

# LIFELINE

Salt Lake  
Central  
Office  
Newsletter



## February 2025



"Came to believe that a Power greater than ourselves could restore us to sanity"

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## A JUDGE'S THOUGHTS ON SANITY

Step Two - Came to believe that a Power greater than ourselves could restore us to sanity.

I have learned from AA in many ways, but one of the most unexpected is the deeper understanding and appreciation of sanity it has given me. This is not a backhanded compliment. I served on the bench for many years in Indiana. During the time I was a trial court judge, I issued mental commitment orders and reviewed the continuing commitment for cases on my docket. I, like most judges and lawyers, gained my knowledge about alcohol and mental illness from on-the-job experience.

I thought I understood sanity. I would have defined it as the absence of all the illnesses for which I committed people to treatment. You know, conditions like paranoia or manic depression, illnesses requiring the people concerned to be led into the courtroom in a strait jacket and prompting them during the ten-minute hearing to chew their shoelaces loose and take their shoes and socks off with their teeth. I would conduct a mental commitment hearing and be struck by the sadness of the person and often of the families. I saw parents weep over a child who was not present except in body. But I never connected sanity or lack of sanity with alcoholism. I conducted only one commitment hearing for an alcohol-related psychosis. It was in

the dead of winter, and the man was in danger of freezing to death in the car he lived in. Most of the alcoholics I dealt with were in criminal or civil court for divorce or family matters, not the probate docket for mental illness. Alcoholics were drunk, not crazy. If one was not crazy, one was sane.

Or so I thought. But, as the saying goes, when the student is ready, the teacher will appear. My teachers appeared as AA speakers. Listening to them tell the stories of their drinking and their restoration to sanity, I began to understand that sanity is more than the opposite of insanity. Alcoholics may not live sane lives even when they are not insane. That is true for most of us. My own life has elements that can be restored to sanity, and I will share that with you in due time.

People have their idiosyncrasies. Who am I to call these occasional oddities manifestations of insanity? I love puns and good humor, but there is nothing funny about the suffering of an alcoholic who is not in recovery or about someone with mental illness. So when I talk about cases I handled in court, sometimes there is a natural humor in the story, but in no way is it meant to diminish the importance of the struggle in those lives for health and wholeness. It is also important to be clear that alcoholism is a distinct and separate disease.

Cont on page 2

# A JUDGE'S THOUGHTS ON SANITY

Cont from page 1

There are mental illnesses and while an alcoholic may have a mental illness in addition to alcoholism, it is not a prerequisite in being restored to sanity.

And that brings us to Step Two, a Step of simple words. The words "restore us to sanity" are so affirming. All of us start out sane. These words give hope of returning to that health and saneness. Step Two is the restoration to a healthy life that is grounded in the reality of today. "One day at a time" is a phrase of sanity. It keeps me here and now. It is the opposite of sanity to fret and mourn over that which you can't undo, and it is equally unhealthy to live in tomorrow. Today is the only day anything will ever get done.

There are three parts to Step Two. The first part is coming to believe, the second is a higher power, and the third is the restoration to sanity. For Step Two to work, I have to believe in a higher power. Each member of the Fellowship has a different understanding of who or what that higher power is. My personal higher power is God. While I follow Christ, I understand that the details of my belief should not be imposed on anyone else. Indeed, AA is about attraction, not promotion. That prohibition against promotion includes making sure I do not use the AA fellowship as a way to promote or evangelize the outside issues of my personal faith. So for the Second Step to work, one needs a higher power of one's own understanding. (If anyone wants my higher power, I am happy to share when asked.)

Now to share about the third part of the Step, the restoration to sanity, I'd like to describe the preceding twenty-four hours of my life with this excerpt from an e-mail I just sent to my office: I left my laptop power pack in Chicago. No wait, the worse part is that I left my prescription glasses in a restaurant in Washington, DC. Oh, wait! Maybe the worst part is that I dropped chicken parmesan on my tan slacks and had to run over and buy a clean pair for the press conference. That was not what I intended to do with a hundred dollars. I will be back in the office and in town all next week. I will check e-mail as soon as I can find Internet connections. I will be in Huntsville until Sunday afternoon. In any case, the cell phone will get me--until I lose it.

This is not an exaggerated statement. It describes exactly what happened, and it doesn't even

mention that I am running late with the final copy for this article. But as the third part of Step Two says, my Higher Power has restored me to sanity. How do I know? Because the events of this week have not driven me crazy.

The word sanity is derived from the Latin, sanus, which means healthy, whole, and clean. The word sanitary is a close relative of the word sanity. I'm grateful for the lives of my AA friends. They are recovering, and they have shared their healthy way of approaching the challenges of life with me. I am grateful to one friend in particular, and if we lived a little closer to each other, I would seek her counsel even more.

When I came on the General Service Board of Alcoholics Anonymous, I had the profound belief that the AA program really worked. That belief grew from knowing people who wrote me letters of amends after I sent them to jail, from seeing sober members of AA give their time to bring meetings to jails, and from the hard work and productivity of those in the community who were sober, thanks to the Fellowship of AA.

The passing on of health and wholeness, otherwise known as sanity, is part of the marvelous AA way. Hearing friends share their experience, strength, and hope has helped me make huge changes in my work life. Twice I have reinvented my career, risking my ego and financial security. The first time, my Higher Power nudged me to leave an unfilled term on the Indiana Court of Appeals to go to Purdue University. That turned out to be a wonderful experience, which has helped me grow. I worked with people whom I continue to love to be in projects with and conduct other work with. The first change opened the door to the second change, and now I work for both Purdue University School of Agriculture and the Indiana University School of Medicine, seeking collaborative ways to improve public health and to face up to the challenges alcohol and addiction pose to the health of all of us.

That Second Step is all about getting healthy and getting real. Thank you, AA, for sharing Step Two.

- Linda L. Chezem, J.D.

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## BLAST FROM THE PAST "MY QUIET TIME"

Dear God, the dawn is breaking through  
Another day begins anew.  
Another day You've given me  
God, may I start it just with Thee?

I Love this time of day, 'tis true  
'Cause God, I am alone with You.  
With open heart, in my won way  
I speak the things I want to say.

I know too, God, that You're at hand  
'Ere what I say, You'll understand  
And all this day I'll better be  
For having had this talk with Thee.

Now, first I give my thanks to You  
For yesterday, You helped me through,  
You gave what means the most to me  
Peace of mind and sobriety.

There was a time, dear God, 'tis true,  
When I had most forgotten You.  
My life I ran just by myself  
Without Your guidance or Your help.

Oh, life seemed great all was gay  
As I drank and played the merry way.  
More friends I had than I can tell  
Who swore they'd stick by me through hell.

Life's game went on, the play got rough  
By then I'd learned to trick and bluff,  
To tell a lie and fudge a bit  
What I didn't like - "to hell with"

'Twas then that hate and fear crept in,  
I licked 'em both with wine and gin.  
And, when the going got quite though,  
For courage I used whiskey bluff.

My troubles now were mounting fast  
I soon lost all that I once grasped.  
And, this I hate to say though true  
Yes, God, I blamed it all on you.

"'Twas then I drank and drank some more  
Until I'd hit the bottom floor.  
Oh, then that day of great despair  
Those friends I'd made, not one was there.

Oh, God! I cried, "have You gone too?"  
No. You were there to help me through,  
For a messenger you sent to me  
With plans for my sobriety.

A way of life he called A.A.  
To help me live the sober way.  
And then, to me he gave his hand  
And helped me rise 'till I could stand

He taught me how to trust in you  
To find a happy life so new  
And give to others this great plan  
Inspired by You - a gift to man.

May I now ask this favor, God?  
Before down this day's path I trod,  
Please take my life; it belongs to Thee  
And run it just this day for me.

For this new day 'ere it may bring  
I thank you God for everything.  
And, may I thank you once again  
For the A.A. plan you gave to men.

- Clyde G.

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## SEVENTH TRADITION Contribution Addresses

**General Service Office**  
Post Office Box 2407  
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New York, NY 10116-2407

**Area 69 Treasurer**  
PO Box 18134  
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**District 10 Treasurer**  
P.O. Box 57271  
Murray, UT 84157

**Salt Lake Central Office**  
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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 — Vince [activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)  
Archives — Jose [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)  
By-laws — "OPEN" [bylaws@saltlakeaa.org](mailto:bylaws@saltlakeaa.org)  
Literature — Charlie T. [literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)  
Coins — "OPEN" [coins@saltlakeaa.org](mailto:coins@saltlakeaa.org)  
Public Info — Melissa E. [pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)  
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Corrections - "OPEN" [corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)  
Outreach — Brian [outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)  
Hotline — Blake [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)  
Newsletter — Danny B. [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)  
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Treatment & Accessibility — "OPEN"  
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Twelfth Step - Jerry E. [12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)  
Volunteer — Kim [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)  
Website — "OPEN" [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)



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

Subscribe to Lifeline via email or USPS at [www.saltlakeaa.org](http://www.saltlakeaa.org)

# Central Office Meeting Minutes - 01/14/2025

## "Serving Our Community for Over 76 years"

### January Rep Meeting Minutes

**Chairperson: Brad C.** — Opened the meeting

**Attendees** - Positions and/or Homegroup Representation

#### **Roll Call:**

Brad C. - Chair  
Allen B. - Valley View/Co-Chair  
Jennie S. - Speak Easy Ladies/Secretary  
Nick C. - Sugarhouse Mens/Technology  
Elan B. - We Agnostics/Outgoing Technology  
Sharisse E. - Women in Sobriety  
Chris G. - Spreading the Message/Treasurer  
Tullivan - Sunday Morning BB  
Jose G. - Sunday Morning BB (Alt)  
Riley S. - Salt Lake Young People  
Mark O. - Bog Irish BB Study  
Liz M. - Up Group  
Ben S. - Murray Group  
LeAnne P. - An AA Group  
Avery L. - 5:15 Happy Hour  
Todd H. - 5:15 Happy Hour  
Roger L. - 5:15 Happy Hour  
Melissa E. - Stonewall/PI Chair  
Kevin W. - West Jordan AA  
Rafael C. - Group Libertaad  
Sean L. - Balker BB Study  
James P. - City At Seven  
Rob G. - Hot Topic  
Linsey B. - South Davis Group  
Diane B. - Grapevine  
Nick - Interested AA  
Jason H. - Conscious Contact  
Sue W. - Conscious Contact (Former)  
Brian W. - Ashley's Angles/Outreach Chair  
Blake S. - Sugarhouse Mens/Hotline Chair  
Shane - Interested AA/Hotline Committee  
Kyle A. - Stonewall Group  
Jeremy L. - District 2 Liaison  
Dan B. - 13th East A.A. Meditation  
Julia M. - Hillcrest/Trustee Dist 13  
Max - Outgoing Hotline, Incoming  
Kim B. - Volunteer Chair  
Vince S. - Activities Chair  
Danny B. - Primary Purpose/Lifeline  
Declan O'F. - Across the Room/Dist 10 Liaison  
Jerry E. - 12th Step Chair  
Laurie A. - South Valley Lunch Group  
Jeff P. - Webservant  
Jeff D. - Across the Room  
Robin R. - Rise & Grind  
Brian L. - Southenders  
Samantha S. - Hope on 90th  
Jamie K. - Every Night Firelight  
Derek B. - Draper Group

### Board of Trustees

**Secretary: Jennie S.** asked everyone to sign the attendance sheet on the clipboard circulating around the room. Announced that flyers of the open Central Office positions will be emailed with the minutes. Chris G. made a motion to approve December Central Office Rep Minutes, passed unanimously.

**Treasurer: Chris G.** announced Group Donations finished strong, up 25% from last December, which means we were up 1.45% in 2024 vs 2023 with a grand total of \$45,564.53. We also received some large end-of-year donations from individuals, so total contributions for the month were roughly \$6500. The operating income for the month was \$5,300, which is fairly high for our operations.

As of the end of December, we have about \$90k in cash or cash equivalents, which is well over our required prudent reserve. Also, our tax documents for 2023 were filed on time by the CPA. We have roughly \$154 K in total assets, with a good chunk as inventory. Our prudent reserve is \$40K.

Declan wanted to know if there are any risks having such a large cash balance. It was mentioned that we need to negotiate new rent this year so it's good to have an excess (see New Business). Declan made a motion to approve the 2024 December Financials, passed unanimously.

**Trustee at Large (District 2 liaison): Jeremy L.** announced we have one District Committee Member position still open, and four alternate DCM positions open. The District has a surplus in funds. Refer to District 2 Newsletter.

**Trustee at Large (District 10 liaison): Declan Ó F.**

The District Ten GSR meeting was held on the first Monday of the month. It was well-attended, and they covered a lot of business. Open positions include DCMs for Sections One and Two, alternate DCMs, and Grapevine Chair. Sue, the literature chair, mentioned that new service manuals are available. They're here on the literature racks for four dollars! Rick, the immediate past BTG chair is working with treatment to get meetings into Salt Lake Behavioral Health. It's a fun program, and I'd encourage it to anyone interested in service positions.

Craig, the treatment chair, is looking for experienced AAs to chair treatment centre meetings. And he's looking to visit at least one treatment centre per week. Catherine, the corrections chair, reported issues with construction on pods. Right now, pod B is expected to be closed through part of February. Two chairs from District Ten will be attending PRAASA in Alaska this upcoming March. District Ten is introducing the practice of alternating printed and verbal standing chair reports every other month, to give GSRs more time to actively lead the meeting.

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# CENTRAL OFFICE MEETING MINUTES - 01/14/2025

Continued from page 5

Having talked with Brad and the rest of the board, I know in Central Office we're always looking for ways to better encourage our own bosses - you, the CO Reps - to take charge, and this is one of the ideas brought to the floor at our board meeting. So, I thought I'd float that idea by you, and let you know that if you're interested, this is your meeting, and you have every right to raise that idea for consideration.

**Trustee at Large (District 11 liaison): OPEN** Elections: No one stood.

**Trustee at Large (District 13 liaison): Julia M.** Robust meeting, well-attended. The December 2024 meeting with District 13 was well attended by the GSRs. Alan and Julia both attended and folks had a good opportunity to connect with Julia and wish Alan well as he continues to be of service at the Central Office. The District is trying to fill three open positions; at this time, the treasurer position remains a critical seat to fill. The outgoing treasurer's report was reviewed in detail - which included a rundown of expenses and a proposed budget. Most representatives talked about their respective meetings growing with the Herriman High School meeting suffering due to cancellations as the result of their location.

**Alternate Trustee At Large #1 and #2: OPEN**  
Elections: No one stood.

## Standing Committee Chairs

**Hotline: Blake S.** - Max gave the report and brought info Blake needs. One group decided to quit doing Hotline so he needs volunteers the 4th and 5th Saturdays of each month from 6 pm to midnight.

**Twelfth Step: Jerry E.** Kevin, alternate, spoke for Jerry. They have a list they are validating, would like to expand to Magna, Provo, Tooele, and Bountiful.

**Activities: Vince S.** Nothing to report at this time.

**Newsletter: Danny B.** Newsletter committee puts together the Lifeline at Central Office on the last Thursday of the month so feel free to join! We have funds for bulk rate mail for 6 months. Would love stories on Step 3 for March - deadline to submit is the 20th of each month. Also, please send Group Birthdays! [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

**Outreach: Brian** Nothing to report at this time.

**Website: Jeff P./OPEN** Elections: No one stood. Please take this to your groups. Very important!! Mark O. inquired about the requirements and skill-set. The position requires 2 years sobriety, experience with WordPress preferred. Declan has someone interested in being on the committee who is very technically advanced.

Jeff's report: web traffic has been very consistent; for the past year we've averaged roughly 5000 visitors/month, with most looking for meetings.

**By-Laws: Max D.** Wants to make the By-Laws process more democratic so thinking of taking them to the groups

to see what they want changed. Needs about 2-3 weeks to get this off the ground. Would love an assistant!

**Volunteer: Kim B.** Remember the volunteer party at Central Office this Saturday Jan 18th from 11-3 pm to celebrate our all- volunteer anniversary. There will be food, a raffle, speakers, and an opportunity to explore service positions. We need volunteers at Central Office! All shifts are needing 2-3 more people and are very flexible - you can work a full day or few hours. Email [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org) if interested or you have any questions. Need people for Wed Thurs Fri. 10-5 Mon-Fri 10-2 Sat.

**Literature: Charlie T.** By-laws require inventory twice a year - needs help with that in February, probably on Sunday.

**Archives: Jose** stood for Archives chair, and was unanimously approved. His sobriety date is 1/1/2014 and his Home Group the Sunday Morning Big Book Study. He has been a GSR and Central Office Rep in the past and has some Archival experience.

**Treatment Facilities and Accessibilities: OPEN**  
Elections: No one stood.

**Corrections: OPEN** Elections: No one stood.

**Cooperation with Professionals: OPEN**

**Public Information: Melissa** - Made contact with David, incoming PI for one of the districts as well as District 2 PI Dan B.; looking for the other 2 PI contacts. We have a PI Facebook page - please take a look and let Melissa know if there is anything else we want to see. Looking to track down a large bag of literature she used while she was the P.I. chair a while back, Kim responded that it was in storage - yay! Needs people for her committee. Melissa's number: 801-915-3573.

**Coins: Kathy/OPEN** Elections: No one stood.

**Technology: Nick** Working out the kinks out for Zoom. Incoming chairs - come get access to your Central Office email.

**Alternate Technology: OPEN**

**OLD BUSINESS:** For all open position descriptions, please visit [www.saltlakeaa.org](http://www.saltlakeaa.org) at About/Bylaws PDF.

**NEW BUSINESS:** Declan expressed concern over our excess, referenced By-Laws; suggested we come up with a formal way to go about budgeting. Brad suggested a sub-committee and wants to address it next month. Kim asked when the meeting with the landlord would take place; our Lease is up in June. Brad will talk to the building owners and report back next month. Meeting closed at 7:22 PM with the Responsibility Statement.

**Next Central Office Rep meeting will be held on 2/11/2025 @ 6:30 pm.**



## STEP 2 OF ALCOHOLICS ANONYMOUS

"Came to believe that a Power greater than ourselves could restore us to sanity." The moment they read Step Two, most AA newcomers are confronted with a dilemma, sometimes a serious one.

How often have we heard them cry out, "Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right—but where do we go from here?"

First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and to stay sober, you don't have to swallow all of the Step 2 right now. Looking back I find that I took it piecemeal myself. Third, all you really need is a truly open mind.

Step 2 may not happen overnight. The belief in a "Higher Power" will gently and very gradually begin to infiltrate your life. Many have substituted a "Higher Power" for AA itself. In this respect it is certainly a power greater than ourselves.

AA is a very large group of people who have solved their alcohol problem. In this respect they are certainly a power greater than you. Surely you can find faith in them. Even this minimum of faith will be enough.

Few indeed are the practicing alcoholics who have any idea how irrational they are, or seeing their irrationality, can bear to face it. Some will be willing to term themselves "problem drinkers" but cannot endure the suggestion that they are in fact mentally ill.

They are abetted in this blindness by a world which does not understand the difference between sane drinking and alcoholism. "Sanity" is defined as "soundness of mind." Yet no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining-room furniture or his own moral fiber, can claim "soundness of mind" for himself.

Therefore, Step Two is the rallying pint for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every AA meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

- *Twelve Steps and Twelve Traditions*

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## JOKE OF THE MONTH

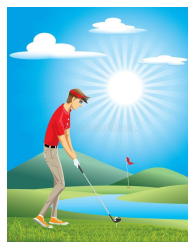
### Solitary Confinement

Three men are sentenced to twenty years of solitary confinement. However, they're each is allowed one luxury to take to their cells. The first man asks for a stack of law books. The second man asks for a pile of medical books. And the third man asks for two hundred cartons of cigarettes. At the end of the twenty years, they open up the first man's cell. He comes out and says, "After all the learning I can now become a lawyer." They open up the seconds man's door. He says, "After all the learning I can now become a doctor." They opened the third man's door. He comes out and says, "Anybody got a match?"



### Golf in Heaven?

An avid golfer is so obsessed with the game he can't stand the idea of not playing when he's dead. To put his mind at rest he goes to a psychic to try and find out if there's golf in Heaven. The psychic communes with the spirits and says, "I have good news and bad news." "What's the good news?" asks the man. "Heaven does have a golf course," say the psychic. "It's a beautiful course with 36 holes, 24 - hour access, and the most magnificent clubhouse you can imagine." "Wow says the man. "So what's the bad news?" The psychic replies, "You're booked in for a game next Tuesday."



# CENTRAL OFFICE FINANCIALS – DECEMBER 2024

<u>Income Statement</u>	2024	2023
<b><u>Revenue</u></b>		
Group Contributions	\$4,709.46	\$1,193.74
Contributions - Other	\$1,751.86	\$1,892.73
Purple Can Contributions	\$46.00	\$322.83
Sales of Product Income	\$7,398.40	\$7,149.18
<b>Total Income:</b>	<b>\$13,905.72</b>	<b>\$10,558.48</b>
<b>Cost of Goods Sold</b>	<b>\$5,185.99</b>	<b>\$5,649.06</b>
<b><u>Gross Profit</u></b>	<b>\$8,719.73</b>	<b>\$4,909.42</b>
 <b><u>Expenses</u></b>		
Accountant	\$630.00	\$630.00
Bank and Square fees	\$156.51	\$166.63
Office Supplies, Snacks and Water	\$120.90	\$170.94
Cash Over Short	\$(518.73)	\$(855.42)
Licenses, Permits and Insurance	\$86.54	\$571.50
Newsletter	\$ -	\$51.23
Printing, Paper & Reproduction	\$380.72	\$310.01
Purple Can Expenses	\$ -	\$100.00
Rent	\$1,500.00	\$1,500.00
Security Alarm	\$ -	\$74.85
Software and Hardware	\$407.97	\$342.57
Utilities, Electrical and Garage	\$436.70	\$522.08
Phone & Internet	\$252.08	\$217.20
Website	\$23.99	\$75.54
<b>Total Expenses:</b>	<b>\$3,476.68</b>	<b>\$3,672.28</b>
 <b>NET OPERATING INCOME</b>	 <b>\$5,243.05</b>	 <b>\$1,237.14</b>
<b>Interest Income</b>	<b>\$56.50</b>	<b>\$74.12</b>
<b>Net Income:</b>	<b>\$5,299.55</b>	<b>\$1,311.26</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!!**



# GROUP CONTRIBUTIONS - DECEMBER

# BIRTHDAYS

7th Up Group	\$25.00
12 O'Clock High	\$150.00
Ashley's Angels	\$121.00
By the Book	\$214.00
Early Beginnings	\$200.00
Flying High	\$100.00
Fresh Air Serenity	\$50.00
Garden Variety	\$290.00
HillCrest Zoom	\$100.00
Magna Friendly Bunch	\$200.00
Non-Smoking Sobriety Hour	\$430.00
Old Fashioned AA	\$140.00
Park City Group	\$30.10
Primary Purpose	\$72.00
Stepping Stones	\$23.00
Sugarhouse Men	\$318.30
The Right Stuff	\$54.00
Unknown	\$150.00
Weekend Get AA	\$150.00
Women in Sobriety	\$75.00
Young and Alive	\$50.00
Monthly Total	\$2,942.40
2023	\$2,361.17
Year Over Year Change	24.62%

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

**Donate here**



**Tradition Seven**

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

## GRAPEVINE GROUP (OCT/NOV)

- Alex - 30 Days      Laura - 30 Days
- Valen - 90 Days      Cam - 90 Days
- Sonny - 90 Days      Weston - 6 Mos
- Preston - 18 Mos      Vaughn - 1 Yr
- Michelle - 5 Yrs      Spencer - 5 Yrs
- Tiffany - 2 Yrs      Murek - 10 Yrs
- Mark- 8 Yrs      Kevin - 10 Yrs
- Kathy 37 Yrs      Peggy - 30 Yrs
- Kyle - 13 Yrs      Aiht - 19 Yrs
- Dustin - 15 Yrs

## GRAPEVINE GROUP (DEC/JAN)

- Travis - 9 Mos      Jackie - 2 Yrs
- Alex - 1 Yr      Emilee - 2 Yrs
- Leslie - 3 Yrs      Davey - 18 Mos
- Spencer - 1 Yr      Fabian - 1 Yr
- Matt - 15 Yrs      Melissa - 16 Yrs
- Bill - 32 Yrs

## THUNDER HEART

- Chris L. - 1 Yr      Connie M. - 7 Yrs
- Danny B. - 11 Yrs      John S. - 41 Yrs
- Jerald L. - 17 Yrs      Julia T. - 1 Yr
- Sam N. - 1 Yr      Tyler S. - 1 Yr

## PRIMARY PURPOSE

- Bill R. - 27 Yrs      Brian O. - 39 Yrs
- Burgindi S.- 9 Yrs      Dennis S. - 49 Yrs
- Jason S. - 7 Yrs      John M. - 42 Yrs
- Karen H. 25 Yrs

## UTAH STATE PRISON - HOUR OF HOPE

- Matthew H. - 30 Days
- Red H. - 30 Days
- Caleballen A. - 60 Days
- Chris H. - 60 Days
- Mike H. - 60 Days
- Phoenix R. - 5 Yrs
- Mike A. - 1 Yr

Birthdays Cont on Page 11

# BIRTHDAYS/ UPCOMING EVENTS



Area 69 (Utah)

## Plain Language Big Book Read-Through

Hybrid Meeting  
Saturdays at 9:00 AM  
Starting January 25th



In Person:  
Salt Lake Central Office  
80 W Louise Ave  
South Salt Lake City, UT 84115



Zoom:  
Meeting ID: 93369930357  
Password: aa



Please send questions to Area Literature Standing Chairperson:  
[area69literature@aaofutah.org](mailto:area69literature@aaofutah.org)

### UNITY LUNCH BUNCH

Scott - 30 Days	Jessie- 30 Days
Bridget - 30 Days	Jayson - 30 Days
Alan - 30 Days	Nathan - 30 Days
Troy - 60 Days	Lashena - 60 Days
Wes - 60 Days	Ron - 60 Days
Rachael- 60 Days	Camille - 60 Days
Scott - 60 Days	Matt - 6 Mos
Jeremy - 9 Mos	Julie - 9 Mos
Kevin - 9 Mos	Arnie - 1 Yr
Ryan - 1 Yr	Melissa - 2 Yr
Mikey - 1 Yr	Matt 2 Yrs
Laura - 1 Yr	Max 3 Yrs
Serena - 9 Yrs	Richard - 24 Yrs
Ciday - 13 Yrs	Louise - 38 Yrs
Jose - 11 Yrs	Larry - 24 Yrs
Charlie T. - 36 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 the 20th of each month.

SUGARHOUSE  
MENS GROUP

## 75TH ANNIVERSARY CELEBRATION

ALCOHOLICS ANONYMOUS

**FEBRUARY 21, 2025**  
**7:00PM**  
**3280 E 3900 S SLC,**  
**UT 84124**

All are welcome: kids, spouses, neighbors, and family. Light refreshments will be served after the meeting.

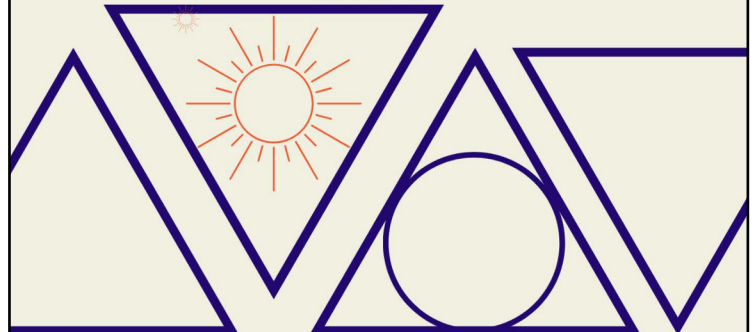
HOSTED BY DISTRICT 9  
IN MOAB, UTAH

## ◆ AREA 69 ◆ COMMITTEE MEETING

SATURDAY FEB. 22, 2025

9AM-5PM @ MOAB VALLEY INN  
ADDRESS: 711 S. MAIN STREET  
8:30-9AM NEWCOMERS BLOCK  
8:30AM REGISTRATION  
LUNCH NOT PROVIDED

AREA ZOOM MEETING MEETING ID:  
879 3198 3200  
PASSCODE: 109417



LOCAL AA MEETING: FRIDAY, FEB 21ST  
8PM - TRIANGLE HOUSE - 84 W 100 S  
ZOOM ID: 96052595039 PASSWORD 417408

◆ LOCAL HOTELS ON BACK OF FLYER ◆

# UPCOMING EVENTS



## Dixie Winterfest 2025 March 14-16

"Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert death and misery for them."

pg.124 AA Big Book - The Family Afterwards

[Home](#) [Support/Volunteer](#) [Activities](#) [Tickets](#) [Speakers](#) [2025 Workshop Series](#)

Home

### Winterfest 2025 Theme: The Dark Past – Greatest Asset

\* From Big Book – Chapter 9, 'The Family Afterward.' – page 124

"The dark past is your greatest possession – the key to life and happiness for others."

Dixie Winterfest is the annual AA conference hosted in St. George, Utah, offering a mid-winter weekend of recovery, fellowship and "Fun in the Sun". This year will be the 27th consecutive year of Dixie Winterfest.

### Aspiring Writers

Please share your Step 3 story (1 page) "Made a decision to turn our lives over to the care of God as we understood Him" Please submit to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by Feb 20 for our March newsletter.

### Central Office

"Volunteers" are always welcome.

Contact Kim

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

or call (801) 484-7871

## UCYPAA 2025

# Our Roots Grasped a New Soil.

### May 16-18 2025

### Camp Kiesel

15510 East Causey Drive  
Huntsville, UT 84317

For questions contact:  
[ucypaahost@gmail.com](mailto:ucypaahost@gmail.com)  
[meganr102723@gmail.com](mailto:meganr102723@gmail.com)

Register at: [UCYPAA.ORG](http://UCYPAA.ORG)  
\$25 PRE-REGISTRATION



On Feb 11, 2025  
at Central Office  
80 W Louise Ave, SLC

### COME JOIN US!

CENTRAL  
OFFICE  
SALT LAKE CITY  
ESTD 1947



### OPEN POSITIONS

Trustee District 11 Liaison

Alt Trustee

Website

Corrections

Cooperation with Professionals

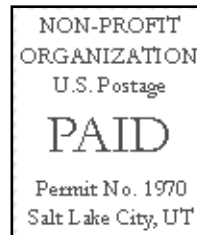
Coins

Alt Technology

[WWW.SALTLAKEAA.ORG/SERVICE/#BYLAWS](http://WWW.SALTLAKEAA.ORG/SERVICE/#BYLAWS)

(801) 484-7871

**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