

# LIFELINE

Salt Lake City Central Office Newsletter

March 2014

## THE BIG BOOK (CLUB)

### Chapter 3

*Here was the threat of commitment, the loss of family and position, to say nothing of that intense mental and physical suffering which drinking always caused him. He had much knowledge about himself as an alcoholic. Yet all reasons for not drinking were easily pushed aside in favor of the foolish idea he could take whiskey if only he mixed it with milk! Whatever the precise definition of the word may be, we call this plain insanity. How can such a lack of proportion, of the ability to think straight, be called anything else? "*

*Alcoholics Anonymous Chap. 3: "More About Alcoholism"*

My last drunk was February 2<sup>nd</sup>. Groundhog Day, one month after what I'd thought would be my last drink on January 2<sup>nd</sup>. I had a new sponsor and had gotten off the medication Suboxone I was on initially to get off drugs/alcohol. It was a normal day to me. I had hope for the future, but had some strong withdrawals from finally getting off a medication I had been on for 7 years. It was nice to be completely sober from all mind altering drugs for once in my life. I had absolutely no intention of drinking when I drove up to Park City on February 2<sup>nd</sup> to go to work, and I even called my sponsor on the way up. When I got to Park City, I went back into a room where they explained what we "the models" would be doing. They explained that I would be set up with a lady who was very pretty, and we were to act like husband and wife over dinner with fine wine. Still, no thought of drinking. I was a beer drinker anyway, and never liked wine. I thought I would be fine. When they explained that we needed to act like we were drinking and could substitute grape juice instead of wine, the thought crossed my mind "it couldn't hurt to have just one glass of wine." We would just be sipping it anyway; I probably wouldn't even finish the whole glass. Furthermore, there was a pretty girl next to me, and I didn't want to look bad in front of her and say I can't drink. I realized that day after a multiple glasses of wine that even though I knew I was an alcoholic and had much knowledge about my condition, those thoughts were easily abandoned for the idea that I could do it just one more time! The next morning will never be forgotten; my mind was racing and I was severely depressed about the night before. How could have it happened again? I now understand the insanity I have with alcohol; I easily pushed aside ideas of not drinking, because after all, I didn't like wine. When I sit in Big Book meetings now and hear the stories of Jim and Fred I understand the hopelessness of this disease without a higher power!

Looking back now, I'm very grateful for my experiment in Park City. It snuffed out my last flicker of hope that I could ever drink normally. I am an alcoholic. I have since been brought into a way of living that is infinitely better than my previous. I found a new willingness that I never was able to muster before, and I followed the spiritual program of action outlined in the Big Book. My first six months of sobriety were some of the hardest times I have ever experienced, because I was still withdrawing from the medication I took for 7 years. But this actually ended up being the best thing that has ever happened to me; it finally proved to me that there was a God and when I really needed Him, He was there. There were many nights I thought I could not make it, but I prayed earnestly and God always showed up for me. I have never been alone since then. I know I always have a power with me. Life in AA has been just that, a life. It's full of ups and downs, but underneath that I know I have a God who sees me through it all. I have had the benefit of doing all those things I dreamed about when I was drunk. I have been to Europe, been snowboarding all over the world, and finished college (I'd dropped out of because it was never that important). I have had the benefit of making lifelong friends that I never dreamed of having. I have had the honor of sponsoring other alcoholics and taking meetings into hospitals and institutions. I do this because of the countless hours that were spent with me, for which I owe my life to AA. The miracle of the whole program is that I'm sober. I have a way of life that can solve all my problems. Most people die of this disease. I'm forever grateful for the grace I have received; I have had the blessing of living two completely different lives.

Jonathan M

## 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 .....	Wendy W
Co-Chair .....	OPEN
Immediate Past Chair .....	Nick R
Secretary .....	Meg G
Treasurer .....	Martin C
Trustee at Large .....	Doug C
Trustee at Large .....	Ray J
Trustee at Large .....	Chris H
Alternate Trustee at Large .....	Jason R
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) .....	Gary S
Corrections (corrections@saltlakeaa.org) .....	David R
Hotline Telephone (hotline@saltlakeaa.org) .....	OPEN
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) .....	Andrea C
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

## A Fond Farewell

Dear Fellow AA's,

I've been doing some soul searching and gut checking for the past few months about my life and service responsibilities/commitments and how effective I am in meeting them. Serving as the Central Office Chair has been an invaluable experience but I can't serve in the capacity that is necessary to keep up with the growth. It is clear that Central Office is a vital part of our community and requires dedicated people. I have other commitments, work and family, that have increased responsibilities and have moved up on my list of priorities.

Therefore, I am resigning from my position as Chair of the Board of Trustees of Central Office effective immediately. Wendy W. was elected at the CO Rep meeting this past Tuesday and is the perfect choice to lead us in the "next phase of our development" at Central Office. She is committed and brings with her valuable experience. Thank you, Wendy. We also, have new board members and Standing Chairs which will aid Central Office's purpose of carrying the message. This is an exciting time to be a part of Central Office and the service available here.

Love,  
Christy

## The New Chair in the Corner

Thank you Christy, for your kind words, and for the time and heart you've given to Salt Lake Central Office. Your warmth and humor will be greatly missed. It's been a pleasure to serve with you for the past year, I look forward to seeing you in the future.

As for the rest of you, thank you, I think, for the vote of confidence in electing me to finish out the term. As Shakespeare's Malvolio says in Twelfth Night: "Be not afraid of greatness: some are born great, some achieve greatness and some have greatness thrust upon them". I have no illusion about being great, but I think there's some thrusting going on. I'm depending on you to keep my ego in check to better serve you.

I'm so proud to be a part of the evolution of the Central Office, it's wonderful to see people respond to the call for service. We elected two new Committee members, welcome to Andrea C. 12th Step Coordinator, and Gary S. Treatment Committee. These are such important points in our service structure, thank you for making the commitment. Ray J P. was elected to the open Trustee position and Jason R. was elected to the alternate Trustee position. I look forward to serving with all of you and wish you all smooth sailing.

We're still in need of a Hotline Chair and a Co-Chair, so consider being thrust into greatness. As with all aspects of the AA program, you won't be going alone.

In loving service,  
Wendy

## Serving the Fellowship

This new feature is intended to give readers a moment of clarity on the work and opportunities of serving as a standing committee chair for the Board of Salt Lake AA Central Office. Each month a different chair will discuss the purpose of their committee, sharing their experience, strength and hope. As this is another one of my *brilliant* ideas, I offered to go first.

I have learned that one doesn't achieve an understanding of what service is about by discussing it. Like the program of Alcoholics Anonymous, it is all about action, always including a power greater than myself, and asking for help. These are the three major gifts I have received as the Lifeline Chair. I needed everyone of them.

It hasn't been easy. I had to learn Publisher, ask people to write for the newsletter, get feedback from others on my various ideas for content, and hold onto my fanny when the printer went down. Yet, it directed my thinking to a higher plane and made me feel useful while job hunting.

The writing has been marvelous, submitted by willing members of the fellowship with all sincerity. As a result I have received monthly infusions of gratitude in. I rarely get feedback from the membership. I have sometimes wondered if anyone, other than the folks at Central Office, reads it. Once I overheard someone explain to another, "This is the Lifeline, but nobody reads it." Grrrrrr, had to let go of that quick. In the end, like Bill W, I have stayed sober and have been blessed.

Gina F

## The Non-Alcoholics Who Helped Us

Like many of us in the first flush of early sobriety, I developed an all-consuming crush on Alcoholics Anonymous. I wanted to know everything about it, its whole life story: who started it, what it was like when it was young, how it survived the tumultuous 20th century intact. I also spent a lot of time wondering about the provenance of some of AA's strange and venerated customs. How did the Serenity Prayer get started? Where did the anniversary medallions and chips come from? Has there always been coffee at every meeting, and has it always been this bad?

My sponsor provided some of the answers, and his sponsor filled in a few more; but others couldn't be addressed until I understood the life and work of Sister Mary Ignatia, and the vital role she played in the birth of our fellowship.

Sister Ignatia was born Bridget Della Mary Gavin in County Mayo, Ireland in 1889. She had a great love of music and considerable talent as a musician. After moving to the United States, she joined the Sisters of Charity of St. Augustine, a relatively young congregation of Ursuline nuns founded in Cleveland. Her aptitude for music led to her first assignment in the order as a music teacher, and she served in this capacity for almost a decade.

Sister Ignatia found the assignment a stressful one, however; to the point that it began to severely affect her health. She suffered a breakdown of sorts, and after a period of convalescence was reassigned as a nurse. Whether by fortune or providence, Dr. Bob Smith found her in charge of admissions at St. Thomas Hospital in Akron, Ohio at a crucial moment in our history. On August 16, 1935, she and the two-month-sober Dr. Bob admitted a chronic alcoholic to St. Thomas who would become "AA Number 3," after repeated visits from Dr. Bob and Bill W.

He was the first of many drunks spared from a tortuous death because of this visionary nun, who rejected the prevailing wisdom of her day that said alcoholics simply lacked the will and moral fiber to overcome their affliction. She put it succinctly in a 1954 interview recalling her work with Dr. Bob: "The individual [alcoholic] is broken in body and soul and heart, and unable to help himself."

After witnessing the efficacy of Bill and Bob's approach with AA Number 3, Sister Ignatia embraced their cause and circumvented the regulations of her hospital in order to treat alcoholics; often by admitting them instead as cases of "chronic gastritis." When all hospital wards were full, the enterprising nun went so far as to place convalescing alcoholic patients in the holding area for the recently deceased, until room could be found for them elsewhere. This continued until 1939, when she and Dr. Bob persuaded St. Thomas administrators to open the first hospital ward in the country dedicated to the treatment of alcoholics. For many years afterwards, she and Dr. Bob treated the physical ailments of these patients together, while members of the growing AA fellowship treated the spiritual malady at the root of their symptoms.

It was during this period that Sister Ignatia began to advocate the consumption of coffee by alcoholics at every stage of recovery. The coffee pot in the meeting hall or the sponsor's kitchen has since become a waypoint on the road to the fourth dimension that millions of us have followed. It has often been observed that two or more alcoholics gathered together for sobriety will inevitably call themselves an AA group, as long as there's coffee.

As for the medallions, Sister Ignatia started this custom as well. After the usual six-day course of physical rehabilitation she supervised at the hospital, she gave each departing patient a Sacred Heart badge, and extracted from them a pledge that if they were going to drink again, they would return the badge to her first. Those badges were the first AA chips.

Famously known as the "Angel of Alcoholics Anonymous," Sister Ignatia departed this world in 1966 after a lifetime of inspiring service; but her small tokens of hope are still received with humility and gratitude by alcoholics emerging from the prison of their disease into a new life.

*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*

*Now is the time to submit your AA spring and summer events/outings for the calendar*

*March 2014*

**MARCH 9TH STARTS DAYLIGHT SAVINGS TIME! SPRING FORWARD 1 hour!!!**

**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

**PRAASA The Pacific Region Alcoholics Anonymous Service Assembly**, March 7-9 is an annual assembly hosted by one of the 15 areas in the Pacific Region of Alcoholics Anonymous each year and it therefore moves around the region. This year the **San Diego - Imperial Area** hosts. **"Communicating Our Legacies - Vital in a Changing World."**

**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 *(your group name here)*. Potluck 6-7pm, Meeting 7-8pm

**17th ANNUAL DIXIE WINTERFEST March 28, 29 and 30 in St George, Utah.** Website information: [www.dixiewinterfest.org](http://www.dixiewinterfest.org) Fun in the Sun. Speaker meetings, 12 step workshops, banquet, golf tournament and luncheon, hikes/outdoor meeting. Speaker meetings are free and open to the public, all other events require Winterfest registration and name badge.

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

**2014 Area 69 Pre-Conference Assembly** in Park City, March 28 & 29. Hosted by District 2. This is your opportunity to get involved in the General Service Conference (GSC) process by discussing specific agenda items and providing valuable feedback to our Area Delegates Prior to the GSC in NY. For more information, contact your home Group's GSR or your District's DCM or Alt DCM.

*April 2014*

**SaLTYPAA Meeting** at CENTRAL OFFICE on Sunday, April 6 & 20 at 6pm

**CO Board of Trustees Meeting** at CENTRAL OFFICE on Tuesday, April 1 at 6pm

**CO Reps Meeting** at CENTRAL OFFICE on Tuesday, April 8 at 6:30pm

**All Groups Meeting** at CENTRAL OFFICE on Saturday, April 19. Hosted by Happy Destiny. Potluck 6-7pm, Meeting 7-8pm

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

*April/May 2014*

**General Service Conference** in New York City Sunday April 27— Saturday, May 3

**Post Conference Assembly** in St George Friday—Sunday May 16, 17, 18

## My Story

I was first warned about being an alcoholic when I was 17. My dad found me passed out one evening, and in response to his question about where the car was, I apparently told him “the Volkswagen was in the Charger.” The next morning, my father gave me a stern warning about the family history of alcoholism. In response, I made the first of countless promises that I’d never drink again. I stopped drinking at age 19, when, like many Mormon boys, I served an LDS mission. I finished college sober.

I started drinking again during graduate school. As always, the sensation was incredible! The glow of those first few drinks immediately ignited everything that was missing in my life. I still loved alcohol -- its taste, the companionship and the relaxed energy that always came with a few drinks! There’s nothing like it, and I was convinced there was nothing better!

I had no idea where that decision would take me. As 5, 10 and 15 years went by, the glory and wonders of alcohol gave way to the horrors of addiction. At night, I would lie in bed drunk, a bottle hidden in the night stand, and read self-help books. What a pathetic site -- a drunk lying in bed reading *The 7 Habits of Highly Effective People!* I would fall asleep wishing for a better day tomorrow, always promising myself tomorrow would be different.

In March of the year I got sober, I thought I had had enough, and I attended a bunch of AA meetings. Two men at a noon meeting in a bowling alley gave me a Big Book. After a few weeks, I became convinced that I wasn’t so bad, I was feeling better and all I really needed to do was not drink so damn much! I was immediately back in the bars, had drinks hidden in my truck, in my desk at work and always a bottle in my briefcase. Things rapidly deteriorated.

One morning in December, I got up, went to work and had every intention of not drinking that day. By mid-day (just like every day before), I felt the same persistent craving; I needed to drink. I promised myself I’d only have a few and then go home. As I started that day, I had no intention of getting arrested, and as I walked into the bar, I had no such intention. Same thing as I left the bar. Once I took the first drink that day, I lost all control of how much I would consume, and I also lost the power to choose what might happen as a consequence of the first drink. As I got out of my truck that night and stumbled and grumbled along the sidewalk, it was clear that I had certainly lost the ability to pass the field sobriety tests the state trooper asked me to perform.

I returned to the noon meeting and was welcomed with open arms. I needed that noon meeting; the love, support and fellowship of the regulars; and most importantly, I the mid-day infusion of hope and strength that I might be able to go another day without a drink.

Most days I’d hit an evening meeting too. One of those evening meetings became (and remains) my home group. I met a small, tight knit group of men and women who study the AA Big Book. There were 2 members of the group who had been sober just a few months. Here was more hope -- if they could do it, so could I! Others had a little more time and a few had been sober for many years, and had made happy lives without needing to drink. One of the regulars at that Big Book meeting also attended my noon meeting. He was stern, knew his stuff and I wanted his brand of sobriety. He became my sponsor. He taught me the steps and showed me how to use them in my life. He’s still teaching me!

Today, I am seeing the blessings of the AA fellowship and the 12 steps in all parts of my life. I have the abiding love of my family. As Dr. Bob reported, “my business is as good as can be expected in these uncertain times.” I’ve developed a new relationship with “God as I understand him,” and I have a new and comfortable involvement with the religion of my youth. I owe my life to countless people: to Bill and Dr. Bob; to AA members all over the Salt Lake valley; and to many mentors and a kind and loving sponsor. On occasion, I’ve expressed my gratitude to my sponsor and his response is the best advice possible: “Pass it on!”

Mark B

## Step Three

*Made a decision to turn our will and our lives over to the care of God as we understood Him*

“... We had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our director. He is the Principal; we are his agents. He is the Father, and we are His children. *Alcoholic Anonymous* p62, *How It Works*.

Before working a program, I was always saying things like “Nothing ever works out in my favor,” and “If people would just do what I want them to, everything would be ok.” I was very much like the actor the Big Book talks about ,trying to run the whole show. I was playing God, which caused a lot of problems. People couldn't live up to my unreasonable expectations or just weren't living how I felt they should. I then took that personally and felt like if they cared, they would do what I want. I would do this over and over and try to control the situation in other ways. But no matter what was happening, I constantly felt like life didn't treat me right. It is a lot of work trying to be God. It is overwhelming and tiring.

I get so much freedom from Step 3! I no longer need to try and control everything. It took a lot of pressure off of me that didn't need to be there in the first place. Saying the Serenity Prayer and “thy will , not mine, be done” was a great tool while working on this step because while it was freeing. It was also uncomfortable and new to me. Turning my will and life over to my higher power is something I try to do every day, but the days I forget I can always start my day over and live God's will. Today I have a choice. And when I choose God's will, I have peace mind and I'm not overrun by fear and chaos.

Keeley M



## Tradition Three

*The only requirement for AA membership is a desire to stop drinking.*

### My Part

1. In my mind, do I prejudice some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA Group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as a mere sick human like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he been to AA before? What his other problems are?

*These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran Nov. '69 to Sept. '71 They were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.*



# Celebrate Grapevine 70



## Grapevine Turns 70 in 2014

**Written, edited, illustrated, and read by AA members, the international journals of Alcoholics Anonymous are lifelines linking one alcoholic to another.**

Grapevine and La Viña communicate the experience, strength and hope of its contributors and reflect current AA experience through recovery, unity and service.

Founded in 1944, Grapevine cannot receive group contributions and is supported entirely through the sale of subscriptions and products.

A great place to start is the **Grapevine Anniversary Kit**, which includes a wealth of information for you to reate your own events, find writing and submission guidelines and listings of events nation-wide.c For more details, go to <http://www.aagrapevine.org/celebrate-grapevine-70>

## Central Office Salt Lake City Financial Summary January 2014

### Income Statement

<b>Revenue</b>	
Group Contributions	\$ 5,744.12
Copy, Individual & News letter donations	\$ 337.99
Sales - Literature	\$ 6,359.81
Sales - Awards & Misc	\$ 2,168.50
<b>Total Revenue:</b>	<b>\$ 14,610.42</b>
COGS - Literature, Shipping	\$ 6,494.54
COGS - Awards & Misc	\$ 1,065.08
PRAASA Donation	\$ 13.00
<b>Total COGS</b>	<b>\$ 7,572.62</b>
<b>Gross Profit</b>	<b>\$ 7,037.80</b>
Operating Expenses	\$ 4,585.49
<small>(Rent, Bookkeeper, Utilities, Printing &amp; Copies, Answering service, office supplies)</small>	
Other Expenses	\$ (5,025.14)
<small>(Inventory Adjustments)</small>	
<b>Total Expenses</b>	<b>\$ (439.65)</b>
<b>Net Income:</b>	<b>\$ 7,481.54</b>

### Bank Accounts

Checking	\$ 16,296.15
Savings	\$ 25.00
Money Market - PR	\$ 24,039.65
<b>Total</b>	<b>\$ 40,360.80</b>

Home Groups Represented at the  
February 2014  
Central Office Meeting

90th S 3200 W  
A Vision for You Women's  
Bog Irish Group  
Bountiful Men's Group  
Basic Young People's Group  
Big Ugliers  
Bountiful Men's Group  
City at Seven  
Crazy Ladies  
Early Friendship  
Friday Night Young & Alive  
Grapevine Group  
High on the Hills  
Honeys Breakfast  
Life Elevated  
Midvale Lunch  
Murray Group  
New Life  
Nomadic Lunch Bunch  
Nut Buckets  
Red Eye Coffee Group  
SELG  
Spiritual Quest  
Sugar House Men's  
Survive and Serve  
Tooele Groups  
Tuesday Night Southenders  
Tooele Groups  
Women in Sobriety

HOME GROUP MEMBERS,  
PLEASE ENCOURAGE YOUR  
CENTRAL OFFICE REP TO  
SIGN IN AT THE  
CENTRAL OFFICE MEETINGS

BE REPRESENTED!

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 JANUARY, 2014

	Jan 14	Jan 14
Contributions GROUPS		
Prassa Committee	13.00	13.00
Hot Topics	42.00	42.00
Not So Secret Service	17.50	17.50
Red Eye Group	46.46	46.46
90th and 32nd @ 600	100.00	100.00
Every Night Firelight Group	225.00	225.00
Nut Buckets	75.00	75.00
How It Works	200.00	200.00
Women's 12X12	111.00	111.00
12 O"Clock High	80.00	80.00
5-15 Happy Hour	234.50	234.50
A Way Out	43.30	43.30
Acceptance	70.90	70.90
Closed Meeting of Alcoholics	299.00	299.00
DNS Group	320.00	320.00
Early Bird Special	779.00	779.00
Early Friendship	235.57	235.57
Fresh Air 12 & 12	110.00	110.00
Fresh Air Serenity Seekers	150.00	150.00
Grapevine	88.47	88.47
Grub Lunch Bunch	87.00	87.00
Happy Destiny	31.30	31.30
Highland Group	67.00	67.00
Hilcrest	342.00	342.00
Into Action	55.00	55.00
Magna Friendly Bunch	75.00	75.00
No Nonsense	87.30	87.30
Nomadic Lunches	224.20	224.20
Off the Cuff	105.54	105.54
Park City Men's Group	350.00	350.00
South Enders	100.00	100.00
South Valley Lunch	100.00	100.00
Survive & Serve	77.00	77.00
Tenth Step Group	14.95	14.95
Thunder Heart AA	50.00	50.00
Tooele Beginners	61.18	61.18
Unity Lunch Bunch	25.00	25.00
Up Group	25.00	25.00
Wake Up Call	550.00	550.00
Women In Sobriety	75.95	75.95
Total Contributions GROUPS	5,744.12	5,744.12

## Your CENTRAL OFFICE Committee updates from Tuesday, January 14, 2014

Activities Committee: Joel R. reported that they will be hosting a Super Bowl Party at Central Office on Sunday February 2nd, starting at 3pm. They invite everyone to bring a dish to share, although please attend even if you are unable to contribute to the potluck.

Archives Committee: John N. encouraged everyone to continue to drop off the fliers and other information in the basket by the copy machine at Central Office. He also mentioned that they are looking to complete their Grapevine collection and if anyone has any they would like to donate they can bring them down to Central Office. Any issues that aren't used will be distributed to new Grapevine reps or others in the fellowship.

By-Laws Committee: Linda B. reported that they are looking for anyone that would like to join the By-Laws committee and help work on the new items being added.

Cooperation with the Professional Community (CPC) Committee: Jeff M. announced the 1st ever CPC Workshop held at Central Office on Saturday January 18th. Flier attached.

Cooperation with Treatment Facilities (CTF) Committee – No standing chair.

Corrections Committee: Dave R. announced that they would love anyone who is interested to come get involved with taking meetings into the jails.

Hotline Committee: No report from Melinda A. There was a flier distributed asking for anyone who would like to volunteer to take the phones.

Literature Committee: Chris H. was no present. However Charlie T. did pass out the "Pamphlet of the Month" which was on Corrections.

Newsletter Committee: Gina F. reported that they will include a new standing feature about the 12 chapters in the big book. In February they will begin with Chapters 1 & 2. Also they will be starting another feature called "The NonAlcoholics Who Have Helped Us" about individuals who have helped AA along the way. Please forward any ideas for future topics to be published in the Central Office Lifeline to Gina F. at [life-line@saltlakeaa.org](mailto:life-line@saltlakeaa.org).

Outreach Committee: Charlie announced how excited we are for the All Groups Meeting for January to be hosted by the Tooele Beginners Meetings on 1/18/2014. There is an Outreach Committee meeting on January 28th. They look forward to getting someone out to all the meetings.

Public Information Committee: Karen S. reported that they have had a whole lot of people volunteering to take information out to the public. Looking for locations where she can put information about AA at.

Twelfth Step Committee: Al L. was unable to attend. But Christy reported that there were nine 12th Step calls that were answered in the month of December. If anyone is interested in working on the Twelfth Step Committee should contact Al L. at [12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

Website Committee. Jonathan H. was unable to attend so Christy reported that they are looking for people with website experience to volunteer. 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@salklakeaa.org](mailto:webservant@salklakeaa.org).

Volunteer Committee: Susan reported that they have had so many people volunteering and they are currently referring people to the standing committees. She also gave a reminder that she is manning the event calendar for the site so to please get her anything the groups would like listed there.

**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.**

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? Please let us know below!