

LIFELINE



Salt Lake
City
Central
Office

JANUARY 2024

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from Human Happiness



NEW YEARS RESOLUTION AGAIN

EVERY year towards the end of my drinking I would always promise and boast that one of my New Year's resolutions would be either to stop drinking altogether, stop drinking for January, only drink at weekends or whatever unrealistic plan I had put together. I had this intense longing and desire to be a normal drinker and felt that what was holding me back was my apparent lack of willpower - a huge weakness in my eyes. How little did I understand about alcoholism at this point. So as Christmas approached each year, my plan was to drink as much as I could throughout the festive period and then stop. However, the reality was very different. How could I not drink on January 1st, my husband's birthday? Surely that was allowed. Hence, I failed before I began!

Now Christmas and New Year are very different. Thanks to the wisdom of Alcoholics Anonymous, I now treat every day as the same and focus on twenty-four hours at a time. I don't project to the future anymore or worry about how I will get through occasions of celebration, of disappointment or just average normal days without a drink. I remember in the early days of recovery how important it was to follow the simple suggestions given to me by my sponsor - to pray each morning for a sober day, to read AA literature, to phone her regularly, to speak to others in the Fellowship, to help the newcomer, to write a gratitude list and to thank my Higher Power at the end of

each day for my continuing sobriety. These are still suggestions that I carry out today and still do throughout the festive period as I would any other day.

I remember in the early days that it was vital to keep myself safe over the Christmas period, so I avoided the work Christmas and New Year's parties, and just enjoyed a quiet family time. It was difficult, but it was important to shield myself from any unnecessary pressure and temptation. Even today, I still find that it is best for my recovery to avoid social occasions where drinking is the focus. I also tend to avoid any festive food with alcohol as I do not wish to provide opportunity for temptation, and it is easy to purchase alternatives without alcohol.

My main tip throughout the festive period is to keep connected to AA. It is easy to allow oneself to isolate. We suffer with an illness that often tells us that we don't have an illness. I always keep connected to the Fellowship through regular meetings, conversations, prayer with my Higher Power and through my AA readings. This is vital for me every day, but particularly over Christmas. I am immensely grateful to AA for my continuing sobriety one day at a time. I now have a life beyond my wildest dreams. I wish you all a very happy and sober Christmas and New Year.

- Sarah K.

LIKE A FROG IN A FRYING PAN

I DID NOT come to AA to learn about a Higher Power. I did not even come to AA to stay sober. I came to AA to save my life. After I got to AA, I accepted what you people were telling me: that the way for an alcoholic to stay alive is not to take a drink a day at a time. And then I knew that if I was not to drink, I would need help. I am powerless over alcohol.

When I had been sober about a year, I was talking about alcoholism one evening with my older daughter. I told her that I had been unable to stop drinking. She replied, "But you did stop!" I was at a loss to explain myself until I remembered the story of the frog in the frying pan. It is a classic story of a psychological experiment that has a lot of meaning for me.

In the experiment, a healthy frog is placed in a shallow frying pan filled with water, and the frying pan is put on the stove. The heat under the frying pan is turned on and gradually increased--so gradually that the frog can't tell the difference from one moment to the next. The frog is completely unencumbered and is free to jump out at any time he chooses. He does not. He is boiled to death. One can almost imagine that even the frog realizes at the last moment--panic-stricken and in terror, as his neurons finally scream to awaken his instinct to escape--that he has waited too long. It is too late.

The psychological point of the experiment is to demonstrate the concept of the Just Noticeable Difference, or JND, which is the threshold below which an organism cannot make sensory discriminations, though the sensations reaching it may be unpleasant or even signs of danger. I used the story in my conversation with my daughter as an analogy to the situation of the alcoholic-- at least, of this alcoholic. I drew three conclusions.

First, the behavior of the alcoholic is insane, as is that of the frog, even on the instinctual level of self-preservation. I have attended meetings at which the Second Step is debated and criticized and alcoholic behavior is defended as, well, perhaps not prudent, but certainly not insane. Using hot water isn't insane, either, unless you're being boiled to death in it.

My second conclusion is that there is nothing persuasive to me in the argument that an alcoholic is genetically predisposed to his condition. How did the frog get in the frying pan? He found himself there. If anything, I think an alcoholic has to be a superior specimen, at least physically. It takes the constitution of a horse for the body to withstand the extreme physical abuse we heap upon ourselves for years.

Of course, many don't make it. Those of us in AA are indeed survivors.

Third, I had to have help to get out of my own frying pan of boiling water that is alcoholism. I could not do it on my own, and did not. It took a miracle. The story of how I was taken out is not mysterious; it is ordinary. So is the story of how I stay sober a day at a time in AA. That does not make it any less miraculous. You see, it happened to me. For every person reading this article, there are a dozen, perhaps two dozen, to whom that miracle did not happen, or who rejected it. Can you imagine how a conversation with the frog might go when things are beginning to get warm?

AA: "Hey there. It looks to me like you're getting in trouble with your life."

Frog: "I'm okay. I'm better off than a lot of those frogs who get caught in traps or stuck with needles or cut up for study. Things are getting hot, but I can handle it."

AA: "You don't have to wait until things get worse, you know. That water is going to keep getting hotter. There is a way out."

Frog: "Don't bug me. I'm not like the rest of those frogs who got in trouble. I'm different--really a little superior to the likes of you. When I need your help, I'll let you know. Now buzz off."

I fought as long as I could to keep drinking. I was one hundred percent convinced that I could not live without alcohol. I had reached the place of the alcoholic Bill W. describes on page 152 of the Big Book: ". . . unable to imagine a life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end."

I was nearing that point when I was taken out of the frying pan by friends, AA, love, and a Higher Power. I believe I would now have six months to live--if the clock was running. The thing that would start it running is my taking a drink--which I might do if I ever think I can take over full control of my own life.

Superior people, just as we can imagine superior frogs, like to think they're in control. They analyze, intellectualize, and demand proof. If they aren't naturally skeptical, they are taught to be. I had my skepticism nurtured and refined through twenty years of the finest education, enough for a Ph.D. at an illustrious private midwestern university. But if I'm so smart, I ought to learn from minds greater than my own.

Cont on pg 3

— Cont from pg 2

Prove God? No way, in the accepted scientific method of classical physics. Indeed, Soren Kierkegaard, the Danish philosopher who founded existentialism, thought he had proved that there is no proof of God (a very philosophical thing to do). His immortal legacy is the statement that "faith is a leap into the unknown."

William James, whose book *The Varieties of Religious Experience* is cited by Bill W. on page 28 of the Big Book, wrote in 1901 that "God is real since His effects are real." James was not only a distinguished psychologist but also a founder of the philosophical school of pragmatism. The proposition of this school is that no belief can be considered true unless it makes a difference in real life.

When I first took the Third Step, I waited for proof—some sign—that God had received my will and my life. And I waited and I waited. Then it occurred to me that the Third Step is not a prescription for God's behavior. As far as I can tell, God is doing quite well. The sun rises in the morning; the seasons change; and there is love in the world. The purpose of the Third Step is to tell me what to do. How defiantly contemptuous of me to demand proof of the existence of God. I'm the one in trouble!

I think it is not coincidence that many people see in God the force of love. The two are equally improbable and unprovable. To those demanding their own form of proof of God, I suggest that they demand also proof of beauty, of truth, of love. "What?" they say. "But truth and beauty and love are all around us. They do not need to be proved." And so with God. "God is real since His effects are real."

The razor-keen mind will rejoin that the occurrence of tragedy and accidents disproves God. To be sure, malice, greed, and misfortune do exist in the world—you and I have experienced them. But disprove God? Disprove love? Read William James. The improbable, unprovable miracle is still there. I can even conceive of an imperfect God, striving for perfection.

I cannot close without reference to the towering intellectual giant of our century, and very likely the most spiritual, Albert Einstein. In that dazzling survey of human accomplishment, *The Ascent of Man*, Jacob Bronowski writes that Einstein was fond of talking about God. He quotes Einstein as saying, "God does not play at dice. God is not malicious." Bronowski goes on to say, "Einstein was a man who could ask immensely simple questions. And what his life showed, and his work, is that when the answers are simple, too, then you hear God thinking." AA is to me the sound of God thinking. Thank you for my life.

- J.S. Pebble Beach, CA

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1940 Alcoholics Anonymous Preamble

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything without the help of a power greater than ourselves.

We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of what that power may be.

In order to form a habit of depending upon and referring all we do to that Power we must first apply ourselves with some diligence. By often repeating these acts they become habitual and the help rendered becomes natural to us.

We have come to know as alcoholics we are suffering from a serious illness for which medicine has no cure. Our condition may be the result of an allergy which makes us different from other people. It has never been by any treatment with which we are familiar permanently cured. The only relief we have to offer is absolute abstinence, the second meaning of AA.

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.

An Alcoholics Anonymous is an alcoholic who through application of and adherence to the AA program has foresworn the use of any and all alcoholic beverage in any form.

The moment he takes so much as one drop of beer, wine, spirits, or any other alcoholic beverage he automatically loses all status as a member of Alcoholics Anonymous.

AA is not interested in sobering up drunks who are not sincere in their desire to remain sober all time. Not being reformers we offer our experience only to those who want it.

We have a way out upon which we can absolutely agree and on which we can join in harmonious action. Rarely have we seen a person fail who has thoroughly followed our program. Those who do not recover are people who will not or simply cannot give themselves to this program. Now you may like or not like this program but the fact remains it works. It is our only chance to recover.

There is a vast amount of fun included in the AA fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem. To drink is to die. Faith must work twenty four hours a day in and through us or we perish.

- AA Archives

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
Immediate Past Chair — Brad M.

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

Please contact Jeff
webservant@saltlakeaa.org

CENTRAL OFFICE MEETING MINUTES – DECEMBER 2023

BOARD OF TRUSTEES

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

CO-Chair: Shannon M. – Excused.

Secretary: Jake S. – Sends around sign-up sheet around for new reps. Thanks everyone for allowing him to be of service.

Treasurer: Mark C. – Good month. Did not make budget but authorized \$1,600 travel expense. Profit and Loss Statement. Group Donations. Underwater \$500 but would have been positive \$1000 if not for the travel expense. Very successful year, thanks for all contributions. All chairs were given budgets, if you have any last minute expenditures now would be a good time to spend it as we are positive year to date.

Trustee: John S. – District 2 is doing great, moved pink can money to help District 10 jail funds. District 2 is hosting the February Area Committee Meeting.

Trustee: Sonya M. – Things are going well at District 10. They're wrapping up the year with a new budget and an objective to keep growing their service involvement in the upcoming year. They elected a new treasurer, Sarah, who is taking over for Dave, who has generously served for a term and a half. They also voted to update the bylaws to have all the DCMs rotate at the same time as other chairs, to make it easier for people to switch positions in the district. Alyssa, the new alternate trustee, met with me to learn about the position and attended the district 10 meeting with me. I'm really excited to have her be a part of Central Office! Thank you for this opportunity to be of service.

Trustee: Phillip W. – District 11 still had some open positions to fill, budget was not spent fully so trying to tighten it up. Also hosting an event this spring.

Trustee: Alan B. – District 13 meeting is now on 3rd Monday in Good Shepherd Lutheran Church. Doing well financially.

Alternate Trustee: Alyssa F. – Not present.

Immediate Past Chair: Brad M. Needs to step away from Central Office, has a conflict. It's been a pleasure serving Central Office.

STANDING COMMITTEE REPORTS

Hotline Telephone: Max D. – Not present. The Hotline is doing great and phone calls increased about 20% in November.

Twelfth Step: Charlie C. – 12 Step List. Please take this around to your groups. This is what we give to the hotline for those taking the calls to refer them to for 12 step purposes. BTG stands for Bridging the Gap, which is helping to be a liaison between Treatment Centers and Corrections Facility. This will then be shared with the Districts for those who opt in to also do BTG. Back in the day we could get up to 250 bridges a week from the Salt Lake County jail. This is also available for treatment centers. More information on BTG can be found on the Area website aaofutah.org

Activities: Kim B. – Nothing to report, beginning to plan for next year.

Newsletter: Danny B. – Needs some additional funding for the Lifeline to make it processed. Still looking for stories of Experience Strength and Hope from group members. Please send stories to Lifeline@saltlakeaa.org

Outreach: Jack H. – Not present.

Website: Jeff P. - Excused. The web traffic numbers for November were down a bit to about 4,400. We've been on a slight downtrend overall for almost a year, but I don't see anything to be concerned about.

By-Laws: Brad C. – We have a committee scheduled for February. You can submit suggestions for the committee on the website, as well as download a copy of the bylaws. Wade challenges Board and Standing Chairs to look at their roles and make suggestions to make things better.

Volunteer: Bob C. – There is a check for Allison waiting for her. Has bus schedules available for those needing rides.

Literature: Jim S. – Has got all the book orders in, good supply currently. We have "As Bill Sees It" in hardcover in immense surplus. 15 cases, and we do not sell many of those books. 20 books in a case. Jim suggests we have the Alano Club, Fellowship Hall, and South Davis Recovery Center that may be interested in taking the books and selling the proceeds and then getting the donations given to their clubs. Possibility of us selling this book over course of next five years is slim. \$8 right now, sell them for \$5? Tabled for next month's agenda. This was a mistaken order from previous year.

Archives: Ben H. — Check out the new display.

Public Information: Allison S. – Met with a representative from Broadway Media wanting to do PSA for AA. Received an email from Utah Domestic Violence Coalition, looking for literature for clientele there.

Accessibility: Charlie T –Purple Cans income through December has been compiled.

Corrections: Serena C. – On January 6, District 10 will be having another corrections gathering hosted by Betsy S. This will likely be a quarterly event. The idea is for jail volunteers to check in periodically and compare notes. Also, the state prison needs more female AAs to carry the message behind the walls. Let's get the word out there. Sobriety requirement is at least two years.

Cooperation with Professionals: Karmina B. – Nothing to report, recovering from surgery.

Technology: Elan B. – Standing Chairs and Board members need to be checking their emails regularly.

Coins: Kathy M. – Not present.

Cont on pg. 6

CENTRAL OFFICE MEETING MINUTES – DECEMBER 2023

Cont from pg. 5

Old Business —

Board of Trustees Open Positions

- **Treasurer: Chris G.** Unanimously approved. Congrats Chris!
- **Secretary: Jennie S.** Unanimously approved. Congrats Jennie!
- **Trustee at Large (District 10 Liaison) - OPEN**
No one stands. Please take this back to your groups.

Date Submitted: 11/14/2023

Motion: 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.

Cost \$1600 for flight to Cincinnati and to stay for three days. Went for a trial period as we had not done it before. Spent ten to twelve hours each day at events. Will be in a different state each year. Full report was given at the Board meeting because it took nearly 45 minutes to give and is contained in the November Board Meeting Minutes, will be emailed out. Gave us a great deal to look at for improvement. Needs to go back to the groups for their feedback as this is a Bylaws change. Question regarding if finances are not available, we would be honest with the financial condition of Central Office and vote whether to participate that year. Information regarding the A.A.W.S./Intergroup/Central Office Seminar can be found on page 161 of the current A.A. Service Manual in Appendix S.

New Business —

Adjourn and Close with Responsibility Statement.

Next Central Office Representative meeting will be held on 01/09/24 @ 6:30 pm.

AA's 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.

I'M A GRATEFUL ALCOHOLIC

I'm a grateful alcoholic
Whose life was in despair
My Higher Power heard my cry
Because His guidance led me here.

I'm a grateful alcoholic
Whose heart was filled with pain
I had to face the awful truth
My addiction was INSANE!

I'm a grateful alcoholic
Whose hopes and dreams were gone
It was hard for me to finally accept
The addict I'd become.

I'm a grateful alcoholic
Whose learning all new ways
Like how to work the 12 Steps
To get me through today.

I'm a grateful alcoholic
Who never would have thought
One pertinent and powerful idea
"God could and would, if sought!"

I'm a grateful alcoholic
Who appreciates each day
That I found the courage and the strength
To stay sober, "Just For Today."

- Audra Caffrey

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of Lifeline



To subscribe to a printed
version, send an email to
lifeline@saltlakeaa.org

PAMPHLET OF THE MONTH

The Jack Alexander Article About A.A.

The Article that Marked a Milestone in the History of A.A.

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

Publication of "Alcoholics Anonymous" by Jack Alexander in the Saturday Evening Post issue of March 1, 1941, marked a milestone in the history of this Fellowship.

The Post story is a reminder of A.A.'s development in a relatively short span of years. In 1941, approximately 2,000 men and women were living the A.A. program successfully. Today, the number exceeds 2,000,000, and over 61,000 groups meet regularly throughout the United States and Canada and in more than 180 countries.

In 1941 Jack Alexander reported upon the sense of humility and service that distinguished the A.A. program and those who then practiced it. Alcoholics Anonymous has had a tremendous growth since that time. But the same awareness of our need to continue to serve fellow alcoholics in a spirit of helpfulness and humility remains the cornerstone of our Society.

It is in that spirit that this historic article is reprinted for all those members, old and new, who share a common interest in the early days of Alcoholics Anonymous.

JOKE OF THE MONTH

Steve, Bob, and Jeff were working on a very high scaffolding one day when suddenly,

Steve falls off and is killed instantly. After the ambulance leaves with Steve's body, Bob and Jeff realize that one of them is going to have to tell Steve's wife.



Bob says he's good at this sort of sensitive stuff, so he volunteers to do the job.

After two hours Bob returns, carrying a six-pack of beer.

"So did you tell her?" asks Jeff

"Yep", replies Bob

"Say, where did you get the six-pack?"

Bob informs Jeff. "She gave it to me!"

"What?" exclaims Jeff, "you just told her her husband died and she gave you a six-pack??"

"Sure", Bob says.

"But why?" asks Jeff.

"Well," Bob continues, "when she answered the door, I asked her, are you Steve's widow?"

"You're mistaken", I'm not a widow!"

So I said: "I'll bet you a six-pack, you ARE"

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. Counting down from Ten, and at the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, as the clock struck midnight, the bartender was almost crushed to death.



A drunk man comes inside a bar and says, "Happy New Year, everybody." "It's June, you drunk," replies the waiter. The drunk man looks at his watch and says, "Oh my god, my wife is going to kill me! I have never been so late in my life!"



What do alcoholics and chemists have in common? They both view alcohol as a solution.



FINANCIALS – NOVEMBER 2023

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$2,370.83	\$2,742.53
Contributions - Other	\$749.32	\$442.75
Purple Can Contributions	\$268.13	\$ -
Sales of Product Income	\$10,129.17	\$7,183.75
Total Income:	\$13,517.45	\$10,369.71
Total Cost of Goods Sold	\$8,265.03	\$5,659.71
GROSS PROFIT	\$5,252.42	\$4,709.32
<u>Expenses</u>		
Accountant	\$630.00	\$630.00
Square fees	\$187.00	\$ -
Activities	\$68.91	\$ 273.35
Coins	\$24.95	\$ -
Corrections	\$200.00	\$ -
Cash Over Short	\$0.00	\$45.20
Cleaning and Office Supplies	\$31.92	\$80.05
Phone & Internet	\$239.94	\$220.36
Licenses and Permits	\$72.72	\$291.00
Literature Handouts	\$35.40	\$ -
Printing, Paper & Reproduction	\$431.94	\$682.76
Purple Can Expenses	\$100.00	\$ -
Rent	\$1,500.00	\$1,500.00
Security Alarm	\$74.85	\$489.99
Software & Hardware	\$342.57	\$ -
Travel	\$1,660.88	\$ -
Utilities	\$284.24	\$231.97
Website	\$194.54	\$19.95
Total Expenses:	\$6,079.86	\$5,259.88
NET OPERATING INCOME	\$(827.44)	\$(550.56)
Interest Income	\$39.01	\$26.47
Net Income:	\$(788.43)	\$(524.09)

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

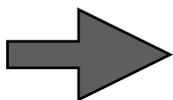
Thank you everyone for your donations!! We appreciate you!

GROUP CONTRIBUTIONS – NOVEMBER

17th and 17th	\$225.00
Acceptance Group	\$60.00
A Vision for You	\$291.00
An AA Group	\$100.00
By the Book	\$270.60
City at 7	\$175.00
DNS	\$137.50
Early Beginnings	\$125.00
Early Friendship Group	\$325.05
Every Night Firelight	\$150.00
Garden Variety	\$52.00
Grape Vine Group	\$113.09
Happy Group	\$132.00
Highland Group	\$108.00
Magna Friendly Bunch	\$300.00
No Nonsense Group	\$120.00
Park City Mens Group	\$514.43
Park City Wake Up Call	\$442.00
South Davis	\$88.00
South Valley Bunch	\$72.00
Speak Easy Ladies	\$209.35
Sugarhouse Men	\$407.21
Top of the Morning	\$156.60
Unknown	\$130.58
Central Office Activities	\$136.00
We agnostics	\$125.00
Women in Sobriety	\$39.25
Monthly Total:	\$5,004.66

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

Donate here



HAPPY BIRTHDAY!

PRIMARY PURPOSE

Derrich R. — 12 Years
 Joey C. — 15 Years
 John E. — 32 Years
 Mark N. — 15 Years
 Pat F. — 41 Years
 Vicki B. — 38 Years
 Greg P. — 9 Years

THUNDER HEART

Brian T. — 16 Years
 Cherie W. — 2 Years
 Ernie O. — 35 Years
 Haley T. — 3 Years
 Jon M. — 33 Years
 Kerry D. — 14 Years
 Tami L. — 9 Years

UNITY LUNCH BUNCH

Fran B. — 60 Days
 Dale B. — 6 Months
 Louise A. — 37 Years
 John M. — 21 Years
 Charlie T. — 35 Years
 Kirk — 19 Years

AND TO ALL WHO WE MISSED !

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

UPCOMING EVENTS

District 2 Presents

AREA 69

COMMITTEE MEETING

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

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

Zoom Information
ID: 879 3198 3200
Passcode: 109417



LOCAL HOTELS ON BACK OF FLYER

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



Fellowship Hall Presents
CLEAN AND SOBER KARAOKE
with DJ Phil N Clean

**FIRST SATURDAY OF EVERY MONTH
FROM 9 PM TO 12 AM**

Everyone is invited to come to have good clean and sober time!
FREE to enter! \$5 Donations appreciated!
All donations go directly to the club!

*Children are welcome but MUST be supervised!

Fellowship Hall 2060 South Windsor Street, SLC



Hosted by California Northern Coastal Area 06

PRAASA 2024

Pacific Region A.A. Service Assembly

Save the Date!

March 1 - 3, 2024

San Francisco, California

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



Visit www.PRAASA.org

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



March 15-17, 2024

Dixie Winterfest 2024, March 15-17, 2024

Red Lion Hotel, St. George, Utah

There will be golfing, a poker run, a beautiful luncheon, workshops, speakers from AA and Al-Anon, a hike to Zion National Park, pickle-ball, and much, much more. Not to mention, good clean sober fun.

The Saturday night speaker meeting will be held at Dixie Convention Center, which has an auditorium that seats 900 people. There will be plenty of room for you, and your family and friends.

This year's conference theme is "Finding My Spiritual Path" and promises to be better than ever.

Register at dixiewinterfest.org

HOW SPIRITUAL JOY DIFFERS FROM HUMAN HAPPINESS

For years I considered the Big Book statement: “*Happy, joyous and free*” as a bit redundant, for after all, are not happiness and joy the same? (p. 133) However, years later I found that *Happiness and Joy* are two completely two different things: *Happiness* is a human experience. It disappears when we are sad or depressed. But *Joy* is a God experience that may take place even when we are sad or depressed.

I have experienced said unexplained joy while feeling deeply depressed in a tent while camping in Sault Ste. Marie, Canada. I had recently separated from my ex-wife and was feeling enormous depression. We had camped in that same tent in the Grand Canyon during our honeymoon previously. In the middle of the night, I became unexplainably full of energy, and everything seemed to wax extremely vivid and bright. I was full of *Joy*. This lasted throughout the night.

I believe Bill Wilson was experiencing great *Joy*—not ordinary happiness—after he went through his vital spiritual experience on page 14 of the Big Book: Doctor Silkworth told him: “*Something has happened to you I don’t understand. But you had better hang on to it..Anything is better than the way you were.*” I believe Bill’s resultant *Joy* prompted him to immediately go out and start helping alcoholics. So, I believe God’s *Joy* can be ongoing!

Then there is Fitz Mayo, who had such an ongoing vital spiritual experience that: “*He couldn’t drink even if he would.*”(P. 57, Big Book) There must have been great *Joy* in that! Again, Ebby Thacher (Bill’s sponsor), who was not a spiritual person prayed to God: “*as never before*” and was stuck sober for two years and seven months. Again, great joy must have been present. (Ebby, *The Man Who Sponsored Bill W.*, by Mel B.–p.58) Ebby died in 1966, two years sober.

I believe the blessing of spiritual *Joy* will come to me when God decides to send it, I cannot just wish for it. However, I believe my chances are all for the better if I try to maintain a fit spiritual condition by living the Twelve Steps.

- Bob S.

Richmond, Indiana

BACK TO THE JOURNEY

From pain and suffering
The journey began
Trying any way possible
To live in your skin

The first step you take
Is like shedding your skin
As your journey continues
God's healing begins

But along the way
There are choices to make
Like forks in the road
Which one do you take

To look at them both
Is not how you choose
If you've walked in the faith
Then with God you can't lose

So many of us
Have strayed off our path
Through faith and humility
Have found our way back

At times the path
Will be winding and dark
Without trust in the Lord
Off the path you will walk

Your fear and pride
Will keep you off track
Until the pain hurts enough
To ask your way back

Back to the journey
To begin once again
But when your path becomes dark
Just hold on to God's hand

- Audra Caffrey

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