

LIFELINE



SEPTEMBER 2023

In This Issue:

- **What's Best for the Group**
- **Meeting Minutes**
- **Pamphlet of the Month**
- **Joke of the Month**
- **Financial Information**
- **Group Contributions**
- **Group Birthdays**
- **Meeting Updates**
- **Calendar of Events**
- **General Service Gave Me a Sense of Purpose**
- **The Promises**



WHAT'S BEST FOR THE GROUP

After seven years in AA, I finally feel like I'm starting to acquire a working knowledge of this vital principle, Tradition One. This Tradition makes clear that the welfare of the group should come before any one member. The group comes before me, before you, before the old-timer, and yes, even before the newcomer. Who knew? Not me.

Even though I thought I had been practicing the First Tradition for a while now, I was actually only understanding it in my head. The principle was not yet in my heart. Because I knew the AA literature and could even recite the long form, I was following the technicalities of the Tradition—the “letter of the law,” rather than the spirit of the principle. Over time, I found I was never truly able to practice any of the other Traditions until this particular principle really had sunk into my heart.

I'll give an example. I voted at my home group that the secretary position only have a 90-day sobriety requirement. Why? Because service keeps us sober, and the newcomer could benefit most from getting into service. Seems logical, no?

Then for years following that group conscience decision, whenever our group had an election and there were two members standing for the same

position, I would always, always vote for the person who I thought needed a service position the most. I would support the person who I believed could benefit the most from the position, rather than the person who I thought could be of the most benefit to the group as a whole, the person who was the most qualified.

As a result, more often than not it was the whole group that suffered when we elected someone who might not be qualified.

Today I see that when the AA group isn't strong, we lose effectiveness. I learned that we are able to help more people when we have an effective meeting.

So once again, more has been revealed to me. Today I will vote for someone who I feel has a strong working knowledge of the Twelve Traditions, the one who is best qualified and who I think will be the most responsible and reliable for the job. Because ultimately, that is the way everyone else will best be served—including the newcomer.

— C.B.

Bend, Ore.

CENTRAL OFFICE Board of Trustees

Chair — Wade J. board@saltlakeaa.org .
Co-Chair — Shannon M. cochair@saltlakeaa.org
Secretary — Jake S. secretary@saltlakeaa.org
Treasurer — Mark C. treasurer@saltlakeaa.org
Trustee (2) — John S. trustee02@saltlakeaa.org
Trustee (10) — Sonya M. trustee10@saltlakeaa.org
Trustee (13) — Alan B. trustee13@saltlakeaa.org
Trustee (11) — Philip W. trustee11@saltlakeaa.org
Alt Trustee — Diane B.

SEVENTH TRADITION Contribution Addresses

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

Area 69 Treasurer
PO Box 18134
Kearns, UT 84118

District 10 Treasurer
P.O. 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
P.O. Box 615
Salt Lake City, UT 84110

District 11 Treasurer
P.O. Box 461
Bountiful, UT 84011

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.

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.

CENTRAL OFFICE MEETING MINUTES – AUGUST

Reports – Board of Trustees

Chair: Wade J. – Excused

CO-Chair: Shannon M. – Nothing to report.

Secretary: Jake S. – Excused. Thank you to the people who were able to provide reports in advance. I know this is not always feasible, but when emergencies occur it make the job of whomever is covering much easier. Thank you Alan, Danny, and Serena!

Treasurer: Mark C. – Donations are less than half of what they were last year at this time, so please keep Central Office in mind when distributing donations. Central Office is keeping expenses in line. There was a situation in July with a misappropriation of Central Office funds. This has since been corrected, with steps being taken to help prevent this moving forward. Funds have been moved into savings with only necessary amounts kept in checking, and two out of three (chair, co-chair, and treasurer) are now required to be present to transfer funds from savings to checking.

Trustee: John S.

Trustee: Sonya M. – From 4-5 GSRs last Fall, with effective DCMs, they're up to 15 per meeting, and the whole District group almost fills the big room in the Alano Club. Corrections chair has been filled, but there are still open positions like Bridging the Gap or Grapevine.

Trustee: Phillip W. - District 11 meeting was held June 14, 2023. Area 69 delegate David R. gave his post conference report which took most of the meeting. Regular business and reports were pushed to next month. Vacant treasurer position was filled by Matt D. The next District 11 meeting will be July 12, 2023, at 6:30 PM at Episcopal Church in Centerville, UT.

Trustee: Alan B. – District 13 is active and doing well. Meeting attendance is strong, especially for summer. A couple of meetings are seeing over 100 people attend.

■ At our last District 13 GSR meeting David, our Area 69 Delegate, updated us on his trip to New York when he attended the General Service Conference. He highlighted his main takeaways.

■ The Fall Assembly hosted by District 13 is coming together and will be held September 22-24th. There will be a combined speaker meeting with Al Anon. There will also be an ice cream social on Saturday Night. This will be held at the Sons of Utah Pioneers building in Millcreek.

■ There are several open chairs and positions. Come join us at the next District 13 GSR meeting on August 24th at Jim's Restaurant in Sandy. Contact me any time at "trustee13@saltlakeaa.org" Thank you all for your service.

Alternate Trustee: Diane B. — Stepping down from position.

Alternate Trustee: OPEN CHAIR

Immediate Past Chair: Brad M.

Reports – Standing Committee Chairs

Hotline Telephone: Max D. – We have 96% coverage and only have two slots left before we have 24-7 telephone coverage! Open slots are found on the central office website at, <https://www.saltlakeaa.org/2023/05/open-hotline-time-slots-april-2023/> If you or your group have any questions, please reach out to the Hotline chair at, (<https://www.saltlakeaa.org/service/#hotline> or hotline@saltlakeaa.org).

12th Step Coordinator: Charlie C. – We have a 12-step list of volunteers willing to work with newcomers, make calls, and give rides to meetings. The list is working well. Please, sign up

on <https://www.saltlakeaa.org/service/#12-step> to volunteer.

Activities: Kim B. — Our Aug 13th Central Office Picnic had a substantial turnout. A special thank you to all the volunteers and their hard work for making our annual picnic a success. Joe estimated there about 250 in attendance, based on the hamburgers, veggie burgers, and hot dogs that were served.

Newsletter: Danny B. – The lifeline is looking for your personal stories of experience, strength, and hope. Most of us started in AA desperate and broken. Why not share what attracted you to AA? We have the opportunity to volunteer for this important service work to help the alcoholic who is still suffering. Allow your story to encourage the newcomer and the long timer. Please pass this information on to your home groups.

Website: Jeff P. - Web Traffic has been very consistent - a little over 5,000 visitors a month. Majority are going to the meeting sections, which is good! Alcoholics are finding meetings.

By-Laws: Brad C. – Has a copy of the bylaws and is working on making sure to fully understand them by the next meeting.

Volunteer: Bob C. – Things are going smoothly with the volunteers. Could use a couple more volunteers if anyone is interested.

Literature: Jim S. – Things are going well. The only holes are books and pamphlets that aren't currently in print, but should be starting back up in September.

Archives: Ben H. — Excused.

Public Information: Allison S. — Public Information chair goes to events, sets up a table, and teaches people what AA is or isn't. The AA name isn't on any event flyer, so non-affiliation is preserved. - Public Information is looking for volunteers for tables at events. For further information visit pi@saltlakeaa.org or <https://www.saltlakeaa.org/service/#pi>.

We have 3 events coming up; A Car Show at Wheeler Historic Farm - August 26 10:00 AM-2:30 PM, USARA Recovery Day at Jordan Park - September 9th 2 PM - 8 PM, and American Foundation Suicide Prevention Walk at Veterans Memorial Park - September 9th 9 AM-12 PM (we're on the wait list).

Accessibility: Charlie T – Movement with the deaf is moving forward. Interpreters will be there every week so the deaf will not need to announce their presence in order to get to a meeting.

Corrections: Serena C. – Getting volunteers in for meetings at SL Metro is still a bit difficult, mostly on weekends due to jail staffing shortages. Prison meetings are going very well, with volunteers making to the meetings quite regularly. There is finally a new district 10 corrections chair! Thanks, Betsy.

Cooperation with Professionals: Karmina B.

Technology: Elan B. – Last month we voted to approve a \$250 upgrade for the Central Office front desk station. Found a solution \$110 under budget. If you have a CO position, you have a CO email. Please reach out to it at: saltlakeaa.org if you need to get access.

Coins: Kathy M.

Old Business — District 12 has decided to buy their own building instead of moving into Central Office.

New Business — Jack H. stood for the Outreach position. He is talkative and loves going to meetings. The group voted to waive the 2 year requirement. He was unanimously voted in with 19 months.

Next CO Representative meeting will be held on 9/12/23 @ 6:30 pm.

PAMPHLET OF THE MONTH

Is There an Alcoholic in Your Life?

A.A.'s Message of Hope



If someone you love has a drinking problem, this booklet will provide you with facts about a simple program of recovery. Through A.A.'s help, over two million people who once drank too much are now living comfortable and productive lives without alcohol.

For more than eight decades, Alcoholics Anonymous has been working successfully for

men and women from every kind of background. Before these people came to A.A., most of them had tried to control their drinking on their own and, only after repeated unsuccessful efforts at such control, finally admitted that they were powerless over alcohol.

At first, they could not imagine life without it; they certainly did not

want to admit that they were alcoholics. But, with the help of other A.A. members, they learned that they did not have to drink. They discovered that life without alcohol not only was possible, but could be happy and deeply rewarding.

JOKE OF THE MONTH



A State trooper pulls a car over for speeding. As the officer approaches the window, he notices several bowling pins on the seat

next to the driver. "What are those for?" The man tells the trooper that he is a juggler on his way to a circus job and asks if he'd like a demonstration. The officer says OK, so the man steps out of the car with the bowling pins. On the side of the road, as the trooper watches, the man tosses the pins into the air and juggles them expertly. At the same time, an AA member and his wife drive past. They notice the juggler with the State trooper on the roadside. The man turns to his wife and says, "I'm sure glad I got sober when I did. Look at what they make you do for the sobriety test now!"



After joining AA, I gained quite a bit of weight. A friend told me it was because I didn't get as much exercise as I used to.

"But I never exercised while I was drinking," I protested. "Sure, you did," he countered. "The exercise program you were on had a number of routines; hitting the bottle, bending the rules, stretching the truth, running into trouble, jumping to conclusions, stepping on toes, dodging responsibility, pushing your luck, carrying a grudge, throwing fits and picking up the pieces."

- Bob M.

Green Valley, AZ

FINANCIALS – JULY

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$2,403.17	\$7,809.00
Contributions - Other	\$337.62	\$ -
Purple Can Contributions	\$967.96	\$ -
Sales of Product Income	\$8,116.39	\$6,461.50
Uncategorized Income	\$0.63	
Total Income:	\$11,825.77	\$14,509.18
Total Cost of Goods Sold	\$5,615.50	\$5,709.95
GROSS PROFIT	\$6,210.27	\$8,799.23
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Bank Charges & Interest	\$148.42	\$ -
Bank Service Charges	\$100.00	
Cash Over Short	\$71.12	\$ -
Snacks, Office Supplies, & Water	\$85.61	\$ -
Freight, & Shipping Costs	\$7.50	\$ -
Literature Handouts	\$275.00	
Phone & Internet	\$243.90	\$ -
Postage and Delivery	\$253.90	\$ -
Printing, Paper & Reproduction	\$577.57	\$ -
Purple Can Expenses	\$200.00	\$ -
Rent	\$1,500.00	\$ -
Software & Hardware	\$386.81	\$ -
Utilities	\$343.28	\$ -
Website	\$23.99	\$ -
Total Expenses:	\$4,603.20	\$3,539.39
NET OPERATING INCOME	\$1,607.07	\$ -
Interest Income	\$40.85	\$ -
Other Expenses/Fraud	\$8,628.65	
Net Income:	\$(6,980.73)	\$5,259.84

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.

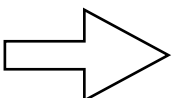
Thank you everyone for your donations!! We appreciate you!

GROUP CONTRIBUTIONS – JULY

17 and 17th	\$90.00
AA No Nonsense Group	\$111.00
DNS	\$85.00
Early Beginnings	\$100.00
Early Friendship Group	\$339.52
Eye Opener	\$50.00
Fourline and let Live	\$40.00
Grapevine Group	\$326.21
Highland Group	\$15.00
Hillcrest Group	\$481.40
Hot Topics	\$19.50
Magna Friendly Bunch	\$200.00
Not Glum Lot	\$107.60
Saturday Morning SOTS	\$65.00
Serenity Now	\$30.00
Southenders	\$44.70
Speak Easy Ladies	\$189.24
Sunday Morning Break	\$220.00
Wake Up Call PC	\$406.00
We Agnostics	\$54.75
Welcome Home	\$397.36
Monthly Total:	\$3,372.27

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

Donate here



HAPPY BIRTHDAY



HOUR OF HOPE

Utah State Prison

Michael M. — 30 Days

Jabarii T — 9 Months

Douglas H. — 2 Years

John C. — 4 Years

Ned S. - 17 Years



PRIMARY PURPOSE

Dave B. — 18 Years

Kevin K. — 16 Years

John — 15 Years



THUNDERHEART

Anna M. — 6 Years

Carl E — 34 Years

John W. — 8 Years

Troy M. — 6 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.)

What should you say to someone who's worried about turning older?

Cheer up! Old age doesn't last that long.

Was anyone famous born on your birthday?

No, just a bunch of babies.

MEETING UPDATE AND EVENTS

Meeting Update

The Unity Lunch Bunch

Unity Lunch Bunch has moved from Central City Rec Center to Fellowship Hall 2060 S Windsor St., Salt Lake City – Weekday Noon meetings.

The New Way Group

Huntsman Mental Health Institute (formerly UNI)
501 Chipeta Way, 2nd Floor (cafe), Salt Lake City
New Time: Sundays at 10:00 am - 11:00 am

Out from Under Book Study

Fellowship Hall 2060 S Windsor St.
Salt Lake City, UT 84105
Monday & Friday Time 2 pm - 3 pm

Click on this QR code to subscribe to a digital version of Lifeline



To subscribe to a printed version, send an email to lifeline@saltlakeaa.org

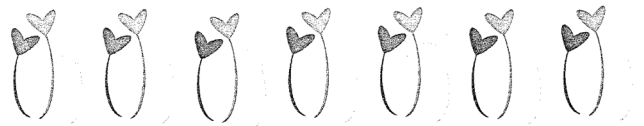
AA & AL-ANON UT AREA 2023 FALL ASSEMBLY
September 22nd-24th



Save The Date

- Friday Night Q & A: Electronic Groups
- Sharing Meetings
- Speakers
- Business
- Fellowship, Food & Fun!

LOCATION:
Sons of Utah Pioneers
3301 East Louise Ave.
Millcreek, UT 84109



REGISTRATION COMING SOON!

Salt Lake CENTRAL OFFICE AWARDS



Best Overall
Most Original
Most Unique

POT LUCK

Bring:
Side Dishes
Desserts
Beverages
...and
Friends

Location: St. Vincent DePaul - 1385
Spring Lane/5100 So.

Date: Saturday October 7th -
Time 5:30-8:30 PM

Entertainment 7:00 PM

CALENDAR OF EVENTS



Fellowship Hall Presents
**CLEAN AND SOBER
 KARAOKE**
 with DJ Phil N Clean

**FIRST SATURDAY OF EVERY MONTH
 FROM 9 PM TO 12 AM**

Everyone is invited to come to have good clean and sober time!
 FREE to enter! \$5 Donations appreciated!
 All donations go directly to the club!

*Children are welcome but MUST be supervised!

Fellowship Hall 2060 South Windsor Street, SLC

30th Annual - CC + H2O

Conscious Contact and Water

Mens Spiritual Retreat

Food – Fun – Fellowship – Meetings – Recovery Workshop – Meditation
 Hot Pools – Tubing – Poker – Disc Golf – Connection – Spiritual Growth

The Spiritual Life Is Not a Theory. We Have to Live It

Workshop by Tom U. from Santa Fe, NM, with 37 years of sobriety

September 15th, 16th and 17th 2023

The Lava Hotel - 196 E Main St, Lava Hot Springs, ID 83246



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

Venmo: @chronicbeard Include name and phone number

Send Check; To: "CC + H2O" - 131 J St SLC, Ut 84103

If planning to stay at Conference Center, please call/text **Jeremy C. 801-916-9529**
 Limited Beds Available – First Come First Serve

- Queen \$200
- Twin \$75
- Bring Own Sleeping Bag and Pad \$25
- You can also reserve lodging at The Lava Hotel (208) 776 - 5800

Please bring a Big Book, a newcomer, and a swimming suit.

Questions? Call or Text *Christopher L.* 801-836-3373 or *Jeremy C.* 801-916-9529

2023 K.I.S.S. CAMP OUT AT ROCKPORT RESERVOIR

Come join your friends from Alano West at our Annual Camp Out. Enjoy the fine scenery and have a great time with friends and family.

Registration Fees*:

\$45.00 full weekend per family (Your spouse and children)

\$25.00 full weekend per single camper

\$10.00 per person Saturday only (Pays for food and parking, no overnight camping)

*Registration fees include camp site access for Friday and Saturday nights and access to Rockport Reservoir and their facilities. Showers are available for \$2.00 per person at Rockport State Park.

Weekend Highlights

- Fireside Meetings
- 50/50 Horseshoe Tournament
- Saturday Potluck Dinner**
- Saturday Drawing For Prizes~~~~
- Grand Prize - Camp Chef and a TV
- Sunday Potluck Breakfast**

~~~~Please bring a prize for the drawing and a dish for Saturday and Sunday potluck~~~~

\*\*Food for the Dinner and Breakfast Potluck must be store bought and sealed. Plates, utensils and cups will be provided by the club

Make your payment before the campout at the club during scheduled meetings or pay at the campout. NO CHECKS ACCEPTED

**Alano West Club**  
 9087 W. 2700 S.  
 Magna UT 84044

**Casey P. 801-243-5139**  
**Dave V. 801-931-8518**  
**Ruth D. 801-759-2063**

**Hawthorn Group Camp Ground at Rockport Reservoir** in Wanship, Utah. Via I-80 East to Cheyenne Exit 155 for Ut-32 towards Wanship / Kamas, 4.2 miles to UT 302 Rock Port state Park. .

**Alano West Annual K.I.S.S. Camp Out Registration Form**  
 Event Date: Sept 1 - Sept 3 2022

NAME: \_\_\_\_\_  
 # of Family Members: \_\_\_\_\_ Date of Registration \_\_\_\_\_  
 Registration: Family Rate \$45.00 \_\_\_\_\_ Single Rate \$25.00 \_\_\_\_\_  
 Registration for Saturday Events Only (no overnight camping): \$10.00 \_\_\_\_\_  
 Total Amount paid: \_\_\_\_\_  
 Payment Received By: \_\_\_\_\_



**August 31 - Sept 3 2023**

Location: 371 UT-153 Beaver, UT 84713

The complete Event Program for the Great Outdoor Beaver Meeting Campvention will be available on-site and posted at Registration. Scan QR code below for a general schedule of the activities that will take place.

Tickets & Registration

Click on QR Code





# Attending is a piece of Cake!

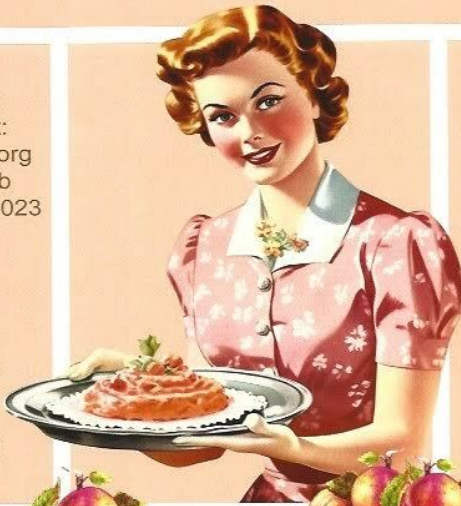
**Registration:** Mail your non-refundable check to:  
(Payable to "Women's Big Book Retreat")  
1042 E Ft. Union Blvd. #233  
Midvale, Utah 84047  
by Sept. 15th, 2023



or  
register and  
pay online at:  
[newurecovery.org](http://newurecovery.org)  
WBBR AA tab  
by Sept. 21st, 2023

**Cost:**  
\$100.00

**Questions:**  
call  
Sharon B. at  
801-706-9612



Make sure you try some of  
our recipes while you are there!



Get the  
word out...  
...and see  
ya there!

**Email:**  
[WBBRgirls@gmail.com](mailto:WBBRgirls@gmail.com)



## Alano Club West Maui

I write you from West Maui with a heavy heart on behalf of the Board of Directors for the Alano Club.

Our beloved Alano Club has burned in the fire. And, our sign miraculously made it!

Our recovery community here has come together in a way I have never before seen. Through the grace of Alcoholics Anonymous we have learned to serve others first and trust the process, and our Alano Club members are out doing just that.

Many of us are scattered around the island attending meetings, volunteering, making hauls of supplies to the west-side and helping each other and strangers.

Many of us have lost our homes, jobs, and possibly loved ones. Alongside all this we have lost our Alano Club which has been a safe place for many people throughout Hawaii and our beloved visitors around the globe.

We have had many people from around the globe reaching out and cannot respond to inquiries. If you and your recovery community would like to help us you can donate directly on our website at <https://alanocluboflahaina.org>

Thank you so much to everyone for all your love and support,

*Emily and the Board of Directors*

## We Will Not Regret The Past



### ARCHIVES EVENT

**OCTOBER 28 2023**

**5 PM — 8 PM**

### THREE PANELIST

### SPEAKERS

**CENTRAL OFFICE**

**80 LOUISE AVE**

**SALT LAKE CITY,**

**UT**

**84115**

**ARCHIVE GAME**

**REFRESHMENTS**

"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."

## GENERAL SERVICE GAVE ME A SENSE OF PURPOSE

My name is Sheryl and I am an alcoholic. I currently serve Area 69 as Immediate Past Delegate, Panel 71. I appreciate the opportunity to share about General Service.

When I landed back in Alcoholics Anonymous in August of 2001, I was finally willing to go to any length to get and stay sober. When I was younger, I stayed in A.A. long enough to get feeling better, and I convinced myself that I was just fine and could go back to managing my own life, thank you very much. Back then, I had been dabbling in A.A., this time I was all in.

When I was about six months sober, my home group announced that we needed a new General Service Representative (GSR). My hand started to go up, and I immediately brought it down again. How could I volunteer to do a position I knew nothing about? I could not look foolish or incompetent in front of others.

The following week, the announcement was made again. Another woman's hand shot straight up, while mine went up very slowly. I was safe! I did not have to worry about making a fool of myself! The other woman was elected as GSR, and I was "appointed" as the Alternate GSR. Although I was still fearful, I was happy to be Alternate GSR and considered myself to be "in training."

My journey in General Service began. At first, I felt confused and overwhelmed. I wanted to quit before I really started. Thanks to a loving sponsor, I learned that, if I would stretch a little, I would grow a lot. I have found this to be true.

After I had been serving at the group and district levels for a couple of years, the Grapevine Committee Chair for Area 69 stepped down from the position. The Area 69 Chairperson approached me and asked if I would serve the area as Grapevine Chair. By that time, I had learned to say yes to reasonable A.A. requests and agreed to step in.

What a wonderful adventure area service has been. I had heard from others that General Service was all about politics and that everyone fought all the time, especially about money. That has not been my experience. No chairs have been thrown, and I have seen people who strongly disagree on a topic, then hug and laugh when the loving discussion ended.

I have experienced a sense of unity beyond the group level that I have found to be quite wonderful. I learned that we were all there for the same purpose – to carry the lifesaving message of Alcoholics Anonymous to the still-suffering alcoholic. On page 161 of "Our Great Responsibility," Bill W. writes, "If the light is to be carried to the newcomer, he has to be brought within reach of it." We all have the same goal, and it is important to treat each other with love and respect as we serve our Fellowship.

At our Area 69 Election Assembly in September of 2020, my name came out of the hat as the Panel 71 Delegate. There were no words to express the deep gratitude I felt for the privilege of getting to serve my area as Delegate, and to serve Alcoholics Anonymous as a whole.

General Service has given me a sense of purpose. I no longer stumble through life, existing and not really living. I know that I am being watched over and guided by a Higher Power who speaks to me through all of you. When I turned my will and my life over to the care of a loving Higher Power, I had no idea where this journey would lead. I can say with certainty that it keeps getting better, and I know the best is yet to come!

With Gratitude,

- Sheryl



# THE PROMISES

## PROMISES AFTER THE 9TH STEP

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity and we will know peace.
4. We will see how our experience can benefit others.
5. That feeling of uselessness and self-pity will disappear.
6. We will lose interest in selfish thing and gain interest in our fellows.
7. Self-seeking will slip away.
8. Our whole attitude and outlook upon life will change.
9. Fear of people will leave us.
10. Fear of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

## PROMISES AFTER THE 10TH STEP

1. We have ceased fighting anything or anyone, even alcohol.
2. By this time sanity will have returned.
3. We will seldom be interested in liquor.
4. If tempted, we recoil from it as from a hot flame.
5. We react sanely and normally.
6. We find this has happened automatically.
7. We will see that our new attitude toward liquor has been given us without any thought or effort on our part.
8. We are not fighting it, neither are we avoiding temptation.
9. We feel as though we had been placed in a position of neutrality — safe and protected.
10. We have not even sworn off.
11. The problem has been removed. It does not exist for us.
12. We are neither cocky nor are we afraid.

## PROMISES FOR PRACTICING THE 11TH STEP

1. When faced with indecision, we are often surprised how the right answers will come.
2. What used to be a hunch on the occasional inspiration gradually becomes a working part of the mind.
3. We find that as time passes, our thinking will be more on the plane of inspiration. We come to rely on it.
4. We are in much Less Danger of Excitement.
5. We are in much Less Danger of Fear.
6. We are in much Less Danger of Anger.
7. We are in much Less Danger of Worry.
8. We are in much Less Danger of Self-Pity.
9. We are in much Less Danger of Foolish Decisions.
10. We become much more Efficient.
11. We do not Tire So Easily.
12. We are not burning up energy Foolishly.

## PROMISES FROM — A VISION FOR FOR YOU

1. God will constantly disclose more to you.
2. Great events will come to pass for you and countless others.
3. The people of the A.A. Fellowship will be with you in Spirit, as you trudge the Road of Happy Destiny.

If we are painstaking about this phase of our development, we will be amazed... before we are half way through.



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HOURS:

Monday-Friday: 10-5

Saturday: 10-2

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