

Central Office of Salt Lake City, Inc.
80 West Louise Avenue
Salt Lake City, Utah 84115-3514

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LIFELINE

Salt Lake City Central Office Newsletter

June 2013

It's Sum-Sun-Summertime!



Step Six

Step six was pretty easy for me. Once I became honest enough, I was able to really take a look at step six with clear eyes. The first thing I had to do was to actually admit I had character defects in the first place. Thoroughly working step four to the best of my ability made it easier to identify those character defects.

Once these defects were identified, I was clearly able to see how those defects were doing me harm. Not only did they affect me negatively, but also they impacted my co-workers, my friends, and my family as well. When the harm I was causing others became evident to me, I became truly willing to have them removed.

The problem I had initially was the difficulty I was having with my understanding of the God concept. I really didn't believe in God but at least I was able to conger up the fact that there must be some sort of higher power.

So my dilemma was in the step itself. "Were entirely ready to have God remove all these defects of character." How could I do that if I didn't believe in God? The light turned on when someone told me... If you don't believe in God, then at least act as if. I knew for sure that no one else was going to remove my defects, so it was pretty much up to God and me.

So for me the simple act of acknowledging my defects on a regular basis, allows me to maintain a high awareness level of my defects and to make immediate corrections when they are identified.

Big Al

If you would like to receive the LIFELINE through the mail please fill out this form and send it to Salt Lake Central Office, 80 West Louise Ave, Salt Lake City, UT 84115. Your donation is appreciated!

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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

Comments or suggestions for Lifeline?

Voice of the Volunteers

I've found my service niche being a volunteer in Central Office. It has a friendly atmosphere. Sometimes there is a free lunch from a recent meeting or a generous supporter. Now and then Volunteers fold Meeting Schedules or Lifelines, but there's no pressure.

The main job is to make sales and answer the phone. The phone is where carrying the message comes in. AA's visiting Salt Lake call to find a meeting. Sometimes a resident of the Greater Salt Lake area calls, and they don't live near a meeting. Or they went to a meeting once in Ogden and would like to try it again. When I answer these calls, I try to be inviting, to encourage the caller to get to a meeting.

A good percentage of the calls come from non-alcoholics – friends or family of an alcoholic or of a person they think needs

help. I find these calls my best opportunity for service. The caller may be willing to listen to some basic information about the disease. I try not to assist them in manipulating the alcoholic! Instead, I respond directly to the caller. After all, that's the person on the phone. The caller may be a potential member of Al-Anon. I've done some work in Al-Anon myself, so I can talk sincerely about our sister program and about the people who need it. Of course I'm diplomatic about that point!

Let me clarify one important thing. Membership in Al-Anon is not a requirement for being a Volunteer. It's the other way around. If you have worked the Al-Anon program, and you might want to volunteer, think about it seriously. You have a lot to give in this service.

~Anonymous~

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.
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- 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 5pm
Closed Sundays
OPEN ON HOLIDAYS CALL FOR HOURS
801-484-7871



Your Central Office Committee updates from Tuesday, May 14, 2013 6:30pm

Activities Committee. Nick R. reported that on June 22, 2013, between 8:00 a.m. and noon Central Office will sponsor a Breakfast Speaker Meeting at George Washington Park in Parley's Canyon (above Mt. Dell Golf Course – Upper Terrace). There will be softball, volleyball and horseshoes. Bud M. will be the speaker at 10:30 a.m. Volunteers are needed to help set up, clean up and bring food. The Summer Picnic is scheduled for August 18, 2013 at Germania Park. Volunteers are needed.

Archives Committee. John N. reminded everyone that copies of flyers handed out at the C.O. mtg. would be placed in a 3-ring binder at Central Office. He also asked the Group reps to place any flyers dealing with A.A. activities or matters of historical significance in the drop box near the printer at Central Office for archiving.

By-Laws Committee. Kent S. reported that the By-Laws Committee will prepare a draft of proposed Amended By-Laws for the Central Office Committee's review and approval for the formation of four new Standing Committees approved by the Central Office Committee at the April 9, 2013 C. O. Committee mtg. The new Committees are: Public Information (PI), Cooperation with Treatment Facilities (CTF), Corrections and Cooperation with Professional Community (CPC). The By-Laws Committee will coordinate with the Literature Committee to determine if an amendment to the By-Laws is desired with respect to changing the monthly inventory requirement to some other period of time.

Hotline Committee. Meg G. reported for Melinda A. Volunteers are still needed. Anyone interested in serving on the Hotline Telephone Committee is encouraged to e-mail Melinda at hotline@saltlake.org.

Literature Committee. Wendy W. handed out the Pamphlet of the Month entitled "Frequently Asked Questions About A.A." **All A.A. literature is now being sold at cost.** Anyone interested in serving on the Literature Committee or helping out with the monthly inventory is encouraged to contact Chris H. at literature@saltlakeaa.org.

Newsletter Committee. Gina F. reported that there are discrepancies between the information contained in the Central Office Mtg. sign in list and the information appearing on Central Office Mtg. Schedules. Gina F. and Kent S. will work with the Central Office Reps to correct this situation. Two copy editors have been added to the Lifeline staff along with a Steps and Traditions assignment editor. Gina F. wants to know of anyone going to Founders Day in Akron, Ohio this coming June. She would like a story. Lifeline about that experience. Group Representatives are encouraged to make this announcement to their respective Groups. Contact Gina F. at lifeline@saltlakeaa.org.

Outreach Committee. Charlie T. has identified a number of A.A. Groups who presently do not have a Central Office rep. The Outreach Committee members will be visiting those Groups. The Committee needs volunteers to visit the unrepresented Groups. Anyone willing to visit the unrepresented Groups should contact Charlie T. at outreach@saltlakeaa.org. The Saturday Early Friendship Group will be Sponsoring the May 18, 2013 All Groups meeting with dinner at 6:00 p.m. and meeting at 7:00 p.m. The topic will be Stress in Sobriety. Sign up your Group to Sponsor an All Groups Meeting by contacting Charlie T. at outreach@saltlakeaa.org.

Twelfth Step Committee. Al L. reported that there were three requests for Twelve Step service, and that all calls were covered by Twelve Step Volunteers. For those interested in being a Twelfth Step Group Rep.

e-mail Al L. at contrailAl@gmail.com or call him directly at (801) 641-8401 or (801) 819-7277.

Volunteer Committee. Susan L. reported that Central Office needs volunteers for Monday and Tuesday. There is a Bridging the Gap Workshop in Bountiful next month that will be attended by a number of Central Office volunteers. Susan L. reminded Groups to put the Group name and AAWS #, if available, on any donation checks. Anyone interested in serving as a Central Office volunteer can contact Susan at Central Office (801) 484-7871 or volunteers@saltlakeaa.org.

Website Committee. Christy R. reported for Jonathan H. that the computers have been updated. Jonathan still needs help in carrying out the duties of the Website Committee. Jonathon may be contacted at webservant@saltlakeaa.org.

District 10. Nick R. reported there is a need for volunteers to fill the following positions: DCM, Alternate DCM, ADCM and Treasurer. **District 2.** Patrick reported there is a need for volunteers to fill the following positions: DCM, Alternate DCM, Treasurer and P.I. Chair. **District 11.** Jeremy C. reported there is a need for volunteers to serve as GSRs.

Old Business. Bookkeeper position. Karen S., our much loved Central Office Bookkeeper, will be returning to California. Central Office is looking for a new Bookkeeper. The position will require 12-15 hours per week and will pay \$12-\$15 based on experience. There are no sobriety requirements and applicants need not be A.A. members. An ad has been placed on the Central Office Website and on KSL.com. Central Office Reps are encouraged to inform their Groups of this position.

Telephone System. Central Office will be installing a new telephone and answering service system that will save approximately \$150 per month. There will be an initial startup cost of \$1,000 to pay for the new hardware and installation. The "Find Me" call routing system will require more Group and individual support for our Twelve Step and Hot Line Committee functions.

Standing Committee Budgets due June 4, 2013. All Standing Committee Chairs are requested to bring their budgets to the next Board meeting scheduled for June 4, 2013 or e-mail them to Kent S. kent@babcockscott.com or Adam U. adamuf1@gmail.com.

Proposed amendment of By-laws for committees to be formed: (PI), (CTF), (CPC) and Corrections will be presented and elections for the standing chairs will take place at the Central Office Committee meeting on June 11, 2013.

Anyone interested in serving as one of the Chairs of the newly formed service committees should come to the June 11, 2013 Central Office Rep meeting and stand for election. The term of office is two years. The sobriety requirement is two years but may be waived by the Central Office Committee. Questions? Contact Christy R. at board@saltlakeaa.org or Kent S. at kent@babcockscott.com.

New Business. There was no new business.

Adjourn and Close with Statement of Responsibility.

Respectfully Submitted by Kent S.

Central Office of S.L.C., Inc.
April 2013

	Apr 13	Jan - Apr 13		Apr 13	Jan - Apr 13
Contributions GROUPS					
11th Step Meditation	31.86	31.86	Off the Cuff	96.50	208.00
12 O'Clock High	30.55	103.95	Old Fashioned AA	0.00	29.55
17th x 17th	0.00	361.20	Park City Attitude Adjustment	1,300.00	1,500.00
5-15 Happy Hour	385.00	385.00	Park City Men's Group	0.00	150.00
90th and 32nd @ 600	150.00	150.00	Primary Purpose	0.00	25.00
974 Group	129.32	318.96	Richard Street Lunch	0.00	25.47
A Vision for You	0.00	195.89	Right Stuff	82.25	82.25
A Way Out	0.00	78.90	Salt Lake Group	0.00	100.00
AA Saturday Night Speakers Meet	0.00	483.51	Salt Lake Men's	185.00	185.00
Acceptance	16.45	264.45	Saturday Beginners	0.00	100.00
An AA Group	0.00	143.71	Saturday Morning Hot Topics	0.00	22.50
Back to the Basics	10.00	10.00	Sharing N Caring	0.00	68.25
Basic Young Peoples	1.50	1.50	South Davis AA	30.00	30.00
Bog Irish	0.00	144.32	South Enders	0.00	500.00
Bountiful Community	0.00	60.00	South Valley Lunch	0.00	113.50
Bountiful Mens	0.00	200.00	Speak Easy Women	135.26	135.26
By the Book	0.00	200.00	Spiritual Quest	0.00	100.00
Closed Meeting of Alcoholics	0.00	140.00	Starting The Day	15.00	45.00
Cottonwood Group	0.00	195.25	Stonewall Group	235.61	235.61
DNS Group	0.00	275.00	Sugarhouse	0.00	65.00
Early Bird Special	0.00	771.50	Sunday Get AA	75.00	75.00
Early Friendship	207.33	430.69	Survive & Serve	0.00	79.10
Eye Opener	56.00	438.50	Tenth Step Group	0.00	11.93
Fresh Air 12 & 12	0.00	60.00	Thursday Night Womens Reflectio	0.00	90.00
Fresh Air Serenity Seekers	0.00	107.00	Tooele Beginners	43.87	228.46
Friendship Group	57.40	57.40	TRY AGAIN	0.00	6.64
Garden Variety	251.30	251.30	Up Group	0.00	12.00
Grapevine	187.44	266.96	Valley View Group	0.00	25.00
Greater Kearns	0.00	35.00	Wake Up Call	700.00	1,100.00
Grub Lunch Bunch	78.00	283.00	We Care	275.00	275.00
Happy Group	0.00	40.00	Women Stepping Up	0.00	95.00
Highland Group	29.00	155.00	Women's 12X12	212.10	212.10
How It Works	0.00	400.75	Young and Alive	30.00	30.00
Into Action	0.00	51.50	Total Contributions GROUPS	5,231.31	14,465.59
It's in the Book	0.00	27.38	Contributions OTHER		
Jaywalkers	0.00	65.00	Area 69	23.20	121.20
Lake Point Layover	0.00	2.53	District 10	0.00	757.25
Lighten Up Group	0.00	80.00	District 2	2.44	22.44
Magna Friendly Bunch	0.00	100.00	Individual	33.50	326.75
Midvale Lunch	0.00	100.00	Total Contributions OTHER	59.14	1,227.64
Murray Group	59.10	163.50			
New Life	0.00	170.00			
New Way	1.00	1.00			
Nomadic Lunches	81.53	650.52			
Nut Buckets	52.94	52.94			

And that's the way it is!
Walter Cronkite

This Month in A.A. History

June 1935

The Founding of Alcoholics Anonymous

Does it Really Matter?

There are many things we AA members hold sacred: when we took our last drink, length of sobriety, The 12 Steps, The 12 Traditions, The Big Book and AA meetings to name a few. What about the REAL date for the founding of Alcoholics Anonymous?

Old timers will have discussed this many times, but new members like me find it to be a juicy topic. It may not really matter, but what is the truth about the official beginning?

For years AA historians considered the founding date to be June 10, 1935. That's when Dr. Bob allegedly took his last drink. The old story claims Dr. Bob was feeling so secure in his sobriety that he decided to attend the annual convention of the American Medical Association. He'd been attending them for 20 years, but his wife Anne cautioned against it, worried that the temptation to drink would be too great because he had gone on benders at previous conventions. He promised this one would be different just like all of us do when we try on our own to stop drinking.

It was different until he boarded the train on the trip to Atlantic City. Historians claim he began to drink heavily on and off for most of the convention, then totally blacked out and couldn't remember the train ride back to Ohio. The next thing he knew he was in the home of his office nurse and her husband back in the Buckeye State. It was five full days from when he left for the convention and when he got home, only his Higher Power knows how he made it safely. After three days of detox feeding him sauerkraut, tomato juice and Karo Syrup, and one more beer so he could perform surgery, Dr. Bob reportedly never drank again. AA literature pegged the date as June 10, 1935.

Here's the rub. Later research indicated the AMA convention didn't even begin until June 10th. Something didn't add up. How could he have been gone and drunk for 5 days, detoxed for another three and then stopped drinking? The simple answer is that he couldn't and the dates don't add up. You weren't there and neither was I, so the final calculations may simply be speculation. Historians are guessing the REAL date of his last drink was probably on, or about June 17. This comes from information on the internet at archivist@excite.com. So you pick the date. It's not like our belly button birthdays which are documented on birth certificates, or our sobriety birthday which is imprinted in our minds and may happen several times as it has for me. And I ask the question, except for history books, does it really matter?

As far as we can tell he never drank again until he died in 1950. He sponsored thousands of AA members and left a legacy we would all be happy to emulate. We can remember with love and respect his mantra even though we may not know the real date: trust god, clean house, help others. It's the concept and the values and The 12 Steps, and The Traditions and the meetings that matter and the fact that millions of alcoholics around the world have been saved from their self-destruction. AA has survived the test of time because it works for many who are willing to follow the basic suggestions.

In history courses we had to memorize dates like the beginning and end of wars, or birthdates of important people like presidents. They are all significant events. The significance of AA is not the exact date it was founded, but the fact that it was founded, still exists, still works and has saved so many lives. I don't care what the real date is, I care that I can be part of the fellowship that means so much to me and millions of others.

Randall C.

Congratulations to Our Birthdays *It works — it really does!*

City at Seven

Debbie 1 yr
Les 1 yr
Mike 1 yr
Ky 2 yrs
Nellie 2 yrs
Jared 4 yrs
Micah 5 yrs
Molly 5 yrs
Nick 8 yrs
Tina 8 yrs
Corriene 9 yrs
John Michael 10 yrs
Greg 23 yrs

Fresh Air

Serenity Seekers

Dane 30 days
Alex 30 days
Lane 30 days
Michelle 30 days
John 30 days
Eric 30 days
Shilo 30 days
Michelle 30 days
Lacey 60 days
Debra 60 days
Lacey 60 days
Conner 60 days
Eric 90 days
Dylan 90 days
Marshal 90 days
Mike 90 days
Tom 90 days
Karen 6 mo
Patrick 6 mo
Adrian 6 mo
Amanda 9 mo
Sean 9 mo
Mary 9 mo
Lisa 9 mo
Jackie 1 yr

Dianne 1 yr
Bill 1 yr
Kate 1 yr
Liz 4 yrs
Jeff 7 yrs
Kerry 9 yrs
Corine 9 yrs
Scott 13 yrs
Maria 14 yrs
Hal 15 yrs
John 17 yrs
Misa 17 yrs
Al 23 yrs
Colleen 25 yrs
Tim 25 yrs
Syan 29 yrs
Terry 30 yrs
Terry 30 yrs
Frank 31 yrs



Midvale Lunch Bunch

Amy R 30 days
Kenny M 30 days
Terri F 60 days
Jim W 60 days
Brook E 90 days
Sue M 6 mos
Tom C 2 yrs

Nomadic Lunch Bunch

Bill 30 days
Jane 18 mos
Melinda 18 mos
Patsy 2yrs
Matt 2 yrs
Sara 4 yrs
Morris 14 ys

NonSmoking Sobriety Hour

Greg 60 days
George N 6 mos
Torin P. 1 yr
Kim K 1 yr
Ernie 23 yrs

Attention!

Please email your birthdays and group news to Lifeline@saltlakeaa.org, or bring them to Central Office by the 15th of each month. Be sure to provide your name, group name and how to contact you on your list. Thank you.

The Chair in the Corner

Central Office's phones are dying.....a slow, painful death.

For months now when I call to talk to anyone at Central Office it's so hard to hear them not to mention the disconnects that happen while talking! We've been talking for a while about replacing the phones and the system that we use to forward calls after hours and it has been just that, talk. Mike O. told me that a knee jerk reaction in Alcoholics Anonymous is about three years. Anyway, when we found out that the forwarding service was not reliable and the frustration callers were having, we figured it was time. We formed a committee that looked at several different phone systems from simple to extremely complicated and expensive, to extremely expensive. Jonathan, our website and tech genius, has been talking for a while about a VOIP system and how well suited it was for our operation so we reviewed that system as well. We decided to go with the latter system because of the quality of the phone service and the features that are included.

The feature that we are most excited about is the "Find Me" feature. It is configured so that we can program the groups and the group's phone numbers or individuals that have volunteered for the hotline on a web based site. The phones will automatically be forwarded to their number. If the caller does not get an answer in three rings, it will start calling the next number on the list and if that is not answered a message comes on with an emergency number to call or the ability to leave a message to have their call returned the next morning. This system helps to ensure that no calls will go unanswered therefore fulfilling of our primary purpose. Not only are we fulfilling our primary purpose the phone system costs less than we are currently spending and increases the quality and functionality of service. This system will pay for itself in 11 months. We should have the new system up and running in about 3 weeks. So, please sign up to answer the phones after hours. Contact Melinda A. at hotline@saltlakeaa.org.

Have a great June.

Christy

CENTRAL OFFICE SALT LAKE CITY FINANCIAL SUMMARY APRIL, 2013

INCOME STATEMENT

Revenue	
Group contributions	\$5,231.31
Other contributions	97.14
Sales - Literature	4,459.00
Sales - Awards & Misc	<u>1,582.50</u>
Total Revenue	\$11,369.95
COGS - Literture	\$3,867.25
COGS - Awards & Misc	<u>\$752</u>
Total COGS	\$4,619.25
Gross Profit	\$6,750.70
Operating Expenses	\$4,015.49
(Rent, Bookkeeper, Utilities, Printing & Copies, Answering service)	
Other Expenses	\$22.31
(Loss from sale of PR fund)	
TOTAL EXPENSES	<u>\$4,037.80</u>
Net Income:	\$2,712.90
<u>Bank Accounts</u>	
Checking - CU	\$20,572.32
Money Market - CU	24,028.29
TOTAL	<u>\$44,600.61</u>

Groups Represented at the May 2013 Central Office Representatives Meeting

5:15 Happy Hour
Acceptance Group
Altrium Group
An AA Group
Bountiful Men's
By the Book
City at Seven
Crazy Ladies
Early Friendship
Every Night Firelight
Eye Openers
Foothill Group
Fresh Air Serenity Seekers
Grub Lunch
Happy Destiny
High on the Hills
Hillcrest Group
Honeys Breakfast
Midvale Lunch Bunch
No Nonsense
Nomadic Lunch Bunch
Non-smoking Sobriety Hour
Nut Buckets
Old Fashioned AA
Red Eye Sunday Group
Salt Lake Group
Saturday SOTS
SELG Women's
Starting the Day
Sunday Breakfast at the Alano Club
Sunday Morning Happy Group
Tooele Group
Thursday Night AA/Alanon
Up Group
Vision for You
We Care

A.A. on the Road

Happy Destiny

In January, 1977 when I was just 18 months sober, I was hired to sell tailoring supplies to cleaners, tailors, department stores and the like in Colorado and Wyoming. I was gradually able to add territory until I went from Kansas City to Kauai. I am now ¾ of the way retired from that job. In the beginning, I made a couple of training trips and hit the road for real in February. My first night out was in Leadville, CO for an equipment in service. I made several cold calls that day, but didn't sell anything. That night I stayed in Glenwood Springs, and I was pretty down. In fact, I didn't think I was going to stay sober that night. The Yellow pages showed an AA meeting in Vail, about 60 miles over a pass that was icing up. I think it was a voice from heaven that said, "Look in the white pages, Dummy."

There was a number, and a guy named Eddie answered. He asked, "Is this a twelfth step call?" "No," I said. "But it will be by morning."

He invited me over, and we talked. After a while, he said, "I'm enjoying BS-ing with you, but I've got a book in the other room that says this isn't going to happen to you if you're in fit spiritual condition. So why don't you tell me what you did to your spiritual condition, and maybe I can help you?"

I told him about the fear of the new job, the weather, finances, the self pity because I hadn't sold anything. It was a real tenth step. What a lesson! That never happened to me again. Thank God I had a program and a conscious contact with God to take with me. That's key. As promised in the Big Book, if we are in fit spiritual condition, we can go anywhere and do anything and stay sober, even though I found that the first time I did something it was threatening, first plane ride, especially when they roll that St. Bernard down the aisle with refreshments for the weary traveler; first out-of-town trip, first party, first convention, first Air National Guard summer camp.

These days the internet tells you where the meetings are, by zip code with a map. Back then the yellow pages were a great source. I never tried it but people told me you could call the cops, and they would know where the meetings are, or at least where to find out.

At one time, I had home groups all over the West, and that's the beauty of traveling the road sober. I am pleased to sponsor three people here in Salt Lake at this time, all long sober and requiring very little "maintenance." Everywhere I go is a homecoming, and I truly miss the people in the Spokane and Billings and Omaha and other towns I no longer visit. I sometimes see them at international conventions, or when I am invited to speak at the occasional roundup. I feel a real kinship with the old timers (Not me! Really?) who "took the show on the road" out of Cleveland and Akron and New York.

All this requires a show to take on the road. I was fortunate to have fallen in with some really solid step workers and sponsors. I needed a good program to begin with, (still do!) not only to be welcome in these out-of-town groups, but to stay sober myself. When I was drinking, I went to the bar to dispel loneliness. (I drank because I was powerless over alcohol, not because I was lonely. Drinking only made the loneliness worse.) Now I am never lonely on the road. I go to tons of meetings just like a newcomer, (not a bad idea) simply to see the people I want to see, particularly here in Salt Lake.

Every day, I thank God for the gift of health so that I can keep working and keep traveling. I love the road. A huge part of that is AA and my many close friends around the territory.



Roger from Denver

Tradition Six

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

We learned in Tradition Five that the primary purpose of each A.A. group is "to carry its message to the alcoholic who still suffers." Tradition Six – by proscribing the involvement of A.A. groups in outside endeavors -- is instrumental in keeping us on the path which is charted in Tradition Five, a path which all too easily may be lost if groups are distracted by the allurements of money-making opportunities or ego-feeding adventures.

Moreover, if such outside endeavors proved controversial in the least, they might lead a group not only off the path of primary purpose but also into entanglements which are divisive in nature. This could harm A.A. both inwardly and outwardly: It might destroy that "A.A. unity" which, according to Tradition One, is essential to our "common welfare" as alcoholics. Or it might tarnish A.A. itself, in contravention of Tradition Ten, by sullyng the A.A. name with "public controversy."

Imagine, for example, the ensuing outcry if blue-nosed members forced their group to endorse a legislative temperance proposal. In all events, A.A.'s message about sobriety would be lost in the quarrel. And the group, the survival of which depends on adherence to Tradition Six, buttressed by Traditions Five, One, and Ten, would be in a shambles as a result of the debate. Thank God for the Traditions which bind us together with a fixed purpose -- so that together we can help one another to stay sober.

~Anonymous~

Report on the MAY 2013 General Service Conference in New York NY Our Group Conscience at Work

In 1938 the "Alcoholic Foundation" (a trusteeship) was created. In 1954, it was renamed "The General Service Board of Alcoholic Anonymous". This trusteeship is responsible for inaugurating and maintaining AA services that cannot be done by single groups or areas (from AA Service Manual). The AA groups are ultimately responsible for AA as a whole (Concept I). Therefore, the AA groups and the trustees need to communicate with one another. The General Service Conference (GSC) is the vehicle that was created for the trustees and the groups (through their Delegate) to communicate with one another.

The delegate attends the GSC to discuss and vote on Agenda Items received from the Trustees. The GSC works on the committee system. The Agenda Items relevant to that committee (e.g., Finance, Corrections, Policy/Admissions, Public Information, Grapevine, Report and Charter, International Conventions/Regional Forums, Trustees, Treatment/Special needs-Accessibilities, Archives, Literature, Cooperation with the Professional Community, and Agenda) are discussed in committee. The committee chair brings their recommendation to the GSC. The GSC members discuss and vote on the committee recommendations.

During the committee report backs, I saw how an informed group conscience works. I got to see the definition of terms like: floor action, friendly amendment, amendment, additional committee consideration, motion failed, reconsider, motion passed, and took no action.

Here are two examples:

1. *The Trustee Committee did not support the proposed plan for interlocking directorate* therefore the committee took no action. This motion came back as a floor action, which is someone saying I believe we should continue to discuss this motion and maybe vote it in. I learned that floor actions need to be accepted by the conference members before it will be discussed and voted on. The conference members voted not to discuss the floor action. I believe an informed group conscience was made and the outcome was the correct one.
2. *The Archive Committee recommended that a commemorative 75th Anniversary Edition of the first edition, first printing of Alcoholics Anonymous be published in April 2014.* The motion failed and the minority opinion was heard. The conference members voted to reconsider the motion and the reconsider passed. The motion was discussed again. This time after the discussions the motion passed. Hearing the minority opinion and seeing the GSC members change their vote shows how an informed group conscience works and it shows how the Trustees gets feedback from the AA Groups. What a wonderful process. Today I trust the process.

Walter Curry
Delegate, Area 69 Utah, Panel 63

For Someone's Sake, Please Answer the Phone!

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

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

Days and times available subject to change. For current information contact: Melinda A., E-mail hotline@saltlakeaa.org or go to 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.

June

Calendar of Events

CO Board of Trustees Meeting at Central Office on Tuesday, June 4 at 6:00pm

Annual Women's Retreat at Women's Retreat House in Ogden. June 7, 8 & 9. \$100 includes meals. No day passes. RSVP Miriam Slater at (540) 476-2195 or at harris.miriam.n@gmail.com by Wednesday May 29

Founders Day. 78th Anniversary of Alcoholics Anonymous in Akron OH. June 7,8 & 9

Corrections Forum at Kanab United Church, 530 South Hwy 89A. June 8 9am-1pm. Carrying the Message to Correction Facilities in District 7. Speaker: Wade J., current Area 69 Chairperson and past Corrections Chairperson. Food provided. Pete: Area69Corrections@UtahAA.org

CO Reps Meeting at Central Office on Tuesday, June 11 at 6:30pm

All Groups Meeting at Central Office on Saturday, June 15. Hosted by Nomadic Lunch Bunch, Potluck 6-7pm, Meeting 7-8pm

BRIDGING THE GAP Workshop at Central Office. Saturday, June 15. Registration at 9:30am, meeting from 10am-3pm, Lunch provided. Cost: \$5 donation suggestion. Learn vital information to use when carrying the message to those inside institutions and treatment centers

University of Utah School on Alcoholism, June 16-21. **Service opportunities**, AA meetings. Call or text 801-897-5958 or email area69cpc@utahaa.org for more information

Newsletter Committee Meeting at Central Office on Saturday, June 22 at Noon

Breakfast on the Mountain & Speaker Mtg. Sunday, June 23 7am to Noon. Washington Park. Fellowship, volleyball, baseball. \$5 suggested

"Newsletter Party," Fold/label/sort/mail the June 2013 LIFELINE at Central Office on Friday, June 28 at 10:00am. Everyone Welcome!

Outreach Committee Meeting at Central Office on Tuesday, June 25 at 6:00pm. Come be of service discussing various strategies of reaching out to groups in the Salt Lake Metro area

District 10 Public Information Committee Meeting at Central Office on Saturday, June 29 at 10:00am. Come be of service discussing current projects and planning future projects

July

CO Board of Trustees Meeting at Central Office on Tuesday, July 2 at 6:00pm

CO Reps Meeting at Central Office on Tuesday, July 9 at 6:30pm

Area 69 Literature Workshop at Central Office on Saturday, July 20. 1-5pm. Call Kent for details 435-764-2122

All Groups Meeting at Central Office on Saturday, July 20. Hosted by the Highland Group. Potluck 6-7pm, Meeting 7-8pm

Newsletter Committee Meeting at Central Office on Saturday, July 20 at Noon

"Newsletter Party," Fold/label/sort/mail the June 2013 LIFELINE at Central Office on Friday, July 26 at 10:00am. Everyone Welcome!

Outreach Committee Meeting at Central Office on Tuesday, July 23 at 6:00pm. Come be of service discussing various strategies of reaching out to groups in the Salt Lake Metro area

District 10 Public Information Committee Meeting at Central Office on Saturday, July 27 at 10:00am. Come be of service discussing current projects and planning future projects

MY HOME GROUP The UP Group

The Up Group meets at Anna's Restaurant very Wednesdays at noon. It has been my home group since I moved back to Utah a little over five years ago. I immediately felt welcome and at home at the first few meetings I attended.

The UP Group has been in place at several locations for many years. It started about 1982 and has been at The Star Raker and Grecian Gardens before moving finally to Anna's Restaurant. There are newcomers, old timers, and everything in between. We are an open meeting for both men and women and many members also discuss related problems such as drug addiction.

We meet in a large private dining room. Most people buy lunch during the meeting but this is of course optional. Anna's serves a wide variety of foods including Greek and American and both breakfast and lunch at noon.

Anna's is nonsmoking but members smoke outside before and after the meeting. Some people come early to talk, some stay late, but meetings run on time from noon until 1:00PM.

The format for the meeting is fairly typical. We have a chairperson for the month. The chairperson runs the meeting and introduces a topic for discussion. Sometimes we play tag and sometimes the chairperson calls on people to share. We have a secretary who handles donations and chips. Newcomers are encouraged to share as soon as they are able to do so.

One thing I love about the meeting is the focus is on what works and not on the problems of the past. We share our experience, strength, and hope and newcomers remind us all where we were not long ago.

I look forward to the meeting and breathe a sigh of relief when I sit down. Since there is a lot of sobriety at this meeting, many newcomers have found their sponsor here.

Volunteers from the group participate in General Services, Central Office, and functions of these groups. These volunteers make members aware of other activities in Utah. One member even coordinates the running of the AA Central Office in Salt Lake. There are also some meeting specific volunteers that make new comers feel welcome. First Karen H. has newcomer packets that include names, phone numbers, and AA pamphlets and she also has AA literature such as The Big Book and 12 and 12 to help newcomers get started. Karen H. is also the District 10 Bridging the Gap Chairperson. This group helps people get from prison and treatment centers to an AA meeting within 24 hours of their release.

Ken A. has handled chips and birthdays for the group for years. Newcomers are welcomed and get a 24 hour chip. Anniversaries are recognized by a chip, the singing of happy birthday, and a big hug from Ken. We like to recognize periods of sobriety, 24 hours, 30, 60, and 90 days, nine and 18 months as well as years. Ken has helped old timers feel a sense of continuity by his years of volunteer service.

Through their volunteer roles both Karen and Ken help us retain new members who continue to attend the UP Group Meeting.

Greg R.



The UP Group meets every Wednesday at Noon at Anna's Restaurant , 4700 South 900 East (west side of street) in Murray UT
This meeting is OPEN to alcoholics and non-alcoholics alike. All are welcome.