

LIFELINE



Salt Lake
Central
Office
Newsletter

July 2024

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YOU MEAN I WASN'T STRUCK PERFECT

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Step 7 was pivotal for me in my journey to recovery because it focused on the concept of humility. The step begins with the word "humbly" because in this step I am not merely about asking for help for myself but am embarking on a deep, trans-formative process that requires new self-awareness, acceptance of myself (the good and bad) and includes a humble request for change in order that I may be of more use to others.

Humility, at its core, means that I recognize and accept my limitations and imperfections. In my recovery, acknowledging my shortcomings is a daunting task because of my selfish and prideful thinking. Step 7 encouraged me to see past the false pride and confront my flaws openly and without pretense, and that is a big change from the defensive and prideful stance that I maintained while drinking.

As in Step 1, the main feature of Step 7 for me was the act of relinquishing control. My drinking career relied on the illusion of control I got from alcohol, making me believe I could manage my

life despite mountains of evidence to the contrary. When I asked my Higher Power to remove my shortcomings, I had to admit that I cannot overcome my defects on my own. For me this admission was a further act of surrender, a conscious decision to let go of my self-will and entrust my recovery to a Power greater than myself.

Humility also means a shift in my perspective. It means looking beyond myself and acknowledging the broader perspective of just "being human." This step helped me to see my personal struggles as part of the human condition, fostering new empathy and connection with other alcoholics and other humans. Recognizing that everyone (even "normies") has shortcomings helped to combat the isolation I felt in my alcoholism, and helped me feel a sense of my shared humanity and my participation in the human race's collective effort to overcome our personal flaws.

This step was also a much-needed lesson for me in vulnerability. It required from me a sincere and honest appeal for help, but this time my appeal was not based in

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YOU MEAN I WASN'T STRUCK PERFECT

Cont from pg. 1

selfishness, arrogance, or entitlement. My request to my Higher Power to remove my short-comings was not about demanding an instant change, “striking me perfect,” but instead expressing my genuine willingness to grow and transform. It was meant to convey an openness to receive the guidance and support from my Higher Power and from my fellow alcoholics, which are crucial for my sustained recovery.

The humility in Step 7 is also about a journey of continuous self-improvement. It is not a one-time plea but an ongoing commitment to my personal spiritual growth. Recovery is a lifetime journey, and embracing humility means consistently striving to become a better version of myself. It involves regular self-reflection, acknowledging new shortcomings as they arise, and maintaining a humble attitude towards self-betterment (see Step 10).

For me, my Step 7 sums up the important role humility plays in my daily reprieve from alcohol. It is about acknowledging my imperfections, relinquishing the illusion of control, and seeking transformation through my Higher Power. This step fosters in me a sense of true connection, empathy, and continuous growth. By embracing humility in Step 7, I can find strength in my vulnerability and make progress towards a healthier, more fulfilling, and more useful life.

- Guy L.

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.

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.



AA Behind the Walls

Bill W. at the St. Louis Convention told with obvious glee how what he called "AA's first prison group" came about in 1942. Even prior to that time, Bill said, San Quentin's enlightened and liberal warden, Clinton T. Duffy, had given much thought to the urgent and pressing problem of prison reform, including the special needs of the inmates imprisoned for crimes committed while drinking. As Warden Duffy said, the program he proposed included education, vocational training, medicine, psychiatry and religion. All of this would not help the alcoholic if the problems which drove him to drink were not solved. In line with this new approach to rehabilitation, I looked upon Alcoholics Anonymous as a tool to help us rebuild lives.

To Warden Duffy's aid came Warren T. and other members in 'the San Francisco area. Bill continued, as Warden Duffy has since said, had it not been for the regular help and understanding given by our AA friends outside, the San Quentin chapter of Alcoholics Anonymous would most assuredly have failed. And by the same token, if it had not been for the persistence of that first group of alcoholic inmates who realized their serious problem and their need for help, we never could have continued beyond the first few meetings.

But even with such enthusiasm and willingness, there were formidable problems to solve. Bill pointed out to the St. Louis audience, AA meetings would bring carloads of AA's from the outside running in and out of prison. They would probably draw the ridicule of other prisoners. Those penologists who still thought hard-boiled methods to be the only way and those skeptics who thought AA only a 'useless fad' would shake their heads. It would mean large gatherings of prisoners unattended by guards. The risks were great, but Warden Duffy took them, and his faith was justified.

AA soon won the respect of other prisoners. AA's came and went freely. The meetings had only one guard stationed outside the meeting room. The clincher came, according to Bill, when the recidivism rate of alcoholic prisoners suddenly dropped from the usual 80 percent to a spectacular 20 percent, and held that way. Skeptics everywhere were convinced. This piece of pioneering made AA history.

Bill spoke these words at San Quentin's AA group meeting on November 28, 1943.

Remarkable Trip to Akron

My Sponsor and I had this great idea, (I know what you're thinking). We planned this to Akron with a group of AAs but it only my sponsor and I who flew from Salt Lake City to Cleveland in 1999. I wanted to experience first hand; you know, the what, how, where and when of AA. As a newbie in AA, I was curious what made people want to help others and to give so much of themselves without expecting anything in return.

We landed in Cleveland, rented a car and drove 40 miles to Akron. The following morning we toured the Seiberling Mansion. We peered through the Gatehouse window, the location of Dr. Bob and Bill's first meeting. It was inspiring to think of how this lifelong friendship began. Bob said he was willing to listen to Bill for 15 minutes but ended up talking to Bill for 5 hours. I wondered what was discussed during that first meeting. After all, this was the beginning of AA.

Afterwards, we drove to Mount Peace Cemetery. It was such a spiritual experience to feel the gratitude of so many visitors as evidenced by hundreds of Birthday tokens tossed on Dr. Bob's graveside. We headed to Akron Central Office and took their guided history tour. We found it hard to leave because of the plethora of history found there. It was fascinating!

The next day we visited the Mayflower hotel where Bill Wilson made that historic telephone call to Reverend Tunks and Henrietta Seiberling. Henrietta arranged the first meeting between Bill Wilson and Dr. Bob. That evening we attended the first AA meeting in Akron, at the King School. We learned the original AA meeting started in Dr. Bob's home and later relocated after exceeding capacity.

We made a visit to Dr. Bob's historical home and took the unforgettable guided tour. We climbed the 12 steps leading up to their front door. It was thrilling to hear so many stories of Dr. Bob and his wife Anne.

During our last day, everything I experienced began to sink in. I developed a deeper appreciation for all the hard work that went into this program to save an old drunk like me. I have a deeper understanding of "in order to keep it, you have to give it away."

That remarkable trip to Akron was a great way of getting to know my sponsor. As a result, we developed a deep friendship. I cannot remember a more enjoyable way of discovering AA history. What a gift to be able to enjoy and appreciate the many treasures found in sobriety.

- Danny B.

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 — OPEN
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 — OPEN 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 a new AA meeting or a local AA event you would like to have added to the Central Office Website? Please contact Jeff at webservant@saltlakeaa.org

Please share your Step 8 (1 page story) "Made a list of all persons we had harmed and became willing to make amends to them all". Please submit by 7/20/24 to lifeline@saltlakeaa.org

Central Office Meeting Minutes - June 2024

"Serving our community for over 75 years"

BOARD OF TRUSTEES

Chair: Wade J. – No introductions due to time constraints.

CO-Chair: Shannon M. – Excused

Secretary: Jennie S. – New reps - Please send email/phone number to secretary@saltlakeaa.org Fred from Fresh Air made a motion to approve May meeting minutes. Jim S. seconded - PASSED

New Business:

1. At the board meeting we talked about posting our Financials on our website. Fred (Fresh Air) brought up that we are a 509C3 so our financials are public information anyways, so anyone can access them. Wade made a motion to approve putting "Financials Available Upon Request" on our website, along with the treasurer email address - PASSED

2. Declan noted that the Events on our website continue to be outdated at our board meeting. We discussed creating a new position under the webchair to exclusively manage events. Discussion ensued - Declan stated that the current way is not working but supports someone to gather events. Fred brought up that we don't need permission to clear old events so we should go ahead and do that. We also discussed which activities we put on our website and it was decided only those under Salt Lake Central Office's jurisdiction. Wade asked Jeff to think about having someone working under him and report next month.

Treasurer: Chris G. –

- We had to pay our accountant for tax prep/filing for the past three years, which increased our accounting expense. We also paid for insurance this month, which was about \$670. Without those two expenses, we were essentially at break-even for the month.

- The primary reason we ran a loss was that we saw a decrease in donations around 25% year-over-year in May, as well as a decrease from the donations we'd received in previous months.

- Also, I have received some receipts from Amanda to begin updating COGS. More to come on that front as I work through it.

Donation check bounced from the Park City group so he needs to talk to the rep after the meeting Mike wanted some clarification on paying the accountant - last year it stated we paid her for the last 2 years while this year, it was 3 years. Chris clarified that it was a cumulative of 3 years. Charlie wanted numbers on the purple can. Chris will look at it and let him know. Wade made a motion to approve May Financials - PASSED

Trustee at Large: John S. (District 2 Liaison) – Reference District 2 Newsletter and David R's report.

Trustee at Large: Declan (District 10 Liaison) – David R. the Area Delegate gave a presentation at District 10 on June 3rd, report attached. There were 25 in attendance, 15 of whom were GSR's. Standard reports were bypassed or limited in favor of extending the time available to our visitor.

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

- Dist 11 meeting was heavy towards final plans for hosting the May 18 Area Post Conference Assembly. It was a success.

- The district voted to put suggested meeting contributions on agenda. These percentages are per the AA brochure titled Self Support.

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

- The May GSR meeting was well attended but slightly down from April. There were 19 in attendance. Tony, the DCMC chaired the meeting. He gave a great report on the Post Conference Assembly and various motions that were approved or otherwise. Several other GSRs and Standing Chairs also gave favorable reports regarding the assembly. The only negative report was regarding audio equipment and difficulty of running the hybrid meeting. There were other comments from GSRs that the Zoom meeting was particularly challenging and the poor audio made it hard to focus and listen.

- In regard to that, there was a discussion regarding a Proposal / Motion made: Spending \$1500 for new audio equipment. This will be brought back to your groups. Some of the funds may be reappropriated from other budgets with a possible surplus.

- There are some new insurance changes and any area hosted events will now be covered by Area 69, The cost of this liability coverage is \$420 per year. This is required to reserve most venues.

- Like many districts, areas, and here at Central Office, District 13 is starting to look for folks wanting to serve and step into positions this fall. There are some positions open now but all will be open soon. There are 2 chairs currently open. They are Public Information and Communications. Come join us at District 13 or here at Central Office and expand your AA horizons.

- The newest DCM reported attending 3 meetings and gave updates about those groups. It is great to have her on board as she can support the many women's meetings in District 13.

- In general all the GSRs reported strong attendance with newcomers, old timers, and everyone in between.

- The meeting closed with a discussion on financing regarding meetings, groups, etc. Getting EIN numbers and other financial tools for groups can be tricky. Do it correctly and get advice if needed.

- Come check out the next District 13 GSR meeting. As always, the District 13 Newsletter "New Brew" is attached to your email. It is full of great information. Reach out to me for anything you need. Email me at trustee13@saltlakeaa.org. Thanks for letting me serve. Elan had question on the \$1,500 in audio equipment.

Alternate Trustee at Large: OPEN

Wade reopened this position due to Patty missing 2 unexcused meetings. No one stood - PLEASE take back to your groups!

Alternate Trustee at Large: OPEN No one stood. We have elections in November, will have flyer to take back to groups.

CENTRAL OFFICE MEETING MINUTES – JUNE 2024

STANDING COMMITTEE REPORTS

Hotline Telephone: Max D. – During June, I will be contacting all current volunteers to check their interest in continuing serving, there may be some small changes by the start of July. There may be some turnover. Passing around a sheet with the most needed time slots.

Twelfth Step: Charlie C. – No update, things running smoothly.

Activities: Kim B. –

Great turnout for Founders Day Breakfast Next event is the Central Office Picnic on Aug 11th from 11-2 pm at Murray Park.

Newsletter: Danny B. –

Thank you for last month's 6th Step stories. For the July Lifeline, I'm asking our Reps to please take back to your groups, the request for a 1 page story on Step 7 "Humbly asked Him to remove our shortcomings." Need by 7/20/24. And thanks to the "Valley View Group" for submitting the group Birthdays. Our Lifeline group birthdays are growing. Keep up the good work!

Outreach: OPEN – Jack H. moving to Texas for work, Good Luck Jack! Position is open, PLEASE take back to your groups.

Website: Jeff P. - Nothing to report.

Bylaws: Brad C. – 2 proposals to be submitted for Amendment:

1. Eligibility for trustee. At present, our bylaws state "minimum of 2 years sobriety and 1 yr Central Office committee membership." Looking to strike the latter. Also affects Board of Trustees replacements. We need a majority $\frac{2}{3}$ vote required to make by-laws change. Take back to your groups to get feedback.

2. Current requirements for the Central Office chair position is 2 yrs of sobriety with a subsequent 2 year requirement to stay on as an immediate past chair (for a total of 4 years). Looking to change the latter to 6 months. Open Discussion: Fred from Fresh Air brought up the concept of "institutional memory" i.e. the use of collective memory to interpret laws and assign authority - worried that a 6 mo vs 2 yr tenure wouldn't be enough time to pass along the necessary skills/info to the next Chair. Nick R. suggested 1 year instead of 6 mo. According to Robert's Rules, we vote to strike down the amendment before proposing a new one, so that discussion isn't currently relevant.

Volunteer: Bob C. – We need more volunteers! 10-5 M-F 10-2 Sat. No sobriety requirement.

Literature: Jim S. –

I have a good stock of all books, Spanish and English. We also have all pamphlets both Spanish and English that are in print. All back orders will be filled when available. I am also offering the Big Book 75th edition (reprint of 1st edition) at a special price of \$3.00 until the end of July. If you have any questions email me at eve.jim.smith@gmail.com or call me 801-859-4501.

Archives: Ben H. – Has your home group closed after COVID? Central Office is a great place for phone lists and booklets.

Treatment Facilities and Accessibilities: Charlie T – Attended UCPAA conference featuring a deaf speaker. Explained the vodcast (video on demand) discussed at PRAASA this year, they could use funds for interpreters. If any group wants to add money to support, please get in touch with Charlie.

Corrections: Serena C. –

Still working around lockdowns at SLC Metro but jail volunteers remain committed. Prison meetings are still running pretty smoothly. Bridging the gap is stepping up their communication with the corrections community. The idea is to have an active list of BTG volunteers available to get people to meetings immediately upon release. Please see attached flyer for BTG speaker.

Cooperation with Professionals: Karmina B. – Provided our meeting schedule PDF to Inner Peace's therapy and working on getting it to Talk Space online therapy.

Pubic Information: — OPEN

Coins: Kathy M. – N/A

Technology: Elan B.. — Check your emails!

Old Business — Addressed above under "Secretary"

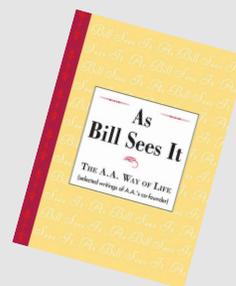
New Business —

No action items but general discussion: Kathy from the Tooele group wanted to know where the money from the pink can goes - Serena told her they went to literature, meeting in a pockets, etc. James had a question on the timeline for By-Law implementation - Wade clarified that it would be in November at elections this year. Does NOT impact any of the open positions.

Next Central Office Rep meeting will be held on 7/9/2024 @ 6:30 pm

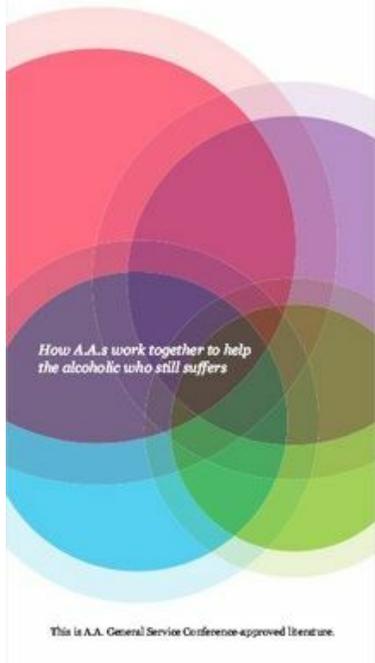
July Special

As Bill Sees It \$8.00
While Supplies Last



PAMPHLET OF THE MONTH

Circles of Love and Service



IN ALCOHOLICS ANONYMOUS, WE ALL WORK TOGETHER

“To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached. “Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone.”

All parts of our Fellowship — group meetings, committees, offices, Conferences, and group jobs — share one common purpose: to help the alcoholic who still suffers.

A.A. is made up of interconnected circles of people within the Fellowship, who work together to carry A.A.’s message of hope. But in order for A.A. to run itself without bosses or rules, in accordance with our Twelve Traditions, we need a system of communication for finding out how A.A. as a whole feels about its world affairs, and how it wants to operate.

“For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

— Tradition Two

JOKE OF THE MONTH

TONY AND JOE both get DUIs around the same time and are court-ordered to AA.

Joe stops going as soon as he gets his last paper signed, but Tony sticks around.

A few months later, they run into each other. After some small talk, Joe asks, "Where are you headed?"

Tony says, "To an AA meeting."

Joe says, "Really? How long do you have to go for?"

Tony replies, "Probably for the rest of my life."

"My God!" Joe exclaims. "What judge did YOU have?"

- Bob C.



THE MAN chairing the meeting called on a younger member to share.

She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My child within was deprived. I wasn't self-actualized at all!"

An old-timer who was hard of hearing leaned over and whispered to a friend, "What did she say?"

The friend replied, "She says she's hungry, angry, lonely and tired."

- Joe R.



CENTRAL OFFICE FINANCIALS – MAY 2024

<u>Income Statement</u>	2024	2023
<u>Revenue</u>		
Group Contributions	\$3,173.78	\$3,995.23
Contributions - Other	\$747.65	\$937.24
Discount Income	\$(1.05)	\$ -
Sales of Product Income	\$8,301.54	\$6,993.65
Total Income:	\$12,221.92	\$12,247.27
Total Cost of Goods Sold	\$7,807.53	\$5,149.09
GROSS PROFIT	\$4,414.39	\$7,089.18
<u>Expenses</u>		
Accountant	\$1,100.00	\$630.00
Square fees	\$212.58	\$161.20
Cash Over Short	\$105.12	\$(184.00)
Supplies, Snacks, and Water	\$293.03	\$387.43
Phone & Internet	\$437.51	\$243.90
Printing, Paper & Reproduction	\$513.93	\$313.88
Purple Can Expenses	\$250.00	\$ -
Rent	\$1,500.00	\$1,500.00
Software, Hardware	\$287.58	\$412.72
Utilities	\$511.05	\$544.82
Website	\$23.99	\$19.99
Total Expenses:	\$5,652.29	\$4,502.04
NET OPERATING INCOME	\$(1,237.90)	\$2,596.14
Interest Income	\$67.65	\$36.82
Net Income:	\$(1,170.25)	\$2,632.96

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 – APRIL

17th and 17th	\$202.50
11th Step Meditation	\$50.00
A Vision for You	\$758.55
AA Woman of Courage	\$100.00
Another 24	\$100.00
Chapter 5	\$100.00
City at 7	\$68.00
Early Beginnings	\$200.00
Early Friendship Group	\$321.45
Fellowship Foundation	\$240.00
Friday Night Young and Alive	\$60.00
Grapevine Group	\$341.27
Highland Group	\$126.85
Hillcrest Group	\$575.00
Hillcrest Zoom	\$185.00
Hope on 90th	\$175.00
Live and Let Live	\$50.00
Magna Friendly Bunch	\$350.00
Midvale Lunch Bunch	\$377.50
Non-smoking Sobriety Hour	\$1,000.00
No Nonsense Group	\$8.00
Rule 62	\$95.80
Salt Lake Young People	\$87.09
Speak Easy Ladies	\$150.90
Stonewall Group	\$212.36
Sunday Morning Breakfast	\$265.75
The Right Stuff	\$61.00
Monthly Total:	\$6,262.02
2023	\$5,854.00
Year Over Year Change	6.97%

GROUP CONTRIBUTIONS – MAY

AA No Nonsense Group	\$127.00
An AA Group	\$150.00
Clearfield Serenity	\$516.70
District 10	\$866.67
Early Beginnings	\$100.00
Every Night Firelight	\$150.00
Flying High	\$100.00
Fresh Air Serenity	\$50.00
Greater Kearns	\$120.00
In the Sunlight of the Spirit	\$10.00
Magna Friendly Bunch	\$250.00
No Laurels	\$45.00
No One Left Behind	\$322.20
Park City Mens Group	\$300.00
South Valley Bunch	\$125.54
The Original Way	\$101.20
We are One	\$125.00
Monthly Total:	\$3,459.30
2023	\$4,577.40
Year Over Year Change	-24.43%

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



CELEBRATING LENGTHS OF SOBRIETY

UNITY LUNCH BUNCH

Connie — 30 Days Julie — 60 Days
Tiffany — 90 Days Arne — 6 Mos
Josh — 6 Mos Darla — 1 Yr
Greg — 17 Yrs

PRIMARY PURPOSE

Chris S. — 12 Yrs Justin C. - 9 Yrs
Matt B. — 1 Yr Rex R. — 12 Yrs
Rick V. — 26 Yrs

THUNDER HEART

Bill P. — 10 Yrs
Candice J. — 7 Yrs
Ernesto H. — 44 Yrs
Rolfe T. - 29 Yrs

VALLEY VIEW GROUP

Ben — 60 Days Fernando 90 Days
Ezra M. — 14 Yrs
Valley View Group — 50 Yrs!

SPEAK EASY LADIES GROUP

Jeanne M — 35 Yrs
Corinne W — 12 Yrs
Franny — 30 Days
Danielle — 30 Days

UTAH STATE PRISON - HOUR OF HOPE

Troy K. — 30 Days
Jason S. - 60 Days
Tim S. — 9 Mos
Cameron W. - 2 Yrs
Tyler N. — 5 Yrs
Jarred A. — 19 Yrs

AND TO ALL WHO WE MISSED!

Email your group birthdays to "lifeline@saltlakeaa.org" or drop them off at Central Office at 80 W Louise Ave (2860 S.) SLC, UT 84115. Need by 7/22/24.



DEFA'S RANCH 42ND ANNUAL G.O.D. CAMPOUT



Hanna, UT July 12,13,14 2024

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

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

Sunday: Good morning Spiritual meeting and Committee meeting.

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

NO PETS ALLOWED - THREE DAYS OF SOBER FUN

UPCOMING EVENTS



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

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



Save the Date!

2025 AA International Convention

July 3-6, 2025

AA.org/International-Convention



Scan here!



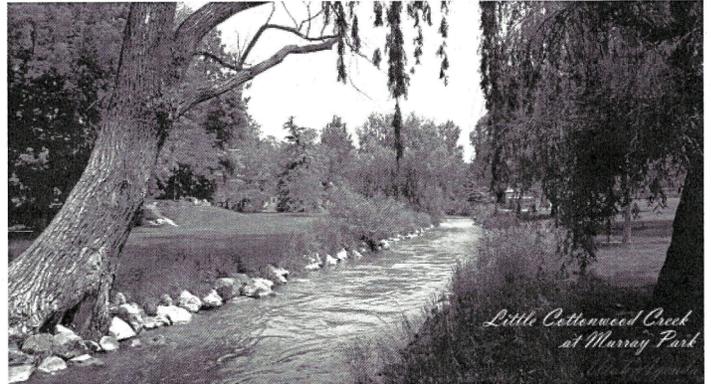
Language of the Heart
Lenguaje del corazón
Le langage du cœur

Central Office Picnic

Sunday, August 11th 2024

11:00 AM - 2:00 PM

Murray Park Pavilion #5



Central Office will supply hot dogs, hamburgers & veggie burgers
Bring your family and a side dish to share with the group and your own beverage

PACIFIC

REGIONAL FORUM

July 12-14, 2024

You are invited to the Pacific Regional Forum!

PURPOSE OF REGIONAL FORUMS

- ▶ Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
- ▶ Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff and Directors from the General Service Office and AA Grapevine.

PROGRAM

- ▶ Your Pacific Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine, Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past Trustees
- ▶ There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on www.aa.org under the Regional Forums tab.
- ▶ The event will take place on Friday at 6:30 p.m. through Sunday, 12:00 p.m.

REGISTRATION

- ▶ Registration is **FREE** and will open online at www.aa.org on May 13, 2024.
- ▶ All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- ▶ Pre-registration is encouraged, and on-site registration will be available.
- ▶ Spanish interpretation will be provided.

HOTEL INFORMATION

Westgate Resort & Casino
3000 Paradise Rd, Las Vegas, NV 89109

- ▶ **Method of Reservation:** Group code: SAAPR4R
- ▶ **Hotel reservations:** <https://book.passkey.com/go/SAAPR4R> or by Phone at (888) 796-3564

June 20, 2024 is the room reservation deadline.

- ▶ **Rate:** Double Occupancy, \$109-\$209 per night U.S. or Canadian
 - To receive the group rate, reference the event.

We look forward to seeing you in Las Vegas!

For more information, please contact the Regional Forums Staff Coordinator, at regionalforums@aa.org or call (212) 870-3120.

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



**Central
Office
Website**



SALT LAKE CENTRAL OFFICE

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HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS