

LIFELINE

Salt Lake City Central Office Newsletter

NOVEMBER 2013

SPECIAL INSERT:

Festivus

For the rest of us
Your Holiday Guide to
Character Defects

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

My experience with Step 11 begins with my experience with the disease of alcoholism. At 19 I found myself hopelessly unable to stop drinking and using drugs. Despite a variety of attempts to stop on my own, I wound up getting checked in to a rehab. In that rehab I learned that I couldn't stop because I had a disease that made me want more. I was also introduced to AA where I found a sponsor who took me through the Big Book. In the Big Book I learned that the cure for my disease is a Spiritual Experience. To get that Spiritual Experience all I had to do was work the 12 Steps (simple, right?). Desperate for relief, I did work the 12 steps and the Big Book's promise held true: I no longer felt the need for more, I was sober. However, the Big Book also told me that this cure is not a one-time Spiritual Experience, but rather a Spiritual Experience that requires daily maintenance. That is where Step 11 comes into play.

Step 11 has given me the tools to maintain my spiritual connection to my Higher Power on a daily basis over the years. Right now this is mostly in the form of prayer. Every night before I put my son to bed we say our prayers. My prayers typically begin as a random wish list of things I want to happen, but eventually I remember that Step 11 tells us that we should pray only for God's will for us and the power to carry that out. At the end of our prayers, I disclaim everything on the wish list with the statement, "God, above all else, please allow me to be of service in whatever way you see fit". This prayer has helped me to maintain that Spiritual Experience for 7 1/2 years of sobriety, not to mention it takes a lot stress out of life!

Betsy V

Voice of the Volunteers

In sobriety I have had the "dubious luxury" of living for over 2 years in 11 different communities in 10 different states as well as living over 3 months in two additional states and one South American country. So I appreciate the need to deal with change and getting settled into a new community.

I have found it most helpful to go to a meeting and to always introduce myself as new to the community. I then listen intently for someone who appears to have a strong program – some insight, some joy, and some love. It is this person that I ask to tell me what meetings they go to and I then go to these meetings. At these meetings I repeat the process of asking and then going to these suggested meetings. In this way, the first month in a new area is packed with meetings and I have returned to each meeting that I have "liked" so that I am getting the fellowship I need. I then join a Home Group to solidify the Unity (or fellowship) side of the circle and triangle symbol that represents my AA program.

I have also found that being of service through Central Office and/or taking a service position at my home group lends added "insurance for myself against a possible slip" after relocating. But there are many ways for us to be of service and take action on the Service side of the triangle – making coffee, setting up chairs as well as welcoming and working with the newcomer.

Overall, the more I strengthen all sides of my AA program (Unity, Service, Recovery), the happier and healthier I am. So I have learned to take special care of these Legacies while relocating so that my character defects don't get in the way of the sunlight of the spirit.

Stephun H



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

Chair	Christy R.
Co-Chair	Wendy W.
Immediate Past Chair	Nick R.
Secretary	Kent S.
Treasurer	Adam U.
Trustee at Large	Meg G.
Trustee at Large	Betty H.
Trustee at Large	Jeremy C.
Alternate Trustee at Large	Kurt J.
Alternate Trustee at Large	Mike O.

Central Office Standing Committees

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

CENTRAL OFFICE Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

- To carry the A.A. message and help those individuals who suffer from alcoholism;
- To maintain a 24-hour Twelve-Step phone list;
- To answer phone inquiries as needed;
- To compile, update and print meeting lists;
- To maintain A.A. approved literature for sale to members and the public;
- To print and distribute a newsletter.

Specifically excluded shall be the operation of any club, clubhouse or drying -out place, and acts in violation of the Twelve Traditions of A.A.

7th Tradition Contribution Addresses

A.A. World Services

Box 459
Grand Central Station
New York, NY 10163
<https://ctb.aaws.org/Login.aspx>

Central Office of Salt Lake City

80 West Louise Ave.
Salt Lake City, UT 84115
saltlakeaa.org

Area 69 Treasurer

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

District 10 Treasurer

PO Box 57271
Murray, UT 84157

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110



80 W 2850 S SLC, UT 84115

VISIT CENTRAL OFFICE

Drop by for a visit and you could:

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

*Share a cup of coffee

*Read a Big Book in more than 50
languages

*Share stories with a volunteer

*Sign-up to be a volunteer

*Use the wi-fi

Office hours:
Monday-Friday 10am to 5pm
Saturday 10am to 2pm
Closed Sundays
OPEN MOST HOLIDAYS
Call for holiday hours
801-484-7871



MY HOME GROUP

Garden Variety

The "Garden Variety" is my home group. It meets every Sunday, 9:30-10:45am, at Anna's Restaurant. This is a meeting with longevity and consistency with members' regular attendance. The members of this group have a long history of service and maintain the different service positions in accordance with the General Service Office (GSO). This means having an active General Service Representative (GSR), Central Office Representative (CO), a Secretary, a Treasurer and Grapevine Representative.

Picking a home group is essential to support ones' recovery. Pick a group that follows the principles of the Twelve Traditions, where you have a voice, and when you attend you feel at home. I have dozens of individuals in my home group that I could call and depend on their support. When I go there they know my name.

I moved back to Utah 3 years ago after living out-of-state for 20 years. I felt like a new comer, uneasy and a little afraid. From personal experience, I know how important it is to plant yourself in the middle of AA as soon as you can. What has worked for me is attending different meetings until I feel comfortable, taking the opportunity to share and seek out service work.

Within the first couple of weeks of being back in Utah, I was at a meeting and afterwards a woman came up to me who recognized me as one of her best friends from junior high. Her smile and hug was a God send, and she introduced me to different meetings and people. Garden Variety Group was one of those groups. Left to my own devices, I would never get up on a Sunday morning and go to a 9:30am meeting, but now I can't imagine not going.

Linda B

BREAKFAST

Traditional Breakfast Prepared To Order Using the Finest & Freshest Ingredients

House Special

New York Steak & 2 Eggs*

(2 Eggs any style, Hash browns, toast)
(6oz. \$10.29) 8 oz. - \$11.59)

Eggs* & Hash browns.....\$5.29

(2 Eggs any style, Hash browns, Toast)

Ham or Bacon or Sausage & Eggs* \$6.99

(2 Eggs any style, Ham or Bacon or Sausage, Hash browns, Toast)

Zorbas Breakfast.....\$7.99

(2 Eggs any style, Ham or Bacon or Sausage, Hash browns, Swiss & American Cheese, Toast)

Chicken Fried Steak & Eggs*\$9.39

(2 Eggs any style, Hash browns, Toast)

Pork Chops & Eggs*\$9.99

(2 Eggs any style, Hash browns, Toast)

Biscuits & Gravy\$4.89

Lite Breakfast

1 Pancake..... \$2.49

Oatmeal \$3.59

Oatmeal with Fruit..... \$4.69

Cereal\$3.29

Side Orders

1 Egg Any Style*\$1.69

2 Eggs Any Style*\$2.89

Bacon or Sausage or Ham*\$2.99

Hash browns.....\$2.59

Toast (Wheat or White).....\$1.99

English muffin\$2.69

Bagel w/Cream Cheese.....\$3.59

Beverages

Coffee or Tea\$2.25

Hot Chocolate\$2.25

Soft Drinks\$2.25

Build Your Own Omelet

Four eggs* plus four items of your choice from any of the available ingredients on our breakfast menu \$8.59

Omelets

All Omelets prepared with four eggs*

Greek Omelet \$7.99

(Gyro Meat, Feta Cheese, Onions, & Tomatoes)

Ham* & Cheese Omelet.....\$7.79

Denver Omelet.....\$7.89

(Ham, Onions, Peppers)

Veggie Omelet.....\$7.69

(Mushrooms, Onions, Peppers, Tomatoes)

Cheese Omelet.....\$6.69

From The Griddle

Served With Maple Syrup & Butter

Pancake Sandwich..... \$7.79

(2 Cakes 2 Eggs any style, 3 Links or Bacon)

Pancake Stack (3 Cakes).....\$6.69

Short Stack (2 Cakes).....\$5.99

Strawberry Pancakes.....\$6.99

(2 Cakes w/Strawberries & Whipped Cream)

Waffle.....\$6.79

Strawberry Waffle.....\$7.25

French Toast (3 Slices)..... \$5.99

(Bacon or Sausage* 1.39 extra)

* Although cooking food of animal orientation such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of food borne illness. Consult your physician or public health official for further information.

Garden Variety Sunday 9:30 AM 4700 South 900 East (Anna's Restaurant #1) Salt Lake City

This is an Open meeting meaning all may attend

Happy Birthday!

It works — it really does!

Speak Easy Ladies Group

Chris 60 days
Ann 90 days
Anne 18 mos
Jamie 5 yrs

Nomadic Lunch Bunch

Steve 30 days
Bonnie 30 days
Kirk 30 days
Christa 90 days
Jenny 1 yr
Tamra 1 yr
Kim 2 yrs
Ron 2 yrs
Stephen 16 yrs
Cliff 19 yrs
Ron K 25 yrs
Zeke 28 yrs

Sugar House Mens Group

Dan 8 yrs
Ray Jay F 19 yrs
Carl B 27 yrs
Jeff D 34 yrs

Friday Night Young And Alive

Kelly 30 days
Jiovani 30 days
Kurt 30 days
Jared 90 days
Marnie 6 mos
Angel 2 yrs
Gary 10 yrs
Dave 24 yrs
Scott 27 yrs

Midvale Lunch Bunch

Kenny M 30 days
John I 30 days
Brandon 30 days
Jim W 6 mos
Terri F 6 mos
Robert C 1 yr
Barbara 13 yrs
Athleen 21 yrs
Carol 36 yrs

Non-Smoking

Sobriety Hour
Greg 30 days
Kelly 30 days
Ty 60 days
Todd 60 days
Kim 1 yr
George N 1 yr
Karen H 1 yr
Scott A 3 yrs
Danny R 4 yrs
Steve S 21 yrs
Peter S 24 yrs

City at Seven

Jeff 1 yr
Grant 1 yr
Eric 1 yr
Erin 4 yrs
Camile 15 yrs
Mike G 16 yrs

Old Fashioned AA

Tony S 6 yrs

Fresh Air Serenity Seekers

Lance 30 days
Andrew 30 days
Gigi 30 days
Brian 30 days
Danika 30 days
Roshelle 30 days
Trent 30 days
Eric 30 days
Nicholis 30 days
Darren 30 days
Sady 60 days
Brett 60 days
Brady 60 days
Anna 60 days
Marshall 60 days
Lance 60 days
Laurinda 90 days
Logan 90 days
Jess 90 days
Scott 90 days
Andrew 90 days
Mona 90 days
Jimmy 90 days
Jasson 90 days
Martha 6 mos
Mike 6 mos
Eric 6 mos
Ann 6 mos
Tommy 6 mos

Abby 9 mos
Dustin 1 Yr
John 18 mos
Debby 2 yrs
Kim 3 yrs
Ben 4 yrs
John 4 yrs
Kevin 5 yrs
Brent 7 yrs
Hope 9 yrs
Kelly 11 yrs
Juan 17 yrs
Wendy 19 yrs
Kirk 24 yrs
Carl 27 yrs
Bud 28 yrs
Kim 30 yrs
Mike 38 yrs

The Chair in the Corner



NOVEMBER

It's time for elections at Central Office! *The current Secretary, Treasurer, Trustee and Alternate Trustee positions are nearing the end of their term.* Kent S. has been our **Secretary** for two years and has contributed so much during his time serving our community. Prior to his Secretary position, he worked tirelessly guiding us through updating our Articles of Incorporation and the revision of our ByLaws. The revised ByLaws, approved by our members, were the catalyst for change that allowed many more members of AA to become involved in carrying the message to alcoholics in Utah. A big, heartfelt thanks to Kent for his love and dedication to AA and Central Office.

Adam U. took on the **Treasurer** position at the "nudging" from his sponsor, I believe, and we will be forever grateful. He helped walk us through updating our accounting system. Once again, thank you for your service.

Jeremy C. served as an **Alternate Trustee** for a year and then took the **Trustee position** for the past two years. Jeremy was the calm, practical voice always grounded in AA principle. Thank you for your patience! Kurt J. joined us a couple of months ago to serve out the term vacated by Rich W. Thanks to Rich and Kurt for the willingness to serve.

I'd like to invite anyone that is interested in serving on the Central Office Board of Trustees to come to our November Central Office Representative meeting on Tuesday, November 12th. The description and qualifications for the positions are available in the By-Laws which are located on the website, www.saltlakeaa.org, or at Central Office.

Love, Christy

A.A. on the Road

Friends with Benefits

Editor's note: I sent out a desperate plea for help to fill this page with holiday traveling tips for the alcoholic in recovery. Thanks to all.

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took:

Take Grapevines, 12&12 app for smart phones, call the central office of the city your headed to and plan your meetings before you leave, don't over-do it, HALT is never good for us Alcoholics. And, last but not least, "be on guard for the unguarded moment" Meg G

I traveled a few times a week for a long time...not drinking at the airport and on trips was really difficult for me...I once heard over the speakers " friends of Bill, please meet up at gate 13"...I tried it once and two people came to my rescue! I stopped sitting in first class where drinks were free, brought along pocket BB and 12&12. I have also seen flyers in hotels with similar messages. I planned ahead and had meeting schedules for my destination and while driving brought along speaker CDs. Susan L

Check local website at destination for meeting schedule... Check to see if there is a Central Office. Call and get a couple names in case I can't make a meeting due to business...Tell my AA friends, sponsor and home group that I'm away, making me accountable. Also, make a few calls back to friends and sponsor while on road...Share my experience with guys I sponsor and showing them in an AA member going to meetings while on the road....Bring AA literature to read in morning or at night... Plan out a 'mini' meeting schedule and map out locations a day or two in advance so that I'm not rushed...Get to a meeting in plenty of time to introduce myself...Bring speaker tapes on trip...Pray - A lot. Don't drink, clean house, and trust in HP. remembering I'm on a spiritual journey. Kurt J

With family, friends, strangers or whoever, if you are uncomfortable, talk to the youngest person there (a child is great), OR the oldest person there and let them share something about themselves. Their worlds are so different from ours that hearing about their interests may help you get out of your head. David D

Have someone from the program meet you upon your arrival. Knowing that a sober person will greet you upon arriving at your destination may help. Kent S

Download, bookmark, or print out a schedule of meetings in the area you are going beforehand; also record the phone number to their Central Office. Jennie L-S

Bring copies of the Grapevine. Doug R

Call your sponsor and keep her informed of your doings. This is a disease of responsibility and accountability. That way we have a chance to make a choice to stay sober today. Good luck! Page T

Everything is pretty much online these days, so finding a meeting is a snap. Going to meetings out of town is not only good for one's sobriety, but also a way to meet people who are familiar with the area you are visiting. They can give you the skinny on where to eat and what to see. Alcoholics are never friendless. Brenda L

Yep, I have travelled for most of my sobriety and been to meetings all over the country. It's awesome. Just reach out and make that call to central office and find a meeting close to where you are. AA works everywhere. Rebecca R

When I was traveling, I just found a meeting every couple of days and called my friends in recovery. Laura H-N

Get a list of meetings where you are going. Meetings in new places are great. No matter where you are, you can find your place. Cyndy O

Don't drink. Rusty J

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

NOVEMBER.

Utah Area 69 Fall Workshop at Bountiful Elks Lodge 544 W 400 N Bountiful on Saturday & Sunday November 2 & 3. "Communicating Our Legacy, Vital in a Changing World" Living in the Heart of A.A. Hosted by District 1. Registration \$10 . Contact Frank @ 435-232-2403 or Erin @ 435-232-6562

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

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

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

SWACYPAA Game Night at 1000 W Beardsley PI Suite B. Saturday, November 11. Speaker at 7pm, Games at 8pm. \$10 for food & buy-in

All Groups Meeting at CENTRAL OFFICE on Saturday, November 16. Hosted by Lifeline committee. Dinner and a movie. Potluck 6-7pm, Movie "The Days of Wine and Roses" 7-9 pm

Outreach Committee Meeting at CENTRAL OFFICE on Tuesday, November 26 at 6pm. Be of service! Help plan current and future projects

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

District 10 Grapevine Group Service Reps - Winter Quarterly Meeting. Alano Club 5056 South 300 West - Murray Saturday, November 16 9:00-10am

DECEMBER

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

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

Service Workshop at Central Office on Saturday, December 14 10am to 2pm Requested from the Districts and the Area. Hosted by Central Office. The purpose of the workshop is to provide Districts 2, 10, 11 as well as the Area an opportunity to present the service positions each have available to interested members of the fellowship.

SWACYPAA Game Night at 1000 W Beardsley PI Suite B. Saturday, December 21. Speaker at 7pm, Games at 8pm. \$10 for food & buy-in

All Groups Meeting at CENTRAL OFFICE on Saturday, December 21. Hosted by N.S. Sobriety Hour. Potluck 6-7pm, Meeting 7-8pm

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. Help plan current and future projects

This Month in AA History
November 1934

Ebby Thatcher Visits Bill Wilson

In November 1934 a man named Ebby called another named Bill. We all know the story. But let's take a look at a few things that followed this meeting in November.

Bill had just come off another bad bender when his phone rang. It was Ebby, an old school mate of Bill's. Bill immediately invited him over to "talk about the old times." When Ebby arrived though, to Bill's astonishment Ebby was sober! Sitting down Bill inquired how this had happened. Ebby responded with "I've got religion!" This shocked Bill of course. He then went on to tell Bill how he had landed with a bunch of people that called themselves the Oxford Group. They had taught him some wonderful ideas. Now here is where Bill first learns of ideas.

He learned that he had to admit he was licked ; he ought to take stock of himself and confess his defects to someone else in confidence. He needed to make restitution for any harm he had done to others, and that he ought to practice the giving that has no price tag, the giving of self to another. Lastly, and as he puts it so gently to Bill, " I know you're going to gag on this, but that I ought to pray to whatever God I thought was out there for the power to carry out these precepts."

Ebby didn't try to evangelize or pressure him in the kinship of suffering, he tried to help another suffering alcoholic. He soon left. Bill's thoughts were always on what his friend had said that day. He did not stop drinking though. A few days later Bill was thinking, "If I had cancer wouldn't I do everything I could to heal myself? Alcoholism is not cancer, but didn't it waste away the mind and body just the same?" This lead Bill to visit Dr. Silkworth down at Town's Hospital once again.

After a few days and some sedatives, Bill found himself depressed and thinking about the God thing made him feel worse. Ebby visited him again, and this time Bill asked him to lay out his plan once again, which he did. After awhile Ebby left. Bill, alone on his bed, yelled up at nothing, "if there is a God show yourself to me! I'll do anything."

A journey begins for an alcoholic who a few days before was in the grip of illness which there is no known cure. From there Bill went out with his new plan given to him by his friend. Every day was a day in which he tried to carry this message to others. If we follow the rest of the story we will see how alcoholic #2 came about and then #3 and so on.

I wonder what would have happened had Ebby waited for Bill to come to him?



Bill Wilson and Ebby Thatcher (L-R)

Marc N

A Higher Power of My Understanding

A few days ago I had a chance meeting with a man I will call "Mike". His son was struggling with his demons and was working a twelve step program. Mike was hopeful that his son might be successful in his quest for recovery. He was quick to also say that he was an atheist and could never subscribe to a way of life that required one to live a life based upon our third step. Going further he gave his reasons. The innocent suffer, the guilty go free, cruelty and depravity are part of the human experience. No, and there could be no God that would have that.

I listened to what he said and remembered that was the way I thought before making my decision to turn my will and my life over to a power greater than myself. I did not have any words that would help him understand or justify taking the third step. This did not trouble me for I knew that I was facing "contempt before investigation" and that if I had the words, the words would not have been heard.

It is one of those strange things that now happen to me, that here was a question. If Mike could've heard an explanation, what explanation would I have given him? And an answer came from an unexpected place.

I was watching a report on television about the emergence of the grilled cheese sandwich sweeping the country. I know that I've seen a fast food place open in a large shopping center that is based upon nothing but grilled cheese. The reporter was interviewing a well-known chef who was about to open a gourmet restaurant in New York City based on the grilled cheese sandwich.

The chef was shown making the reporter a sandwich which had in it Gouda cheese, roasted peppers, dried tomatoes, grilled onions and roasted short ribs. The outside was a beautiful golden brown. The reporter took a bite and said it was fabulous but wasn't sure that it was a grilled cheese sandwich.

The chef then says to the reporter "You're missing the point, does it have melted cheese? Yes! Is it a melted cheese sandwich? I don't know. Is it delicious?" To that, the reporter said that it was, and the chef said "then just eat it!"

Bruce M



Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

I do not speak for Alcoholics Anonymous; this is my experience:

What if I'm the only example of the Big Book of Alcoholics Anonymous that anybody ever sees? How do I want to behave—like a dry drunk, or in a manner that exemplifies the principles of the program of Alcoholics Anonymous? Thanks to a working a program and to good sponsorship, I have great relationships with my family members today. I am able to show up for them when I never could before. I practice the principles in all of my affairs, including my relationships with my family members. They have no idea how bad it really was, or what incomprehensible demoralization truly looks like. But they do know that I am a different person today thanks to a spiritual solution.

When I am maintaining my spiritual fitness, I have an attractive program. I do not need to run around promoting AA and all of its glory. I simply live the program, lead by example, and I have found that people seek out my experience, strength and hope because they can relate to me, and not because I am telling them what to do, or how they should live. If I announce publically ("...at the level of press, radio, and films" – and internet) that I am a member of Alcoholics Anonymous, that suggests that I speak for AA. And if I were to go out and publically get drunk, then it might suggest that AA doesn't work. I am more than happy to break my anonymity when I think I can be of service by doing so. However, I don't make a habit of wearing an alcoholic badge, as I don't find it necessary—this disease doesn't define me. Every day, I show up for my recovery, and I practice being the best version of the Big Book that I can be.

Molly S

Central Office Salt Lake City Financial Summary September 2013

Groups Represented at the
October 2013 Central Office
Representatives Meeting

Income Statement

Revenue

Group Contributions	\$ 1,674.82
Copy, Newsletter & Postage donations	\$ 121.93
Sales - Literature	\$ 5,532.15
Sales - Awards & Misc	\$ 2,036.00
Total Revenue:	<u>\$ 9,364.90</u>

COGS - Literature	\$ 4,537.39
COGS - Awards & Misc	\$ 992.04
Total COGS	<u>\$ 5,529.43</u>

Gross Profit	<u>\$ 3,835.47</u>
--------------	--------------------

Operating Expenses	\$ 3,117.63
--------------------	-------------

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

Other Expenses	\$ -
(literature, picnic, inventory adj, cash register, travel)	\$ 906.00
Total Expenses	<u>\$ 4,023.63</u>

Net Income:	<u><u>\$ (188.16)</u></u>
-------------	---------------------------

Bank Accounts

Checking	\$ 14,820.99
Money Market - PR	\$ 24,015.40
Total	<u><u>\$ 38,836.39</u></u>

974 Group
12&12 on 17th&17th
90th S 3200 W
A Closed Meeting of Alcoholics
Bountiful Mens
Came to Believe
Caring and Sharing
City at Seven
Come as You Are
Crazy Ladies
Early Friendship
Fresh Air Serenity Seekers
Friday Night Young & Alive
Garden Variety Group
Grub Lunch
Happy Destiny
High on the Hill
Hillcrest Group
Honeys Breakfast
Lost But Not Forgotten
Midvale Lunch
Non-smoking Sobriety Hour
Old Fashioned AA
Park City Mens
Sacred Healing
Salt Lake Group
SELG Womens
South Valley Lunch "Jims"
Sunday Breakfast/Alano Club
Thunder Hearts
Tooele Groups
Up Group
We Care
West Valley Group

Group Contributions for SEPTEMBER, 2013

September 2013

	Sep 13	Jan - Sep 13		Sep 13	Jan - Sep 13
Survivors Group	2.80	2.80	Grub Lunch Bunch	50.00	559.00
Area 69	17.00	281.57	Happy Destiny	0.00	22.90
Group # 681669-69-2	0.00	98.12	Happy Group	0.00	40.00
Red Eye Group	28.00	70.75	Highland Group	42.60	382.00
District 10	0.00	1,257.25	Holiday	100.00	250.00
Come Around	10.00	30.00	Honey's Breakfast Club	0.00	300.00
Lighten Up Group	0.00	80.00	Into Action	0.00	131.00
11th Step Meditation	0.00	61.86	It's in the Book	0.00	27.38
Thursday Night Womens Ri	0.00	90.00	Magna Friendly Bunch	100.00	300.00
Sunday Get AA	0.00	75.00	Midvale Lunch	0.00	100.00
90th and 32nd @ 600	0.00	150.00	Murray Group	0.00	261.00
11th Step Meeting	30.00	30.00	New Life	0.00	485.00
Every Night Firelight Group	0.00	80.00	New Way	0.00	1.00
Saturday Morning Hot Topic	39.00	61.50	New Yorkers	62.25	174.00
Crazy Ladies	0.00	92.00	No Bulls	0.00	5.00
Saturday Morning SOTS	0.00	198.00	No Nonsense	71.25	71.25
Nut Buckets	0.00	122.54	Nomadic Lunches	83.58	986.22
How It Works	88.00	613.75	Non Smoking Sobriety Houi	0.00	238.00
Fresh Start	0.00	12.00	Not A Glum Lot	0.00	30.00
Salt Lake Group	0.00	150.00	Off the Cuff	0.00	298.00
Young People's Meeting	0.00	80.50	Old Fashioned AA	0.00	51.01
Lake Point Layover	0.00	2.53	Park City Attitude Adjustme	0.00	1,500.00
Draper Group	0.00	200.00	Park City Group	0.00	250.00
Jaywalkers	0.00	65.00	Park City Men's Group	0.00	150.00
Women's 12X12	115.00	327.10	Park City Step Study	0.00	100.00
12 O'Clock High	0.00	221.27	Primary Purpose	0.00	25.00
17th x 17th	136.08	603.13	Richard Street Lunch	0.00	75.47
5-15 Happy Hour	110.50	495.50	Right Stuff	0.00	122.25
974 Group	0.00	416.24	Round Table Group	50.00	50.00
A Vision for You	0.00	395.89	Salt Lake Men's	0.00	185.00
A Way Out	0.00	115.90	Saturday Beginners	0.00	554.00
AA Saturday Night Speaker	0.00	483.51	Sharing N Caring	0.00	68.25
Acceptance	0.00	376.57	Sizzling Sobriety	0.00	41.00
An AA Group	0.00	143.71	South Davis AA	0.00	30.00
Back to the Basics	0.00	10.00	South Enders	0.00	500.00
Basic Young Peoples	0.00	190.50	South Valley Lunch	190.00	303.50
Bog Irish	0.00	270.84	Speak Easy Women	0.00	255.26
Bountiful Community	50.00	160.00	Spiritual Quest	0.00	100.00
Bountiful Mens	0.00	200.00	Starting The Day	0.00	60.00
By the Book	0.00	458.00	Stepping Stones	0.00	40.00
Came to Believe	0.00	50.00	Stonewall Group	0.00	369.36
City at Seven	0.00	286.68	Sugarhouse	0.00	146.33
Closed Meeting of Alcoholic	0.00	336.31	Sunday Morning Breakfast	0.00	236.00
Come As You Are	0.00	144.00	Survive & Serve	0.00	79.10
Cottonwood Group	0.00	195.25	Tenth Step Group	27.43	66.11
DNS Group	0.00	820.00	Thunder Heart AA	0.00	50.00
Early Bird Special	0.00	1,254.50	Tooele Beginners	0.00	276.02
Early Friendship	246.33	677.02	TRY AGAIN	0.00	21.53
Eye Opener	0.00	555.00	Up Group	0.00	17.00
Fresh Air 12 & 12	0.00	61.00	Valley View Group	0.00	75.00
Fresh Air Serenity Seekers	0.00	206.00	Wake Up Call	0.00	1,700.00
Friendship Group	0.00	127.40	We Care	0.00	275.00
Garden Variety	0.00	251.30	West Jordan Big Book Stud	0.00	60.50
Granger Group	0.00	200.00	Women In Sobriety	0.00	8.00
Grapevine	0.00	368.23	Women Stepping Up	0.00	95.00
Greater Kearns	25.00	130.00	Young and Alive	0.00	55.00
			Total Contributions GROUP	897.71	14,436.02

Your CENTRAL OFFICE Committee updates from Tuesday OCTOBER 8, 2013

Activities Committee. Joel R reported that they will be having a World Series party along with a Super Bowl party, both hosted at the Central Office. Also reminded everyone that The Chili Cook-off is scheduled for October 19, 2013 at St. Ambrose Church at 6:30 p.m. As many treatment centers will be invited as possible. John E. will deliver Flyers to the treatment centers. There will be prizes for the (1) Best Overall Chili, (2) Most Original Chili, and new this year (3) Best Chili by a Treatment Center.

Archives Committee. Jon was not present, no report given.

By-Laws Committee. Linda B. reported that they were going to discuss the amendment that was requested by Susan L. for her to begin managing the printed schedule with Jonathon. The By-Laws committee will need to prepare a motion for the next meeting.

Cooperation with the Professional Community (CPC) Committee. Jeff was not present, no report was given.

Cooperation with Treatment Facilities (CTF) Committee. Wendy W. read the resignation letter from John E. that he will no longer be able to serve as Chair. This position is now open for elections.

Corrections Committee – No present chair, no report was given.

Hotline Committee. Melinda A. presented a calendar of all spoken for times and requested that the groups reach out to recruit more people to pick up the open slots.

Literature Committee. Chris H. presented the Pamphlet of the Month, "AA for the Woman", containing a list of questions designed to determine if one may be an alcoholic. Chris H. reported that Central Office continues to sell an increasing number of Big Books, over 3,000 this year to date. Chris H. announced that he will be placing an order for a reprinting of the First Edition of the Big Book. He will let everyone know when they are available for purchase. Anyone interested in ordering A.A. approved materials should contact Chris at literature@sallakeaa.org.

Newsletter Committee. Gina F. reported that they are currently working on the November Issue of the Lifeline which is on schedule to be published. Gina announced that she will be looking for a person interested in taking over the Lifeline when her service position time is up, she would like to have someone begin "apprenticing" as soon as possible. Please forward any ideas for future topics to be published in the Lifeline to Gina F. at lifeline@sallakeaa.org.

Outreach Committee. Charlie T. stated that they will be hosting an Outreach Committee meeting on Tuesday October 22nd at Central Office. The next All Groups Meeting is scheduled for Saturday October 19th but they will be merging it with the Chili Cook Off. The next All Groups Meeting at Central Office will be Saturday November 16th. Dinner will begin at 6:00 p.m., and the meeting will start at 7:00 pm. If anyone is interested in serving on the Outreach Committee they can contact Charlie T. at outreach@sallakeaa.org.

Public Information Committee. Karen S. reported that she is still reading up on what her position guidelines are and will be forming a committee shortly.

Twelfth Step Committee. Al L. reported on the Twelve Step Committee activities. There were only 3 calls that came in, all were covered. Anyone interested in working on the Twelfth Step Committee should contact Al L. at 12step@sallakeaa.org.

Volunteer Committee. Susan L. reported that there have been a good amount of volunteers coming in to the Central Office. They are currently good on "needed" time slots, but welcome anyone to come down and help. Susan also shared about some of the positive feedback she has been receiving from those members who have volunteered. They appear to enjoy the time and feel it is a "happy and safe place to be."

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

Area and District Meetings - Meg G. reported on the activities occurring in District 2 & Area 69. Also with request from the Districts and the Area Central Office will be hosting a Service Workshop on December 14th 10am – 2pm. The purpose of the workshop is to provide Districts 2, 10, 11 as well the Area, an opportunity to promote service positions each have available. A flier will be available next month at the CO Rep Meeting. Patrick gave a verbal report on District 2 and that they will be moving the District Meeting up a week because of Halloween. So it will be held Thursday October 24th at 7pm.

Old Business -

Elections for Newly Formed Central Office Cooperation with Treatment Facilities (CPC) Standing Committee Chair.

No one stood for the position, we will vote again next month.

Elections for Newly Formed Central Office Corrections Standing Committee Chair. David R. was nominated and voted in.

New Business -

Motion: That the Co-Chair be reimbursed for air-fare to the 2013 annual Central Office/Intergroup Conference held in Palm Springs CA.

Wendy W. put forth a motion to have the travel expenses she is incurring from traveling with Christy to the 28th Annual Intergroup/Central Office/AAWS/AAGV Seminar on 10/25/2013 – 10/27/2013. The body voted that they felt it was an Urgent matter to vote on that night. Minority opinion was given by Meg G. that we should wait and consult our groups before voting on money. After a second vote the majority still chose to vote on the issue that night. The group then unanimously voted to have the airfare reimbursed for Wendy's flight.

Adjourn and Close with the Serenity Prayer.

Meg G, Acting Secretary



Central Office of Salt Lake City, Inc.

80 West Louise Avenue
Salt Lake City, Utah 84115-3514

Return Service Requested

NON-PROFIT
ORGANIZATION

U.S. Postage

PAID

Permit No. 1970
Salt Lake City, UT



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 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?