

LIFELINE

Salt Lake City Central Office Newsletter

September 2013

SPECIAL INSERT
The Mayan Big Book

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

I'm actually currently taking Step Nine so I guess this is an appropriate article to have been asked to write. When I say I am currently taking Step Nine what that really looks like is I haven't made any amends since I went over Step Nine with my current sponsor over a year ago. To rewind a bit: I have made direct amends before - the number being around 30 or 35. Somehow I just don't have the willingness right now and haven't for a while. That's ok. One of my sober friends recently reminded me that if I am sober today I am a winner. I agree.

That being said, practicing Step Nine has given me an inordinate sense of freedom that came as an obvious result of making direct amends. Making direct amends has shown me truth about myself I wasn't aware of otherwise - how I truly affect others... THAT my actions affect others. I am reminded of some behaviors I had forgotten about. More than any other step the feeling of being right sized is palpable. This means I get to experience that free place where I am truly no better or worse than anyone else on this planet - which is also, by the way, the true meaning of anonymity. Or so I've been told by some pretty awesome people in this program.

We hear the term "living amends" around the rooms as well. Living amends look something like this for me: thinking of others and how I can be helpful instead of making everything about ME, practicing being true to myself and my values by not people pleasing which can manifest as saying "yes" when I mean "no" or vice versa. AA is full of conundrums or seemingly opposite sets of ideals (how do I stay true to myself yet think of others????). Hahaha! I've found the longer I stick around and practice all of the steps the process just unfolds organically and I intuitively understand. Hmmmmmm that's one of the 9th step promises actually. So there you go. May God bless and keep you until then and always.

Camille M.

Voice of the Volunteers

I began volunteering at the central office shortly after checking into a treatment center. I had attended a few AA meetings and heard them mention that service positions were available and they were a good way to stay sober. Thankfully I listened to that advice and after a few months have come to realize the treatment center was a good start to sobriety; AA meetings and service work will be my lifelong sobriety support system. Volunteering at the central office has given me the opportunity to meet several people in the fellowship and become more familiar with the literature and culture of AA.

But mostly the concept of one alcoholic helping another alcoholic is what volunteering at the central office has enabled me to realize. Everything I do here embodies this concept from answering questions about the program, helping someone find a meeting

and/or get to a meeting and preparing the Lifeline and Schedule for monthly distribution.

The central office is a mecca for all the old timers too. They always come and hang out and it's a great way to get a crash course in the program. The old timers - I'm probably in trouble for using that term but for those that don't know me, I'm always in trouble - always have great stories to tell.

If you are new to this program please do yourself a favor - find some kind of service work to perform on a regular basis. It can save your life - one day at a time.

Richard S

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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Lifeline Newsletter (lifeline@saltlakeaa.org).....	Gina F.
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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

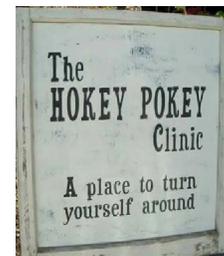
PO Box 433
Salt Lake City, UT 84020
<http://utah.aa.org/contributions.php>

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
801-484-7871
Call for hours



MY HOME GROUP

Woman's Circle of Hope

Circle of Hope for women in recovery can mean several things, but essentially we circle around each other as friends, sisters, and members of AA to give each other hope. The women that attend this meeting are a variety of ages, backgrounds and years of sobriety but no matter we all share our experience, strength, hope and love one another. Some come in not knowing anything about alcoholism. After attending a few meetings it appears to know we suffer from alcoholism.

This group started many years ago (summer of 2009). The Women's Circle of Hope meeting sometimes consisted of one woman sitting, reading the Big Book waiting for other alcoholic women to attend. Eventually, several suddenly showed up and, bang, the Circle of Hope meeting was off and running. Many new faces appear, some stay, some don't come regularly, some we worry about if we haven't seen for some time, but always they are folded into the group by the loving arms of the other women.

The difference between this meeting and co-ed meeting is that women feel more open to share issues that affect woman specifically. On occasion, a few tears are shed, but mostly laughter from deep down in each woman's soul, lightens our load to continue to work our recovery. Chairperson generally picks the topic of the meeting from our Daily Reflections. We have trusted servants who volunteer for service positions in our Utah area. These are: GSR, Treasurer, Literature, Volunteers for the Davis County Jail. And most importantly, our secretary who opens the door for us and makes the coffee!



The circle of life continues as we journey through our recovery. Some women have experienced death, some have experienced birth, and some are just trying not to strangle their teenage daughters and sons, but all of us can identify, on some level an unexplainable deep compassion and know we have found recovery when we walk through the doors of the Fruit Heights Presbyterian Church each Saturday morning.

A small mention must go to the kind people of the church that allows us our space in their building. So often they have different events and bible studies and they still give us our room or work with us to allow us to meet. Several members of the church inquire about our meeting, and we have found it a way to educate the community by speaking truthfully about AA and Alanon. If you need a double whammy of recovery, an Alanon meeting takes place at 10:00 AM right after the Circle of Hope meeting, so your recovery cup is completely full by noon on Saturday!

By Susan E.

The Woman's Circle of Hope meets at 9am every Saturday at the Fruit Heights Presbyterian Church at 796 S Mountain Rd. Kaysville UT
This is an Open meeting meaning women and children may attend.

Happy Birthday!

It works — it really does!

Fresh Air Serenity Seekers

Bob 30 Days
DJ 30 Days
Logao 30 Days
Doug 30 Days
Larind 30 Days
Jess 30 Days
Dian 30 Days
Ann 30 Days
Jenifer 30 Days
Kim 30 Days
AJ 60 Days
Lucas 60 Days
Mathew 60 Days
Jen 60 Days
John 60 Days
Nate 60 Days
Shilo 90 Days
Tommy 90 Days
Paul 90 Days
Kay 90 Days
DJ 90 Days
Scott 90 Days
Rick 6 Mo
Carolyn 9 Mo
Sheree 1 Yr
Lisa 1 Yr
Kim 18 Mo

Gordo 18 Mo
Brooklynn 2 Yrs
Jason 2 Yrs
Diane 3 Yrs
Lynn 4 Yrs
Rod 10 Yrs
Penny 7 Yrs
Cary 9 Yrs
Patricia 9 Yrs
Brian 10 Yrs
Derick 12 Yrs
Lee 16 Yrs
Cathy 42 Yrs

**Speak Easy
Ladies Group**
Racheal 30 days
Amra 1 yr
Pat 4 yrs
Monique 5 yrs
Shelia 8 yrs
Kathy 10 yrs
Patti 10 yrs
Gina 11 yrs
Barbara 23 yrs
Sally 25 yrs

**Midvale
Lunch Bunch**
Summer C 30 days
Michael J 30 days
Carrie G 30 days
Kim N 30 days
Brandon N 30 days
Angie 60 days
Martha W 90 days
Marlene K 90 days
Bruce B 6 mos
Brook E 6 mos
Phill C 9 mos
Roy 2 yrs
Greg M 17 yrs

**Non-Smoking
Sobriety Hour**
Brian A 1 yr
Rodney H 3 yrs
Nicki S. 13 yrs

Came to Believe
Terry T 3 yrs

City at Seven
Terrill 1 yr
Joe 1 yr
Susan 18 mos
Katie 2 yrs
Andrew 3 yrs
John 4 yrs
Scott 5 yrs
Steve 5 yrs
Meg 6 yrs
MaryAnn 7 yrs
Patricia 9 yrs
Sharon 18 yrs

**Nomadic Lunch
Bunch**
Carlos 30 days
Eric 6 mos
Andy 6 mos
Chris 2 yrs
Kathy 5 yrs
Claire 7 yrs
Donna 10 yrs
Jim 10 yrs
Gina 11 yrs
Mike 15 yrs
Donna 20 yrs
Barbara 23 yrs
Tony 34 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.
Birthdays on Fridays

The Chair in the Corner

Happy September!

What if the Hokey Pokey really
is what it's all about?!

Fall and Spring are my favorite times of the year. Not only the change in the weather and landscapes, but we can start new again. A new school year, a new wardrobe, new smells, new opportunities, getting it right this time all seem possible in the fall and spring. I get energized by the excitement of it all. Maintaining things always seems to be the challenge. I lose interest in the maintenance of things. The Big Book says that what we have is a daily reprieve contingent on the maintenance of my spiritual growth. Because I am addicted to the "new" and "what's possible", I forget that where the possible happens is in the maintenance!

On another note, the annual Central Office picnic was a wonderful event. I believe we had more people this year than in the past and everyone seemed to "pass a good time". A special thank you for a lot of hard work should go to Joel R. of the Activities Committee. He had the help of Nick, Penny, Doug and Susan and a number of people that came out the day of the picnic to pitch in. A round of applause should go to Kim K. and his band, Out of the Basement. Every year they contribute their music without any pay and it doesn't hurt that it sounds good! The groups donated gifts for the raffle and that added a little extra excitement. Have a great day,

Christy R.

A.A. on the Road

Visiting Home

Whenever I go back to Utah to visit and the plane starts to fly over the Salt Lake valley and I can see the familiar shape of the Wasatch mountains, recognize the city streets I'm flying over, and the shape of the lake - my heart starts to race, the panic sets in, and I'm filled with a mild case of suffocation. This visit I had the same anxiety going in like any other visit. It had been about 18 months since my last trip home to see my parents and friends. And the 18 months in between visits were hard, very hard. They were months filled with some of the darkest moments my addiction could serve me followed but a year where I connected with the program of AA like never before.

Growing up in Utah, I always felt different and separate from people around me--at times I blamed that feeling on growing up Catholic in a Mormon world, other times I blamed it on being gay and having to come to terms with that. I just wanted to get out of my skin, to find myself in another world and never value being in the present moment.

Always on my radar was New York. When people visited Utah from New York I could spot them, and I loved talking to them. I think I dated a guy once almost solely because he was from New York and I loved asking him questions about life there. Once someone said they thought I was from New York, and I took that as a high compliment. Utah and particularly Salt Lake City are wonderful, particularly if you love the outdoors, and I've had many great journeys with friends there, but I just always thought that New York would be where I would end up, even though I had no idea how.

Now I am living in New York for over two years and as I came back to Utah I realized that my journey to get to that far off land of Oz had as much to do with reckoning with sobriety as it did anything else. I had left Utah sober, but somewhere in my middle stumping ground of Chicago where I lived for a couple years, I went out. The program didn't have the answers I needed, I thought at the time. When I finally moved to New York I hit the ground running in every regard. And with that "belly full of booze and a mind full of AA" mix, I finally crawled back into the rooms, shattered to learn there was one solid truth I couldn't deny. For time I struggled to admit how deep my addiction had taken me, until my moment of grace at the Renaissance Diner in Hell's Kitchen where I was thoroughly honest with my sponsor. Clearly, undeniably, I learned about myself one full truth: No matter the city, no matter the age, I'm an addict that needs to keep engaged in a program of recovery.

New York was a great place to re-discover the program with its meetings at any hour of any day all throughout the city and a fellowship that's expansive. The roughness of getting sober again--embarrassment, humiliation, broken heartedness--was replaced by the warmth of people who loved me until I could love myself--taking me to movies in Chelsea, going on city bike rides, watching sober drag queens tell raunchy jokes on a Friday night. I soon started to look back at my journey and realize my HP was there the whole time, when I was in the program before and also when I was out. There were just too many coincidences in my life to not feel that my HP had led me to New York to find a sober life that relieved that sense of isolation and separateness I had felt since I was young. And I started to realize that my experience could help others, which felt amazing.

This trip in Utah which came as I approached my year sobriety had a to-do check list: amends to the family and a few friends, show up for nephew's graduation, connect with friends, be the sober friend and family member they deserved and longed for. The anxiety I felt coming back into the city - which really was fear based on the cartoonish and outdated concepts of my home that still lingered in my mind, was replaced by warmth of a hundred hugs, smiles, deep heart to hearts with the parents, some workouts with my good friend, and a realization that this town I once couldn't stand was home. While it took me my own journey to discover it, I realized so much good that was always in Utah - the deep, long connections with friends who know the arch of my life and who love me flaws and all, the appeal of the city and its cozy closeness to the mountains which are comforting in their greatness.

Sometimes sobriety is boring, sometimes AA is annoying and you hate the people, but we are here for a reason, to help ourselves and at a very minimum, to not destroy our lives. And most of the time it enables us to do so much more with ourselves. I'm humbled and grateful for this program. It makes no sense whatsoever. Why, with all the advances in psychology and science we have available does sitting in a room and hearing someone share about their feelings make my mind stop spinning and suddenly I feel at peace - and further away from taking a drink. But for me it does work, whatever city I find my feet in.

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 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. to always be there And for that: I am responsible.

Calendar of Events

→ SEPTEMBER

SaLTYPAA Meeting at CENTRAL OFFICE on Sunday, September 1 & 15 at 6pm

CO Board of Trustees Meeting at CENTRAL OFFICE on Tuesday, September 3 at 6pm

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. *Please register in advance.*

Three Legacies Workshop and BBQ at the north pavilion at Fairmont Park 1040 E Sugarmont Dr (2225 S). Saturday, September 7. Workshop 9-11am Food 1-2:30pm and 5-6:30pm. Speakers 2:30-4:30pm and 7pm. Games all day. Hosted by District 2. \$5 suggested donation, bring a dish to share, bring a comfy chair just in case. Contact Patrick R. 801-803-3145 or online at district2dcmc@utahaa.org.

CO Reps Meeting at CENTRAL OFFICE on Tuesday, September 10 at 6:30pm

SLC Recovery Day at Gallivan Center, 239 S Main St, 9am-3pm. FREE. Saturday, September 14. Fun activities, live music, free hot dogs (gotta love that!) exhibit booths-including AA. Utah 5K Run/Walk for Recovery. Details about this and other statewide events at www.utahrecoveryday.com.

20th Annual Men's Spiritual Retreat CC + H2O (Conscious Contact and Water) Lava Hot Springs, ID September 13, 14, 15 "Step Nine and Living in Reality" Featuring Danny B from Houston TX. Registration before Sept 6:\$30; at event: \$40 Reg. form at saltlakeaa.org/events. Contact Nick M at 801-541-6654/nick@beenjerkedaround.com or Ben S at 801-913-5310/bensmith@rowlandhall.org. for more info

Area 69 Utah Fall Assembly at Community Church, 544 Mivida Dr, Moab UT September 20-22, Registration \$12/ \$15 at the door. Flyer, registration form and map at www.utahaa.org

All Groups Meeting at CENTRAL OFFICE on Saturday, September 21. Hosted by 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

→ 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. 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 at CENTRAL OFFICE on Saturday, October 19. Hosted by Lifeline Newsletter Committee. Dinner and a movie, "The Days of Wine and Roses." Potluck 6-7pm, Meeting 7-9pm

Annual Chili Cook-off at St. Ambrose Church 2315 Redondo Ave (2300 E) on October 18 at 6:30pm

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

This Month in AA History
September 1948

The Fundamentals – In Retrospect

By
 Dr. Bob S.

It is gratifying to feel that one belongs to and has a definite personal part in the work of a growing and spiritually prospering organization for the release of the alcoholics of mankind from a deadly enslavement. For me, there is double gratification in the realization that, more than thirteen years ago, an all-wise Providence, whose ways must always be mysterious to our limited understandings, brought me to “see my duties clear” and to contribute in decent humility, as have so many others, my part in guiding the first trembling steps of the then-infant organization, Alcoholics Anonymous. [AA began June 10, 1935, with the start of Dr. Bob’s lasting sobriety. He died November 16, 1950.]

It is fitting at this time to indulge in some retrospect regarding certain fundamentals. Much has been written; much has been said about the Twelve Steps of AA. These tenets of our faith and practice were not worked out overnight and then presented to our members as an opportunistic creed. Born of our trials and many tribulations, they were and are the result of humble and sincere desire, sought in personal prayer, for divine guidance.

As finally expressed and offered, they are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living that we achieve is in direct ratio to our earnest attempt to follow them literally under divine guidance to the best of our ability.

Yet there are no shibboleths (which means “long-standing formula, doctrine, or phrase, etc., held to be true by a group) in AA. We are not bound by theological doctrines. None of us may be excommunicated and cast into outer darkness. For we are many minds in our organization, and an AA Decalogue (which means “Ten Commandments”, in the language of “Thou shalt not” would gall (which means “irritate”) us indeed.

Look at our Twelve Traditions. No random expression, these, based on just casual observation. On the contrary, they represent the sum of our experiences as individuals, as groups within AA, and similarly with our fellows and with other organizations in the great fellowship of humanity under God throughout the world. They are all suggestions, yet the spirit in which they have been conceived merits their serious, prayerful consideration as the guidepost of AA policy for the individual, the group, and our various committees, local and national.

We have found it wise policy, too, to hold to no glorification of the individual. Obviously that is sound. Most of us will concede that when it came to the personal showdown of admitting our failures and deciding to surrender our will and our lives to Almighty God, as we understood him, we still had some sneaking ideas of personal justification and excuse. We had to excuse them, but the ego of the alcoholic dies a hard death. Many of us, because of activity, have received praise, not only from our fellow AAs, but also from the world at large. We would be ungrateful indeed to be boorish when that happens; still, it is so easy for us to become, privately perhaps, just a little vain about it at all. Yet fitting and wearing halos are not for us.

We’ve all seen the new member who stays sober for a time, largely through sponsor-worship. Then maybe the sponsor gets drunk, and you know what usually happens. Left without a human prop, the new member gets drunk, too. He has been glorifying an individual, instead of following the program.

Certainly, we need leaders, but we must regard them as the human agents of the Higher Power and not with the undue adulation as individuals. The fourth and tenth steps cannot be too strongly emphasized here - “Made a searching and fearless inventory of ourselves ... Continued to take personal inventory and when we were wrong promptly admitted it.” There is your perfect antidote for halo poisoning.

So with the question of anonymity. If we have a banner, that word, speaking of the surrender of the individual – the ego – is emblazoned on it. Let us dwell thoughtfully on its full meaning and learn thereby to remain humble, modest, and ever conscious that we are eternally under divine direction.

Alcoholics Anonymous was nurtured in its early days around a kitchen table. Many of our pioneer groups and some of our most resultful meetings and best programs have their origin around that modest piece of furniture, with the coffeepot handy on the stove. True, we have progressed materially to better furniture and more comfortable surroundings. Yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity. In AA we have no VIPs, nor have we any need of any. Our organization needs neither titleholders nor grandiose buildings. That is by design. Experience has taught us that simplicity is basic in preservation of our personal sobriety and helping those in need.

Continued on page 8

Continued from page 7

The Fundamentals – In Retrospect

Far better it is for us to fully understand the meaning and practice of “thou good and faithful servant” than to listen to “When 60,000 members [in 1948] you should have a sixty-stories-high administration headquarters in New York with an assortment of trained ‘ists’ to direct your affairs.” God grant that AA may ever stay simple.

Over the years, we have tested and developed suitable techniques for our purpose. They are entirely flexible. We have all known and seen miracles – the healing of broken individuals, the rebuilding of broken homes. And always, it has been the constructive, personal Twelfth step work based on an ever-upward-looking faith that has done the job.

In as large an organization as ours, we naturally have had our share of those who fail to measure up to certain obvious standards of conduct. They have included schemers for personal gain, petty swindlers and confidence men, crooks of various kinds, and other human fallibles. Relatively, their number has been small, much smaller than in many religious and social-uplift organizations. Yet they have been a problem and not an easy one. They have caused many an AA to stop thinking and working constructively for a time.

We cannot condone their actions, yet we must concede that when we have used normal caution and precaution in dealing with such cases, we may safely leave them to the Higher Power. Let me reiterate that we AAs are many men and women that we are of many minds. It will be well for us to concentrate on the goal of personal recovery and active work. We humans and alcoholics, on strict moral stocktaking, must confess to at least a slight degree of larcenous (which means “characterized by the wrongful taking of the personal goods of another”) instinct. We can hardly arrogate (which means “to assume to ourself without right”) the roles of judges and executioners.

Thirteen grand years! To have been a part of it all from the beginning has been reward indeed.

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Tradition Nine

A.A., as such, ought never be organized (we're not); but we may create service boards or committees directly responsible to those they serve

If you have ever been to a business meeting, you have likely experienced the controlled chaos that animates our fellowship. Opinions tend towards extremes, vacillating between vague disinterest and embittered certitude. We argue passionately over minutiae, and take criticism as a personal affront.

AA's 9th tradition seeks to reconcile this fact with reality, that no alcoholic is selfless enough to be appointed as our benevolent dictator, yet to function we require some kind of structure. Our answer is twofold; first, we strive for the bare minimum of organization. Our service structure is animated by the spirit of rotation, the idea that once you have become good at your job, it is time to move on to something else.

Secondly, we do not create positions of power but of servitude. Anyone thinking that they will gain power or stature in AA service will quickly be stripped of their misconception. Instead of gaining a platform for voicing their ideas, they find that theirs is but one voice among many, and that to function as a servant of AA, they must represent their group rather than themselves.

There is a design to our service structure, and it's intent is not only to give us opportunities to practice tolerance and patience. As the Twelve Steps allow me to align myself with God's will, the Twelve Traditions frustrate our well-intentioned interference, and allow God's will to guide Alcoholics Anonymous.

Brian S.

Central Office Salt Lake City Financial Summary July 2013

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

Income Statement

Revenue

Group Contributions	\$ 2,263.56
Copy, newsletter and postage donations	\$ 54.05
Sales - Literature	\$ 3,178.34
Sales - Awards & Misc	\$ 1,976.50
Total Revenue:	\$ 7,472.45

COGS - Literature	\$ 3,085.40
COGS - Awards & Misc	\$ 973.14
Total COGS	\$ 4,058.54

Gross Profit \$ 3,413.91

Operating Expenses \$ 2,838.63

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

Other Expenses \$ 1,052.79

(Inventory adj and Accountant for 2012 tax return)

Total Expenses \$ 3,891.42

Net Income: **\$ (477.51)**

Bank Accounts

Checking	\$ 21,657.95
Money Market - PR	\$ 24,011.32
Total	\$ 45,669.27

213 Big Book
12&12 on 17th&17th
90th S 3200 W
Acceptance Group
A Closed Meeting of Alcoholics
A Way Out
Altrium Group
Bog Irish Big Book
Bountiful Mens
City at Seven
Come as You Are
Crazy Ladies
Early Friendship
Fresh Air Serenity Seekers
Friday Night Young & Alive
Garden Variety Group
Grapevine Group
Grub Lunch
Happy Destiny
Happy Group
Highland Group
Hillcrest Group
Honeys Breakfast
Hot Topic
Living in Sobriety
Midvale Lunch
Murray Group
New Way
Nomadic Lunch Bunch
Non-smoking Sobriety Hour
Nut Buckets
Old Fashioned AA
Original Every Night Candle
Light
Salt Lake Group
Saturday SOTS
SELG Womens
South Davis AA/Alanon
South Enders
South Valley Lunch
Starting the Day
Sugar House Mens
Sunday Breakfast at the Alano
Club
Thunder Hearts
Tooele Groups
Up Group

Group Contributions for June, 2013

Your CENTRAL OFFICE Committee updates from Tuesday, July 9, 2013

Activities Committee. Joel R. reported that the Annual CENTRAL OFFICE Picnic is scheduled for August 18, 2013 at Germania Park. The purpose of the annual picnic is intended to foster fellowship and unity in the A.A. community. There will be no charge for food, drinks and for the chance to win a door prize. C.O. will issue each person one opportunity ticket at no charge. Prize winners must be present to win a door prize. Please bring a side dish or dessert to share. People are welcome to bring their own food and drinks. Volunteers are needed to set up and clean up. Group Reps will be asked at the next CO Meeting to ask their Groups to contribute door prizes. Bring the door prizes to C.O. or Meg G. Cash donations to C.O. will be gratefully accepted. The Chili Cook-off is scheduled for October 19, 2013 at St. Ambrose Church a 6:30pm.

Archives Committee. John N. requested that any written materials for A.A. events and extra Grapevines be placed in the basket at the right of the C.O. copy machine for archiving. Extra Grapevines will be used and distributed by C.O.

By-Laws Committee. Linda B. had nothing to report.

Cooperation with the Professional Community (CPC) Committee. Jeff M. was recently elected Chair of the C.O. Standing Committee on Cooperation with the Professional Committee (CPC). Al L. received a request from Racheal Ringwood, LCSW for the purpose of training and establishing an A.A. meeting on 5 West of the University Hospital for the inpatient psychiatric unit. Jeff M., in collaboration with John E., newly elected Chair of the C.O. Standing Committee on Cooperation with Treatment Facilities, (CTF), Wendy W. C.O. Co-Chair and Al L., C.O. and Richard Salvitti (an interested volunteer) established THE ROAD WEST. It is an open meeting with a speaker-discussion format. Meeting to be held in the Human Resources Conference room at 7pm each Tuesday evening. Volunteers are needed to support and chair the meeting, and to help in the administration and handling of A.A. literature, meeting supplies and other meeting related service matters. Jeff M. and John E. continue to work with the District CPC and CTF Committees for the purpose of supporting this new mtg.

Cooperation with Treatment Facilities (CTF) Committee. John E. will follow-up with the needs of the newly created "The Road West" meeting (see CPC Report above). John continues to coordinate his efforts with District and area CTF Committees.

Corrections Committee. Tony S. attended the District 10 GSR meeting and encouraged people to fill out an application for clearance to write to an incarcerated A.A. member or otherwise serve in a corrections facility. Tony is looking for volunteers to serve on the Corrections Committee. Contacted at shyrestalone@yahoo.com or 801-597-3980.

Hotline Committee. Melinda A. reported that the phones are up and running, and most of the time slots have been filled. There will be an Open House to show-off the new answering service at C.O. on August 17, 2013 at 2pm. Everyone is encouraged to come and learn about the new phone system and to sign up and volunteer. For questions contact Melinda at 801-688-4647 or hotline@saltlakeaa.org.

Literature Committee. Mike O. presented the Pamphlet of the Month entitled "Your A.A. General Service Office." There is a good inventory of A.A. literature in stock. There are new Grapevine materials that have just come in. To order A.A. approved materials, contact Chris at literature@saltlakeaa.org.

Newsletter Committee. Gina F. reported that her committee is working to include a map for all A.A. calendar of events on the C.O. website. She requests that details for all A.A. events and gatherings be sent to her two months prior to the event. The Recovery Day event will be published in the Lifeline as it meets the criteria of being an event "that would be of interest to the A.A. community."

Outreach Committee. Charlie T. reported that the next Outreach Committee meeting will be held on August 27, 2013, 6pm at C.O. The next All Groups Meeting is scheduled for Saturday, August 17, 2013. Potluck at 6pm, meeting at 7pm. Sponsored by the Murray Group. Outreach Committee meeting scheduled for August 21, 2013 at C.O., 6:30pm. To volunteer contact Charlie T. at outreach@saltlakeaa.org.

Public Information Committee. Committee yet to be organized.

Twelfth Step Committee. Kent S. reported for Alan L. Six calls came in, a couple of which needed rides to a meeting. Anyone interested in working on this Committee should contact 12step@saltlakeaa.org.

Volunteer Committee. Susan L. reported that C.O. continues to need volunteers for Monday and Tuesday. There is an added need for volunteers to serve during the month of August in order to cover vacations. The new phone system is working well. Susan and the C.O. volunteers would like each C.O. Group Rep to provide a brief description of their groups. Anyone interested in serving as a C.O. volunteer can contact Susan L. at C.O. 801-484-7871 or volunteers@saltlakeaa.org.

Website Committee. Jonathan H. reported that the C.O. Website is now able to handle more information. There is also a new look on the meeting schedule. Anyone interested in helping Jonathan with the C.O. 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. District 2, 10 & 11 have many service opportunities open. including Secretary (District 2), GSRs, DCMs and alternate DCMs. There is one change to be noted in the attached District 10 Report. It is the 2014 Fall Assembly that is working on finding a venue. Volunteers are needed to assist the 2014 Fall Assembly Chair, Jolene H. She may be reached at 801-651-1480 or by e-mail jkherring2011@gmail.com. The 2013 Fall Assembly is moving forward as scheduled.

Old Business.

Telephone System. The new telephone system is still in process of being completed. C.O. has outsourced a company to teach C.O. volunteers how to most effectively use and operate the new system. C. O is still working on the call forwarding service. There are open slots on the calendar.

Elections for Alternate Trustee and Chair for Newly Formed C.O. Public Information Standing Committee. Chris H. and Kurt J. were nominated to stand for election to the position of Alternate Trustee which term expires December, 2013. A secret ballot voting process was conducted. Kurt J. received in excess of two thirds of the votes cast, and was elected to serve the remainder of the term of the position of C.O. Alternate trustee. There was no one willing to stand for election as the Public Information Standing Chair. The election for this position will be held at next month's C.O. Committee meeting. Group Reps are encouraged to pass the word to the members of their Groups concerning this opportunity for service.

New Business.

Robert B. announced that SWACYPA will hold "Game Night" every third Saturday beginning August 17, 2013 at 836 East 8080 South, Sandy, UT Speaker at 7pm, games at 8pm. Future SWACYPA Game Night locations to be announced.

Adjourn and Close with the Serenity Prayer.

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Comments or suggestions for Lifeline?