



LIFELINE—

CENTRAL OFFICE OF SALT LAKE NEWSLETTER

In This Issue

- I Am A Sober Father
- Step 5 & 6
- Tradition 5 & 6
- A.A. Trivia
- Calendar of Events
- Financial Statement

I Am A Sober Father *Spencer S. Salt Lake Resident*

I remember I always wanted to be a dad. Growing up, I dreamed of having a son of my own one day. I would teach him how to be a gentleman, play golf, work hard for the things he wanted, to always be honest and not to take things for granted. Enjoy life!

When I was younger I thought by the time I had turned 25 I would have a wife, a few kids, a high paying job, so on and so forth. But alcohol and drugs seemed to over rule those aspirations. I struggled with alcohol for 15 years and created a great deal of wreckage along the way. I became very selfish and being responsible for another human being was completely out of the question. I eventually wised up when things got as bad as they did for me. I reached out and found a way with the help of and others and a higher power to overcome my addictions.

(Continued on Page 4)

My Experience With Step 5 *Toni L.. Salt Lake Resident*

It was my fourth time going through the steps before I thought I really “got” it on step five. (By got it, I mean that I felt I finally understood the real objective.) The first three times were not by any means a waste. They were like a warm up for the real thing.

As it says in the Big Book, “More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn’t deserve it.” My life had been spent trying desperately to appear to know everything and always be right.

(Continued on Page 5)

The Sixth Step *Kevin L.. Salt Lake Resident*

The enigmatic Sixth Step, after the buildup to Step Four and the ceremony of Step Five, seemed lost to me the first time through...and second. Sitting quietly for an hour with nobody watching, nobody timing, nothing to turn in, felt just so anticlimactic. But living sober I’ve learned the gravity of Step Six and that being entirely ready to have God remove my defects of character is not a one-time act for me but a continuous challenge. So I go on, progress not perfection. By now I know that alcohol is a dire life-or-death deal for me: I don’t drink or I drink. I now know, too, that if I just don’t drink, I just don’t feel right, like I used to not feel right until I drank.

(Continued on Page 6)

Central Office of Salt Lake City

(801) 484-7871

80 West Louise Avenue (2850 S.)
Salt Lake City Utah 84115-2860

Hours of operation

Monday-Friday
10am to 5pm
Saturday 10am to 2pm

Call for Holiday Hours

**NEXT CENTRAL OFFICE COMMITTEE MEETING:
JUNE 9th 6:30pm @ CENTRAL OFFICE**

Central Office Board of Trustees

board@saltlakeaa.org

Chair — Wendy W

Co-Chair — Chris H

Secretary — Beverly A

Treasurer — Martin C

Trustee at Large — Mark A

Trustee at Large — Ray J

Central Office Standing Committees

Activities — Danielle A

activities@saltlakeaa.org

Archives — Josh D

archives@saltlakeaa.org

Cooperation with the Professional Community — Mike S

cpc@saltlakeaa.org

Corrections — David R

corrections@saltlakeaa.org

Hotline Telephone — Danny R

hotline@saltlakeaa.org

Literature — Allison F

literature@saltlakeaa.org

Lifeline Newsletter — Hailey S

lifeline@saltlakeaa.org

Outreach — James S

outreach@saltlakeaa.org

Public Information - Laura C

pi@saltlakeaa.org

Technical Support — Shayne F

it@saltlakeaa.org

Treatment- Randy C

ctf@saltlakeaa.org

Twelfth Step — Tim E

12step@saltlakeaa.org

Volunteer — Cody S

volunteer@saltlakeaa.org

Website — Doug R

webservant@saltlakeaa.org



Central Office Of Salt Lake City

Greetings from the new Newsletter Committee, I'm Hailey.

We are in need of a central office Secretary. Due to this position not being filled there are no central office Committee meeting minutes this month. If you are interested in this position please come to the next Central Office meeting on June 9th 6:30pm.

I fall, I rise, I make mistakes, I live,
I learn, I've been hurt but I'm alive. I'm
human, I'm not perfect but I'm thankful.

~ UNKNOWN

SALT LAKE CENTRAL OFFICE Statement of Purpose

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

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

7th Tradition Contribution Address-

A.A. World Services

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

Salt Lake Central Office

//80 West Louise Ave.
Salt Lake City, UT 84115

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

Area 69 Treasurer

PO Box 286
Hyde Park, UT 84318
[http://utah.aa.org/
contributions.php](http://utah.aa.org/contributions.php)

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

District 10 Treasurer

PO Box 57271
Murray, UT 84157



We welcome your correspondence and will publish your material, space permitting and if it meets editorial criteria. Share your experience, strength and hope with another alcoholic. To request a free subscription or to submit AA related content please do so by sending an email to: lifeline@saltlakeaa.org

Tradition 5 *Jak M South Dakota Resident*

"Each group has but one primary purpose— to carry the message to the Alcoholic who still suffers."

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying **its** message to the alcoholic who still suffers.

(long form, pg. 563 4th Ed.)

AA unity means that we agree to the 12 Traditions. The 5th Tradition of Alcoholics Anonymous states that each group carries its message. I will not belong to an AA group that does not use AA literature. But I can do nothing at all about a group that carries a message that I do not support. Oh, I can complain about them and carry my message of resentment to the newcomer. (and I have done so) But that is not a recovery message. I can encourage members to seek the path of the founders. But I dare not play God and try to control other groups. Nor does anyone I have met in AA Service.

Jak M

Central Office Committee Meeting Group Attendance: MAY

High on The Hills	10th Step Group
Basic Young Peoples	Keep It Simple
Young And Alive	South Enders
Happy Destiny	Hot Topics
Park City Mens Stag	Garden Variety
5:30 Non-Smoking Sobriety Hour	5:15 Happy Hour
Uni-A New Way	Midvale Lunch Bunch
Sat. Morning SOTS	Highland Group
Sharing and Caring Group	Fresh Air Group
Life Elevated Group	City at Seven
Park City "Wake Up Call"	Back to Basics
Nomadic Lunch Bunch	Murray Group/Holladay

Sober Dad Continued...

My life changed almost instantly when I got sober. I had hope and acceptance for the first time in a very long time. I met my loving wife in sobriety. We wed a couple years later and she got pregnant a few years after that. I was terrified! Was I really going to be a dad? How could I live up to this? Questions I'm sure all soon to be fathers have. As my anxiety grew so did her belly. I would ask other dads things like "how much did your life change" or "did you have to give up everything you enjoy doing?" Was I really ready to be a father?

August 2013 we had our baby boy as soon as I saw his face all those questions and fears were erased. It's something I can't put into words but I'm sure many know and can relate to the joy of holding a newborn and

feeling all its life generating from their tiny body.

I'm positive I couldn't be the father I am today without sobriety. I enjoy every minute I spend with him. Watching him grow and learn so fast never ceases to amaze me. I'm proud to be a dad and grow older with this beautiful gift of raising children. Don't get me wrong being a dad isn't always easy but for me it's worth it and I credit my sobriety for putting me in a position to be there for my baby boy. I love you son! **Spencer S**



Calendar of Events

June 5-7

Price Alano Club Campout at Utah Power and Light Campground in Huntington Canyon. For more information call Robert: 435-630-1847

June 7th

Founder's Day Picnic at Liberty Park 900 S 700 E Rice Terrace Pavilion 10:00am-6:00 Meetings, Meditation, Games and Food. -Dani 808-594-8533

June 13th

Bridging The Gap Workshop 10:00am-3:00pm 496 W. 1400 N Orem, Utah (Behind Wasatch Plaza)
Hosted by District 3

July 2-5

International Convention of Alcoholics Anonymous in Atlanta, GA

August 14-15-16

Maple Grove Camp Out Friends, Family & Fun Maple Grove Camp Grounds Scipio, Utah Registration Starts Friday at noon For more information call Ralph 801-598-0732

August 15-16

Area 69 Pre-Assembly Workshop Hosted by District 2 Sons of Utah Pioneer Hall 3301 E. Louise Ave. Salt Lake

September 11-13

Women's Big Book Retreat Trifoil Girl Scout Camp, Provo Canyon, Utah

September 11-13

National Bridging The Gap Workshop in Park City, UT Information coming soon

September 25-27

District 11 Fall Assembly. Information coming soon

October 3-5

Fellowship of the Spirit at The Lodge @Mountain Village in Park City, UT For more info: www.fotsutah.com

October 16-19

Dixie Central Office OktoberFest in St. George, UT

November 7-8

Fall Workshop. Information coming soon.

December 5

Area Committee Meeting (Area Inventory) District 11. Information coming soon.

Step 5 Continued...

I wanted people to think I was the smartest, fastest, toughest person in the crowd. I felt I had to do this to protect myself from being hurt. Honestly admitting to another person that I had made mistakes was a very humbling experience. To admit that my approach to life had failed, that I wasn't all that I pretended to be, crumbled all my defenses.

But the gift of step five was that I finally felt like a worker among workers, a garden variety drunk. I felt that I now truly belonged in the fellowship. It was a huge relief that I didn't have to continue to work so hard to appear to be someone I wasn't.

Toni L



2015 INTERNATIONAL CONVENTION
ALCOHOLICS ANONYMOUS

July 2-5, 2015 • Atlanta, Georgia

Coordinated by A.A. World Services, Inc.

80 YEARS - HAPPY, JOYOUS AND FREE

What Does Tradition 6 Mean Anyway? *Tommy H*

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

The message in this tradition is AA's pledge to remain poor. In fact, one could say AA pioneered the concept of corporate poverty.

The accumulation of money, property, power has been the downfall of many an organization. The most well intentioned group eventually gets into a massive bickering session, and the slide begins. But then again, lots of organizations do a lot of good with lots of money. I have a friend who works for an organization that gives Bill Gates's money away to third world nations for health care projects. What could be a better cause than that?

The fact is, money is not the lifeblood of AA. We need just enough to cover expenses, any more than that is a nuisance. Just attend a GSR meeting in your district and whenever the subject turns to money...watch the b*tching session begin.

Let's see what Bill has to say about this whole thing about money.

"The core of AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, our expenses!"

From The Grapevine, May 1948

Tommy H

The Sixth Step Continued...

Today, when I know in the pit of my stomach that I am up to no good, then I can ask for God's help and be willing to let my best bad ideas go. So am I willing to have God remove all of my defects of character? Yes – let him decide which ones should go, as he knows better than me. I do not have to decipher His strange design for me, just ask for His help, and listen for His answer.

Kevin L

A.A. Trivia

1. How many Members were there when the Book Alcoholics Anonymous was written?
2. How many pages were in the original "Big Book" without stories?
3. Which book is written about Bill W?

A.A. Birthdays

Nomadic Lunch Bunch

Matt 6 Months

Kim 17 Years

Steve 6 Months

Bob C. 19 Years

Diane 6 Years

Eddie 24 Years

Morris 16 Years

Myrna 31 Years

Central office Income Statement

	<u>2015</u>	<u>2014</u>
Revenue		
Group Contributions	\$ 2,926.91	\$
Copy/Newsletter donations	\$ 413.18	\$
Sales - Literature	\$ 7,116.02	\$
Sales - Coins & Misc	\$ 1,465.50	\$
Total Revenue:	\$ 11,921.61	\$
COGS - Literature	\$ 7,098.93	\$
COGS - Coins & Misc	\$ 731.38	\$
Total COGS	\$ 7,830.31	\$
Gross Profit	\$ 4,091.30	\$
Operating Expenses (Rent, Bookkeeper, Utilities, Printing)	\$ 3,074.26	\$
Other Expenses: Activities Committee	\$ 215.79	\$
New Software/Computer/Vacuum	\$ 1,269.85	\$
Total Expenses	\$ 4,559.90	\$
Net Income:	\$	\$

Bank Accounts

Checking	\$ 12,116.05	\$
Money Market - PR	\$ 24,099.60	\$
Total	\$ 36,215.65	\$

New Purchases:

Quickbooks Renewal:	\$346.14
New Computer:	\$823.72
Vacuum:	<u>\$99.99</u>
	\$1,269.85

A.A. Trivia Answers

1. More than 100 men and women
2. 164, same as today
3. Pass It On

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Salt Lake City, Utah 84115

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Amount donated: \$3.00 \$5.00 \$10.00 Other \$ ____

Contact Us

Give us a call for more information about our Newsletter, Meeting Schedules and Events.

Salt Lake Central Office
80 West Louise Avenue
SLC, UT 84115
(801) 484-7871

lifeline@saltlakeaa.org

Visit us on the web at
www.saltlakeaa.org.com

Happy Father's Day To The Men who have touched our lives.