

LIFELINE



Salt Lake
Central
Office
Newsletter

APRIL 2024

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SOBRIETY GAVE ME A SECOND CHANCE

I grew up in Washington state, dirt poor. Section 8 housing, food stamps, food banks, clothing banks, standing in line in the bitter cold for holiday food and toys. We were poor. My stepdad was an abusive alcoholic/addict and my mom was in denial and emotionally absent. Having been physically, sexually, and emotionally abused one too many times, I left home at the age of sixteen, with a big shiner and a bigger attitude. I stayed with relatives for a short period of time, then moved in with my future ex-husband.

My alcoholism in the early days looked different than the stories I would hear in early sobriety, during the period of terminal uniqueness that plagues so many of us. I could only see my alcoholism at the end of my drinking career. But when I got into the book and stopped looking for ways, we were different and started looking for ways we were the same, I was able to reflect on the early years through a different lens. I can now look back and see that my entire life I was the actor they talk about in the big book. And, for many years that served me well.

When I got married to a deadbeat at 17, my running the show was necessary to get by. At age 19, I gave birth 11 weeks prematurely, and running the show helped me to do what was necessary to take care of him and all his special needs. My need to run the show helped me make and execute a plan to get out of poverty with a job that would allow me to support my son when I got divorced.

Throughout the years I drank, mostly in moderation. I could plan to have two drinks and only have two drinks. That changed gradually, then all at once. At first the episodes of overdoing it were few and far between, then it happened all the time. I was just drinking too much, but I wasn't doing really messed up stuff, aside from light infidelity on occasion. It was easy to surround myself with people that drank too much and excuse it as having a good time and liking to party. I worked hard, I was a good mom, and I deserved to have fun.

But I lost the ability to moderate my drinking, even in the middle of the day, when my kids were with me. I could not control my drinking even when I had to drive my kids, or even other people's kids. When I had too much to drink at a park and could not figure out how to buckle my daughter in her car set without burning her on the metal. I wrapped her in a blanket and bundled that up and drove with her in 100° weather in a blanket.

After I had too much to drink at lunch, I picked the kids up drunk and drove them home. At the last stop I crashed into the basketball hoop and tried to force my way into this kid's house to puke. It scared the hell out of one of the girls and she called her parents. They showed up while I was puking in their driveway. They didn't call the cops. They gave me a ride home. I got kicked out of the carpool and they drove my son. I think they were worried about me driving him.

Cont on page 2

I would do something that scared me, and I would reign it in for a while, but just couldn't make it stick. While I couldn't control my drinking, I could abstain from drinking for a time. Especially if I was happy and life was good. A little more drinking after my divorce and then a lot less for a couple of years.

In 2014 I went through a traumatic experience. I all but stopped eating and just drank. All day and all night, every day. At first it numbed the pain, then it amplified it. I drank until my liver hurt when I laughed. I was in so much emotional pain that it hurt physically.

About this time, I started talking with this guy online and kind of pulled him into my chaotic hot mess of an orbit. Which was a dumb idea on his part, great idea on mine. He was in the Program and I really hadn't had any exposure to AA, aside from what you see on TV.

A handful of people awkwardly gathered in church basements. This was my first introduction. He was like me in dude form. When he would tell me about himself and his story, it felt familiar. But it wasn't just that. He was having fun, he had friends, he was enjoying life and doing things that I couldn't comprehend doing without drinking. I was waking up hurting every single day. It was truly a case of attraction rather than promotion. He had something I wanted.

I concluded that AA was the way for me to quit drinking. I had made the decision to quit drinking but by the time my feet hit the ground in the morning, my resolution would crumble. So, I made a decision to text him the next time I woke up, I was ready to quit and wanted him to take me to AA. He came over and left me a big book with a note that said to read Dr's Opinion and Bill's story to see if I felt AA was right for me, then he'd take me to a meeting. That was August 4th, 2014. The next day he took me to my first meeting.

He took me to my first few because I was too nervous to go by myself, lest you all think I was an alcoholic. Then I realized I needed to do this myself and that he couldn't do it for me. So, I started hitting a bunch of meetings as suggested. At that time, I was really hating myself for being a crappy mom. When someone shared their experience as a mom, in a way that resonated with me, I asked her to sponsor me.

I met with her weekly and communicated with her daily. It wasn't the best experience for me. I finished my 4th Step and needed to do my 5th Step, she kept putting me off and kind of ghosted me. I was at a place

where I needed to get it off my chest, or I was going to get drunk. So, I picked another woman picking up a chip for a big birthday and asked her to sponsor me.

She wanted to start at the beginning, and I was like, look, we can go back to the beginning, but I got to do my 5th Step or I am going to get drunk. So, we did my 5th Step, and I didn't get drunk. Things calmed down after that.

But I would go to meetings, and it felt like everyone was on about this pink cloud and I was miserable. I was working so hard on my program the way I was seeing others do it and the way I was told, but I was miserable. After a little over a year of sobriety, I was miserable and suicidal. I got to a point that I was locked in a tiny half bathroom because I knew if I left the bathroom, I was going to get drunk or I was going to kill myself, and I didn't know which scared me more.

So, I messaged my boyfriend that he needed to pick up my daughter after school. and I made a Facebook post that I needed to talk to a sober woman ASAP. A woman reached out to me, and I told her what was going on. So came right over, all the way from an hour north of me. She was a landscaper, and she came over still dirty from work. I had seen her in passing but didn't really know her. She sat with me, read the big book with me, and she prayed with me. She stayed for hours until I felt okay being home alone.

After that experience, I made an appointment with a shrink. I was diagnosed as bipolar. I had been self-medicating mental health issues for years and didn't know it. When I stopped self-medicating, all that was left was the mental illness. All that time I thought I was doing something wrong because I worked the program the way I was told, and things weren't getting better for me.

Then I got on a medication regimen that worked for me. I started feeling better. I realized that things were getting better and that my life was better. I had just been too sick to notice. Today I have 9 years of sobriety. My life is substantially different and so much better after sobriety gave me a second chance.

- Holly K.

DECLARATION OF UNITY

This we owe to A.A.'s future; to place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

BLAST FROM THE PAST

Area 69 – Our Early History

Synopsis and excerpts from “One to One” Area 69’s 50th Anniversary Book.

As early as 1941 correspondence to the Alcoholic Foundation in New York City, now the General Service Office showed there was an expressed interest regarding A.A. in Utah.

November, 1943, Mark G. did correspond with the Alcoholic Foundation, reporting three group members; there was not any future communication. Several unsuccessful attempts to start a group were made prior to November, 1944.

The fabric of Utah’s A.A. future had been spun in a prison cell. Doc H. chairman of Portland, Oregon’s A.A. group, together with other “outside” A.A. members had carried the Alcoholics Anonymous message inside the wall of Oregon State prison in Salem. One of the inmates who heard the message was G. Owen L., he became active in the prison A.A. group.

Shortly after a letter from the Alcoholic Foundation, July 123 1944, Owen L., with 2 years sobriety moved to Salt Lake City and rented a Post Office Box and waited for inquiries to come from anyone, anywhere. Owen was 35 years old.

In October, 1944, Deb. P. also 35 had an article from the October, 1944, Readers Digest read to him. Two days later he sent a telegram, charged of course to the Alcoholic Foundation, “Please send someone to help me”. The next morning, he received a call from the Western Union Telegraph Office, directing him to contact PO Box #1862, Salt Lake City, Utah for alcoholic assistance. His first reaction was, “Damn-now everybody will know I’m a drunk!”

Monday, October 30, 1944 Owen L. received his inquiry and responded by mailing a pamphlet to Deb’s address in Ogden on October 31, 1944.

Wednesday, November 1st, during the evening hours, the phone rang at Deb’s home. Owen was calling from Salt Lake to arrange their first personal contact. Their conversation produced an appointment to meet at Owen’s home address in Salt Lake the following evening.

Deb’s job was to get to Salt Lake City, “He asked me to come sober!”

Thursday November 2, 1944, Deb met with Owen and Donna at their residence in Salt Lake City. The A.A. discussion gave Deb a liberal serving of hope and created soap-box enthusiasm.

Deb asked, “Are there any more AA Members around here” Owen replied, “no, but there will be.” Additional calls for A.A. were being received. Hence, the two young men set to work. Deb established P.O. Box #1253 in Ogden.

December 3, 1944, An Article announcing A.A. coming to Utah was published in the Salt Lake Tribune. Owen L. was interviewed by Tribune feature write; George Baker. This was the first newspaper article publication to appear anywhere in Utah about the Society of Alcoholics Anonymous., the article listed both Salt Lake and Ogden, P. O. Box numbers for A.A. contacts.

1944, December 19th, A meeting to organize the several Salt Lake City A.A. members into a “Group” was held. 1944, New Year’s Eve. The first Ogden meeting of Alcoholics Anonymous Group took place at an upstairs apartment, 2060 Jefferson Ave. There were three men from Ogden, Deb P. and two active members George K., Lou W., and their wives, and three members from Salt Lake City, G. Owen L., Bill H., and Johnnie R., and their partners.

Copyright © Area 69; “One to One”, 1944-1994 History Book Edited and reprinted with permission, Area Repository Archivist.

Utah Area 69 Archives

Because we are anonymous, we are the only ones who can preserve and maintain our history."

What to Collect

The archives is concerned with three main classes of material; that which is literary and historical, archival material and memorabilia or artifactual items. Our goal is to collect all pertinent information pertaining to the disease and recovery of alcoholism.

Today's junk is tomorrows's treasure, save it for the archives.

Suggested items are found in the Utah Area 69 Archives pamphlet. If you have information or material that you would like to contribute, or if you have any questions about the archives, please contact the area repository archivist.

How to contact the area Repository Archivist:

Janet Hafen
1021 S 350 W #2
Cedar City, UT 84720
Cell: 435-590-6245
jhafen@scinternet.net

**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 — PATTY N. Welcome!
Alt Trustee — OPEN

**SEVENTH TRADITION
Contribution Addresses**

General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Area 69 Treasurer
PO Box 18134
Kearns, UT 84118

District 10 Treasurer
P.O. Box 57271
Murray, UT 84157

Salt Lake Central Office
80 West Louise Ave.
Salt Lake City, UT 84115
(Please include group name)

District 2 Treasurer
P.O. Box 615
Salt Lake City, UT 84110

District 11 Treasurer
P.O. Box 461
Bountiful, UT 84011

District 13 Treasurer
P.O. Box 95383
South Jordan, UT 84095

**CENTRAL OFFICE
Standing Committee Chairs**

Activities — Kim B. activities@saltlakeaa.org
Archives — Ben H. archives@saltlakeaa.org
By-laws — Brad C. bylaws@saltlakeaa.org
Literature — Jim S. literature@saltlakeaa.org
Coins — Kathy M. coins@saltlakeaa.org
Public Info — 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

Do you have an AA meeting that you would like added to the Meeting Schedule?

Please contact Jeff at webservant@saltlakeaa.org

Please share your story of experience, strength and hope for the Lifeline Newsletter.

Please contact Danny at lifeline@saltlakeaa.org

CENTRAL OFFICE MEETING MINUTES – MARCH 2024

BOARD OF TRUSTEES

Chair: Wade J. – Excused, Phillip filling in - Open with Central Office Preamble.

CO-Chair: Shannon M. – Introductions

Secretary: Jennie S. – New reps - please get me your email, phone number and homegroup before you leave. Thanks for letting me serve!

Treasurer: Chris G. – P&L has us at a moderate profit for this month, although I recorded higher group contributions than what is listed - I believe that's due to District 13's donation, but I need to dig in more and may reach out to Amanda. I calculated group contributions at \$4,273 this month, which is a 77% YoY increase - very good. District 13's donation makes up the bulk of that, but we're up ~20% with that excluded, which can't be explained simply by the extra day.

I have also attached our balance sheet at the end of January 2024, as it was brought up during last week's meeting that the Treasurer should make it available. My quick commentary on that is we are on stable financial footing. Our annual operating expenses are roughly \$32k, which we need held as a prudent reserve. We are about \$60k over that amount currently. Last update is that I need to get some tax documents over to Jim. Also, following up on Wade's request for a breakdown of COGS at the Board meeting - no granular info on COGS sold - will get together with Jim to do inventory.

Trustee: John S. (District 2 Liaison) – District Area delegate David from Fillmore and Area chair Mike were in attendance. Discussed agenda items for the General Service Conference with an emphasis on homeless outreach in cooperation with Cooperation with Public Community, as well as discussions on AA accessibility.

Trustee at Large: (District 10 Liaison) – Declan stood for this position; he has been our Alternate trustee for a couple of months now. His sobriety date is 2/13/2022. Voted in unanimously. Welcome Declan!

Trustee at Large: Phillip W. (District 11 Liaison) – Dist 11 met 2/14/24. 24 members attending.

1. Grapevine chair stepped down. Was replaced at the same meeting.

2. Corrections chair stated pink can contributions to discontinue as Big Book is provided on tablets.

3. District voted to allow District 10 pickup Area 69 workshop to be held in August.

4. A district inventory was conducted the last half of the meeting.

Discussion ensued regarding the pink can contributions being discontinued. The current printed Big Books will stay at the prisons. They also have an App to get the Grapevines. Kathy asked for donations of Big Books, as her homegroup gives them to new members.

Trustee at Large: Alan B. (District 13 Liaison) – First of all, a big shout out and thank you again District 13. There was a discrepancy on the donation check from last month, which turned out to be \$1400 instead of \$1000. I had the honor and some good luck that my AA birthday landed on the same day as the February District 13 GSR meeting so instead of cracking open a case of beer I cracked open a case of As Bill Sees It books and we all had a good time and nobody got in trouble! Mike, the Area 69 chair attended the meeting and it was great to hear some area updates from him and see him again.

Two New GSRs were in attendance last month. Many District 13 groups seem to be getting good attendance and newcomers are reported at most meetings. We are looking for 1-2 District Committee Members (DCMs), preferably a female that could visit the many Women's meetings in District 13. Please feel free to reach out to me at trustee13@saltlakeaa.org if you or anyone you know would be interested in that position. Attached is the District 13 Newsletter called "New Brew and it gives you everything you need to know about District 13 and lots of good AA information in general. Thanks for letting me serve.

Alternate Trustee At Large: Patty N. stood for District 2 Alternate Trustee. Her sobriety date is 3/14/1992. Unanimously voted in!! Welcome Patty!

Alternate Trustee At Large: OPEN

Central Office of Salt Lake By-Laws 6.7.6 Trustees at Large & Alternate Trustees

There shall be three elected Trustees at Large and two elected Alternate Trustees at Large who shall:

6.7.6.1 Attend all regular and special Board of Trustees meetings and all regular and special CO Committee meetings.

6.7.6.2 Assist, participate and share in the responsibilities of the Board of Trustees as described in these By-Laws and as otherwise authorized or delegated by the Chairperson or their designate.

6.7.6.3 Fill in at meetings and activities when the regular Trustee at Large is unable to attend and to accept the position of Trustee at Large when that person is unable to complete their term.

STANDING COMMITTEE REPORTS

By-Laws: Brad C. – N/A

Hotline Telephone: Max D. – Received a call 3 days ago from a volunteer needing to quit and 15 min later, someone called and filled that spot. Coincidences are the way God becomes anonymous. Hotline positions are full and times filled.

Twelfth Step: Charlie C. – Continuing to update the 12 Step list. Request that we email them for District level distribution as well.

Activities: Kim B. – Upcoming activities:

- Founders Day Picnic at Fairmont Park on 6/9/24
- Central Office Picnic at Murray Park on 8/11/24
- Chili Cook-off on October 10/5/24

Newsletter: Danny B. – Thank you to all who have reported group birthdays, they have doubled in the past few months. The Lifeline is still in need of member stories on experience, strength and hope. Please email them to lifeline@saltlakeaa.org

Outreach: Jack H. – N/A

Website: Jeff P. - Nothing major with overall traffic almost identical to last mo, around 4400 visitors.

Volunteer: Bob C. – Recently purchased a new insulated coffee pot. There are 3 new volunteers that seem to be working out well. A reminder to send any check contributions made out to "Central Office of Salt Lake" not "Intergroup".

Cont on pg. 6

CENTRAL OFFICE MEETING MINUTES – MARCH 2024

Cont from pg. 5

Literature: Jim S. – Finished inventory of literature and just need to get it priced. “As Bill Sees It” is selling so come purchase at \$8 apiece for your groups! Bob commented that when he is ringing up customers, the customer database is not always congruent with display price, so he has been selling the literature for the lower price. Declan wanted to look at past receipts to assess the cost of the books sold, including shipping and inflation costs. Phillip tabled the discussion for the next board meeting.

Archives: Ben H. — Check out the Archive room at Central Office as well as the piece in the Lifeline newsletter. Remember it's Spring Cleaning time! Please donate any AA memorabilia, including old Big Books, Grapevines, and conference-related items in the bucket in the Archive room at Central Office.

Pubic Information: — OPEN

Central Office of Salt Lake By-Laws section 7.3.11 The Public Information Committee will function in cooperation with the similar committees in Districts 2, 10 and 11 and Area 69. The Committee, in carrying out its duties, will refer to the GSO A.A. Guidelines and Kit for direction and Guidance.

Treatment Facilities and Accessibilities: Charlie T – Attended PRASSA at the beginning of March. Nationally they are looking to create ASL podcasts for the Grapevine. Still working to get the word out to the deaf community here in Utah regarding availability of interpreter service.

Corrections: Serena C. – Asked for extra Grapevines (due to discussion) for Metro jail; they take the staples out and sew them. Meetings are up and running again at Oxbow Jail on Fridays. Still lots of lockdowns at SL Metro Jail, especially on weekends. District 10 corrections chair is holding another meeting of the volunteers on a Saturday in April. Ways to shuffle volunteers and organize more efficient pods. CO reps, be sure to support the effort of getting big books behind the walls. Ask your groups to put their spare dollars in the Pink Can.

Cooperation with Professionals: Karmina B. – Cornerstone Counseling rescheduled appointment to get AA materials out to them.

Technology: Elan B. – MS Office installed with no problems. The Tech budget still has around \$500 so he is going to purchase a laptop such as a Chromebook for Central Office to permanently accommodate Zoom meetings (we are currently using Elan's personal computers, tablet, and phone).

Coins: Kathy M. – Thanks to the Chip Committee, reorders and inventory are up to date.

Additional Comments

Charlie found out at PRASSA that out of all the registered groups, only 30% contribute to GSO. Please ask your groups to consider donating.

Declan recently attended a business meeting at Alano Club where he saw a lack of knowledge about Central Office and the value of donating to us. CO Reps in District 10: please spread the word about Central Office.

Also, to all Central Office Reps: let us know how we can support you with spreading the word about what we do at Central Office - the various committees, literature, volunteer opportunities, etc.

Adjourn and Close with Responsibility Statement

Next Central Office Rep meeting will be held on 4/09/2024 @6:30pm

SALT LAKE CENTRAL OFFICE

Statement of Purpose

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

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

Short on space?

Donate your
AA memorabilia to
Central Office Archives
& check out the displays!

80 Louise Ave
Mon-Fri 10-5, Sat 10-2



APRIL SPECIAL

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

AA GUIDELINES SUMMARY - ARCHIVES

The function of the archivist can be considered therefore to be twofold: primarily, a custodial responsibility for assuring the physical collection and persons with a study; and also a critical role of gatherer. The facts and from both the past, to message.



for assuring the integrity of the its availability to valid reason for a parallel and information archivist gathers documentation, distant and recent preserve A.A.'s

rich and meaningful heritage of our Fellowship. It is by the collection and sharing of these important historical elements that our collective gratitude for Alcoholics Anonymous is deepened.

A.A. members have a responsibility to gather and care for the Fellowship's historical documents and memorabilia. Many areas, districts, intergroup/central offices, and groups have elected to develop archives collections to preserve their own local history. These guidelines have been developed to assist with these efforts.

Annually, A.A. archivists come together for the National A.A. Archives Workshop (NAAAW). In this weekend event, A.A. archivists from all over the U.S. and Canada gather to learn from one another and share ideas. Instruction is given in basic archival techniques and ideas. This event is hosted by a different area each year. Learn more at: www.naaaw.org, or by contacting the G.S.O. Archives to be connected with this year's host area.

JOKE OF THE MONTH

THOSE OF US who bring our children to AA meetings often wonder if they're paying attention to what's going on, writes David H. of Pittsburgh, Pa. "I found the answer from my seven-year old daughter, Amanda. Playing *Trivial Pursuit*, she landed on a "Sports Leisure" space. When I read her the question, "What do you get when you mix gin and vermouth?" "I know, I know! A tasty treat for an alcoholic!"



THE LIGHTS WENT OUT in the middle of the Preamble. After all else failed, an enterprising AA fetched a flashlight and two candles from his car and the meeting resumed in cozy darkness. A latecomer arrived and, searching for a seat in the dark, was heard to mutter, "I know we're anonymous, but this is ridiculous."

- Audrey S., Spokane, Wa



CENTRAL OFFICE FINANCIALS – FEB 2024

<u>Income Statement</u>	2024	2023
<u>Revenue</u>		
Group Contributions	\$3,630.49	\$2,878.28
Contributions - Other	\$611.33	\$688.86
Purple Can Contributions	\$422.45	\$ -
Sales of Product Income	\$9,548.90	\$8,262.09
Total Income:	\$14,212.67	\$11,829.23
Total Cost of Goods Sold	\$7,698.32	\$6,942.23
GROSS PROFIT	\$6,514.35	\$4,887.00
<u>Expenses</u>		
Accountant	\$630.00	\$630.00
Square fees	\$216.75	\$179.53
Activities	\$216.00	\$200.00
Cash Over Short	\$28.87	\$(522.63)
Volunteer Snacks, Etc.	\$159.43	\$ -
Licenses and Permits	\$217.50	\$ -
Phone & Internet	\$253.65	\$ -
Printing, Paper & Reproduction	\$417.96	\$588.19
Purple Can Expenses	\$300.00	\$ -
Rent	\$1,500.00	\$1,500.00
Software, Hardware & Alarm	\$472.42	\$436.92
Utilities	\$862.13	\$780.53
Website	\$23.99	\$23.99
Total Expenses:	\$5,298.70	\$3,816.53
NET OPERATING INCOME	\$1,215.65	\$1,070.47
Interest Income	\$62.95	\$30.43
Net Income:	\$1,278.60	\$1,100.81

Please Note: According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are \$5,000 per month, or \$30,000 for 6 months. Thank you everyone for your donations!!

Donate here



GROUP CONTRIBUTIONS – FEBRUARY

CELEBRATING LENGTHS OF SOBRIETY

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

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

CELEBRATING LENGTHS OF SOBRIETY

**UTAH STATE PRISON
HOUR OF HOPE**

Tim S. — 6 Mos Vincit N. — 6 Mos
Charles M. — 3 Yrs

SPEAK EASY LADIES GROUP

Sherrie 1 Yr Carrie H. — 15 Yrs

MIDVALE LUNCH BUNCH

Ben — 2 Mos Dannon — 11 Yrs
Sharron — 14 Yrs Kimball 6 mos

PRIMARY PURPOSE

Conon B. — 9 Yrs Eddie B. — 26 Yrs
Emily — 8 Yrs Ian A. — 12 Yrs
Jeff F. — 14 Yrs Joey M.— 14 Yrs
John B. — 9 Yrs John N. — 14 Yrs
Julia W. — 11 Yrs Katie K. — 2 Yrs
Kevin D. — 8 Yrs Lloyd R. — 20 Yrs
Mike L. — 15 Yrs Rick K. — 20 Yrs
Bill E. — 9 Yrs

THUNDER HEART

Carrie Jo — 24 Yrs Shannon E. - 27 Yrs
Sheila R. — 40 Yrs Stan D. — 39 Yrs

GRAPEVINE MEETING

Doug — 30 Days Brandon — 30 Days
Roger — 30 Days Bobby — 60 Days
Fabian — 60 Days Doug — 60 Days
Vaughn — 90 Days Amelia — 6 Mons
Dustee — 6 Mons Donny — 9 Mons
Juniper — 1 Yr Maryella — 8 Yrs
Leslie — 11 Yrs Ron 25 — 25 Yrs
Tullivan — 11 Yrs

UNITY LUNCH BUNCH

Liam — 30 Days Shel — 30 Days
Joe K. — 30 Days Jeremy — 60 Days
Arne — 90 Days Nathan — 6 Mos
Randall— 9 Mos Connor — 4 Yrs
Becca — 2 Yrs Rae Rae — 7 Yrs
Sabrina B. — 39 Yrs Bill W. — 18 Yrs
Susan — 35 Yrs Rusty J. — 32 Yrs

AND TO ALL WHO WE MISSED !

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

UPCOMING EVENTS

Stay informed !! Fellowship !! Have Fun !!

AREA 69 PRECONFERENCE ASSEMBLY

REGISTRATION \$20.00

April 5th -7th, 2024

30 West 300 North Beaver, Utah



Hosted by District 7 Chair: Scott W. (925) 766-9972

SAVE THE DATE

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

July 12 -- 14, 2024: The Pacific Regional Forum will be in Las Vegas, NV. Regional Forums provide unique opportunities for A.A. members across the U.S. and Canada to connect with people throughout the A.A. service structure. At forums, members can exchange information with representatives of the General Service Board, A.A.W.S., AA Grapevine and G.S.O.

PROGRAM

FRIDAY, 5 April 2024, 5:00 PM -- Registration OPEN
7:00 P.M. -- PRAASA Reports/GSR Survival Guide

SATURDAY, 6 April 2024, 8:00 A.M. -- Registration
8:30 A.M. - Introduction to Service
Preconference Assembly Orientation
All AAs new to service or in newly elected service positions,
please attend!

All AAs are welcome to attend!
9:00 A.M. -12:00 - Area 69 Business (Lunch on your own)
1:30 - 5:00 P.M. -- Area 69 Business (Dinner on your own)
6:30 P.M. -- Sobriety Countdown
7:00 P.M. -- Speaker Meeting
8:30 P.M. -- Dance

SUNDAY, 7 April 2024 9:00 A.M. -- Round Tables
(GSR, DCM, Standing Chairs)
10:00 A.M. -- Delegates 'ASK IT BASKET'
11:00 A.M. -- 12:00 P.M. Open Mic

Zoom Information
ID: 879 3198 3200
Passcode: 109417

Acceptance is the Answer

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me. I can find no serenity until I accept that person, place, or thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Reprinted from Alcoholics Anonymous, 4th Edition p. 417, with permission of A.A. World Services, Inc.

BY THE SPOKEN WORD

THERE have been many great people who were great speakers, but the person I am going to discuss is neither a great person or a good speaker. He is a man who has suffered many of the self-made hells on earth. He is an alcoholic, and now he is a member of Alcoholics Anonymous.

Since we know what this man is now, and what he used to be, you may wonder what he has to do with speaking. He has never made a public speech, and has not even had a good high-school education. He is a man who must talk to other alcoholics and potential alcoholics to help himself.

I know this man extremely well. I have seen him at the times when his own mother would walk across the street to avoid meeting him. He is one of the many who had been given up by society, by his friends, and by his own family as a hopeless alcoholic. He is among the millions who had sunk to such a state of despondency and despair that he has contemplated suicide, only to be too afraid to take his own life, and instead take another drink. I know this man extremely well because he is my friend.

Speaking saved my friend's life then, and now it is enabling him to reach undreamed of heights of life and respectability. It was no great speaker who did this, nor was it a well-spoken bishop or priest. It was another alcoholic, who suffered the same experiences.

This other alcoholic had no great powers of speech, no finely spoken phrases, no polished powers or style, he had only a message in which he believed with a passion. He was just one alcoholic talking to another alcoholic. My friend listened to him much as one scientist would listen to another scientist discuss a problem with which they were both familiar. This man could talk to my friend no priest, lawyer, or judge could, because he knew how my friend felt.

My friend listened with a slight attention at first, then in a few minutes he realized that there might be some hope for him, although he doubted it. He decided to take the advice that was given him and forget yesterday, not think about tomorrow, but leave the drink alone today.

My friend listened with a slight attention at first, then in a few minutes he realized that there might be some hope for him, although he doubted it. He decided to take the advice that was given him and forget yesterday, not think about tomorrow, but leave the drink alone today.

After a week or so had passed, he listened more and more to the troubles of other alcoholics that had been introduced to him, and he came to learn that his was not the only hopeless case that wasn't hopeless. He found out that each and every one of the others had felt exactly as he had. He came more and more to believe in the philosophy of "yesterday is gone, tomorrow isn't here yet, so I won't take that drink today."

Another week passed and he was told that if he was to have any success riding the "water wagon" as the saying goes he must stop being the patient and start being the doctor.

Now as a doctor patient he is alcoholics of their salves, not with kind, but with the



instead of the curing other sickness, not with medicine of any power of speech.

Thus this business of speaking is helping my friend help others, and himself.

- F.M.C.,- Price, UT

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Salt Lake City, Utah 84115



CO Website



SALT LAKE CENTRAL OFFICE

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Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS