

LIFELINE

Salt Lake City Central Office Newsletter

November 2012

There is a direct linkage . . .

“There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.” What an incredible promise! This program is full of promises, each step has its own.

When I was first introduced to the steps there seemed to be no flow to them at all. But I had gotten to the point that I knew that if I didn’t jump in and do the rest of the steps that I was going to drink again. I stopped fighting, I stopped struggling. I surrendered to the reality that this disease was far more powerful than I and that it (alcohol) controlled me, not the other way around.

The actual practice of meditation started when my sponsor suggested that I read pages 86 – 88 in the Big Book. Some quiet time in the morning to start the day, pausing throughout the day, then reflecting on the day in the evening. This simple discipline was all I could do, and not with much regularity! It was enough to keep the ball rolling. It still amazes me that these steps seem to meet us where we’re at. No matter how much the fog has lifted, or not, the spiritual principles gleaned from the utilization of these steps has a powerful effect on us.

I found a couple AA meetings that focused on step eleven. They actually did a 20 minute silent meditation which I found very hard to sit through at first! One meeting gave a very simple technique of focusing on your breath and counting them. This simple focus helped quite my mind from all of its chatter, kind of! I heard it said that if my thoughts wonder a thousand times and I bring them back to my focus point a thousand and one that it was a successful meditation. That helped me realize that I don’t have to ‘do it perfectly’ to gain some benefit.

We’ve all heard that old saying, “Be still and know that I am God.” I began to truly experience Its presence in the stillness of meditation. It was an opening, a clearing of a channel. At first I was convinced that there wasn’t a God, or at least not one that cared about us as individuals. Why all the suffering and tragedy in events where it seems like it’s circumstances were beyond human control?

What I’ve come to understand is that even that so called ‘suffering’ can be used for good. Every wrecked car, ruined relationship, every time I was sent to jail got me closer to the point of surrendering to that Power Greater than myself. What I thought were my greatest advances weren’t! And what I thought were my greatest defeats were in fact some of the greatest advances. I do not know what’s best for me! I do trust the process of the steps of Alcoholics Anonymous. I’ve not only experienced miracles in my own life but I literally see the dead rising, and the blind seeing. Those of us that are sober members of this Fellowship are living miracles, living proof that this thing really does work, when it’s worked!

Today I do feel like I belong, I am a part of this amazing Fellowship. I no longer live in a completely hostile world. I have begun to see that truth, justice, and love are the real and eternal things in life. I’m no longer deeply disturbed by all the seeming evidence to the contrary that surrounds me in purely human affairs. When I turn to Him all is well.

~ The New Yorker Group
48 W Market St , Salt Lake City
Fridays 6:40am

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LIFELINE

The Monthly Newsletter of
Central Office of Salt Lake City, Inc.

We welcome your correspondence and will publish your material, space permitting, if it meets editorial criteria. *Share your experience, strength, and hope with another alcoholic.* To submit articles, suggestions or contributions, contact Central Office of Salt Lake City:

Central Office of Salt Lake City, Inc.
80 West Louise Avenue
Salt Lake City, Utah 84115
lifeline@saltlakeaa.org

Central Office Board of Trustees

board@saltlakeaa.org

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Activities (activities@saltlakeaa.org)	Shar C.
Archives (archives@saltlakeaa.org)	Meg G.
Bylaws (bylaws@saltlakeaa.org)	Linda B.
Hotline Telephone (hotline@saltlakeaa.org)	Tim H.
Literature (literature@saltlakeaa.org)	Chris H.
Newsletter (lifeline@saltlakeaa.org)	Doug R.
Outreach (outreach@saltlakeaa.org)	Wendy W.
Twelfth Step (12step@saltlakeaa.org)	Carl C.
Volunteer (volunteer@saltlakeaa.org)	Betty H.
Website (webservant@saltlakeaa.org)	Jonathan H.

Central Office Statement of Purpose

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

- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone list;
- to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A. approved literature for sale to members and the public;
- and to print and distribute a newsletter.

Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

Groups Represented at the October 2012 Central Office Representatives Meeting

90th & 32nd 974 Group An AA Group Basis Young People's Big Ugliers Came to Believe Closed Meeting of A.A. District 2 Cottonwood Group Early Friendship Fresh Air Serenity Seekers Garden Variety Happy Destiny Happy Group Highlander Group Honey's	Hot Topics Meeting Midvale Lunch Bunch Murray Holiday New Way New Yorker Nomadic Lunch Bunch Nutbuckets Off the Cuff Primary Purpose South Enders Spiritual Quest Sugarhouse Men's Survive and Serve Up Group VA Welcome Home West Valley Group
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7th Tradition Contribution Addresses

AA World Services
Box 459
Grand Central Station
New York, NY 10163
<https://ctb.aaws.org/Login.aspx>

Central Office of Salt Lake City
80 West Louise Ave.
Salt Lake City, UT 84115

Area 69 Treasurer
PO Box 1422
Salt Lake City, UT 84110
<http://utahaa.org/contributions.php>

District 10 Treasurer
PO Box 57271
Murray, UT 84157

District 2 Treasurer
PO Box 615
Salt Lake City, UT 84110

Congrats to our Birthdays! It works — it really does!

Nomadic Lunch

Bob	30 Days	Ian	60 Days	Colleen	90 Days
Sally J	30 Days	Bailey	90 Days	Kaley	90 Days
Stephen	15 Years	Jeff	90 Days	Carolyn	90 Days
Ron	24 Years	Shawn	90 Days	Katie	90 Days
Zeke	27 Years	Charles	6 Months	Jill	18 Months
Bud	27 Years	Dennis	1 Year	Jessie	2 Years
		Keven	4 Years	Sarah	8 Years
		Frankie	8 Years	Mike	26 Years
		Mark	10 Years		
		Kelly W	10 Years		
		Bud	21 Years		
		Kim	29 Years		

Please submit your Group's Birthday and news before the 15th

Fresh Air Serenity Seekers Group

Bruce	30 Days		
Eric	30 Days		
Steve	30 Days	Alicia	30 Days
Sara	60 Days	Jan	60 Days
Brenden	60 Days	Rachael	90 Days

Big Uglies

Please e-mail them to LIFELINE@saltlakeaa.org or bring them into the office.

"By applying the principles of the program, I have gained my freedom - freedom to be myself, to like myself as I am, to become whatever it is that my Higher Power has planned for me, one day at a time - freedom to live the type of life I'm most comfortable with, to love, and to laugh."

*Toledo, Ohio, September 1982
From: "Above All, an Alcoholic"
In Our Own Words: Stories of Young AAs in Recovery*

From: The Chair in the Corner

Once again I find myself late with my submission for the Lifeline and our editor reminding that the 15th has come and gone. It was a busy summer and already it feels like fall is here. If the color and location of the leaves in yard mean anything then fall is half over. The leaves are red and yellow and already lots of them are on my lawn. I think it was a good summer, it seems that there was always something going on. I don't recall a summer where I spent less time wondering what will I do today, my plate always seemed to be overfull. Thanks to all of you for your help and participation in the events put on by the Central Office.

On October 13 we had our first service workshop at Central Office dealing with duties and experiences of our board and committee chairs. Several members showed up and expressed interest in working with and chairing on the committees and running for open board positions in November and December. Did I mention that elections for board positions will be in November at the Central Office Reps Meeting. Several positions are open including Chairman, Co-Chair, 1 Trustee and 2 Alternate

Trustee positions. These positions are for 2 years and do require a little time, some energy and a commitment to make Central Office a better place for everyone. I feel like our team has done a very good job of laying the foundation and doing the ground work needed to make Central Office a great place to visit and an asset to not only the members of AA but to the Salt Lake Area as a whole. It is now time for a new team to take it to the next level and make it better than ever. I look forward to working with the new team as we continue this adventure.

In December we will be electing new committee chairs and getting ready for the new panel. Please help us find the people we need. If you know someone you feel would be an asset encourage them to come and stand for the position vacancies.

Have a safe and happy Thanksgiving.

Your Humble Servant

Nick R. Chairman of the Board

Service Works!

My name is Rich, and I *AM* an alcoholic. I need to emphasize this seemingly simple truth every day to remind myself of the dire hopelessness and loneliness only an alcoholic knows because my mind likes to convince me that I am on my own and can run the show. Telling myself that I am an alcoholic only goes so far for this alcoholic even after a couple years without a drink. The book says numerously "Faith without works is dead!" This is where service comes in for me, to remind me and to keep me sober today.

I remember vividly one miserable Saturday with less than thirty days without a drink. The craving, the need and the obsession to drink came over me with such an overwhelming force that I knew I was in big trouble. After trying to find a meeting that evening, I got lost and found myself in the parking lot of a liquor store. I couldn't resist the urge to drink and I got out of my car and then back in. I sat in my car crying, then yelling, then crying only to pull myself together enough

to get out of the car and get right back in again for almost an hour. The one thought that kept me sober that day was that I had just gotten a new service commitment making coffee for a meeting full of people that I had already come to look up to and respect in the program – and they trusted me to show up and make their coffee! I couldn't let them down.

Today, I still make coffee, pick up cigarette butts, talk to newcomers and am involved with Central Office of Salt Lake because I need it. I have found that life happens and sometimes it really hurts, but as long as I maintain a commitment to giving back to this program, I don't have to drink today because of it. Its more than that too, it has become a fellowship of people, of friends that I love dearly. Of friends that know me and I know them and every experience I have to serve with them is a true pleasure for this alcoholic. It is a blessing, for I have hope that I may never have to experience that hopelessness and loneliness that only an alcoholic knows – ever again.



Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

When discussing their personal recovery with the media, members who are identified by their full names -- such as the case of those who are already well known in the media -- they should not also identify the specific name of their 12 step recovery group.

If members wish to discuss the benefits of membership in a specific 12 step group, such as Al-Anon or Alcoholics Anonymous, they then should not identify themselves except by first name only. Why? Many recovering members have the attitude "When I was drinking, everybody knew I was the town drunk, why should I hide my identity now that I am recovering?"

The answer is, for the good of the fellowship. The example is given of a famous athlete or television personality -- a role model for youth -- who gets into recovery and announces to the entire world that A.A. has saved his life. What happens if that person relapses? The kids say, "Well, so much for A.A.!"

Through my years in AA I have seen what promotion has done to AA as a whole, it has allowed outsiders to change our

message, so many changes that insiders now hear a different message.

By trying to save the world we are not adhering to our singleness of purpose -- one AA helping another AA. Our hearts are in the right place, but as a whole we are doing more harm than good. AA's early success rate was around 75 percent. Today's rate has dropped drastically from all the promotion.

On an individual level AA's seem to forget that we are responsible for being the attractions, by changing our appearance, how we communicate, dress, and conduct ourselves in and out of the rooms of AA. That's part of carrying the message also, to let people see the difference that this design for living we were given has worked in our life.

When people SEE the four changes in our life -- mental, emotional, physical, and spiritual -- they are attracted. They need no promotion. This is a program for people who want it. Let's not let others tell us what they think we are about. Let's just be ready when the suffering alcoholic is ready to open the door and show him what we are.

Alethea

"There will also be seen in these Concepts a number of principles which have already become traditional to our services, but which have never been clearly articulated and reduced to writing. For example: the "Right of Decision" gives our service leaders a proper discretion and latitude; the "Right of Participation" gives each world servant a voting status commensurate with his (or her) responsibility, and "Participation" further guarantees that each service board or committee will always possess the several elements and talents that will insure effective functioning. The "Right of Appeal" protects and encourages minority opinion; and the "Right of Petition" makes certain that grievances can be heard, and properly acted upon. These general principles can of course be used to good effect throughout our entire structure."

From the Introduction to "Twelve Concepts for World Service" by Bill W

Concept XI

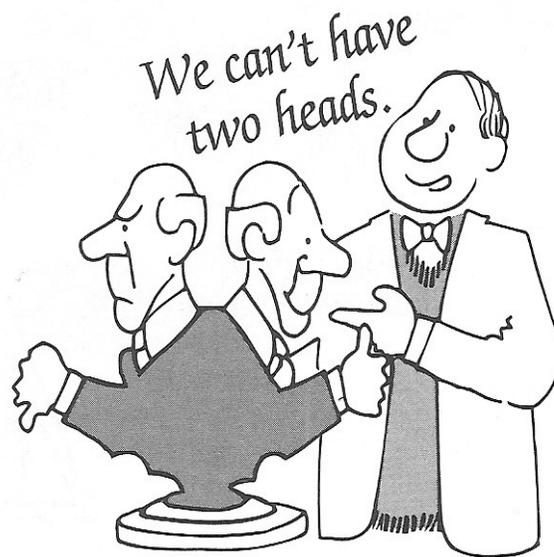
While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

It seems to me that during this particular time in A.A. Concept Eleven deserves a thorough review. In this Concept we acknowledge that the Trustees, although they hold the final responsibility, cannot possibly do all of the work that needs to be done in administering the services of our fellowship.

The Trustees are unpaid trusted servants, most of whom are still involved in their own careers and life responsibilities. They have only part time to devote to their unpaid work for Alcoholics Anonymous. Therefore, it is important to ensure that they have the best possible assistance and that the paid staff members of our General Service Office and the Grapevine are well qualified and their roles are clearly defined.

Most members of Alcoholics Anonymous may never have an opportunity to meet any of the Trustees outside their own region. However, every member of A.A. who seeks information or assistance from the General Service Office or the Grapevine will have an opportunity to interact with the staff members, and from these staff members they will obtain the assistance or information they seek.

Similarly, these staff members will be the most frequent representation of A.A. to those members of the public who seek information about our program. For these potential friends of A.A. the staff member contacted is the face of A.A. It is essential, then, that these staff members should be informed, capable and given the authority they need to perform this service for us.



The discussion of Concept XI in the Service Manual also provides detailed information about the structure of the Trustees' Committees and the corporate structures of A.A.W.S. and the A.A. Grapevine. While we as a fellowship are discussing the possibility of revising this structure, it is good to look to our history, and to the reasoning behind the current structure, which is comprised of two separate corporations. Only by understanding the purpose for the structure can we come to an informed decision regarding any proposed changes to that structure, and the impact such changes may have.

This Concept also outlines the A.A. method for delegation of authority and responsibility, compensation philosophy, rotation of staff, and other matters which are unique to A.A. Indeed, it almost seems the amount of information could easily have been broken down into several Concepts – but then we would have more than twelve, a number to which many of us seem to have a real attachment!

My hope is that this brief glimpse of Concept XI will encourage the reader to pick up the service manual again, or for the first time, and learn more about the fascinating program of Alcoholics Anonymous which has not only saved my life, but given me a life worth living.

Mickey H., Past Delegate
Panel 49, Utah Area 69

I Have Learned to Trust

Just one last time, I promise then I'll change. My father glaring back at me holding back every tear in his heart, I was barely legal to pick up the bottle. That was the day I broke the heart of a person I always looked up to and dreamt of being. I had lost who I was. I was so afraid to fix this and thought I did not deserve that opportunity from all the hurt I had caused this world. But the same person I turned away helped pick me back up when I reached my hand out.

That was several years ago. Now after bettering who I am and being able to look the "world in the eye" by taking the steps, I have a relationship beyond measure with my father. I accepted my lessons and capitalized on that, through actions and not words for the first time in my life. Spirituality saved my life and I have learned to trust it to the best of my abilities. I owe my relationship that I have with my father today to all those individuals who lent their time to me on my journey.

Not only has the fellowship and program (12 steps, service, meetings) changed my current/old behaviors, but I have also been able to see my father change alongside me. To see love fill someone's heart is beyond words, its priceless. I was so grateful for an answer to my chaos and I found that in the Big Book, it was the first time I could sit and enjoy all of me.

My life is about learning today and that is what I strive to do to the best of my ability. Before I believed I was on my own and had to figure it out, hard knock life. When I first came in, I was told to give it just one year, one year was not enough as I did not think AA would work for me, I was hopeless. Now I have the opportunity to be an example to younger individuals all around me and they are an example for me (Thanks Flava).

The gift about it all is really that I do not know anything about staying sober nor do I have the answer, but I have the happiness to show that it works. "Carry the message to other alcoholics" was the only requirement of my sponsor; it has been that simple when I open my eyes and ears with trust and a little love. I heard this early on and it has stuck with me every since "How many people you bless is how you measure success" and "The will of God will never take you where the grace of God will not protect you." Small things changed my life by being "All In." Thank you for this blessing of the second breath I have been given, I am forever grateful for you all.

Mario D.



Utah Central Office/Intergroup Conference Call

In September of 2011, Christy R, Nick R and I went to the annual Central Office/Intergroup/AAWS/AA Grapevine Seminar in Tucson, AZ. We thought there might be some answers for the questions we were hearing at the Salt Lake Central Office. Our then Central Office manager was not going to attend the event, and we felt attendance could be beneficial to the Salt Lake Central Office.

We found the Seminar to be a 3-day whirlwind of information and discussion, most of it relevant to our topics of concern. We appreciated the presence of GSO and the Grapevine, we met our Central Office/GSO contact, Jim K and our GSO office manager, Phyllis H. We met many people from all over the country, doing what we do. We left there a little puzzled (and bruised) by the refusal of the Seminar to share with us their wealth of information contained in a database that was accessible to "office managers only."

We returned home and discussed our experience, wondering what happens next. Since we each paid for the trip out-of-

pocket, it wasn't likely that we would be attending another Seminar. We had no access to the database. We wanted to continue having a venue of discussion with other Central Office/Intergroups. We considered the five Central Office/Intergroups in Utah and the idea to hold our own "Seminar" was born.

The Outreach Committee at Salt Lake Central Office began preparation for a "gathering" in Salt Lake City. An invitation went out from the Salt Lake Central Office to the Ogden Central Office, Cache Valley Intergroup, Utah Valley Central Office, Dixie Central Office and the Utah Area 69 Delegate to attend the five hour gathering, with a request for topics of discussion. The response was overwhelmingly positive with acceptance from all invitees.

We met on a Saturday in mid-March, had a wonderful 5-hour discussion about various issues and topics, exchanged phone numbers and emails and left contented, but wondering what happens next?

Erin B, office manager for the Cache Valley Intergroup, was very inspired by the event. She was particularly interested in more contact with Area 69 and requested funding from her Intergroup to attend the next Assembly. The Intergroup did not approve the expenditure. Erin called GSO and talked to our contact, Jim at the group-services desk, to see if there was anything in the collective consciousness about her predicament. Jim told her of a conference call that had been started in Maryland that kept the Central Offices connected, and the Area also took part in the call.

Erin spoke with the moderator, Cynthia T, and learned that the call had been going on for a year or so and they were having great success with it. Erin and I were invited to join one of their calls. I was amazed at the amount of information that passed between the attendees: announcements of upcoming events, follow-up on previously planned events, and reports from the delegate and each of the offices.

Erin was very excited about the possibility of having a conference call here in Utah with the attendees from the previous gathering. I was very excited at the thought of maintaining continuity, an annual event seemed a little sparse. We have issues, people. Erin created an account on a free web service that allows unlimited numbers of callers and can record the conversation for those who might have missed it. The invitations went out and we waited.

The first Utah Central Office/Intergroup monthly conference call was held on September 26, 2012. Cynthia graciously accepted our invitation to attend and gave an opening presentation of the experience, strength and hope of her Area and Intergroups. She had many valuable insights as the call went on. We really appreciate her kindness, and her willingness to stay up well past bed time. On the east coast, she joined the call at 10pm! Our Area delegate was on the call, even though the attendance doesn't indicate he was there (sorry Keith!), and we are very grateful for his strong interest and support of the central offices and intergroups in Utah. He was very grateful to be able to attend in his pajamas.

We had a great meeting full of interesting topics and some ground-rule setting. It was discovered through this call that there were many events coming up in the following month that may have been better planned if we had been in contact with each other. I'm looking forward to the growth and effectiveness of the conference call. It's available to anyone who is interested in attending, please contact the Outreach Chair at outreach@saltlakeaa.org for the call-in number.

In loving service,

Wendy W.

Salt Lake Central Office Outreach Chair
outreach@saltlakeaa.org

Calendar of Events

November

Area 69 Fall Workshop, Elks Lodge, Bountiful, November 3-4

2nd Annual Chili Cook Off, St. Ambrose Church, 2315 Redondo Ave, Salt Lake City, November 10 6:30pm

CO Rep Meeting - Trustees Elections, Central Office, November 13 6:30 -7:30pm

Newsletter Committee Meeting, Central Office, November 24 10:00am

Literature Committee Meeting, Central Office, November 24 10:00am-Noon

Outreach Committee Meeting, Central Office, November 24 10:00am-11:00am

"Newsletter Party," Fold/label/sort/mail the December LIFELINE, Central Office, November 30 10:00am

December

Area 69 Committee Meeting (Pass the Gavel) 7486 Union Park Avenue, Midvale, December 1

CO Rep Meeting - Committee Chair Elections, Central Office, December 11 6:30 - 7:30pm

Newsletter Committee Meeting, Central Office, December 22 10:00am

Literature Committee Meeting, Central Office, December 29 10:00am-Noon

Outreach Committee Meeting, Central Office, December 29 10:00am-11:00am

"Newsletter Party," Fold/label/sort/mail the January 2013 LIFELINE, Central Office, December 28 10:00am

A.A. Word Scramble

- | | |
|----------------------|------------------------|
| 1. npsahepis _____ | 2. invetyron _____ |
| 3. ilwlpsoehf _____ | 4. rcvreeyo _____ |
| 5. pgormra _____ | 6. ytneosh _____ |
| 7. iswinlsineg _____ | 8. niestyer _____ |
| 9. asiytn _____ | 10. rerpsgos _____ |
| 11. siunloto _____ | 12. bssiesnoo _____ |
| 13. ontmitdaei _____ | 14. obenadg _____ |
| 15. yietdns _____ | 16. pioresesm _____ |
| 17. nisseufseu _____ | 18. gihegr wproe _____ |
| 19. edofrme _____ | 20. ahlocol _____ |



Rotating Leadership is the Best

“A.A., as such, ought never be organized.” And as the long form of tradition nine suggests, “Rotating leadership is the best.”

Every service position I’ve ever held has brought a new awareness of the multifaceted aspects of the Fellowship that we call Alcoholics Anonymous. At the end of the two year commitment I am always ready to rotate out and move on to something new. That usually happens just when I begin to feel like I know what I’m supposed to be doing! That is part of the beauty of rotation, the necessity of rotation. If I continue more than a two year commitment the position becomes mine, rather than me serving it, it would serve me. It would become totally backwards and upside down. I’ve seen that happen more than once with predictable results.

Besides it’s exciting to see ‘new blood’ come in and not only bring new energy and direction, but to experience the same blessings of growth and understanding that I have. It is exciting to see.

I’ve heard people grumble, “Rotation isn’t the same people rotating through the various jobs.” To them I say, “Be the change you want to see. Stand for one of those Board of Trustee positions or Standing Committees. If you don’t it will be the same dedicated people joyfully serving the Fellowship that has saved their lives.”

My service sponsor told me that, “Service is gratitude in action.” I love that, as well as the statement that, “God does not call the qualified, He qualifies the called.” My only addition to that last statement is to be sure you’re called and not just, “well I meet the minimum requirements to stand.”

We truly are blessed to have this Fellowship, the Steps of recovery, the Service structure and all these wonderful people! A.A. not only saved my life but it continues to give me a life worth living.

Doug R.
Newsletter Chair

20. alcohol; 19. freedom; 18. higher power; 17. usefulness; 16. promises; 15. destiny; 14. bondage; 13. meditation; 12. obsession; 11. solution; 10. progress; 9. sanity; 8. serenity; 7. willingness; 6. honesty; 5. program; 4. recovery; 3. fellowship; 2. inventory; 1. happiness.

Central Office Salt Lake City Financial Summary September, 2012

Income Statement

Revenue

PR Fund Income	\$	254.23
Group Donations	\$	3,267.89
Merchandise Sales	\$	6,055.65
Total Revenue:	\$	9,577.77

Cost of Goods Sold	\$	3,947.17
Gross Profit	\$	5,630.60

Fall Dinner Expense	\$	595.00
Operating Expenses	\$	2,545.46

(Rent, Bookkeeper, Utilities, Printing & Copies, Answering service)

Total Expenses	\$	3,140.46
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Net Income:	\$	2,490.14
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"As long as I am willing to do what I am called to do in any given moment and to abandon the effort to control the results of my actions, then I am following the path that my Higher Power - call it God, Good Orderly Direction, the soul, the life force, or anything else - has set out for me."

Bank Accounts

Prudent Reserve - Fund	\$	23,669.00
Prudent Reserve - Savings	\$	5,869.38
Operating Capital - Checking	\$	14,540.94
Total	\$	44,079.32

*Thompson, Pa., March 1997
From: "A Remarkable Sensation"
AA Grapevine*

Available times to volunteer for answering the Central Office Phone line

Saturday - Second Saturday 2:00 PM to 6:00 PM, Third Saturday 6:00 PM to Midnight

Sunday - Fourth Sunday 6:00 PM to Midnight

Monday - Every Monday 5:00 PM to 9:00 PM

Tuesday - Fourth Tuesday 5:00 PM to 10:00 PM

Thursday - Every Thursday Midnight to 10:00 AM, Second Thursday 10:00 PM to Midnight

Friday - First, second and third Fridays Midnight to 10:00 AM, First, second and fourth Fridays 10:00 PM to Midnight

Volunteer to answer phones individually, or get your whole group together and throw a party.

Times continue to open up, so if you don't see a convenient time check back next month.

The overnight shifts don't get many calls, so you can usually still get a good nights rest.

Tim H.

E-mail hotline@saltlakeaa.org to volunteer

www.saltlakeaa.org/phones



Want back issues of the LIFELINE? They are available at
<http://www.saltlakeaa.org/lifeline-archive/>
 or by scanning this barcode

Group Contributions, September 2012 & Year to September 2012

	<u>Sep 12</u>	<u>YTD Sept</u>		<u>Sep 12</u>	<u>YTD Sept</u>		<u>Sep 12</u>	<u>YTD Sept</u>
12 O"Clock High	30.00	30.00	G/C Women	0.00	75.00	Right Stuff	0.00	25.00
17th x 17th	0.00	129.55	Garden Variety	115.00	282.00	Round Table Group	0.00	120.00
5-15 Happy Hour	50.00	258.50	Grapevine	0.00	79.43	Salt Lake Group	0.00	96.00
90th and 32nd	0.00	50.00	Greater Kearns	0.00	3.50	Salt Lake Men's	0.00	225.00
974 Group	0.00	481.53	Grub Lunch Bunch	72.00	547.00	Salty Paa	0.00	14.65
A Vision for You	0.00	116.88	Happy Destiny	0.00	11.75	Sat Nite Speakers	0.00	223.82
A Way Out	0.00	108.00	Happy Group	0.00	212.83	Sat Beginners	100.00	150.00
Speakers Meet	181.93	181.93	High & Dry	0.00	137.50	Sat Hot Topics	0.00	23.00
An AA Group	0.00	85.48	Highland Group	0.00	349.00	Sat SOTS	0.00	111.50
Area 69	34.50	49.50	Highlanders	40.00	40.00	Sharing N Caring	0.00	271.00
As Bill Sees It	0.00	65.00	Hilcrest	0.00	600.00	SLCYPAA	0.00	21.50
Back to the Basics	0.00	28.50	Holladay	0.00	375.00	Sobriety Hour	0.00	1.00
Basic AA	0.00	65.50	Honey's Breakfast	0.00	500.00	South Davis AA	0.00	40.00
Young Peoples	0.00	247.00	How It Works	0.00	342.00	South Enders Davis	0.00	901.00
Bog Irish	161.17	315.93	Individuals	83.98	1,917.78	South Valley Lunch	0.00	476.00
Bountiful Comm	0.00	120.00	Into Action	0.00	63.00	Speak Easy Women	0.00	394.91
By the Book	181.00	366.00	Island of Misfit Toys	0.00	125.00	Spiritual Quest	0.00	400.00
Came to Believe	0.00	100.00	Jackson Hole Ladies	0.00	15.00	Starting The Day	0.00	160.00
Chapter Five	2.00	106.00	Jaywalkers	0.00	100.00	Stonewall Group	0.00	357.50
City at Seven	200.00	200.00	Keep It Simple	0.00	73.75	Sugarhouse	122.50	373.48
Closed Meeting	0.00	574.75	Living in Sobriety	0.00	75.00	Sunday Get AA	0.00	75.00
11th Step	0.00	20.00	Magna Friendly	50.00	430.00	Survive & Serve	0.00	130.00
Come As You Are	0.00	262.30	Midvale Lunch	25.00	125.00	Tenth Step Group	39.43	85.03
Corrections	0.00	9.50	Morning Breakfast	0.00	122.00	Thunder Heart AA	0.00	40.00
Cottonwood Group	64.35	590.49	Murray Group	0.00	194.00	Thurs Night Women	0.00	90.00
Crazy Ladies	0.00	25.00	New Life	60.00	189.00	Try Again	0.00	30.18
District 10	0.00	748.00	No Nonsense	0.00	88.44	Unity Lunch Bunch	0.00	50.00
District 2	0.00	1.00	Nomadic Lunches	167.57	1,203.45	Up Group	0.00	32.00
DNS Group	0.00	1,010.00	Non Smok Sobriety	0.00	330.00	Wake Up Call	0.00	1,200.00
Downtown	0.00	36.00	Not A Glum Lot	0.00	55.00	WJ Big Book Study	0.00	56.81
Draper Group	80.00	170.00	Nut Buckets	0.00	226.40	Women In Sobriety	0.00	91.00
Early Beginnings	703.50	703.50	Off the Cuff	0.00	428.50	Women Solution	0.00	22.94
Early Friendship	153.29	646.54	Old Fashioned AA	0.00	86.49	Women Stepping Up	0.00	310.00
Firelight Group	0.00	300.00	Park City Group	0.00	350.00	Women's 12X12	87.00	309.00
Eye Opener	0.00	100.00	PC Men's Group	0.00	300.00	Young and Alive	0.00	40.00
Serenity Seekers	417.17	1,154.17	Primary Purpose	40.00	100.00	Young People'sPC	0.00	81.88
Friendship Group	0.00	124.87	Quiet Time	0.00	84.33	Contributions - Other	0.00	1,016.94
			Richard Street Lunch	0.00	206.63		3,267.89	28,071.34

When sending your Group's contribution to Central Office be sure to include your GSO # and Group name.

Your Central Office Committee Updates

AA Central Office Rep Meeting
Oct 9, 2012

Nick R. Charged the meeting

Opened with a moment of silence

Nick read the Central Office Statement of Purpose

Introductions

Nick read the rep meeting minutes for September 11, 2012

Motion to accept the meeting minutes, passed.

Char was not present for Activities Committee Report

Meg gave a report for the archives committee: grapevine archive is going okay, needs more grapevines to complete the collection, speaker tapes have been digitized and will be available to download soon, spoke about being a volunteer in archives.

Chris E, says we have literature! We have literature that is not displayed and trying to make room for it. Just ordered \$5200 to replace sold literature. Pitch for service commitment. Gave a synopsis of the pamphlet of the month, "Inside AA, Understanding the Fellowship and its Service Agencies.

Doug made the LIFELINE Report. 450 were printed, 217 were mailed, 168 were emailed and they will meet as a committee on October 20 10:00am. The deadline for

articles is the 15th of the month. The November LIFELINE will be produced and mailed out Friday, October 26.

Wendy W gave the report for the Outreach Committee. Utah central office Intergroup conference call September 26th. Lots of service workshops happening in the state!

Carl gave the 12 step report, nothing more to report. Needs list of people that are willing to do 12 step calls from each group or a representative from each group

Adam gave the financial report. Sales are up, contributions are up, things are good. Working on breaking up the COGS for the financial report.

Nick made the announcement for the Service Workshop on October 13, next Saturday. Each board member and committee chair will talk about their service position. There will be FOOD!

Motion from Wendy W. It's about the annual, national central office event. Discussion. Motion will be taken to the group level and voted on during the next rep meeting.

Motion from Wendy W. to finance the afore mentioned deal. Motion will also be taken to the groups and voted on during the next rep meeting.

Chili cook off is on November 10th and more information will be provided soon.

"I do not agree that the newcomer is the most important member at any meeting ... Equally important are those old-timers who showed me the way, and any middle-timer who may be today suffering. If newcomers are indeed the lifeblood of AA, old- and middle-timers are its skin and backbone."

*New York, N.Y., June 1970
From: "Fifth Tradition"
I Am Responsible: The Hand of AA*

Central Office of Salt Lake City, Inc.

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You may also sign up to have the LIFELINE e-mailed to you on the Salt Lake Central Office website at saltlakeaa.org

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Amount donated: \$3.00 \$5.00 \$10.00 Other _____