

# LIFELINE

Salt Lake City Central Office Newsletter

JANUARY 2014

Special Insert:  
I Belong, too

## Step One

*We admitted we were powerless over alcohol— that our lives had become unmanageable.*

When I think of Step One, two key words of my sobriety come to mind. The first word is WILLINGNESS! I had to become willing to do something about my abusive use of alcohol. That willingness landed me in a treatment center and eventually into the program of Alcoholics Anonymous. Unfortunately that took the best part of 26 years. In my mind I had to either be willing to do something or die so I chose to do something.

Once in treatment I was confronted with the fact that I was diagnosed as a chronic alcoholic, a term I was not happy with. Next I was introduced to Step One, which brings me to the next word. ACCEPTANCE! If I was to continue with my recovery I not only had to accept that I was powerless over alcohol but I also had to accept that my life was unmanageable. Two more terms I was not happy with.

By the time I finished my fourth step and my fearless and moral inventory, it became truly evident that I had no problem accepting my powerlessness and unmanageability. It was then that I became totally convinced that I was alcoholic and needed to continue to proceed with the steps and a life long journey in AA. Neither of which could have been possible without Step One.

Alan L

---

## Voice of the Volunteers

I have been a volunteer at Central Office for the last two and a half years now. It has been both a wonderful and a frustrating experience during that time. I have handled Twelve Step Calls, put together a variety of flyers, trained new volunteers, explained why we don't have certain literature and different commemorative coins, suggested a variety of rehab centers, tried to explain the difference between Alcoholics Anonymous and Alanon, and done many, many more necessary tasks during my shifts. It has been a gratifying, sometimes crazy and often aggravating event. But it has always been good—good for my own, personal sobriety and good for Central Office (even when I managed to explode toner ink all over the copy room.)

The other part that has been exceptionally good about working at Central Office is the fact that I have been able to see the Alcoholics Anonymous community in the Salt Lake area expand and

grow over the last several years. Believe it or not, folks, we have an AA group here that rivals cities two or three times larger than ours. And it is growing more and more all the time! It is so very exciting. I love it.

I've also been privileged to meet some very amazing AA members. Some who have many years of sobriety and some who are fairly new to the program. They all have brought great wisdom and insight. I have learned so very much from them and have thoroughly enjoyed the times we have spent together.

Come on down to Central Office. I think you will like it there and I promise not to blow up the copy machine while you are there.

Kathy G

## 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



### CENTRAL OFFICE Board of Trustees

board@saltlakeaa.org

Chair .....	Christy R
Co-Chair.....	Wendy W
Immediate Past Chair.....	Nick R
Secretary .....	Meg G
Treasurer .....	Martin C
Trustee at Large .....	Doug C
Trustee at Large.....	Betty H
Trustee at Large.....	OPEN
Alternate Trustee at Large.....	Ray 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
Cooperation with Professional Community (CPC) Committee.....	Jeff M
Cooperation with Treatment Facilities (CTF).....	OPEN
Corrections (corrections@saltlakeaa.org).....	David R
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
Public Information Committee.....	Karen S
Twelfth Step (12step@saltlakeaa.org).....	Al L
Volunteer (volunteer@saltlakeaa.org).....	Susan L
Website (webservant@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

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

### Help Wanted!

Priceless Compensation  
For Free and For Fun

Benefits beyond your wildest dreams  
*Sobriety*, fun, service, friendships and more!

World-class training in principles before personalities

Cooperation with Professionals — help them help us  
Jeff M: [jeffm.chpn@gmail.com](mailto:jeffm.chpn@gmail.com)

Corrections — share the solution, get out of jail free  
Dave R: [grandpadave831@live.com](mailto:grandpadave831@live.com)

Outreach — shepherd wandering groups back to the herd  
Charlie T: [outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

Central Office Volunteers — front line action, service at its finest  
Susan L: [volunteers@saltlakeaa.org](mailto:volunteers@saltlakeaa.org)

Website — use your techy talents to wow our website  
[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)

12th Step — be there for those who have reached out for help  
Al L: [12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

# MY HOME GROUP

## Primary Purpose Group

The meeting was started as a Big Book study around 1986 with 3 to 7 members headed by Minnesota Bill at the old Dirks Field location. Minnesota Bill delighted in sharing about his sponsor, Joe of the Joe and Charley tapes. Bill returned to his home state of Arkansas and the meeting remained small until resentment rocked the foundation of the little group.

The meeting structure was continually disrupted as new people attended and were not interested in Big Book study and turned the meeting to discussion topics, often not related to alcoholism or recovery.

The proverbial resentment and a coffee pot was all that was required for the meeting to move to Fellowship Hall. R. A. brought "his" Tuesday night meeting group that he was the secretary of to the Thursday meeting and it was off and running. Between 50 – 60 people met in the big room at Fellowship Hall as a discussion meeting.

All was not well though. "Ownership" of the meeting – personalities before principles, began to create dissension in the meeting. The secretary/treasurer absconded with the meeting funds and at the insistence of her sponsor made a tearful verbal apology to the group, however, never coughed up the "missing" money. Muscles were flexed and R. A. pulled his crew. Faced with limited attendance a small group that included Scottish John A., Brian O., and Bill K.\* moved the meeting to the small room at Fellowship Hall. This was around 1990.

The meeting attendance bounced from 10 to 12 members but what had originally undermined the original Primary Purpose meeting turned out to be what created the foundation that exists today. The "call on" topic structure has grown the meeting to consistently 30 to 35 people every Thursday night. There are several reasons that make the meeting perhaps the best meeting in the valley:

- \*The meeting is a closed meeting of Alcoholics Anonymous and topics relate to the disease of alcoholism and the recovery from alcoholism.
- \*There is a 12 month waiting list to chair the meeting. The chairperson is free to select and introduce the topic. Experience, strength, and hope are not considered a topic, but what is brought to the topic.
- \*It is a respectful meeting. It is rare for a member to speak for more than 3 – 4 minutes which generally allows 12+ people to share during the hour. Talking and texting during the meeting is almost non-existent.
- \*Most people in the meeting put money in the basket that is passed. We are self-supporting of our recovery. The treasurer distributes 25% each to World Services, Central Office, District 2, and Area 69.
- \*There is a good mix of new and long term sobriety. It is not uncommon to have 200+ years of sobriety in the meeting. The chair persons do a good job of balancing discussion between new and old members to make it a welcoming environment.
- \*Most home group members sponsor and are sponsored. A standard part of the meeting is asking newcomers if they have a sponsor and if they are serious. Although somewhat rhetorical, a yes response gets a, "See me after the meeting", by Skip L. or on-the-spot sponsor assignment.
- \*It is a profanity-free meeting – not by group conscious but by example. It is amazing what a difference this makes to the quality of a meeting. Several members made a trip to Akron to visit Dr. Bob's house a few years ago. They attended 5 AA meetings over the weekend and on the flight home commented that there wasn't one word of profanity during any of the meetings, without any instruction by the secretary or chairperson. Although not perfect, profanity is rare at the meeting.
- \*A greeter is usually stationed at the door. There is no better way to welcome old or new members than a smile and a handshake.
- \*There is a meeting-before-the-meeting just down the street at Dee's restaurant. Everyone is welcome; people start showing up around 5:30 for coffee, dinner, or just water. It is a safe place to discuss those things that might be too sensitive for the big meeting.

The meeting temporarily moved to the big room but people felt uncomfortable speaking from the lectern and the meeting lost the intimacy of the small room. It has since returned to the small room where it will no doubt stay. An old sponsor once said, "If your home group isn't the best meeting in town then you need to get busy." Stop by and join us Thursday nights at 7pm.

Tom D.

\*Bill Kelly passed away November, 2011. He still lives in our hearts

The Primary Purpose Group meets every Thursday at Fellowship Hall, 7:00pm  
It is an OPEN meeting meaning all may attend.

# Happy Birthday!

*It works — it really does!*

## Fresh Air Serenity Seekers

Christie 30 Days  
 Carol 30 Days  
 Andrea 30 Days  
 Eric 30 Days  
 Ashly 30 Days  
 Sherlynn 30 Days  
 Cassidy 30 Days  
 Valerie 30 Days  
 Chris 30 Days  
 Tyson 30 Days  
 Marci 30 Days  
 John 30 Days  
 Rich 30 Days  
 Alli 30 Days  
 Nate 30 Days  
 Calvin 30 Days  
 Mike 30 Days  
 Angela 30 Days  
 Mike 60 Days  
 Keith 60 Days  
 Jolena 60 Days  
 Bob 60 Days  
 Matt 90 Days  
 Jake 90 Days  
 Melissa 6 Mo  
 Mark 6 Mo  
 Colleen 6 Mo

Jason 1 Yr  
 Abbey 1 Yr  
 Kathy 2 Yr  
 Matt 4 Yr  
 Taylor 5 Yr  
 Jeff 6 Yr  
 Mike 12 Yr  
 Cindy 20 Yr  
 Geno 24 Yr

## Sugar House Mens

Mark A 2 yr  
 John R 4 yr  
 Randy G 5 yr  
 Sam R 6 yr  
 Nic R 24 yr  
 Dick G 42 yr  
 Sid S 45 yr

## Life Elevated Group

Lone Peak Facility  
 Utah State Prison  
 Larry 30 Days  
 Arron 6 Mo  
 Ron 18 Mo

## Hillcrest Group

Erika 30 days  
 Even 30 days  
 Stacy 30 days  
 Scott 30 days  
 Jen 30 days  
 Jen 30 days  
 Matt 30 days  
 Rickie 60 days  
 Denise 90 days  
 Rickie 90 days  
 Antoni 90 days  
 Alahandra 90 days  
 Amy 6 mos  
 Chase 6 mos  
 Ryan 6 mos  
 Matt 6 mos  
 Sara 6 mos  
 Malisa 9 mos  
 Cole 9 mos  
 Shanon 9 mos  
 Julie 9 mos  
 Vickie 9 mos  
 Ryan 1 yr  
 Shaunell 1yr  
 Alex 1 yr  
 Tamra 1 yr  
 Karen 1 yr

Rob 1 yr  
 Jill 18 mos  
 Kate 18 mos  
 Kyle 2 yrs  
 Eric 2 yrs  
 Jeff 2 yrs  
 Jacob 3 yrs  
 Jessie 3 yrs  
 Chelsea 3 yrs  
 Ben 4 yrs  
 Dustin 4 yrs  
 Heather 4 yrs  
 Hassan 7 yrs  
 Larry 9 yrs  
 Dave 10 yrs  
 Mark 11 yrs  
 Grant 11 yrs  
 Chuck 13 yrs  
 Camille 15 yrs  
 Mark 15 yrs  
 Liz 15 yrs  
 Robert 15 yrs  
 Helen 17 yrs  
 Terry 20 yrs  
 Dave 22 yrs  
 Bill 22 yrs  
 Pamala 24 yrs  
 Hans 24 yrs

Gino 24 yrs  
 Jim 25 yrs  
 Deb 25 yrs  
 Cahty 26 yrs  
 Mark 26 yrs  
 Thad 28 yrs  
 Carl 27 yrs  
 Mike 27 yrs  
 Bud 28 yrs  
 Gary 29 yrs  
 Jimmy 44 yrs

## Nomadic Lunch Bunch

Amber 30 days  
 Steve 90 days  
 Karen B 2 yrs  
 Tim 18 yrs

## City at Seven

Thomas 1 yr  
 Shaun 1 yr  
 Jane 2 yrs  
 Stephanie 2 yrs  
 Aaron 3 yrs  
 Thomas 7 yrs  
 Francine 15 yrs  
 Jim 44 yrs

## The Chair in the Corner

### JANUARY



Happy New Year!

My daughter and I are doing a cleanse and the household will attempt the paleo way of eating and living.....again. I am cleaning out the kitchen and the closets so that we can be more organized and efficient. I have plans for more productivity at work and a new way of communicating with my coworkers so that we can be the best that we can be. Central Office floors need an overhauling and that will be at the top of the agenda at the next board meeting. This happens every New Year. It's a new year and anything is possible. By February, everything is back to the way it was.....living one day at a time. But, is that so bad? One day at a time allows space for my higher power to reveal his plan, not mine. My plans are just busy work until those spiritual experiences happen.

If you need busy work until your spiritual experience happens, come to Central Office, volunteer to take the after hours phones, help John with the archives or Chris with the literature committee, help Charlie T with outreach, stand for an open standing chair position or board position, Joel and Penny always need help with activities, shovel snow, take out trash, there are a multitude of opportunities to pass time while waiting for the miracle to happen. Join us.

Love,  
 Christy

# AA ON THE ROAD

## TAKING INVENTORY OF AREA 69 IN BOUNTIFUL

Hello friends in the fellowship my name is Talon, and I am an alcoholic. I was asked to report on the Area 69 Inventory which took place in December at the Elks Lodge in Bountiful. The inventory was a fantastic opportunity for anyone involved in general service to have their questions answered and their constructive ideas heard. I learned more about the responsibilities of the Area Officers and how they continue to carry the message of A.A. in the state of Utah.

To me the neatest part of the inventory was seeing how well organized the process was. There were six tables designated for discussion on specific topics. The topics were 7th Tradition, Community Outreach/Committees, Area 69 Officers, Area 69 Primary Purpose, 2011 Inventory-Revisited, and GSR- Role and Responsibility in Area 69.

For each of the above mentioned topics, questions were formed to encourage discussion on how we can improve A.A. in Area 69. This is what I love about service work, being able to sit down with someone who has decades of sobriety, a completely different life experience, and still being able to work together as equals in sobriety. To me that is unity in action! Beyond the questions and general reporting of Area 69's activities was the strongest healing element in our fellowship, unity. We feel unity when we sit down in our home group for a meeting. We feel unity when we take on a service commitment and give it our best efforts. We feel unity when we talk to a newcomer and tell them that even though they have to recover for themselves and no-one else, they don't have to do it alone. Finally we experience an expansion in unity when we take on a service commitment outside of our group and in our district or area.

An ad hoc committee was formed to review the 2013 and 2011 Area 69 Inventories. This committee will present findings and recommendations for action found in the inventories at the February 22, 2014, Area 69 Committee Meeting in Salina, UT.

My sobriety and life have been enriched and improved with service work. Some of my character defects needed some, shall we say, special attention? They found their medicine in service work. I can say that being involved with my District and Area as a G.S.R. for my group has opened up endless opportunities to make myself useful and beneficial to my fellow alcoholics.



*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](mailto:hotline@saltlakeaa.org) or go to [www.saltlakeaa.org/phones](http://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*

**JANUARY 2014**

**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

**The Cooperation with the Professional Community Committee (CPC)** began with AA Number Three. Join us to learn who we are, our resources, and the professionals whom we serve -- those who work with alcoholics in their jobs." **Workshop** at CENTRAL OFFICE for all in the fellowship in Area 69 and Districts 2, 10 and 11 on Saturday, January 18, 2014 10am to 2pm. Lunch will be provided. Everyone is encouraged to attend and to bring a pot luck dish

**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. Help get groups connected and involved with Central Office



**1st Annual AA Roundup in Yuma, Arizona** "Pass It On" When: Jan 31 – Feb 2, 2014 Where: Arizona Western College in Yuma, Arizona. Go to <http://www.yumaroundup.org/> for map, registration and details

**FEBRUARY 2014**

**SaLTYPAA Meeting** at CENTRAL OFFICE on Sunday, February 2 & 16 at 6pm



Join us in beautiful Honolulu, Oahu, Hawaii, for the 50th International Women's Conference February 6-9 2014. Registration and details online at <http://internationalwomensconference.org>

**CO Board of Trustees Meeting** at CENTRAL OFFICE on Tuesday, February 4 at 6pm

**CO Reps Meeting** at CENTRAL OFFICE on Tuesday, February 11 at 6:30pm

**All Groups Meeting** at CENTRAL OFFICE on Saturday, February 15. Hosted by The Tooele Groups. Potluck 6-7pm, Meeting 7-8pm

**District 10 Public Information Committee Meeting** at CENTRAL OFFICE on Saturday, February 22 at 10am. Help plan current and future projects

**Outreach Committee Meeting** at CENTRAL OFFICE on Tuesday, February 24 at 6pm. Help get groups connected and involved with Central Office

## This Month in AA History - January

**January 30** 1961: Dr. Carl Gustav Jung, Swiss psychologist & psychiatrist, answers Bill W's letter, below, referencing Rowland H. with "Spiritus Contra Spiritum." (See page 8 for this letter). Both letters may be read in their entirety in the January 1963 Grapevine, and online at <http://silkworth.net/grapevine/bwtocgjung.html>

By John S

'Late in Bill's life, he wanted to 'acknowledge A.A.'s indebtedness to the countless people he felt were responsible for it's creation. At the top of his list was Carl Jung, the psychoanalyst who had pointed Rowland H. and subsequently Bill himself – via Ebby – in a spiritual direction.'

I first read this in early recovery. Jung's reply to Bill especially helped my identification with the spiritual malady postulated in our AA Big Book, an area where I've always struggled with agnostic doubt, slowly less and less in recovery. Identification with the malady has been necessary for me to recover, in my own experience.

Bill writes:

'... First of all, you frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.'

'... When he then asked you if there was any other hope, you told him that there might be, provided he could become the subject of a spiritual or conversion experience...'

'... Shortly thereafter, Mr. H joined the Oxford Group, an evangelical movement then at the height of its success in Europe [...] Rowland H. did find a conversion experience that released him for the time being from his compulsion to drink.'

"Very long in its entirety, the letter went on to tell Jung how the message reached Bill at the low point of his own alcoholism; it described his own spiritual awakening, the subsequent founding of A.A., and the spiritual experiences of its many thousands [at the time, millions today] of members."

"The closing of the letter was Bill at his most gracious: '...Very many thoughtful A.A.'s are students of your writings. Because of your conviction that man is something more than intellect, emotion, and two dollars' worth of chemicals, you have especially endeared yourself to us...'

Dr. Carl Gustav Jung



Rowland Hazard III



See page 7

Dear Mr. W.

Your letter has been very welcome indeed.

I had no news from Rowland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Rowland H. But what I really thought about was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.\*

How could one formulate such an insight in a language that is not misunderstood in our days? The only right and legitimate way to such an experience is that it happens to you in reality and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Rowland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Rowland H., but I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism. You see, "alcohol" in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

Thanking you again for your kind letter.

I remain

Yours sincerely

C. G. Jung

\*"As the hart panteth after the water brooks, so panteth my soul after thee, O God." (Psalms 42:1)

## Tradition One

*Our common welfare should come first; personal recovery depends upon A.A. unity*

Just as the first step binds us together as alcoholics, the first tradition continues to connect us together in our groups. This tradition reminds me once again that I am not running the show. It reminds me to put AA and its needs first in my recovery life to ensure my own continued sobriety. Alcoholics Anonymous gave and continues to give me a life worth living so in return I get to do my part to keep AA alive as well.

Early in sobriety I was taught to be of service to AA. This to me is by taking service positions at meetings and Central Office, sponsoring other women, helping people get to meetings and reaching out to and hopefully helping the newcomer feel a part of. As my sobriety grew it became easier for me to fall short on my ideals regarding Tradition One. This tradition along with a sponsor and friends in the program reminds me to always keep my willingness up in this area of my recovery no matter how long it has been since my last drink.

Personally, this tradition has affected my life in numerous ways. I am learning how to show up and be accountable. I am learning how to live and work with others with grace. I am learning compassion. I am learning to be a part of in all areas of my life. Thank you for opportunity to serve.

Lauren B

Groups Represented at the  
December 2013 Central Office  
Representatives Meeting

## Central Office Salt Lake City Financial Summary November 2013

### Income Statement

#### Revenue

Group Contributions	\$	3,381.49
Copy, Chili Event & Postage donations	\$	246.73
Sales - Literature	\$	6,215.90
Sales - Awards & Misc	\$	1,854.00
Total Revenue:	\$	<u>11,698.12</u>
COGS - Literature	\$	6,314.31
COGS - Awards & Misc	\$	932.72
Total COGS	\$	<u>7,247.03</u>
Gross Profit	\$	<u>4,451.09</u>
Operating Expenses	\$	3,458.01
<small>(Rent, Bookkeeper, Utilities, Printing &amp; Copies, Answering service)</small>		
Other Expenses	\$	735.74
<small>(chili event and inventory adjustment)</small>		
Total Expenses	\$	<u>4,193.75</u>
Net Income:	\$	<u><u>257.34</u></u>

### Bank Accounts

Checking	\$	13,385.93
Money Market - PR	\$	24,031.47
Total	\$	<u><u>37,417.40</u></u>

11th Step Meditation  
90th S 3200 W  
Acceptance Group  
A Closed Meeting of Alcoholics  
A Vision for You Womens  
Bog Irish Big Book  
Bountiful Mens Group  
BYP  
By the Book  
Came to Believe  
City at Seven  
Come as You Are  
Crazy Ladies  
Early Friendship  
Fresh Air Serenity Seekers  
Garden Variety Group  
Grapevine Group  
Grub Lunch  
High on the Hill  
Hillcrest Group  
Honeys Breakfast  
Midvale Lunch  
Murray Group  
Nomadic Lunch Bunch  
Non-smoking Sobriety Hour  
Nut Buckets  
Old Fashioned AA  
Park City Mens Group  
Primary Purpose  
Round Table  
Salt Lake Mens Group  
Saturday Morning SOTS  
South Valley Lunch  
Sugar House Mens  
Sunday Breakfast/Alano Club  
Survive and Serve  
Tooele Groups  
We Care  
Welcome Home

Go to [www.saltlakeaa.org](http://www.saltlakeaa.org) to read past issues of the Lifeline, get the latest event and committee meeting updates, listen to local speakers, post events sponsored by your AA group and other AA related committees

# Group Contributions for November, 2013

	Noy 13	Jan - Nov 13		Nov 13	Jan - Nov 13
Contributions GROUPS					
District 2	726.50	753.94	Grub Lunch Bunch	55.00	682.00
Friday Night Young and Alive	20.00	20.00	Happy Destiny	0.00	22.90
Tuesday Tribe	0.00	15.00	Happy Group	0.00	40.00
4th Dimension Young Peoples Gro	0.00	76.82	Highland Group	0.00	382.00
Survivors Group	0.00	2.80	Holladay	0.00	750.00
Area 69	0.00	281.57	Honey's Breakfast Club	203.50	503.50
Group # 681669-69-2	0.00	98.12	Into Action	0.00	131.00
Red Eye Group	0.00	70.75	It's in the Book	0.00	27.38
District 10	41.00	1,298.25	Magna Friendly Bunch	25.00	375.00
Come Around	10.00	40.00	Midvale Lunch	0.00	250.00
Lighten Up Group	0.00	80.00	Murray Group	0.00	321.00
11th Step Meditation	36.15	98.01	New Life	0.00	485.00
Thursday Night Womens Reflectio	0.00	90.00	New Way	0.00	1.00
Sunday Get AA	0.00	75.00	New Yorkers	0.00	174.00
90th and 32nd @ 600	100.00	250.00	No Bulls	0.00	5.00
11th Step Meeting	0.00	30.00	No Nonsense	0.00	71.25
Every Night Firelight Group	0.00	80.00	No Rules	0.00	835.76
Saturday Morning Hot Topics	34.00	95.50	Nomadic Lunches	50.90	1,074.98
Crazy Ladies	0.00	92.00	Non Smoking Sobriety Hour	208.00	446.00
Saturday Morning SOTS	0.00	198.00	Not A Glum Lot	0.00	30.00
Nut Buckets	0.00	163.54	Off the Cuff	0.00	441.00
How It Works	0.00	613.75	Old Fashioned AA	0.00	90.01
Fresh Start	0.00	12.00	One Small Step	0.10	0.10
Salt Lake Group	0.00	150.00	Park City Attitude Adjustment	750.00	2,250.00
Young People's Meeting	0.00	80.50	Park City Group	0.00	400.00
Lake Point Layover	0.00	2.53	Park City Men's Group	0.00	150.00
Draper Group	0.00	200.00	Park City Step Study	0.00	100.00
Jaywalkers	0.00	65.00	Primary Purpose	0.00	25.00
Women's 12X12	0.00	327.10	Richard Street Lunch	0.00	75.47
12 O'Clock High	0.00	221.27	Right Stuff	0.00	122.25
17th x 17th	0.00	603.13	Round Table Group	0.00	50.00
5-15 Happy Hour	0.00	495.50	Salt Lake Men's	0.00	185.00
974 Group	0.00	503.99	Saturday Beginners	225.00	779.00
A Vision for You	0.00	655.89	Sharing N Caring	0.00	178.25
A Way Out	23.00	138.90	Sizzling Sobriety	0.00	41.00
AA Saturday Night Speakers Meet	0.00	483.51	South Davis AA	0.00	30.00
Acceptance	0.00	376.57	South Enders	650.00	1,150.00
An AA Group	0.00	147.17	South Valley Lunch	0.00	308.50
Back to the Basics	0.00	10.00	Speak Easy Women	0.00	421.04
Basic AA	97.14	97.14	Spiritual Quest	0.00	200.00
Basic Young Peoples	0.00	190.50	Starting The Day	0.00	60.00
Bog Irish	0.00	270.84	Stepping Stones	0.00	40.00
Bountiful Community	0.00	160.00	Stonewall Group	0.00	369.36
Bountiful Mens	0.00	200.00	Sugarhouse	0.00	198.04
By the Book	125.00	583.00	Sunday Morning Breakfast	0.00	316.00
Came to Believe	0.00	100.00	Survive & Serve	0.00	79.10
City at Seven	0.00	486.68	Tenth Step Group	0.00	66.11
Closed Meeting of Alcoholics	0.00	336.31	Journey Group	1.20	1.20
Come As You Are	0.00	144.00	Thunder Heart AA	0.00	50.00
Cottonwood Group	0.00	195.25	Toodle Beginners	0.00	308.84
DNS Group	0.00	1,100.00	TRY AGAIN	0.00	38.99
Early Bird Special	0.00	1,254.50	Unity Lunch Bunch	0.00	40.00
Early Friendship	0.00	677.02	Up Group	0.00	37.00
Eye Opener	0.00	657.10	Valley View Group	0.00	75.00
Fresh Air 12 & 12	0.00	61.00	Wake Up Call	0.00	2,300.00
Fresh Air Serenity Seekers	0.00	206.00	We Care	0.00	275.00
Friendship Group	0.00	148.40	West Jordan Big Book Study	0.00	60.50
Garden Variety	0.00	251.30	Women In Sobriety	0.00	8.00
Granger Group	0.00	200.00	Women Stepping Up	0.00	195.00
Grapevine	0.00	444.42	Young and Alive	0.00	55.00
Greater Kearns	0.00	130.00	Total Contributions GROUPS	1,212.79	16,889.87

## Your CENTRAL OFFICE Committee updates from Tuesday December 10, 2013

Committee Reports. The following Committee Chairs, or their representatives, gave a report on the activities of their respective Committees.

\* Activities Committee. It was reported that the Committee is in the process of planning the Holiday events at Central Office.

\* Archives Committee. Kent S. gave John N.'s report. John asked that flyers and other materials describing Central Office A.A. events be placed in the basket next to the copier for inclusion in the Central Office Archives. Specific Group events are not to be included in the Central Office archives.

\* By-Laws Committee. No report.

\* Cooperation with the Professional Community (CPC) Committee. Jeff M. reported that eight people signed up for his Committee. The CPC Committee is planning to hold a Workshop involving Area 69 and Districts 2, 10 and 11 people on January 18, 2014 at Central Office, 10:00 am to 2:00 pm. Lunch will be provided. Everyone is encouraged to bring a pot luck dish. If you are interested in serving on the CPC Committee contact Jeff M. He can be contacted at jeffm.chpn@gmail.com. or (860) 983-5072.

\* Cooperation with Treatment Facilities (CTF) Committee. No Report. The Chair of this position remains open.

\* Corrections Committee. Dave R. reported that he is in the process of coordinating with Area and District representatives. The Committee continues to distribute pamphlets. The Committee is also planning to hold a Workshop involving Area 69 and Districts 2, 10 and 11 people sometime in January or February. Anyone interested in serving with Dave R. on the corrections should contact him at corrections@saltlakeaa.org.

\* Hotline Committee. Meg G. gave Melinda A's Report. Meg 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. CO Group representatives were encouraged to get in touch with their Groups to sign up for Hotline service. Those who are interested in covering phones should call into Central Office to get signed up. Also, the Hotline open slots are on the Central Office Website. Anyone interested in serving on the Hotline Committee can get in touch with Melinda at least a week in advance. Contact Melinda at 801-688-4647 or hotline@saltlakeaa.org.

\* Literature Committee. Chris H. reported on the "POM" – Pamphlet of the Month, which for the month of December is "The A.A. Group – Where it All Begins." Chris H. also reported that Central Office is selling a lot of literature. Holiday gift ideas include calendars, Grapevine day planners, Grapevine pocket planners, and A.A. approved literature. The Literature Committee will be conducting their semi-annual physical inventory on January 1, 2014 commencing at 9:00 am. Anyone who is interested in counting books and pamphlets, eating food and having fun is invited. Anyone interested in ordering A.A. approved materials should contact Chris at literature@saltlakeaa.org.

\* Newsletter Committee. Stephan gave Gina F.'s Newsletter report. Stephan reported that the January edition of the Lifeline will be sent out on January 5, 2014. Stephan also wanted to report that the Lifeline Committee's gratitude to all who have submitted articles for publication in the Lifeline. Please forward articles or any ideas for future publication topics to Gina F. at lifeline@saltlakeaa.org.

\* Outreach Committee. The next Outreach Committee meeting will be held at Central Office on December 24, 2014 at 6:00 pm. The next All Groups meeting is being sponsored by the Central Office Board. The meeting will take place on December 21, 2014 at Central Office with dinner at 6:00 pm and the meeting at 7:00 pm. See attached Flyer. Anyone interested in serving on the Outreach Committee can contact Charlie T. at outreach@saltlakeaa.org

\* Public Information Committee. No report.

\* Twelfth Step Committee. Al L. reported that the Committee had five calls for November and all were returned. Anyone interested in working on the Twelfth Step Committee should contact Al L. at 12step@saltlakeaa.org.

\* Volunteer Committee. Susan L. reported that all needs for Central Office volunteers are currently being filled, and an "as needed" volunteer list has been created. The heading for the printed scheduled will be changed to show a January-March, etc. or seasonal quarterly heading in order make the most effective use of Central Office's paper resources. See attached Report. All Central Office calendared events should be reported through Susan L. Anyone interested in serving on the Volunteer Committee should contact Susan L. at (801) 647-4091. volunteer@saltlakeaa.org.

\* Website Committee. Jonathan H. presented the attached eleven month Website Committee Report. Among the highlights included the following information: (1) 118,992 page views, (2) 84,705 unique page views, (3) 24,134 visitors, and (4) visitors in countries including India, Philippines and Japan visited the site. See attached Report. 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@saltlakeaa.org.

Area and District Meetings. Meg G. gave the District/Area 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. See attached Report. Also, See attached Flyer announcing the Service Workshop that is scheduled to be held at Central Office on December 14, 2014 between 10:00 am and 2:00 pm.

### Old Business.

Elections for Board Positions and Chair for the Cooperation with Treatment Facilities Committee.

\* Board Secretary. Meg G. was duly elected to the office of Board Secretary for a two year term. Meg G. will resign her office as Board Trustee having served one year. The remainder of Meg's term (one year) will be filled in accordance with the terms of the Central Office By-Laws.

\* Board Trustee. Doug C. was duly elected to the office of Board Trustee for a two year term.

\* Board Alternate Trustee. Ray J. was duly elected to the office of Board Alternate Trustee for a two year term.

\* Cooperation with Treatment Facilities Committee Chair. No candidates.

### New Business.

Susan L. proposed a recycle plan for Central Office. See attached Volunteer Committee Report. Susan made a motion to have Central Office enter into a three year contract with a local recycling disposal company at a cost of approximately \$575 per year. A discussion was held concerning the motion, and it was determined that the CO Representatives would take this matter back to their Groups for further discussion and determination. The motion was tabled.

Adjourn and Close with the Serenity Prayer.

Kent S., 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](http://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?