

# LIFELINE

Salt Lake City Central Office Newsletter

FEBRUARY 2014

Luv, Luv, Luv- duh, duh-duh

## THE BIG BOOK (CLUB)

### Chapter 1

It was May 1983. I was 24 and I had hit bottom about 3 years prior and was still sliding. Somehow I ended up in an AA meeting in St. Petersburg Florida. I don't remember much, but I do know that before I left that night I had been given a Big Book with instructions to read it. I was afraid I would drink so I launched into the book. I stumbled through the Roman numeral pages, some kind of medical opinion and on to a chapter by some guy named Bill. After a first reading I really could not understand who he was or what I was supposed to learn by reading his story. I was a 24 year old, unemployed, female in the 80's era of dance clubs, bright makeup and big hair. What could I possibly have in common with an old stockbroker from New England? Well, actually, everything! I've read Bill's Story many times throughout the years and learned that Bill, like me, when drinking had a propensity for grandiose ideas, and actions sure to bring applause and the oft chased balm to the ego. He always had one more idea (soldier, lawyer, broker); one more scheme (market analysis, moving to Canada, taking up golfing) and one more promise to quit. Like mine, his intentions to moderate or stop were sincere when uttered and like me he had family and friends who watched in concern then later in horror as alcohol took control and became more impossible to evade or ignore. And finally he became overwhelmed and was deep in loneliness, despair and self-pity. That state of hopelessness that crosses from 1935 to 1983, from male to female from New England to Florida. And when he was at the jumping off place, he had that moment of clarity, like me.

Amazingly, as I continued to read the book and follow the instructions (as Bill had), I too received the gift of sobriety. But that was just a starting point and it was time to really study the book. To try to understand how it was written and what it was telling me. I came to understand that the book was written to be mailed to drunks or anyone who, in 1939 had an inquiry regarding this new method of staying sober. Most drunks didn't have the luxury of living near Akron or New York and thus had no individual contact with the early pioneers of our society. Our book was sent to them and it included the medical opinion and exact instructions on how to become sober. But even more interesting is that Bill's Story was not a 'look at me' chapter but rather a 12th step call to the world. From Bill's first meeting with Ebby T. on page 9, through Bill and Lois' 12th step work on page 15, I am given a firsthand account of how the implementation of what would soon become our beloved 12 steps, brought sobriety to Bill when nothing else had worked. Bill was never one to mince words and he gave me strong instructions such as 'I must perfect and enlarge my spiritual life to survive', and I must turn in all things to the Father of light who presides over us all' and the 'absolute necessity of demonstrating these principles in all my affairs' and perhaps the most important 'faith has to work twenty-four hours a day in and through me or I shall perish'.

Bill W died in 1971, 12 years before I found AA, but thankfully his story and experience were waiting there for me.

Kim P

*This is the beginning of a month-by-month study of the Big Book of Alcoholics Anonymous. We're playing catch up in February. You'll find Chapter 2, There is a Solution, on page 3 of this issue. Please join us in reading a chapter a month. If you would like to write about one of the chapters, be sure to contact us first to ensure someone else hasn't already snapped up the chapter you'd like to write about. Send an email to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org).*

The Lifeline Committee

## 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

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Co-Chair .....	Wendy W
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Activities (activities@saltlakeaa.org) .....	Joel R
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Twelfth Step (12step@saltlakeaa.org) .....	Al L
Volunteer (volunteer@saltlakeaa.org) .....	Susan L
Website (webservent@saltlakeaa.org) .....	Jonathan

### CENTRAL OFFICE Statement of Purpose

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

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

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



**The Central Office Grapevine library is incomplete.**

If you have a copy of any issues below, please consider serving the fellowship by giving them to the library. Thank you.

2012: January, July, September, October, November, December  
2011: All 12 months  
2010: March  
2009: February, March  
2006: May  
2005: November  
2004: May, June  
2003: All 12 months  
2002: October  
2001: All 12 months  
2002: October  
2001: All 12 months  
2000: All 12 months  
1999: July, August, September, October, November, December

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

### 7th Tradition Contribution Addresses

#### A.A. World Services

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

#### Central Office of Salt Lake City

80 West Louise Ave.  
Salt Lake City, UT 84115

#### Area 69 Treasurer

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

#### District 10 Treasurer

PO Box 57271  
Murray, UT 84157

#### District 2 Treasurer

PO Box 615  
Salt Lake City, UT 84110

# THE BIG BOOK (CLUB)

## CHAPTER 2

Chapter Two, "There Is A Solution", lays the groundwork for the trip through the Twelve Steps.

First off the Big Book uses this chapter to establish its own bona fides. The first one hundred pull no punches with us; they tell us flatly that they have recovered, and make it clear that they have a way out – singular – upon which they absolutely agree.

Explaining that they have learned that nobody can carry this message as effectively as a recovered alcoholic can, they admit the difficulty of trying to carry this message face-to-face to drunks fast enough to keep them from sliding into oblivion.

So they tell us that they published this volume in an attempt to carry the message to those that they cannot meet directly; thus this book is the message of Alcoholics Anonymous, and they promise that it will answer the reader's questions about the illness, how to recover, and "what do I have to do?"

Next, the book gives the description of the illness itself, establishing the proposition that the body of the alcoholic, if exposed to alcohol, reacts to the alcohol by demanding more. However, the text makes it plain that the "phenomenon of craving" is not the real problem, for – if it were – the alcoholic would simply not take the first drink. Instead, the problem centers in the mind, rather than the body – once the alcoholic knows that he cannot safely take that first drink, he does so anyway - and the book make the flat declaration that the mind will never be able to not take the first drink by remembering how bad the last drunk was.

It gives a great definition of powerlessness. The problem is will power, that being exactly the power that the alcoholic lacks, and is thus powerless. The will is the capacity to make a decision; will power is the ability to stick to a decision once it is made. The will – and, as synonyms, desire and choice – as tools to keep us away from the first drink forever have no effect. Self-knowledge is useless.

In this area of the text, the Big Book is doing the same thing that we are supposed to do when we individually carry the message face-to-face (following the directions in Chapter Seven) – first, it lays out the description and characteristics of alcoholism and the alcoholic, and thus leaves it up to the reader to purse his lips and nod his head – and thus be led indirectly into a suspicion, that he might, indeed, have this problem.

Lastly, the book again follows the Chapter Seven pattern by simply letting the reader know that, since the body and mind are helpless over alcohol, the only way to solve the problem is via the spirit. At this point, it does not tell the reader what this "spiritual awakening" is or how it is acquired, simply leaving that concept for the reader's mind to chew on while he moves forward into the mortar and pestle of Chapter Three, where the severity and hopelessness of the illness are drilled into the reader, to bring him to the point of desperation necessary to generate the willingness one needs to go through with our solution.

The book then tells the reader what is to come, promising – after the explanation of alcoholism and a chapter to the agnostic – to give clear-cut directions on how to recover. Following the practice of "tell 'em what you'll tell 'em, then tell 'em, then tell 'em what you told 'em", the Book lays the trap that is so expertly sprung in Chapter Five.

# Happy Birthday!

*It works — it really does!*

## City at Seven

Chris 18 mos  
Terrill 18 mos  
Alex 1 yr  
Mike 1 yr  
John 3 yrs  
Deon 3 yrs  
Chase 4 yrs  
Kelly 4 yrs  
Kathleen 7 yrs  
Ken 10 yrs  
Marci 12 yrs  
Troy 22 yrs  
Ralph 22 yrs  
Polly 22 yrs  
Dave R 30 yrs

## Life Elevated Group Lone Peak Facility Utah State Prison

Larry 6 Mo  
Lawrence 6 Mo  
Tony 18 Mo

## Sugar House Mens

Andrew B 6 mos  
Jonathan W 1 yr  
Alan M 2 yrs  
Hanley S 3 yrs  
Nick M 7yrs  
Ryan B 9 yrs

## Nomadic Lunch Bunch

Greg 30 days  
Kyler 30 days  
Romney 90 days  
Mike 90 days  
Joshua 90 days  
Criss 18 mos  
Derrick 2 yrs  
Linda 3 yrs  
Beverley 10 yrs  
Sara 13 yrs  
Russ 13 yrs  
Russ M 13 yrs  
Mel 31  
Big Al 34 yrs  
Russ K 37

## NonSmoking Sobriety Hr

Charles 60 days  
Scott 60 days  
Ralph 6 mos  
Matt 6 mos  
Lori 6 mos  
Dannie 9 mos  
Jake 1 yr  
Monica 1yr  
Chrisy 1 yr  
Ian 1 yr  
Serena 1 yr  
Justin 1 yr  
Hector 4 yrs  
Randy F 4 yrs  
Dave H 4 yrs  
David W 6 yrs  
Nancy 7 yrs  
Larry H 14 yrs  
Katy 15 yrs  
Dave 30 yrs  
Idella 33 yrs

## Friday Night Young And Alive

Nick 30 days  
Anthony 30 days  
Tommy 30 days  
Stephan 30 days  
Chris 30 days  
Rich 30 days  
Kara 60 days  
Rich 60 days  
Scott 60 days  
Allie 60 days  
Christy 60 days  
Kanin 90 days  
Matt 90 days  
Chris 90 days  
Nicholas 90 days  
Kennedy 90 days  
Kris 6 mos  
Tony 6 mos  
Jamie 6 mos  
Diane 6 mos  
Marcie 1 yr

Mike 1 yr  
Johnny A 2 yrs  
Trish A 2 yrs  
Lee B 3yrs  
Heather K 4yrs  
Matt 6 yrs  
Al 13 yrs  
Wade 14 yrs  
Steve 15 yrs  
Shane L 19 yrs  
John M 23 yrs  
Michael B 24 yrs  
Roger H 27 yrs

## Hillcrest Group

Rob 30 days  
Andria 60 days  
Kathleen 30 days  
Lee 30 days  
Amelia 30 days  
Torg 30 days  
Rob 60 days  
Adam 60 days  
Rena 90 days  
Nicholas 90 days  
Ryan 60 mo  
Sam 1 yr  
Sara 1 yr  
Trisha 2 yrs  
Dan 2 yrs  
Kaysee 5 yrs  
Ken 5 yrs  
Andrew 6 yrs  
Chris 7 yrs  
Mark 8 yrs  
Scott 9 yrs  
Brandon 9 yrs  
Vic 18 yrs  
Nick 24 yrs  
Roger 27 yrs  
Von 31 yrs



## The Chair in the Corner FEBRUARY

Speaking of love.....I love being a part of something, “up in the middle” of something. For me, that’s a sign that the solution found in Alcoholics Anonymous is working. I’m not thinking of myself or my problems or my wants when I am involved in something. All of my attention is directed outward. Right now, I am sitting in Central Office and there are two people in the book room – sounds like a sponsee, sponsor conversation. In the front part of the office volunteers are waiting on customers. The Lifeline Chair is putting the final touches on the February Lifeline. In the meeting room, it sounds like there is a planning meeting for PRAASA 2015. All of this activity involves people that are focused outside of themselves and on others. There is relief from the disease of alcoholism here at Central Office, please in us.

On another note, you will find this issue of the Lifeline looks a little different. Our editor and contributors have switched things up a bit. The “Voice of the Volunteers” is evolving into “Serving the Fellowship”. This monthly topic will be experiences and updates from chairs of the standing committees that were established to work with District and Area standing committees. Because Central Office has an address and a phone number, we usually receive inquiries and requests for help for treatment, bridging the gap, speakers, etc. Another new Lifeline feature will be “The Big Book Club”. Each month an AA member will share their experience with a chapter in the Big Book. “Those Who Helped Us” will be a new feature exploring the lives of those nonalcoholics who helped us with their time, expertise, advice, money, etc. Finally, “My Story” pretty much speaks for itself! Read and enjoy!

Have a loving February,  
Christy

## Report on the CPC Workshop Phase One

Our Central Office standing committee on **Cooperation with the Professional Community (CPC)** facilitated "CPC Workshop -- Phase One" on January 18th. Participants included CO Board Chair Christy R, Area 69 CPC Chair Rachael F, District 11 CPC Chair Kent B and PI Chair Rich R, CO Outreach Chair Charlie T, Salt Lake Group CPC representative Steven R, District II member Annette S, CO Volunteer Chair Susan L and CO CPC Chair Jeff M. The workshop succeeded in achieving several important goals including learning the role and mission of CPC to support the wide variety of professionals in our community who work with alcoholics both in and out of recovery; clarifying the roles of Area, District, and our CO CPC committees; exploring AA's deep and extensive literature and other resources for CPC work; and networking with each other to provide more effective services.

Rachael F thoroughly covered our basic pamphlet, "How AA Members Cooperate with Professionals" (P-29), reviewed other resources including the "AA Guidelines on CPC" from GSO (MG-11), and provided specific sample packets of pamphlets for healthcare professionals and clergy along with sample letters. She also provided direction and encouragement in approaching professionals in the community, and in improving collaboration between Area, Districts, and CO. Christy R explained the role of our Central Office and standing committees since we are "on the frontlines" in responding to requests for assistance and information. Charlie T led a discussion of how we apply our Traditions in service, and the need for communication and involvement with our groups. Jeff M discussed our spiritual cornerstones including the origins of the Serenity Prayer, and reviewed a number of other pamphlets including "AA's Legacy of Service" (P-44) and "A Member's Eye View of Alcoholics Anonymous" (P-41). Everyone participated, openly sharing their experience, strength, and hope – as well as questions and concerns. We plan on a Phase Two CPC Workshop in late spring thanks to the commitment and needs expressed on the 18th.

Jeff M

## The Non-Alcoholics Who Helped Us

Carl Gustav Jung was born in Kesswil, Switzerland in 1875. His interests in medicine and spirituality led him to study psychiatry. He became friends with, and worked with Sigmund Freud; during this period he became interested in the unconscious mind. Jung wanted to further understanding of the human mind through dreams, myth, art and philosophy. Gradually as Jung developed his ideas, he diverged from and separated his studies from Freud.

Jung believed the human psyche exists in three parts: the ego (the conscious mind), the personal unconscious and the collective unconscious. Jung believed the collective unconscious contained all of the experience and knowledge of mankind. The concept of synchronicity was originated by Jung. It is the experience of two or more events that are meaningfully related, where they are unlikely to be causally related. That is, just as events may be related by causality, they may also be connected by meaning, and may not have an explanation in terms of cause and effect.

Jung felt that the principle of synchronicity gave evidence for his concepts of archetypes and the collective unconscious. He thought synchronicity was descriptive of a governing dynamic that underlies the whole of human experience and history – social, emotional, psychological and spiritual. One of Jung's favorite quotes on synchronicity was from 'Through the Looking Glass' by Lewis Carroll, in which the White Queen says to Alice: "It's a poor sort of memory that only works backwards."

In my own experience these ideas have been fascinating to me. Once in a while I think of someone and then they call or appear or I run into them soon afterwards. These ideas have always filled me with wonder. Carl Jung endured the criticism of his peers in order to explore the mysteries of a deeper meaning in human life.

John S

## *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*

### **FEBRUARY 2014**

**Central Office Super Bowl Party**, Sunday February 2. At Central Office of course. 80 West Louise Avenue (2850 South) Gathering at 3pm, game starts at 4:25pm. Bring food to share, desert is a good choice. This is a fellowship event; there is no admission fee or suggested donation.

**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 \_\_\_\_\_. Potluck 6-7pm, Meeting 7-8pm

**Area 69 Committee Meeting** at Zion's Bank 155 West Main Street Salina, UT. Saturday, February 22 8am—? Hosted by District 6. Motel accommodations at Super 8 Motels, 1620 South State in Salina call 435-529-7483 for reservations

**Outreach Committee Meeting** at CENTRAL OFFICE on Tuesday, February 25 at 6pm. Help get groups connected and involved with Central Office

### **MARCH 2014**

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

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

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

**All Groups Meeting** at CENTRAL OFFICE on Saturday, March 15. Hosted by \_\_\_\_\_. Potluck 6-7pm, Meeting 7-8pm

**Outreach Committee Meeting** at CENTRAL OFFICE on Tuesday, March 25 at 6pm. Help get groups connected and involved with Central Office

# My Story

## Editor's Note:

*Below is the introduction to Frankie M's book "My Name is Frankie" He is a local member of AA. The book may be purchased at Genesis Bookstore in Salt Lake City.*

This work is dedicated to God. When I asked for help, He sent an angel who gave me just enough money, and not a cent more, for a bus ticket to the VOA, where my decision to turn my back on alcohol once and for all was made.

After failing rehab five previous times, I knew this was the end of the line—it was my last hope. I had lived for forty-seven years as a miserable drunk, and for some reason I may never understand, God hadn't chosen to let me die. I know deeply and personally that angels attended me through my darkest moments, and I know of a certainty that God does exist, both to comfort me and bear my burdens.

If I did not use the time I have left to warn others, to spread my message to the world and try to save others from their own demons, I would betray this Higher Power I have come to know and love. I would also be turning my back on the core values of my recovery program, along with the people who have given me courage, support, and the life skills I needed to become someone with self-respect.

The words on my six-year chip read: "To thy own self be true." With apologies to Shakespeare, whom until now I had no idea was the author of those words, my story is filled with truths—truths that confess my betrayal of loved ones, friends—and most of all, myself.

To my family, who might be learning things about me for the first time, I offer a heart filled with sorrow and regret. I cheated my children out of time I should have given them. I cheated on my wife, who was my first love and the best mother in the world, because I was selfish. I take full responsibility for all my actions, those I remember and those I don't. I had blackouts, and I realize that during those times, I might have hurt a loved one or even a stranger who happened along. I was a walking landmine, not knowing or caring what I did, but now I care, very deeply, and it's time to make things right.

I will not blame anyone or anything on my childhood. To do so would cast a shadow over my angel mother. Simply put, my father, an immigrant from Italy, was schooled in the old ways of doing things. I was the firstborn son, and where much is given, much is required. I tried, but felt I failed at every turn. Still, he was "the papa!" He remains to this day, "the papa," and I love him. Today I live my life hour by hour, day by day, not knowing what the future might hold, but ready to trust God's mercy in whatever comes my way.

Right now, I'm only certain of two things. First—compared to what I used to have, I am a very poor man. Second—because of the things I have been through in my life, I am a very rich man. I have learned lessons I could not have learned in any other way. I know that I am always just one sip away from going straight back to the hell I was in before, but now I know the steps to sobriety. I know how to evaluate myself on a daily basis and how to attend my recovery meetings. And if the time ever comes when I slide backwards, I know that God will give me even more stumbling blocks I can use to climb higher, because He is in no way through teaching me.

I pray at the beginning of each day to let "His will be my will." I pray to Him at the end of the day and thank Him for everything He has given me. He is the Master Teacher, I am His student, and I will keep learning from Him.

My story isn't pretty, but it's a story of repentance and restitution. Most of all, it is a story of hope. Every one of God's children can avail themselves of His love and tender mercies if we make Him an offering of our desire to change. If you are or have been a drinker, you'll identify with many of the things I've endured, and hopefully, you'll also identify with my desire to change and gain the knowledge that you can. If I can do it, after forty-seven years of deep addiction, so can you.

Frankie M



## Step Two

*Came to believe that a Power greater than ourselves would restore us to sanity*

I have heard people say in meetings that time doesn't matter and if you woke up before me you have more sobriety than I do. I do not believe this statement to be true. Time does matter and step two, for me, is a perfect example of that.

See, there was no way when I first "worked" the steps that I could believe that a higher power could help me let alone admit I was insane. I just was not ready for it. Lucky for me, I had a sponsor who did not dwell on this fact, and we just proceeded to work the rest of the steps. It was only by working the other steps that I could truly get the point that I believed that there was a higher power that could help me. I cannot pinpoint any one specific event or thing I did that caused this change; it just happened slowly over time.

The insanity part, lucky for me, was much easier than coming to believe in a higher power. See, life is life, and for me life can just get insane sometimes. Whether it is a self-imposed crisis, which most of them are, or just one of life's little events, the alcoholic insanity is alive and well in me and it will appear every once in a while.

At first the insanity was not easy to see and going to a higher power to solve the insanity was never my first choice. I would usually fight until I had no other choice but to go to a higher power. This was usually done at the suggestion of my sponsor. The funny thing was it has worked every time. A higher power has always been able to restore my sanity.

Since I started with an AA cliché I am going to end with one. Stick around till the miracle happens. For me this is the miracle of AA. I now have both the belief and faith in a higher power whom can not only restore my sanity, but can also help me with all of my problems.

Jerry T

## Tradition Two

*For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

### One Member's View on Tradition 2

Tradition two reads: "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

I, for one, am grateful that this tradition exists. I believe the spiritual intent behind this tradition is one of equality and humble servitude to this life-sustaining fellowship. It is a reminder that we are to trust the collective conscience of our members when it comes to matters concerning the business of Alcoholics Anonymous.

Predicated on the 1st Tradition, which drives home the importance of Unity within the AA group, it's our 5th tradition that defines our purpose as carrying the message of recovery to the still suffering alcoholic. While each group can be comprised of many members, there is still only one "ultimate authority" within the group—a loving God as expressed through our collective group conscience. By taking group matters to a vote, each member votes according to his/her own conscience, and the collective outcome carries. With no hierarchy in place, this democratic process ensures equal representation by all its members.

By utilizing AA's "spirit of rotation," those who are of service to the group (be it the secretary, treasurer or chairperson) will rotate out at the end of their term, thus limiting the "authority" that any one member has. Knowing that our leaders are but trusted servants who do not govern or hold any real authority, allows us to operate as a democratically run Group of Drunks.

Sara L



**Home Groups Represented at the  
January 2014  
Central Office Meeting**

90th S 3200 W  
A Way Out  
Acceptance Group  
A Closed Meeting of Alcoholics  
A Vision for You Womens  
Bog Irish Big Book  
Bountiful Mens Group  
Basic Young People's Group  
Came to Believe  
City at Seven  
Come as You Are  
Crazy Ladies  
Early Friendship  
Friday Night Young & Alive  
Garden Variety Group  
Happy Destiny  
High on the Hills  
Hillcrest Group  
Honeys Breakfast  
Life Elevated  
Lost But Not Forgotten  
Midvale Lunch  
Murray Group  
Nomadic Lunch Bunch  
Non-smoking Sobriety Hour  
Nut Buckets  
Old Fashioned AA  
Park City Mens Group  
Primary Purpose  
Red Eye Coffee Group  
Round Table  
Sacred Healing  
Salt Lake Group  
Salt Lake Mens Group  
Saturday Morning SOTS  
SELG  
South Valley Lunch  
Spiritual Quest  
Stepping Stores  
Sugar House Mens  
Sunday Breakfast/Alano Club  
Survive and Serve  
Tooele Groups  
Tuesday Night Southenders  
Up Group  
We Care  
Welcome Home

**Central Office Saslt Lake City  
Financial Summary December 2013**

**Income Statement**

**Revenue**

Group Contributions	\$ 2,406.67
Copy,Individual & News Letter Donations	\$ 1,607.82
Sales-Literature	\$ 3,879.51
Sales- Awards & Misc.	\$ 1,488.00
Total Revenue:	<u>\$ 9,382.00</u>

COGS-Literature	\$ 3,932.94
COGS- Awards & Misc.	\$ 725.98
Total COGS	<u>\$ 4,658.92</u>

Gross Profit	\$ 4,723.08
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Operating Expenses (Rent,Bookkeeper,Utilities,Printing & Copies)	\$ 3,635.57
Other Expenses	\$ -

Total Expenses	<u>\$ 3,635.57</u>
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<b>Net Income:</b>	<u><u>\$ 1,087.51</u></u>
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**Bank Accounts**

Checking	\$ 13,315.56
Money Market-PR	\$ 24,035.56
Total	<u><u>\$ 37,351.12</u></u>

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 December, 2013

Contributions GROUPS	Dec 13	Jan - Dec 13		Dec 13	Jan - Dec 13
AA Beginner's Luncheon	200.00	200.00	Grapevine	0.00	444.42
6 40 New Yorkers	49.75	49.75	Greater Kearns	0.00	130.00
Sugar House Group of AA	47.44	47.44	Grub Lunch Bunch	71.00	753.00
District 2	141.00	894.94	Happy Destiny	0.00	22.90
Friday Night Young and Alive	0.00	20.00	Happy Group	0.00	40.00
Tuesday Tribe	0.00	15.00	Highland Group	0.00	382.00
4th Dimension Young Peoples Gro	0.00	76.82	Holladay	0.00	250.00
Survivors Group	0.00	2.80	Honey's Breakfast Club	0.00	503.50
Area 69	0.00	281.57	Into Action	0.00	131.00
Group # 681669-69-2	0.00	98.12	It's in the Book	0.00	27.38
Red Eye Group	0.00	70.75	Magna Friendly Bunch	50.00	425.00
District 10	0.00	1,298.25	Midvale Lunch	0.00	250.00
Come Around	0.00	40.00	Murray Group	50.00	371.00
Lighten Up Group	0.00	80.00	New Life	58.00	543.00
11th Step Meditation	0.00	98.01	New Way	0.00	1.00
Thursday Night Womens Reflectio	0.00	90.00	New Yorkers	0.00	174.00
Sunday Get AA	0.00	75.00	No Bulls	0.00	5.00
90th and 32nd @ 600	0.00	250.00	No Nonsense	0.00	71.25
11th Step Meeting	0.00	30.00	No Rules	0.00	835.76
Every Night Firelight Group	0.00	80.00	Nomadic Lunches	0.00	1,074.98
Saturday Morning Hot Topics	0.00	95.50	Non Smoking Sobriety Hour	0.00	446.00
Crazy Ladies	0.00	92.00	Not A Glum Lot	0.00	30.00
Saturday Morning SOTS	0.00	198.00	Off the Cuff	0.00	441.00
Nut Buckets	0.00	163.54	Old Fashioned AA	0.00	90.01
How It Works	0.00	613.75	One Small Step	0.00	0.10
G/C Women	204.00	204.00	Park City Attitude Adjustment	0.00	2,250.00
Fresh Start	0.00	12.00	Park City Group	200.00	600.00
Salt Lake Group	25.00	175.00	Park City Men's Group	0.00	150.00
Young People's Meeting	0.00	80.50	Park City Step Study	150.00	250.00
Lake Point Layover	0.00	2.53	Primary Purpose	0.00	25.00
Draper Group	0.00	200.00	Richard Street Lunch	0.00	75.47
Keep It Simple	218.00	218.00	Right Stuff	0.00	122.25
Jaywalkers	0.00	65.00	Round Table Group	0.00	50.00
Women's 12X12	0.00	327.10	Salt Lake Men's	200.00	385.00
12 O'Clock High	35.60	256.87	Saturday Beginners	0.00	779.00
17th x 17th	0.00	603.13	Sharing N Caring	0.00	178.25
5-15 Happy Hour	0.00	495.50	Sizzling Sobriety	0.00	41.00
974 Group	183.03	687.02	South Davis AA	0.00	30.00
A Vision for You	0.00	655.89	South Enders	0.00	1,150.00
A Way Out	0.00	138.90	South Valley Lunch	0.00	303.50
AA Saturday Night Speakers Meet	0.00	483.51	Speak Easy Women	0.00	421.04
Acceptance	0.00	376.57	Spiritual Quest	0.00	200.00
An AA Group	0.00	147.17	Starting The Day	10.00	70.00
Back to the Basics	0.00	10.00	Stepping Stones	0.00	40.00
Basic AA	0.00	97.14	Stonewall Group	0.00	369.36
Basic Young Peoples	0.00	190.50	Sugarhouse	0.00	198.04
Bog Irish	0.00	270.84	Sunday Morning Breakfast	0.00	316.00
Bountiful Community	15.00	175.00	Survive & Serve	0.00	79.10
Bountiful Mens	0.00	200.00	Tenth Step Group	0.00	66.11
By the Book	0.00	583.00	Journey Group	0.00	1.20
Came to Believe	0.00	100.00	Thunder Heart AA	0.00	50.00
City at Seven	0.00	486.68	Tooele Beginners	0.00	308.84
Closed Meeting of Alcoholics	0.00	336.31	TRY AGAIN	0.00	38.99
Come As You Are	0.00	144.00	Unity Lunch Bunch	0.00	40.00
Cottonwood Group	0.00	195.25	Up Group	0.00	37.00
DNS Group	0.00	1,100.00	Valley View Group	0.00	75.00
Early Bird Special	0.00	1,254.50	Wake Up Call	0.00	2,300.00
Early Friendship	0.00	677.02	We Care	0.00	275.00
Eye Opener	138.00	795.40	West Jordan Big Book Study	0.00	60.50
Fresh Air 12 & 12	0.00	61.00	Women's Big Book	108.85	108.85
Fresh Air Serenity Seekers	0.00	206.00	Women In Sobriety	0.00	8.00
Friendship Group	0.00	148.40	Women Stepping Up	0.00	195.00
Garden Variety	252.00	503.30	Young and Alive	0.00	55.00
Granger Group	0.00	200.00	Total Contributions GROUPS	1,508.82	17,824.27

## Your CENTRAL OFFICE Committee updates from Tuesday, December 9, 2014

Activities Committee. Planning the Holiday events at Central Office.

Archives Committee. Kent S. gave John N.'s report. 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.

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, 10am to 2pm. 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. 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. To serve with Dave R. on the corrections committee, contact him at corrections@saltlakeaa.org.

Hotline Committee. Meg G. gave Melinda A's Report. 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 9am. 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 6pm. 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 6pm, meeting at 7pm. 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. See attached Report. 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 an 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 10am and 2pm.

### 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. 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.

No further business. Adjourn and close with the Serenity Prayer.

**I made this joke up....**

**What are the two scariest words to an AA?**

**Answer: Call Me**

**Gina F**

## Central Office of Salt Lake City, Inc.

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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)

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Amount donated:    c \$3.00   c \$5.00   c \$10.00   c Other \_\_\_\_\_

Comments or suggestions for Lifeline?