

## INSIDE THIS ISSUE:

From Your Chair -Wendy W.	1
Big Book Chapter 11: A Vision for You -Troy M	3
Announcements	4
Calendar of Events	5
Group Contributions Oct 2014	6
Group Birthdays Oct/Nov 2014	7
My Story -Rusty	8-9
Central Office Financial Statement Oct 2014	10
Central Office Committee Highlights Nov 2014	11
Special Insert: Festivus for the Rest of Us - Jill F.	

Salt Lake Central Office

**Hours of Operation**

Monday-Friday 10am - 5pm

Sat 10 am - 2 pm

Closed Sundays

Open Select Holidays\*

\*Based on Volunteer Availability

**From Your Chair...**

Greetings Salt Lake Central Office! I wonder why it is that memory is so selectively poor? When I drank, it was like the book describes, I was "...unable, at certain times, to bring into our (my) consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago...". So I'm sitting here, innocently minding my own business, when Jennie sends me an email asking for my Lifeline article. Just like last month. And the month before. And I even have technology on my side today, but still can't manage to remember. Guess I can blame old age. Fortunately for me, I have all of you to remind me I can't drink. I'm sure I would forget that too.

I want to thank you for the trust and confidence you've placed in me by electing me as the CO Chair for the next two years. It gives me great pleasure and is a great honor to serve the AA community here in Salt Lake City. Please feel free to contact me about CO issues, concerns, if you have questions, or just plain want to talk. My number is 971-235-5240 and email:

[wwhite56@comcast.net](mailto:wwhite56@comcast.net). I'm especially pleased to be a part of our particular CO, not all COs are created equal. I think our structure more perfectly fits our legacies of Recovery, Unity and Service than most COs. The democratic running of our office by the groups and their members is, in my opinion, how our structure works best.

*Speaking of which, this will be the last time for a while that I bring up elections. December will see the turnover of all thirteen of our service Committee Chairs. From Activities to Volunteers, we'll be identifying those who want to serve at the CO for the next two years. There are opportunities galore. Besides the Chair positions, each of the Committees will need members, so if you're not ready to be a Chair, please consider serving on one of the Committees. All are qualified to serve, there are no requirements for Committee members. Serving in AA is a win/win proposition, those who are being served certainly receive benefit, but those who serve gain something that is impossible to get anywhere else. Unfortunately, I can't tell you what it is, you have to do the service yourself to get what it is.*

*As usual, Bill W. said it best: "Our Twelfth Step – carrying the message – is the basic service that the AA Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, AA is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."*

*There is much more to this, on page S1 of the AA Service Manual, available in the bookstore.*

*I look forward to trudging the road of happy destiny with you,*

*In loving service, Wendy*

## Central Office Board of Trustees

board@saltlakeaa.org

Chair ..... Wendy W.

Co-Chair ..... Chris H.

Secretary ..... Beverly A.

Treasurer ..... Martin C.

Trustee at Large ..... Doug C.

Trustee at Large ..... Ray J.

## Central Office Standing Committees

Activities ..... Joel R.

activities@saltlakeaa.org

Archives ..... John N.

archives@saltlakeaa.org

Cooperation w/Professional Community .. Pam

cpc@saltlakeaa.org

Cooperation w Treatment Facilities ..... Randy C.

ctf@saltlakeaa.org

Corrections ..... David R.

corrections@saltlakeaa.org

Hotline Telephone ..... Danny R.

hotline@saltlakeaa.org

Literature ..... Chris H.

literature@saltlakeaa.org

Lifeline Newsletter ..... Jennie S.

lifeline@saltlakeaa.org

Outreach ..... Charlie T.

outreach@saltlakeaa.org

Public Information Committee ..... Jacqueline

pi@saltlakeaa.org

Twelfth Step ..... Allison P.

12step@saltlakeaa.org

Volunteer ..... Susan L.

volunteer@saltlakeaa.org

Website ..... Jonathan H.

webservant@saltlakeaa.org

## SALT LAKE CENTRAL OFFICE

### Statement of Purpose

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

1. To carry the A.A. message and help those individuals who suffer from alcoholism
2. To maintain a 24-hour Twelve-Step phone list, and to answer phone inquiries as needed
3. To provide an A.A. listing in appropriate public sources
4. To function as a clearing house for the circulation and exchange of information among all of the A.A. Groups in the area
5. To compile, update and print meeting lists and other information about local A.A. services
6. To maintain A.A. approved literature for sale to members and the public
7. To print and distribute a newsletter
8. To be available to those in the community seeking information about alcoholism and A.A.
9. To maintain contact, refer inquiries and cooperate with General Service Committees and local groups
10. To arrange, delegate, or manage the details of all Central Office events or any other functions approved by the CO Committee
11. 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.
12. Such other activities that are consistent with the principles of the Twelve Traditions

## 7th Tradition Contribution Addresses

### A.A. World Services

Box 459

Grand Central Station

New York, NY 10163

[https://ctb.aaws.org/  
Login.aspx](https://ctb.aaws.org/Login.aspx)

### Area 69 Treasurer

PO Box 433

Salt Lake City, UT 84020

[http://utah.aa.org/  
contributions.php](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

### District 11 Treasurer

1065 N 500 W

Bountiful, UT 84140

### Salt Lake Central Office

80 West Louise Ave.

Salt Lake City, UT 84115

## BIG BOOK CHAPTER 11: A VISION FOR YOU



**W**hen most people hear Chapter 11, they think of bankruptcy. According to bankruptcy law, filing a Chapter 11 bankruptcy puts an “automatic stay” on the actions of creditors. That stay provides a person or company with a new chance to prioritize their responsibilities and move forward. Chapter 11 in the Big Book, A Vision for You, provides a summary of a remarkably similar plan of action in the lives of alcoholics.

***“For most normal folks, drinking means...release from care, boredom, and worry... But not so with us in those last days of heavy drinking...As we became subjects of King Alcohol, shivering denizens of his mad realm, the chilling vapor that is loneliness settle down”***

Before I sobered up for good, I had spent almost ten years in and out of the program. Each time I drank again, I felt more and more isolated. Shame and guilt kept me from reaching out to my friends in recovery. My wife had long since disallowed me to drink at home, so I had to drink by myself in secret. Every day was shrouded in that chilling vapor. As I approached the jumping off place, I slowly shrugged off every connection I had to humanity. Every failed attempt at turning my life around weighed on me like a backpack full of stones. And when I finally reached the end, I found that I no longer wanted to live, but didn’t have the spiritual energy to end it all. I wasn’t actively suicidal, but I wouldn’t have minded an errant bus hitting me, either. So I did what I knew how to do; I turned back to Alcoholics Anonymous. When I did, I noticed a remarkable thing: I was experiencing meetings like it was brand new to me.

We go to these meetings and people seem normal. They smile, and laugh, and they look good. They have jobs, and cars, and houses; and we think, “I am not like these people.” Then they start telling their stories: tragic and horrifying stories -- awful stories -- stories like ours. And maybe someone gets up and tells a story of driving drunk. And they get pulled over. And the officer comes up to their car. The officer can see they’ve been drinking and tells them to step out of the car. But when they get out, they are too drunk, so they fall onto the ground at the officer’s feet... and then they throw up on the officer’s shoes.

For some strange reason, this story of humiliation strikes everybody as HILARIOUS. And they laugh. At horrible things like this, they laugh. And when somebody does an everyday thing like get insurance for their car or get their driver’s license, they applaud. And at first we don’t get it. We think, “What are these people laughing at? Why, exactly, are they clapping?” Then one day somebody gets up and tells our story. Some of the details are different, but it’s our story. They talk about missing births and disappointing their family. They talk about the pain and the loneliness. And we realize that we aren’t alone. These people, we think, have been where I have been. And it slowly dawns on us that these people seem normal. They are happy. They have been in the darkness that we are in and have found a way out. And if they have found a way out, they can show us the way out. And for the first time in months, if not years, we have hope. We are not alone, and hope is suddenly not lost. And so we keep coming back... I kept coming back.

***“there is a substitute...It is a fellowship in Alcoholics Anonymous”***

In the 2 years since I’ve come back, I’ve been reminded how important the fellowship is in my recovery. Of course working the 12 steps, the program, is imperative; but having friends to trudge the road with is also vital. They keep the loneliness at bay, and help me stay on the beam. Through their example, I learn how to register my car, pay my bills, and walk through life with dignity. Shame and isolation prevents action. Knowing I’m not alone gives me incentive and motivation to act towards a better life. The fellowship literally puts an “automatic stay” on the shame and fear to act, because I realize I’m not alone. Chapter 11 reminds me that, through spiritual bankruptcy, I am given a chance to live a life worth living; to be a man of substance. And for that, I am endlessly grateful.

-Troy M.

# ANNOUNCEMENTS



**2015 International Convention  
of Alcoholics Anonymous**  
July 2-5, Atlanta, Georgia



**AREA 69  
PASS THE GAVEL EVENT  
December 6, 2014**

St. James Episcopal Church  
(7486 Union Park Ave Midvale 84047)

8:30am-4:30pm

(Registration @8:00am)

Suggested donation \$5.00

Snacks and Coffee served



**MIDVALE  
LUNCH  
BUNCH**

Tired of having  
lunch alone? Join  
the Midvale Lunch  
Bunch for a FIESTA!

Mon-Fri @12:00pm

El Farol Mexican  
Restaurant

115 W. 7200 S.  
Midvale, UT 84147

**NOMADIC LUNCH BUNCH**

Monday through Friday

12:15-1:15pm

Tuesdays: 12 X 12 Study

Thursdays: Big Book Study



**December 2014  
18 - 21  
Kona, Hawaii**

*The*  
**A.A. SERVICE MANUAL**  
*Combined With*  
**TWELVE CONCEPTS  
for WORLD SERVICE**  
*by Bill W.*

*2014-2015 Edition*  
REFLECTING ACTIONS OF THE  
2014 GENERAL SERVICE CONFERENCE

*The "Not So Secret" A.A.  
Service Manual Study*

**Come find out what it really says!**

SUNDAYS @ 5:30PM

FELLOWSHIP HALL (2060 SOUTH  
WINDSOR ST in SALT LAKE)

# CALENDAR OF EVENTS



## December 2014.....

**Dec 6** Pass the Gavel --Area Committee Meeting: St James Episcopal Church 7486 Union Park Ave Midvale UT from 8:30am to 4:30pm Registration at 8am. Lunch from 12-1pm

**Dec 20** All-Groups Meeting hosted by 11th at Central Office from 6-8 pm

## January 2014 .....

**Jan 15-18** The Joy of Living -25th Anniversary River Roundup: Don Laughlin's Riverside Resort & Casino in Bullhead City, AZ 86439. More info at: [www.rcco-aa.org](http://www.rcco-aa.org)

## February 2015.....

**February 28** Area 69 Committee Meeting hosted by District 11: Clearfield Community Church (525 E 200 S) at 8am until finished

## March 2015.....

**March 6-8** PRAASA 2015 at the Davis Conference Center in Layton

## May 2015.....

**May 15-17** 5th Annual 4 Corners Summit: Navajo Lake State Park, New Mexico at the Davis Conference Center in Layton. For more info: [www.4cornerssummitypaa.com](http://www.4cornerssummitypaa.com)

## July 2015.....

**July 2-5** International Convention of Alcoholics Anonymous in Atlanta, GA



SALT LAKE CENTRAL OFFICE GRAPEVINE ARCHIVES STILL NEEDS THE FOLLOWING ISSUES:

1988	Jan, April, June, July, Aug, Sept, Dec	2001	Feb, March, Aug, Oct, Nov, Dec
1989	Feb, April, June, Aug, Sept, Dec	2003	March, April, May, Sept, Dec
1990	Feb, May, June, July, Sept, Oct	2004	May
1991	Feb, March, May, July, Aug, Sept	2009	May
1992	Feb	2010	March, April, May, Sept, Dec
1997	June, July, Aug, Sept, Nov	2011	Jan, Feb, Aug, Sept
1998	Jan, Feb, April, Dec	2013	Feb, March
1999	July, Aug, Sept, Oct, Nov, Dec	2014	July, Sept, Oct
2000	Jan, Feb, April, May, June, July, Dec		





## 2014 GROUP CONTRIBUTIONS—YTD THROUGH OCTOBER

Contributions GROUPS	Oct 14	Jan - Oct 14	Contributions GROUPS	Oct 14	Jan - Oct 14
11th Step Meditation	0.00	25.00	New Life	0.00	312.00
12 O'Clock High	0.00	300.00	New Way	0.00	8.04
1444 Group	0.00	81.00	New Yorkers	0.00	44.25
17th x 17th	0.00	535.77	No Nonsense	63.56	150.86
5-15 Happy Hour	0.00	775.91	Nomadic Lunches	119.56	755.94
90th and 32nd @ 600	0.00	390.00	Non Smoking Sobriety Hour	80.00	558.50
974 Group	0.00	351.49	Not A Glum Lot	0.00	146.00
A Vision for You	70.00	326.00	Not So Secret Service	0.00	17.50
A Way Out	0.00	108.80	Nut Buckets	80.00	201.00
Acceptance	0.00	272.67	Off the Cuff	152.00	443.47
An AA Group	0.00	421.60	Park City Attitude Adjustment	338.00	338.00
Area 69	0.00	33.00	Park City Group	0.00	200.00
Basic Young Peoples	0.00	172.50	Park City Men's Group	0.00	750.00
BBT&T	0.00	100.00	Park City Step Study	0.00	400.00
Bog Irish	0.00	127.09	Prassa Committee	0.00	13.00
Bountiful Community	0.00	60.00	Primary Purpose	220.00	220.00
By the Book	150.00	425.00	Recovery Way	0.00	80.00
Came to Believe	0.00	271.00	Red Eye Group	45.50	152.66
Closed Meeting of Alcoholics	72.95	529.21	Richard Street Lunch	0.00	180.11
Coalville Care Group	0.00	60.00	Right Stuff	0.00	113.00
Coffee and A Big Book	0.00	128.20	Salt Lake Group	0.00	118.00
Come Around	0.00	38.95	Salt Lake Men's	0.00	330.00
Come As You Are	13.00	237.00	Saturday Beginners	125.00	475.00
District 2	0.00	3.35	Saturday Morning SOTS	0.00	139.75
DNS Group	0.00	970.54	Sharing N Caring	0.00	185.00
Early Bird Special	0.00	1,613.00	South Davis AA	0.00	50.00
Early Friendship	147.89	793.41	South Enders	0.00	100.00
Elevator's Broken	0.00	27.50	South Jordan Big Book Study	0.00	27.00
Every Night Firelight Group	0.00	225.00	South Valley Lunch	0.00	220.00
Fresh Air 12 & 12	75.00	185.00	Speak Easy Women	0.00	465.98
Fresh Air Serenity Seekers	0.00	295.00	Starting The Day	40.00	120.00
Friday Night Young and Alive	25.00	75.00	Stonewall Group	0.00	108.25
Friendship Group	0.00	48.13	Sugarhouse at Seven	0.00	289.05
G/C Women	0.00	29.00	Sugarhouse Men's Group	67.50	184.50
Garden Variety	201.00	378.00	Sunday Morning Breakfast	0.00	265.00
Granger Group	0.00	282.59	Survive & Serve	0.00	77.00
Grapevine	0.00	148.15	Tenth Step Group	0.00	63.21
Greater Kearns	40.00	100.00	Thunder Heart AA	0.00	70.00
Growing Pains	0.00	255.00	Thursday Night Book Study	0.00	100.00
Grub Lunch Bunch	75.00	717.00	Tooele Beginners	112.45	307.38
Happy Destiny	20.00	80.00	Tuesday Tribe	0.00	50.00
Happy Group	0.00	300.00	Unity Lunch Bunch	0.00	120.00
High & Dry	0.00	225.00	Up Group	15.00	75.00
High on a Hill	0.00	480.00	Utah Valley Central Office	0.00	0.00
Higher Ground	9.00	9.00	Valley View Group	50.00	100.00
Highland Group	0.00	143.00	Wake Up Call	600.00	2,325.00
Hilcrest	0.00	342.00	We Are One.	0.00	30.00
Honey's Breakfast Club	0.00	300.00	We Care	0.00	35.00
Hot Topics	0.00	78.00	Welcome Home Group	0.00	25.00
How It Works	0.00	300.00	West Valley Group	0.00	44.00
Into Action	0.00	93.62	Women In Sobriety	0.00	115.89
It's in the Book	0.00	57.82	Women Stepping Up	115.00	195.00
Live and Let Live	60.00	60.00	Women's 12X12	0.00	412.50
Magna Friendly Bunch	25.00	600.00	Women's Reflections	0.00	105.00
Midvale Lunch	0.00	325.00	Young People's Meeting	0.00	80.96
Murray Group	0.00	150.00	Total Contributions GROUPS	983.84	15,459.30

## 2014 GROUP BIRTHDAYS— OCTOBER & NOVEMBER

### N/S Sobriety

#### Hour

Matt	30 days
Andrew	30 days
Wendy	30 days
Melisa	30 days
Tim	30 days
Barbara	60 days
Darren	90 days
Mike	6 mo
Zaine	6 mo
Troy	6 mo
Jeremy	9 mo
Jerry	1 yr
Karen H.	2 yr
Daniel F.	3 yr
Scott A.	4 yr
Danny R.	5 yr
Fay	5 yr
Siamak K.	10 yr
Diana	16 yr
Steve S.	22 yr
Dave	22 yr
Peter S.	25 yr

### Speak Easy Ladies Group

Lisa	30 days
Danielle	60 days
Lindsey	90 days
Marcia	90 days
Sue	6 mo
Tonya	1 yr
Cara	18 mo
Katie	12 yr
Cindy	21 yr
Kathy M.	29 yr

### Life Elevated Group: Lone Peak, Utah

George	90 days
George	6 mo
Paul	9 mo
Ken	18 mo

*Happy  
50th  
Birthday*

### Sugarhouse Mens Group (Nov)

Brian W.	4 yrs
Dustin R.	5 yrs
Damian T.	6 yrs
Randy G.	6 yrs
Sam R.	7 yrs
Cory D.	19 yrs
Brian B.	20 yrs
Nick R.	25 yrs
Mark P.	27 yrs
Thad B.	29 yrs
Dick G.	43 yrs
Sid S.	46 yrs

### Midvale Lunch Bunch

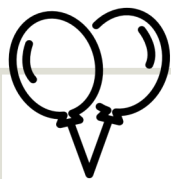
Kirk	30 days
Aaron	30 days
Marty	90 days
Kenny	90 days
David	90 days
Debbie	13 yr
Scott	26 yr

All Utah districts are welcome to submit your Group's birthdays to: [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by the 20th of each month. Let's celebrate our most treasured asset: our sobriety,

ONE DAY  
AT A TIME

### Nomadic Lunch Bunch

Rex	30 days
Steve	30 days
Casey	90 days
Amber S.	1 yr
Jane	3 yr
Natalie	4 yr
Richard	14 yr
Rick	14 yr
Zeke	29 yr
Jeff	35 yr



Congratulations to JIM H. from Mapleton, UT on 50 YEARS of Sobriety!!

## HOME GROUPS REPRESENTED @ NOV 2014 CENTRAL OFFICE MEETING

### 90th and 32nd

A Vision for You

A Way Out

Bountiful Men's Group

City at Seven

Closed Meeting of Alcohol-ics

Fresh Air 12x12

Garden Variety

Happy Destiny

Happy Group

High on the Hills

Highland Group

Life Elevated Group

Magna Friendly Bunch

Nomadic Lunch Bunch

Non-Smoking Sobriety Hr

Park City Men's Stag

Salt Lake Group

Speak Easy Ladies

Spiritual Quest

Sugarhouse Men's Group

Survive and Serve

Tooele Beginners

## MY STORY

The first time I got drunk was at age 14, and for some reason I thought “I can control this and I can do this whenever I want for as long as I want” right off the bat. I tried to prove that that I could control it for about 37 years. Then came the old story, like most alcoholics that are around the program tell - we know that after a while, we cross that line where we lose control. It’s a disease that is too powerful and it took over my life. Towards the end of my drinking, the next drink was the only thing I thought about. I could have one in my hand and I would be thinking about the next one.

I didn’t drink a lot after the age of 14 until I graduated high school. I was born in northern Utah and I was a Mormon farm kid. That made me feel like there was no way I could be an alcoholic. Drinking was hard to do where I grew up and you couldn’t get away with it because everyone knew your business. My alcoholism started to really show up when I came down to University of Utah and learned how to *really* drink. I related with a speaker tape I heard once stating that, “my blood alcohol level was higher than my grade point average when I was pretending to go to school.” I quit school of course, not being able to maintain that kind of discipline, and eventually got married at age 21. I married a woman whose father was an alcoholic that died from this disease at the age of 43. She didn’t drink but she sure put up with people who did. She lived with alcoholism her whole life, first with her father and then with me. We were married for 31 years and divorced when I got sober. We have three children, none of which caught the disease that I have. I have a couple of granddaughters that have never seen me drink. That has been a real blessing.

Through all the years of my alcoholism, I was a good pretender. I worked hard, not very successfully, but hard. Drinking was always involved and I lost two businesses, a home and other toys through drinking. I racked up a few DUI’s. Towards the end, I was regularly getting into trouble with the law, finances and all of that. In 1987, I was

introduced to AA by a mental health counselor and she took me to my first meeting. I didn’t go to a lot of meetings; in fact, I believe I went to six meetings in the 18 months I stayed sober that first time around. I went back to work on a construction job but because I didn’t have any defense, I drank again. I tried to prove again that I could control my drinking and soon spiraled downhill.

The last three years of my drinking I lost everything: my marriage went on the rocks, I lost a business, I racked up more DUI’s. In December 1991, it got bad enough that I knew I had to do something. I was selling safe driver’s insurance and drinking every day. I got another DUI when I tried to sell insurance to an off-duty sheriff. That didn’t work very well; he recognized a drunk when he saw one. I started going to one meeting a week, still drinking every day. I would drink before the meeting and I would drink after the meeting. I drank every day in between for almost four months. Then I got another DUI and was looking at possible prison time. I got fired from a job and like a good alcoholic, I went to where people understood: Wendover. I funded this by cashing in some checks that I had forged my wife’s signature on.

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*About 2pm in Wendover, I had a moment of clarity, a rude awakening, or a spiritual experience - whatever it was I had, my world stopped.*

About 2pm in Wendover, I had a moment of clarity, a rude awakening, or a spiritual experience - whatever it was I had, my world stopped. I was at a blackjack table and a voice came to me from inside that said “You need help. You are an alcoholic and you need help.” I knew then that I was done. I picked up the money I had at that moment and left Wendover. Funny enough, it turned out I left with exactly the amount of money that I had when I got there!



## MY STORY ...*CONTINUED*

As I headed back to Salt Lake, I was stopped by Highway Patrol and that was another DUI. This one would send me to prison, or so I thought. I went to jail in Tooele overnight and then 10 days later, I didn't go to prison, I went to AA. My sobriety date is March 12, 1992.

I started to go to a little meeting called the Downtown Bunch and hang out at Fellowship Hall. After about 3 months I was starting to look for work again. One day I was standing by a bus stop and I saw an old friend that told me that I could work for him if I could stay sober. This is how I got back into the bowling business that I had been in for twenty years. We opened a shop called Rancho Lanes.

That Downtown Bunch eventually moved to Rancho Lanes when they needed a new spot. That group was very instrumental in my sobriety. I met and developed relationships with a bunch of old timers, retired pilots, lawyers and some street drunks. During this period, I started to get really involved with the Haven Treatment Center, going to meetings there every day. I currently have a home group which is the Nomadic Lunch Bunch; we meet five days a week, Monday through Friday at 12:15. We started that group at a bowling alley on North Temple and two other bowling alleys later, we are now at a different place, but for 22 years now, it has been my recovery meeting.

In the process of all these years, the one thing that I really did besides listening and meeting with a sponsor who got me grounded in the program is that I started to get active in service work. I took on jobs like chairing meetings, getting speakers for various meetings, and becoming the secretary for a meeting in the House of Hope when we had a speaker meeting there. I set up the room for my home group every day and got the coffee ready. I was the GSR for that meeting as well. 22 years later, I still ALWAYS have something going on between service among AA groups and volunteering at Central Office. I have sponsored people and been sponsored. For me, it is the only thing that works in the long term to help me stay sober and combat this disease.

I know there are many other ways to stay sober other than AA, but I don't see other ways that build the friendships that we have here, friendships from all different walks of life. It was never unusual for me to sit in a meeting with an airline pilot, a celebrity, a professional athlete, lawyers, doctors, nurses, street people, drinking drunks,

desperate people, and treatment center people. We would sit in a meeting and talk about alcoholism and recovery. It is incredible - an incredible experience that I get to have on a regular basis. It is the greatest thing that has ever happened to me.

Another gift that I have gotten from sobriety is awareness: the ability to pay attention to life. I strongly recommend sobriety, especially for alcoholics and I recommend the fellowship. I try to be an example of recovery wherever I go. I am always available to help someone if they ask. "Life is not measured by the number of breaths we take, but by the moments that take our breath away." This is what AA has done for me.

*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."*

-RUSTY

## OCTOBER 2014 COMPARATIVE FINANCIAL SUMMARY

### Income Statement

	<u>2014</u>	<u>2013</u>
<b><u>Revenue</u></b>		
Group Contributions	\$ 3,211.50	\$ 4,065.01
Copy, Individual, Newsletter Donations, & Interest Income	\$ 122.28	\$ 37.60
Sales - Literature	\$ 5,504.90	\$ 3,766.00
Sales - Awards & Misc.	\$ 2,382.00	\$ 1,866.50
Total Revenue:	<b>\$ 11,220.68</b>	<b>\$ 9,735.11</b>
COGS - Literature	\$ 5,115.89	\$ 3,792.06
COGS - Awards & Misc.	\$ 1,212.17	\$ 1,064.85
Total COGS	<b>\$ 6,328.06</b>	<b>\$ 4,856.91</b>
Gross Profit	<b>\$ 4,892.62</b>	<b>\$ 4,878.20</b>
Operating Expenses (Rent, Wages, Utilities Office Supplies, Printing & Copies)	\$ 2,931.40	\$ 3,202.13
Inventory Adjustment	\$ 26.55	
Other Expenses (Yellow Pages & Chili Cook-off)	\$ 365.00	\$ 1,668.51
Total Expenses	\$ 3,322.95	\$ 4,870.64
<b>Net Income:</b>	<b>\$ 1,569.67</b>	<b>\$ 7.56</b>
<b><u>Bank Accounts</u></b>		
Checking	\$ 7,912.40	\$18,065.85
Money Market - PR	\$ 24,075.67	\$24,027.52
Total	<b>\$ 31,988.07</b>	<b>\$42,093.37</b>

## CENTRAL OFFICE COMMITTEE MEETING MINUTES - NOV 11, 2014

**Financial Report** – Martin C. presented the October financial report. 2015 Budget for Central Office Committee was presented as well. New carpet installation invoice will be applied in November financial report.

**Activities Committee** – Joel R. said our last activity was the Chili Cook-Off in October.

**Archives Committee** – John N. mentioned that C.O. is accepting previous Grapevines for jails, institutions, or home groups.

**Cooperation with Professional Community (CPC) Committee** – CPC Chair, Pam had question regarding her own anonymity. Will take advice from experienced members.

**Corrections Committee** – Dave R. announced the need for additional volunteers.

**Hotline Telephone Committee** – Danny R. stated the following slots are open for service volunteers: Monday 5PM -10PM and Thursday 12AM – 10AM.

**Literature Committee** – Chris H. presented the “Pamphlet of the Month.” “The AA Group Treasurer” packet for group distribution. We are well-stocked in literature.

**Newsletter Committee** – Jennie S. declared C.O. needs volunteers to help mail monthly “Lifeline.” Please submit group birthdays and events by the 15<sup>th</sup> of the preceding month.

**Outreach Committee** - Charlie T. announced committee meeting on November 25, 6PM at Central Office.

**Public Information (PI) Committee** - Jacqueline. Next committee meeting will be announced soon and will be held one hour prior to regular C.O. meeting. She also asked for a ride volunteer for transportation from Magna to Salt Lake C.O. for the next six months.

**Treatment Committee** – committee meeting on Thursday, November 13<sup>th</sup> for anyone interested in service. So far, Kaysville, Cold Creek, and Brighton treatment centers with more to come.

**Twelfth Step Committee** – Allison F. All is going well.

**Volunteer Committee** – no information available

**Website Committee** - Jonathan H. Website up and current. At least three Utah areas are in contact with us regarding meeting listings.

**District/ Area Updates** – Next Area 69 service Event – Welcoming new officers and thanking our current ones.

“Pass the Gavel” on December 6, 2014 8:30AM to 4:30PM at St. James Episcopal 7486 Union Park Ave., Midvale, Utah 84047

**Old Business** – Elections for Central Office Board Wendy W. – Chair, Chris H. – Co-Chair, Mark A. – Trustee, Martin C. – Treasurer, Beverly A. – Secretary

**New Business** – Purchase and installation of new carpet was only \$2500 out of approved \$4000. Chris H. made a motion that we spend \$500 for much needed additional chairs. Motion discussed and tabled until next month. C.O. Reps will take motion to their groups for discussion and voting.



## Your Holiday Guide to Character Defects



h the holidays. “Festivus for the rest of us” stems from the show “Seinfeld”. George’s dad explains one Festivus tradition as “After Christmas dinner you gather all the family around and you tell them all the ways they have disappointed you over the past year!” Oh, how my family loves doing that, only it’s not just the past year, it’s everything you have ever done wrong since the day you where born. I’m sure if your like me, you like to remind yourself of every way you have disappointed everyone you know in the past year.

Character defects and asking the God of our understanding to remove them are a big part of our sobriety and step work. I my self viewed my family as one big character defect, my Higher Power as not removed them. Of course, my Higher Power and I seem to have different ideas about what my character defects are and are not. Its a good thing. When I did my first 6th step and tried SO hard to be willing and ready to give up all my short comings I beat my self up pretty hard. At the same time, I realized that I seemed to be just as hard on the people in my life as I was on me. We are all human, everyone of us, and being imperfect is a part of it. Drinking always seemed to fool me into thinking that all my problems where not me; I was a victim. It was not my fault they do not understand me, I’m awesome. They are the jerks.

***Yep, you screwed up.  
A bunch. The secret  
is: look at it, own it  
and knock it off.***

Once I started to gain a little more sobriety and clarity through working this program, I realized I was not perfect, and I could not expect the people in my life to be perfect either. I could let go of my defects, but that also meant letting go of theirs as well. Spending any amount of time with them without drinking my self blind drunk and finding the purse that I’d puked the next day depended on it! So here it is, your guide to character defects, brought to you by someone wrought with them...but ok with it and letting them go one defect at a time.

Yep, you screwed up. A bunch. the secret is, look at it, own it and knock it off. People will bring it up. Over and over again. You do not have to react, because you know you are not that person anymore. Smile nod and accept. If you show that you let it go, they will too because they are not getting the reaction they anticipated. With that...oh my gosh! you have changed!

Everyone has them. Alcoholic or not. I’ve been told, I don’t know how many times “ The things people do that bug you the most are the same things you do.” This as been told to me by people with far more time in the program than me. Yeah right. I do not leave my car blinker on for six straight blocks while driving 25 miles and hour in a 40 mile and hour area, only to turn right instead. Then of course a few days later there I am, radio turned up singing my heart out and I look down. Crap: blinkers be going for the last ten minutes. Whoops. So I have learned that if I want the right to be mad at someone for leaving the blinker on, I better make sure its because its something I’ve never done. This has given me the ability to notice my own behavior and defects of character and not only forgive and correct my self, but give the same treatment to others. Disappointments are going to happen throughout life.

It’s up to you how you choose to let them go.

-Jill F.