

LIFELINE

Salt Lake City Central Office Newsletter

DECEMBER 2013

Step Twelve:

Step 12 has three parts. *The first part* says, "Having had a spiritual awakening as a result of these steps," I had been suffering from an illness which only a spiritual experience could conquer. By working Steps 1 – 11. According to the big book I've had one. How a spiritual experience became the cure for alcoholism I think is miraculous. In the very early days of AA while Bill W was still drinking there was a prominent business man as described by the Big Book named Roland H. He could not stay sober. He looked to the best psychiatrists for help. Sigmund Freud, Alfred Adler and Carl Jung were all contacted, but only Carl Jung was available to treat Roland. Roland was lucky because Jung was familiar with the spiritual awakening as a solution to afflictions including alcoholism. After failing to provide Roland with a spiritual awakening, he sent him on his way find one. Roland attended the Oxford Group and had his awakening and thus the spiritual experience became our solution. If Freud or Adler were available AA would be completely different, If it would have existed at all.

Part two, we try to carry this message to alcoholics. This is the premise on which AA was founded. No one can reach an alcoholic like another alcoholic. We can help where others can't. "Our very lives as ex-problem drinkers depends on it." There are many ways to carry the message. The one that has stuck with me is with corrections. A group of us meet every Sunday night at the metro jail and have meetings for an hour or two. From my very first meeting I had this incredible feeling that I would never drink again as long as I continued to do this. For ten years it has been true and much more. Armed with my past and the big book, I have seen the miracle of sobriety happen again and again, not because I have a great story or am an AA scholar, but because someone showed up to a meeting; there they heard something from the Big Book, saw that there was a different way. Also the truth of: "God does not make too hard terms with those who seek him". (pg. 46) Once someone says yes, the how is taken care of.

Continued on page 5

Voice of the Volunteers

I was asked to write an article on volunteering. The first thing that came to my mind was fear. Of course, fear is the first thing that I always feel before a new adventure. However, the fear of writing something for publication brings up a deep seeded fear of being judged. Never the less, I accepted the challenge because of the love that I have for this program and the people that God has put in my life to make clear the meaning of volun-telling.

The first thing that was volun-told of me by a well loved member of my home group was to be a Central Office representative. Now, I had no idea of what that was but I said yes because even though she is small in stature, she is AA LARGE. I was very nervous at the first CO meeting I attended and was horrified when another person asked me how we were going to vote in the yearly elections. A year later, month by month Central Office representative meeting, I am now comfortable in my position. Because I said yes to the request of another, I have met many wonderful people and have a stronger foundation for my sobriety.

Another person from my home group and I had already volunteered to make items for the Central Office picnic raffles. I

thought that was enough but my sponsor has volun-telling down to a science. And OH what fun I have had because of her skills. She is also a CO rep and volunteered her time at the Central Office picnic. Therefore, my sponsor-sister and I had the pleasure of arriving early to help set up the tables, handing out the raffle tickets, announcing the winners and giving out the prizes. I not only had a great time, I was able to talk to people that I never would have had the chance to. I met people from meetings that I never knew existed. I have attended a couple of those meetings and was happy to see a familiar face smiling back at me. This all came about because, I said Yes when it would have been less effort to say no.

So has writing this article lessened my fear of being judged? NO! But I did it and I hope you think about saying yes to the person whom volun-tells you to do something. Because although fear is still present, it has never hurt me to say yes to what is asked of me in this program. In fact it has always made me feel better.

Norma T

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 below.

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

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board@saltlakeaa.org

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Lifeline Newsletter (lifeline@saltlakeaa.org).....	Gina F
Outreach (outreach@saltlakeaa.org).....	Charlie T
Public Information Committee.....	Karen S
Twelfth Step (12step@saltlakeaa.org).....	Al L
Volunteer (volunteer@saltlakeaa.org).....	Susan L
Website (webservent@saltlakeaa.org).....	Jonathan

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



The gift of sobriety

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

A VISION FOR YOU

Wearing tennis shoes to spike heels, flip-flops to biker boots, women converge at 10:30 a.m. every Saturday morning in the small upstairs room in the Alano Club. Their footsteps take them into my home group: A Vision for You (AVFY). I first attended in October 2009, after more than one person recommended it to me as "highly spiritual." Up to 70 women each week agree.

In 1983 (estimated to be February), different women -- but only a handful -- chatted in the big upstairs room following a mixed meeting. They arrived at a decision: they needed a women's group. From then until now A Vision for You (named after Chapter 11 in the Big Book) has kept its doors open to the woman alcoholic who still suffers.

In the earliest days the small group (two to ten) agreed the leader for the meeting was the second woman through the door. A woman who joined AVFY after its first six months recalls, as second person through the door, she chaired her first meeting. Later, the meeting had a secretary who also kept the money and a GSR (Group Service Representative). Today a chair leads the meeting and a greeter is at the door, a secretary serves for two years giving out chips, a treasurer keeps the money, and volunteers represent the group at Central Office, as Grapevine rep., and as GSR. Always a part of the meeting, a volunteer picks her reading from the Big Book and another reads the day's entry in Each Day a New Beginning followed by sharing. Around 2004 donations were suggested for coffee and the pink can for Prison Literature began being passed.

When the original women, clustered around one of the long tables in the big room, observed men wandering in, they moved the meeting into the small room. Because men continued entering the small room, the meeting became identified as a closed women's meeting. AVFY became an open meeting to accommodate family, partners, or female observers of the Alcoholics Anonymous process.

At first, birthdays were celebrated once a month with a cake, which became once in a while with occasional cakes. Cakes remain occasional as anniversaries are now celebrated weekly.

No group escapes controversy. The first attempt to make AVFY a smoke-free meeting received little support. Later group conscience agreed to non-smoking.

Children in the meeting room is another issue visited frequently. In addition to unruliness, for a time there was much adult discussion about childhood traumas, including graphic details. The meeting format indicated that children over one year were not allowed. During the focus on trauma the group earned the reputation of being "whiners." Yet this phase also passed. As did the cycles when supposed lesbian prominence was reputed negatively.

When Club policy proposed 75% of the 7th Tradition for rent, AVFY and other groups found new homes. By group conscience, AVFY met at the Grecian Gardens at 48th South and State Street. Attendance decreased to 20-30 in the smaller room, breakfast could be part of the meeting, and wait-people carrying orders in and out became meeting norm. After the rent issue resolved with the Club, until 2004 the Grecian Gardens housed the meeting one time a year when Al-Anon's annual bazaar fills the Club's upstairs rooms.

A Vision for You has made many changes since its inception thirty years ago. Yet the constant remains of "humility and honesty" shared by women across the years to 2013. As others feel about their home groups, it is described as "my guiding light" and "my center of gravity for years and years and years." And God willing, it will carry the AA message to women for years and years and years to come.

Thanks to Debra P, Janice G, Joan P, Sandy A, Shirley W

Julie R

A Vision for You meets at 10:30am every Saturday at the Murray Alano Club 5056 S 300 W
This is an Open Women only meeting meaning all women 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 1yr
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

The Chair in the Corner

DECEMBER



The gifts of service

A.A. on the Road

THE ROAD OF HAPPY DESTINY

My road in sobriety has taken many twists and turns. Over time, although I've never been able to settle in to unfamiliar "people, places and things" immediately, I find it easier to go with the flow than I once did. So when I decided to move to Salt Lake City this July to be closer to my kids and grandkids I knew there would be a period of adjustment.

My first challenge was finding my way to AA meetings. Coming into a city with addresses like 4200 S/500 E was completely baffling to me. What???? Luckily my son was able to teach me the city grid in about one minute which really helped. I found that I could go on the internet and get great directions so I was off and running rather quickly. My plan was to go to as many meetings as I could with an eye toward finding meetings relatively close to home.

Challenge number two: getting comfortable with the meeting formats (which are different than I was used to) and finding groups where the members were welcoming to newly arrived strangers. I was in what I call "AA limbo"....not a newcomer nor a visitor ...a place where it's really easy to sink into the background and not participate. Some folks say that AA is the same everywhere. It's not! My solution to the feeling that "I'm home but somebody has rearranged the furniture" was to sit and listen and learn how AA meetings are conducted and go with it. I live here now. No point in fighting the flow or trying to change what is obviously working. I was fortunate to find a welcoming group whose members went out of their way to mark the meeting schedule for me and recommend meetings they thought I'd like.

I've been here four months now. I go consistently to three meetings a week. I believe that regular attendance at these meetings has helped me feel part of AA here. I look forward to them and have been thinking I should probably add one more to my schedule. I understand how important it is to keep in touch with others in recovery. It's the old story of a sure way to relapse is to stop going to meetings and stop working steps. I have a number of 24 hours under my belt but I know I'm not so special that I can cut myself off from the fellowship of the spirit and expect to be happy, joyous and free.

Today I'm grateful that my loving God has put me in a beautiful city, close to my family, where AA is alive and well. More evidence for me that taking the third step which put me in God's care works perfectly.

Diane B



Step 12 continued from cover

From my very first meeting I had this incredible feeling that I would never drink again as long as I continued to do this. For ten years it has been true and much more. Armed with my past and the big book, I have seen the miracle of sobriety happen again and again, not because I have a great story or am an AA scholar, but because someone showed up to a meeting; there they heard something from the Big Book, saw that there was a different way. Also the truth of: "God does not make too hard terms with those who seek him". (pg. 46) Once someone says yes, the how is taken care of.

Part three and to practice these principles in all of our affairs. Dr. Bob simplified the 12 steps into love and service. A simple example for me is, just as I stack the chairs after an AA meeting I will stack the chairs after my children's school function. Those who try to live the 12 steps seldom fail. Those who skip the spiritual principles seldom succeed.

The twelfth step maintains my sobriety by continuing to keep me connected to my higher power. When I'm fortunate enough to see people in sobriety that attended the jail meetings, leading such rich deep lives and passing this on to their sponsees an indescribable feeling of joy fills me up and I know the truth that our higher power loves us. This experience is not to be missed.

John Y

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

DECEMBER

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

District 11 Area Inventory Saturday December 7th at Bountiful Community Church, 150 N. 400 East in Bountiful. Registration: 8am, meeting 9am to 5pm Hosted by District 11

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

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

All Groups Meeting at CENTRAL OFFICE on Saturday, December 21. Hosted by N.S. Sobriety Hour. Potluck 6-7pm, Meeting 7-9pm

Outreach Committee Meeting at CENTRAL OFFICE on Tuesday, December 24 at 6pm. Be of service! Help plan current and future projects*

District 10 Public Information Committee Meeting at CENTRAL OFFICE on Saturday, December 28 at 10am.

CENTRAL OFFICE OPEN ON CHRISTMAS DAY WEDNESDAY, DECEMBER 25.

CALL 801-484-7871 FOR HOURS

JANUARY 2014

(CO Open on 12/31 or 1/1 ??????)

CO Board of Trustees Meeting at CENTRAL OFFICE on Tuesday, January 7 at 6pm

SaLTYPAA Meeting at CENTRAL OFFICE on Sunday, January 5 & 19 at 6pm

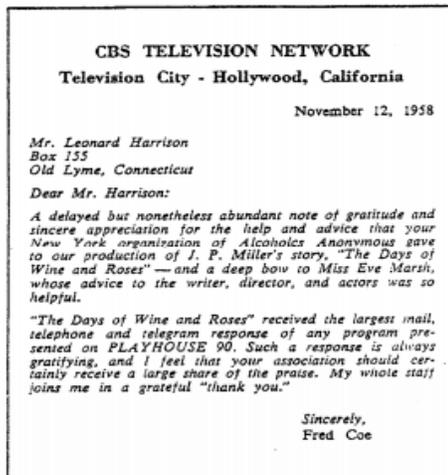
CO Reps Meeting at CENTRAL OFFICE on Tuesday, January 14 at 6:30pm

All Groups Meeting at CENTRAL OFFICE on Saturday, January 18. Hosted by N.S. Sobriety Hour. Potluck 6-7pm, Meeting 7-8pm

District 10 Public Information Committee Meeting at CENTRAL OFFICE on Saturday, January 25 at 10am. Help plan current and future projects

Outreach Committee Meeting at CENTRAL OFFICE on Tuesday, January 28 at 6pm. Be of service! Help plan current and future projects

This Month in AA History - DECEMBER



Days of Wine and Roses

Ernest Dawson
1867-1900

They are not long, love and desire and hate:
The weeping and the laughter.
I think they have no portion in us after
We pass the gate.
They are not long, the days of wine and roses:
Out of a misty dream our path emerges for a while,
Then closes within a dream.

The famed *Days of Wine and Roses*, starring Jack Lemmon in its 1962 motion picture production, was originally a made-for-television movie that was featured on CBS's "Playhouse 90," which ran from 1956 - 1960. It was the second episode of the third season and originally aired on October 2, 1958. The Archives maintains an uninterrupted copy of the television program which is also housed in CBS's vaults.

Written by J.P. Miller and directed by John Frankenheimer, *Days of Wine and Roses* features the story of an alcoholic's recollection of his drinking and love affair with his alcoholic wife at an Alcoholics Anonymous meeting. The writer and the network "cooperated fully with PIC [Policy and Information Committee]" (unpublished 1958 Policy Committee minutes). While the film was owned by CBS, the G.S.O. loaned two prints to A.A. groups (unpublished 1971 memo).

The late JP Miller was asked to write a screen play about divorce, alcoholism, etc. He said "No", went home got drunk, fought with his wife, awoke in the morning, apologized, called Frankenheimer and said "YES". He actually wrote that drunken scene into the movie. He went to AA meetings for research, was made welcome, and during a meeting "he heard his story" hence began RECOVERY FOR JP MILLER. He was the first of many alcoholics touched by the original CBS play starring Cliff Robertson and Piper Laury airing in October 1958. The film was such a success it was later made into a Hollywood production starring Jack Lemmon and Lee Remick directed by Blake Edwards *all of whom achieved sobriety because of the film*. Jack Lemmon later admitted he was an alcoholic in 1998 on the show - Inside the Actors Studio. JP Miller spoke at a conference in Toronto in 1998 and said, "I think AA is too **AGGRESSIVELY ANONYMOUS** as a fellowship".

The drinking scenes were so realistic because of the AA's influence on set and JP Miller's own drinking history that Jack Lemmon left the country after shooting of the movie completed so they couldn't change anything or do reshoots in post-production.

Chick B.

December 1960

Dear Folks :

We have just passed our quarter century mark. All this year long we have celebrated. Memories of our beginning have deeply stirred us as—one by one—we have summoned up those living images of early founding friends, those great events and ideas upon which liberation has since so securely rested. We have been giving thanks for both our pains and our rewards. We have tried to meditate upon all of our blessings, but have found them to be endless—all but infinite.

There could be no more fitting nor happier culmination to our Twenty-Fifth Anniversary than this very special Christmas in this year of our Lord, nineteen hundred and sixty. May the spirit of the Prince of Peace continue to reign in all of our affairs for so long as God may wish our well loved society to grow in His service.

*Ever Yours
Bill*

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

I spent 4 years in sobriety, working with a sponsor who was a self-proclaimed 'traditions junkie.' What she taught is that the steps help us get sober, and the traditions help keep us sober.

My interpretation of Step 12 is that when I enter a meeting of Alcoholics Anonymous, I leave my opinions, professional experience, political views, religious beliefs and educational background at the door. When I am in a meeting of Alcoholics Anonymous, I am with a varied group of individuals, and for that one hour we are all the same. We are united in a fellowship where we can share our experience, strength and hope in our daily struggle with alcoholism. Though we are of different genders, races and socio-economic backgrounds, during this one-hour reprieve we are equals.

Having built a spiritual foundation, as a result of the work I have done in Alcoholics Anonymous, I now have the clarity and freedom to focus on giving and being a part of the part of the fellowship. Prior to coming into Alcoholics Anonymous, I deemed myself as terminally unique and very different from others. I did not think that Alcoholics Anonymous would work for me, because I was court ordered into the program, and was sure I was the only person this had ever happened to. As I began to listen to people and relate to what they were sharing, I came to understand the meaning of what it is like to be a part of a "we" program. Though, we may look very different on the outside, on the inside we are all the same.

Amy S

Groups Represented at the
November 2013 Central Office
Representatives Meeting

Central Office Salt Lake City Financial Summary October 2013

Income Statement

Revenue	
Group Contributions	\$ 4,065.01
Copy, Newsletter & Postage donations	\$ 37.60
Sales - Literature	\$ 3,766.00
Sales - Awards & Misc	\$ 1,866.50
Total Revenue:	\$ 9,735.11
COGS - Literature	\$ 3,792.06
COGS - Awards & Misc	\$ 1,064.85
Total COGS	\$ 4,856.91
Gross Profit	\$ 4,878.20
Operating Expenses	\$ 3,202.13
(Rent, Bookkeeper, Utilities, Printing & Copies, Answering service)	
Other Expenses	\$ 1,668.51
(chili event, yellow pages, travel)	
Total Expenses	\$ 4,870.64
Net Income:	\$ 7.56

Bank Accounts

Checking	\$ 18,065.85
Money Market - PR	\$ 24,027.52
Total	\$ 42,093.37

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 October, 2013

Your CENTRAL OFFICE Committee updates from Tuesday November 12, 2013

- Activities Committee. Joel reported that the Chili Cook-off was a success with approximately 150 in attendance. There will be a Super Bowl party held at CO and Nick R. will work on getting the Christmas/New Year's holiday sign-up sheets set up as they did for the holidays last year.
 - Archives Committee. John N. reported that the Archives Committee is looking for extra Grapevines. Also, John N. asked everyone to place a copy of all Central Office related activities and events in the basket next to the copy machine. Home Group activities and events should be kept at the Home Group level.
 - By-Laws Committee. See Linda B.'s report on proposed amendments to the By-Laws in the "Old Business" of the minutes.
 - Cooperation with the Professional Community (CPC) Committee. Jeff M. reported that he had sent letters to the Nursing and Medical schools at the University of Utah informing them about Central Office and their willingness to cooperate and work with the two schools, including assisting in opening up new meetings. Jeff T. is also planning on holding a CPC workshop next year. To serve on this Committee contact Jeff at jeffm.chpn@gmail.com. or (860) 983-5072.
 - Cooperation with Treatment Facilities (CTF) Committee. Position still OPEN .
 - Corrections Committee. Dave R. is organizing a Corrections workshop. To serve on this committee contact Dave at corrections@sallakeaa.org.
 - Hotline Committee. Melinda A. reported that there are open spots available to take calls that come in on the Central Office Hotline. The new phone system is working well. She asked that all phone information be sent to her a week in advance at hotline@sallakeaa.org.
 - Literature Committee. Wendy W. gave the Literature Committee report for Chris H. A new Grapevine publication on the topic of dealing with adversity has been ordered. The commemorative edition of the Big Book is scheduled come out in April, 2014, and orders are now being taken. Chris H. has ordered 500 copies which will be sold at cost for \$9.84 each. "Pamphlet of the Month" is "The A.A. Member – Medications and Other Drugs." Anyone interested in ordering A.A. approved materials should contact Chris at literature@sallakeaa.org.
 - Newsletter Committee. Gina F. reported that the November edition of the Lifeline is on schedule to be published. Jenni S. was introduced as Gina's assistant on the Lifeline Committee. She has been responsible for gathering materials for the featured 12/12 articles, and has the responsibility of the Lifeline Calendar. The Lifeline Committee will sponsor the next All Groups meeting scheduled for November 16, 2013. There will be a dinner at 6:00 pm and a movie, "The Days of Wine and Roses" at 6:30 pm. Contact Gina at lifeline@sallakeaa.org.
 - Outreach Committee. Charlie continues to visit and inform A.A. Groups of Central Office's services and encourages them to get involved with Central Office. To serve on this committee contact Charlie T. at outreach@sallakeaa.org.
 - Public Information Committee. Karen S. reported that she is in the process of setting up the P. I. Committee.
 - Twelfth Step Committee. Al L. reported the Committee fielded 6 calls for the month of October. Al suggested C. O. have more "live bodies" available to field incoming calls. Callers hang up on a machine. To serve on this Committee contact Al L. at 12step@sallakeaa.org.
 - Volunteer Committee. Susan L. reported that they need volunteers on Saturdays from 10-2. She is working on having the Volunteer Responsibility/Orientation Manual completed by the end of this year. There is also a need for volunteers to contribute writing of the "Voices of the Volunteers". To serve on this committee contact Susan L. at (801) 647-4091 or volunteer@sallakeaa.org.
 - Website Committee. Jonathan H. reported that there were 6,000 visitors to the Central Office Website for the month of October. Jonathan is working on the upgrade of the IT hardware. Back issues of the Lifeline are now available on the website. To serve on this committee or have A.A. related information posted on the website contact Jonathan H. at 801-228-0090 or webervant@sallakeaa.org.
- Area and District Meetings.** Meg G. was excused and Christy R. gave her report. There are many services opportunities open in District 10 & 11 and Area 69. They are: GSRs, DCMs, alternate DCMs and Standing Chairs for several committees.
- Old Business.**
- Elections for Board Positions and Chair for the Cooperation with Treatment Facilities Committee.
- Christy R. and those in attendance thanked Kent S., (Secretary) Adam U. (Treasurer) and Jeremy C. (Trustee) for their service on the Central Office Board. The following elections were held:
- Board Secretary. No candidates
 - Board Treasurer. Martin C. announced his willingness to serve as Central Office Treasurer. The one year time requirement for past Central Office Board or Committee service was waived by unanimous approval of the Group. Martin C. stated his qualifications to serve and, upon motion duly made and seconded, was unanimously elected to the Position of Central Office Board Treasurer for the term commencing January 1, 2014 and ending December 31, 2015.
 - Board Alternate Trustee. No candidates
 - Cooperation with Treatment Facilities Committee Chair. No candidates.
- Proposed Amendment to the By-Laws. Linda B. proposed that the By-Laws be Amended as follows: That the responsibility of keeping an up-to-date list of the Group meetings and print meeting schedule for distribution at Central Office and at the Central Office Representatives monthly meeting be transferred from the Secretary to the Volunteer Committee. Upon Motion duly made and seconded, the CO Committee unanimously voted to amend the By-Laws to reflect this change.
- AAWS/IG/CO Report Back. Wendy W. reported on the 28th Annual Intergroup/Central Office /AAWS Seminar held in Palm Springs, CA. Wendy brought back a lot of helpful information. See her attached Report. Salt Lake Central Office and one other was the only volunteer based Central Office in attendance. The attendees were mostly paid Intergroup/Central Office managers. While the experience was valuable, Wendy felt that this seminar may not be appropriate for future attendance by the Salt Lake Central Office. The great majority, if not all, other Intergroup/Central offices prefer to hold onto the current pattern of having a paid manager and staff to manage Intergroup/Central Office affairs.
- New Business.** Jonathan H. announced that SWACYPA will hold a "Game Night" every third Saturday night 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. See attached Flyer.
- Jonathan H. also announced SWACYPA's Turkey Bowl activity beginning at 9:00 a.m. on November 28, 2013 at 3280 East 3900 South Holladay, Utah.
- Next C. O. Committee Meeting, 6:30 p.m. on December 10, 2013
- Adjourn and Close with Serenity Prayer

Central Office of Salt Lake City, Inc.

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