee: Jake S. - (District 10)

rustee10@saltlakeaa.org District 13 information is listed on saltlakeaa.org homepage for contact and 7th tradition contribution info. District 10 is currently having discussions with Corrections for District 13 and 2 regarding what to do with accumulated pink can money. A.A. Grapevine "Carry the Message" project needs donations. Over 2,000 requests for subscriptions, only 1,200 have been filled. Please consider gifting a subscription anonymously.. We appreciate your support in this manner.

aagrapevine.org/2021-carry-message-project

Reports Committee Chairs

Coins - Gina H. -

Completed inventory on coins. Years 31-35 and 41-45 the chips vendor is having trouble getting them so we are currently out of them until further notice.

Cooperation w Professionals: John S. -

The meeting to be named later at Palmer Court, Sunday 10 AM needs support, open meeting for the homeless

Literature: Doug R -

Absent, Charlie T reporting in his stead: Out of "Prayer and Meditation" books, "As Bill Sees It" are currently delayed currently. Ordered 100 of the new service manuals.

Hotline: Forest -

Missed some emails, checking twice a week to make sure he is getting requests.

Newsletter: Rachelle B. -

Elected to position with Shurone's support and guidance behind the scenes.

Treatment/Accessibilities: Charlie T.

Accessibilities committee is formed, 3 people, lots of leads where we can take an AA meeting for the deaf.

Volunteers: Kim B -

10 years ago our Central Office went Volunteer Only. Party on January 15th, open house. Reps please pass fliers out to group.

Webservant: Sonya -

Website was used over 9000 times in November, group changes please use request form, new elected officials need to contact Sonya webservant@saltlakeaa.org or 614-266-9581. You can also ask for help on central office website.

Old Business :

Board positions -

- Co-chair - **Wade J.** *Thank you!*
- Treasurer - **Open**
- Secretary - **Open**
- District 11 Trustee - **Open**
- Alternate(s) Trustee(s) - **Open**

Committee Chair Positions -

- Activities - **Anders S.** *Thank you!*
- Corrections - **Open**
- Newsletter - **Rachelle B.** *Thank you!*
- Outreach - **Paul S.** *Thank you!*
- Tech Committee - **Open**
- Treatment Chair - **Open**

MOTION :

Charlie T. made motion to add following to By-Laws: "Central Office by approval from the CO Board and Co Committee may accept donated Purple Can funds for purpose of funding Interpreter Services to aid Central Office Treatment and Accessibilities Committee with making AA accessible to deaf members. These funds will not be requested nor promoted by C.O. The Purple Can funds will be raised by groups and individuals for the purpose of paying invoices for Interpreter Services rendered. This may allow for Interpreter Services to become perpetual in Utah." Passed Unanimously.

Adjourn and Close with Responsibility Statement

Next C.O. Rep. meeting will be held (hybrid) on 1-11-2022 @ 6:30 PM.

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

- We have updated from paper to digital systems now.
- Card room has been cleaned and painted, we have a new pinball machine and the pool table is up and running.
- We are checking inventory 3xs a week and keeping everything clean.
- The stove has been repaired and is up and running again.
- We are separating the food prep and dish areas to be in compliance with health and safety codes. Volunteers are helping out with the kitchen remodel, working for half price and cost of supplies.
- Quartz countertops have been donated for the kitchen



Savings & Membership:

- We currently have 145 dues paying members, 120 of which are eligible to vote (3 months of consecutive dues). There are 51 eligible members for the board- (3 spots will be available the end of January)
- We have bundled our bills saving %50 off monthly costs.
- 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.
- 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.

cont on pg 7...

STEP ONE - FOR BILL W.

December 11, 1934, remains one of the important dates in A.A. history—the day Bill W. guzzled his last drink en route to Towns Hospital. But the events leading up to this fortunate event also provide important reflection.

On a *“bleak day in November”* (p. 8) Ebby T. carried his Oxford Group message of sobriety to Bill who was extremely impressed, and although the gin and pineapple juice cocktail on the kitchen table won the day, Ebby was to visit again, igniting Bill's curiosity enough to provoke a visit to the Calvary Mission where Ebby was a resident. This was on **Friday, December 7th**. Bill drank on the way there and offered a drunken “testimony” from the podium.

Bill then spent **Saturday and Sunday, December 8th and 9th**, in his bedroom tapering off. Amazingly, Bill temporarily lost all desire to drink. However, he came home roaring on **Monday, December 10th**. This provoked an argument with his wife, Lois who angrily lamented: *“You don't even have the decency to die! You're crazy! You're crazy!”* Upon which Bill picked up her small sewing machine and slammed it against the wall. Lois was, of course, terrified!

Bill rode the subways that night, panhandling funds for a bottle of booze. (Just imagine!) He came back

home on **Tuesday morning, December 11th** and when he noticed the damaged wall caused by his drinking episode, he fell into deep remorse. Recalling Ebby's success he left a note for Lois explaining he was off to Towns Hospital for yet another treatment. (He had been treated there several times previously) The train fare for Brooklyn to south Manhattan was a nickel and, fortunately for us, Bill had six cents left. Then he espied a store where he still had credit and departed with four bottles of beer.

Bill arrived at Towns Hospital with a beer in one hand and two philosophy books in the other. He announced to his loyal physician, Dr. William Duncan Silkworth, that he had found an answer. This was Bill's final treatment at Town's Hospital. He never drank again!

Page 13 of the Big Book explains how, after Ebby's visit, Bill ingested the basic ingredients of what now constitutes our Twelve Steps. This was **December 13, 1934**, seven days after his first trip to Calvary Mission. Bill, on that day, had a sudden and profound spiritual experience (Pg 14). If not for Bill's final surrender to Step One during those seven days in December, A.A. would not be here today.

-Bob S, Richmond, Indiana

“ **WHEN THE PAIN OF
REMAINING THE SAME
BECOMES TOO GREAT,
WE ARE GIFTED WITH
THE WILLINGNESS TO
CHANGE** ”

Newcomers Perspective cont from pg 1..

"Honey Graham."

I hated it when they used my first name with my maiden name. Neither of which I go by these days. But my name was catchy all the way from elementary to, well now, as this man remembered the times I used to sit on his couch and watch Rugrats. He happened to be babysat by me from back in the good ole' nineties, when the only drug and drink of choice was kool-aid and jell-O.

Also, our mothers were practically long-time neighbor friends. The type who were always there for each other, even with a multitude of kids and a spouse, with baked goods during a crisis. Would this constitute a crisis? Or would I finally be disconnected from my parents' support emotionally and financially.

He motioned the other cop car and he sped away into the night sky. I released a breath I held in since seeing the flashing lights.

This could work in my favor.

"Are Glenn and Flo still retired?"

"Yes, they'll come get me." I pictured my Dad's face when he was woken up from a dead sleep at three in the morning. But hey, they told me to always call them before driving drunk or high. Not everyone is so lucky. I should have asked them before, not after being pulled over though.

"Ok, then. We will keep this between us and this ticket for going the wrong way. But hey, get some help." He winked at me. "Next time. It won't be me catching you."

I wouldn't be alive if it weren't for this young man, this

fellowship and a few members of A.A, who saved my life.

A few days into the program, I was filled with shame and guilt of losing two jobs, getting a huge ticket and about to file for divorce. I had a desire to run in front of the trax to stop the pain and insomnia. I abruptly left the noon meeting, but was followed closely behind by a nice older man. He asked me why I was leaving.

"I don't feel good."

"It gets better. If you stay, I will introduce you to some of the wonderful women here today and get you some numbers and a sponsor.."

I followed him back into A.A. where he did as he said. Red-faced, I met some of the most wonderful women. One, who I share a gratitude text with on a daily basis and another, who became my life-saving sponsor.

No longer spiritually dead, I enjoy getting up in the morning to do service projects, volunteer shifts and attend Alcoholics Anonymous. Hope has replaced my complete despair. My relationships have improved and fortunately I was accepted into an outpatient program for my dual diagnoses.

Life is good again. I never consider death a viable option, anymore. I feel my higher powers in A.A. through the people who took the time to help me. I am not alone in my recovery. Lucky to be saved by strangers and neighbors, who took the time to chase me down. To stop me from going the wrong way on a one-way lane.

-Rachelle B.



Joke of the Month



A Senator in the USA was once asked about his attitude toward whiskey. "If you mean the demon drink that poisons the mind, pollutes the body, desecrates family life, and inflames sinners, then I'm against it. But if you mean the elixir of a New Year toast, the shield against winter chill, the taxable potion that puts needed funds into public coffers to comfort little crippled children, then I'm for it. This is my position, and I will not compromise."

Alano Club Announcement ...cont from pg 4

Upcoming Events

- New Years eve Speaker meeting: 2 speakers starting at 10:15
- Jan 1st - Rose Bowl party for the U of U game. We will serve turkey noodle soup and rolls. Come fellowship and enjoy the game!
- Valentines Day Event: We will have a photo booth, play cupid bingo, chocolate covered strawberries, stuffed animal prizes, carnations for sale, and more!
- St. Patricks Day: Free Riders Event

News & Other Info:

- The kitchen is open 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. We are in need of volunteers to help with many things to get this open. We would like to thank the volunteers that have helped, without them we would not be as close to opening as we are. Smith's & Amazon will give the club .5 cents for every dollar spent. There are flyers posted explaining how this works.
- The old lien from 2008 on the building has been resolved. No money is owed and the building is clear.

C.O. FINANCIALS DECEMBER 2021

Income Statement

Revenue

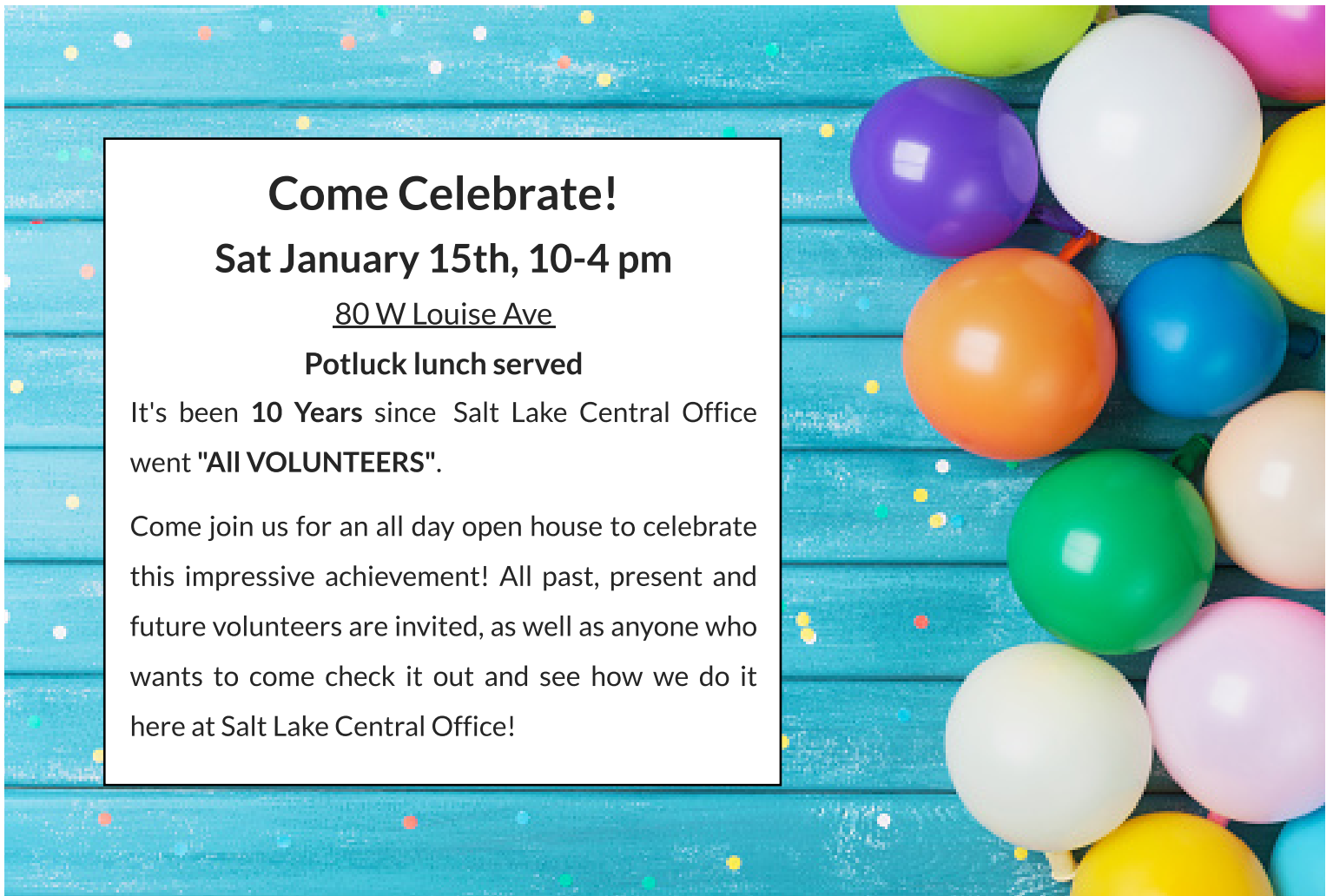
	2021	2020
Group Contributions	\$5,256.31	\$2,063.72
Copy/Newsletter donations	\$-	\$10.17
Individual Contributions	\$-	\$891.61
Sales - Literature	\$6,006.45	\$4,856.61
Sales - Coins	\$1,267.00	\$-
Total Revenue:	\$12,885.27	\$7,822.15

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



WANTED

Central Office Representatives



Does Your Group Have One?

Stay in touch with the latest happenings and changes with A.A. on a local level. Having a group rep gives members a voice by allowing them to vote on key issues as they arise. It's a great way to get involved with the workings of A.A. locally... And it's FUN!!

-See you there

She lost her way

Soiled by shame
Wasted by guilt
Pushed to jump over the bridge
Told she was human in a mocking way
to make her feel unworthy
Illness didn't break her into pieces
the way so many others did
who took more than she had
hated in misunderstanding rage
for their light wasn't on fire
as they had none
not only a pitied human
or a drained empath
or a mentally ill mess
an addict to fill the void
cursed away in judgment
told to heal herself
echoing the heartless realms
the final push to earthly death
Phoenix
only few can mimic
one day they may regret
burning her away
for she will rise
and need no more
for her power is unshakable
her pain dissolved
for she can fight
win every battle
in the end
you lost your way
while she found her soul
you die in jealous ashes
while her tears turned you into rock

she rose in strength
an unstoppable phenomenon
an angel vibration
she doesn't hurt anymore
for now you feel her pain you caused
as you casted her away
she found another way to play
The range of joyful feelings
you will never ever know
for in boxes you sit
afraid of authentic power
not now or maybe ever
will freedom be yours
Stop covering her body
ignoring her invisible pain
controlling her fate
slapping her cheeks
bearing her true beauty
crucifying her choices
breathing her power
Only the one who can create a soul
on the lowest realm
is the one who needs to be heard
in the darkest night of the soul
the empath sister will soar
as a dragon with fire in
a mouth no longer able to be closed
she commands the judgement
with perfect love and peace
True beauty inside
scars everywhere
Never forgetting
home is not here
Finally she sees your clear dark eyes
for she has found her way

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