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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 would 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.

## 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](mailto: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](mailto:activities@saltlakeaa.org)

Archives — Rob C.

[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

By-laws — Jake S.

Coins — Gina H.

[coins@saltlakeaa.org](mailto:coins@saltlakeaa.org)

Co-op Professional Community — John S.

[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

Corrections — Open\*

[corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)

Hotline — Forest

[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

Literature — Doug R.

[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

Lifeline Newsletter — Rachelle

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

Outreach — Melissa E.

[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

Public Information—John S.

[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)

Technical Support — Open\*

[it@saltlakeaa.org](mailto:it@saltlakeaa.org)

Treatment & Accessibility - Charlie

[treatment@saltlakeaa.org](mailto:treatment@saltlakeaa.org)

Twelfth Step — Zach B.

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

Volunteer — Kim B.

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

Website — Sonya

[webservant@saltlakeaa.org](mailto: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](mailto: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](mailto: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

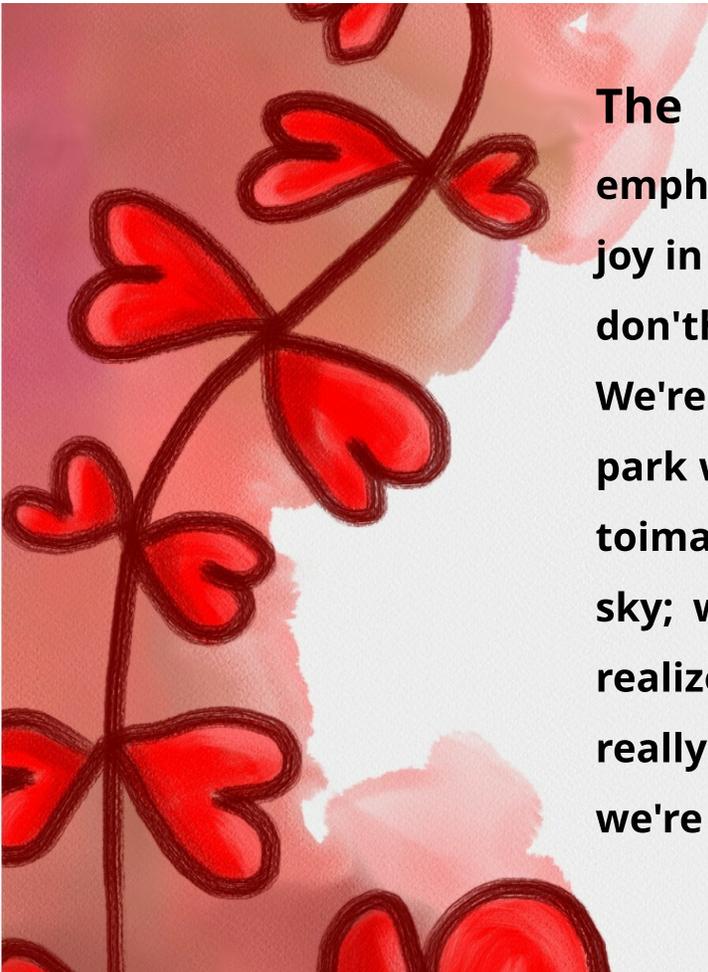
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## Joke of the Month



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

<u><b>Income Statement</b></u>	<b>2021</b>	<b>2020</b>
<u><b>Revenue</b></u>		
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	\$-
<b>Total Revenue:</b>	<b>\$12,885.27</b>	<b>\$7,822.15</b>
COGS - Literature	\$5,376.50	\$3,953.16
COGS - Coins	\$1,062.67	\$-
<b>Total COGS</b>	<b>\$6,439.17</b>	<b>\$3,953.16</b>
<b>Gross Profit</b>	<b>\$6,446.10</b>	<b>\$3,868.99</b>
Operating Expenses	\$3,798.22	\$3,461.41
Other Expenses:	\$-	\$-
<b>Total Expenses:</b>	<b>\$3,798.22</b>	<b>\$3,461.41</b>
<b>Net Income:</b>	<b>\$2,647.88</b>	<b>\$407.58</b>
<u><b>Bank Accounts</b></u>		
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
<b>Total:</b>	<b>\$34,951.75</b>	<b>\$42,655.55</b>



# UPCOMING EVENTS

## 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](http://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 rose 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 soo 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

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**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**