



LIFELINE

SALT LAKE CENTRAL OFFICE NEWSLETTER

In This Issue

- Emotional Sobriety
- July Central Office Committee Meeting Minutes
- Calendar of Events
- Financial Statement
- Utah Area 69 Pre-Assembly Workshop Information
- 2015 International AA Conference
- Friendship Group
- Step 8 Tradition 8

Utah Area 69 Pre-Assembly Workshop Purpose

This year's Utah Area 69 Pre-Assembly Workshop will be held on August 15-16, 2015 at the Sons of Utah Pioneers Hall. The address is 3301 E. Louise Ave. (2920 S.) in Salt Lake City.

The purpose of this Area Workshop is to provide a forum to discuss the General Service Conference theme and the corresponding workshop topics for the current year. The Area Committee will hold a business meeting on Saturday from 9 am until 12:00 pm. The workshop will begin at 12:00 pm on Saturday and will end at 12:00 pm on Sunday. All are welcome to attend. To view the flyer for this event, please visit the Utah Area 69 website, www.utahaa.org, and click on the link for the Pre-Assembly Workshop.

2015 International AA Conference Doug R.

"We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

"The tremendous fact for every one of us is that we have a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action" - *Alcoholic Anonymous* page 17.

And it truly is a fellowship that is indescribably wonderful. At least that's has been and continues to be my experience.

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

Central Office Board of Trustees

board@saltlakeaa.org

Chair — Nick R

Co-Chair — Doug R

Secretary — Gina F

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... **WE NEED A NEW EDITOR.** I

have more on my plate than I can currently handle. Come to the next CO Rep Meeting August 11th @ 6:30pm to volunteer for the position. Also...

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

SALT LAKE CENTRAL OFFICE

Statement of Purpose

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

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

7th Tradition Contribution Addresses

A.A. World Services

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

Salt Lake Central Office

80 West Louise Ave.
Salt Lake City, UT 84115

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

Area 69 Treasurer

PO Box 286
Hyde Park, UT 84318
<http://utah.aa.org/contributions.php>

District 10 Treasurer

PO Box 57271
Murray, UT 84157

**“We Are Fully Self Supporting through
Our Own Contributions.”**

Volunteers needed to Help Central Office Committees!

Activities: Dani A. Activities@saltlakeaa.org

**Corrections: Dave R. needs more volunteers
to fulfill the large number of meetings wanted.
corrections@saltlakeaa.org**

Emotional Sobriety *Pat*

I grew up in an alcoholic home with two functional alcoholic parents. This was a traumatic childhood that I can bring into my relationships. My parents would get drunk together every night. My folks drank martinis; I loved the martini olives, and this wet my pallet for alcohol. They would visit with each other, and the only way we could be heard was to interrupt and talk over. This is a terrible habit to bring into work or social settings.

My dad was OCD about cleanliness and terrorized us when we made messes. Mom would say clean up your toys in one minute or daddy will leave home and never come back. My folks introduced me to drinking at seventeen. At home I was a rebel without a clue and broke all of the rules at work as well. I'm no longer in my alcoholic home and do not need to be defensive and aggressive, protective and reactive, apologizing and explaining, and repeating and complaining.

In 2004 I realized I had an allergy to alcohol. I was an addict from the start guzzling codeine cough syrup as a child. At seventeen I attended my first party and argued with the host, and he beat me up. At nineteen I was binge drinking with relatives and became mentally ill but never realized that drinking caused mania.

As a teenager I developed anorexia and bulimia and have had weight issues on and off for years; this was coupled with different psychiatric medications. I had knocked off most drinking in my twenties due to feedback from a psychiatrist boyfriend and never wanting to drink like my parents. I began seeing a psychiatrist who suggested I read the book *Adult Children of Alcoholics* where in I figured out that I grew up in an alcoholic home.

In my thirties I became mentally ill after drinking with my parents in their home and made a suicide attempt and almost died. I lost everything and spent two years living on welfare and food stamps. I had become disabled and survived on Social Security. When returned to the workforce, I had impaired memory from benzodiazepines and got sick and had to be hospitalized going off this med. Eventually psych meds became available that enabled me to work again. I discovered an allergy to steroids in my 7th year of sobriety. Any type of steroid makes me manic.

I found a New Age Church where I discovered a Higher Power. I met the man of my dreams and found the ability to work again. I quit smoking in 1999, quit benzodiazepines in 2001, alcohol in 2004, and steroids in 2011.

I was diagnosed with Multiple Sclerosis in 2008 and lost my job due to cognitive impairment. When I got sober in 2004 by working the steps with battle axe AA and Alanon sponsors, the recovery promises came true for me. My life is a whirlwind of acceptance. I can say God is breathing for me, thinking for me, acting for me, standing for me, listening for me, speaking for me, and one with me. I can quiet the mind and have God show me the way. I can pretend that God is saying to me "Yield to me; let me guide you; let me protect you; let me take care of you; let me relax you; let me soothe you; let me heal you, and let me cure you." I can quiet the mind and have God show me the way. I can focus, concentrate, watch, observe, reflect, notice, and listen. I can look around me and be blessed. I can be soft and slow, loving and giving, balanced, healthy, and faithful.

The recovery promises have come true for me, and the obsession with alcohol has been removed. I am seldom interested in liquor, and if tempted, I recoil from it as if from a hot flame.

Emotional sobriety means not wanting to hurt myself. I can be rid of my "bad girl complex". When I want to hurt myself, I can say, "Thank you old habit, but I don't need you anymore." Pain and mania are not in charge, and I can accept love and love myself.

Perfectionism is a tool to be critical; I can be loving and giving instead. I can "Be still and know I am God" and practice awareness, acceptance, and action. Instead of fear I can change my negative thoughts to positive. I can let go of self-seeking and ask for freedom from self-will. I'm grateful today for the ability to be of service to God and to my fellows. Under God's care I can pause, slow down, and stand now, walk now, drive now, listen now, speak now, and cognate better today. Amen! **Pat** 4

Calendar of Events

August 14-16

Maple Grove Camp Out. Friends , Family & Fun. Maple Grove Camp Ground, Scipio Utah. 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

August 26

Central Office Cosmic Bowling Activity. Bonwood Bowl 6-10pm

Sept 11-13

Women's Big Book Retreat Trifol Girl Scout Camp. Provo Canyon, Utah Call Heather with questions: 801-687-7644

Sept 11-13

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

Sept 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

District 11 Area Committee Meeting (Area Inventory)

FRIENDSHIP GROUP - 10AM Saturdays Clark P

In 1983, when loneliness and desperation prodded me to go to more meetings, I discovered the newly formed Friendship Group that still meets Saturday 10 o'clock in the basement of Friendship Manor [thus the origin of the name]. In 1983, Saturday had only two daytime meetings, the Friendship Group and an afternoon 11th step meeting at the Alano Club.

The Friendship Group was like no other. It had been started by residents of the apartment building built for the elderly and disabled.. The group was attended by mainly older women with quality sobriety. There were few men. I was a humble, frightened and motivated student of AA back then, and not the "know it all prick" that I've turned into. I bonded with the women who were gracious, patient, encouraging, knowledgeable, and to me surprisingly fascinating. When these older women opened up with their alcoholic adventures, I was flabbergasted. The little lady with the knitting bag told promiscuous stories that embarrassed me, who grew up during the free love 60s. There was May S. a resident of Friendship Manor with 40 years of sobriety, Pat N., born in territorial New Mexico [one of the wisest people I've ever known], Kay P. a cornerstone of the group, married to Matt P. who was a "General" of my home group the Men's Sugarhouse Group. And there were others Beverly H. Mary O., Betty G. and Bonnie P. that were equally as well grounded and had fascinating stories behind their deceptive looks of crocheted sweaters and bifocals. I am grateful these women took me in. They were educated in

the ways of the 12 steps. Even though these women understood the theoretical truths, they insisted on being pragmatic in their approach. Their tradition was to go to the Village Inn for breakfast after the meeting. I invited myself and was welcomed. There, at the café, after the meeting, fellowshiping proved its' value. These wonderful women were full of applied wisdom but also students of other philosophical thoughts. I was surprised when conversations would include Gurdjieff, Alan Watts, Krishnamurthy, The Hemlock Society, or even Allen Ginsberg. I learned to keep quiet and learn rather than show my ignorance.

As the population of AA grew, the meeting grew and the demographic became more general. Because it had the exclusive Saturday morning time slot, the meeting gained popularity. Years later, a satellite meeting broke off to 8:30 and has proved very popular. Even the 8:30 meeting got so crowded that another one broke off of that and is now on 17th South and 17th East. All of this proves Saturday morning is a delightful time to take in the fellowship. But the traditional taproot is 10 o'clock at Friendship Manor. It is a 12&12 book study meeting that everybody finds valuable in its illumination of the 12 steps.

The grand old heirloom meeting is still dedicated to traditional AA truths and traditions. The regulars are knowledgeable, helpful and anxious for some new players. This summer it is lightly attended and I encourage you to make it a regular part of your Saturday morning like I did for so many years.

Clark P.

Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all”

“We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self- appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*

-A.A. Big Book p.76

Tradition 8

Practice These Principles...**

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- 1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
- 2. When I chafe about any particular Tradition, do I realize how it affects others?
- 3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
- 4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
- 5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- 6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
- 7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

** These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

A.A. Birthdays

Happy Group

Katy R. 2 Years
Drew 6 Months

City at Seven

Destiny 1 yr
Ryan 3 yrs
Chris 6 yrs
Daniel 6 yrs
Christopher 7 yrs
Jason 18 yrs

Nomadic Lunch Bunch

Debbie 60 days
Brett 1 yr
Sue 2 yrs
Ann 2 yrs
Chad 5 yrs
Tammy 6 yrs
Sheilia 10 yrs
Rick 17 yrs
Job B 27 yrs

Life Elevated Group

Lone Peak Facility Utah State Prison

Derrick 1 Yr
Steven 18 Mo
Luke 6 Mo

International AA Conference... Continued

The fourteenth International convention held this year in Atlanta Georgia was no exception! 57,000 of my closest and dearest friends gathered over the 4th of July weekend to celebrate AA's 80th birthday! And what a celebration it was!

The opening celebration on Thursday July 2 started with a flag ceremony. The crowd was electric with excitement as the announcer counted down to the beginning of the weekend event. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 was displayed on the jumbo screens at the Georgia Dome. The crowd cheered as a marching drum band made its way through the capacity filled stadium and on to the stage.

98 countries from all over the world were represented. The first was a Native American, then alphabetically each presenter proudly carried their country's flag out from behind the stage and placed them in their stand on either side of the stage where they stayed throughout the conference.

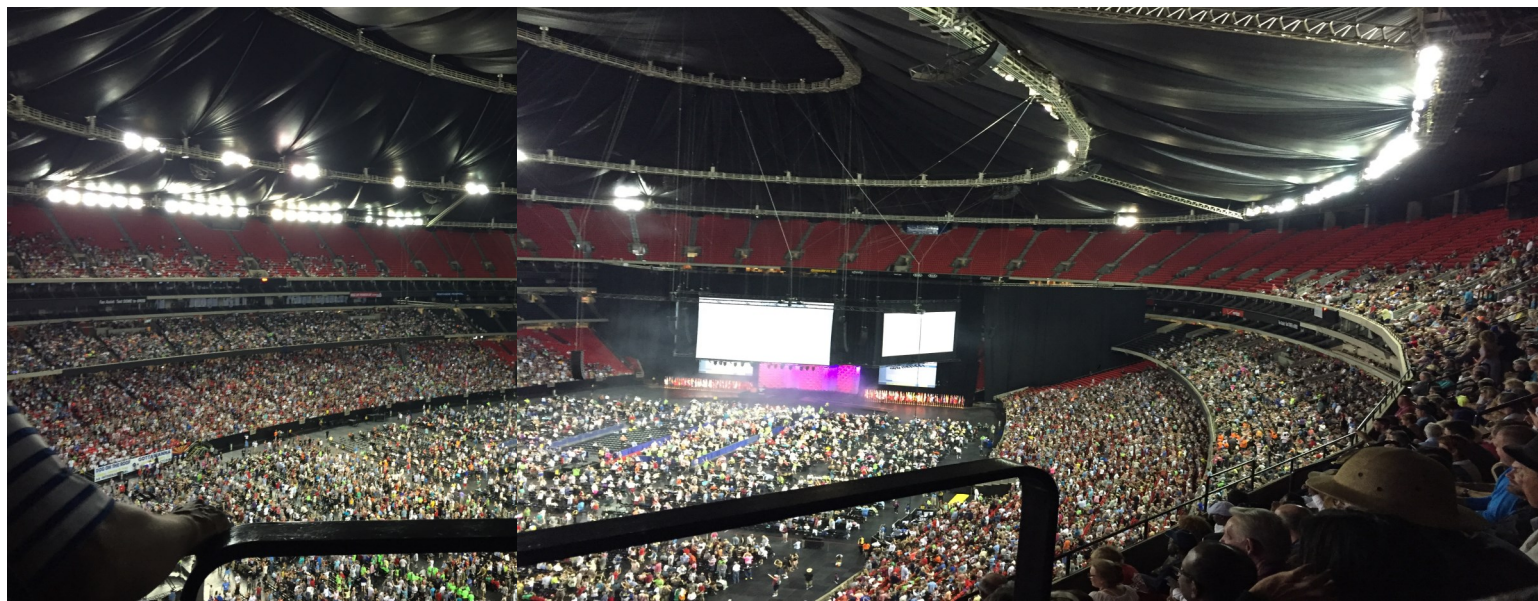
The opening ceremony culminated with a speaker meeting in which three members of Alcoholics Anonymous shared what it was like, what happened and what it's like now. The message of hope was strong and prevalent!

There were many more workshops than any one person could go to at once. There literally were at least four or five to choose from at any given time. It was suggested to me to get to the ones I wanted to attend at least a half hour early, which was good advice because the rooms tended to fill up very fast! Our friend Charlie T bought the entire set of recordings so they will be available very soon.

Saturday's main meeting is what they call the "old timers" meeting. To be considered an old timer you have to have 50 or more years. At that meeting there were 100 people with 50 years or more of sobriety, and in a little section in front of the stage sat over 5,300 years of sobriety! I can't imagine that, I can't imagine how much collective sobriety there was with 57,000 of us in the Georgia Dome!!! They drew 12 names from that 100 and each one got 5 minutes to share. I thought for sure they would get up there and say, "Ok boys and girls here's how you do it" They didn't! In fact one guy, I forget his name so I'll call him Bob. When he got his turn he said, "My name's Bob and I'm an alcoholic, I'm American / Mexican, except when I was drinking, then I was an Italian." Then would just laugh and laugh, He said you guys give him the giggles! That's attraction to me, that's exactly what I want from this deal, and for the most part that's exactly what I have. I am Happy, Joyous and Free!

Even with 57,000 of us there at the International and knowing that there are over 2 million members worldwide the thing that really struck me was that it's still about one alcoholic sharing with another alcoholic. Two people carrying the message of hope, the message that our founders wrote in the first 164 pages of our book. We are so blessed to have this program of recovery, this way of living that really does work.

This year I decided two weeks before the conference to go, I had never attended one before. I'm already making plans for the next one that will be held in Detroit in 2020. I'm planning on renting a condo for the week. Anyone want to come with?
Doug R.



Salt Lake AA Central Office Reps

Meeting Minutes for

July 15, 2015, 6:30 PM

Meeting called to order by Nick R, Board Chair, at 6:30 pm

Nick R read the Central Office Statement of Purpose. Nick asked attendees if they would be ok to have only the new CORs introduce themselves, rather than go around the entire group to save time. Attendees unanimously agreed.

Treasurer – Martin C reported that CO continues to be in healthy financial condition. Asked CORs to ask their group member who submits the donations to clearly identify the group name, and a contact name and phone number.

Old Business:

Charlie T presented details for starting and maintaining meeting(s) for the deaf. Discussion of pro and cons, including cost to hire a sign language professional. Final show of hands on proposal: 22 for, 11 opposed. Points made by opposing groups: a) each group should be autonomous; b) funding for a sign language interpreter should come from district office, not central office; c) sign language provider should be a service position, not a paid position.

Standing Committee Reports:

Activities – Dani A reported that the Moonlight Hike will be held on July 31 at Red Butte Garden Shoreline Trail to the Living Room. Cosmic Bowling Party planned for August 26, 6-10 pm at Bonwood Bowling, 2500 S Main Street. Researching options for the Chili Cook off including St Ambrose Church which requires a member of the congregation to “sponsor” event. Other locations being considered. Committee considering an evening picnic event. More help needed. Nick asked CORs to take event fliers to home groups and encourage members to volunteer.

Archives – Josh D reported all is well

Corrections – Dave R needs more volunteers to fulfill the large number of meetings wanted. Application forms and instructions for submission provided. He asked that Lifeline publish birthdays. Gina told him she would make that happen.

CPC – no report

Hotline – Danny R reported a break down in calls being taken during certain time frames. Requested a volunteer to take calls Monday 12 am to Tuesday 10 am. Patrick R volunteered.

Literature – Allison F reported on pamphlet of the month, The AA Member – Medications and Other Drugs. Presented project to provide a portable central office book and pamphlet “store” for CORs to take to meetings. Creating a price list and is addressing other issues before launching.

Lifeline Newsletter – Hailey S provided report to Gina by phone. She needs to resign and will help until new chair is found. Doug R, Gina and Jenny will help Hailey.

Outreach – no report.

PI – Laura C stated nothing to report

Tech Support – no report

Treatment – report given by Kim in Randy C’s absence. Randy’s father passed away. Continuing efforts to coordinate with the districts. District 10 has a new chair, Chris

(Continued on next page)

12th Step Committee – Tim E needs more volunteers

Volunteers – Cody S reported that the first Volunteer meeting will be held on Saturday, July 18 at Noon at Central Office.

Web servant – Doug R, Web site is receiving a healthy number of hits including new and ongoing users. 6,034 sessions, 3,070 users, 40% new users, 60% returning users, 70% from mobile devices. Explained web can be accessed from mobile devices. Please contact Doug directly to learn how to do this. Has updated calendar of events. Asked CORs to see if any of their home group members have techy talent as they are needed for his committee. They can contact him directly at web-servant@saltlakeaa.org. Thanked everyone for keeping him up to date on events. Introduced Pete to present details on the National Bridge the Gap Workshop being held in Park City Sept 11 – 13, 2015. Needs help with hospitality and other positions. See Area 69 assembly at utah.aa.org.

Nick asked all who attend meetings in addition to their home groups to find out if they have a rep, invite them to vote one in, and send them to meetings so they are represented in the body. Nick stated he is not interested in changing things, just growing representation of the meetings.

Next CORs meeting on Tuesday, August 10, 2015 at 6:30 pm at Salt Lake Central Office.

Meeting adjourned followed by the Serenity Prayer.

Respectfully submitted,

Gina F

Central Office Board Secretary

July 16, 2015

**The Next AA Central Office of Salt Lake Committee Chair Meeting Will Be Held
August 11, 2015 at 6:30pm
Central Office of Salt Lake City 80 West Louise Avenue (2850 S.)**

**Central Office Rep Meeting
Attendees: July 2015**

Hot topic
Draper Group
Garden Variety
Women in Sobriety

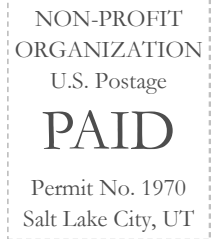
Welcome Home
Sharing and Caring
SLC Group
BBT&T
Nomadic Lunch Bunch

Speak Easy Ladies
Sat Morning SOTS
Chapter 5
Southenders
Get AA

June Financial Statement

<u>Income Statement</u>		
	<u>2015</u>	<u>2014</u>
Revenue		
Group Contributions	\$ 2,136.53	\$ 1,148.80
Copy/Newsletter donations	\$ 68.56	\$ 104.83
Sales - Literature	\$ 5,431.36	\$ 6,017.60
Sales - Coins	\$ 1,900.00	\$ 1,760.00
Total Revenue:	\$ 9,536.45	\$ 9,031.23
COGS - Literature	\$ 5,397.14	\$ 6,046.34
COGS - Coins	\$ 924.02	\$ 886.77
Total COGS	\$ 6,321.16	\$ 6,933.11
Gross Profit	\$ 3,215.29	\$ 2,098.12
Operating Expenses	\$ 3,079.25	\$ 3,235.28
(Rent, Bookkeeper, Utilities,		
Comittee Expenses: Web-	\$ 19.95	
Volunteer Snacks	\$ 13.89	
Activities (Founders Day/	\$ 389.59	\$ 232.58
Literature	\$ 11.42	
Total Expenses	\$ 3,514.10	\$ 3,467.86
Net Income:	\$ (298.81)	\$ (1,369.74)
<u>Bank Accounts</u>		
Checking	\$ 14,975.15	\$ 13,196.79
Money Market - PR	\$ 24,103.70	\$ 24,059.44
Total	\$ 39,078.85	\$ 37,256.23

Salt Lake Central Office Inc.
80 West Louise Avenue
Salt Lake City, Utah 84115



Return Service Requested



Your Donation Is Appreciated!

If you would like to receive *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

You may also access /sign up to receive *LIFELINE* via email.

Visit the Salt Lake Central Office website: saltlakeaa.org

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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 Mother's Day To The women who have touched our lives.