

LIFELINE



Salt Lake
City
Central
Office

MARCH 2024

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SKIP'S STORY

Becoming an alcoholic at age 13 was pretty easy, after all I did have a rough start in life. I didn't have money or fancy clothes, I shopped at the Salvation Army and was always made fun of for being ugly or poor and I was never any good at sports. My father abandoned me, my sister and mother when I was 3 years old. I hated him for that and I always swore that I would never be like him because he was a drunk. I also had major resentment for my stepfather. Life was hard, and it was easy to become an alcoholic.

So my first drinking experience at age 13 was in a bar that my uncle owned in Idaho. My uncle was moving out and we were invited to help. After the move there was beer left in a keg so my uncle started pouring schooners for the grown-ups, then my uncle turned to my mom and said is it OK if Skip has one? My mother told him yes and there it began.

Wow, wow and double wow! I was like a kid in a candy store! I remember taking the beer and drinking it rather fast, then something great happened, all of the previous mentioned issues disappeared and even though I threw up, blacked out and got sick again, I drank more!

And that my dear friends

characterized my drinking until my last drink in July 1975. After countless vain attempts to stop drinking I was allowed to attend a two week outpatient program the Navy offered. The only drawback was I had to attend AA everyday! My life was over because I knew that AA was the place where old drunks went to die.

So like a man facing the gallows, I trudged into my first meeting. I noticed however that people weren't dying, they were laughing and living. All I heard my first meeting was mumble mumble mumble, but I went back the next night and I heard a little more. By the fourth meeting I had taken to AA like a duck takes to water. From that point on I have not found it necessary to take another drink.

I have been through adversities including the death of my spouse of 51 years and thanks to the twelve steps and twelve traditions of AA, I remain sober. When I have drunk dreams, I consider it a spiritual awakening. Standing in front of the beer cooler looking at the different beers, I take it as a further acknowledgement of the fact that I am an alcoholic! (I don't know normal drinkers that do that). I attend two meetings, the one I want to, and the one I don't want to! I don't take sobriety for granted!

Cont on pg. 2

I'm an old timer that believes the further I get away from my last drink, the closer I am to my next one! How did I get here? Through great sponsorship.

You see I was never told to find a sponsor, I was told "I am your sponsor!" Thank God for Frenchy who sent me on a path of meetings, book studies, cleaning up after meetings, greeting at the door etc. I did those things because he did those things also when he was in my shoes. So, if I did those things then I had a chance at sobriety!

I cannot express enough the importance of sponsorship, one drunk talking to another! "If you don't give this program away you won't keep it." I've seen it time and time again with people who do not share it and they just disappear.

At meetings when they call for an AA related announcement, I say my name is Skip and I'm alcoholic. This is for the newcomers who stood up and those who didn't, If you are serious about your sobriety and do not have a sponsor, you come see me and we're going to get you hooked up!

Do not think you can do this on your own because trust me, it doesn't work! This is a WE program! I believe there is nothing that accelerates a recovery more than working with others. You owe it to yourself to sponsor and not let the new person slip away.

— Skip L.



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www.glasbergen.com

"Am I Irish? Are you kidding? I was born green!"

Central Office of Salt Lake City

The first Central Office to open in Utah was in Salt Lake City, July 1947, at the 216 Ness Building.

The first Central Service Meeting was held in the Fall of 1954. Seven A.A. members attended; Jim R., and Ed J., Group II, Matt P. and Leo Q., Sugarhouse Group, Erve H. and Glover G., Murray Group and Johnie W. (Mr. A.A.), Free Lance.

A meeting was organized to raise thirty-five dollars per month to support the A.A. phone that was operated by Mabel M. in her home. Before this meeting the phone was at the A.R.C. (Alcoholism Recovery Center), at the Pony Express Office on Second South St., Downtown Salt Lake City. Since then Central Office has moved to several different locations. Gaining well deserved improvement with each move.

On March 13, 1968 a document showing Articles of Incorporation and Amendment of Central Office of Salt Lake City, were drawn up and signed by Clyde L. Miller, Secretary of State for Utah. These Articles state the purpose of Central Office and the functions it would carry out.

Arlene D. was the first full time employee. Hired in early 1970, she managed the Central Office. Arlene's service continued until she passed away on September 22, 1993. She had over forty-one years of sobriety. Arlene gave much of her time to helping others. Along with the Board of Trustees, part-time employees and volunteers, she kept the office running smoothly for 23 years.

Today there are over 250 meetings listed at Central Office. (1994) Approximately 750 calls are received each month and between 900 to 1,000 Newsletters are mailed out in Utah and throughout the U.S.A. Thousands of dollars worth of books and other literature are sold every month to A.A. Groups, Treatment Centers, Alano clubs in Salt Lake City, and other Utah Districts.

Cont on Pg 3

Treatment and Accessibilities Report

Charlie T.

treatment@saltlakeaa.org

(385) 695-9181

We are in the process of finding a liaison for our Deaf community in Salt Lake. I have met a wonderful resource at the "Community Deaf Center" named Pamela. She provided many possibilities on how we can get the word out about Alcoholics Anonymous (AA), funding Interpreters, and welcoming Deaf individuals to AA meetings.

I offered to bring a workshop to the Deaf Center with the goal of informing people what AA does and does not do. We spoke to a wonderful man named Joseph. Joseph started the first Deaf AA meeting (as far as we know) in the history of AA in Utah in November 2010. Joseph named the meeting "A Moment of Silence." Joseph will have 13 years sobriety on March 3rd. Joseph is now married and has two children.

I asked Joseph if he would help us by creating a video about his experience in AA and how the Deaf can trust the committee to show our love with a warm welcome to AA. If I personally tried to inform the Deaf, I would be dismissed because I am a hearing person. Sometimes our Deaf friends have a trust issue with the the hearing world.

I want to thank all the members and groups that have contributed to the successful opening of the doors of AA to our Deaf friends. With all the generous contributions during the past few years, we all be able to show the best "I love you" AA has ever shown to the Deaf community in Utah.

Our committee is welcoming help from those who wish to volunteer. The best is yet to come.

Over the years the Office has carried the current books and literature from GSO, including the large print editions and different language editions. The Office has flyers on current events and other items of interest. To keep up with modern times and the growth of our A.A. Community, Central Office installed an answering machine for the Deaf on October 4, 1991. Early in the Spring of 1994, a two-line phone system was hooked up to meet the demands of incoming calls. In June 1994, a Computer was donated to the Office and a short time later a printer was added.

The Central Office continues to operate as efficiently as possible with one full time employee/manager. The many volunteers who give their time and service also support the needs of those in recovery and those who want help.

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Central Office History

We're compiling history of Salt Lake Central Office from 1995 through 2023 for historical records. Contact Ben at archives@saltlakeaa.org

MARCH SPECIAL

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

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 Meeting Schedule?

Please contact Jeff at webservant@saltlakeaa.org

Please share your story of experience, strength and hope to publish in the Lifeline Newsletter. Please contact Danny at lifeline@saltlakeaa.org

CENTRAL OFFICE MEETING MINUTES – FEBRUARY 2024

BOARD OF TRUSTEES

Chair: Wade J. – Open with Introductions and Central Office Preamble. Commitment is yours the results are mine.

CO-Chair: Shannon M. – Excused.

Secretary: Jennie S. – New reps: please send me your email, phone number, and home group so I can add you to the contact list. Also, thanks to those who submitted their monthly reports in advance - it really helps to have them for inclusion in the agenda!

Treasurer: Chris G. – January was a strong month with high sales and significant contributions, which is typical of the first month in a new quarter. Group contributions were essentially flat relative to 2023 at ~\$5700, and we did not incur any atypical expenses. I've added a simple row at the bottom of the group contribution spreadsheet to indicate year-over-year change if you're interested. Please look at handouts/email attachments for P&L and Group Contributions. Motion to approve P&L passed.

Trustee: John S. (District 2 Liaison) – The Area 69 committee meeting will be held on 2/24/24 in Park City, see attached flier for info including QR codes for hotels.

Trustee at Large: (District 10 Liaison) – OPEN POSITION

Trustee at Large: Phillip W. (District 11 Liaison) – Meeting snowed out so no report this month.

Trustee at Large: Alan B. (District 13 Liaison) – Things are going great in District 13 with solid, diverse, and well attended meetings. Many report attendance by newcomers, old-timers, and everything in between. Attached in your email from Central Office, you will see the latest edition of our District 13 Newsletter, “New Brew”, which outlines activities, open positions, and much more. I would like to give a huge thanks to District 13, who just donated over \$1000 to Central Office. We appreciate your generosity more than words can say.

Our District 13 Treatment Chair, Steve, is providing a unique approach called a “Meeting in a Box” to plant seeds and overcome obstacles in regards to getting into some of the treatment centers. We are in need of a couple of District Committee Members (DCMs). Please see me after the meeting or email me: trustee13@saltlakeaa.org if you or some of your AA buddies are interested.

Alternate Trustee At Large: Declan District 10 is going strong. They had forty-ish attendees at their last meeting, with two interested AAs. They're working with Area and District 12 to take responsibility for the upcoming pre-conference assembly, as District 12 is already handling the post-conference assembly. Betsy, the corrections chair, recently gained access to five new pods, and is seeing increasing rates of meeting-attendance fulfillment, including five inmates from this quarter. But recent lock-downs have depressed attendance to the point that no one even showed up at a recent meeting after three lock-downs in a row.

Rick, the alternate Bridging the Gap chair, is gathering volunteers for the program. He has 149 right now, but says the need will soon skyrocket. He could use help from members of other districts. A new treatment center chair, Thomas, was brought in last month, and he's looking to the district for guidance on different programs to launch. He proposed some ideas that members could choose from, and welcomed additional ideas. He's a firm believer in doing a few things to completion, rather than starting multiple ongoing projects.

Alternate Trustee At Large: Alyssa F. No Report

STANDING COMMITTEE REPORTS

By-Laws: Brad C. – Kick off meeting was this evening. They have decided on a year-long approach, focusing on specific sections at a time. Meetings will be on the 1st Tuesday (in-person) and 3rd Tuesday (virtual) of each month at 5pm at Central Office. They are currently focusing on Section 6. They will post the section currently being discussed on the Central Office website under the by-laws section for review before attending. The primary goal is establishing Clarity and Continuity between the sections.

Hotline Telephone: Max D. – Great month for the Hotline. Lifeline newsletter ran a piece regarding the roles and responsibilities; 2 new volunteers were referred from Central Office, replacing 2 that dropped out.

Twelfth Step: Charlie C. – Please take blank 12-step forms back to groups to add new volunteers. This form includes a section for people willing to give rides to meetings, as well as one for helping with Bridging the Gap. We are updating the current 12 step list.

Activities: Kim B. – Upcoming activities:

- Founders Day Picnic at Fairmont Park on 6/9/24
- Central Office Picnic @Murray Park on 8/11/24
- Chili Cook-off in October

We are considering adding an additional activity called “Take your Sponsor to Breakfast”, to be held at Central Office with a food truck and outside seating. Another idea proposed combining this event with our annual Bees game. Will look into renting picnic areas or a suite, which would cost approximately \$945.

Newsletter: Danny B. – Needs stories - topic can be your experience strength and hope. Send to lifeline@saltlakeaa.org

Outreach: Jack H. – Needs volunteers but otherwise nothing to report.

Website: Jeff P. - Excused. We had about 4,700 visitors in January, which was up by 14% over December.

Volunteer: Bob C. – Things are running smoothly.

Literature: Jim S. – Excused - just had a pacemaker installed, please keep Jim in your prayers.

Archives: Ben H. — Sue made flier for AA Memorabilia Spring Cleanup that will be published in the Lifeline - looking for anything AA-related: old name-tags from conferences, Big Books, old flyers, etc.

Public Information: Allison S. – N/A

Treatment Facilities and Accessibilities: Charlie T – Our Committee could use some help and welcomes Volunteers!!

I have been working on finding a Deaf Community Liaison and met a wonderful resource at the Deaf Center named Pamela, who had numerous ideas on ways to educate our members on AA having the ability to fund Interpreters and welcoming the Deaf to attend meetings. I offered to bring a workshop to the Deaf Center to inform people on what AA is and does, and what AA is not and does not do. Through our conversation we spoke of a wonderful man named Joseph, who started the first Deaf AA meeting (as far as I know) in the history of AA in Utah in November 2010, named “A Moment of Silence.” Joseph will have 13 years of sobriety on March 3, 2024. He is now married and has two children.

Cont on pg. 6

CENTRAL OFFICE MEETING MINUTES – FEBRUARY 2024

Cont from pg. 5

I just asked Joseph if he would help us by creating a video about his experience in AA and how the Deaf can trust this committee to show the Love and Welcome to AA. If I tried to inform Deaf people, I would be dismissed because I am a hearing person. Sometimes our Deaf friends have a trust issue with the hearing world. I want to thank all the members and groups that have contributed to make Opening the Doors of AA a success. With the generous what has been contributed during the past two years, we will be able to show the best "I Love You" AA has ever shown to the Deaf in Utah. We have the video from Joseph! Open meeting definition from the AA website.

Corrections: Serena C. – Metro Jail has a new programs manager who will be meeting with District 10 soon. We may get more insight into pod lock-downs and ways to work around that. Also there are two 7 pm speaker meetings out at the prison on Sundays and Mondays. For anyone who might be interested in speaking, contact John at 801-916-4293. He will need your full name, DOB, and driver license number.

Cooperation with Professionals: Karmina B. – N/A

Technology: Elan B. – Wrote instructions for volunteers to access the Hotline telephone lines since they were locked out last month. Discussed motion to pay for MS Office at \$70/yr - see section on "OLD BUSINESS- ACTION ITEMS"

Coins: Kathy M. – Coin orders are running smoothly.

Old Business - Action Items

1. Technology Committee

Motion to pay for Microsoft Office Suite at \$70/yr.

Declan opposed - he wants to keep everything under Google Workspace for continuity.. additionally it's free and doesn't require a paid license to access. He is willing to assist in educating people on it. Lindsey supported the motion - he pointed out that Microsoft Office has been around longer and a lot of people feel more comfortable with it. Vote taken: 28 for and 8 against. Motion passes.

2. Ad Hoc Committee

Re: Motion to Amend Bylaws presented by Jake S, past Secretary Board of Trustees, submitted on 11/14/2023. Motion to add a section to the duties of the Chairperson as follows — 6.7.1.9: Attends the annual ICOAA Seminar (Intergroup/Central Office/Alcoholics Anonymous World Services/Alcoholics Anonymous Grapevine Seminar) each year, and is defrayed with funds from the Central Office account. The Chairperson will subsequently give a full report at the following monthly Board of Trustees meeting, inviting all Central Office Representatives to be in attendance, and an abridged report at the Central Office Representative Meeting. The Committee has 3 recommendations:

- A. The Central Office chair should attend this meeting.
- B. This should be budgeted for as a yearly budget line item.
- C. This is NOT a By-Law issue and should be kept as a budget issue for flexibility.

Motion made to cancel the motion: unanimously passed.

3. Literature Committee

Motion to make the extra copies of "As Bill Sees It" (hardback version) available for sale at our average cost of \$8/each at Central Office and to the Groups - unanimously passed.

OPEN FLOOR - Declan wants a copy of the Central Office Balance Sheet to be made available for general public access - suggested publishing in Lifeline. We will obtain a copy from Celeste, the accountant.

Adjourn and Close with Responsibility Statement

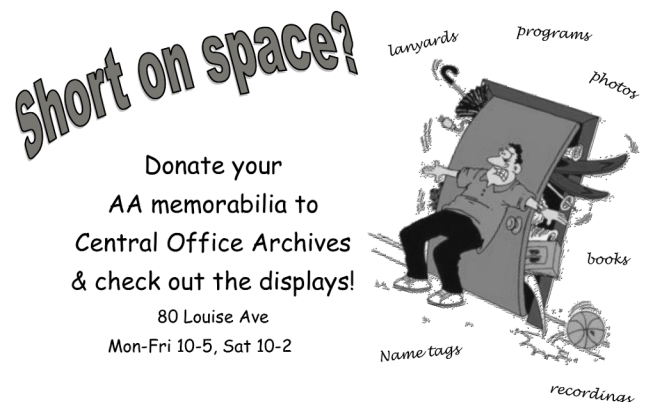
→ Next Central Office Rep meeting will be held on 03/12/2024 @6:30pm ←

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.



Trustee at Large: (District 10 Liaison) – OPEN POSITION - Requires a minimum of two years continuous sobriety. Oversees the operation of Central Office, coordinates group interest, and implements decisions of the CO Committee. Attend the Central Office Board meeting on Mar 5, 2024 to volunteer.

PAMPHLET OF THE MONTH

The A.A. Member— Medications & Other Drugs

Some A.A. members must take prescribed medication for serious medical problems. However, it is generally accepted that the misuse of prescription medication and other drugs can threaten the achievement and maintenance of sobriety. It may be possible to minimize the threat of relapse if the following suggestions are heeded:

- No A.A. member should "play doctor"; all medical advice and treatment should come from a qualified physician.
- Active participation in the A.A. program of recovery is a major safeguard against alcoholic relapse.
- Be completely honest with your doctor and yourself about the way you take your medicine. Let your doctor know if you skip doses or take more medicine than prescribed.

- Explain to your doctor that you no longer drink alcohol and you are trying a new way of life in recovery.
- Let your doctor know at once if you have a desire to take more medicine or if you have side effects that make you feel worse.
- Be sensitive to warnings about changes in your behavior when you start a new medication or when your dose is changed.
- If you feel that your doctor does not understand your problems, consider making an appointment with a physician who has experience in the treatment of alcoholism.
- Give your doctor copies of this pamphlet.

JOKE OF THE MONTH

Computers — Male or Female

A SPANISH Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. "House" for instance, is feminine: "la casa." "Pencil", however is masculine: "el lapiz." A student asked, what gender is "computer?" Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether "computer" should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation. The men's group decided that "computer" should be of the feminine gender "la computadora," because:

1. Only their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even the smallest mistakes are stored in long term memory for possible later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it. *(This gets better)*

The women's group, however, concluded that computers should be masculine "el computador," because:

1. In order to do anything with them, you have to first turn them on.
2. They have a lot of data but still can't think for themselves.
3. They are supposed to help you solve problems, but half the time they ARE the problem.
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.



S  **BER**

CENTRAL OFFICE FINANCIALS – JAN 2024

<u>Income Statement</u>	2024	2023
<u>Revenue</u>		
Group Contributions	\$4,183.05	\$6,667.77
Contributions - Other	\$2,606.52	\$37.28
Purple Can Contributions	\$470.82	\$ -
Sales of Product Income	\$11,509.67	\$8,007.30
Total Income:	\$18,770.02	\$14,712.35
Total Cost of Goods Sold	\$8,578.02	\$5,966.07
GROSS PROFIT	\$10,192.04	\$8,746.28
<u>Expenses</u>		
Accountant	\$630.00	\$630.00
Square fees	\$279.99	\$195.76
Lifeline/Newsletter	\$322.05	\$58.65
Cash Over Short	\$(23.04)	\$(151.38)
Cleaning, Office Supplies	\$165.81	\$186.15
Water	\$15.16	\$ 15.16
Phone & Internet	\$253.95	\$254.41
Printing, Paper & Reproduction	\$379.23	\$303.88
Purple Can Expenses	\$350.00	\$ -
Rent	\$1,500.00	\$1,500.00
Software & Hardware	\$351.38	\$417.03
Utilities	\$732.30	\$674.01
Website	\$75.54	\$19.95
Total Expenses:	\$5,072.46	\$4,408.10
NET OPERATING INCOME	\$5,119.58	\$4,338.18
Interest Income	\$74.20	\$32.53
Net Income:	\$5,193.78	\$4,370.71

Please Note: According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are \$4,000 per month, or \$24,000 for 6 months. Thank you everyone for your donations!!

Donate here



GROUP CONTRIBUTIONS – JANUARY

5-15 Happy Hour	\$120.00
12 O'Clock High	\$200.00
Bog Irish	\$163.24
City at 7	\$72.00
Conscious Contact	\$70.00
Early Beginnings	\$100.00
Early Friendship Group	\$441.60
Eye Opener	\$100.00
Every Night Firelight	\$150.00
Flying High	\$100.00
Garden Variety	\$96.00
Grape Vine Group	\$296.13
Happy Group	\$225.00
Highland Group	\$68.00
Hillcrest Group	\$613.00
Hot Topics	\$101.15
Live and Let Live	\$60.00
Magna Friendly Bunch	\$300.00
Not Glum Lot	\$141.58
Primary Purpose	\$141.00
Rule 62	\$72.20
Salt Lake Young People	\$213.67
Sandy Big Book Bunch	\$61.85
South Valley Bunch	\$80.00
Southenders	\$83.71
Speak Easy Ladies	\$174.40
Stonewall Group	\$323.76
Sunday Morning Break	\$562.75
Thunder Heart	\$100.00
Top of Morning	\$169.38
Valley View	\$100.00
We agnostics	\$37.50
Women in Sobriety	\$63.25
Young and Alive	\$100.00
Monthly Total:	\$5,705.51
Year Over Year Change	-2.15%

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

CELEBRATING LENGTHS OF SOBRIETY

UTAH STATE PRISON - HOUR OF HOPE

Jeremy M. — 30 Days	Alex W. — 60 Days
Jullian D. — 60 Days	Patrick M. — 60 Days
Scott M. — 4 Yrs	Mikee D. — 5 Yrs
Dave H. — 5 Yrs	Robert J. — 18 Yrs
Robert J. — 28 Yrs	

VALLEY VIEW GROUP

Lissa — 90 Yrs	Karen L. — 14 Yrs
Mel — 41 Yrs	

CELEBRATING LENGTHS OF SOBRIETY

MIDVALE LUNCH BUNCH

Beth W. — 1 Yr	Chris M. — 15 Yrs
Dave M. — 42 Yrs	Declan O. — 2 Yrs
Karen B. — 13 Yrs	Linda M. — 34 Yrs
Matt K. — 4 Yrs	Madolyn — 3 Yrs
Melissa V. — 6 Yrs	Nate W. — 1 Mo
Ashley E. — 2 Yrs	Rod G. — 28 Yrs
Stephen M. — 6 Yrs	Andy B. — 37 Yrs

PRIMARY PURPOSE

Eliza A. — 1 Yr	Josh D. — 27 Yrs
Sharon E. — 35 Yrs	Ted R. — 9 Yrs
Tom C. — 7 Yrs	Zach — 2 Yrs

THUNDER HEART

Aaron L. — 1 Yr	Bill R. — 10 Yrs
Grant K. — 7 Yrs	Jen A. — 9 Yrs
Rob D. — 21 Yrs	

GRAPEVINE MEETING

Bobby — 30 Days	Favian — 30 Days
Brenda — 30 Days	Josie — 90 Days
Evan — 90 Days	Morgan — 1 Yr
Emily — 1 Yr	Ike — 1 Yr
Dan — 4 Yrs	Tracey — 4 Yrs
Brandy — 6 Yrs	Tony — 14 Yrs
Dustin — 23 Yrs	Renae — 26 Yrs

UNITY LUNCH BUNCH

Kate D. — 30 Days	Kurt — 30 Days
Arne — 60 Days	Angela — 60 Days
Rainey — 60 Days	Max D. — 2 Yrs
Selby — 3 Yrs	Shannon C. — 1 Yr
Deklyn — 2 Yrs	Josh 3 Yrs
Tom J. — 29 Yrs	

SPEAK EASY LADIES GROUP

Lindsay — 90 Days	Ellie — 30 Days
Julie — 30 Days	AmyJo — 6 Mo
Jennie S. — 19 Yrs	Jennie S. — 19 Yrs
Amy W. — 34 Yrs	Hannah — 2 Yrs
Jean B. — 21 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



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



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

SAVE THE DATES

July 3 -- 6, 2025: Alcoholics Anonymous 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!

July 12-14, 2024: The Pacific Regional Forum will be in Las Vegas, NV. Regional Forums provide unique opportunities for A.A. members across the U.S. and Canada to connect with people throughout the A.A. service S service structure. At forums, members can exchange information with representatives of the General Service Board, A.A.W.S., AA Grapevine and G.S.O.

Sobriety Died — Denial

Yesterday, I talked to the listener; He who is paid to listen. I explained about my pain. Even took the pills with a tragic sip to cure the pain. But crashing into a wall I found the bottle's bottom. Much too tall - without help, Upward I could not crawl. Deep within - and deep without. I was uncertain what my life was about. Sobriety died - denial lied.

The fire's deep - threaten to surface from stomach to mouth; Just one more drink - I wouldn't. I couldn't do without, Praying aloud - my head bowed. But with each moment the fires burned worse - I needed more alcohol to quench my thirst. This too-muchness was a curse. Only through A.A. Alcoholics Anonymous can such inner stress become reversed, one day at a time.

— Sam King

STEP 1 – A TWO EDGED SWORD

You can't stay sober on it

Dr Silkworth had given Bill Wilson his description of Alcoholism. His description included a mental obsession, which could place the single thought of alcohol above and beyond normal thoughts toward family and occupation leading to an unmanageable life. Once the obsession was followed to its conclusion by taking that first drink, the alcoholic experienced the phenomenon of craving, and the physical body became powerless to stop.

From this description, Bill took his first step of recovery when he admitted that alcohol had become his master. He also declared that his life was unmanageable. But Bill failed to enlarge his spiritual life. Soon after taking his first step in recovery, he was released from the hospital. Fear sobered him for a bit. Then came the insidious insanity of that first drink, and on Armistice Day 1934, Bill drank again (Big Book, page 8).

It wasn't until after Ebby had brought him the news of a spiritual solution that Bill was to go beyond the first step. Bill then takes the second and third steps with his childhood friend. He humbly offers himself to God as he understood Him. Then Bill makes the remarkable statement, "I have not had a drink since" (Big Book, page 13). You must get past the first step to develop a defense against that first drink, a defense which must come from a Higher Power.

You can't stay sober without it

Dr. Bob, an intellect and a deeply spiritual man, believed that the solution to alcoholism had to be a spiritual solution. He was a member of the Oxford Groups of the time and attended many spiritual retreats, prayer meetings and attended church regularly. He was, in comparison, a far more spiritual man than Bill Wilson had been. But alas, his prayers fell short, his spiritual solution failed, and he continued to drink.

Dr. Bob knew the solution was spiritual, he just didn't know that he was powerless. Dr. Bob had a desperate desire to stop, but saw no way out, for he had earnestly tried many avenues of escape. Painfully aware of being somehow abnormal, the man did not fully realize what it meant to be alcoholic (Big Book, page 155). Dr. Bob needed Dr. Silkworth's description of an alcoholic, he needed the first step.

That is exactly what Bill had brought to Dr. Bob. But even after hearing the good news from Bill, he was still not thoroughly convinced. Dr. Bob knew the solution was a spiritual solution, he just didn't believe that he was completely powerless.

After being sober for a number of weeks an opportunity came to travel to Atlantic City to attend a medical conference. Dr Bob got on the train in Akron and was drunk before he reached Atlantic City.

Returning to Akron with the full understanding of his powerlessness, Dr Bob took the first step, and then he followed the plan of action laid out by Ebby, and was never to drink again.

In 1978, after a two year relapse, I got sober for the second time. I was beaten, defeated and humiliated. I was finally desperate enough to take Step One in earnest.

At that point my progress stopped. I really thought I could stay sober on Step One alone. Maybe even learn to do the Two Step; Steps One and Twelve. But I only created more misery, both for myself and those around me.

It wasn't until I took the rest of the Steps that I was able to recover. My lesson came from Bill and Bob's example; I couldn't recover solely on Step One, and I couldn't recover without Step One. It would require Dr. Silkworth's description, Ebby's simple religious idea and the program of action to recover.

- Anonymous



Central Office of Salt Lake Incorporated
80 West Louise Avenue
Salt Lake City, Utah 84115



CO Website



SALT LAKE CENTRAL OFFICE

801.484.7871

80 West Louise Avenue (2850 S)
Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

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