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A LETTER OF THANK YOU

Eighteen years ago, I was court ordered into AA and introduced to the 1414 club, a 12-step meeting place in Longview, Washington. After 3½ years of being a dry drunk, hanging out in the half measures room, playing pinnacle, cribbage, and jigsaw puzzles, I thought that was the program of AA. And after thinking all those AA meetings were the same, Bam! One last drunk. It was inevitable, being miserably sober.

Then fear gripped me. I started doing all the things that I had heard at the meetings. I got a sponsor, read the Big Book, got a home group, did service work and meetings, lots of meetings.

Today, all the Big Book promises have come true, more than I could ever imagine. I have sponsored alcoholics who have 4, 5, 7, and 8 years of sobriety, all of them blessings. I own a home, a new car, and I have a host of friends.

Now the thank you, to a few people that never judged me, gave me a shoulder, and helped me grow up. Thanks to the all-important Tuesday night Al Anon-AA mixed meeting who taught this alcoholic the other side of my disease. Thank you, Sue, the Thursday night Ocean Beach meeting, Chloe, and Dee, "spiritual leaders". Walt, for being a friend, and an ear while I whined. Darrel, for the smile and making me feel welcome. Debbie for teaching me patience.

George for your humor. Jerry for the hours of principles and advice. Denny for the Step Study.

Thanks to the Friday night Rainier group and so many people that listened to my growing pains. Members that shared and have no idea that they kept me sober and sane for one more day. I have moved away but many memories and people come to mind, all which I can't wait to remember, but Thank You. So many were teachers, and this student was ready.

Today I still have a sponsor, read the Big Book, have a home group, and I try and give back what was given, so freely to me. Thanks for loving me till I could love myself. Thanks for having faith in me when I couldn't be grateful. Being an active member of AA has taught me that fear, denial, hopeless pain, selfishness, and self-centeredness leads to that first drink.

So thank you, a grateful member of AA



CENTRAL OFFICE Board of Trustees

Chair - Wade J. board@saltlakeaa.org .
Co-Chair - Shannon M. cochair@saltlakeaa.org
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7th Tradition Contribution Addresses

General Service Office
Post Office Box 2407
James A Farlev Station
New York, NY 10116-2407

Area 69 Treasurer
P.O. Box 18134
Kearns, UT 84118

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
2111 N Hill Field Rd. A202
Layton, UT 84041

District 13 Treasurer
P.O.Box 95383
South Jordan, UT 84095

CENTRAL OFFICE Standing Committee Chairs

Activities – Kim B. activities@saltlakeaa.org
Archives – Ben H. archives@saltlakeaa.org
By-laws – OPEN bylaws@saltlakeaa.org
Literature – Jim S. literature@saltlakeaa.org
Coins – Kathy M. coins@saltlakeaa.org
Public Info - Allison S. pi@saltlakeaa.org
Cooperation with Professionals – Karmina B. cpc@saltlakeaa.org
Corrections - Serena C. corrections@saltlakeaa.org
Outreach – Open outreach@saltlakeaa.org
Hotline – Max M. hotline@saltlakeaa.org
Newsletter – Danny B. lifeline@saltlakeaa.org
Technology – Elan B. it@saltlakeaa.org
Treatment & Accessibility - Charlie T. treatment@saltlakeaa.org
Twelfth Step – Charlie C. 12step@saltlakeaa.org
Volunteers – Bob C. volunteer@saltlakeaa.org
Website – Jeff P. webservant@saltlakeaa.org
Immediate Past Chair – Brad M.

A DECLARATION OF UNITY

This we owe to A.A.'s future; To
place our common welfare first;
to keep our fellowship united. For
on A.A. unity depend our lives
and the lives of those to come.

C.O. MEETING MINUTES – APRIL 2023

Reports Board of Trustees

Chair: Wade J. – Instructions.

CO-Chair: Shannon M. – Added names to the accounts.

Secretary: Jake S. – Thanks to Chair and Board Members for your timely reports. Great attendance at last meeting.

Treasurer: Mark C. – Finances are healthy at Central Office.

Trustee: John S. – New big book study Mon. and Fri. at 2:00 pm at Fellowship Hall.

Trustee: Sonya M. – Things are going well at District 10. Encourage all groups to have a GSR.

Trustee: Phillip W. – District 11 is hosting the Pre-conference assembly on April 14. We have a 300% increase in representation and number of groups contributing to central office.

Trustee: Alan B. – District 13 GSRs are reporting good meeting attendance. The Monthly District 13 GSR meeting is moving to Jim's Restaurant.

Alternate Trustee: at Large: Diane B. – Nothing to report.

Alternate Trustee at Large : OPEN

Immediate Past Chair: Brad M. Congratulates everyone, attendance has skyrocketed for the meetings.

Reports Committee Chairs

Hotline: Max D. – I'm counting on CO Reps to spread the word to their groups for the next 4 weeks. Hotline volunteers are needed to answer phones after regular business hours.

12th Step Coordinator: Charlie C. – Accepting volunteers for 12 step calls. See your Group Rep, send an email, or fill out the form on the CO website.

Activities: Kim B. – Mark your calendars for the Founder's Day Breakfast June 11th at 10 am to 1 pm at Fairmont Park.

Newsletter – Danny B. was elected. Congratulations!

Outreach – OPEN

Website: Jeff P. – Website is running smoothly, 30% less traffic than last month.

By-Laws – OPEN

Volunteer: Bob C. – Furnace is now working. Need the parking lot striped. Wade would like to have a quarterly meeting with volunteers and provide breakfast. New volunteers are always welcome to stop by and visit CO.

Literature: Jim S. – GSO price increases will take effect starting May 1st.

Archives: Ben H. – Looking for badges from past Area events (PRAASA or Forum).

Public Information: Allison S. – Attended Board meeting and received contact info for PI.

Accessibility: Charlie T – Opening the doors for the deaf is growing. As of today donations are at \$10,859.46. Interpreters looking for ASL certification hours could be used at meetings.

Corrections: Serena C. –

Using the District 10 pink can fund, a very substantial literature purchase for Metro Jail, which included English and Spanish Big Books and Daily Reflections.

Cooperation with Professionals: Karmina B. – Visited Cedar Psychiatry in Murray, and pamphlets were left. Would like to bring a few different pamphlets and visit their facility in Farmington.

Technology: Elan B. – If you have a position, you also have an email address, and it is important to check it. Please reach out for any questions.

Coins: Kathy M. – Thanks to Chip committee members, our latest inventory and reorder is done. Thanks for your understanding on the new price increases and the delays in obtaining stock.

Old Business

Spanish Language Intergroup joining Salt Lake Central Office. Would like to get a meeting the weekend following Pre-conference to get things ready to go. They can start setting up now. We will have two different phone lines. For our bilingual AA members, we will need volunteers

New Business

Events email question. Member of the Activities committee who helps coordinate events for the website. Selena is currently serving in that capacity.

Next CO Rep meeting will be held on 5-9-2023 @ 6:30 pm

PAMPHLET OF THE MONTH

Your **A.A.**
General
Service Office



This is A.A. General Service
Conference-approved literature

I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that:

I am Responsible.

Joke of the Month



At his regular Saturday night meeting, a guy walks over to a woman he's never seen before. "Are you new here?" he asks. "Yes, it's my first time" She replies, "I just got out of prison." "What did you go to prison for?" "Murdered my husband" she replies. "Ahh, so you're single" he says.

NEAR TO HIM

There are several references in the Big Book to the nearness or closeness of God. It makes it clear that we can be close to God, we just can't be God. But in each case, there is a condition, we had to seek Him. "When we drew near to Him He disclosed Himself to us!" (We Agnostics, page 57).

My first experience in seeking God was probably in the treatment center. It was a selfish "seek," but a "seek" nonetheless. I was afraid of the unknown; afraid I'd lose my job, afraid I was an alcoholic and afraid I couldn't stop drinking. I wanted to have my fears removed. But instead, I was given the courage to go forward. I felt at ease in a very uneasy environment.

My first powerful spiritual experience was on a Twelfth Step call involving a gun. It was also a fear inspired experience. I must admit, I didn't need to seek God, I was open and God was just there. Of all the times I've felt close to God, not all of them were fear based. There is a star lit night, a walk with my dog and meeting the woman of my dreams.

Probably the closest I have ever felt to God was the birth of my son; holding him for the first time. An equally close experience was in 1993, when my son died and the paramedics brought him back to life. As I leaned down to hug my son, my son told me he knew he was going to be ok because he had seen an angel over my right shoulder.

I had another very close experience in 2006 when I flat-lined in the ICU while under attack from flesh eating bacteria. I was brought back to consciousness by a hospital orderly beating on my chest. God has always been close to me in life and death experiences.

There is also what I call, the Fifth Step miracle; when the Fifth Step promise, "We can be alone at perfect peace and ease," came true. I drank so I could be alone a perfect peace and ease.

After Step Five, it became a natural part of life; feeling close to God when all alone, no outside influences or stimuli. I know people, who would travel to an event, return and tell me how much I had missed by not being there; how I had missed an immensely spiritual event.

With the Fifth Step promises coming true, I didn't need to travel to be close to God. The camping, attending area round-ups, a trip to a monastery, a dip at a hot spring are all fun. However, I've never quite understood, nor has anyone satisfactorily explained why such pilgrimages are necessary to draw near to God. I didn't need to stimulate the spirit; I needed the Spirit to stimulate me. I needed an unconditional conscience contact with God.

You can't see God, yet God isn't hidden. You can't touch God, yet you can feel His presence. You can't hear God, yet in the still quiet we receive inspiration. So, how do you draw near to God? The psalmist said, "Be still, and know that I am God."

The word "still" comes from the translation of the Hebrew word "rapa," which means to "be calm." Being calm doesn't mean you stop what you're doing. You can be calm while doing your job at work, driving a car, having dinner with family or working with others. With practice, you can be fully functional, calm and in conscious contact with God at the same time. In short: Let go and let God.

- Anonymous

FINANCIALS – MARCH

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$2,498.76	\$3,534.00
Contributions - Other	\$873.32	\$ 48.75
Sales of Product Income	\$11,488.85	\$7,201.00
Total Income:	\$14,460.93	\$12,652.75
Total Cost of Goods Sold	\$9,034.08	\$7,692.00
GROSS PROFIT	\$5,426.85	\$4,960.75
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Bank Charges & Interest	\$252.52	\$ -
Cash Over Short	\$ (52.22)	\$ -
Cleaning, Supplies, & Snacks	\$527.01	
Freight & Shipping Costs	\$17.50	\$ -
Phone & Internet	\$497.64	\$ -
Printing, Paper & Reproduction	\$442.88	\$ -
Rent	\$1,500.00	\$ -
Software, Hardware, Website	\$412.03	\$ -
Utilities	\$676.22	\$ -
Total Expenses:	\$4,903.61	\$3,816.53
NET OPERATING INCOME	\$523.24	\$ (504.57)
Interest Income	\$33.64	\$ -
Net Income:	\$556.88	\$ (504.57)

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, or \$24,000 for 6 months.

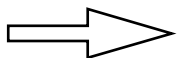
Thank you everyone for your donations!! We appreciate you!

GROUP CONTRIBUTIONS FOR MARCH

4th Dimension	\$184.00
A Vision for You	\$258.75
Bog Irish	\$173.92
Bountiful Community	\$100.00
Early Beginners	\$75.00
Fresh Air Serenity	\$300.00
Magna Fun Bunch	\$150.00
Old Bastards Group	\$25.00
Primary Purpose	\$80.00
Rule 62	\$228.80
Saturday Morning SOTS	\$65.00
South Davis	\$100.00
Stepping Stones	\$31.00
Top of Morning	\$552.00
Unknown (Alex Field)	\$500.00
Unity Lunch Bunch	\$132.00
Vincent's Friends	\$150.00
Women in Sobriety	\$105.25
Women Stepping Up	\$120.00
Monthly Total:	\$3,330.72

Thank you so much for all the groups and individuals who donated this month.

Donate here



MIDVALE LUNCH BUNCH

Birthday Corrections:

Dave M. - 41 Years

Declan - 1 Year

THUNDER HEART

Corrine C. - 19 Years

Steve B. - 20 Years

Mike T. - 19 Years

PRIMARY PURPOSE

Nick P. - 1 Year

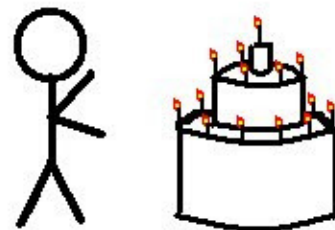
UNITY LUNCH BUNCH

Justin - 60 Days

Steve C. - 2 Years

AND TO ALL WHO WE MISSED !

Submit picture or scan group birthdays to:
lifeline@saltlakeaa.org. Or drop off at C.O. -
80 West Louise Ave (2860 S.) Thanks!



Calendar of Events and Meeting Update

UPCOMING EVENTS

Area 69 Post Conference Assembly

May 19 - 21, 2023

Hosted by District 8

Western Park

302 E. 200 S. Vernal, UT

Further event information at UTAHAA.org

Utah Conference of Young People in AA

(UCYPPA 2023)

"Your Imagination will be Fired"

May 19 - 21, 2023

Box Elder Campground, Group Site C

Mantua, UT

Bring your own camping gear

Breakfast provided both days

Saturday Dinner Provided

Further event information at UCYPAA.org

Central Office AA Founder's Day Breakfast

Sunday, June 11th

10:00 AM - 1:00 PM

Fairmont Park - North Pavilion

1040 E. Sugarmont Drive, SLC 84106

Central Office will provide egg breakfast

Please bring a breakfast side dish to share

Further event information at SALTLAKEAA.org

41st Great Outdoors (G.O.D.) Camp-out

July 7, 8, and 9th 2023

Defa's Ranch

Hanna, UT

Camping and Tent Sites - First Come First Serve

NO PETS ALLOWED

Further event information at GODCAMPOUT.org

Meeting Update

Huntsman Mental Health Institute (formerly UNI)

(COVID comeback) Open

501 Chipeta Way, 2nd Floor (Cafe) Salt Lake City, UT

(Sundays (starting April 30th) Time: 9:45 am - 11 am.

Out from Under Book Study

Fellowship Hall 2060 South Windsor St. Salt Lake

City, UT 84105

Monday & Friday Time 2 pm - 3 pm



WHAT DOES FOLLOWING A PROGRAM MEAN?

This is an excellent question that a client asked me recently. And I think a pretty common one. What is a sobriety program? And how do you work one?

A sobriety program is really a mental health practice. And I want to break down what that looks like.

The key to sobriety is the healthy behaviors we do consistently. We do them whether we feel good or bad (not just when our back is against the wall). I believe the key to a sobriety practice is self-reflection- revealing ourselves to ourselves.

I do this by writing out my resentments in a very specific way (when I have them). When I do this, it shifts my perspective and how I feel.

These then reveal my limiting beliefs about myself (the story I tell myself about myself). Then I'm able to change them into something more empowering.

I also write out my current fears (it's like plucking weeds out of my mind) and then ten things I am grateful for as I want to bring my mind back to the positive.

When necessary, I sometime need to speak to someone I trust about what I discover. It takes a few minutes most days. And I take action on what I have discovered.

I have done this for almost twenty years, and I am very certain that everything in my life has come from this practice. Yes, it has kept me sober, but it has given me so much more than that.

- Author Unknown



The relative success of the AA program seems to be due to the fact that an alcoholic who no longer drinks has an exceptional faculty for "reaching" and helping an uncontrolled drinker.

In simplest form, the AA program operates when a recovered alcoholic passes along the story of his or her own problem drinking, describes the sobriety he or she has found in AA, and invites the newcomer to join the informal Fellowship.

The heart of the suggested program of personal recovery is contained in Twelve Steps, outlined in the book "Alcoholics Anonymous", describing the experience of the earliest members of the Society. Newcomers are not asked to accept or follow these Twelve Steps in their entirety if they feel unwilling or unable to do so.

They will usually be asked to keep an open mind, to attend meetings at which recovered alcoholics describe their personal experiences in achieving sobriety, and to read AA literature describing and interpreting the AA program. AA members will usually emphasize to newcomers that only problem drinkers themselves, individually, can determine whether or not they are in fact alcoholics.

At the same time, it will be pointed out that all available medical testimony indicates that alcoholism is a progressive illness, that it cannot be cured in the ordinary sense of the term, but that it can be arrested through total abstinence from alcohol in any form.

- Alcoholics Anonymous



OVERCOME

Some say alcoholism is a disease, others an illness and others say it's an allergy. My sponsor, Charlie, told me that it really doesn't matter what alcoholism is. He told me the story of the farmer's mule.

A farmer had fallen on hard times and decided to sell his mule. He instructed his two sons to take the mule into town and sell it for what they could get. The two sons took the mule and headed to town. The farmer went into the fields to tend his crops. At the end of the day the farmer returned to the house, but did not see his sons.

Worried about his sons, he headed to town to find them. Half way into town he finds them. The mule is in the ditch and his two sons are fighting. The farmer asks, "What happened here?" The first son, standing toward the rear of the mule, points to his brother at the front and says, "My brother led the mule into the ditch." The second brother at the front of the mule points to his brother at the rear and says, "My brother pushed the mule into the ditch." The farmer pauses, then says, "It doesn't matter how the mule got in the ditch! Now he's there, what are you going to do to get the mule out of the ditch?"

Charlie's message to me was, it doesn't matter if alcoholism is a disease, an illness or an allergy. The only thing that matters is what I am willing to do to recover. The solution matters. Some say the solution for alcoholism is physical, stating, "If you don't drink, you won't get drunk." Others will say the solution is mental, stating, "Treat the reasons for drinking and the need to drink will cease."

And yet others will contend that the solution is spiritual stating, "A Power greater than yourself is necessary to lift the merciless obsession over alcohol." Charlie would say, "It's not one of these, but all of these at the same time." The words "What an order" comes to mind. Would I be able to go through with it?

Charlie told me all I needed was faith, courage and strength.

The Big Book says, "All men of faith have courage" (page 68) and it repeatedly tells us to pray for direction and strength. But where was I going to get the necessary courage and strength? The Serenity Prayer pointed me to the source of courage; God, as I understand Him. I have discovered since then, that courage and strength are both required for faith. Faith without works is dead and it takes both courage and strength to do the work. I've never really cared for the phrase "fake it till you make it." I understand it intellectually; I just don't happen to agree with it (opinion).

Even the Big Book warns us about faking it when it says, "At some of these we balked. We thought we could find an easier, softer way" (Big Book, page 58). Balked normally means to be reluctant, but it can also mean fake. Faking the solution can lead to some very real consequences. It also says that "Half measures will avail us nothing" (Big Book, page 59). There is no way that "faking it" is full measures. Instead of "faking it," I prefer the unofficial slogan of the United States Marine Corps, which states, "Improvise, Adapt, and Overcome."

I have overcome the horrors of alcoholism by improvising, trading in my self reliance for reliance upon a Higher Power that removed my obsession. I have adapted to a life of discipline, seeking His will, repeatedly taking the necessary Steps to remain sober, thus avoiding the physical cravings. With the God given courage and strength I have overcome my past demons and have become happy, joyous and free.

- Author Unknown



MENTAL HEALTH

The first time I read the statement on page 133 of the Big Book, "We, who have recovered from serious drinking, are miracles of mental health," I immediately broke into laughter. I looked around the room at the people in my home group and thought, "They did not include this cast of characters when they made that statement." That thought was composed in my "fresh off the sauce" sickened mind.

In my sick mind, sober people, people willing to help people like me, people who were grateful to be an alcoholic, were of course mad as a hatter, nutty as a fruitcake, crazy as a loon, stark raving mad, etc.

That would bring me to the first lesson in sobriety: If you're in a state of mind where you think a drink might help, then you shouldn't be passing judgment on others, let alone working your "own" program or sponsoring yourself; seek outside help. During the course of my sobriety, I would have three bouts with depression.

The Big Book is fairly silent on the subject of depression, so I looked elsewhere. I discovered that there are three methods of treatment; talk therapy, medication or a combination of the two. I remembered that the Big Book referred to the program as "therapy." It was my hope that the program was enough in my case, and that medication might not be necessary.

My first depression occurred at seven years of sobriety. I had too many years to still fit in with the newcomers and I had so few years that the oldtimers thought I was still wet behind the ears. I just didn't feel like I fit in. I would be uncomfortable if I drank, and I was uncomfortable sober. My sponsor said, **"This would be a good time to get into service."** I did. I became the secretary of the Lindsey Group in Wiesbaden, Germany. My depression lifted.

My second bout with depression occurred moving to Tampa, Florida. To learn my new job, I had to go to school in Washington DC, California and Nebraska. I was away from my wife and 3 year old son. I didn't have enough time to lay down sobriety roots in Tampa. Once again, there was the feeling of being disconnected from society and the fellowship. Depression set in. My sponsor said, **"This would be a**

good time to get into service."

When I returned to Tampa, I took on three service positions; husband, father and GSR to the Happy Hour Group. My depression lifted.

My third encounter with a depressive mood was when I had nineteen years of sobriety, going on twenty. I had come to believe that the fellowship that I was a member of no longer resembled the fellowship I had joined so many years ago.

Now it was a 'we' program and a one day at a time program. Step Thirteen and trusted servants taking money were common. The list went on. I remembered a do it or die program, a lifetime program, Twelve Steps and service for service sake. I had become a Bleeding Deacon, and with it came depression.

My sponsor said, **"This would be a good time to get into service."** I became the GSR of the Sunday Breakfast Meeting in Salt Lake City. My depression lifted. I began to notice a trend.

Finally, after twenty years of sobriety, I learned my lesson. Whenever I have a lengthy depression, service to others seems to snap me out of it.

I am not a psychiatrist, I am not a mental health professional and I am not a therapist. If service to others hadn't worked for me I certainly would have consulted one. For me, service for others and getting out of self is very liberating. But more than lifting my depression, service made me happy; it gave me purpose and made me feel useful. I am no longer a Bleeding Deacon.

- Author Unknown



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