

# LIFELINE

Salt Lake City Central Office Newsletter

August 2013

August 8 is National Blame Someone Else Day

## Step Eight

*Made a list of all persons we had harmed, and became willing to make amends to them all.*

As a newly sober superstitious alcoholic I carried with me everywhere I went a bag fully stocked with my tools for recovery. I would not be caught off guard and find myself defenseless against a drink. I forget the name of the designer due to my incredibly short memory, "ism", but it was large and quite stylish.

Naturally I worked at a job that would make anyone want to drink so I was vigilant and willing to go to any lengths to protect my sobriety on the job. In addition to the regular gear a woman carries in her bag I had my big book, my 24 hours a day, and ODAT books. I also carried several Grapevines and a variety of recovery oriented pamphlets. I carried my lunch and I would stop at Maverick each morning to fill my Thermos with coffee and get a supply of gum and candy bars. The bag was a heavy load but as we all know it was lighter than everything I carried when I was drinking. In the zipper pocket was my list of all those I had harmed.

I completed step 8 out of order and early. I knew exactly who I had harmed and carried the list so I would always remember who I would hurt if I drank again. My children were at the top of the list. You know the rest of the story and I continue to live my amends one day at a time.

Louise A.

## Voice of the Volunteers

My second sponsor had many times emphasized the importance of helping and relating to other alcoholics. His claim is that when 2 alcoholics gather to relate, it is a step further to getting us out of the confines of our own heads; where in lies our initial problem. After he moved to New Jersey, my grand sponsor adopted me as a sponsee, who has thus taught me other angles to the basic ideas of selflessness. He refers to this concept as, "Other-centeredness."

I must say, these ways of thinking are new to me as a returning new-comer of less than three months, yet they are enlightening as I practice them. Being genuinely interested in what others have to say, and allowing this to preside over years of a trained

ego-driven mentality, is a means to release me from bondage of self. And continually seeking what I may offer, rather than what I may constantly take, also sets me astray from the path of self-seeking.

Another routine my sponsor has challenged upon me is to incorporate those I resent into my prayers. This concept was tough to fathom at first. Yet, consider the famous adage, "resentment is like taking poison while expecting the other person to die." If resentment only hurts me, wouldn't I want to lose it? This idea of praying for others I resent is yet another method embracing "other-centeredness." If one can pray for those they hated, imagine what they may do for those they love.

Robert C

## 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 other alcoholics.** To submit articles, suggestions or contributions, contact Central Office of Salt Lake City:

**Central Office of Salt Lake City, Inc.**  
**80 West Louise Avenue (2850 South)**  
**Salt Lake City, Utah 84115-2860**  
**801-484-7871**  
**lifeline@saltlakeaa.org**

### Central Office Board of Trustees

board@saltlakeaa.org

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Archives (archives@saltlakeaa.org) .....	John N.
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### 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;
- 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.

## 7th Tradition Contribution Addresses

### A.A. 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 433  
Salt Lake City, UT 84020  
<http://utah.aa.org/contributions.php>

### District 10 Treasurer

PO Box 57271  
Murray, UT 84157

### District 2 Treasurer

PO Box 615  
Salt Lake City, UT 84110

August 26  
National Cherry Popsicle Day

80 W 2850 S SLC, UT 84115

## VISIT CENTRAL OFFICE

Drop by for a visit and you could:

\*Read any edition of the Grapevine,  
including the first publication

\*Share a cup of coffee

\*Read a Big Book in more than 50  
languages

\*Share stories with a volunteer

\*Sign-up to be a volunteer

\*Use the wi-fi

Office hours:  
Monday-Friday 10am to 5pm  
Saturday 10am to 5pm  
Closed Sundays  
OPEN ON HOLIDAYS  
801-484-7871  
Call for hours



# MY HOME GROUP

## It's in the Book Women's Big Book Study

By Katy C

This is the interestingly, convoluted tale of a Monday night women's group currently called "It's In The Book", which meets at 7:00 p.m., First Baptist Church, 777 South 1300 East in Salt Lake City, Utah.

What it was like, what happened, and what it's like now. That's what the "Big Book" of Alcoholics Anonymous suggests to us when we are sharing our experience, strength, and hope. Since this will be a history, or rather a "her-story" of sorts, it will be based upon our best recollection of events. The story attempted here will be a compilation of many women's recollection of events and, as is common in our fellowship, is open to changes because "more will be revealed." My disclaimer is this: if any of this information can be improved upon by your memory, please feel free to come to our group and help us remember the good old days!

Once upon a time...Salt Lake City had the need for a Monday night women's group....and so it began.

The first information available at the time of writing is that the group began meeting on Monday nights at 7:00 p.m. at a women's sobriety house in the vicinity of 7th or 8th and 1100 East. The original name of the group has yet to be revealed...However, the meeting was an open meeting with a topic/discussion format. A notebook was passed around at the beginning of the meeting and those wishing to participate in the discussion that evening would sign the notebook. The chairperson would call on them, in turn, down the list. It's been said that one attendee was uncomfortable "signing the roll" as she felt it was a violation of AA's tradition of anonymity. No one knows what happened to the gal, but it was a great opportunity to discuss a tradition, share thoughts, and continue to shape our fellowship and, possibly, the meeting over time.

The group moved out of the sobriety house location and split up. Some of the ladies went to Friendship Manor for their meeting place. The rest of the group began meeting at a church (possibly) near, or associated with, Judge Memorial High School. The meeting at Friendship Manor lost momentum over time and disbanded with many of the ladies finally rejoining the rest of the original group. The latter group started to get moved around within the church property and was even housed in the kitchen at one point! For whatever reasons, the group moved again.

They began meeting at the Terrace Apartments, 1801 South Main Street, in the community room and remained at that location for at least 8 years. At some point in time, the group decided to focus on the Big Book of Alcoholics Anonymous for their format and chose the current name "It's In The Book". The format has remained the same since then with a reading from the book with related discussion to follow. A paper keeps track of where we left off the previous week. Chapters and stories from the back of the book alternate to keep it interesting. One defining feature of this particular women's group at the time was the fact that it welcomed women who have children and provided \$10 for a paid baby-sitter during the meeting. Approximately 30 women attended the meeting at this location. Another defining feature of this group involved it's ability to meet the needs of it's members. They welcomed women from the House of Hope and adjusted the meeting format to focus on the first three steps whenever these newer members were present. The apartment complex began remodeling and, once again, the group needed to find a new home. It met for about 6 months at a senior living center near 33rd South and finally found it's current home at First Baptist Church approximately 5 years ago.

When the meeting moved to it's present location, it became a "closed" meeting of Alcoholics Anonymous. Some current long-time members that were available to contribute to this "her-story" informed me that the group has participated in answering the service office phones every Saturday from 2:00 p.m. to 6:00 p.m. for the past 11 to 12 years! For a period of time, the women used their Saturday phone call time to assemble newcomer packets for the group. Currently, a different person volunteers each month to hold the get-together at their house, apartment, or even at a park when weather permits. it's typically pot-luck with a variety of snacks, beverages, good conversation, and some of that great sobriety humor while we wait for that phone to ring!

The group, of course, has always been self-supporting and consistently contributes to the Service Office, District, GSO, and pays rent. It offers great opportunities for service including a monthly rotating chairperson, treasurer, Service Office Representative, and Grapevine Rep. It has many women available to talk with newcomers who have worked the 12 steps with a sponsor, and welcomes children who are cared for during the meeting by attending members of AA. Many of the women carpool and are more than happy to make sure everyone gets home safely. The group can have 25 to 30 or more women on any given night!

*Cont'd on pg. 7*

It's In The Book meets every Monday at 7pm at First Baptist Church, 777 South 1300 East in Salt Lake City, Utah. Back basement door.  
This meeting is CLOSED, meaning for AA Women Members and those women with a desire to stop drinking.

# Happy Birthday! *It works — it really does!*

## Came to Believe

John N 30 days  
Marty H 12 yrs  
Johny J 20 yrs

## City at Seven

Rae 1 yr  
Robert 1 yr  
Kerry 1 yr  
Wes 1  
Holly 2 yrs  
Harold 2 yrs  
Russ 3 yrs  
Sancy 5 yrs  
Bob 5 yrs  
Kip 10 yrs  
Larry 26 yrs  
Tim 26 yrs  
Adrian 28 yrs

## Happy Destiny

Jim H 3 yrs  
James S 3yrs  
Gene L 6yrs

## Fresh Air Serenity Seekers

Ilene 30 days  
Lisa 30 days  
Doug 30 days  
Nate 30 days  
Sabastian 30 days  
James 30 days  
Morgan 30 days  
Julie 30 days  
Emily 30 days  
Bambi 30 days  
Maliachi 30 days  
Mike 30 days  
Isacc 30 days  
Greg 30 days  
Chase 60 days  
Paul 60 days  
Scott 60 days  
Shaun 60 days  
Josh 60 days  
Tyler 60 days  
Jillian 90 days  
Eric 90 days  
Corine 6 mos  
John 6 mos  
Antwar 6 mos  
Shanelle 9 mos  
Jones 1 yr  
Terrel 1 yr  
Ray 1 yer  
Kathy 18 mos

Randy 18 mos  
Sue 18 mos  
Chad 18 mos  
Kelly 3 yrs  
Christian 3 yrs  
Charlie 4 yrs  
Ashley 6 yrs  
John 7 yrs  
Steve 10 yrs  
Aaron 11 yrs  
Velda 12 yrs  
Cori 16 yrs  
Holly 20 yrs  
Chris 21 yrs  
Janet 27 yrs

## Midvale Lunch Bunch

Angie A 30 days  
Lisa L 30 days  
Jen F 30 days  
Matt L 30 days  
Maiacha I 30 days  
Emily T 30 days  
Tyler K 60 days  
Terry F 90 days  
Kristi B 90 days  
Norma T 1 yr  
Madolyn G 18 mos  
Leann L 17 yrs

## Hilcrest Goup

Matt 30 days  
Blaine 30 days  
Brad 30 days  
Amy 60 days  
John 60 days  
Joe 90 days  
Ryan 9 mos  
Chandelle 9 mos  
Jeff 18 mos  
Brandon 2 yrs  
John 3 yrs  
Aaron 3 yrs  
Bradley Jo 5 yrs  
Luke 6 yrs  
Susan 7 yrs  
Richard yrs  
Cindy 13 yrs

## NonSmoking Sobriety Hour

Eric V 1 yr  
Dave S 5 yrs  
Marc N 5 yrs  
Gina F 11 yrs  
Ken S 17 yrs

## Nomadic Lunch Bunch

Ryan 30 days  
Shawn 6 mos  
Tammy 4 yrs  
John 7 yrs  
Shiela 8 yrs  
Carol 17 yrs

## Attention!

NOMADIC LUNCH  
BUNCH  
WANDERING  
AGAIN

Odyssey House  
350 E 2100 S  
12:15pm  
Tues, Wed, & Thurs.

Ritz Bowling Alley  
2265 South State  
Northeast door  
12:15pm  
Mon. & Fri.

## The Chair in the Corner

Happy August!

This month is our annual Central Office Picnic! I hope everyone is spreading the word in your groups. The date for the picnic is Sunday, August 18 at 10:30 am until 4:00 pm. The picnic will be held at Germania Park which is located off of the 5300 South exit. If you head west on 5300 South and go north on approximately 1200 West you will find the location of the picnic. There is a pavilion, lots of grass, volleyball and basketball courts even a kid's playground. You are welcome to bring coolers and blankets to spread out. Out of the Basement will perform and we will have opportunity drawings throughout the picnic. Again, this year, we have a couple of guys that will spend the night roasting a pig and several chickens to serve. There will be a cost to purchase the meat and water. As always, we ask that you bring a side dish to share. If you'd like to participate in helping with the picnic, please contact Joel R. Email Joel\_R@comcast.net. Please ask your home group if they would like to donate a gift card or prize for the opportunity drawing. If so, please drop off at Central Office or give to your Central Office representative to drop off at Central

Office. The August picnic is a wonderful fellowship tradition that has been going on for a very long time.

I'd like to give you an update on our new phone system. Our new phone system is up and running with just a few hiccups. Our biggest challenge is making sure all calls are answered by a sober alcoholic. We have several after-hours phone volunteers and they have been troopers through the changes. We still have open slots after office hours available for you or your group to sign up. When the phone is not covered after hours, callers get an informational voice mail with the opportunity to leave a message. The volunteers return the calls in the morning or 12 step calls are forwarded directly to the 12 Step coordinator. But, there is nothing like talking to a human when you finally have the courage to make the call. Please consider signing up to take the phones. If interested, please send an email to hotline@saltlakeaa.org.

Hope you get involved and hope to see you at the picnic,

Christy R.

## A.A. on the Road

## A Life Worth Living

*Published in the November 1999 Grapevine*

I was introduced to this miraculous fellowship in 1988, after getting arrested (for the second time) on graduation day from high school. I was seventeen. Since I was still a minor, I spent thirty days in treatment and thirty days in juvenile detention. I could have avoided the latter but I was kicked out of treatment. It wasn't that I didn't want to be sober; it just didn't seem feasible to me. I remember saying to my mother, "I don't think its going to work. I can't be friends with people who drink, and I don't like people who don't." Luckily, I was to discover a whole Fellowship full of people just like me, to be friends with.

One of the first things I had to learn was how to have fun. Of course, what I define as being fun has changed dramatically over the years. At first I would stay up all night playing euchre (I'm from Indiana) with other people in the Fellowship. I went caving or to a concert. I had to be constantly on the go because that's what I was used to. Today, I'm amazed at how little it takes to entertain myself.

Another useful thing I learned early on was to "act as if". This helped in so many ways. I had no belief in God but I could see that I had better get one if I wanted to stay sober. So, I started acting as if I believed - by praying. My first prayers were, "God, if you're there, help me to see." It worked. I applied this tool to other areas of my life. I saw that people who attended meetings regularly seemed to have more serenity, so I went to more meetings. Life got better. I saw that in my college classes, the people who did well actually went to class and did their homework. So I began going to all my classes and doing my homework. My grades improved dramatically. You get the picture.

I think the most important thing I've learned is that I can do or be anything I want as long as I'm sober. Quite often I suffer from the "not good enoughs." Rather than listen to that voice, I started just to try things. The voice told me I wasn't smart enough for grad school but I really wanted to be smart enough, so I started acting as if. Today, I have an M.S. and have been recommended to go on for a Ph.D.

The voice also told me I wasn't strong enough to live for two years in East Africa. I wanted to do it, however, so here I am, eighteen months in East Africa. And let me tell you, after eighteen months in the bush, with no telephone, electricity, or running water, and with hyenas howling outside at night, I believe I can do anything!

Of course I can't do anything without the Fellowship. Being here has really made that apparent. I never fully realized until now how spectacular the Fellowship is. These days, I don't have meetings. I stay sober using the Grapevine and the LIM newsletter. You can't imagine all the wonderful letters I receive from other loners around the world. So, to them, and to all of you in the Fellowship, I would like to say thank you for making this beautiful life of mine possible.

*Heather T., Katesh, Tanzania*

## Report on The Area 69 BTG (B)ridge (T)he (G)ap Workshop on June 15th

"OH MAN" what a GREAT success. What is BTG you ask? "WELL", it's a vital link for those getting out of treatment centers or correctional facilities. Our goal is to help them get to an AA meeting ASAP upon leaving. There were 50+ people in attendance from all over the state, each helped with a lot of participation. \*We reminded them, "THIS IS A 12 STEP CALL". Always take a friend with you for your initial contact. I call it tag teaming. When I run out of right things to say, someone else can fill in. \*We provided the "do's & don'ts" of a 12 step call. \*We gave them great examples of successful "Bridges" who are still sober today, thanks to someone who gave them a ride to their first meeting fresh out of "Lock Up or Treatment". \*We provided maps of the Area 69 service geography, so we could help better serve those in other parts of our state, by getting people with in close proximity to better carry the message. \*We gave out contact request forms for volunteers on the outside & permission request forms for those on the inside. All of this information is available on your C. O. website (saltlakeaa.org) or on the Area 69 website (utahaa.org). Just about anybody can help us provide a first hand up for those people coming out of a controlled, safe place and back into our crazy life outside. We NEED your help!

Thanks to Susan L at Central Office and Pete G., Area 69 Corrections Chair, for helping make this event a success. We hope to have more. Contact Andy B. (area69treatment@utahaa.org), Pete G. (area69corrections@utahaa.org) or Susan L. (volunteer@saltlakeaa.org) to volunteer.

Love & Service Andy B. Area 69 Treatment Chair

## For Someone's Sake, Please Answer the Phone!

A desperate drunk calls Central Office. Who should answer the phone, another alcoholic or the answering machine? It's up to us!

*Shifts available on week days after 5pm, on Saturdays after 2pm, and on Sundays for all 24 hours*

*Days and times available are subject to change. For current information contact: Melinda A., E-mail [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org) or go to [www.saltlakeaa.org/phones](http://www.saltlakeaa.org/phones) for volunteer information. Will train for sobriety! We provide a super easy "how to" sheet.*

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

## Calendar of Events

### August

**SaLTYPAA Meeting** at Central Office on Sunday, August 4 & 18 at 6:00pm

**CO Board of Trustees Meeting** at Central Office on Tuesday, August 6 at 6:00pm



**Maple Grove Campout** at the Maple Grove Campground in Scipio, Utah. August 9, 10 & 11. Registration: \$10/person and \$15/family. Contact Patsy and Ralph at 801-598-0732 Pets on leash at all times. Map online at [saltlakeaa.org/events](http://saltlakeaa.org/events)

**Grapevine Group Service Reps of District 10 - Summer Quarter Quarterly Meeting** at Alano Club—big room 5056 South 300 West in Murray. Saturday, August 17 at 9am

**All Groups Meeting** at Central Office on Saturday, August 17. Hosted by the Murray Group. Potluck 6-7pm, Meeting 7-8pm

**Central Office Annual Picnic** Germania Park 5243 Murray Pkwy Ave on Sunday, August 18 10:30am-4pm. Suggested donation \$5 Bring a dish to share. Mind blowing raffle! Map online at [saltlakeaa.org/events](http://saltlakeaa.org/events)

**Came to Believe Retreat** Camp Utaba, Utah, 7005 Fork Rd, Eden, UT August 23-25. \$120 per person, \$50 per person deposit required. Contact John M at 801-597-2053 or at [johnmetcalf61@yahoo.com](mailto:johnmetcalf61@yahoo.com); Kevin H at 801-633-5683. Take the steps as the AA founders taught! Map online at [saltlakeaa.org/events](http://saltlakeaa.org/events)



**Rainbow Roundup** "Circle The Water Wagons" Courtyard Marriot Hotel (130 W 400 S) August 23, 24, 25. Registration: \$50 through August 13, and then \$60. Everyone welcome. Details online at [saltlakeaa.org/events](http://saltlakeaa.org/events)

**District 10 Public Information Committee Meeting** at Central Office on Saturday, August 24 at 10:00am. Help plan current and future projects

**Outreach Committee Meeting** at Central Office on Tuesday, August 27 at 6:00pm. Be of service! Help plan current and future projects

### September

**SaLTYPAA Meeting** at Central Office on Sunday, September 1 & 15 at 6:00pm

**CO Board of Trustees Meeting** at Central Office on Tuesday, September 3 at 6:00pm

**24th Annual Womens Big Book Retreat** at Trefoil Girl Scout Camp in Provo Canyon. September 6-8. Nonrefundable registration of \$50 due by August 30th. Covers meals, sleeping quarters, hot showers and bathrooms. Contact Heather at 801-687-7644. Registration form and details online at [saltlakeaa.org/events](http://saltlakeaa.org/events)

**CO Reps Meeting** at Central Office on Tuesday, September 10 at 6:30pm

**All Groups Meeting** at Central Office on Saturday, September 21. Hosted by the Sunday Morning Breakfast. Potluck 6-7pm, Meeting 7-8pm

**Outreach Committee Meeting** at Central Office on Tuesday, September 24 at 6:00pm. Be of service! Help plan current and future projects

**District 10 Public Information Committee Meeting** at Central Office on Saturday, September 28 at 10am. Help plan current and future projects

## This Month is AA August 1935

## It's All About Me

I have stopped saying "The newcomer is the most important person in the meeting!" First, in my mouth, it is a lie. I am always the most important person in any room. And in that vein, the most important day in AA History in August is the 26th. That is my sobriety date.

For each of us the important period in AA History will always be the part that we have lived. Of the historic notes listed below the ones that stand out to be are the personal ones.

It was in August 1934 that the 'Powers of Good' moved Rowland H and Cebra, members of the Oxford Group to go to court to save a drunk. They persuaded the court to parole Ebby T. to them with the promise that they would get him out of the state.

Thus was set in motion a series of miraculous events. They came together shortly thereafter at Bill Wilson's Kitchen table.

Without the efforts of Roland and Cebra we might still be waiting for the solution to our drinking problem.

For years I resisted the suggestions of many of my friends that I should keep a journal. Two years ago I was laid off from the best job I had ever had. I turned to journaling to help keep my mind from racing. The experience of setting my own AA History down in my journals has opened my formerly rather closed mind.

As I have recorded the events of the last few years, the times that God has worked in my life have been obvious. As I write them, reread them and share them; the observation of those small spiritual events has grown into a greater awareness and reliance on the spiritual connection.

The most important pieces of AA History in any August are the spiritual events that will happen in your life this August!

Consider writing them down!

Other significant events in August for which we do not have a specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes 3 million.

Dan K



### *My Home Group, cont'd from page 3*

The current members of the group include a wide age range for fellowship, sponsoring, support, and friendship. A phone and email list is kept for notification of meeting changes or updates, service Saturday location and directions, as well as open invitations for social get-togethers. Anonymity and confidentiality are observed.

There are also women from a variety of other states who have made this their regular meeting or home group. New AA members, visiting AA members, and local AA members who have heard about the group are weekly additions. Some come and stay, some stay for a time, and some are just passing through. But all feel the strength of fellowship, tradition, friendship, and hope that this group passes along. Please come and join us!! Now you know who and where we are!

"We will be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then." ~ Alcoholics Anonymous, A Vision For You, pg. 164 ~



# Report on the 55<sup>th</sup> Annual ICYPAA Conference

I had the blessing of attending the 55<sup>th</sup> annual ICYPAA in Phoenix, Arizona July 11-14 held at the beautiful Arizona Biltmore. I was one among 4,269 attendees representing the U.S. Virgin Islands. Almost all 50 States were represented as well as the countries of Australia, UK, Japan, Canada, and Lithuania to name a few. To say these people were excited about sobriety is a ridiculous understatement. I experienced sober psychosis due to a lack of sleep trying to attend as many of the meetings/workshops/events as my little legs would allow.

I asked God to give me strength and endurance as I powered through a weekend full of fellowship and miracles, and He did. There were Marathon Meetings led by different groups across the nation that occurred literally around the clock. Each evening featured a main meeting where if stumbled upon with an outside perspective, would have had the same appearance as young adults going to see their favorite band. These people were on fire for sober living! The massive line was a sight for clear eyes, wrapping around the entire property. Over flow seating had to be arranged for the many people who were busy attending other activities and didn't make it into the first 2,800 allotted seats in the main meeting hall. I have been sober since January 12, 2013 and was able to pick up my six month chip at this conference. I went not knowing what to expect and left having had absolutely nothing short of a spiritual awakening. If these young people are the future of AA fellowship, then many lives are surely to be saved.

Larita C

*Editor's note: Larita was visiting the 5:30 Nonsmoking Sobriety Hour Meeting where she shared her story. She was on fire!*



## Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

"Helping others is the foundation stone of your recovery" says Bill W. My daily reprieve from the disease of alcoholism depends upon my willingness to do this work on a purely spiritual basis, subsuming my ego to be of service to a fellow sufferer. It is therefore crucial for service work in Alcoholics Anonymous to remain nonprofessional and uncompensated.

I was introduced to meetings of Alcoholics Anonymous by a private treatment center, so my initial viewpoint on the "price" of recovery was skewed. A few thousand dollars later, I graduated from that treatment center and set out to maintain my sobriety through AA. I quickly discovered that the only transaction involving money at an A.A. meeting occurred when the basket was passed to enable the group to remain self-supporting.

It is important to distinguish between 12-step work and the professional, paid work performed at our service centers. This second aspect of Tradition 8 derived from early failures in relying on alcoholic volunteers to perform administrative and operational tasks (running a club, mailing pamphlets, etc). These important functions on the material plane can and should be compensated; they make possible the unpaid spiritual work that is at the core of our movement. As Bill put it, “The job was not to do Twelve Step work; it was to make Twelve Step work possible. It was a service proposition, pure and simple.”

Jennie S.



## Central Office Salt Lake City Financial Summary June 2013

*Groups Represented at the  
July 2013 Central Office  
Representatives Meeting*

### Income Statement

#### Revenue

Group Contributions	\$ 2,527.90
Other Contributions	\$ 119.42
Breakfast Event Contributions	\$ 179.00
Sales - Literature	\$ 3,586.80
Sales - Awards & Misc	\$ 1,823.50
<b>Total Revenue:</b>	<b>\$ 8,236.62</b>

COGS - Literature	\$ 3,559.81
COGS - Awards & Misc	\$ 879.28
<b>Total COGS</b>	<b>\$ 4,439.09</b>

<b>Gross Profit</b>	<b>\$ 3,797.53</b>
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Operating Expenses	\$ 3,384.19
(Rent, Bookkeeper, Utilities, Printing & Copies, Answering service)	
Other Expenses	\$ 409.14
(Breakfast Event)	
<b>Total Expenses</b>	<b>\$ 3,793.33</b>

<b>Net Income:</b>	<b>\$ 4.20</b>
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### Bank Accounts

Checking	\$ 20,250.05
Money Market - PR	\$ 24,011.32
<b>Total</b>	<b>\$ 44,261.37</b>

11th Step Meditation  
12&12 on 17th&17th  
5:15 Happy Hour  
974 Meeting  
A Way Out  
Altrium Group  
Bog Irish Big Book  
Bountiful Men's  
City at Seven  
Come as You Are  
Early Friendship  
Garden Variety Group  
Grapevine Group  
Grub Lunch  
Happy Destiny  
High on the Hills  
Highland Group  
Hillcrest Group  
Honeys Breakfast  
How It Works  
Midvale Lunch  
Murray Group  
New Life Group  
New Way  
Nomadic Lunch Bunch  
Non-smoking Sobriety Hour  
Nut Buckets  
Old Fashioned AA  
Red Eye Coffee Group  
Round Table  
Sacred Healing  
Salt Lake Group  
Saturday SOTS  
SELG Women's  
Sobriety Hour Group  
South Davis AA/Alanon  
Starting the Day  
Sugar House Mens  
Sunday Breakfast at the Alano Club  
Sunday Happy Group  
Tooele Groups  
Vision for You  
We Care  
The Original Every Night  
Candle Light / Young & Alive

# Group Contributions for June, 2013

Contribution Groups	Jun 13	Jan - Jun 13	Contribution Groups	Jun 13	Jan - Jun 13
11th Step Meditation	30.00	61.86	New Life	0.00	170.00
12 O'Clock High	61.40	165.35	New Way	0.00	1.00
17th x 17th	0.00	361.20	New Yorkers	0.00	59.50
5-15 Happy Hour	0.00	385.00	Nomadic Lunches	98.92	857.68
90th and 32nd @ 600	0.00	150.00	Non Smoking Sobriety Hour	0.00	238.00
974 Group	0.00	318.96	Not A Glum Lot	30.00	30.00
A Vision for You	0.00	395.89	Nut Buckets	0.00	52.94
A Way Out	0.00	78.90	Off the Cuff	0.00	208.00
AA Saturday Night Speakers Meet	0.00	483.51	Old Fashioned AA	0.00	29.55
Acceptance	0.00	264.45	Park City Attitude Adjustment	0.00	1,500.00
An AA Group	0.00	143.71	Park City Group	250.00	250.00
Back to the Basics	0.00	10.00	Park City Men's Group	0.00	150.00
Basic Young Peoples	0.00	190.50	Primary Purpose	0.00	25.00
Bog Irish	0.00	144.32	Red Eye Group	42.75	42.75
Bountiful Community	50.00	110.00	Richard Street Lunch	0.00	25.47
Bountiful Mens	0.00	200.00	Right Stuff	0.00	82.25
By the Book	0.00	333.00	Salt Lake Group	0.00	100.00
Closed Meeting of Alcoholics	196.31	336.31	Salt Lake Men's	0.00	185.00
Come Around	0.00	10.00	Saturday Beginners	0.00	404.00
Come As You Are	0.00	144.00	Saturday Morning Hot Topics	0.00	22.50
Cottonwood Group	0.00	195.25	Saturday Morning SOTS	198.00	198.00
Crazy Ladies	0.00	92.00	Sharing N Caring	0.00	68.25
District 10	500.00	1,257.25	South Davis AA	0.00	30.00
DNS Group	0.00	570.00	South Enders	0.00	500.00
Early Bird Special	0.00	771.50	South Valley Lunch	0.00	113.50
Early Friendship	0.00	430.69	Speak Easy Women	0.00	135.26
Every Night Firelight Group	0.00	80.00	Spiritual Quest	0.00	100.00
Eye Opener	54.00	492.50	Starting The Day	15.00	60.00
Fresh Air 12 & 12	0.00	60.00	Stepping Stones	40.00	40.00
Fresh Air Serenity Seekers	0.00	107.00	Stonewall Group	0.00	235.61
Fresh Start	12.00	12.00	Sugarhouse	0.00	107.00
Friendship Group	0.00	57.40	Sunday Get AA	0.00	75.00
Garden Variety	0.00	251.30	Sunday Morning Breakfast	0.00	136.00
Granger Group	200.00	200.00	Survive & Serve	0.00	79.10
Grapevine	0.00	266.96	Tenth Step Group	0.00	38.68
Greater Kearns	0.00	35.00	The Round Table	98.12	98.12
Grub Lunch Bunch	86.00	369.00	Thunder Heart AA	50.00	50.00
Happy Destiny	22.90	22.90	Thursday Night Womens Reflec	0.00	90.00
Happy Group	0.00	40.00	Tooele Beginners	0.00	246.58
Highland Group	74.00	275.00	TRY AGAIN	0.00	6.64
Holladay	0.00	75.00	Up Group	0.00	12.00
Honey's Breakfast Club	300.00	300.00	Valley View Group	0.00	75.00
How It Works	0.00	525.75	Wake Up Call	0.00	1,100.00
Into Action	0.00	51.50	We Care	0.00	275.00
It's in the Book	0.00	27.38	West Jordan Big Book Study	60.50	60.50
Jaywalkers	0.00	65.00	Women In Sobriety	8.00	8.00
Lake Point Layover	0.00	2.53	Women Stepping Up	0.00	95.00
Lighten Up Group	0.00	80.00	Women's 12X12	0.00	212.10
Magna Friendly Bunch	50.00	150.00	Young and Alive	0.00	30.00
Midvale Lunch	0.00	100.00	Young People's Meeting	0.00	80.50
Murray Group	0.00	163.50	<b>Total</b>	<b>1,636.61</b>	<b>11,413.37</b>

## Your Central Office Committee updates from Tuesday, July 9, 2013 6:30pm

**Activities Committee.** Approximately fifty to sixty people attended the Central Office Breakfast Speaker's Meeting at George Washington Grove. The Annual Central Office Picnic is scheduled for August 18, 2013 at Germania Park. Raffle prizes from Groups are being requested. The Chili Cook-off is scheduled for October 19, 2013 at St. Ambrose Church a 6:30 p.m. Volunteers are needed for both activities. Contact Joel R. at [activities@saltlakeaa.org](mailto:activities@saltlakeaa.org) or Nick R. at 801-664-1206.

**Archives Committee.** Nothing to report.

**By-Laws Committee.** Linda B. also presented a summary of the recent changes to the Central Office By-Laws that are available at Central Office or by emailing Kent at [secretary@saltlakeaa.org](mailto:secretary@saltlakeaa.org).

**Cooperation with Treatment Facilities (CTF) Committee.** John E. attended the District 10 meeting and is establishing a working relationship with the District 10 CTF Chair. John E. will investigate what the CTF Committee can do to support the Recovery Day activities scheduled for September 14, 2013. Event sponsored by USARA. Contact John E at 801-964-8936 or [johnneugster@yahoo.com](mailto:johnneugster@yahoo.com).

**Corrections Committee.** Tony S. attended the Bridging the Gap Workshop and furnished his report. He is coordinating with Area and District Corrections Committee Chairpersons. Tony needs volunteers for this committee. [shyrestalone@yahoo.com](mailto:shyrestalone@yahoo.com), 801-597-3980.

**Hotline Committee.** Melinda A. reported that the Committee is making a list of people and their phone numbers who are available to serve on the Hotline Committee. Volunteers are needed. Contact Melinda at [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org).

**Literature Committee.** Chris H. presented the "Pamphlet of the Month" entitled "Questions About A.A." Chris H. reported that the Central Office inventory was completed. To order materials contact Chris at [literature@saltlakeaa.org](mailto:literature@saltlakeaa.org).

**Newsletter Committee.** Gina expressed her gratitude for the magnitude and quality of participation to the Lifeline. She reported that this month's Grapevine is devoted to the topic, "Corrections", and asked that any spare or used copies of this issue be contributed to Central Office for distribution behind the walls. For suggestions or to volunteer contact Gina F at [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org).

**Outreach Committee.** Charlie T. reported his Committee members continue to visit Groups not regularly represented at the C. O. Committee meetings. To volunteer contact Charlie T. at [outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org).

**Twelfth Step Committee.** Alan L. reported volunteers are needed to work at Central Office, on the Committee, and requests ideas on how to best serve the A.A. Community. Contact Alan L. at [12step@saltlakeaa.org](mailto:12step@saltlakeaa.org).

**Volunteer Committee.** Christy R. reported for Susan L that volunteers are needed to help during vacation months including Tuesdays, 10am to 2pm. C.O. copy services are available for AA-related needs.

Groups are asked to put their Group's name on checks used for Central Office purchases. Contact Susan L. at 801-484-7871 or at [volunteers@saltlakeaa.org](mailto:volunteers@saltlakeaa.org). to volunteer and for copy services pricing.

**Website Committee.** Jonathan H. reported that the new Central Office online schedule upgrade template and scheduling format are working. He also announced that Salt Lake is hosting the SALTYPAA conference. Volunteers are needed to help plan, organize and staff the event. The SALTYPAA Committee meets Sundays at 6:00 p.m. at Central Office. Contact Jonathan H. at 801-228-0090 or at [web-servant@salklakeaa.org](mailto:web-servant@salklakeaa.org).

**Area and District Meetings.** District 2, 10 & 11 have many service opportunities including Secretary (District 2), GSRs, DCMs and alternate DCMs.

### Old Business.

**Annual and Standing Committee Budgets.** Adam U. presented to the both the 2013 Central Office Operating Budget and the 2013 Central Office Committee Budget Detail. Budgets were approved.

**Telephone System.** Christy R. reported on the new Central Office After Hours Phone Service. All persons and Groups who volunteered to answer the Central Office phones are asked to contact Christy R. at [board@saltlakeaa.org](mailto:board@saltlakeaa.org) as soon as possible to provide their current contact information for the new call forwarding procedure.

**Elections for the New Central Office Standing Committees Chairs.** Jeff M. was elected Chair of the Cooperation with the Professional Community (CPC). Jeff can be reached at [jeffm.chpn@gmail.com](mailto:jeffm.chpn@gmail.com) and 860-983-5072.

**Distribution of Amended By-Laws, June 4, 2013.** Linda B. printed off and distributed the Amended By-Laws effective June 11, 2013.

### New Business.

**Announce Election of New Alternate Trustee.** The position of Central Office Alternate Trustee has been vacated by Rich W. due to conflicts in his personal schedule. Group Representatives were asked to announce that the election for the position of Central Office Alternate Trustee will be held at the August CO Committee meeting.

**Website Calendar of Area/District/Other Meetings at Central Office.** Jeremy C. will assume the responsibility for calendaring events being held at Central Office. Jeremy C. will work on guidelines for both scheduling and calendaring Central Office events. Jeremy C. may be reached at [blister92@yahoo.com](mailto:blister92@yahoo.com) or 801-916-9529.

**Big Book Pricing.** Ray J. P. will prepare a Motion to adjust Big Book pricing charged by Groups to present at the next CO Committee mtg. for consideration.

Adjourn and Close with the Serenity Prayer.

Kent S., Secretary

## Central Office of Salt Lake City, Inc.

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Comments or suggestions for Lifeline?