

# LIFELINE

Salt Lake  
Central  
Office  
Newsletter

## August 2024



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### GRATEFUL FOR THE CHANCE TO LIVE AGAIN

In late 2020, I sat in my doctor's office and watched her face as she reviewed the results of my recent blood test. My liver enzymes were very high and I was sent to a specialist for further testing. I took a fibroscan, an ultrasound of your internal organs, and saw the technician make pained faces as she viewed the images of the interior of my liver. I knew it was bad news.

"The fibroscan was conclusive, you have fatty liver with borderline cirrhosis. Unless you make drastic lifestyle changes immediately, your liver will be permanently damaged. You would most likely need a liver transplant within the next decade," the doctor finally said.

For a moment, I sat in stunned silence processing my situation. It was the worst nightmare of all problem drinkers like me: when the past finally catches up. The abuse I inflicted on my body through my alcoholism was finally coming home to roost.

"I recommend that you stop drinking alcohol in all forms immediately and remain alcohol free," she finished.

The Big Book talks about a "jumping off point" and this conversation with my doctor was it. I realized I could not continue drinking and using without seriously risking my health.

At the same time, I was completely unwilling and unprepared to try and live without alcohol and drugs. It was the worst feeling of my entire life.

If drinking and partying was once an effective medicine for my problems, it was no longer working. The consequences were now serious. I broke up with girlfriends, damaged relationships with my friends and family, got fired from multiple jobs, and had many visits to jail. I was trapped in a never ending cycle, and it was getting harder to carry on. I felt as if I had been treading water for years and I was running out of energy to keep swimming.

At the time, I felt crushed by feelings of pressure and hopelessness. I now see that experience as a blessing instead of a vicious defeat. From the ashes of that bottom, I gained a beautiful "gift of desperation" that I used to transform my life with the help of the fellowship and principles of Alcoholics Anonymous. I was finally beaten down enough to admit defeat; I was powerless over alcohol and nothing I could do by myself would work to relieve it. I needed to try a different way.

*Cont on pg. 2*

# GRATEFUL FOR THE CHANCE TO LIVE AGAIN

*Con't from pg. 1*

I decided to go all in on the AA method and planned to attend 90 meetings in 90 days. Most of the meetings I attended were held virtually on Zoom. Within a month, I found an incredible home group and a sponsor I trusted to guide me through the 12 Steps.

I began calling every day and reaching out to other alcoholics. I discovered that when I took my mind off myself and tried to be of service to the other people around me, the negativity and anxiety which ruled my previous life was lifted. I began to seek a form of spirituality that works for me. I turned my focus to keeping my side of the street clean and surrendering my will to my higher power.

It seemed any action I took related to recovery opened new relationships and service opportunities. By keeping an open mind and attempting to be teachable, I was exposed to a different way of thinking and saw the AA program as a successful blueprint for living.

By working the steps of this program and applying its principles to my daily life whenever possible, I experienced a miracle. I am no longer a slave to the constant obsession of getting intoxicated. When I am physically, emotionally, and spiritually sober, my life looks much different than it used to. I am free, and I am grateful for the chance to live again.

- Nate T. Murray, UT

## Responsibility Statement

I am responsible,  
when anyone, anywhere,  
reaches out for help,  
I want the hand of AA  
always to be there,  
and for that  
I am responsible.

Subscribe to the Lifeline  
at [www.saltlakeaa.org](http://www.saltlakeaa.org)

## SALT LAKE CENTRAL OFFICE

### Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

1. To carry the A.A. message and help those individuals who suffer from alcoholism.
2. To maintain a 24-hour Twelve-Step phone service, and to answer phone inquiries as needed.
3. To provide an A.A. listing in appropriate public sources.
4. To function as a clearing house for the circulation and exchange of information among all of the A.A. Groups in the area.
5. To compile, update and print meeting lists and other information about local A.A. services.
6. To maintain A.A. Conference approved literature and Grapevine literature for sale to members and the public.
7. To print and distribute a newsletter.
8. To be available to those in the community seeking information about alcoholism and A.A.
9. To maintain contact, refer inquiries and cooperate with General Service Committees and local groups.
10. To arrange, delegate, or manage the details of all Central Office events or any other functions approved by the CO Committee.
11. Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions and promotion thereof.
12. Provide a limited number of Anniversary coins.
13. Such other activities that are consistent with the principles of the Twelve Traditions.

## **Big Book** **75th Anniversary** **Edition**

**Regular Price \$12.00**

**Sale Price \$3.00**

# BLAST FROM THE PAST

## Humility for Today

There can be no absolute humility for us humans. At best, we can only glimpse the meaning and splendor of such a perfect ideal. As the book Alcoholics Anonymous says: "We are not saints ... we claim spiritual progress rather than spiritual perfection." Only God himself can manifest in the absolute; we human beings need live and grow in the domain of the relative. We seek humility for today.

Therefore our practical question is this: "Just what do we mean by 'humility for today' and how do we know when we have found it?"

We scarcely need be reminded that excessive guilt or rebellion leads to spiritual poverty. But it was a very long time before we knew we could go even more broke on spiritual pride. When we early AAs got our first glimmer of how spiritually prideful we could be, we coined this expression: "Don't try to get too damned good by Thursday!" That old-time admonition may look like another of those handy alibis that can excuse us from trying for our best. Yet a closer view reveals just the contrary. This is our AA way of warning against pride-blindness, and the imaginary perfections that we do not possess.

Now that we no longer patronize bars and bordellos; now that we bring home the paychecks; now that we are so very active in AA; and now that people congratulate us on these signs of progress — well, we naturally proceed to congratulate ourselves. Yet we may not be within hailing distance of humility. Meaning well, yet doing badly, how often have I said or thought, "I am right and you are wrong," "My plan is correct and yours is faulty," "Thank God your sins are not my sins," "You are hurting AA and I'm going to stop you cold," "I have God's guidance, so he is on my side." And so on, indefinitely.

The alarming thing about such pride-blindness is the ease with which it is justified. But we need not look far to see that this deceptive brand of self-justification is a universal destroyer of harmony and of love. It sets person against person, nation against nation. By it, every form of folly and violence can be made to look right, and even respectable. Of course it is not for us to condemn. We need only investigate ourselves.

- *The Best of Bill*

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## About Bill W.

Bill W. was born in East Dorset, Vermont, on November 26, 1895. With Dr. Bob S. of Akron, Ohio, he co-founded Alcoholics Anonymous in 1935. Hospitalized for alcoholism, he experienced a profound spiritual transformation that changed his life and inspired many of the principles of the AA movement. Bill W., a nondrinking alcoholic stockbroker from New York convinced a hungover alcoholic surgeon in Akron, Ohio, that he didn't have to drink anymore.

From that historic meeting in Akron, a program of recovery for more than two million once hopeless alcoholics in more than 150 countries was to grow and flourish.

Bill W recognized that the recurring desire to drink disappears when one alcoholic works with another. This understanding became a basic principle of the new society. In addition, Bill promoted the idea that alcoholism is an illness, which can be arrested but not cured. Influenced by this AA concept, the American Medical Association later redefined alcoholism as a disease, not a failure of will.

AAs basic text, Alcoholics Anonymous, was written largely by Bill W. in association with other early AAs. Since its first publication in 1939, the Big Book, as it's called, has sold more than twenty-two million copies and has been translated into more than forty languages. The revolutionary Twelve-Step program of recovery it contains is the model for many other programs of recovery.

In the Twelve Traditions, first developed and presented in the pages of the Grapevine, Bill created a lasting blueprint for AA unity, incorporating the unique principles of anonymity, self-support, membership, and non affiliation.

In addition to his many writings, Bill devoted himself to developing an enduring service structure for Alcoholics Anonymous.

In June 1999, Time magazine named Bill W as one of the hundred most influential people of the twentieth century. Bill passed away on January 24, 1971.

- *The Best of Bill*

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## CENTRAL OFFICE Board of Trustees

Chair — Wade J. [board@saltlakeaa.org](mailto:board@saltlakeaa.org)  
Co-Chair — Shannon M. [cochair@saltlakeaa.org](mailto:cochair@saltlakeaa.org)  
Secretary — Jennie S. [secretary@saltlakeaa.org](mailto:secretary@saltlakeaa.org)  
Treasurer — Chris G. [treasurer@saltlakeaa.org](mailto:treasurer@saltlakeaa.org)  
Trustee (2) — John S. [trustee02@saltlakeaa.org](mailto:trustee02@saltlakeaa.org)  
Trustee (10) — Declan [trustee10@saltlakeaa.org](mailto:trustee10@saltlakeaa.org)  
Trustee (13) — Alan B. [trustee13@saltlakeaa.org](mailto:trustee13@saltlakeaa.org)  
Trustee (11) - Philip W. [trustee11@saltlakeaa.org](mailto: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](mailto:activities@saltlakeaa.org)  
Archives — Ben H. [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)  
By-laws — Brad C. [bylaws@saltlakeaa.org](mailto:bylaws@saltlakeaa.org)  
Literature — Jim S. [literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)  
Coins — Kathy M. [coins@saltlakeaa.org](mailto:coins@saltlakeaa.org)  
Public Info — OPEN [pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)  
Cooperation with Professionals — Karmina B. [cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)  
Corrections - Serena C. [corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)  
Outreach — OPEN [outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)  
Hotline — Max M. [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)  
Newsletter — Danny B. [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)  
Technology — Elan B. [it@saltlakeaa.org](mailto:it@saltlakeaa.org)  
Treatment & Accessibility — Charlie T. [treatment@saltlakeaa.org](mailto:treatment@saltlakeaa.org)  
Twelfth Step - Charlie C. [12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)  
Volunteers — Bob C. [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)  
Website — Jeff P. [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)

Do you have a new AA meeting or a local AA event you would like to add to the Central Office Website?  
Please contact Jeff at [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)

Please share your Step 9 (1 page story) "Made direct amends to such people wherever possible, except when to do so would injure them or others." Please email articles to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by 8/20/24

# Central Office Meeting Minutes - July 2024

## "Serving Our Community for Over 75 years"

### BOARD OF TRUSTEES

**Chair: Wade J.** – Central Office Preamble read; Introductions.

**CO-Chair: Shannon M.** – excused

**Secretary: Jennie S.** – New reps - Please send email/phone number to secretary@saltlakeaa.org or come see me after the meeting. Fred from Fresh Air Motion made a motion to approve the June meeting minutes; Elan seconded.

**Treasurer: Chris G.** – June P&L just came through and Net Income was \$-630 for the month of June, so we operated at a loss. Bookkeeper added in the purple can expenses. Purple Can YTD Net Income was \$4,609.47.

Donations this month were \$1,110.39, a roughly 28% decrease from 2023. This drop only amounts to about \$400 since June, it appears to be a very slow month for contributions. Overall, we are up about 10% in group donations year-over-year.

501(c) accreditation is being renewed through Wade's accountant contact.

**Trustee at Large: John S. (District 2 Liaison)** – Committee meeting was last night. Doing well, getting their own Zoom account. There is a Corrections Workshop in Sept. Lifeline also has events.

**Trustee at Large: Declan O. (District 10 Liaison)** – Meeting 1st Mon of month. District 10 is hosting the Preassembly Event on 8/17 at Sons of the Pioneers, so they requested we put it on the website. Shout out to Thomas, the District 10 treatment chair, who is moving to Akron.

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

Attended by 21 members on June 12th

1. Report finalizing financials on Post conference assembly. Cash positive.
2. Committee formed for next District 11 hosting in September 2025.
3. It was noted by a committee chair noticing that less meetings are doing "AA related" announcements as a regular part of the meetings.
4. Coordinated those district members who are planning to attend the Forum in Las Vegas.

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

District 13 is alive and well. Attendance at both the GSR meeting and meetings in general are slightly down but typical for this time of year.

Pete G, Area 69 Registrar was in attendance. A big part of Pete's job is to keep a current record of GSRs in the area. Form F28 is an important form that comes in the new digital GSR packet. There is also a DCM digital packet.

Pete handed out forms to try and get some updated information for our groups and also hand these out to other groups. This was a great reminder to contact Pete regarding changes in your group's trusted servants.

Todd, District 13 Bridging the Gap/Corrections Chair gave a great report on the Bridging the Gap Workshop recently held in Heber that Central Office and the Districts donated to. He was very impressed with the speakers and was impressed that the CPC and PI presentations were also intertwined with the BTG information.

March of 2026 is the date for the 2026 Pre-Conference assembly and District 13 is hosting. A chair and co-chair volunteered and will begin planning this event. District 13 Newsletter, "New Brew." will give you great information regarding District 13 and AA in general.

**Alternate Trustee at Large: OPEN** Requirement is currently 2 years plus 2 years of Committee experience. No one stood, please take back to your groups.

**Alternate Trustee at Large: OPEN**

### STANDING COMMITTEE CHAIRS

**Hotline Telephone: Max D.** – excused

**Twelfth Step: Charlie C.** – excused

**Activities: Kim B.** – Annual CO Picnic is 8/11 from 11am-2pm @Murray Park Pavilion 5. Bring a side dish and beverage. Flyers available.

**Newsletter: Danny B.** – Things are running smoothly. Nothing to report. Check was deposited enough for 6 months of mailings. Credit card can't be used at USPS without Wade.

**Outreach: Gina Fisher** – Gina stood for this position. Her sobriety date is July 23, 2002 and she has worked on several Central Office committees. Motion to vote her in for the remainder of the year passed. Congratulations Gina!

**Website: Jeff P.** - Traffic is the same, 5,000 unique visitors, most going to the meetings page. Link on homepage for submitting events. Request to Danny to share newsletter submissions for events with him. Brad had question as to what events we should post. Jeff said they need to be in the Districts we support.

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

**Literature: Jim S.** – We have most English and Spanish books and pamphlets in stock. Additionally, I have just ordered 10 cases of the 75th edition of the Big Book [these sold out due to increased demand after we dropped the price]. The cases are here. On sale for \$3 each. GSO reached out and asked us to help get rid of inventory.

**Archives: Ben H.** — Hello Ben Alcoholic and Archives. I will be on vacation and then going to Los Angeles to get training and a service guide dog. I will return in September. Thank you for letting me serve and do not forget the drop box in the Archives room at Central Office!

# CENTRAL OFFICE MEETING MINUTES – JULY 2024

## STANDING COMMITTEE CHAIRS

**Bylaws: Brad C.** – Two proposed Amendments.

Amendment #1 concerning 6.8.1 re: Board of Trustees and eligibility for election. Currently requires a CO Committee. Proposed change is to remove the requirement for “one year of CO committee membership.”

Discussion: Charlie mentioned that the purpose of the requirement is to ensure the candidate has experience. Phillip noted that the position was previously open for a year, but they had waived the requirement.

Vote taken: 21 for accepting the amendment, 8 opposed. Motion PASSED. No minority opinion volunteered.

Amendment #2 concerning 6.7.5 re: Immediate Past Chairperson which states: “The Chairperson who has completed his or her term shall automatically assume the duties of Immediate Past Chairperson for a period of two years. Proposed change is to remove this two year post commitment requirement.”

Wade brought up that the candidate might not want to serve for a total of 4 years. Immediate past chair is a voting member for 2 years afterwards. 32 for, none against. Motion unanimously PASSED.

**Treatment Facilities and Accessibilities: Charlie T** – We’ve reached the half year mark and Purple Can donations total \$1,966.20.

Vodcast is up on YouTube. Interpreters cost \$65/hr with a 2 hour minimum. 4 episodes have been released, and here’s the link to the AA Grapevine American Sign Language YouTube channel:

<https://youtube.com/playlist?list=PL32cyZpp2liBOcLY6M6rEh1qFL7MKSFI7&si=ijQY7Hf0Mb4eIzhC>

**Corrections: Serena C.** – excused

District 10 corrections committee had a meeting this month. SL Metro lockdowns seem to be increasing. The chairperson has submitted a letter to the sheriff programs manager outlining our concerns. Volunteers are not giving up. We are troubleshooting and brainstorming ways to work around some of these issues. See you all in August!

**Cooperation with Professionals: Karmina B.** – Continuing to use online therapy network to reach out to facilities. Still waiting on list of Salt Lake therapists to share our PDF meeting guide.

**Pubic Information: — OPEN**

No one stood - Please take back to your groups. Requirement is two years of sobriety.

**Coins: Kathy M.** – excused

**Technology: Elan B.** — See “New Business” section.

**Old Business** — Addressed on page 5 under “Secretary”

## New Business

We (the Board of Trustees and Committee Members) approved three online registrations for Elan and two others to attend the National AA Technology Workshop (NAATW), happening this year from September 13th - 15th at \$100/person. The hybrid option is only available if 57 more people (130 total) register for online attendance; otherwise, all online registration fees will be fully refunded.

We (the Board of Trustees and Committee Members) also discussed creating a new position titled “Alternate Technology Chair” to aid the current Tech Chair with the rapidly increasing responsibilities associated with our growing dependence on technology.

Please take back to your groups for input. Discussion: Fred asked for a guideline on the position and Brad confirmed that it would be the same as that of the current position. Questions: Why not just establish an unofficial co-chair, under Elan? Wade explained that the position of alternate has more gravity. The position would have to be put into By-Laws. Mark from Bog Irish asked if the position would require technical skills? It would help but not necessary. What do the duties entail? Managing Zoom here and in Salt Lake Valley; any other IT issues such as managing Central Office computers, payment systems. Lisa asked if the term would be the same 2 years or 1 and if it was possible to structure the committee to just include members. Brad confirmed this is the current way things are run. Brian from Southenders wanted to confirm that we wouldn’t be buying more equipment. Declan wants a list of tech responsibilities listed. Elan, Brad, others will create the language and submit for a vote next month.

Other items of business: Wade followed up on the other 2 people that would attend the online Tech conference. We had discussed sending Jeff and Shannon at the Board meeting. Fred from Fresh Air brought up the idea of opening up announcements to all events, not just local AA events.

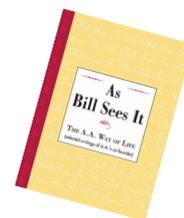
Adjourn and close the responsibility statement.

**Next Central Office Rep meeting 8/13/2024 @ 6:30pm**

### August Special

As Bill Sees It \$8.00

While Supplies Last



# PAMPHLET OF THE MONTH

## Understanding Anonymity



*"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

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

What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth?

If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

- At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.
- At the public level of press, radio, TV, film/ video other public forms of the Internet and social media platforms, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain.

The word "anonymous" in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.

# JOKE OF THE MONTH - KEEP IT SIMPLE

An American businessman was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellow-fin tuna. The American complimented the fisherman on the quality of his fish and asked how long it took to catch them. The fisherman replied that it only took a little while. The American then asked why didn't he stay out longer and catch more fish. The fisherman said he had enough to support his family's immediate needs.

The American then asked, But what do you do with the rest of your time? The fisherman said, I sleep late, fish a little, play with my children, take siesta with my wife, Maria, stroll into the village each evening where I sip wine and play guitar with my amigos. I have a full and busy life, señor.

The American scoffed. I am a Wharton MBA and could help you. You should spend more time fishing and with the proceeds, buy a bigger boat. With the proceeds from the bigger boat you could buy several boats. Eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman

you would sell directly to the processor, eventually opening your own cannery.

You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then L.A., and eventually New York City, where you will run your expanding enterprise.

The fisherman asked, But how long will this all take?" To which the American replied, Fifteen or 20 years. The fisherman asked, but what then? The American laughed and said, that's the best part.

When the time is right you would announce an IPO and sell your company stock to the public and become very rich. You would make millions. Millions? Then what?

The American said, then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your friends."

# CENTRAL OFFICE FINANCIALS – JUNE 2024

| <u>Income Statement</u>         | 2024              | 2023                |
|---------------------------------|-------------------|---------------------|
| <b><u>Revenue</u></b>           |                   |                     |
| Group Contributions             | \$1,157.72        | \$1,236.69          |
| Contributions - Other           | \$526.55          | \$241.68            |
| Purple Can Contributions        | \$58.00           | \$321.98            |
| Sales of Product Income         | \$6,983.46        | \$6,832.08          |
| <b>Total Income:</b>            | <b>\$8,725.73</b> | <b>\$8,632.43</b>   |
| <b>Total Cost of Goods Sold</b> | <b>\$3,826.25</b> | <b>\$5,075.30</b>   |
| <b>GROSS PROFIT</b>             | <b>\$4,899.48</b> | <b>\$3,557.13</b>   |
| <b><u>Expenses</u></b>          |                   |                     |
| Accountant                      | \$630.00          | \$630.00            |
| Square fees                     | \$162.12          | \$136.42            |
| Activities                      | \$387.92          | \$229.32            |
| Cash Over Short                 | \$24.39           | \$5.88              |
| Professional Services, Postage  | \$250.00          | \$252.50            |
| Phone & Internet                | \$433.57          | \$243.90            |
| Printing, Paper & Reproduction  | \$306.80          | \$401.88            |
| Purple Can Expenses             | \$900.00          | \$1,050.00          |
| Rent                            | \$1,500.00        | \$1,500.00          |
| Software, Hardware, Alarm       | \$212.73          | \$669.45            |
| Subscriptions                   | \$128.70          | \$19.99             |
| Utilities                       | \$387.50          | \$371.52            |
| Website                         | \$23.99           | \$23.99             |
| <b>Total Expenses:</b>          | <b>\$5,595.55</b> | <b>\$6,168.59</b>   |
| <b>NET OPERATING INCOME</b>     | <b>\$(696.07)</b> | <b>\$(2,611.46)</b> |
| Interest Income                 | \$65.59           | \$39.47             |
| <b>Net Income:</b>              | <b>\$(630.48)</b> | <b>\$1,156.24</b>   |

**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 – JUNE

|                       |            |
|-----------------------|------------|
| 7th Up Group          | \$95.00    |
| 12 O'Clock High       | \$85.00    |
| Basic Young People    | \$143.00   |
| City at 7             | \$52.00    |
| HillCrest Zoom        | \$100.00   |
| Magna Friendly Bunch  | \$200.00   |
| Old Timers Speaker    | \$75.00    |
| Primary Purpose       | \$157.00   |
| Saturday Morning SOTS | \$103.08   |
| Unknown               | \$75.31    |
| Women in Sobriety     | \$25.00    |
| Monthly Total:        | \$1,110.39 |
| 2023                  | \$1,558.67 |
| Year Over Year Change | -28.79%    |

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

### BIRTHDAYS

#### GRAPEVINE

Adam — 30 Days    Sophia — 60 Days  
 Travis — 90 Days    Terry — 90 Days  
 Fabian — 6 Mos    Davey — 1 Yr  
 Emily — 18 Mos    Erin M. — 6 Yr  
 Riley — 7 Yrs

#### UTAH STATE PRISON HOUR OF HOPE

Sven O. — 90 Days    Randy M. — 1 Yr  
 Andrew H. — 18 Mo    Mike M. — 1 Yr  
 Ronnie N. — 11 Yrs

#### THUNDER HEART

Blake D. — 9 Yrs    Dave E. — 4 Yrs  
 Emilee — 3 Yrs    Greg J. — 7 Yrs  
 Stan O. — 1 Yr

## BIRTHDAYS

#### UNITY LUNCH BUNCH

Von — 30 Days    Brandon - 30 Days  
 Peter — 60 Days    Chris — 90 Days  
 Sharri — 90 Days    Holly — 90 Days  
 Tiffany — 9 Mos    Kimberly — 1 Yr  
 Dale — 5 Yrs    Chris — 3 Yrs  
 Patrica — 20 Yrs

#### PRIMARY PURPOSE

Bill H. — 20 Yrs    Brett K. — 6 Yrs  
 Brian G. — 17 Yrs    Cory C. — 10 Yrs  
 Joe C. — 7 Yrs    Lake C. — 28 Yrs  
 Martin C. — 14 Yrs    Skip L. — 49 Yrs  
 Tona A. — 4 Yrs    Madolyn — 8 Yrs

#### SPEAK EASY LADIES GROUP

Karen — 18 Mos  
 Shelly E. — 8 Yrs  
 Anne — 11 Yrs

#### MIDVALE LUNCH BUNCH

Steve — 32 Yrs    Angel — 1 Yr  
 Michelle - 15 Yrs    Debbie — 6 Yrs  
 Rylie — 6 Mos    Eric M. — 1 Yr  
 Tammy — 7 Yrs    Ben M. — 6 Mo  
 Sharon P. - 1 Yr    Rosie 60 Days  
 Beth W. - 18 Mos    Nate - 18 Mos  
 Lenny — 6 Yrs    Annie — 1 Yr  
 Jason J. - 16 Yrs    Kim B. - 60 Days  
 Joshua — 30 Days    David Y. - 5 Yrs  
 Donna T. — 18 Mos

#### AND TO THOSE WE MISSED!

Email group birthdays to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)  
 or bring them to Central Office at 80 W Louise Ave  
 (2860 S.) SLC, UT 84115. Need by 8/23/24.



# UPCOMING EVENTS

## 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

## Maple Grove Camp Out 2024

August 8-11, 2024

Maple Grove Campground  
Exit 188 Scipio, UT take US-50 south for 15.1 miles. Turn west on Maple Grove Road, turn left at the fork in the road. (39.015783, -112.089783)

Friends & Fellowship all weekend!!!



Registration: \$10 Individual, \$20 Family • Early Bird meeting Thursday •

Kids & Adult Raffle (DONATIONS ACCEPTED)

Registration opens Friday (August 9th) at noon

Potluck Dinner Friday & Saturday: meat provided, bring a side or dessert to share

Meeting Friday and Saturday after dinner • Al-Anon meeting Saturday • Saturday & Sunday Breakfast, (Campout provides the food) Cash donations appreciated \* Please provide your plates, utensils for all meals.

Registration, meetings & group meals will all be located in group site A (Unless specified)

\*All campground and forest service rules will be followed. NO Dogs in the main area during meals.

\*\*Group sites A, B, & C are reserved for the campout Thursday-Sunday. If you stay on any other site you must pay for it.

AREA 69

## Pre Assembly Workshop

Hosted By District 10  
Sons of Utah Pioneers  
3301 E Louise Ave, Salt Lake City, UT

Cost \$15

Saturday Aug 17th

Registration 8:00 am

Service Orientation 8:30 am

Area Business 9:00 am - 12:00 pm

Lunch 12:00 - 1:30 pm (on your own)

Workshop 1:30 - 5:00 - Workshop

Dinner 5:00 - 6:00 pm

Ice Cream Social 6:00 - 6:30 pm

AA Meeting 6:30 - 7:30 pm

Sunday Aug 18th

Round Tables 9:00 - 10:00 am

Ask-It-Basket 10:00 - 11:00 am

Spiritual Speaker 11:00 am

This weekend's event will be available on Zoom.  
Here is the link and call-in details.

**Zoom Link**

Meeting ID: 879 3198 3200

Passcode: 109417

48th ANNUAL

BEAVER, UTAH



- KEEP ON TRUDGIN' -

Labor Day Weekend

Thursday, August 29 - Sunday, September 1, 2024

"WE HAD TO QUIT PLAYING GOD" - Big Book Page 62

|             |                    |                 |
|-------------|--------------------|-----------------|
| Val C.      | Quartz Hill, CA    | 661) 478 - 5171 |
| Paul M.     | Flagstaff, AZ      | 602) 909 - 9817 |
| Heidi G.    | Beaver, UT         | 808) 358 - 5093 |
| Joe C.      | Los Angeles, CA    | 213) 792 - 7715 |
| Scott W.    | Las Vegas, NV      | 702) 416 - 4196 |
| David G.    | Las Vegas, NV      | 702) 813 - 1297 |
| Shanna P.   | Beaver, UT         | 435) 531 - 2172 |
| Kristine F. | Salt Lake City, UT | 801) 205 - 0919 |

[www.greatoutdoorbeavermeeting.com](http://www.greatoutdoorbeavermeeting.com)

ONLINE PRE-REGISTRATION AVAILABLE AT OUR WEBSITE, MAY 1

HOW TO GET TO THE 2024 GREAT OUTDOOR BEAVER MEETING OF ALCOHOLICS ANONYMOUS

See ya in Beaver, Labor Day Weekend



FROM LOS ANGELES:  
North on Interstate 15,  
About 500 miles.



FROM SALT LAKE CITY:  
South on Interstate 15,  
About 200 miles.



FROM BEAVER:  
East on Highway 153,  
About 2.5 miles to Racetrack.

HOW THE GREAT OUTDOOR BEAVER MEETING BEGAN:

Forty-nine years ago, a small group of alcoholics, pooling their resources, made a pre-arranged overnight stop in a small Utah town on their way to the 1975 International Convention in Denver, Colorado. They found the people in town so accommodating and friendly and the natural beauty and atmosphere so inviting, they decided to return the following year to camp and share with one another over Labor Day Weekend. This tradition has continued over the years and the magic of that first overnight stop is still happening every Labor Day Weekend in beautiful BEAVER, UTAH!!!

>> BRING A NEWCOMER TO BEAVER FOR FREE!! SEE OUR WEBSITE FOR MORE INFO <<

# 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.



Save the Date!  
2025 AA International Convention  
July 3-6, 2025  
AA.org/International-Convention  
VANCOUVER 2025  
Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

## CORRECTIONS WORKSHOP

SUN 22ND SEPTEMBER  
2-4:30 PM

Speakers, FOOD!, Q&A, FOOD!, Volunteer Information & Signup, AND FOOD!

Fellowship Hall

2060 South, Windsor St,  
Salt Lake City, UT

Free  
Coffee  
& Pizza

Questions?  
Contact Rich F: 860-538-5602

*Living Your Sisterhood!*

Registration:

Register & Pay Online at:

[newurecovery.org](http://newurecovery.org)

WBBR AA tab

by September 12th

or

Mail your non-refundable check

(Payable to Women's Big Book Retreat)

to:

1042 E. Ft. Union Blvd. #233

Midvale, Utah 84047

by September 3rd

Questions

Sharon B.

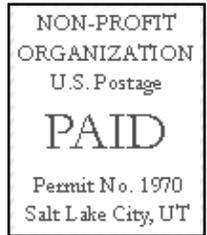
801-706-9612

Location

YMCA Mill Hollow

cost \$100.00

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



**Central  
Office  
Website**



**SALT LAKE CENTRAL OFFICE**

801.484.7871

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

**HOURS:**

Monday-Friday: 10-5

Saturday: 10-2

**CALL FOR HOLIDAY HOURS**