



LIFELINE

Salt Lake
Central
Office
Newsletter

MAY 2024



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BLESSINGS THEN AND NOW

A Prisoner reflects on AA inside

AS I SIT HERE in this cell at the Utah State prison, my mind has been revolving from the past to the present, trying to compare the blessings I've received in life — in the "past" and in the "now." Somehow, when I started this, I was sure the past would outweigh the now. But I was fooled. Even though I could list many more events of the past which I thought were blessings, I found they were just that, "events." I did not take those events and use them as blessings. And all those events remain only memories and have long gone out of my life. Yet in the "now" I can see and list blessings which are still with me and as long as I keep active in the principles of the Twelve Steps, those blessings stay with me.

Today I have life and enjoy it, if one can believe life exists locked up behind bars. Before I got here I was dying the slow death of a practicing alcoholic. Even in here, I could have continued on that path just as easily as on the outside. But I had the fortune (blessing) of knowing that Alcoholics Anonymous existed. And I made the decision that this was truly rock bottom for me and that I had to surrender completely. Another blessing on the "now" side.

After arriving here, I was corresponding with an aunt of

mine in Texas. She told me my sister wanted to write and help me while I was here in prison. So, big deal? It is when my sister and I haven't corresponded for over twenty years. The first few letters were full of pain, but that is gone out of our letters and the joy of brother and sister love flows in each weekly letter. What a blessing!

When I got on this block I investigated for an AA meeting. There was a mandatory meeting where you received points for attending and the hope of getting an extra family meeting in the future. Needless to say the inmates came in body for those reasons. They wanted the points so they could look good before the board of pardons. The only participation was, "Did you mark me down for my points?" and "When are we getting the family meeting?" Then complete silence. Another blessing, even though it doesn't look or sound like one. But it did at least get the bodies there. (Since our progress has been on the up, the point system is no longer in effect.)

I wrote to New York, asking for information on the "Gold Key" group, as to whether it was registered, etc. They sent me all sorts of information dating back to 1946.

Cont on pg 2.



BLESSINGS THEN AND NOW

Cont from Pg. 1

Through my correspondence with GSO I got all sorts of literature, including some Big Books and the "Twelve and Twelve." They sent my letter on to the Grapevine, as I had inquired about a subscription to the Grapevine given to me by my home group. The Grapevine sent some AA material also. More blessings.

We now have two meetings a week, one Step study and a Spanish-speaking meeting. We are waiting for Spanish literature, Big Books, the "Twelve and Twelve," and Living Sober, which are on the way from New York. More blessings!

I go before the board in two days to receive my release date. It could be a release date from zero to five years for forgery of a \$100 check. Most people who are supposedly in the know say a six-month date, meaning I could apply for a halfway house and be out of here before Christmas. More blessings!

The biggest blessing is the fact that I've truly found my Higher Power. No way could I have considered any length of time behind bars as a blessing. But it truly has been. I certainly don't recommend coming to prison as a means of achieving blessings, but for myself, I wouldn't change it. Because of the time I have spent on meditation and prayer, the prayers answered, the growth I have experienced, the love, and the ability to truly look at myself have all been blessings. And I'm able to experience all these blessings each day of my new life. And I truly believe my Higher Power will be with me when I get out, no matter when the board decides that will be.

Another thing, our AA meetings have grown in body, as well as in participation. We are getting an "all groups" meeting for January--a three-hour meeting with outside guest speakers, with AA members from unit I, unit II, and SSD unit grouped together and some time afterward for fellowship. That is quite an achievement, but most

of all it is another blessing. Not only has God answered my prayers, but he sent the bodies of other willing inmates to help.

So now, even though I'm locked up, the events of each day are no longer just events.

- V. R.

Utah State Prison

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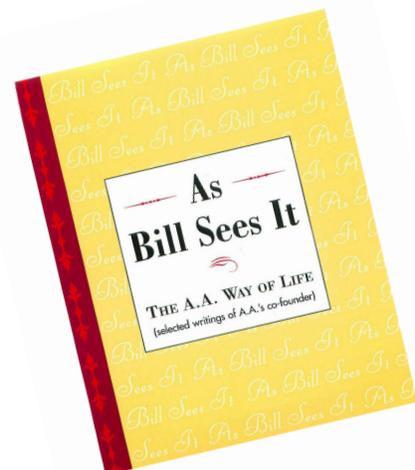
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DECLARATION OF UNITY

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.

MAY SPECIAL

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



BLAST FROM THE PAST

May 22 and 23rd, 1951 Bill W. comes to Utah

The Utah Committee on Alcoholism held its annual meeting on May 22nd, 6:30 p.m. in the auditorium of the South High School, 1575 Main St., Salt Lake City. The meeting was scheduled for this time and place to enable members of the Committee who live outside of the city to attend both this meeting and the public meeting at which Bill W. co-founder of AA spoke.

The Utah Assembly of Alcoholics Anonymous in cooperation with the Utah State Board on Alcoholism and the Utah Committee on Alcoholism sponsored a public meeting May 22nd in which Bill W. was the featured guest. The meeting commenced at 8:00 p.m. in the auditorium of the South High School.

There were three AA closed meetings held on May 23rd, attended by members of the fellowship from Colorado, Idaho, Montana, Nevada, Oregon, Wyoming, in addition to the hundreds from Utah. There had been some talk of making such a meeting an annual affair.

On the evening, May 23rd, a closed meeting for members of Alcoholics Anonymous and their husband and wives was held in the Lafayette Ballroom at the Hotel Utah, Salt Lake City. This meeting started at 8:00 p.m. Bill W. was the featured guest.

Bill W. attended the Monday Night Meeting at Altrum Hall while he was there for the Skyline Conference. While there he 12-Stepped a fellow who showed up drunk, his name was Lou F. He stayed sober.

The meetings at which Bill W. co-founder of AA spoke were a huge success. An estimated total of over four thousand people heard him speak at five gatherings at which he was the featured speaker. Nothing but praise was heard for Bill and the message he left.

Bill W. co-founder of AA along with 704 guests present signed the register.

From the Register Book: Bill W. Days - May 23 and 24th, 1951

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77th Anniversary of Salt Lake AA Central Office

In 1947 our first AA Central Office of Salt Lake City opened at 216 Ness Building SLC, UT.

In 1986 AA Central Office moved to 2520 State St. Room #154 Valley Professional Building, SLC, UT.

In 1987 AA Central Office moved to 2480 S Main St. #112 in SLC, UT. This location was a small office space of 225 square feet.

After the turn of the century, there was a great need for more office space to accommodate AA expansion in the Salt Lake Area.

In October 2006, AA Central Office moved to 80 W Louise Ave, SLC, UT. This new office space came with 2,000 square feet to carry out numerous AA activities.

In January 2012 an unprecedented change took place. AA Central Office of Salt Lake City was struggling with finances and a suggestion was made to downsize the Central Office to accommodate the current budget or try something new, something that hadn't been accomplished before. The Board of Directors voted to transition from paid full-time office managers (Ron K. and Sandy A.) to an all-volunteer staff.

In January 2012, the great experiment called, "This Will Never Work!" began. After all, most all AA Central/ Intergroup offices employ at least one paid full-time secretary or manager, as well as AA volunteers - members who respond to Twelve Steps calls, answer the telephone, and carry out many other office duties. Twelve years later AA Central Office is entirely volunteer run, with the goal of helping anyone who has a desire to stop drinking.

At AA Central Office we created an attractive room for literature and a Global Presentation of AA all over the world, displaying 64 languages with a map that lights up to show where the languages are spoken. We have a comfortable front office where we pass information on to members and newcomers. We have a larger room used by AA trustees and chairs to conduct business meetings. We have a literature storage room and a break room. In 2018, the building owners agreed to expanding the north side of the building to accommodate a new archive room. The archive room officially opened in March of 2019.

In 2024 we list over 470 AA meetings on our Salt Lake Central Office website. Over 300 after-hour Hotline calls are received monthly. More than 2,000 Lifeline Newsletters are sent out each month. About 5,000 guests visit the AA Central Office website monthly. Visitors are always welcome. Please stop by for a free complementary tour of the Salt Lake AA Central Office.

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. Welcome!
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 a Step 7, 1 page story on "Humbly ask Him to remove our shortcomings" for the Lifeline. Please send your story to lifeline@saltlakeaa.org

Central Office Meeting Minutes - April 09, 2024

"Serving our community for over 75 years"

BOARD OF TRUSTEES

Chair: Wade J. – Opened the meeting with introductions. Shannon read Central Office By-Laws.

CO-Chair: Shannon M. –nothing to report

Secretary: Jennie S. – New reps - please get me your email, phone number and homegroup before you leave. Also, we are going to start voting to approve the previous month's minutes at each meeting, so please review them before coming. Highlights from March:

- Treasurer's Report - stable financial footing
- Declan voted in as Trustee at Large for District 10
- Patty N. voted in as Alternate Trustee at Large for District 2
- Public Information Chair and Alternate Trustee at Large Positions remain open
- See transcript of full minutes for Committee Chair reports

Phillip W. made motion to approve the March minutes, John S. seconded.

Treasurer: Chris G. – excused. Wade went through P&L line by line (see attached) Jim made motion to approve the March P&L statement, Nick seconded.

Trustee at Large: John S. (District 2 Liaison) – Went to the meeting yesterday 4/8 and the takeaway was an emphasis of the AA power structure: at the top is the Members, next Groups, Districts, Area, then AA World Services. The role of each Central Office is serving the Districts (see attached PDF). Please encourage your groups to stay updated and consider the issues that General Service is voting on. On a side note, District 2 has started publishing a newsletter.

Trustee at Large: Declan (District 10 Liaison) – I attended the District Ten meeting on April 1. With 26 present, attendance was a bit light. Some GSRs didn't show up due to confusion over the Easter holiday. Rick with Bridging the Gap reports that some districts that have no BTG. He doesn't know how much of that reflects lack of interest, and how many of interest, but no program to assist. So he's considering the need for an Area BTG. But he's planning on get-together to gather more information. Thomas with Treatment is holding panels for District treatment centers, where four or five AAs come in to speak about their ESH, to help clients understand how they could benefit from AA. These are open to AAs from all districts, and I've provided flyers that can be taken to meetings. I attended the Area Pre-Conference Assembly and saw Babs in active service, the Alternate DCMC active in service, and had the pleasure of meeting with our US Trustee at large.

Trustee at Large: Phillip W. (District 11 liaison) Meeting held March 13th with 22 attendees.

1. New Archive Standing Chair Committee created by vote. It was immediately filled.
2. District voted to add seed money for the upcoming area conference. Expects to be made whole.
3. Remainder of time taken by area 69 delegate David R. reviewing issues to be covered at Conference.

Trustee at Large: Alan B. (District 13 Liaison) – GSR meeting was well attended. One new GSR was in attendance. Area 69 visitors were David R. Delegate, Teresa M. Alternate Delegate, and Mike F. Area Chair. The primary topic of this GSR meeting was discussions in regard to the agenda items that will be voted on in the upcoming General Service Conference. Groups represented with a GSR will gather group conscience and report to our Delegate. Attached in your email is the latest District 13 newsletter, "New Brew."

Alternate Trustee at Large: Patty N. n/a

Alternate Trustee at Large: OPEN

No one stood - please take back to your groups.

STANDING COMMITTEE REPORTS

Hotline Telephone: Max D. – excused

Twelfth Step: Charlie C. – excused, see report

Although the digital 12th step list is growing, groups should return completed forms when they have them. It would be nice to see the list passed around at meetings and mentioned by the Central Office reps during their updates to their groups. Bridging the Gap - see Rick for a list.

Activities: Kim B. – Founders Day Breakfast 6/9 from 10 am - 1 pm at Fairmont Park (see attached flyer). We are adding "This Will Never Work" to the calendar in January; the goal is to get folks to come to Central Office to check it out, talk to our volunteers, and answer any questions. Still talking to the Salt Lake Bees contact regarding doing an event with them.

Newsletter: Danny B. – Central Office reps: please ask one member of your homegroup to write a 1 page story on Step 6 ("were entirely ready to have God remove all these defects of character") and email it to lifeline@saltlakeaa.org. Also please submit group birthdays by the 20th of each month.

Outreach: Jack H. – N/A

Website: Jeff P. - Everything is running smoothly; traffic is up significantly by 10 percent. We had just shy of 5,000 visitors. Laurie A. had a question on who uploads the events on the website because they are outdated. There was discussion of creating a position specifically for this purpose. Wade cited the responsibility of district liaisons and committee chairs to send events to Jeff. Note: This has since been resolved and the events uploaded to the Blog on our website: saltlakeaa.org. Thanks Jeff!

Volunteer: Bob C. – Contributions to Central Office need to be made out to "Central Office of Salt Lake". Also, we have an outdated list of AA group numbers - need to get updated list from Area registrar.

Cont on pg. 6

CENTRAL OFFICE MEETING MINUTES – MARCH 2024

Cont from pg. 5

Literature: Jim S. – One of the jobs of the literature chair is to ensure that books and pamphlets are available. We have many books available Central Office, including Big Books and 12 and 12's. Additionally I can take requests. Remember we still have copies of "As Bill Sees It" for \$8/each.

Archives: Ben H. — Flyers, flyers, flyers! Please take the little flyers encouraging people to donate to Archives and put them by the coffee pot. Take the larger flyers for your groups and consider putting them up in your club house. For new reps: go get free books in the Archive room located in the back of Central Office! Please sign the Visitor Sign in Sheet when visiting the Archive room. Also I need help hanging 3 big posters in the room (this was done after the meeting).

Treatment Facilities and Accessibilities: Charlie T – Created a report for purple can money - talked to people about setting up meetings. Lynn is back. Karmina followed up on the previously asked question of the possibility of using Direct deposit for interpreters - still no resolution.

Corrections: Serena C. – Fielding emails from the state prison regarding inmates running meetings in prisons. We have monthly orientations for volunteers. Had our Quarterly corrections meeting for Dist 10 where we discussed pod assignments, volunteer availability. Please let your groups know that we are still in need of Pink Can money. If anyone needs a pink can, see Betsy afterwards.

Cooperation with Professionals: Karmina B. – Appointment on 4/19 with Accessibility for Better Healthcare locally. Declan will email her a digital copy of our Meeting Schedule for distribution.

Public Information: — OPEN

No one stood, please take back to your groups.

Coins: Kathy M. – Coins ordered and stocked.

Technology: Elan B. — Bought a Chromebook for Central Office for \$150 with tax; we are using it today!

Old Business

Follow up on previous discussion of a breakdown on assessing the cost of the individual books sold, including shipping and inflation costs; Chris and Jim got together and determined that trying to keep inventory current - by pricing books that come in. Finished inventory at the end of March. Worth based on replacement cost.

New Business

- Nick is looking for a furniture refinisher to redo Arlene's desk (moved from the old Central office) for the Archives room. Karmina volunteered her wife to do it.
- Shout out to Jeff for doing a great job on our web stuff!
- Robin wanted more information regarding the PI position. They are on the website under by-laws. John S. explained the main responsibility is to set up and run

booths at some recovery-related events for establishments such as USARA.

- We have a big suitcase full of materials to take to VFW.
- Declan - wants sewn meetings in pocket for jails - Wade will check around.
- Karmina - has a room for rent for a sober queer tenant.

Elan made a motion to close, Ryan seconded.

Close with the Responsibility Statement.

Next Central Office Rep meeting will be held on 5/14/2024 @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.



PAMPHLET OF THE MONTH

MEMO TO AN INMATE WHO MAY BE AN ALCOHOLIC

This is A.A. General Service Conference-approved literature.

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

What A.A. Does Not Do

1. Recruit members.
2. Keep membership records records or case histories.

3. Do Research.

4. Affiliate with social agencies, though many members do cooperate with such agencies.

5. Follow up or try to control its members.

6. Make medical or psychlogical diagnoses or prognoses.

7. Provide hospitalization, drugs, or medical or psychiatric treatment.

8. Engage in any controversy about alcohol or other matters.

9. Provide housing, food, clothing, jobs, money, or other such services.

10. Offer religious services.

11. Provide domestic or vocational counseling.

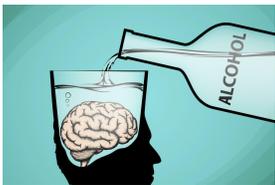
12. Accept any money for its services or any contributions from non-A.A. sources.

13. Provide letters of reference to parole boards, lawyers, court officials.

14. Furnish initial motivation for alcoholics to recover.

JOKE OF THE MONTH

IN THE WET-BRAIN DEPARTMENT, the lush tells the bartender, "Gimme another double, Frank, I'm celebrating."



"What's the occasion?"

"I put a jigsaw puzzle together in only three weeks!"

"That so? How many pieces?"

"Twelve!"

"Three weeks for twelve pieces, what's so great about that?"

"Well, the puzzle box said, 2- 3 years!"

A snooty executive tosses the bum a quarter, saying, "Here —not because you've earned it, but because it pleases me to give it to you!"



"Gee thanks," cracks the panhandler. "Next time why don't you really treat yourself and make it a buck!"

CENTRAL OFFICE FINANCIALS – MAR 2024

<u>Income Statement</u>	2024	2023
Revenue		
Group Contributions	\$3,981.03	\$2,498.76
Contributions - Other	\$583.77	\$873.32
Purple Can Contributions	\$661.80	\$ -
Sales of Product Income	\$8,525.05	\$11,488.85
Total Income:	\$13,751.65	\$14,460.93
Total Cost of Goods Sold	\$6,036.87	\$9,034.08
GROSS PROFIT	\$7,714.78	\$5,426.85
Expenses		
Accountant	\$630.00	\$630.00
Square fees	\$177.74	\$252.52
Lifeline/Newsletter	\$99.70	\$ -
Cash Over Short	\$14.88	\$(52.22)
Volunteer Snacks, Water	\$138.46	\$527.01
Phone & Internet	\$253.65	\$497.64
Printing, Paper & Reproduction	\$422.20	\$442.88
Purple Can Expenses	\$200.00	\$ -
Rent	\$1,500.00	\$1,500.00
Software, Hardware	\$436.76	\$388.04
Utilities	\$721.49	\$676.22
Website	\$23.99	\$23.99
Total Expenses:	\$4,618.87	\$4,903.61
NET OPERATING INCOME	\$3,095.91	\$523.24
Interest Income	\$67.41	\$33.64
Net Income:	\$3,163.32	\$556.88

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 – FEBRUARY — CELEBRATING LENGTHS OF SOBRIETY

AA No Nonsense Group	\$69.00
Candlelight - Murray	\$200.00
Crazy Ladies	\$116.00
District 13	\$1,403.24
Early Beginnings	\$100.00
Every Night Firelight	\$150.00
Fresh Air Serenity	\$100.00
Greater Kearns	\$70.00
HillCrest Zoom	\$100.00
Holladay Group	\$11.72
Hope on 90th	\$200.00
Magna Friendly Bunch	\$250.00
Midvale Bunch	\$330.00
Park City Mens Group	\$300.00
Saturday Morning SOTS	\$175.19
Sharing and Caring	\$248.00
Speak Easy Ladies	\$17.75
Thunder Heart	\$100.00
Unknown	\$318.00
Wasatch Group	\$10.00
Monthly Total:	\$4,273.24
2023	\$2,409.61
Year Over Year Change	-77.34%

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



MIDVALE LUNCH BUNCH
 Sammy — 9 Mos Ben — 90 Days
 Sharon — 9 Mos Adam — 4 Yrs
 Marsha — 4 Yrs Laura — 32 Yrs
 Eric — 9 Mos Lee 18 — Mos

PRIMARY PURPOSE
 Jordan T. — 8 Yrs Nick P. — 2 Yrs
 Scott M. — 5 Yrs

THUNDER HEART
 Corrine C. — 20 Yrs Lynn H. — 4 Yrs
 Mike T. — 10 Yrs Steve B. — 21 Yrs

GRAPEVINE GROUP
 Charile — 60 Days Chris — 60 Days
 Bobby — 90 Days Austin — 90 Days
 Favian — 90 Days Brenda — 90 Days
 Davy — 9 Mos Allan — 1 Yr
 Jake — 1 Yr Nick — 16 Yrs
 Lane — 14 Yrs Joe — 18 Mos

UNITY LUNCH BUNCH
 Henry T. - 30 Days Sheree — 30 Days
 Tiffany — 30 Days Sasha — 30 Days
 Bruce — 30 Days Billy — 60 Days
 Russell — 90 Days Paulina — 6 Mos
 Buzz — 9 Mos Jerry 32 Yrs
 Brian — 27 Yrs

**UTAH STATE PRISON
 HOUR OF HOPE**
 Jessie S. — 30 Days Jersey V. — 30 Days
 Jeremy O. - 90 Days John V — 8 Yrs
 Anthony C. — 7 Yrs William G. — 6 Mos

SPEAK EASY LADIES GROUP
 Sydna — 30 Days Betsy B. — 36 Yrs

AND TO ALL WHO WE MISSED !
 Submit picture or scan group birthdays to: lifeline@saltlakeaa.org by the 20th of the month, or drop them off at CO, 80 West Louise Ave (2860 S.) SLC, UT 84115

5:30 SOBERITY HOUR

- | | |
|-------------------|--------------------|
| Ron — 30 Days | Billy — 30 Days |
| CeeCee — 30 Days | Ted — 30 Days |
| Sean — 30 Days | Lawrence - 30 Days |
| Jared — 30 Days | Monica — 30 Days |
| Shell — 30 Days | Amy — 60 Days |
| Rhonda — 60 Days | Jack — 60 Days |
| Davon — 60 Days | Ray — 60 Days |
| Patrick — 60 Days | Arnie — 90 Days |
| Piper — 90 Days | Dawn G. — 6 Mos |
| Albert — 6 Mos | Eddie — 6 Mos |
| Yati — 6 Mos | John — 9 Mos |
| Paul — 1 Yr | Carla — 1 Yr |
| Adam — 1 Yr | Chelsea — 1 Yr |
| Mike — 18 Mos | Chris — 2 Yrs |
| Taylor — 3 Yrs | Andrea — 3 Yrs |
| Eric — 4 Yrs | Richard — 5 Yrs |
| Mark — 6 Yrs | Scott — 6 Yrs |
| Sam — 6 Yrs | Ben — 8 Yrs |
| Jill — 8 Yrs | Lisa — 9 Yrs |
| Darin — 10 Yrs | Lori — 11 Yrs |
| Dani — 11 Yrs | Linda — 13 Yrs |
| Matt — 17 Yrs | Eddie — 17 Yrs |
| Bob — 20 Yrs | Justin — 21 Yrs |
| Shawn — 31 Yrs | Patty — 32 Yrs |

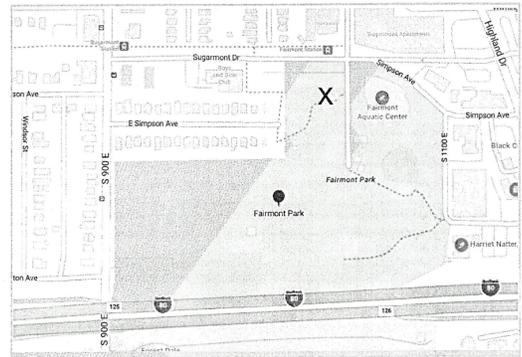
**CENTRAL OFFICE
AA FOUNDERS DAY
BREAKFAST**

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



**Area 69 Post
Conference Assembly**

Hosted by District 11

When: May 17th-19th 2024
Where: Legacy Events Center - 151 S. 1100 W. Farmington, UT 84025



Crock pot sign up and meal contributions



Conference registration - \$25

Registration:

Opens - 5:00 PM May 17th
Cost - \$25

*Anyone new to service or in newly elected service positions, please attend the Introduction to Service/Post Conference Assembly orientation at 8:30 a.m. on Sunday the 19th.



FRIDAY 17TH
6:30 PM - 9:00 PM

5:00 PM
Registration opens
6:30 - 8:00 PM:
GSR Panel Discussions and Q&A
8:00 - 9:00 PM:
Activity you don't want to miss!



SATURDAY 18TH
9:00 AM - 8:00 PM

9:00 - 5:00
Area business
12:00 - 1:00:
Lunch - Crock pot soup lunch.
Asking for \$5 contribution
5:00 - 6:00
Dinner - Homemade carnisas w/rice & beans.
Asking for \$12 contribution
7:00 - 8:00: Speaker



SUNDAY 19TH
7:00 AM - 12:00 PM

8:00 - 9:00
Activity
10:00 - 11:00:
New topics discussion
11:00 - 12:00
Spiritual Speaker

SAVE THE DATE

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 structure. At forums, members can exchange information with representatives of the General Service Board, A.A.W.S., AA Grapevine and G.S.O.

DAY ONE

I WAS NEVER exactly sure of my sobriety date. I didn't really know I was supposed to have one. Every now and then someone in AA would mention their sobriety date, and I'd think, "Boy, they had the wherewithal to write it down on a calendar." After a while in AA, someone approached me and asked if I was coming up on my birthday. I now had a need for a sobriety date. I needed it to determine my birthday. It was suggested that since almost all alcoholics leave a paper trail, that I should review my records looking for an anomaly that would indicate when I got sober. It didn't take long to find it.

I was stationed at Nellis Air Force Base in Las Vegas, Nevada. In early May, 1978, I wanted to go out on the town. There was one small problem; my car was in a garage. It was being repaired due to the damage done when I had driven it over a cliff in a suicide attempt. In order to go to town I had to borrow a car from my friend "Wild" Bill.

I stayed out quite late. On the way home I had to go through the main security gate to return his car to the base. The gate guards pulled me over because his car had a broken headlight. I rolled down my window to await their next instructions. They asked for my license and registration. I don't know what gave me away; it might have been the smell of booze when I rolled down the window; it might have been the stack of empty beer cans in the back seat; or, it might have been the awkward display I made while searching the car for Bill's registration.

I got out of the car and took the field sobriety tests. I thought I nailed it. They weren't convinced. The main gate at Nellis AFB is within walking distance to the base hospital. They walked me into the hospital lab for a blood draw. My Blood Alcohol Test (BAT) came back a .21; not what I had hoped.

I was immediately arrested and my commanding officer was notified.

I was ordered to appear before my commanding officer May 22, 1978. I know this because of my "paper trail." I was given an Article 15. An article 15 allows my commander to dispense punishments without a court martial. It can include a fine, a demotion, a discharge or any combination of the three. I know for 100% certainty that on May 22, 1987, I was sober as I stood before my commander, and I haven't had a drink since. Thanks to my paper trail, I now had a sobriety date.

My commander had a flare for the dramatics. He had everything in his office removed except his chair, his desk and a chair for me. On his desk were two piles of papers. In the first pile was the Article 15, a fine and a discharge. In the other pile was the Article 15, a fine, suspended demotion and enrollment into an alcohol treatment center.

Here was my dilemma. The first pile of papers meant no treatment center, but I lost my job. Somehow I believed that alcoholics were unemployed and by losing my job that would be an indicator that I was an alcoholic.

The second pile meant I could keep my job, but I had to go to treatment, also an indicator that I was an alcoholic. There were indications that I was an alcoholic regardless of which pile I chose.

So I chose the pile that made the best economic sense, pile number two, keeping my job, keeping my rank, a reduced fine and treatment. That was day one of my sobriety.

- Anonymous



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