

LIFELINE

Salt Lake
Central
Office
Newsletter



November 2024



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NO ROOM TO COMPLAIN

There was a man who lived in the late 1800s and drank excessively. He was a professional horseman, buying, selling and trading horses. The details are uncertain, but the cause of death was listed as "kicked in the head by a horse." Needless to say, he never drank again.

Another man, who lived in the early 1900s, also drank excessively. He acquired diabetic foot pain (neuropathy) as a result of his drinking. He could no longer walk to the tavern. He never drank again.

There was a World War II veteran who had a good job with a manufacturing company. He was a heavy drinker. He lost his arm as the result of an industrial accident. He never drank again.

Be careful when you shake the family tree, you don't know who's going to fall out. All three of these men can be found in my family tree. Maybe things would have turned out differently for these men if you could have gotten a DUI on a horse, or if treatment centers were available or if Alcoholics Anonymous had existed back in the day. We'll never know. What is known is that these men followed their disease to the ultimate conclusion.

The first AA meeting in my home state wasn't until 1944, and it was on the other side of the state.

It would be another sixteen years before AA's message would reach my home town. These three men, the horseman, the diabetic and the veteran, never got to hear the message of Alcoholics Anonymous.

Another thing that has changed over the years is the requirements for AA membership. In the beginning the bar was set high. In the story "AA Number Three," page 186, Bill and Bob ask Bill D. four questions. The first question was, "Do you want to quit drinking?"

If Bill D. had said "No" then Bill and Bob would have moved on, looking for someone who wanted to quit. The second question was, "Can you quit of your own accord?" If Bill D. had said "Yes" then Bill and Bob would have moved on, looking for someone who needed their help. Because Bill and Bob both felt that the solution was a spiritual solution, their third question was, "Do you believe in a Higher Power?"

If Bill D. had said "No" then Bill and Bob would have moved on, looking for someone else to present the spiritual solution they had found. The fourth question was, "Are you willing to go to this Higher Power and ask for help?"

Cont on page 2

NO ROOM TO COMPLAIN

Cont from page 1

If Bill D. had said "No" then Bill and Bob would have moved on, looking for someone who could accept a spiritual solution. Back then, there were no court referrals, no treatment center tourists, and no marriage saving members in the group. Today, thankfully, the only requirement for membership is a desire to stop drinking.

I didn't die. I didn't drink myself into a disability. I didn't lose a body part. I was lucky enough to have been born in a time when Alcoholics Anonymous existed. I was also fortunate enough that Alcoholics Anonymous had lowered the bar so even I could join. The outlook for an alcoholic has changed dramatically; in 1935, everyone knew someone that was an alcoholic and by 2018, everyone knows someone in recovery.

All the stars lined up for me to be saved from a seemingly hopeless state of mind and body and eventually a horrible alcoholic death. I have no room to complain.

- Anonymous

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.

Subscribe to Lifeline via email
or USPS at www.saltlakeaa.org

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.



BLAST FROM THE PAST

The Lost Key

I took my first drink when I was just young
I had not the knowledge of what was to come,
It erased the fear and confusion and helped me fit
in
Just one more beer, whiskey, vodka or gin.

I drank all that I could every chance that I had
I would lie and I'd steal from my Mom and Dad,
The Jailhouse came early yet I could not see
That old John Barley Corn already had me!

I married real young hoping that it would help,
To clear up the fears and the doubts that I felt
The only woman I thought who cared from the start,
I knew I would have her till death do us part

But my drinking and drugging continued to grow
It was now time for her and our children to go.
My thinking was twisted and I was not well
Just five years of marriage I had put her through hell.

As my drinking continued the pain became worse
I thought life was unfair and that I must be cursed.
I'd seen psychiatrist, therapist, and had a taste of AA
But I was bound and determined to run life my way.

I used women, used drugs, and booze all the same
But the time had now come they'd not ease the pain.
I now sought oblivion throughout the full day
Was this God awful suffering the price I must pay?

I'd drank up my family and friends dear to me
I'd imprisoned myself and could not find the key
I gave up on life and I wanted to die
I felt that I was insane but I didn't know why.

But, by the grace of God the day finally came
When I came to in Detox and could not bear the
pain
Something now told me that if I was to live
I must seek help, be honest and be willing to give.

That one day in my life, just four years ago
I had felt so desperate, that I had to let go.
I entered in treatment and once again found AA
I would just crack the door and quite often I'd stray.

After four years of struggling not knowing what for
I've been humbled, got honest, and God opened
that door.

To admit I was beat was a hard thing to do
But without God and AA, I know my life would be
through.
I've become willing to accept life for what it is now
For it's God love and AA that have shown me how.

As I sit here in Jail, once again my old home
It's the first time in Jail that I don't feel alone.
I pray every night and thank God up above
For ever before have I had strength and love.

For the first time locked up I now feel I am free
For thank you dear God, I now have the key,
The key to life and happiness.

SP.S But for the Grace of God
- Tony P. March 15, 1990

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**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 — 2 OPEN POSITIONS

**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 — OPEN outreach@saltlakeaa.org
Hotline — Max D. 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 a local AA event or a new meeting you would like to add to the Central Office Website? Please contact Jeff at webservant@saltlakeaa.org

Please share your one page story on Step 12 "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs" Email your story to lifeline@saltlakeaa.org by 11/22/24

Central Office Meeting Minutes - October 2024

"Serving Our Community for Over 75 years"

BOARD OF TRUSTEES

Chair: Wade J. – Opened with introductions.

CO-Chair: OPEN

Secretary: Jennie S. – Advised new Reps to send email/phone number to secretary@saltlakeaa.org or come see her after the meeting. ⇒ Motion to approve the September minutes made by Declan, Elan seconded.

Treasurer: Chris G. – Takeaways: September was slow from an income standpoint. We lost about \$300 on lower contributions and slightly higher expenses. Group contributions were down 25% year-over-year, leaving us at year-to-date growth of 6% in contributions (still outpacing inflation).

In the Profit-Loss statement, we should have \$67 in purple can contributions - I'm guessing the donation from the Acceptance group was classified as an "Other Contribution." ⇒ Motion to accept financial report as written made by Elan, Bob seconded.

Trustee at Large: John S. (District 2 Liaison) – District meeting is on the second Monday of the month so no report.

Trustee at Large: Declan (District 10 Liaison) – Some years back, as our printed meeting schedule grew, we turned it over to a software engineer to build, as the process had become too burdensome for volunteers to do by hand. So he or she would build a snapshot that would be distributed to volunteers for printing. This snapshot would become outdated over time, while Central Office would continue to print meeting schedules dated by two or three months.

But with time, we've created a program that makes it as simple to print an up-to-date schedule as loading a web page and pressing the print button. That allows a volunteer to print a meeting schedule that is always up to date, with no need for a software engineer. And if that tool were put in the hands of volunteers, the schedules printed today would have had the meeting changes that our webservant approved within the last twenty-four hours.

Instead, it could instead take about a month, possibly two or three months, for those changes to show as we continue to rely on an outdated intermediate build process. The new program is free, open source, easy to use, and the process costs nothing more than what we currently do. So I would like to invite anyone who is considering standing for volunteer chair to take a look at this tool, so that volunteers can regain full control over the meeting schedule process and be able to print up-to-date schedules at any time to better serve our fellowship and the districts we serve.

Last night, at our District 10 meeting, I had an opportunity to meet with Donnie G, our area Public Information Standing Chair elect from District 1, who accompanied our area delegate and delegate-elect, for

District 10 elections. He presented meeting schedule cards that can be distributed to anyone, and last night, he was kind enough to give me three-hundred of them. In turn, I passed out some samples earlier, and am giving the remainder to Central Office. I thought that maybe we could place them on our front desk for anyone to take, or even put one in with each of our meetings in a pocket.

District Ten elections went well. We had an attendance of thirty one, and elected a DCMC, Alternate DCMC, two DCMs, a Treasurer, BTG chair, Treatment chair, Grapevine chair, and Literature chair. We were told someone is standing for Corrections, as well, but were unable to be present last night. District still has open the positions for two DCMs, Secretary, and CPC chair. Thank you for the opportunity to serve!

Trustee at Large: Phillip W. (District 11 Liaison) District 11 filled all their officer positions, still have some open committee chair positions, and will send a complete update.

Trustee at Large: Alan B. (District 13 Liaison) – District 13 had a great meeting last month. Elections are held on even years in District 13 in September. David, Area 69 Delegate, Teresa, Alternate Delegate, and Mike, Area Chair were there to assist and conduct the elections. They read each position's requirements and job descriptions.

Tony, the current Alternate DCMC, stood for DCMC and was voted in unanimously. He will replace Andy who did a fantastic job for the last two years. Thanks for your service Andy!

About half the positions were filled on election night and the other half of the positions are still open.

If you would like any further information about District 13 please check the "New Brew" newsletter in your email or reach out to me directly at trustee13@saltlakeaa.org. Thanks for letting me serve.

Alternate Trustee at Large: (2 OPEN Positions)

STANDING COMMITTEE CHAIRS

Hotline Telephone: Max D. – Putting together guidelines for new Hotline Committee Chair.

Twelfth Step: Charlie C. – No update.

Activities: Kim B. – We had Chili Cookoff this past Saturday and the attendance was estimated at around 100 people - huge success! Now we just need to plan for more chili next year.

Newsletter: Danny B. – Nothing to Report.

Outreach: OPEN

Website: Jeff P. - Nothing broke online, no major issues! Website traffic down 10%. There were a couple of submissions for events.

CENTRAL OFFICE MEETING MINUTES – OCTOBER 2024

STANDING COMMITTEE CHAIRS

By-Laws: Brad C. - Presented the AI updated By-Laws that he generated to increase readability. The meaning had not been changed, but the grammar and syntax have. This needs to be reviewed and voted upon next month.

Max couldn't identify the difference between the copies, we clarified that the file names were different. For questions/comments, please email Brad at by-laws@saltlakeaa.org or text/call at: 801-803-8882

Volunteer: Bob C. – Roads will be fixed Wednesday. Getting bids for a carpet cleaning service.

Literature: Jim S. – Books should be coming. Good stock currently, both in English and Spanish.

Archives: Ben H. — He is currently going out to spread the word for a new Archives Chair. Won't be here in November but will see us in December.

Treatment Facilities and Accessibilities: Charlie T. - Put together the first 9 months of purple can donations, which totaled \$2160.34.

Corrections: Serena C. – As you all know, elections are happening soon. District 10 corrections chair has already begun mentoring their presumptive new chairperson. The transition is going smoothly and there should be no interruptions in jail volunteer background checks/orientations. I will be using my remaining 2024 budget to purchase big books for SL Metro jail later this month. Anson is the outgoing district 2 chair who takes care of matters concerning the state prison. His position will be up for grabs. Also a little reminder that I'll be absent for the board and CO rep meetings in October. Getting married in a few days

Cooperation with Professionals: Karmina B. – Nothing to report.

Pubic Information: — OPEN

Coins: Kathy M. – Supply of Triplate coins might be affected in the near future, but we are currently good.

Technology: Elan B. — NAATW report will be submitted soon. Meeting guide app now owned by GSO; Elan distributed cards with the info out to everyone.

Old Business: None

New Business:

Trustee and Committee Budgets for 2025 - to be voted on next month. The highlighted ones have been submitted by the committee chairs; others will be updated as they come in. Final numbers will be posted on the website for review asap.

- Trustees \$1,000 \$250/each for printing and literature
- Hotline \$100
- 12 Step \$100
- Activities \$2,000
- Newsletter \$1,200 postage, paper, labels, & license
- Outreach \$150 (carried over from 2024 vacancy)
- Website \$500 for website security and hosting

- By-Laws \$0
- Volunteer \$2,400
- Literature \$900
- Archives \$60
- Treatment \$200
- Corrections 250
- CPC \$200
- Public Info \$200 (carried over from 2024 vacancy)
- Coins \$250
- Technology \$1000 Zoom rooms, tech repairs, & upgrades

Open Central Office Positions - Wade wanted transparency when he assumed this position, so he asked the Standing Chairs to attend the Board meeting, held on the 1st Tuesday of every month in addition to the Rep meeting held the 2nd Tuesday of every month.

He emphasized that Central Office is the heartbeat of AA in Utah and that the standing chairs provide support to the four districts to fill the gap when they have vacant positions or need additional help.

Next month will probably go longer than the allotted hour so come prepared.

Open Discussion

Kathy is having issues with filling service positions in her area and wondered if it was something new, perhaps after COVID? Wade pointed out that unfortunately, 10% of fellowship does 90% of the work.

Declan suggested hosting more activities around this time of the year to keep people involved.

Laurie A. wanted to know if there was a place online that describes the open positions. She was directed to page 10 of our By-Laws, posted online. Tullivan requested that we post the 2025 budgets the groups will be voting on next month to the website so she can direct people to it. Jennie will create a document that Jeff will post under the events section.

Mark wanted to address donations through venmo. Do we currently have a template, and if not, is it something we could generate? Wade wants to discuss this later due to anonymity issues using Venmo.

John S. wondered if we could give a monthly shout out to the volunteers at Central Office; it was decided that most people wouldn't want the recognition.

Bob brought up the possibility of staggering Committee Chair term positions so they didn't come up all at once every 2 years. Discussion tabled for later.

Meeting Adjourned at 7:30 pm with the Responsibility Statement.

**Next Central Office Rep meeting with Elections
will be held on 11/12/2024 @ 6:30 pm**

PAMPHLET OF THE MONTH

The Co-Founders of Alcoholics Anonymous



Dr. Bob

"Simplicity, devotion, steadfastness, and loyalty; these were the hallmarks of Dr. Bob's character which he has well implanted in so many of us"

- Bill

Bob held three concepts in particularly high regard. One was simplicity — in his own lifestyle and in practicing the A.A. way of life. Second, he believed in tolerance of other people's ideas, in speaking out "with kindness and consideration for others," and in "guarding that erring member, the tongue." Third, he believed that one's job in A.A. was to "get sober and stay sober" and "never to be so complacent that we're not willing to extend that help to our less fortunate brothers."

Dr. Bob firmly believed that "love and service" are the cornerstones of Alcoholics Anonymous.

Bill W.

"It was five years ago I first met you, Bill. I shall never forget, nor cease to be grateful."

- Dr. Bob

Bill's service to A.A. spanned 36 years, during which, with the help of other old-timers, he formulated A.A.'s recovery program, codified into a set of Traditions the first 10 years of its group experience, wrote four books for the movement, and contributed numerous articles about A.A. to internal and outside publications.

Bill often spoke before medical, psychiatric, and religious societies, and testified (in closed session) before various state and Federal legislative committee hearings on alcoholism.

During his lifetime, he declined all public honors, setting an example for the whole Fellowship.

JOKE OF THE MONTH

Outhouse Honesty

A young man wanted to invite his new girlfriend to their farm but was so embarrassed by their old outhouse. He kept bickering with his Dad about getting a modern one with indoor plumbing, but the old timer didn't want to give in.

Out of sheer desperation, he slips out one night, and with a huge shove, pushes the entire outhouse down the hill. The solid affair was still intact when it reached the bottom, but he knew it would be too damaged to drag back up with the truck's winch.

The next morning at breakfast, his father ask him if it was he who destroyed the outhouse,

and at the same time, reminds him of the story of George Washington and the Cherry Tree. "Yes, Dad," sighed the boy. "It was me." "I'm glad you're so honest," said his father. "And as punishment, you have to start digging the pit for a new one immediately."

"But Dad," protests the boy, "when George Washington admitted it was he who cut the tree, his father didn't punish him!"

"Yes, you're right," said his father. "But George's Dad wasn't in the cherry tree when he cut it down!"



CENTRAL OFFICE FINANCIALS – SEPTEMBER 2024

<u>Income Statement</u>	2024	2023
<u>Revenue</u>		
Group Contributions	\$1,679.99	\$1,187.52
Contributions - Other	\$981.72	\$1,155.50
Purple Can Contributions	\$10.01	\$521.98
Sales of Product Income	\$6,554.08	\$6,967.33
Total Income:	\$9,226.60	\$9,823.33
Total Cost of Goods Sold	\$4,903.10	\$5,362.10
GROSS PROFIT	\$4,323.50	\$4,470.23
<u>Expenses</u>		
Accountant	\$630.00	\$630.00
Bank and Square fees	\$128.20	\$139.91
Cleaning, Snacks & Office Supplies	\$5.34	\$224.79
Cash Over Short	\$7.89	\$(29.81)
Literature Handouts	\$ -	\$75.41
Phone & Internet	\$252.08	\$243.90
Printing, Paper & Reproduction	\$306.80	\$459.31
Copy Paper	\$128.79	\$ -
Activities	\$ 856.81	\$804.30
Building Repairs	\$ -	\$ -
Rent	\$1,500.00	\$1,500.00
Software, Hardware, Alarm	\$407.33	\$392.19
Utilities	\$437.39	\$396.43
Website	\$23.99	\$47.98
Total Expenses:	\$4,684.62	\$4,885.31
NET OPERATING INCOME	\$(361.12)	\$(415.08)
Interest Income	\$65.95	\$36.52
Net Income:	\$(295.17)	\$(378.56)

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!!

GROUP CONTRIBUTIONS – SEPTEMBER

BIRTHDAYS

Candlelight - Murray	\$200.00
Early Beginnings	\$100.00
Flying High	\$100.00
HillCrest Zoom	\$100.00
Keep it Simple	\$15.00
Magna Friendly Bunch	\$200.00
Murray Group	\$100.00
Non-Smoking Sobriety Hour	\$475.00
Park City Group	\$300.00
Salt Lake Group	\$199.00
Unity Lunch	\$200.00
Monthly Total	\$1,989.00
2023	\$2,642.00
Year Over Year Change	-24.72%

THUNDER HEART

Curt W. — 35 Yrs Jim C - 49 Yrs
 Keith E. - 29 yrs Ron S. - 24 Yrs
 Anjalee B. - 1 Yr

SPEAK EASY LADIES GROUP

Danni F. - 5 Yrs Dianne M. - 7 Yrs
 Cindy B. - 31 Yrs

PRIMARY PURPOSE

Ed P. - 35 Yrs Kyle C. - 10 Yrs
 Cody S. - 12 Yrs Aaron B. - 4 Yrs
 Trevon - 4 Yrs Don L. - 35 Yrs

GRAPEVINE

Sarah - 30 Days Cam - 30 Days
 Travis - 6 Mos Frank - 6 Mos
 Cody — 6 Mos David — 9 Mos
 Fabian - 9 Mos Jake — 18 Mos
 Alan - 18 Mos Tony — 2 Yrs
 Ive — 2 Yrs Diana - 2 Yrs
 Sandra — 3 Yrs Emilee — 3 Yrs
 Casey — 9 Yrs Jake — 6 Yrs
 Robin — 35 Yrs Callen — 11 Yrs
 Troy — 30 Yrs Allen - 35 Yrs

UTAH STATE PRISON - HOUR OF HOPE

Tyler - 6 Mos William G. - 1 Yr
 Parker P. - 3 Yrs Kris E. - 3 Yrs
 Sam K. - 16 Yrs

MIDVALE LUNCH BUNCH

Mike - 5 Yrs Tim - 9 Yrs
 Joel - 90 Days Riley - 9 Mos
 Matt K. - 4 Yrs

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

Donate here



AND TO THOSE WE MISSED!

Email group birthdays to lifeline@saltlakeaa.org or bring them to Central Office at 80 W Louise Ave (2860 S.) SLC, UT 84115. Need by 11/23/24.

UPCOMING EVENTS - CENTRAL OFFICE ELECTIONS

Fall Workshop 2024

Hosted by District 8
November 2-3, 2024

Nuche Civic Community Center
7723 Small Loop Road
Fort Duchesne, Utah
(not Duchesne)

Accommodations:

*Best Western - 435-725-1800 Comfort Inn - 435-722-1171
2477 US-40, Ballard 2197 US-40, Ballard
Americas Best Value Inn -
435-722-4644
2203 US-40, Ballard

*If you are planning on coming in on Friday night, please join our meeting:
**"Healing Blankets of AA" 7 p.m.
*Nuche Civic Community Center

CENTRAL
SALT LAKE
OFFICE

(801) 484-7871

Board & Committee Elections

November 12th @ 6:30 PM
80 W. Louise Ave.

All Committee Chairs:

- | | | |
|----------------|---------------------|--|
| • Hotline | • Volunteer | • Cooperation with Professionals |
| • Twelfth Step | • Literature | • Treatment Facilities & Accessibilities |
| • Activities | • Archives | |
| • Newsletter | • Corrections | |
| • Outreach | • Public Info | |
| • Website | • Technology | |
| • By-Laws | • Assist Technology | |

Board Positions:

- | | |
|---------------------------|------------------------------|
| • Chairperson | • Trustee at Large Dist 10 |
| • Co-Chairperson | • Alternate Trustee at Large |
| • Trustee at Large Dist 2 | |

BYLAWS

Friends,

Due to the increased costs of postage and paper, the Lifeline Committee is asking members to review their current method of receiving the monthly Newsletter. We understand some may require a mailed copy for individual reasons, and that's all right. Some may prefer receiving the Lifeline via their personal email. The Lifeline is also available on our Central Office Website at www.saltlakeaa.org

Keep in mind, if you decide to receive the Lifeline by email, you'll receive a color copy. Mailed copies are in black and white. Each month over 1,800 Lifelines are sent out via email and over 200 are mailed via USPS.

To receive your personal copy of the Lifeline by email, please submit your name and email address to www.saltlakeaa.org/lifeline-signup/

If you prefer to receive the Lifeline by US mail, please submit your name and postal address lifeline@saltlakeaa.org

Or contact Salt Lake Central Office at 801 484-7871

No action is required to keep your current delivery method.

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.

AA.org/International-Convention

Save
the
Date!

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



Scan here!



Language of the Heart
Lenguaje del corazón
Le langage du cœur

UPCOMING EVENTS

AA - The Safe Harbor

As Alcoholics and Addicts
We are never healed or fixed
We can never graduate
But we can change our lives
and heal our souls
We need the testimony
of each recovering Alcoholic Addict
As proof and witness that sobriety
can heal our soul and restore dignity
Alcoholics Anonymous is a safe
Harbor and abstinence is the model
- Sam K.

GREAT NEWS IN 2024

In March 2024 an idea of a "Podcast for the Deaf" was thought of in San Francisco at PRAASA.

On July 1, 2024, the Grapevine moved the project forward calling it a "Vodcast" because it is visual rather than audio.

August Grapevine announced having three Vodcast available to view on AA Grapevine Vodcast.

In order to tell a Deaf member's message, they cannot sign it because their face will break Anonymity. To tell the story we need to hire an Interpreter to sign their message. Each Vodcast Interpreter will cost between \$130.00 and \$190.00.

The 5:30 Sobriety Hour has given permission to send the groups Purple Can donations to the new Vodcast. Since July 2024, the 5:30 Sobriety Hour has contributed \$1,109.29.

The new Vodcast is the
Greatest Accessibility Event for Inviting Deaf
since the beginning of AA,
Utah is helping to make it happen.



Dixie Winterfest 2025, March 14-16, 2025
Celebrating 27 years of Fun in the Sun
The Washington County Fairgrounds
Legacy Park - New Harmony Building
Details at www.dixiewinterfest.org



Thanksgiving Dinners to be held at:

Fellowship Hall
2060 Windsor St., SLC, UT
Thursday Nov 28, 2024 at 1:30 pm
Alano Club -
5056 S 300 West, Murray, UT
date and time to be announced

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80 West Louise Avenue
Salt Lake City, Utah 84115

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SALT LAKE CENTRAL OFFICE

801.484.7871

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

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS