

# LIFELINE

Salt Lake City Central Office Newsletter

October 2013

SPECIAL INSERT  
Sobriety & Chronic Pain



## Step Ten

*Continued to take personal inventory and when we were wrong promptly admitted it.*

The following guide is drawn verbatim from Alcoholics Anonymous (pp. 84-86):

1. Was I resentful?
2. Selfish?
3. Dishonest?
4. Afraid?
5. Do I owe an apology?
6. Have I kept something to myself which should be discussed with another person at once?
7. Was I kind and loving toward all?
8. What could I have done better?
9. Was I thinking of myself most of the time?
10. Or was I thinking of what I could do for others, what I could pack into the mainstream of life?
11. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

At all times we continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up we:

1. Ask God at once to remove them.
2. We discuss them with someone immediately
3. And make amends quickly if we have harmed anyone.
4. Then we resolutely turn our thoughts to someone we can help.

## Voice of the Volunteers

Every Halloween my thoughts go back to January 17, 1960, my eighth birthday. Eight is considered the age of accountability in the church I grew up in and as such I was baptized and confirmed a member of that church. The confirmation blesses the member to receive the Holy Ghost. All the kids said they "felt the spirit" upon being blessed. My classmates made me birthday cards, one which I kept for decades. It was a note painstakingly written in cursive on that course, lined paper. Cynthia wrote how great it was that I was going to receive the Holy Ghost. At the bottom of the note she had drawn a simple ghost, which is why I have this remembrance at Halloween.

Guess what? Little Gina (who hadn't started drinking, yet) "felt kind-a spooky" around this rite of passage. And, it seems, it was at this point in time that my long running anguish of fear of God, guilt and shame was launched. I don't have to live like that anymore, including blaming this church for my alcoholic thinking and behaviors.

When I turned 50 I became a member of Alcoholic Anonymous. I brought my childhood maladies with me including a deeply engrained belief that God was there for everybody but me. I don't think like that anymore. When I learned that being of service was suggested as a way to keep sober, I nearly had a heart attack. I was already knee deep in community-based service that was so good for my ego. Eventually I gave A.A. service a whirl on a small scale, i.e., chairing meetings, being the secretary, putting my hand out to the new comer. This service helped me to feel *a part of*, something I had little experience with.

Today I am the Lifeline Newsletter chair. I experience the satisfaction of being of service that has nothing to do with my ego. Believe me, my learning curb on Microsoft Publisher pounded out any ego I might have brought to the post. I "feel the spirit" each time I work on an issue. I am humbled and filled with gratitude by the quality of work submitted by my fellows. I believe that this is a God thing, and that God is on my side.

Gina F 

# 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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Co-Chair .....	Wendy W.
Immediate Past Chair .....	Nick R.
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Trustee at Large .....	Jeremy C.
Alternate Trustee at Large .....	Rich W.
Alternate Trustee at Large .....	Mike O.

## Central Office Standing Committees

Activities (activities@saltlakeaa.org).....	Joel R.
Archives (archives@saltlakeaa.org).....	John N.
Bylaws (bylaws@saltlakeaa.org).....	Linda B.
Hotline Telephone (hotline@saltlakeaa.org).....	Melinda A.
Literature (literature@saltlakeaa.org).....	Chris H.
Lifeline Newsletter (lifeline@saltlakeaa.org).....	Gina F.
Outreach (outreach@saltlakeaa.org).....	Charlie T.
Twelfth Step (12step@saltlakeaa.org).....	Al L.
Volunteer (volunteer@saltlakeaa.org).....	Susan L.
Website (webservent@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;
- 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



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 2pm  
Closed Sundays  
OPEN MOST HOLIDAYS  
Call for holiday hours  
801-484-7871



## MY HOME GROUP

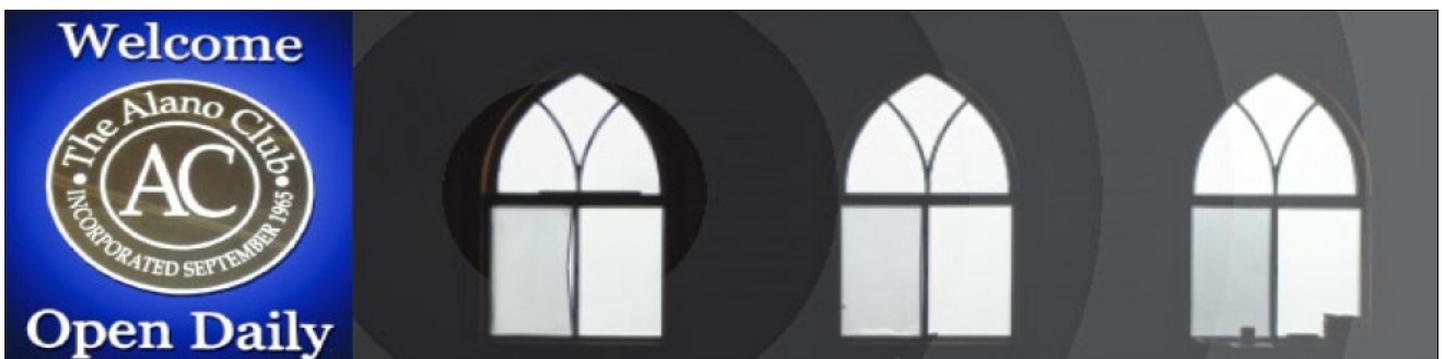
### Friday Night Young and Alive

Every Friday night at 8pm at the Murray Alano Club a large group of alcoholics gets together to help each other stay sober through another 24 hours. The Alano club has been around for a very long time and has many meetings every day throughout the week. Our meeting has been there keeping people sober for well over 20 years. We have everything from the newcomer going to their first meeting to the old timer celebrating 40+ years and everything in between including treatment centers. Our meeting can be quite large with over 100 alcoholics in attendance at times. It is an open meeting and all are welcome, and even though the meeting is large the group feels like one big family.

I have been going to this meeting since I got sober in January 2012 and it has been one I rarely miss. I love the energy and personalities of all the members and always walk away after feeling refreshed. It's always great to see the newcomers and to be part of the AA family putting our hand out to make them welcome. The old timers are always willing to spend time with whoever needs and with it being at the club the meeting really never ends. There is a kitchen downstairs with a wide variety of options and of course the coffee is always fresh and hot. You can even get a steak dinner on Friday nights with all the fixings. Our members are very involved in every aspect of the fellowship and there is always something going on.

Our meeting is pretty standard on format; we have a door greeter who welcomes all who come, a secretary who will lovingly give you a big hug and smile to celebrate your birthday or welcome you in your first month, and the chairperson who leads the meeting, picking the topic and calling on people to share. We have trusted servants representing in service positions throughout. I serve as the group's Central Office Rep. So if you're looking for a meeting, new to recovery, or just looking to change up your routine, come on out and start your weekend off right or simply end your day with a great group of alcoholics who will quickly become your family. Don't let the size of our meeting scare you, simply remember there is strength in numbers.

Jonny A.



Friday Night Young and Alive meets at 8pm every Friday at the Murray Alano Club 5056 S 300 W  
This is an Open meeting meaning all may attend.

## Happy Birthday!

*It works — it really does!*

### Fresh Air Serenity Seekers

Dia 30 Days  
Kelly 30 Days  
Lance 30 Days  
Morgan 60 Days  
Logan 60 Days  
Jesse 60 Days  
Lauren 60 Days  
Anne 60 Days  
Branxton 60 Days  
Tim 60 Days  
AJ M 90 Days  
Jennifer 90 Days  
Jen 90 Days  
Chris 6 Mo  
Felisha 6 Mo  
Marsha 6 Mo  
James B 9 Mo  
Jason 9 Mo  
Rick 1 Yr  
Brian 1 Yr  
Lex 2 Yr  
Chad 2 Yr  
Dave 3 Yr  
Kathy 3 Yr  
John R 7 Yr  
Daffney 12 Yr  
Tony 13 Yr

Duan 15 Yr  
Sherry 20 Yr  
Lance 21 Yr  
Bill 22 Yr  
Janice 26 Yr

### Speak Easy Ladies Group

Chris 30 days.  
Lorinda 60 days  
Racheal 60 days  
Sandra 60 days  
Jasmine 90 days  
Jen 9 mos  
Lucy 9 mos  
Mandi 1 yr  
Claudia 1 yr  
Susan 18 mos  
Lorna 12 yrs  
Julie 23 yrs  
Toni 24 yrs  
Pat 25 yrs  
Kathy 28 yrs

### Hillcrest Group

Ryan 30 Days  
Lorin 30 Days  
Presto 30 days

Tim 30 days  
Charlie 30 days  
Sarah 60 days  
Matt 60 days  
Dennis 60 days  
Ryan 60 days  
Krisi 60 days  
Kara 60 days  
Diane 60 days  
Amy 90 days  
Sarah 90 days  
Blaine 90 days  
Larry 90 days  
Mellisa 6 mos  
Vicki 6 mos  
Richie 9 mos  
Lora 1 yr  
Kayle 1 yr  
Taylor 1 yr  
Frank 1 yr  
Brent 1 yr  
Tirezha 1 yr  
Tera 18 mos  
Teresa 18 mos  
Bryon 2 yrs  
Calvin 2 yrs  
Katie 2 yrs  
Maggie 2 yrs  
Sarah 2 yrs

Megan 3 yrs  
Danika 5 yrs  
Janet 6 yrs  
Carol 7 yrs  
Bryce 7 yrs  
Dave 7 yrs  
Stephen 7 yrs  
Amy 8 yrs  
Aubrey 11 yrs  
Soren 11 yrs  
Doug 12 yrs  
Derik 12 yrs  
Metia 15 yrs  
Chris 17 yrs  
Dean 17 yrs  
Reed 32 yrs

### Nomadic Lunch Bunch

Derek 30 days  
Kevin 30 days  
Julie 90 days  
Lorna 12 yrs  
Pat 23 yrs

### Non-Smoking Sobriety Hour

Greg 1 mo  
Justin 2 mos  
Matt 3 mos  
Clay 6 mos  
Matt 1 yr  
Rodney 3 yrs  
Tim 19 yrs

### City at Seven

Laura 18 mos  
Kaycee 18 mos  
Augusto 1 yr  
Peter 3 yrs  
Don 4 yrs  
Patrick 5 yrs  
Austin 5 yrs  
Amy 8 yrs  
Steve 8 yrs

### Park City Step Meeting

John McGrath 44 yrs



## The Chair in the Corner

### October!

Our articles for the Lifeline are due to Gina on the 15th of the month prior to publication for the current month. So, I am writing to you in the middle of September trying to think about October and an appropriate topic. It goes against the, "One Day at a Time", principle we are taught in Alcoholics Anonymous! I think how fast the time goes - the months are just going down like a domino trail. I get fearful that the Thanksgiving turkey will burn or my kids will be disappointed about their Christmas presents and I haven't even bought them yet. How fortunate are we that we have meetings, sponsors and friends to remind us that this is a One Day at a Time deal. When I get worked up, the thought comes to me, "right here, right now". Right here, right now is the only place I can use the gifts and resources given to me by a higher power. Right here, right now I can tap into the calming feeling that everything will be okay as long as I stay right here, right now.

In other news, The Chili Cook Off is coming up Saturday, October 19th at St. Ambrose Church ( 2315 Redondo Ave on 2300 E) . Look for the flyers at your meetings for details. This year, besides the awesome chili provided by you, the fairly new documentary, Bill W., will be shown. Bill W. took eight years of full-time work to complete. The filmmakers conducted research in dozens of archives and private collections, and interviewed A.A. members and historians in the United States, Canada, and Europe (PAGE124 Productions). For details about this documentary, go to [www.page125.com/about/](http://www.page125.com/about/).

PLEASE NOTE: The All Groups Meeting, which also was scheduled for Saturday, October 19 will join in the fun of the Chili Cook Off, resuming its usual meeting at Central Office in November.

Hope to see you there.

One Day at a Time,  
Christy R.

## A.A. on the Road

### Serving in the Military

Now I'm not the most traveled person in AA but I have had great experiences traveling and attending meetings on the road. The first and most urgent motivation to find AA while away from home is the temptation and mental vexing that occurs when a drunk like me is in a strange town. The old "Well, no one here knows me," or "Why not! I'm on vacation!" certainly comes into the thought stream along with feelings of loneliness should I be traveling alone or with non-alcoholics. I have been well trained by good sponsorship to procure a list of AA meetings in the city I am visiting well before departing, thus I have been able to plan my attendance at many of them.

I have always found it intriguing how differently groups choose to conduct themselves. For example, in Las Cruces, New Mexico members at the Arid Club do not stand or hold hand to close the meeting. In a Greenwich Village meeting in New York they hand out poker chips as sobriety tokens. In Brooklyn's Greenpoint neighborhood there is a meeting held in a treatment center where the use of foul language was not permitted. In Anaheim, California there is a club where groups are so large they break up into several smaller groups to meet for the hour in order to give everyone a chance to share. In all, the message of Alcoholic Anonymous was maintained by the expressed opinions and stories of the participants. Though the format might have been unfamiliar to me I have always felt at home with "my people". It is these people I seek out now as if my life depends upon it. For in reality, without AA and a working relationship with a Higher Power, I am doomed to drink again. AA on the road for me means that where ever I may roam I may find a home.



In 2005 I was deployed to Kirkuk Iraq while serving in the United States Air Force as a Munitions Technician. I was a tender nine years sober at the time and coming off of a yearlong divorce when we first touched down in a rickety C-130. Upon setting my boots in that wrenched world I felt as though my outsides finally matched my insides. I can say with full confidence that war is boring, sad, profound, and ugly. I was a mental mess to say the least, despite having contact with an AA sponsor via letters and emails, as well as participating in the Loners email meeting\* offered to AAs in isolated locations. Since there was no such thing as an intergroup of Kirkuk Iraq I consulted my units Chaplin who directed me to the one and only AA meeting on base. That meeting was a saving grace in the face of war and misery.

The meeting met on the Army side of the base, affectionately known as "the dark side". Hence, the group was known as The Dark Side Meeting. I was the youngest member of the group with the least amount of time. All others in attendance had fifteen years plus, and were serving like myself in a combat capacity. The chapel was located on the very edge of the base where just on the other side of the wire lay the "green zone" aka Kirkuk war torn neighborhoods – impoverished and disenfranchised. The sad reality of war hung on every corner as well as in the heavy words of our members. There were some weeks we could not meet because the fighting was too close for safety, or nights when stray bullets could be heard pelting the side of the building. It was in these meetings of war time AA I learned the most profound meaning of one alcoholic helping another. To the men of the Dark Side Meeting I owe my life, for from that experience I am stronger.

Adrian L

\*<http://www.aa-loners.org/>

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

Shifts available on week days after 5pm, on Saturdays after 2pm, and on Sundays for all 24 hours  
For available shifts, contact: Melinda A., by e-mail at [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. to always be there And for that: I am responsible.*

## Calendar of Events

### OCTOBER

**CO Board of Trustees Meeting** at CENTRAL OFFICE on Tuesday, October 1 at 6pm

**13th Annual Fall Fellowship Weekend** at Comfort Suites 2250 S 1220 W Ogden UT (Ext 343) October 4-6. Contact Holly S AL-ANON or Scott S (AA) at 801-389-4989

**The Fellowship of the Spirit Utah 2013 Big Book Study**, The Lodge at Mountain Village, 1415 Lowell Ave in Park City, October 4-6. AA and Alanon speakers. For map, great room rates and online registration go to [www.fotsutah.com](http://www.fotsutah.com). Hotel group rate code 310A9NY.

**SaLTYPAA Meeting** at CENTRAL OFFICE on Sunday, October 6 & 20 at 6pm

**CO Reps Meeting** at CENTRAL OFFICE on Tuesday, October 8 at 6:30pm

**All Groups Meeting to join the fun at the Annual Chili Cook-off. See below**

### Annual Chili Cook-off

at St. Ambrose Church 2315 Redondo Ave (2300 E) on Saturday, October 19 at 6:30pm. Prizes for *Best Overall* and *Most Original Chili*. New this year, third category: *Best Chili by a Treatment Center*

We'll show the movie  
Bill W.:  
A Documentary About  
The Co-founder of  
Alcoholics Anonymous



This annual fellowship  
event is provided by SLC  
AA Central Office. There is  
no charge or suggested  
donation.

**Outreach Committee Meeting** at CENTRAL OFFICE on Tuesday, October 22 at 6pm. Be of service! Help plan current and future projects

**District 10 Public Information Committee Meeting** at CENTRAL OFFICE on Saturday, October 26 at 10am. Help plan current and future projects

### NOVEMBER

**CO Board of Trustees Meeting** at CENTRAL OFFICE on Tuesday, November 5 at 6pm

**SaLTYPAA Meeting** at CENTRAL OFFICE on Sunday, November 3 & 17 at 6pm

**CO Reps Meeting** at CENTRAL OFFICE on Tuesday, November 12 at 6:30pm

**All Groups Meeting** at CENTRAL OFFICE on Saturday, November 16. Hosted by N.S. Sobriety Hour. Potluck 6-7pm, Meeting 7-9pm

**Outreach Committee Meeting** at CENTRAL OFFICE on Tuesday, November 19 at 6pm. Be of service! Help plan current and future projects\*

**District 10 Public Information Committee Meeting** at CENTRAL OFFICE on Saturday, November 23 at 10am. Help plan current and future projects

## This Month in AA History - OCTOBER

Alcoholics Anonymous has been around for over 70 years, and in that time has had a very rich history and a wide variety of success and achievement. Our history is vast and expansive. It's amazing how many countries and regions have been touched by this great program.

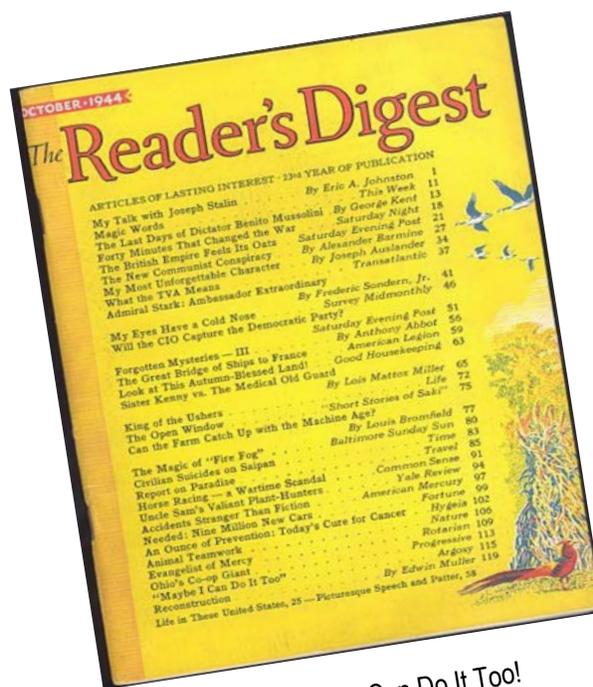
Although this article could be very lengthy and full of historical milestones, I am bound to the month of October. There seemed to be some fairly interesting things that have taken place over the years during the month of October.

One of the many pieces of history that jumped out at me was the story of a magazine article "Maybe I Can Do It Too" that was published in the October 1944 edition of Readers Digest. This article was an incredible piece of literature for AA. It was published in several magazines, international editions and continued to be republished over the next four years. As a result of this wildly popular article, alcoholics from all over the world were writing to the Alcoholic Foundation wanting to learn more about the Fellowship. It is strange to think how such a small piece of writing can be such a profound piece of work. Not only was this insightful for the members currently taking part in recovery, but also gave hope to the alcoholic that still suffers. I loved reading this and feeling the hope that those individuals must have felt while reading this article.

To continue on with the feeling of hope, I learned of an exceptional moment in history for AA. In October of 1951, Alcoholics Anonymous was awarded the Lasker Award in San Francisco. (See page 8) This award was given "in recognition of its unique and highly successful approach" to an "age-old public health and social problem". The award was made possible by Mary and Albert Lasker, New philanthropists. During the presentation of this award over 3,000 A.A.s and family members, physicians, public health experts and clergymen were in attendance. This was a huge success for AA.

The last thing in history that I wanted to point out was the publication of the book Alcoholics Anonymous Comes of Age. It was published on October 1, 1957 and in it, Bill recounts AA history from a personal standpoint and reviews the proceedings of the St. Louis Convention. It also includes a section describing the Three Legacies and talks by AA friends in the field of religion and medicine.

Although there are many other notable points in the month of October's History, I chose the ones that stood out the most to me. I was so impressed with the amount of notoriety this group gets and found it interesting that some very pertinent points were in the month of October. It just goes to show you, when a program works, it works.



Maybe I Can Do It Too!



## The Lasker Award

Lasker Award - The American Public Health Association presented the Lasker Award to Alcoholics Anonymous "in recognition of its unique and highly successful approach" to an "age-old public health and social problem, alcoholism."

Started in 1946, these annual awards have been presented to individuals and groups which have made major contributions to public health efforts. This highly prestigious award is often compared to the Nobel Prize, and many of its laureates have received both honors.

The presentation was made in San Francisco at the Opera House on October 30, 1951. Mr. Bernard Smith (nonalcoholic), former chairman of the Board of the Alcoholic Foundation (now the General Service Board), accepted the award on behalf of Alcoholics Anonymous.

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## Tradition Ten

*Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

Sometimes it blows my mind how Alcoholics Anonymous is able to survive in a world where everyone has a belief or an opinion that they are trying to impress upon others. I myself am guilty of this. In AA however, Tradition 10 is the perfect guideline that enables us to leave outside issues where they belong, outside. If AA took any particular view on any political or religious idea, it would cause AA members to be divided instead of unified. AA is a community where we cannot exclude any alcoholic from our society; if we sided with any outside issues we would be doing just that.

Personally, I feel it is important for us to exercise this tradition on a group level. Being a member of a religious organization myself, I have heard negative comments regarding the religious affiliation of my choice on a number of different occasions. Even though I know not to be, "diverted from the beauty of the forest by the ugliness of some of its trees." A newer member may decide to leave AA all together if he feels we are taking a stand on an issue as touchy as religion. Dr. Bob said it best, "remember to guard that erring member the tongue."\*\* Let us always remember our primary purpose, this way we will not let our spirit of "love and service" be hindered.

\*Quotes Big Book page 50

\*\*Dr. Bob's last talk

Groups Represented at the  
September 2013 Central Office  
Representatives Meeting

## Central Office Salt Lake City Financial Summary August 2013

### Income Statement

#### Revenue

Group Contributions	\$	2,826.03
Copy, Newsletter & Postage donations	\$	95.90
Correction from 2012 Payroll	\$	614.56
Sales - Literature	\$	4,848.95
Sales - Awards & Misc	\$	1,844.50
<b>Total Revenue:</b>	<b>\$</b>	<b>10,229.94</b>

COGS - Literature	\$	4,868.63
COGS - Awards & Misc	\$	1,468.30
<b>Total COGS</b>	<b>\$</b>	<b>6,336.93</b>

**Gross Profit** **\$ 3,893.01**

Operating Expenses \$ 3,344.09  
(Rent, Bookkeeper, Utilities, Printing & Copies, Answering service)

Other Expenses	\$	1,052.79
(Picnic, breakfast, literature, refreshments)	\$	1,129.72
(Inventory adjustemt)	\$	(3,020.22)
<b>Total Expenses</b>	<b>\$</b>	<b>2,506.38</b>

**Net Income:** **\$ 1,386.63**

### Bank Accounts

Checking	\$	15,816.78
Money Market - PR	\$	24,015.40
<b>Total</b>	<b>\$</b>	<b>39,832.18</b>

12&12 on 17th&17th  
90th S 3200 W  
Acceptance Group  
A Closed Meeting of Alcoholics  
A Vision for You  
Altrium Group  
An AA Group  
Big Ugliers  
BYP  
By the Book  
Caring and Sharing  
City at Seven  
Come as You Are  
Draper Group  
Early Friendship  
Fresh Air Serenity Seekers  
Friday Night Young & Alive  
Garden Variety Group  
Grapevine Group  
Grub Lunch  
Happy Destiny  
High on the Hill  
Hillcrest Group  
Honeys Breakfast  
Hot Topic  
How It Works  
Midvale Lunch  
New Life  
Nomadic Lunch Bunch  
Non-smoking Sobriety Hour  
Nut Buckets  
Old Fashioned AA  
Sacred Healing  
Saturday SOTS  
SELG Womens  
South Valley Lunch  
Starting the Day  
Sunday Breakfast/Alano Club  
Thunder Hearts  
Tooele Groups  
Up Group  
We Care

## Group Contributions for August, 2013

	<u>Aug 13 Jan - Aug 13</u>			<u>Aug 13 Jan - Aug 13</u>	
Area 69	6.00	264.57	Grub Lunch Bunch	70.00	509.00
Group # 681669-69-2	0.00	98.12	Happy Destiny	0.00	22.90
Red Eye Group	0.00	42.75	Happy Group	0.00	40.00
District 10	0.00	1,257.25	Highland Group	64.00	339.40
Come Around	0.00	20.00	Holladay	0.00	150.00
Lighten Up Group	0.00	80.00	Honey's Breakfast Club	0.00	300.00
11th Step Meditation	0.00	61.86	Into Action	0.00	131.00
Thursday Night Womens Reflectio	0.00	90.00	It's in the Book	0.00	27.38
Sunday Get AA	0.00	75.00	Magna Friendly Bunch	0.00	200.00
90th and 32nd @ 600	0.00	150.00	Midvale Lunch	0.00	100.00
Every Night Firelight Group	0.00	80.00	Murray Group	0.00	261.00
Saturday Morning Hot Topics	0.00	22.50	New Life	0.00	485.00
Crazy Ladies	0.00	92.00	New Way	0.00	1.00
Saturday Morning SOTS	0.00	198.00	New Yorkers	52.25	111.75
Nut Buckets	0.00	122.54	No Bulls	5.00	5.00
How It Works	0.00	525.75	Nomadic Lunches	0.00	902.64
Fresh Start	0.00	12.00	Non Smoking Sobriety Hour	0.00	238.00
Salt Lake Group	50.00	150.00	Not A Glum Lot	0.00	30.00
Young People's Meeting	0.00	80.50	Off the Cuff	0.00	298.00
Lake Point Layover	0.00	2.53	Old Fashioned AA	0.00	51.01
Draper Group	200.00	200.00	Park City Attitude Adjustment	0.00	1,500.00
Jaywalkers	0.00	65.00	Park City Group	0.00	250.00
Women's 12X12	0.00	212.10	Park City Men's Group	0.00	150.00
12 O'Clock High	0.00	221.27	Park City Step Study	0.00	100.00
17th x 17th	0.00	467.05	Primary Purpose	0.00	25.00
5-15 Happy Hour	0.00	385.00	Richard Street Lunch	50.00	75.47
974 Group	0.00	416.24	Right Stuff	0.00	122.25
A Vision for You	0.00	395.89	Salt Lake Men's	0.00	185.00
A Way Out	0.00	115.90	Saturday Beginners	150.00	554.00
AA Saturday Night Speakers Meet	0.00	483.51	Sharing N Caring	0.00	68.25
Acceptance	0.00	376.57	Sizzling Sobriety	41.00	41.00
An AA Group	0.00	143.71	South Davis AA	0.00	30.00
Back to the Basics	0.00	10.00	South Enders	0.00	500.00
Basic Young Peoples	0.00	190.50	South Valley Lunch	0.00	113.50
Bog Irish	126.52	270.84	Speak Easy Women	0.00	255.26
Bountiful Community	0.00	110.00	Spiritual Quest	0.00	100.00
Bountiful Mens	0.00	200.00	Starting The Day	0.00	60.00
By the Book	125.00	458.00	Stepping Stones	0.00	40.00
Came to Believe	0.00	50.00	Stonewall Group	133.75	369.36
City at Seven	286.68	286.68	Sugarhouse	0.00	146.33
Closed Meeting of Alcoholics	0.00	336.31	Sunday Morning Breakfast	0.00	236.00
Come As You Are	0.00	144.00	Survive & Serve	0.00	79.10
Cottonwood Group	0.00	195.25	Tenth Step Group	0.00	38.68
DNS Group	250.00	820.00	Thunder Heart AA	0.00	50.00
Early Bird Special	483.00	1,254.50	Tooele Beginners	29.44	276.02
Early Friendship	0.00	430.69	TRY AGAIN	14.89	21.53
Eye Opener	62.50	555.00	Up Group	0.00	17.00
Fresh Air 12 & 12	1.00	61.00	Valley View Group	0.00	75.00
Fresh Air Serenity Seekers	0.00	206.00	Wake Up Call	600.00	1,700.00
Friendship Group	0.00	127.40	We Care	0.00	275.00
Garden Variety	0.00	251.30	West Jordan Big Book Study	0.00	60.50
Granger Group	0.00	200.00	Women In Sobriety	0.00	8.00
Grapevine	0.00	368.23	Women Stepping Up	0.00	95.00
Greater Kearns	0.00	105.00	Young and Alive	25.00	55.00
			<b>Total Contributions GROUPS</b>	<b>1,590.70</b>	<b>13,538.31</b>

## Your CENTRAL OFFICE Committee Updates from Tuesday September 10, 2013 6:30pm

Committee Reports. The following Committee Chairs, or their representatives, gave a report on the activities of their respective Committees.

**Volunteer Committee.** Susan L. asked that all groups fill out an "Individual Group Information form." Central Office has a Tuesday Volunteer Coordinator, Mike O. Central Office needs volunteers for Mondays 12-5, Tuesdays 12-5 and Fridays 10-5.

**Activities Committee.** Joel R. reported on the Annual Central Office Picnic. An estimated 300 attended. The Chili Cook-off is scheduled for October 19, 2013 at St. Ambrose Church a 6:30 p.m. As many treatment centers will be invited as possible. John E. will deliver Flyers to the treatment centers. There will be prizes for the (1) Best Overall Chili, (2) Most Original Chili and (3) Best Chili submitted by a Treatment Center. Volunteers are needed to set up and clean up. Meg G. Chris H. and Joel R. will coordinate with one another on the "Best of Chili" prizes. The movie "Bill W." will be shown

**By-Laws Committee.** Linda B. reported that all was well with the By-Laws Committee.

**Cooperation with the Professional Community (CPC) Committee.** Nothing to Report.

**Cooperation with Treatment Facilities (CTF) Committee.** John E. continues to follow-up with the needs of the newly created "The Road West" meeting. John attended the District 2 GSR meeting. John is working with Robert Simpson at the Fourth Street Clinic to start a new meeting at the Clinic (Fourth South and Fourth West-kiddie corner from the SW corner of Pioneer Park). This meeting is scheduled to begin on Wednesday November 13, 2013 at 6:00 p.m. Meg. G. volunteered to help with the Flyers to announce this meeting. John is also working with Gina Lopez at Catholic Community Services to establish a new meeting on Monday at 1:00 pm – 2:00 pm at their facility on 235 South Rio Grande (in the Wigen Center – enter off Rio Grande Street). Suggested parking can be found at Gateway Center or on the corner of Second South and Fourth West. The name of the Group will be "Out of the Dark" and will be an open A.A. meeting. The meeting will begin September 23, 2013. John reported that a new A.A. meeting was being started at the Europa Academy Treatment Center, a place for adolescent girls. Speakers are needed. All speakers must pass a background check. The meeting will be on Sunday nights (two meetings per month). More details to follow. John will continue to coordinate with District and Area CTF Committees. Meg. G. will serve as the Board Liaison to the CTF Committee. John E. is stepping down as the Chair of the CTF Committee. An expression of thanks was given to John E. for his valued service.

**Corrections Committee.** Tony will be stepping down as Chair of the Corrections Committee. An expression of thanks was given to John E. for his valued service. A volunteer from the Board is needed to serve as the Board Liaison to the Corrections Committee.

**Hotline Committee.** Meg G. gave the Hotline Committee Report. Meg reported on the Hotline Committee's open house. There are open spots available to take calls that come in on the Central Office Hotline. The new phone system is working well. There is a current need for volunteers to serve each Wednesday between 6:00 p.m. to midnight.

**Literature Committee.** Chris H. presented the Pamphlet of the Month, "Too Young", containing a list questions designed to determine if one may be an alcoholic. Chris H. reported that Central Office continues to sell an increasing number of Big Books, over 3,000 this year to date. Anyone interested in ordering A.A. approved materials should contact Chris at literature@saltlakeaa.org.

**Newsletter Committee.** Gina F. reported that the October Issue of the Lifeline is on schedule to be published. Please forward any ideas for future topics to be published in the Central Office Lifeline to Gina F. at lifeline@saltlakeaa.org.

**Outreach Committee.** Charlie continues to inform A.A. Groups of Central Office's services and encourages them to get involved with Central Office. The next All Groups Meeting is scheduled for Saturday, September 21, 2013. Dinner will begin at 6:00 p.m., and the meeting will start at 7:00 p.m. The Sunday Breakfast Group will sponsor the meeting with the topic to be announced. A free raffle will be conducted. Anyone interested in serving on the Outreach Committee can contact Charlie T. at outreach@saltlakeaa.org. The next Outreach Committee meeting will be held September 24, 2013 at 6:00 pm at central Office.

**Public Information Committee.** Committee yet to be organized.

**Twelfth Step Committee.** Al L. reported on the Twelve Step Committee activities. There were fifteen calls that came in, all except one was covered. The one that was not covered did not want an A. A. member to call back. Anyone interested in working on the Twelfth Step Committee should contact Al L. at 12step@saltlakeaa.org.

**Website Committee.** Jonathan H. reported that the Central Office Website received 5,776 visits for the month of August and 10,661 page views. Most of the page views related to inquiries about Meeting Schedules, although there is an increase in page views for other website materials. Anyone interested in helping Jonathan with the Central Office Website or who wishes to have any A.A. related information posted on the website can contact Jonathan H. at 801-228-0090 or by e-mail at webservant@saltlakeaa.org.

**Area and District Meetings.** Meg. G. reported on the activities occurring in District 10 & 11 and Area 69, all of which have many service opportunities open. They are: GSRs, DCMs and alternate DCMs. See attached Report. Patrick gave a verbal report on District 2 and the barbeque that was held on Saturday, September 7th.

**Old Business.**

Elections for Newly Formed Central Office Public Information (P.I.) Standing Committee. Karen S. was nominated and unanimously elected as the Chair of the Public Information Standing Committee. A volunteer from the Board is needed to serve as the liaison to the P.I. Committee.

**New Business.**

Jonathan H. announced that SWACYPA will hold a "Game Night" every third Saturday beginning with August 17, 2013 at 1000 West Beardsley Place Suite B (\$10 food and buy in). There will be a speaker at 7:00 p.m., and games will begin at 8:00 p.m. Jonathan H. also announced SWACYPA's social entitled "The Big Lebowski" scheduled for October 5, 2013 at 1000 West Beardsley Place Suite B. There will be a meeting at 7:00 pm and a movie at 8:30 pm. (\$10 including snacks).

**Adjourn and Close.** There being no further business to be brought before the Group, the meeting was concluded with the Serenity Prayer.

Kent S., Secretary



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Comments or suggestions for Lifeline?