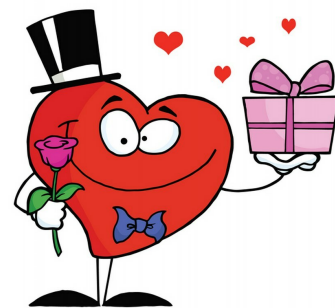


LIFELINE



Salt Lake
City
Central
Office



FEBRUARY 2024

In This Issue:

- Gossip
- Blast from the Past
- Meeting Minutes
- Why I Drank
- Pamphlet of the Month
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GOSSIP

THERE'S BEEN a long-standing saying that the articles in each Issue of the Grapevine make up an AA meeting in print. A few days ago, I gave this idea a new twist. I needed a few suggestions for an article about gossip. So I went to my regular closed meeting and waited like a vulture until the moderator made the routine request for a meeting topic.

"How about gossip?" I said. He looked surprised. (Usually, there's no such response to a suggestion.) "I'd like to write an article about gossip, and I'd be interested in what the group has to say on the subject." I took out my note cards and ballpoint pen.

The moderator looked about the table at the twenty-seven persons present. There were no objections, so he shrugged and said, "Well, okay, it's gossip. Since you suggested the topic, why don't you start the discussion?"

Now it was my turn to be surprised. I scrambled for a thought, and then began to explain that indulgence in excessive gossip had been one of my major shortcomings for many years.

The character of the problem changed with sobriety and time. While drinking, I often gossiped in a careless and somewhat vicious manner. In AA, the tendency to talk about others evolved into a more subtle form of gossip. I would preface my comments by explaining that I did not want to take a person's inventory, but was trying only to understand him! I eventually began to realize that this disclaimer was a shameful and shallow device. I then took some giant steps forward in my conquest of the gossip problem. This produced a pleasant fringe benefit. I noticed that my fear of being gossiped about lessened when I drew away from active participation in gossip.

Having thus informed the group that I was nearing sainthood, I turned the discussion back to the moderator. He nodded to another member, who chewed over the topic for a moment and then explained that he thought there were two kinds of gossip: harmless, idle gossip, and malicious gossip that is intended to hurt somebody.

Now here was an idea we could use. It is true that a lot of the chatter we indulge in is fairly harmless. On the other hand, even gossip of the harmless variety is usually sprinkled with little barbs and insinuations. It is also a waste of time. But I can agree that it's one thing to talk idly about a person, and it's quite another to repeat deadly and vicious things that can result in lasting harm.

The discussion moved to an older member. He surprised me by saying that he didn't think gossip was a proper subject for an AA meeting. He explained that we were at the meeting to learn ways of staying off the sauce, and not to discuss ways of attaining purity of behavior.

With that, the meeting really began heating up. One member disagreed, pointing out that gossip is related to inventory and character shortcomings.

It was also noted that the AA program directly focuses on such problems as personal wrongs and harming others.

It was asserted that gossip is a character defect related to alcoholism, and the overcoming of it is certainly a requirement for the better life that all of us are seeking. Beyond that, gossip also can be harmful to AA group unity.

Cont on pg. 2

More than one AA group has been split apart at the seams because members spread vicious stories about one another. Also, individual members have been driven from groups because they were talked about.

Our moderator supported this last statement. He told about a woman alcoholic who also had another problem. She came to AA seeking help for her drinking problem, but soon found herself being rejected and ridiculed because of another matter. Confused and hurt, she left AA.

Well, was that the real reason she left, or was it only an excuse? We never can answer such a question. But we do have a moral obligation to create a welcoming atmosphere for any alcoholic, including those whose private lives are different from our own. Gossip certainly chills the atmosphere, and perhaps sets up bad vibrations which cause people to dislike certain groups. "I know that I need AA in order to maintain my sobriety," a member said. "But I do not need to be talked about or ridiculed. I found enough of that long before I came to AA."

As the meeting progressed, it became obvious that several members still disapproved of the topic. Somebody pointed out that one lady was attending her first meeting and could very well be confused by the subject. Why didn't we get back to the problem of staying sober?

That ended my first (and probably last) effort to enlist the help of an AA group in the preparation of an article for the Grapevine. But we learn something even from our failures. For some reason, certain subjects don't work well at AA meetings, I have noticed, for example, that few AA groups are able to participate in a mature discussion of sex problems; either it deteriorates into a nervous joke session or the subject is quickly changed. Gossip seems to be another subject difficult to handle. But perhaps I made a mistake in announcing that I wanted to take notes!

Even if it is true that groups have trouble discussing this problem area, any member may treat gossip as his personal problem and use the AA principles as ways of overcoming it. The AA program led me to realize that gossip was morally wrong. I could often tell that there was something wrong in the things I said about other people, because of the guilt and discomfort I later felt.

Since gossiping did produce guilt and discomfort, why did I do it?

I believe that gossip was an attempt to build myself up at the expense of others. I have not seen any proof to support this view, but I suspect that a person's love of

gossip is inversely proportional to his own self-esteem and sense of security. In other words, the more inadequate I feel, the more I need to belittle others and tear them down.

The same motive also may account for the cruel things that are said about prominent people and others who have been more successful than the rest of us. A great many magazines and books are devoted to vicious criticisms of celebrities and various professional and political groups. I no longer find it useful to read such material, though I once gorged on it. I consider it only tragic that the world reels and staggers from human weaknesses, and there are few faults I could read about that I do not possess myself.

Another of my unproven beliefs is that AA members do not, as a rule, employ vicious and cutting forms of gossip. The worst I have heard, for the most part, are comments such as "He can't get honest with himself" or "He still thinks he's a social drinker" or "He has problems other than alcohol." And I have never heard AAs indulge in real gossip during a meeting without its being challenged. It is probably well understood that this kind of thing is a betrayal of the AA principles. When members talk about other people, they do it after the meetings and usually outside the meeting room.

Before we changed the subject to the direct problems of staying sober, fellow members of my group gave me a couple of additional thoughts. One member said that if we want to find out some things about ourselves, we should listen carefully to what we are saying about other people. A wonderful thought, and sound advice. I am quite sure that my juiciest gossip has always been about the traits that cause me the most anxiety within myself, and I will now try to listen more carefully to my own words.

A lady member offered another rule to follow if we do find it necessary to discuss other members: "When you have told me their names, do not tell me their faults." Or to put it another way, if you discuss a person's faults, do not give away information that will reveal his identity. Better yet, limit your faultfinding to one individual, yourself. This is the only kind of gossip that will ever pay dividends in self-improvement and peace of mind.

- M. D. B. Toledo, Ohio



BLAST FROM THE PAST

A.A. Start In Ogden

The meeting to "organize" the Ogden AA Group took place on New Years Eve, 1944, at an upstairs apartment at 2060 Jefferson Avenue, in Ogden. G Owen L., Bill H., and Johnnie R. — together with their partners — were present from Salt Lake City. George K., Lou W., and Deb P. — and their wives were present from Ogden.

The alcoholics gathered around the kitchen table and the non-alcoholic met in the living room. It was Saturday evening, and the decision was reached for Ogden members to meet each succeeding Saturday at alternate homes. Deb was elected Secretary.

After the meeting, a contest was held to determine which alcoholic could create the best drink — using materials at hand, (i.e) 7-up, Ginger Ale, Coke, ice cubes, lemons, etc. Booze was noticeably absent. Sandwiches were served and heads were bowed for a moment of meditation.

The ritual of mixing these "Highballs" without the "Hi"! continued for several meetings. Coffee became an adopted substitute — mainly because it was less bother.

- AA Archives Area 69 - Jan 1945

Dr. Bob's Prescription for Alcoholics

This prescription is recommended for alcoholics and is found to be most effective when taken daily.

Amazing side effects include; Knowing a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not!



Salt Lake Central Office - All Volunteer Staff

In January 2012 the Central Office of Salt Lake began the famous experiment called, "This Will Never Work!" Most A.A. central/intergroup offices now employ at least one paid full-time secretary or manager, as well as A.A. volunteers — members who respond to Twelve Step calls at the office, answer the telephone, and often carry out other service office duties.

In January 2012 Salt Lake Central Office became an All-Volunteer Central Office. Did the famous experiment work? For those of us that doubted the famous experiment would ever work, it's alright to have that slice of that humble pie now. We have enlisted an All Volunteer Staff, which has been steady for the past 11 years. 2024 is marked to start year twelve. Just a reminder that together we can make it work! Aside from being such a wonderful accomplishment, it's always great way to maintain our sobriety.

At Central Office we created an attractive room for literature and a Global Presentation of A.A. all over the world displaying 64 languages with a map that lights up to show where the languages are spoken. We have a comfortable front office, where we pass information on to members and newcomers. We have a larger room used by A.A. Trustees and Chairs to conduct business meetings.

We have a small room used by our tech chair, newsletter chair, and our accountant. Our accountant serves to review and balance our transactions, compile financial statements, prepare for audits, analyze our operating budget, and guides us in maintaining our non-profit compliance requirements.

We have a small literature storage room, a break room, and an Archive room; which serves to store books, articles, documents, and special collections.

Salt Lake Central Office is working hard to maintain a happy and serene environment that benefits the Volunteers and Visitors. We welcome visitors and those who wish to volunteer their time to answer phones and other activities. Please stop anytime Monday through Friday from 10:00 am - 5:00 pm and Saturday 10:00 am to 2:00 pm to receive a free guided tour.

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 Board of Trustees

Chair — Wade J. board@saltlakeaa.org .
Co-Chair — Shannon M. cochair@saltlakeaa.org
Secretary — Jennie S. secretary@saltlakeaa.org
Treasurer — Chris G. treasurer@saltlakeaa.org
Trustee (2) — John S. trustee02@saltlakeaa.org
Trustee (10) — OPEN trustee10@saltlakeaa.org
Trustee (13) — Alan B. trustee13@saltlakeaa.org
Trustee (11) — Philip W. trustee11@saltlakeaa.org
Alt Trustee — Alyssa F.

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 — Brad C. 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 — Jack H. 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

Do you have an AA meeting that you would like to add to the Central Office Meeting Schedule?

Please contact Jeff
webservant@saltlakeaa.org

Please share your own story of experience, strength and hope for publishing in the Lifeline Newsletter. Please contact Danny lifeline@saltlakeaa.org

CENTRAL OFFICE MEETING MINUTES – JANUARY 2024

BOARD OF TRUSTEES

Chair: Wade J. – CO Bylaws Preamble and Introductions.

CO-Chair: Shannon M. – Excused.

Secretary: Jennie S. – Introduces herself as the new secretary.

Treasurer: Chris G. – Group contributions were down this month, but still solid. We had positive Net Income, seemingly down from previous months, but it's most likely related to the holiday season.

Trustee: John S. (District 2 Liaison) – Excused.

Trustee at Large: Sonya M. (District 10 Liaison) – Alternate Alyssa filled in, position remains OPEN. The 2024 proposed budget was approved; there was a \$450 increase from 2023 to support sending a District 10 rep to PRAASA. Multiple open positions were filled: Bridging the Gap Standing Chair (Rick), Treatment Standing Chair (Thomas), and DCM - Section 2 (Allen).

Trustee at Large: Phillip W. (District 11 Liaison) – District 11 is in process of doing an inventory; \$1000 excess in district funds to be discussed for disbursement. GSRs to bring back their group conscience at the next meeting. Bridging the Gap chair is struggling for support getting forms into the jail. The District is preparing to host area events in May and August 2024.

Trustee at Large: Alan B. (District 13 Liaison) – District 13 and their groups are voting on a very generous donation to Central Office. All groups are reporting solid attendance in the district, with a couple that have 80+ in attendance. A majority have newcomers every week. The Grapevine Group had a fun and successful Christmas party with 150 in attendance. Looking for a couple more District Committee Members (DCMs); a female DCM that can support the many women's meetings would be greatly appreciated.

Open Position: Trustee at Large for District 10. Wade went over the responsibilities and emphasized the 2 year sobriety requirement. No one stood - please take back to your groups!

Alternate Trustee At Large: The Central Office representative Declan is interested and likely giving up his rep position but is short the 2 yr requirement by a month; the group voted to waive the requirement for him.

STANDING COMMITTEE REPORTS

By-Laws: Brad C. – (see notes from December regarding the motion to add a section to the duties of the Central Office Chairperson to attend the annual ICOAA Seminar each year, paid for by the Central Office account). Vote taken for amendment of By-Laws; 3 opposed. Minority opinion heard. Alan stated that his group is concerned about the variable expense from year to year and feels there isn't much wiggle room in our budget. Vote retaken and 3 reps changed vote based on minority opinion. Wade proposed tabling the motion and authorized the creation of an ad-hoc committee to revise, composed of: Phillip (District 11 Trustee), Brad (By-Laws chair), Alan (District 13 Trustee), and Brian (Central Office Rep). They will present their revisions in 2 months. There will be a By-laws committee kickoff meeting via Zoom on 1/18.

Additionally, the committee needs volunteers so please let your groups know.

Hotline Telephone: Max D. – All positions filled but a couple of people are overtaxed. No response to his request for a list of alternate volunteers. Need coverage for Saturdays 12am - 10am. Send email to hotline@saltlakeaa.org if interested.

Twelfth Step: Charlie C. – N/A

Activities: Kim B. – Nothing to report.

Newsletter: Danny B. – Encouraged groups to submit birthdays. Elan reminded the reps that the submissions should include birthdays that have already happened. As always, they are looking for stories to publish. Please remind group members and submit at: Lifeline@saltlakeaa.org

Outreach: Jack H. – N/A

Website: Jeff P. - There was a decrease in traffic for December, probably due to the holidays; average over the Summer months was 5000 visitors/mo while December was 4000/mo.

Volunteer: Bob C. – N/A

Literature: Jim S. – (See notes from December regarding details on excess inventory of the book: As Bill Sees It). There was a previous motion to donate the books to the Alano Club, Fellowship Hall, and South Davis Recovery Center. A couple of new possibilities were brought up: a) reducing price and posting in Lifeline newsletter and b) combining it with another book to price as one. Opened up for discussion and Wade started by making amends to the group. He had talked to his sponsor and discovered that we would be violating the Traditions by giving the books to any non AA-related facilities (i.e. the above mentioned institutions). Jim rescinded motion and after a lively discussion, it was decided that it would be tabled.

Archives: Ben H. — Reported that someone donated a 3rd edition Big Book. Continuing to accept Big Book donations as well as any name tags from previous conventions. They are planning a Spring Clean Up campaign.

Public Information: Allison S. – Has not heard back from the Public Information Area 69 people regarding the PSA offered by Broadway Media; she will give it another month. The committee also needs help with various PI events such as staffing tables at mental health conferences.

Treatment Facilities and Accessibilities: Charlie T – Attended a National Accessibilities meeting via Zoom to gather more information and ideas on Interpretive meetings. Suggested coordinating with the deaf community for help.

Corrections: Serena C. – District 10 volunteers had a business meeting 1/6/24. Around 50% of correction meetings ended up not happening due to an increase in lock-downs. Charlie was able to get Lifelines; Betsy helping.

Cont on pg. 6

CENTRAL OFFICE MEETING MINUTES – DECEMBER 2023

Cont from pg. 5

Cooperation with Professionals: Karmina B. – Nothing to report but she wanted to give a shout out to the Interpretive Committee; a deaf gentleman actor that does filming here wanted to express his gratitude. Her partner Lacie is teaching the Serenity Prayer at No Laurels. Encouraged donations to the Purple Can.

Technology: Elan B. – Central Office volunteers have requested a Microsoft Office subscription at \$70/year (one license across 5 devices). There is ample room in the technology budget. Please take back to your groups and we will vote on this next month.

Coins: Kathy M. – Nothing to report.

Adjourn and Close with Responsibility Statement.

Next Central Office Representative meeting will be held on 02/13/24@ 6:30 pm.

Annual Review of the Hotline

At one time, not too long ago, we were at the mercy of our alcoholism, and couldn't find a way out. Remember?

Not surprisingly there are a multitude of men and women that still don't know that there is a solution. Most of us have been helped by AA members, sponsors, friends, and acquaintances. And for that we should be thankful. But we need to continue to work in our sometimes fragile sobriety.

Chapter 7 in the Big Book states: "Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

Some people in our fellowship have decided to sign up for this "insurance policy" against relapse. Although we respect our members' anonymity, we'd like to recognize our current volunteers who assist answering calls to the Central Office, after hours, 24/7/365. A big thank you goes out to the Hotline Committee.

A.A.'s Responsibility Statement

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.



*In
Loving
Memory*

Morris Warpness
1940 — 2024

WHY I DRANK

I drank to be witty — and I became a bore

I drank to relax — and I couldn't stop my hands
from shaking

I drank to feel good — and I suffered through
sickening hangovers

I drank to be happy — and it made me depressed

I drank to be a good dancer — and it made me
stagger

I drank to be a good conversationalist — and I
couldn't pronounce my words

I drank to be sociable — and I became angry and
resentful

I drank to help my appetite — and cheated my
body of nutrition by not eating right

I drank to be a good lover — and I couldn't perform

I drank to show I was a man — and became a
slobbering bawling baby

I drank to be popular — and lost my friends

I drank to enjoy life — and contemplated suicide

I drank for camaraderie — and drove everyone
away from me

I drank to escape — and built a prison for myself

I drank to find peace — and I found hell

- Anonymous



PAMPHLET OF THE MONTH

A Brief Guide to A.A.



What is A.A.? Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do something about it. Since they are alcoholics themselves, they have a special understanding of each other. They know what the illness feels like — and they have learned how to recover from it in A.A.

A.A. members say that they *are* alcoholics today — even when they have not had a drink for many years. They do not say that they are "cured." Once people have lost their ability to control their drinking, they can never again be sure of drinking safely — or, in other words, they can never become "*former* alcoholics" or "*ex-alcoholics*." But in A.A., they can become sober alcoholics, *recovered* alcoholics.

How does A.A. help the alcoholic? Through the example and friendship of the recovered

alcoholics in A.A., new members are encouraged to stay away from a drink "one day at a time," as the A.A.s do. Instead of "swearing off forever" or worrying about whether they will be sober tomorrow, A.A.s concentrate on not drinking right now — today.

By keeping alcohol out of their systems, newcomers take care of one part of their illness — their bodies have a chance to get well. But remember, there is another part. If they are going to *stay* sober, they need healthy minds and healthy emotions, too. So they begin to straighten out their confused thinking and unhappy feelings by following A.A.'s "Twelve Steps" to recovery. These Steps *suggest* ideas and actions that can guide alcoholics toward happy and useful lives.

To be in touch with other members and to learn about the recovery program, new members go to A.A. meetings regularly.

JOKE OF THE MONTH

An Underage Weasel Walks Into A Bar

The bartender says, "I'm sorry. I can't serve underage weasels."



The weasel says, "That's fine. I don't need something alcoholic. What else do you have?"

The bartender says "Oh, we have lots! We have water, pop, tea, coffee, smoothies. So what would you like?"

"Pop" goes the weasel.

Difference Between an Alcoholic and a Stoner

So what's the difference between an alcoholic and a stoner?

The alcoholic will wait for it



run the stop sign. The stoner will wait for it to turn green.

A Priest, an Alcoholic, and an Engineer are Sentenced to Death

First is the priest. The executioner says "you can go on the guillotine either face up or face down". The priest says "I want to die face up, looking up to the heavens". So the priest lies face up. The executioner releases the blade; the blade falls rapidly but suddenly stops just 1 inch from the priest's neck. Given the miracle, the priest is allowed to walk free.

Next comes the alcoholic. The executioner offers him the same choice, "Do you want to lie facing up or facing down?" The alcoholic says "I want to face up.. to remember my glorious drinking days." So the alcoholic lies face up. The executioner releases the blade, and again, it suddenly stops just 1 inch from the man's neck. Given the miracle the alcoholic is allowed to walk free.



Finally, it's the engineer's turn. Once again, the executioner offers him the same choice. "face up or face down?" The engineer scratches his head and says "face up I guess". So the engineer lies face up. Just as the executioner is about to release the blade, the engineer starts shouting.

"WAIT, WAIT!! I found the problem!"

FINANCIALS – DECEMBER 2023

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$1,193.74	\$3,076.10
Contributions - Other	\$1,892.73	\$1,760.30.
Purple Can Contributions	\$322.83	\$ -
Sales of Product Income	\$7,149.18	\$8,219.10
Total Income:	\$10,558.48	\$13,055.70
Total Cost of Goods Sold	\$5,649.06	\$6,948.00
GROSS PROFIT	\$4,909.42	\$6,107.60
<u>Expenses</u>		
Accountant	\$630.00	\$630.00
Square fees	\$166.63	\$190.20
Lifeline/Newsletter	\$51.23	\$78.30
Cash Over Short	\$(855.42)	\$70.90
Cleaning and Office Supplies	\$47.49	\$80.05
Volunteer Snacks Etc.	\$123.45	\$ -
Insurance	\$571.50	\$519.00
Phone & Internet	\$217.20	\$220.36
Printing, Paper & Reproduction	\$310.01	\$211.50
Rent	\$1,500.00	\$1,500.00
Software & Hardware	\$342.57	\$435.10
Utilities	\$522.08	\$491.30
Website	\$75.54	\$19.90
Total Expenses:	\$3,672.28	\$3,907.90
NET OPERATING INCOME	\$1,237.14	\$2,199.70
Interest Income	\$74.12	\$30.47
Net Income:	\$1,311.26	\$2,230.10

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.

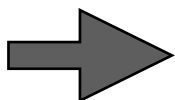
Thank you everyone for your donations!! We appreciate you!

GROUP CONTRIBUTIONS – DECEMBER

17th and 17th	\$189.50
Basic AA	\$104.00
Chapter 5	\$163.07
Draper Group	\$182.50
Early Beginnings	\$100.00
Early Friendship Group	\$127.00
Every Night Firelight	\$150.00
Flying High	\$100.00
Highland Group	\$91.00
Hillcrest Zoom	\$50.00
Island of Misfit Toys	\$100.00
Magna Friendly Bunch	\$300.00
Murray Group	\$50.00
Serenity Now	\$25.00
Sunday Morning Big Book Study	\$385.10
Unity Lunch Bunch	\$118.00
Weekend Get AA	\$126.00
Monthly Total:	\$2,361.17

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

Donate here



SPEAK EASY LADIES GROUP

Shan T. — 2 Yrs Karen B. — 4 Yrs
 Crystal D. — 6 Yrs Lisa J. — 9 Mo
 Marilyn P. — 16 Yrs

PRIMARY PURPOSE

Bill R. — 26 Yrs Danny B. — 10 Yrs
 Brian O. — 38 Yrs Burgindi S. — 8 Yrs
 Chris F. — 9 Yrs Dennis S. — 48 Yrs
 Jason S. — 6 Yrs John M. — 41 Yrs
 Karen H. — 24 Yrs

THUNDER HEART

Amy W. — 14 Yrs Connie M. — 6 Yrs
 Connie M. — 6 Yrs Frankie G. — 5 Yrs
 Jerald L. — 17 Yrs John S. — 40 Yrs
 Julie — 3 Yrs Pine J. — 13 Yrs
 Stacy S. — 3 Yrs

UTAH STATE PRISON HOUR OF HOPE

Dowin R. — 30 Days P.J.B. — 30 Days
 Jullin D. — 60 Days Tim S. — 90 Days
 Nathon H. — 90 Days David T. — 6 Mo
 Torry L. — 6 Mo Jason C. — 6 Mo
 Brandon Z. — 5 Yrs Leاون J. — 4 Yrs
 Dowlin R. — 60 Days John E. — 32 Yrs

UNITY LUNCH BUNCH

Matt — 30 Days Arne — 30 Days
 Les — 30 Days Joel — 60 Days
 Fran B. — 90 Days Kimberly — 6 Mo
 Buzz — 6 Mo Larry — 9 Mo
 Link — 9 Mo Barbara — 1 Yr
 Selby — 2 Yrs Meg — 8 Yrs
 Larry L. — 23 Yrs Corwin — 41 Yrs
 Russ K. — 47 Yrs Dercy — 17 Yrs

AND TO ALL WHO WE MISSED !

Submit picture or scan group birthdays to:
lifeline@saltlakeaa.org Or drop them off at
 CO, 80 West Louise Ave (2860 S.) SLC, UT

UPCOMING EVENTS

District 2 Presents

AREA 69

COMMITTEE MEETING

FEB 24TH, 2024
9:00 AM - 5:00 PM

PARK CITY COMMUNITY CHURCH
4501 SR-224, Park City, UT

Zoom Information
ID: 879 3198 3200
Passcode: 109417



LOCAL HOTELS ON BACK OF FLYER

801-792-3426 www.aafutah.org myaxiom@gmail.com

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



Hosted by California Northern Coastal Area 06

PRAASA 2024

Pacific Region A.A. Service Assembly

Save the Date!

March 1 - 3, 2024

San Francisco, California

All A.A.'s Welcome • With Al-Anon Participation
Spanish & ASL Interpretation Available



Visit www.PRAASA.org

In late fall 2023 for online registration, hotel reservations, transportation and event info



DIXIE WINTERFEST 2024
March 15-17, 2024
Finding My Spiritual Path

Winterfest 2024 Theme: Finding My Spiritual Path

*From Big Book - Step 10 - page 84

"We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit."

Dixie Winterfest is the annual AA conference hosted in St. George, Utah, offering a mid-winter weekend of recovery, fellowship and "Fun in the Sun". This year will be the 26th consecutive year of Dixie Winterfest.

It's the annual fund-raising event to support the Dixie Central Office. The DCO provides support to those alcoholics needing assistance in recovery in the form of local AA Meeting information and coordination, both in print and on its website. The office has a wide selection of literature, brochures, CDs and other items available.

The weekend conference is organized to provide a full slate of recovery sessions and opportunities for fellowship. Typically, the conference consists of Speaker, Workshops, and Marathon Meetings — along with "Fun in the Sun" organized activities such as golf, bingo, hikes, a luncheon, Saturday evening mixer, talent show, pickleball, game night and of course, the magnificence of Southwest Utah.

Two Event Locations:

This year will be slightly different than years past. This year the event will be divided into two venues. The first location will be our traditional Red Lion Hotel, located at 850 S Bluff Street, St George. Everything related to the event will take place at the Red Lion Hotel, except for our Saturday Keynote Speaker meeting. The Keynote Speaker meeting will be held at the Dixie Convention Center, located at 1835 S Convention Center Dr., St George, Utah.

Support/Volunteer, Program, Activities and Tickets can be found at the website: dixiewinterfest.org

BEFORE SOBRIETY

I first experimented with alcohol at twelve years of age. One hot summer day, my dad gave me a beer at Dummer's Beach. I didn't like it at all. But, I do remember how it made me feel. I knew that big people drank alcohol. For the first time in my life, I felt like a big person. I began seeking out alcohol wherever I could. Then, in the mid-60s, along came a man named Timothy Leary who showed us how to see in Technicolor without buying a ticket. I began to drink less and smoke marijuana more. By this time, my idea of a mixed drink was a beer and LSD. In high school I had lettered four times. Then I dropped out of the band, quit the golf, basketball and football teams in search of "higher" pursuits. Dropping out would become a habit. After high school I enrolled in University of Maine where I promptly got in trouble. The Dean of Students literally made me an offer I couldn't refuse. I dropped out before they could kick me out.

In the spring of 1971, I left my family behind and moved from Maine to New York. I was nineteen years old and living on State Street in Albany, New York. I found myself living on the street; after all, that's where all the "cool" people lived. Two years after I got sober, I found out that I was on skid row and didn't even know it. State Street was a long hill. At the bottom of the hill was a gray federal building with a sign out front saying, "Uncle Sam wants You." That was the nicest thing anyone had said to me that year. I enlisted in the Air Force. I survived the DTs in boot camp. As it turns out, they don't let you drink in boot camp. I managed to graduate technical school and was assigned to a special operations unit at England Air Force Base in Louisiana.

In Louisiana I met the love of my life and asked her to marry me. I think I would have married her, had I only showed up at the wedding. I was deployed to Camp Friendship in Thailand at the time. While in Thailand, I discovered that heroin was cheaper than

booze. As a poor military rank E-2, I did the economic thing. For the entire time I was in Thailand I didn't touch a drop of alcohol. I was able to stay sober by ingesting small quantities of heroin on a daily basis. I am still recovering bits and pieces of my memory of 1973.

When I returned to the United States I discovered heroin was too expensive. I had to quit. I was able to quit by drinking alcohol. Thus, I found heroin was a gateway drug for alcohol. In 1974, I was arrested for possession of marijuana with intent to sell. The charges were dropped because they lost the evidence. It should be noted that while in jail we were smoking marijuana that tasted strangely like our own stash. I swore off all illegal drugs that day. I just didn't realize how much alcohol I'd have to drink to keep that promise.

In 1976, my commander recommended I go to treatment and AA. I was able to stay sober for six months. I would drink again, but this time with guilt. I knew I had a problem and that there was a solution, but I drank anyway. I couldn't have been more miserable. In 1978, I got a DUI. I was almost relieved. My two year slip had beaten me into a state of reasonableness. This time I was ready to listen, ready to follow instructions and ready to pray.

- Anonymous

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HOURS:

Monday-Friday: 10-5

Saturday: 10-2

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