

# LIFELINE



Salt Lake  
Central  
Office  
Newsletter

## September 2024

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### NEVER PERFECT

Life can never be perfect. That's both sad and good at the same time. Anyone who tells you their life is perfect will lie to you about other things, too. Anyone whose life is imperfect and is striving to fix their friends, family and their environment will continue to struggle because the problem is not external. Anyone whose life is imperfect and is striving to fix themselves will become happy in an imperfect world.

I remember completing what I thought was a perfect Fourth Step. Then those familiar words "more will be revealed" came to haunt me. Someone shared at a meeting and it stirred a memory, a long lost memory. My Fourth Step wasn't perfect after all. Probably my Fourth Step will never be perfect. But is it complete? Yes, as much as it possibly can be at the time, but I remain open to improvement.

My amends went very smooth with the exception of my mother. She claimed to have accepted my amends. She would tell you that no further action was necessary. As time went by, it became clear the amends were not accepted. She wanted a separate amends for each individual thing I did in the past. My sponsor said, "Be patient and be kind." I tried. I was still making amends on the day she passed away.

My Ninth Step will never be perfect or complete. I remain open to improvement.

I could say the same for all of the Steps except Step One. With the Steps, I will never be finished. There will always be room for improvement; I continue to improve my life through working the Steps.

Imperfections are not limited to the recovery process. At work, I had worked on the ICD-10 project. What the project was isn't that important. The takeaway here was that the project was six years long and every day of those six years was high stress.

It was the equivalent of learning a new language, then writing a book in the new language, and getting the book published; all to be done in six years. The stress was driving me crazy. I couldn't help but notice that a colleague of mine seemed unaffected by the stress. I asked her what her secret was and she said, "I come to work, I do what I can, then I go home." Unlike me, she didn't take her work home. It was such a simple solution, one day at a time. The situation wasn't perfect, but I could continue to make improvements on a daily basis.

The Big Book says we will have problems in sobriety. It refers to these problems as opportunities,

*Cont on Pg. 2*

# NEVER PERFECT

*Con't from pg. 1*

opportunities to take advantage of the solutions provided by the program to improve our lives. When I was new, the message that first caught my attention was some oldtimer struggling with some problem, seeking a solution and staying sober.

They were following the model laid out in the Third Step prayer, "Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life." I was the witness.

My sponsor told me a story about a man who had an argument with his wife. He stormed out of the house to go to a meeting. He slammed the door breaking the glass. He jumped into his car, backed out and ran over the mail box. On the way to the meeting he had a flat tire.

He was late to the meeting. He explained what had happened to his sponsor, and his sponsor said, "It seems like you were given several opportunities to grow, and you blew them all." Just for today, Step One is perfect; the rest of my Step work and the rest of my life have imperfections and still need continual improvements. I don't want to miss an opportunity.

- Anonymous

## Central Office Hotline

Phones are answered 24 hrs. a day, 7 days a week, 365 days a year.

Phones answered during regular office hours, totaling 169 hours monthly.

After regular office hours phones are answered 561 hours monthly.

After hour Hotline has 43 volunteers.

Hotline volunteers average 5.6 hours monthly.

To volunteer please Contact Max D. at [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

Subscribe to Lifeline via email or USPS 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.

### 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.

## BLAST FROM THE PAST

### Summary of This Matter of Honesty

The problem of honesty touches nearly every aspect of our lives. There are, for example, the widespread and amazing phenomena of self-deception. There are those rather dreadful brands of reckless truth-telling, which are so often lacking in prudence and love. Then there are those countless life situations in which nothing less than utter honesty will do, no matter how sorely we may be tempted by the fear and pride that would reduce us to half-truths or inexcusable denials . . .

Just how and when we tell the truth — or keep silent — can often reveal the differences between genuine integrity and none at all. Step Nine of AA's program emphatically cautions us against misusing the truth when it states: "Made direct amends to such people wherever possible, except when to do so would injure them or others." Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide-ranging application to the problem of developing integrity.

In AA, for instance, we talk a great deal about each other. Provided our motives are thoroughly good, this is not in the least wrong. But damaging gossip is quite something else. Of course, this kind of scuttlebutt can be well grounded in fact. But no such abuse of the facts could ever be twisted into anything resembling integrity. It can't be maintained that this sort of superficial honesty is good for anyone. So the need to examine ourselves is very much with us.

Following a gossip binge we can well ask ourselves these questions: "Why did we say what we did? Were we only trying to be helpful and informative? Or were we not trying to feel superior by confessing the other fellow's sins? Or, because of fear and dislike, were we not really aiming to damage him?" This would be an honest attempt to examine ourselves, rather than the other fellow. Here we see the difference between the use of the truth and its misuse. Right here we begin to regain the integrity we had lost.

Sometimes, though, our true motives are not so easily determined. There are times when we think we must reveal highly damaging facts so that we may stop the depredations of certain evil-doers. "All for the good of AA." — or what have you — now becomes our cry. Armed with this often false justification, we righteously press our attack. True enough, there may be a genuine need to remedy a damaging condition. True enough, we may have to make use of some unpleasant facts. But the real test is how we handle ourselves. We must be ever so certain that we are not pots who call the kettles black. Therefore it is wise if we pose ourselves these questions: "Do we really understand the people who are involved in this situation? Are we certain that we have all of the facts? Is any action or criticism on our part really necessary? Are we positive that we are neither fearful nor angry?"

Only following such a scrutiny can we be sure to act with the careful discrimination and in the loving spirit that will always be needed to maintain our own integrity. . .

For the most part, situations requiring utter honesty are clear-cut, and readily recognizable. We simply have to face up to them, our fear and pride regardless. Failing to do this, we shall be sure to suffer those ever mounting conflicts which can only be resolved by plain honesty.

There are, nevertheless, certain occasions where reckless truth telling may create widespread havoc and permanent damage to others. Whenever this seems possible, we are likely to find ourselves in a bad jam indeed. We shall be torn between two temptations. When conscience agonizes us enough, we may well cast all prudence and love to the winds.

We may try to buy our freedom by telling the brutal truth, no matter who gets hurt or how much. But this is not the usual temptation. It is far more probable that we shall veer to the other extreme. We will paint for ourselves a most unrealistic picture of the awful damage we are about to inflict on others. By claiming great compassion and love for our supposed victims, we are getting set to tell the Big Lie — and be thoroughly comfortable about it, too.

When life presents us with a racking conflict like this, we cannot be altogether blamed if we are confused. In fact, our very first responsibility is to admit that we are confused. We may have to confess that, for the time being, we have lost all ability to tell right from wrong. Most difficult, too, will be the admission that we cannot be certain of receiving God's guidance because our prayers are so cluttered with wishful thinking. Surely this is the point at which we must seek the counsel of our finest friends. There is nowhere else to go. . .

If we are fooling ourselves, a competent adviser can see this quickly. And, as he guides us out of our fantasies, we are surprised to find that we have few of the usual urges to defend ourselves against unpleasant truths. In no other way can fear, pride, and ignorance be so readily melted. After a time, we realize that we are standing firm on a brand-new foundation for integrity. . .

How truth makes us free is something that we AAs can well understand. It cut the shackles that once bonded us to alcohol. It continues to release us from conflicts and miseries beyond reckoning; it banishes fear and isolation. The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us — all of these are products of such integrity as, under God, we have been privileged to achieve. May we therefore quicken our search for still more genuine honesty and deepen its practice in all our affairs.

- *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)  
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Trustee (11) - Philip W. [trustee11@saltlakeaa.org](mailto:trustee11@saltlakeaa.org)  
Alt Trustee — 2 OPEN POSITIONS

**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 — Gina F. [outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)  
Hotline — Max D. [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 10 (1 page story) "Continued to take personal inventory and when we were wrong promptly admitted it." Please email article to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by 9/21/24

# Central Office Meeting Minutes - August 2024

## "Serving Our Community for Over 75 years"

### BOARD OF TRUSTEES

**Chair: Wade J.** – Excused, Phillip W. filling in.

**CO-Chair: Shannon M.** – Excused

**Secretary: Jennie S.** – New reps - Please send email/phone number to [secretary@saltlakeaa.org](mailto:secretary@saltlakeaa.org) or come see me after the meeting. Max made a motion to approve July minutes, Brad seconded.

**Treasurer: Chris G.** – Group contributions are back up in July and put us at 15.55% increase year-over-year. (See P&L, pg 8 and Group Contributions pg 9)

**Trustee at Large: John S. (District 2 Liaison)** – District 2 has new Literature and Outreach committee chairs. They have a Corrections Workshop on September 22nd at Fellowship Hall with Wade G. as the speaker. Motion to purchase own laptop to take over hosting their own zoom meetings passed. (Reference District 2 Newsletter)

**Trustee at Large: Declan O. (District 10 Liaison)** – Excused District 10 meeting went well and was visited by the area chair.

**Trustee at Large: Phillip W. (District 11 Liaison)** Last meeting was spent on how to handle disruptive members during the meeting. Questions on financial distribution and meeting structure. Delivered meeting in a pocket, Archives chair actively pursuing submissions.

**Trustee at Large: Alan B. (District 13 Liaison)** – Greetings Central Office Reps. Thank you for your support.

There were 3 New GSRs in attendance at the July meeting. Hillcrest Group, No Nonsense Group, and Big Book Babes. All were new rotations for previous GSRs who were active and served very well. Most of the other GSRs reported solid attendance and good support at their respective meetings.

Bonnie, Literature chair presented the pamphlet of the month. Experience Has Taught Us: An Introduction to our Twelve Traditions.

Chris H. was a guest and was a Former Area CPC Chair. He passionately discussed Cooperation with the Professional Community and Public Information. He felt strongly that these need much more focus and they are often overlooked or underrated. He noted there is an entire Chapter in the Big Book on it. There was much discussion and some Q&A.

Valarie, District 13 Treasurer is stepping down as she is relocating. She was a key part of District 13. That important position is now open if interested.

Thanks again for being here. Thanks for allowing me to serve Central Office and District 13.

**Alternate Trustee at Large: ( 2 OPEN Positions)** No one stood - we are electing new chairs at the November meeting. Please take back to your groups.

### STANDING COMMITTEE CHAIRS

**Hotline Telephone: Max D.** – Max is ready to pass the baton and wants to ensure that he has someone to train. Passed around a flyer with Hotline stats (see attached). Karmina has a friend who wants to know if there is a service term for phones; it's 3-6 months but the hours are flexible.

**Twelfth Step: Charlie C.** – Excused 12th Step committee is doing well. Remember anyone can sign up for the 12 step list online: <https://www.saltlakeaa.org/service/#12-step> Please check the box if you're willing to drive a newcomer to a meeting.

**Activities: Kim B.** – We had the annual picnic last Sunday with 250-300 people in attendance. Our next event is the Chili Cook off on Oct 5, 2024 . Will have a flyer for distribution at the next meeting.

**Newsletter: Danny B.** – Reps - please share with groups that we are looking for 1-1.5 page Step 10 stories. Please submit by Sept 21st. We could also use some birthday submissions from new groups! Email submissions to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) or bring to Central Office.

**Outreach: Gina Fisher** - excused

**Website: Jeff P.** - We had an increase in visitors; roughly 5300 to our webpage, primarily going to the meeting page. We also had several event submissions in July.

**By-Laws: Brad C.** - It's been an active By-Laws month - 2 meetings, 12 submissions, and lots of discussion. We decided to postpone next meeting; By-Laws will be a hot topic for next month. Please standby and have patience.

**Volunteer: Bob C.** – Central Office lost 2 cornerstone volunteers - Rusty and Mel (who technically rotated out 1.5 years ago but stayed on until now). We have some new volunteers coming in. We want to create a space at Central Office to honor Rusty with his picture and volunteer dates. Please take back to your groups so we can address next month.

**Literature: Jim S.** – Sold out of all 75th edition books, trying to keep up with demand in other areas.

**Archives: Ben H.** — excused In Los Angeles getting a service guide dog and will return in September.

**Treatment Facilities and Accessibilities: Charlie T.** - Invited into a nursing home to conduct a meeting - 9 members from inside and 3 from outside. He's thinking that as members are getting older, we should look at carrying the message into more nursing homes. Still doing meetings at VA hospital. Vodcast on YouTube has launched, enabling the ability for deaf alcoholics to share their stories through an interpreter. Deaf members will be able to listen to someone talk about AA from their living room without breaking anonymity.

# CENTRAL OFFICE MEETING MINUTES – AUGUST 2024

## STANDING COMMITTEE CHAIRS

**Corrections: Serena C.** – District 10 corrections chair will be rotating out in a few months, and she already has a replacement lined up who is currently training with her. Planning on making a motion in their district to create a new Corrections co-chair position. Lockdowns haven't changed much at SL Metro jail, but seem to be less of a problem over at Oxbow.

**Cooperation with Professionals: Karmina B.** – Working with Segó Lily so it's a 2 in 1. Her partner Lacey is going in to share her story.

**Pubic Information: — OPEN**

No one stood - please take back to your groups.

**Coins: Kathy M.** – n/a

**Technology: Elan B.** — NAATW found enough money to provide the online option to this event, so Elan, Jeff, and an undetermined 3rd party will attend virtually from Sept 13- 15th.

## Old Business

Follow up on the topic of creating a position titled "Alternate Technology Chair" for Central Office of Salt Lake to aid the current Tech Chair with the rapidly increasing responsibilities associated with our growing dependence on technology. Vote PASSED unanimously. Elan and Brad will work on an official description of the position to be presented at the next meeting. Summary of discussion:

- John spoke in favor and gave a shout out to Elan for making the position look easy - which it's not. Also emphasized that the position is crucial to the running of Central Office.

- Brad brought up that this is ultimately a by-laws input and we need to determine the parameters with a description.

- Lisa proposed an Alternate co-chair term of 1 year vs the default 2 years in interests of shortening the ultimate term this position would entail, as it would be expected that it would roll over into tech chair. Vote taken to establish the term as a one year commitment PASSED unanimously.

## New Business

Creation of a Memorial Board for Rusty as mentioned by the volunteer chair Bob. Vote will be taken to fund this at the next meeting. Motion to close made by Brad; Elan seconded. Meeting adjourned at 7:19 pm with the responsibility statement. Adjourn and close the responsibility statement.

**Next Central Office Rep meeting 9/10/2024 @ 6:30 pm**

**Volunteer at Central Office at [www@saltlakeaa.org](mailto:www@saltlakeaa.org)**

## Gratitude

A man was driving down the street in his brand-new BMW when a rock hit the side of his car. He pulled over and saw a boy with a handful of rocks in his hand.

"Why are you throwing rocks? Look at the dent you caused to my new car."

"I'm sorry, sir, but my brother over there is in a wheelchair, and it tipped over when I was pushing him. I tried to get him back in his chair, but I needed help. I've been flagging down cars for the last hour but none would stop. I had to do something to get someone to respond, and you did! Can you help me get my brother back into his chair?"

The man immediately agreed, and within minutes, the young boy was back in his wheelchair, and the two brothers were safe and on their way home.

His life changed from that incident. He made three vows that day.

First, to never repair the dent in his car. Instead, he would use it as a reminder to stop speeding through life without being grateful to God for all he has been given.

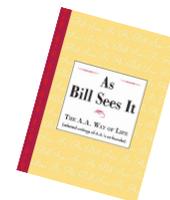
Second, to be more aware and notice those those whose burdens he could relieve.

And third, to always help a stranger.

## September Special

As Bill Sees It \$8.00

While Supplies Last



# PAMPHLET OF THE MONTH

## SELF-SUPPORT:

### Where Money & Spirituality Mix



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

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.  
— Tradition Seven (long form)

### 7th Tradition in Perspective: Meeting Costs Then and Now

In 1940 coffee cost 10¢ a cup — Now coffee cost \$2.00 plus a cup

In 1940 a dozen donuts cost 49¢ — Now a dozen donuts cost \$10.00

In 1940 Room Rent was \$3.00 to \$10.00 — Now Room Rent is \$50.00

In 1940 Insurance was non-existent — Now Insurance is \$4.00 a meeting

A 1940 dollar in the basket would equal \$22.31 in today's dollars.

# JOKE OF THE MONTH

## NASA Preparing for the Apollo Project

When NASA was preparing for the Apollo Project, some of the training of the astronauts took place on a Navajo reservation.

One day, a Navajo elder and his son were herding sheep and came across the space crew. The old man, who spoke only Navajo, asked a question that his son translated. "What are these guys in the big suits doing?"

A member of the crew said they were practicing for their trip to the moon. The old man got all excited and asked if he could send a message to the moon with the astronauts. Recognizing a promotional opportunity, the NASA folks found a tape recorder.

After the old man recorded his message, they asked his son to translate it. He refused. The NASA PR people brought the tape to the reservation, where the rest of the tribe listened and laughed, but refused to translate the elder's message.

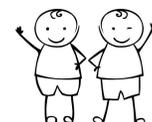
Finally, the NASA crew called in an official government translator. His translation of the old man's message was: "Watch out for these guys, they've come to steal your land."

## Woman Gives up her Twins for Adoption

One of the twins is sent to a family in Egypt and he is named Amal. The other goes to a family in Spain and they name him Juan.

Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Amal.

He responds, "They're twins! If you've seen Juan, you've seen Amal."



# CENTRAL OFFICE FINANCIALS – JULY 2024

<u>Income Statement</u>	2024	2023
<b><u>Revenue</u></b>		
Group Contributions	\$6,056.64	\$2,403.17
Contributions - Other	\$682.41	\$337.62
Purple Can Contributions	\$9.77	\$967.96
Sales of Product Income	\$9,366.32	\$8,116.39
<b>Total Income:</b>	<b>\$16,115.11</b>	<b>\$11,825.77</b>
<b>Total Cost of Goods Sold</b>	<b>\$6,922.35</b>	<b>\$5,615.50</b>
<b>GROSS PROFIT</b>	<b>\$9,192.76</b>	<b>\$6,210.27</b>
<b><u>Expenses</u></b>		
Accountant	\$630.00	\$630.00
Square fees	\$230.36	\$148.42
Activities, Snacks, Ect.	\$143.19	\$85.61
Cash Over Short	\$(17.46)	\$71.12
Professional Services, Postage	\$200.00	\$253.90
Phone & Internet	\$441.06	\$243.90
Printing, Paper & Reproduction	\$486.78	\$577.57
Purple Can Expenses	\$ -	\$200.00
Rent	\$3,000.00	\$1,500.00
Software, Hardware, Alarm	\$212.73	\$386.81
Utilities	\$448.80	\$343.28
Website	\$23.99	\$23.99
<b>Total Expenses:</b>	<b>\$5,799.45</b>	<b>\$4,603.20</b>
<b>NET OPERATING INCOME</b>	<b>\$3,393.31</b>	<b>\$1,607.07</b>
Interest Income	\$67.90	\$40.85
<b>Net Income:</b>	<b>\$3,461.21</b>	<b>\$(6,980.73)</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 – JULY

17th and 17th	\$275.00
12 O'Clock High	\$85.00
AA No Nonsense Group	\$92.00
BBT and T	\$120.00
DNS	\$217.00
Early Beginnings	\$100.00
Early Friendship Group	\$349.91
Every Night Firelight	\$150.00
Grapevine Group	\$189.05
Highland Group	\$51.00
Hillcrest Group	\$638.00
Hilltop	\$105.00
Hope on 90th	\$92.66
Live and Let Live	\$35.00
Magna Friendly Bunch	\$250.00
Non-Smoking Sobriety Hour	\$675.00
Sharing and Caring	\$251.50
Speak Easy Ladies	\$166.89
Sunday Morning Breakfast	\$180.00
Survivors Group	\$250.00
Thunder Heart	\$100.00
Wake Up Call PC	\$425.40
We agnostics	\$75.00
Women BB Study	\$200.00
Women Stepping Up	\$240.00
Monthly Total:	\$5,313.41
2023	\$3,372.28
Year Over Year Change	57.66%



## BIRTHDAYS

### UNITY LUNCH BUNCH

Steph — 30 Days Sami - 30 Days  
 Mark — 30 Days Jess — 90 Days  
 Peter — 90 Days Ryan — 90 Days  
 Richard P. — 9 Yrs

### PRIMARY PURPOSE

Dave B. — 19 Yrs Tony M. - 45 Yrs  
 Kevin K. — 17 Yrs Riley — 1 Yr

### SPEAK EASY LADIES GROUP

Monique M. - 16 Yrs Gina F - 22 Yrs  
 Patrica - 20 Yrs Anjie — 37 Yrs  
 Amy Jo — 1 Yr Julie PD - 34 Yrs  
 Joanne — 7 Yrs Claudia — 12 Yrs

### MIDVALE LUNCH BUNCH

Sheryl T. - 23 Yrs Stephen - 6 Yrs  
 Madolyn - 3 Yrs Jan — 18 Mos  
 Sherry — 18 Mos Rick — 29 Yrs  
 Amber — 6 Yrs Charlie — 6 Yrs  
 Anonymous - 14 Yrs

### THUNDER HEART

Carl E. — 35 Yrs Riley — 1 Yr  
 Troy M. — 7 Yrs Lance — 32 Yrs  
 Richard S. — 18 Yrs



Cont on pg. 10

## BIRTHDAYS

Cont from pg. 9

### UTAH STATE PRISON HOUR OF HOPE

Niole G. - 60 Days    Tiffany - 60 Days  
 Troy K. — 90 Days    Jullian — 6 Mos  
 John C. — 5 Yrs      Bob - 18 Yrs  
 Melchor G. - 15 Yrs

#### **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.

#### Why Birthdays?

We celebrate birthdays to acknowledge milestones in sobriety. It allows us to reflect on why we got sober. It demonstrates to the newcomer that long term sobriety is entirely possible. And finally, it allows you to celebrate your accomplishments with those who support you most.

#### “ But we do have expenses...”

“ When you “put money in the basket” you support your group and A.A. worldwide.

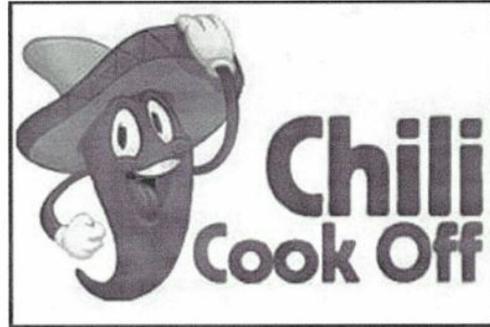
You help make sure that:

- Your group gets meeting space
- Phones get answered
- Alcoholic inmates get Big Books
- Professionals get correct information about A.A.
  - Loner A.A.s get letters
  - Newcomers get literature and meeting lists
  - A.A.s around the globe share experience, strength and hope
  - Region, Country, World — “I want the hand of A.A. always to be there...”

— GENERAL SERVICE BOARD OF ALCOHOLICS ANONYMOUS., INC.

## UPCOMING EVENTS

### Salt Lake CENTRAL OFFICE **AWARDS**



Peoples Choice  
(2) Honorable Mentions

#### **POT LUCK**

Bring:  
Side Dishes  
Desserts  
Beverages  
...and Friends

**Location: St.Vincent DePaul-1385  
Spring Lane/5100 So.**

**Date: Saturday October 5th 2024  
- Time 5:30-8:00 PM**

**Speaker 7:00 PM**

### 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

# UPCOMING EVENTS

SAVE THE DATE!!

## Celebrating the 50<sup>th</sup> year Anniversary

Of the

*Speak Easy Ladies Group (SELG)*  
 September 21, 2024 (Saturday)  
 12:00 – 1:30 PM  
 Potluck lunch and A.A. meeting  
 SELG is a Closed Women's Meeting



ALL SAINTS EPISCOPAL CHURCH  
 (upper-level social hall)  
 1710 Foothill Drive

# CORRECTIONS WORKSHOP

SUN 22ND SEPTEMBER  
 2-4:30 PM

**Free  
 Coffee  
 & Pizza**

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

Fellowship Hall

2060 South, Windsor St,  
 Salt Lake City, UT



Questions?  
 Contact Rich F: 860-538-5602

# Miracles Happen in Recovery

FALL FELLOWSHIP WEEKEND  
 OCT. 18-20, 2024  
 AT COMFORT SUITES  
 2250 S. 1200 W.  
 OGDEN, UT. 84401

REGISTRATION IS NOW OPEN!

- Single Ticket - \$25
- Families 3+ - 40
- Use the Venmo link below or contact Debbie A. to arrange another method of payment.

REGISTER NOW:

- Lodging is \$107 a night.
- Register and pay via Venmo
  - Please comment w/ your full name, phone #, and email address.



*Living Your Silhouette!*

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**