

# LIFELINE

Salt Lake City Central Office Newsletter

April 2012

## Why an Inventory?

*"Made a searching and fearless moral inventory of ourselves"*

“Step Four. It is the beginning of a lifetime practice in gaining a meaningful perspective of yourself.” So counseled the Sponsor to his Sponsee as they shared a hefty piece of apple pie alamode at Fellowship Hall.

SPONSEE: Yeah. But what’s in it for me? After all, I have gone to ninety meetings in ninety days. Why an Inventory?

SPONSOR: Your inventory, a searching and fearless one, will give you the confidence to face yourself and your demons.

SPONSEE: I’m sober. I’m smart. In fact, I am a walkin’ piece of art.

SPONSOR: (To the waitress.) “Another round of apple pie alamode, for my friend here. I think we are going to be here awhile.”

SPONSEE: (Thinking to himself.) “This guy is so slow on the uptake.

SPONSOR: I used to think that I lived a pretty good life before old John Barleycorn cut me down. I honestly felt that the good man I thought I was would reappear the moment I swore off the “sauce.” No inventory needed for me, so I thought.

SPONSEE: That is just how I feel.

SPONSOR: Now I have come to realize that my problems were of my own making. I have come to learn that my alcoholism was a mere product of my self-centered behaviors. I could never get enough of what I really wanted: more this and more that... especially more approval. And “MORE” was never enough. I was encumbered with the disease of “MORE.” It left me empty.

SPONSEE: You mean to say that you needed a real brain flossing?

SPONSOR: I hope you can learn from the research I have already done for you. But perhaps another round of incomprehensible demoralization is in your future.

SPONSEE: I have ninety days with ninety meetings under my belt. Can’t we just skip Steps Four and Five?

SPONSOR: Not on your life, and it is your life that we are dealing with.

SPONSEE: Okay, I get it.

SPONSOR: And I hope you do get it, or you are going to get got by this cunning, baffling and powerful disease.

SPONSEE: What an order. I cannot go through with it.

SPONSOR: Do not be discouraged. You are not the first recovering drunk in search of a miracle. Just suit up, show up and the miracle will find you.

SPONSEE: So when do we get started on Step Four? What do you expect that we will learn?

SPONSOR: I expect that we will learn that your drinking was the product of your self-centered and grandiose thinking.

SPONSEE: I am good with what you say. Anything else? A third piece of pie alamode perhaps?

SPONSOR: When you become willing to do a thorough Fourth Step, you will find that it will bring you both sobriety and the joy of knowing you are living a life to a good and useful purpose. That is the miracle. And this miracle continues to happen each day as we continue to trudge down this road of happy destiny together. And let’s do it together.

~ Sugarhouse Men’s Group

3280 East 3900 South, Salt Lake City

Mondays & Fridays 8:15pm

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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

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### Central Office Board of Trustees

board@saltlakeaa.org

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Co-Chair ..... Christy R.  
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### Central Office Standing Committees

Activities (activities@saltlakeaa.org) ..... Shar C.  
Bylaws (bylaws@saltlakeaa.org) ..... Linda B.  
Hotline Telephone (hotline@saltlakeaa.org) ..... Tim H.  
Literature (literature@saltlakeaa.org) ..... Betsy M.  
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 March 2012 Central Office Representatives Meeting

8:30 Sat Steps & Traditions	Jaywalker's Roundtable
90th & 32nd	Living in Sobriety
974 Group	Midvale Lunch Bunch
A Vision for You	Murray Group
A Way Out	New Way
Basic Young Peoples	Non-Smok Sobriety Hour
Bog Irish Big Book	Off the Cuff
Bountiful Men's	Salt Lake Group
By the Book	South Davis
District 2	South Enders
Dog on the Roof	Sunday Breakfast
Early Beginnings	The Grub Lunch
Eye Opener	The New Yorker
Garden Variety	Thunderheart
Happy Destiny	Tooele Beginners
Highland Group	Up Group
Honey's Breakfast Club	We Care

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## 7<sup>th</sup> 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!

## Big Uglys

Seth	30 Days
Reba	30 Days
Christa	30 Days
Rick	60 Days
Sara	60 Days
Eric	90 Days
Mario	90 Days
Brook	6 Months
Doreen	1 Year
Carrie	1 Year

Merrit M.	8 Years
Marty H.	11 Years
Jo P.	14 Years

The Wednesday meeting time changed from 8:00 to 7:00pm

## Nomadic Lunch

Jeff	30 Days
Tom	30 Days
Rad	90 Days
Terry	90 Days
Jane	90 Days
Jenny	90 Days
Kim	90 Days
Karen	90 Days

Dereck
Kim
Katie
Holly
Geoff
Michelle
John
Susan
Diane
Jeff
Diane
Bruce
Joel
Jill
Katie
Shawn
Rusty
Amy
Mike

90 Days
6 Months
6 Months
9 Months
9 Months
2 Years
2 Years
2 Years
2 Years
3 Years
3 Years
3 Years
3 Years
6 Years
13 Years
19 Years
20 Years
22 Years
25 Years

## Living in Sobriety

Nancy R	5 Years
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## Honey's Breakfast

Jay B.	2 Years
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The Garden Variety group is asking for donations of old Grapevines. Please contact the GvR Kent at 801-879-7650 or by

## Came to Believe

Laura B.	8 Years
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**Central Office is looking for a part time bookkeeper!**

**Check out [www.saltlakeaa.org](http://www.saltlakeaa.org) for responsibilities and required skills!**

## From: The Chair in the Corner

Saturday morning March 17, 2012 started like most Saturdays in the sleepy little town of Sandy, Utah. After a quick shower, shave and a hot cup of coffee I left my house and headed for Central Office of Salt Lake City. As it was about 7:30 am not many people were on the road or the freeway for that matter. I made good time exiting on 3300 south about 20 minutes later and then heading north on West Temple. As I turned right onto Louise Ave. I almost ran off the road. On both sides of the street and in every parking place from West Temple almost to Main Street were cars, trucks and more cars. Tied to both trees in front of Central Office were bicycles. Even a motorcycle or two could be seen parked on the road. (still a little cold for a scooter ride I think)

What could bring so many people out on a Saturday morning? I'm glad I asked. Why only our own Volunteer Committee chair Betty H. doing an early morning speakers meeting. The meeting room was packed with standing room only. I decided to sneak into the kitchen and found it to be jammed with a multitude of cooking machinery all being run by volunteers in the process of preparing green eggs and ham along with pancakes for breakfast. Also for the less adventures of

us I saw a pan of regular yellow eggs being made. FYI green eggs taste very much like regular scrambled yellow eggs once they are out of sight of your eyes.

Next on the agenda for me was a quick trip to the expo center to meet my son and leave my dog with him for a splash-dogs jumping competition. Then back to Central Office for the first ever inter-group and Central Office state of Utah workshop/get together and of course lunch. Nothing brings alcoholics out of the woodwork like free food once they stop drinking. Before that it's free drinks. After the morning session and lunch its back to the expo center for a couple hours and then? You guessed it back to Central Office for what else dinner and the All Groups Meeting. If you haven't been to one or don't know about them a group this month the UP group hosts the meeting and picks a panel and a topic. Then the 4 person panel speaks on the topic each for 5 minutes after which they pull tickets and other others get a chance to share on the topic. Once again the meeting and food were great. Most of those that came for the inter-group get together stayed and mentioned what a great day it had been. If your home group hasn't sponsored an All Groups meeting maybe

## From: The Chair, *continued*

you should get them on the stick.

Does your group have a 12 step coordinator? What is a 12 step coordinator do? I'm glad I asked. You should pick a member from your group to help recruit members from your group to take 12 step calls. This person should be someone that knows the members of your group. When we get a request for a 12 step call then Carl C. can contact them and in turn they can contact members of your group that fit the request ie men women in the area of the request etc. This should make carrying the message streamlined and more efficient. Please give 12 step coordinator information to your Central Office rep to pass on to Carl C. or call him at 801-860-2644. Thanks for your help.

Have I told you what a great team we have at Central Office? The board, the committee chairs and all the volunteers appear to be coming together for the common good of Central Of-

fice and the AA community as a whole. Are you a part of what's happening? Would you like a chance to do a little service work and feel good about doing it? Help us make a difference. Help us make it surpass every ones expectations. Volunteer for a committee, help answer the phones, go to other meetings and invite them to participate in service at Central Office. There is something for everyone to do. Spend a little time at the new Central Office. If you haven't been here since the first of the year you don't have a clue about what it's like. This is a place for old timers and new people alike. Come have a cup of coffee and see it, feel it, enjoy it, it belongs to you and **you are all welcome here!**

Your humble servant,

Nick R.

Chairman of the Board of Directors



## Tradition 4

*Each group should be autonomous except in matters affecting other groups or AA as a whole.*

The freedom individual groups have in Tradition 4 carries with it the admonition to protect the fellowship as a whole.

Each 12 step group has complete freedom to decide for itself the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be opened or closed and when and where the meeting will be held. Each group can decide to change its meeting format and has complete authority to spend its funds as needed.

The group can also decide how it wishes to open and close its meetings. Some groups close with a prayer, while others have a moment of silence. In these matters, each group has total freedom. It is entirely up to the membership of that individual group.

But the second part of this tradition reminds each group that it has a responsibility also to the worldwide fellowship. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from the program's basic tenets.

The "autonomy" provided in Tradition 4 does not mean an individual group has the authority to re-word the steps or traditions, or to create its own literature. Nor should groups introduce, discuss, or sell "outside" literature at its meeting place.

Many a meeting has gotten away from the look and feel of its primary purpose by using non-conference approved literature, showing videos of popular self-help speakers, or allowing treatment professionals to speak at open meetings on the latest therapy techniques.

There is a saying that there is no "right or wrong" way to hold a meeting, but the group can cease carrying the message if it stray too far way from its traditions and concepts. But other than that, groups have complete freedom to design its program to the needs of its members, which can result in a wide variety of formats, as this visitor writes:

When I first came into this program I learned how it was in my little group, as I went to the other groups in neighboring towns I would think, "They don't do their meetings right." They have too much laughter and don't start on time and so on. Today these little things that use to bother me now make me realize that they are what makes all these groups unique and different.

I look forward to the different meetings now because we are unique in our own rights. As long as the guidelines of the program are followed and the basic message is there for us this is one more example of why AA works.

~ Ed B.  
Murray

## Concept IV

Long before I had any knowledge of The Twelve Concepts for World Service, I was a beneficiary of their influence.

All of us deeply desire to belong. At the first AA meeting I attended, I was asked to introduce myself. As soon as I did, I became a member of that meeting. I suddenly had the same right to participate in that meeting as the member sitting next to me with 15 years of sobriety. Where did that “Right of Participation” come from?

The concepts cover a number of principles which were already traditionally practiced in our groups and our AA services but had never been clearly articulated or written down.

Concept 1 states that the final responsibility and the ultimate authority for AA World Services should always reside in the collective conscience of our whole fellowship.

Concept 2 states that in 1955, the AA groups delegated to the Conference complete authority for the active maintenance of our world services. This made the Conference the actual voice and effective conscience of our whole society.

Concept 3 references the working relationship between our AA groups, the Conference, the AA General Service Board and the “Right of Decision” endowed to all. This includes the many service opportunities at the Group level, the District level and the Area level.

This brings us to Concept 4 that reads: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation”, taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

The fellowship of Alcoholics Anonymous has recognized that we cannot ask people to serve us and then not allow those trusted servants to fully participate in the decision making process.

At the group level the trusted servants are not the ultimate authority, the entire group’s conscience is. But they do have a voice and a vote equal to every other group member. It is unlikely that any of us would be willing to do the work of a group that denied us that level of participation.

At the District level, the officers of the District and the standing chairs of the District have a voice and a vote.

At the Area level, the officers of the Area and the standing chairs of the Area have a voice and a vote.

At all levels of the Conference structure, every AA member has a voice.

At any level of service are our trusted servants any less conscientious, experienced and trustworthy than any other AA members? Certainly not. Each is granted a voting representation in reasonable proportion to the responsibility each must discharge.

Bill W. says there is another good reason for “participation” and this one has to do with our spiritual needs. All of us deeply desire to belong. We want an AA relation of brotherly partnership. It is our shining ideal that the “spiritual corporation” of AA should never include any members who are regarded as “second class”.

Though I did not know why, this spiritual axiom was what I experienced at that first AA meeting when I was gifted with the “Right of Participation”.

In Concept 12 are the General Warranties of the Conference. I prefer to look at these Warranties as an ideal outline of the way we should treat each other as we try to discharge our service responsibilities. Warranty Three: “None of the Conference members shall ever be placed in a position of unqualified authority over any of the others.” This principle is discussed in Concept IV, but it is so important we have made it the subject of this Warranty – a strong stand against the creation of unqualified authority at any point in our Conference structure.

This information for the discussion of Concept IV presented above was gathered from my personal experience as a Panel 55 Delegate to the General Service Conference, *The Twelve Concepts for World Service illustrated*, *The A.A. Service Manual combined with Twelve Concepts for World Service* and a Workshop presentation of the Twelve Concepts by my dearest friends Jim and Mickey H.

~ Mike O.  
West Valley City



The *Clean and Sober Softball League* begins its season on April 6th. We have twenty-four teams and our games are on Friday nights at parks across the valley. We’ll have more information next month!

# The 1<sup>st</sup> Annual Central Office/Intergroup Gathering

The 1<sup>st</sup> Annual Central Office/Intergroup Gathering was held Saturday, March 17, 2012, from 12-5 at the Salt Lake Central Office. The Gathering was the result of a few people wanting to provide and promote communication between the Utah Central Offices and Intergroups, and with Utah Area 69, similar to the Annual Central Office/Intergroup AAWS/AA Grapevine Seminar, which is attended by Central Offices and Intergroups from the U.S and Canada and the General Service Office.

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.

The topics requested were: "What services do Central Offices/Intergroups provide?", "How are those services distributed?", "What is an effective relationship between local Central Offices and District and Area Committees?" and "How can we serve with a spirit of cooperation?"

Attendees began arriving at 11:00 am and continued to come until 1:00 pm when all 20 participants were present. Introductions began at noon and continued as people arrived.

The first discussion began after a brief break, "What services do Central Offices/Intergroups provide?" was combined with the second, "How are those services distributed?" The discussion included current practices, current problems and hoped for outcomes. Many similarities were discovered as well as shared experience, which was helpful to those who had issues.

After another break, the topic "What is an effective relationship between local Central Offices and District and Area Committees?" was discussed. It was a lively conversation about what is currently working with many good suggestions about how these relationships can be improved. A common problem in Central Offices and Intergroups is a sense of "us" (Central Offices/Intergroups) and "them" (the General Service structure). All were in agreement that there is no separation, that we're all working to increase effectiveness and understanding in service, and that Central Offices and Intergroups is a special part of the A.A. service structure. We are all here together to support each other in our common purpose of helping the alcoholic who still suffers.

The topic "How can we serve with a spirit of cooperation?" was last. Attention was turned to the Spanish speaking community. There have been concerns for the welfare of this group, the Spanish speaking Intergroup Office has closed. The Salt Lake Central Office has spoken with members of that community about possible ways we can help and the alternate Delegate is in touch with the linguistic District 12. Hopefully, our concern and desire to help will be communicated and the Spanish speaking community will benefit. How we can be more accessible to those with special needs was the last topic, and many good ideas were discussed.

This was such a worthwhile event. The detailed notes of the discussions are available for those interested. A new level of communication has begun between Utah Central Offices and Intergroups, and with Utah Area 69. This meeting illustrated the strength in unity and the joy of service that is abundant in Utah. Hope this tradition will continue for years to come.

## Available times to volunteer for answering the Central Office Phone line

**Sundays-** All full for now.

**Mondays-** All full for now.

**Tuesdays-** Open every Tuesday from midnight to 10 AM. Open 1st, 2nd and 4th Tuesday of month from 6pm to 10pm.

**Wednesdays-** All full for now.

**Thursdays-** All full for now.

**Fridays-** Open every Friday from midnight to 7am. Open 1st and 4th Friday of month from 10pm to midnight.

**Saturdays-** Open 1st and 4th Saturday of month from 2pm to 6pm. Open 1st and 3rd Saturday of month from 6pm 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.

801-699-5849

hotline@saltlakeaa.org

## Committee Updates

**Editor's Note:** The follow summaries are from the minutes of the March 13, 2012 CO Rep meeting

**Activities Committee** Shar C. reported on the St. Patrick's Day activity. There will be a "Green Eggs and Ham Breakfast meeting. Betty H. will speak at 8:00 a.m. At 9:00 a.m. there will be a breakfast, and at 11:00 a.m. everyone is encouraged to head to the Parade or stay and play at Central Office. Tickets for this even are \$5.00.

The next main event will focus on the Second Annual Summer Kick-off Party in June. This one is a "Fun raiser" for alcoholics and family and friends. There are plans for a smaller event in April or May. Shar invited suggestions for activity ideas. She also invited anyone interested to join the Activities Committee.

**By-Laws Committee** Linda B. handed out the newly revised By-Laws. The language of the Literature Standing Committee and the Archives Standing Committee were added. Linda reported no new business.

**Archive Committee** The chair for this standing committee remains vacant.

**Hotline Telephone Committee** Tim H. reported on the organization efforts of the Committee. Volunteers are still needed to fill in spots. Nick R. volunteered to cover one night and challenged all Central Office officers, trustees and standing committee chairs to sign up. Doug R also volunteered to cover one night. The available spots are printed in this issue of the LIFELINE.

**Literature Committee** Betsy M. reported on her efforts in completing an inventory in order to determine what Central Office has in stock and what it needs to order. The Central Office inventory is up to date. A price structure report for A.A. literature is coming.

**Newsletter Committee** The LIFELINE was and will continue to be mailed out on the last Friday of each month. The deadline for submitting articles, fliers and other items to go out with the LIFELINE is the 15th of the month. The LIFELINE is being mailed out to 206 people. The mailing list is now up to date. The Newsletter Committee will continue to meet on the Saturday before the last Friday of the month at Central Office. The next meeting will be March 24, 2012.

**Outreach Committee** Wendy W. presented a written report of the Committee's February 28, 2012 meeting. Central Office needs to recruit more people to attend meetings of non-represented groups in order to better familiarize them with the services that Central Office provides and the experience, hope and strength that each group could contribute to Central Office. The Committee also continues to maintain cur-

rent records for Groups and Group Meetings. Christy R. is currently investigating new software that would both support and facilitate the record keeping process. Everyone is encouraged to check to confirm the accuracy of schedule information pertaining to their respective Group. Look forward to the March 17th first annual Central Office/Intergroup meeting. Spread the word. The All Groups meeting is now a victim of its own success. Groups are coming forward to host meetings. "It's in" to host a meeting. Group Hosts are signed up through July. A larger venue may be needed. The next meeting for the Committee will be March 27th at 6:00 pm at Central Office.

**Twelfth Step Committee** Carl C. reported on the workings of the Committee. Calls from the alcoholic who still suffers continue to come in. Carl C. reported about the support he and the Committee was getting for which he was most grateful.

**Website Committee** Jonathon H. reported on the Website Committee's activities. There are about 10,000 visits a month, 3,000 of which are new. Most of the inquiries are for meeting schedules. The website is beginning to take the place of written schedules and will save Central Office printing costs. Several online forms have been added.

**Volunteer Committee** Betty H. gave a very encouraging report on the volunteer efforts to run Central Office. There is a central core of over thirty volunteers who are now working at Central Office. They do everything from answering phones, to assisting A.A. Group needs, assemble schedules and organize and disseminate the LIFELINE. The payoff? Enjoying Betty's home cooking, among other things! The volunteer system continues to add strength and energy to Central Office and to all who serve. Betty H. asks that we all continue to spread the word of the varied and vibrant opportunities to serve as a Central Office volunteer. We appreciate those who have and are serving. More volunteers are needed, and more volunteers need the spirit of joy and sobriety that comes with volunteering at Central office. Come on down and get a "sobriety mint" (no calories) as you serve Central Office. May your service at Central Office serve you up a heaping helping of sobriety and joy.

**Tribute to the Standing Chairs** Nick paid tribute to each Stand Committee Chair ("the Dream Team") for their valuable contribution to the overall energy and well-being of Central Office. Everyone was encouraged to serve on a Central Office Committee. All Alcoholics with a desire to stay sober are welcome. The CO Representatives are encouraged to spread the word to their respective groups and invite group members to sign up for and serve on a Central Office Standing Committee.