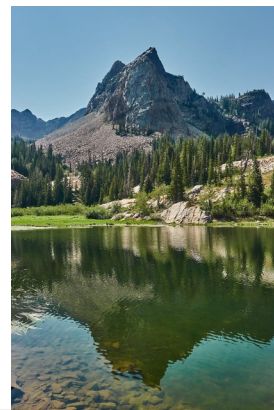


LIFELINE

Salt Lake
Central
Office
Newsletter

JUNE 2024



In This Issue:

- **Were Entirely Ready**
- **Blast from the Past**
- **Not A Gimme**
- **Meeting Minutes**
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- **Upcoming Events**
- **Oh God No**



WERE ENTIRELY READY

“Were entirely ready to have God remove all these defects of character”* What does this mean to me? The first thought that came to mind is “direction is more important than speed.”

Certainly, there are times when speed is important, even critical, but never is it more important than the direction we are traveling, traveling in a physical sense or in the spiritual sense. Direction is more important, as the Big Book says, progress not perfection.

Yet, for me, perfection is the goal. That is what my higher power wants for me. I note this wording is critical, “*Wants for me*”, *not from me*”, so what is the difference? The difference is willingness. To me this word has several meanings. The one that is relevant to this conversation, that of Step Six, is my willingness to be honest in my evaluation of “self”, and this is still very hard for me, very hard.

I drank because I liked the effect Alcohol had on me. That effect was I had relief from self and an excuse to be stagnant in my growth. For the first years of sobriety growth only meant going to bed sober, paying my bills, showing up for work on time, keeping the job in the first place and even the simple task of making my bed in the morning. As my time in Alcoholics Anonymous progressed and these simple and amazing accomplishments became regular habits and evolved into the

thought that just staying sober was not enough.

I became aware of a greater desire to grow. This begged the question what is growth? What did that look like for me? Where to go for these answers? I had spent years actively looking for solutions that revolved around physical and spiritual matters, however, the drink fogged my mind and ability to see reality. Now that the drink was gone how would I solve the mysteries of life?

A.A. taught me to have a higher power, whom I choose to call Heavenly Father, and my God does want me to move towards perfection. Just as A. A. said to me in the beginning of my journey, “Progress not Perfection” Heavenly Father asks the same of me. He speaks to me with the love of a parent, the grace of a friend, the support of a mentor and the kindness of a teacher. All He asks of me is the willingness to grow towards my ideals of “perfection”.

Step Six says “entirely ready” and to me this reinforces willingness. And willingness means to me effort. Effort is action, and for this Alcoholic that is the daily challenge. It is the challenge because my human self wants it simple and without effort. And the most difficult effort for this Alcoholic to honestly look at myself, appraise my defects, my human weaknesses if you will, and actually WORK on fixing them!

Cont on Pg. 2

WERE ENTIRELY READY

Cont from pg. 1

Work is in fact a four-letter word. Work is the key here. First, I must take time to quietly look at my life, the way I think, speak and act towards others certainly, but more importantly the way I act and speak towards myself. I recognize that my drinking was medicine for my inappropriate feelings of poor self-worth. When the Drink is removed, I am left to my own devices, my own thinking and my own will. My thinking was never a good thing.

The amazing thing is that having “worked” the previous five steps I have tools to deal with this challenge. Really, I have “The Tool” which is a belief and trust in my higher power and His love for me. I also have the experience of doing the work, which allows me to look at my defects with a reasonable degree of honesty. With these tools and a faith that God will be there with me I become “entirely ready” to have these defects removed.

This is the great gift of the program of Alcoholics Anonymous, that God will remove from me the defects that stand between me and perfection. Of course, I regularly take them back into my life and then have to repeat the process. And hopefully, just as regularly, I recognize my defects and ask Him to remove them again.

My experience is that He is always willing to help and is always there as I trudge the road to Happy Destiny.

- Harry R., Salt Lake, 2024

* Step 6 of the program of Alcoholics Anonymous



JUNE SPECIAL
"AS BILL SEES IT" HARD
COVER COPY \$8.00 (At
Central Office while
supply lasts).

SALT LAKE CENTRAL OFFICE

Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

1. To carry the A.A. message and help those individuals who suffer from alcoholism.
2. To maintain a 24-hour Twelve-Step phone service, and to answer phone inquiries as needed.
3. To provide an A.A. listing in appropriate public sources.
4. To function as a clearing house for the circulation and exchange of information among all of the A.A. Groups in the area.
5. To compile, update and print meeting lists and other information about local A.A. services.
6. To maintain A.A. Conference approved literature and Grapevine literature for sale to members and the public.
7. To print and distribute a newsletter.
8. To be available to those in the community seeking information about alcoholism and A.A.
9. To maintain contact, refer inquiries and cooperate with General Service Committees and local groups.
10. To arrange, delegate, or manage the details of all Central Office events or any other functions approved by the CO Committee.
11. Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions and promotion thereof.
12. Provide a limited number of Anniversary coins.
13. Such other activities that are consistent with the principles of the Twelve Traditions.

Responsibility Statement

I am responsible,
when anyone, anywhere,
reaches out for help,
I want the hand of AA
always to be there,
and for that
I am responsible.

Altrum Hall 700 East 500 South SLC, UT

Altrum Hall was the first meeting place sponsored by AA. It opened in 1950 and continued until 1960.

In the late 1940's a group of fore-sighted men realized the need for a place to hold meetings and a place for alcoholics to meet. These men pooled their efforts and resources to acquire an old church building, the former Phillips Congregational Church. The club house was acquired through an auxiliary holding company. They rebuilt and remodeled to make it suitable for use, extensive renovation was done on several rooms and new equipment was installed, particularly in the kitchen. There was a two-apartment home on the property from which the rent income would contribute substantially toward meeting expenses on the entire project.

Altrum Hall was open not only to the Altrum group, but to other AA groups as well. During the ten years it was open the full range of AA and fellowship events were held there.

As the building got older it became a burden to operate and maintain. In a meeting of the Board of Directors, it was decided to sell the old building and use the money to build a new Altrum Hall, more suitable to expanding needs and less expensive to maintain.

The Altrum Foundation acquired the land and had the new building constructed at 1380 Richards Street in November 1960. There were four meetings a week at the time. The hall was founded not only for meetings, but had additional space for social and other alcoholism recovery functions.

At the first board meeting after the move to the new building, the decision was made to officially change the name from Altrum Hall to Fellowship Hall.

In 1990, after a long and painful struggle with the city and neighborhood, it was ordered that the Hall decrease its meetings from 27 to three per week. At that time the members and the Board of Directors deemed it necessary to again look for a new location. Fellowship Hall moved to its present location, 2060 Windsor Street, SLC, UT in May 1990.

Copyright © Area 69; "One to One", 1944-1994 History Book. Edited and reprinted with permission of Area Repository Archivist.

I fondly recall when I joined AA and would hear the steps read at every meeting and saw them hanging in most clubhouses and meetings. When I would listen and read down the list I could not wait to get to Step 6 as I estimated it would take about 30 seconds and would basically be a "gimme".

When I finally did Step 5 I received a rude awakening. Who in their right mind would not want character defects to be removed? Alcoholics, that's who! It turns out Step 2 is correct and alcoholics are not in their right mind. So, my easy, 30 second, gimme Step 6 now turned in to a little more than I expected. In some sort of sick, twisted way I relished some of these defects. Resentment, self-pity, and other major defects had become defense mechanisms and survival tools that I relied on throughout my life even though they were making me miserable and in some cases destroying me.

The key of willingness that we were initially introduced to in Step 3 was the answer again. This key has come in very handy in many (if not all) of the steps on my sober journey. In fact the word willing and / or willingness is mentioned 47 times in the first 164 pages of the Big Book. Amazingly and coincidentally it is also mentioned 47 times in the 12 Steps portion of our 12 Steps and 12 Traditions book. Chalk it up to yet another bizarre AA coincidence. This key of willingness sounds like a key I better keep on my key ring as I will need to use it regularly. During my life in AA I have lost my key more than a few times. I have had to call my locksmith. We sometimes refer to our locksmith as a Higher Power around this outfit! With the assistance of this key of willingness I eventually embraced Step 6 and became entirely ready to have these defects removed. Just like the previous steps I had done, it improved the quality of my life. The beauty of this sober way of living that we have been given is the fact that it is ever evolving, changing, and Step 6 continues to improve the quality of my life every day.

When I get off the AA beam I try to remember to get out this key of willingness, my AA compass, and the other tools my fellow drunks have given me. So far, I have always made it back to the Road of Happy Destiny that Bill and Bob navigated almost 89 years ago. I am so grateful that they left the map for You and I to follow. Now, over two million of us have traveled or are currently traveling down that same awesome, well trudged road. I need only remember to "Keep it Simple" and take some actions that steer me away from picking up that first drink. Step 6 is one of those actions. Not a gimme and not one to be overlooked.

- Alan B. Millcreek, Utah

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) — Declan trustee10@saltlakeaa.org
Trustee (13) — Alan B. trustee13@saltlakeaa.org
Trustee (11) - Philip W. trustee11@saltlakeaa.org
Alt Trustee — PATTY N.
Alt Trustee — OPEN

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 — OPEN 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 added to the Meeting Schedule?

Please contact Jeff at webservant@saltlakeaa.org

Please share your Step 7 (1 page story) "Humbly asked Him to remove our shortcomings" for the Lifeline. Please submit by 6/15/24 to lifeline@saltlakeaa.org

Central Office Meeting Minutes - May 2024

"Serving our community for over 75 years"

BOARD OF TRUSTEES

Chair: Wade J. – Opened with introductions and the CO preamble was read.

CO-Chair: Shannon M. – Excused

Secretary: Jennie S. – Excused; Declan filling in. Vote to approve April Meeting Minutes tabled until next month.

Treasurer: Chris G. –

- April was another strong month for the Central Office- both March and April contributions were higher than those of last year. Donations continue to be high in 2024.

- Our tax return was handled by our accountant, but apparently we haven't paid them for the past two years, so those costs will be incurred this month.

- Now that my wedding and honeymoon are in the rear view mirror, I'm going to work with our accountants to update cost-of-goods-sold (COGS) in Square. We should update COGS as we order materials - this is not currently being done by anybody with regularity. We've been profitable regardless, but it would be nice to have a clearer understanding of our margins.

Trustee at Large: John S. (District 2 Liaison) –

- D2 is hosting a few area events on August 11, (refer to the D2 Newsletter). Central Office is now receiving the D2 newsletter every month to be included in the email along with the minutes.

- D2 is hosting Area elections in September. Service positions are filled, but they're asking for volunteers. Last night, a PI/CPC rep was elected, which was a big deal since that position had been vacant for some time.

Trustee at Large: Declan (District 10 Liaison) –

- The last D10 committee meeting was held on Monday the 6th. 31 attendees were present.

- Following her report, the treasurer approached me and shared a nice surprise: D10 generously contributed \$866.67 to Central Office.

- A paper copy of the D10 Dispatch is available for interested reps (no digital copies available).

- DCMs reported active involvement visiting groups throughout their sections.

- Betsy, the corrections chair who visited us last month, recorded 913.5 hours of service in corrections from January through March, or just over 70 hours per week, and recorded 25 good day forms, which are earned by inmates for ten completed meetings.

- The jail has made a few policy changes for AA volunteers. Oxbow security classes will no longer be required on a yearly basis, relaxing to every two years, but one-time training and background checks will become yearly requirements, which is causing a bit of an administrative hassle.

- Rick with Bridging the Gap reported that he is receiving a steady flow of released inmates from Betsy. One of his contacts just reached five years of sobriety last month.

- The total contributions didn't cover travel and lodging

expenses by Kristen's guests, so they covered the overage. Following the Districts' donations, I spoke with Alan B about taking the lead to ask about a matching \$250 allotment to Kristen B.

- While the Alano Club is a separate entity from AA with 46 AA meetings on location, its changes can impact us so I wanted to note that the club held its second quarterly meeting earlier this month. Brooke, the president of the club, resigned her position, and the board shuffled a bit to fill her role and the vacant spot was filled with an alternate.

Trustee at Large: Phillip W. (District 11 liaison)

- District 11 meeting was held April 10. 22 Attendees.

- PRAASA reports were given by 4 district persons who attended. Positive reviews.

- The district voted to pay for prorata share of expenses for speaker traveling to corrections workshop.

- SDRC (in District 11) information at CO needs to be updated.

- D11 is hosting an area event next weekend, May 18th.

Trustee at Large: Alan B. (District 13 Liaison) –

- The April District 13 GSR Meeting was well attended by GSRs as well as by Kristen D; Area 69 Corrections Chair.

- Everyone had good things to say about the pre-conference assembly and several reports were given.

- Most GSRs reported strong, steady attendance at their meetings.

- District 13 won the Pre-Conference Assembly for 2026.

- Kristen D; Area 69, Corrections Chair spoke and reported that she is working towards bringing in a Class A (non-alcoholic) Trustee for the upcoming Bridging the Gap Workshop. Her name is Nancy and she has been in the corrections business for over 30 years. There was a good conversation regarding bridges and how they are working. She is asking for contributions from each District in the amount of \$250. She is also asking the Salt Lake Central Office to contribute \$250. Thus far most districts have obliged. There was a motion made to increase the District 13 budget by \$250. It was seconded. The vote was unanimous. District 13 will donate \$250 and I am asking or will be asking and motioning that we do the same here at Central Office.

- The Area 69 CPC has had to step down. That position is open if someone would like to serve until September please reach out and we will get you connected.

- There were two positions filled at the meeting: Todd stood and qualified for the District 13 Corrections / BTG Chair and Melinda stood to be a District 13 DCM.

- The District 13 Newsletter, New Brew which will give you information on all things District 13 is doing. Thanks for letting me serve and let me know if I can help you or your group in any way.

Alternate Trustee at Large: Patty N. N/A

Alternate Trustee at Large: OPEN

CENTRAL OFFICE MEETING MINUTES – MAY 2024

STANDING COMMITTEE REPORTS

Hotline Telephone: Max D. – N/A

Twelfth Step: Charlie C. – N/A

Activities: Kim B. –

- The activity with the Bees has been canceled for now. We could not get price and ticketing that would work for us at this time.
- Have the reps take plenty of Founders Day flyers. Let's really get the word out of our breakfast on June 9th at Fairmont Park from 10 am till 1 pm.
- I sent the secretary a digital form of the flyer to pass to the people online.

Newsletter: Danny B. –

- Needs funding for post office. Wade said Bob can use the card for this.
- The Grapevine needs to be renewed.
- Looking for a one-page story regarding Step Seven for the July Lifeline; needs it sent to "lifeline@saltlakeaa.org" by June 15th. Thanks to all the groups for sending in stories for the June edition!

Outreach: Jack H. – Needs help with outreach down in Utah county- there are a lot of meetings not being reached down there.

Website: Jeff P. - Everything is running pretty smoothly. Traffic up just a tiny bit to just under 5k visitors. Most traffic goes to the meetings page.

Bylaws: Brad C. – Committee has started!. Received multiple submissions in email and in person. Next meeting is online on Tuesday at 6pm.

Volunteer: Bob C. – Concerned about A/C and about the lawn, but those matters are being addressed.

Literature: Jim S. –

- I ordered the books and we are in the process of receiving the second shipment of grapevine material.
- I picked up the business cards, and some are in the desk some in the storage room.
- Two pending orders. Pamphlets are going up in price. Some are double or triple the price. The Grapevine order from May 2 is delayed to a tentative date of the 17th; apparently they had a glitch in their system and everything placed on that day was lost. Some of the books have been very popular, including the Twelve Steps.
- The new price list for the pamphlets has been entered in our POS system, Square.
- Wade explained that GSO supplements the shortfall with literature. If contributions drop, GSO has to raise prices; if every member of AA donated \$8, then GSO would be able to sell literature at cost... Central Office works the same way.

- Jim will provide a complete literature price list to be sent out with the minutes.

Archives: Ben H. — Thanks for all the donated archive materials!

Treatment Facilities and Accessibilities: Charlie T – At PRAASA, a group of six deaf and himself worked out ideas on how to improve AA for the deaf. They can't do a podcast, but they're currently looking for translators to do a vodcast.

Corrections: Serena C. –

- Oxbow security training will now only be required every TWO years instead of every year. They're also going to be doing background checks on the volunteers every two years. We'll need to resubmit a Jail Access Application Form along with the copy of the front side of our driver's license each time. It may be a bit confusing at first; the dates of the training and the background checks aren't necessarily the same, (These two things are done by different offices.)
- Pink can money is still coming in, thanks to everyone who contributes. Betsy discovered war rooms with stashes of literature mixed in with Books of Mormon and cookbooks.

Cooperation with Professionals: Karmina B. – Lacy, a deaf member of AA, will be speaking at an upcoming panel on the 25th.

Pubic Information: — OPEN

Coins: Kathy M. –

- Prices are changing on chips and the board approved the new prices earlier this month.
- Aluminum chips will go up from 0.50 to 0.70 cents.
 - Bronze chips are going up from \$1.25 to \$1.35.
 - Tri-plates going down from \$15 to \$13.

Technology: Elan B. — Declan is getting automated emails with the message "email could not be sent," Elan will look into it.

Old Business — None

New Business —

- Area 69 requests a \$250 donation from Central Office to help bring out a couple of Bridging the Gap speakers for a Corrections workshop on June 15th in Heber City. (referenced in D10, D11, and D13 reports) They are \$390 short right now.
- Motion made by Alan to vote on donating \$250 to the Area 69 Corrections Workshop tonight. Declan seconded the motion. Reps unanimously voted to support the Area on this. Wade asked Alan to get the funds to Chris.

Close with the Responsibility Statement.

Next Central Office Rep meeting will be held on 6/11/2024 @ 6:30 pm

PAMPHLET OF THE MONTH

EXPERIENCE, STRENGTH AND HOPE

The “God” Word

Agnostic and Atheist
Members in A.A.

A.A. is not a religious organization. Alcoholics Anonymous has only one requirement for membership, and that is the desire to stop drinking. There is room in A.A. for people of all shades of belief and non-belief.

Many members believe in some sort of god, and we have members who come from and practice all sorts of religions, but many are also atheist or agnostic. It's important to remember that A.A. is not a religious organization; we have a simple idea that there is a power greater than us as individuals.

What we all have in common is that the program helps us find an inner strength that we were previously unaware of — where we differ is in how we identify the source. Some

people have thought of the word “God” as standing for “good orderly direction,” or even “group of drunks,” but many of us believe that there is something bigger than ourselves that is helping us today.

This power may lie within some person's religious beliefs, or it can be completely separate from any religion. For example, one member looks at the sea and accepts that it is a power greater than him. We could ask ourselves, “Do I believe that somehow there is a power greater than myself?”

Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous.

JOKE OF THE MONTH

A man walks into a bar and orders a whiskey. When the barman serves it up, he takes it out to the bench in front of the bar to drink it.

As he's enjoying his drink, a nun walks by, and glares at him sourly. “How can you pollute your soul with the Devil's drink like that?” she asks.

The man shrugs. “It's not the Devil's drink, it's just whiskey.”

“But it's sinful and wicked!”

“How do you know it's so bad, then? Have you ever tasted whiskey?”

“Of course not! My sisters and Mother Superior told me how evil drink is.”

“But how do they know? Have they ever had a drink?”

They go back and forth like this for a while, before at last, the nun relents. “Well, I suppose that if I were to try a sip of whiskey, I would better understand how it corrupts the soul. But it wouldn't do for any of my sisters to come by here and see me drinking. Could you order me one in a teacup?”

The man agrees this is fair, and walks inside to the barman.

“Two whiskeys, but put one in a teacup, please.”

The barman slams his hand down on the bar and shouts, “Is that darn nun here again?”

CENTRAL OFFICE FINANCIALS – APR 2024

<u>Income Statement</u>	2024	2023
<u>Revenue</u>		
Group Contributions	\$5,488.49	\$3,650.23
Contributions - Other	\$1,188.47	\$1,122.10
Purple Can Contributions	\$388.94	\$1,452.50
Sales of Product Income	\$8,418.10	\$8,842.12
Total Income:	\$15,484.00	\$15,066.97
Total Cost of Goods Sold	\$6,546.89	\$6,419.34
GROSS PROFIT	\$8,937.11	\$8,647.63
<u>Expenses</u>		
Accountant	\$630.00	\$630.00
Square fees	\$180.13	\$174.78
Cash Over Short	\$(2.13)	\$2.40
Supplies, Snacks, and Water	\$202.35	\$53.70
Phone & Internet	\$437.67	\$253.90
Printing, Paper & Reproduction	\$419.54	\$322.25
Purple Can Expenses	\$250.00	\$ -
Rent	\$1,500.00	\$1,500.00
Software, Hardware	\$212.73	\$422.73
Utilities	\$638.17	\$644.26
Website	\$23.99	\$23.99
Total Expenses:	\$4,492.45	\$4,010.51
NET OPERATING INCOME	\$4,444.66	\$4,637.12
Interest Income	\$65.35	\$33.59
Net Income:	\$4,510.01	\$4,670.71

Please Note: According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are \$5,000 per month, or \$30,000 for 6 months. Thank you everyone for your donations!!

Donate here



GROUP CONTRIBUTIONS – MARCH — CELEBRATING LENGTHS OF SOBRIETY

17th and 17th	\$3.00
Alano West	\$346.80
Basic Young People	\$70.00
BBT and T	\$120.00
Big Book Babes	\$66.00
By the Book	\$224.70
Come as You are	\$414.97
Draper Lunch	\$95.00
Early Beginnings	\$100.00
Eye Opener	\$20.00
Fresh Air Serenity	\$100.00
Garden Variety	\$101.00
Hilltop	\$121.50
Magna Friendly Bunch	\$150.00
New Yorker	\$106.50
Old Timers Speaker	\$149.46
Primary Purpose	\$104.00
Souhegan Sunrise	\$743.00
South Davis	\$175.00
Southenders	\$268.48
Stepping Stones	\$16.50
Sugarhouse Men	\$892.50
Unknown	\$100.00
Wake Up Call PC	\$402.00
Weekend Warriors	\$107.00
Monthly Total:	\$4,997.41
2023	\$3,330.72
Year Over Year Change	50.04%

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



MIDVALE LUNCH BUNCH

Robert — 38 Yrs Kim — 46 Yrs
David B. — 6 Yrs Tom — 14 Yrs
Liz — 30 Days

PRIMARY PURPOSE

Alex G. — 13 Yrs Christopher L. - 7 Yrs
David R. — 5 Yrs John P. — 8 Yrs
Laura C. — 15 Yrs Lynn H. — 37 Yrs
Mike S. — 6 Yrs Stacy A. — 4 Yrs

THUNDER HEART

Brian B. — 13 Yrs Doug U. — 15 Yrs
Edith H. — 7 Yrs Jonathan P. - 1 Yr

GRAPEVINE GROUP

Travis — 30 Days Marty — 30 Days
Lori — 90 Days Nariamen - 6 Mos
Gordon — 18 Mos Kaylee — 2 Yrs
Paul — 2 Yrs Dave — 18 Mos
Natalie — 4 Yrs Chad — 6 Yrs
Brandon — 6 Yrs Melinda — 7 Yrs
Dave — 14 Yrs

5:30 SOBRIETY HOUR

Katie — 2 Yrs Ryan — 9 Mos
Brandy 18 Mos Teriesa — 3 Yrs
Sici — 90 Days Lynn 47 Yrs
Ted — 60 Days Tara — 1 Yr
Larry — 1 Yr Nick — 2 Yrs
James — 2 Yrs Michael — 9 Mos
Doris — 43 Yrs Larry R — 37 Yrs
Jonathan — 6 Mo

SPEAK EASY LADIES GROUP

Jazmine — 11 Yrs AmyJo — 9 Mos
Kim S — 37 Yrs

UTAH STATE PRISON - HOUR OF HOPE

Morgan R. — 6 Mos Juan V. - 9 Mos
Mike M. — 9 Mos Alphonso C. -18 Mos
Craig C. — 8 Yrs Kerry C. — 13 Yrs

AND TO ALL WHO WE MISSED!

Submit picture or scan group birthdays to:
lifeline@saltlakeaa.org by the 20th of each
month, or bring them by to Central Office,
80 W Louise Ave (2860 S.) SLC, UT 84115

UPCOMING EVENTS

Defa's Ranch 42nd Annual G.O.D. Campout

Hanna, UT July 12,13,14 2024

Friday: Registration, open meetings, Friday night follies, music and dancing, Alateen and Al Anon speakers.



Saturday: Children's activities, adult activities, 5k run, fishing derby, horseshoe tournament, arm wrestling, cook-off competition, trinkets and trash. Huge Raffle, speaker's meeting, Boozeville Bombers, music, Karaoke and dancing.

Sunday: Good morning Spiritual meeting and Committee meeting.

For more information contact Bria M. 641 S 350 E Pleasant Grove, UT 84062 — Phone 385-260-9670

NO PETS ALLOWED - THREE DAYS OF SOBER FUN

CENTRAL OFFICE AA FOUNDERS DAY BREAKFAST

Where: Fairmont Park - North Pavilion

When: Sunday, June 9th

Time: 10:00 AM - 1:00 PM

Central Office will provide egg breakfast.
Please bring a breakfast side dish to share.
1040 E. Sugarmont Drive



July 3 -- 6, 2025: AA International Convention in Vancouver, British Columbia, Canada. Vancouver will welcome A.A. members from around the world. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place at the Vancouver Convention Centre and BC Place Stadium. Let's celebrate sobriety together in Vancouver in 2025!

PACIFIC REGIONAL FORUM July 12-14, 2024



"- this is an experience you must not miss."
(pg. 89, Alcoholics Anonymous)

Who's invited? All A.A. members including newcomers

Who's coming?

General Service Office Staff

Past Trustees

Area Delegates

General Manager

A.A.W.S. Staff/Board

General Service Board

Grapevine Staff/Board



What 's Happening? * Presentations * Workshops * Panels
* Sharing sessions * Fellowship

For more information visit:

www.aa.org/Regional-And-Local-Forums



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Save the Date! AA.org/International-Convention

2025 A.A. International Convention
July 3-6, 2025

VANCOUVER 2025
Language of the Heart
Lenguaje del corazón
Le langage du cœur

Scan here!

OH GOD NO

I uttered as I came to, "I'm in Jail." My head throbbing, my mouth dry, my eyes swollen shut. As I lay here in bed, my thoughts are, "what am I in jail for?" My mind was blank with no recollection of the night before. This was not unusual for me; memory lapses were normal on a good night of drinking. I pulled the sheet up to my sweating forehead, wiped my brow down to my swollen cracked eyes. As my vision became clearer, I didn't see a gray cinder block wall of the jail as I expected. I saw pictures on the wall - I recognized those pictures. "I'm not in jail, I'm fully dressed in my own room."

They must have released me. This has happened before. Still, no recollection of the night before. As I sit up and put my legs over the side of the bed, my head is still aching. I stagger to the restroom for a drink of water. As I look into the mirror, I saw no black eyes or bruises. I go to the front door and my car is there, without any apparent damage. Although, I don't remember driving home. I checked my pockets, there was nothing there to say I'd been arrested.

I got a cup of coffee and as I fully became awake of my surroundings. My recollection of yesterday started to become real. I went to work yesterday morning. Yes, I finished the job and picked up my paycheck. I went to my 7:00 pm homegroup and the topic was the 10th Step. Then, I went with four fellow AAs for some coffee and pie. We decided to go bowling, I had a great time.

Driving home from the bowling alley at 1:45 am, just before the last call at the taverns, I got red lighted – my heart sank, just as quickly I thought, "I'm sober and have insurance, I'm okay". The officer determined that I was sober – he didn't even ask for my license or proof of insurance. I explained I was just leaving the bowling alley, "he said have a good night." He went back to his patrol car and turned off his flashing lights and left. And yes, I remembered driving home. I didn't get drunk.

Sometime later, I had my first drunk dream; it was so real and so scary. It had all the symptoms of a good drunk. The memory lapses, the hangover, the jail, all a very terrible situation.

Just a vivid reminder of where the first drink will take me. I praise God for a Fellowship of AA members, and for my continued 26 years of sobriety.

I believe today that the first drink will set my disease off and running once again. The Doctor's Opinion tells me so. "God Bless." Just don't take the first drink and you'll be amazed before you are halfway through.

- Anonymous



Weekender Bender

George left work early one Friday
He went out with the lads, on a bender

He finally got home to his unhappy wife
on Sunday night after a boozy weekender

After hours of bitching and moaning

His wife asked him a simple question

Would you like not to see me for three days?

"Very much" he said without hesitation

He didn't see her on Monday

Nor did he see her on Tuesday and Wednesday

After the swelling had begun to subside

He could see her out of one eye on Thursday

- Anonymous

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**Central
Office
Website**



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Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

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