



# LIFELINE—

CENTRAL OFFICE OF SALT LAKE NEWSLETTER

## In This Issue

- Request From GSO
- Step 7
- Tradition 7
- Calendar of Events
- Financial Statement
- Group Contributions

## Call For Fellowship Sharing

Exciting news! General Service Office (GSO) has sent out a request to begin gathering stories from our Fellowship on three projects resulting from the 2015 65th General Service Conference Advisory Actions on Literature. These include the revisions and updating of the "A.A. for the Woman" pamphlet including stories from women in the military, single mothers, and women of diverse backgrounds, and "A.A. for the Gay and Lesbian Alcoholic" seeking stories from A.A. members who are gay, lesbian, bisexual, transgendered, or gender nonconforming, especially regarding being a newcomer and sponsorship. And a call for stories of wide A.A. recovery experience from members with mental health issues and from those who sponsor such members. From 3 separate memos dated June 10, 2015 from Mary L, Secretary to the trustees' Literature Committee:

*(Continued on Page 4 )*

## Step 7 What it Means To Be Humble *Sober.org*

If you have successfully completed the first six steps of the Twelve Steps of Alcoholics Anonymous, you are ready to move on to AA Step 7. In steps three through six, you made the decision to turn your will and your life over to "God as you understood Him," tackled the task of making a "searching and fearless moral inventory" of yourself, admitted your wrongs, and were "entirely ready" to let God remove your defects. In the 7th Step of Alcoholics Anonymous, you will "Humbly ask Him to remove your shortcomings." In order to compete this task successfully, you will need to understand what it means to be truly humble.

*(Continued on Page 4 )*

## Tradition 7: Responsibility *Alethea H.*

There are so many benefits to this tradition for the alcoholic and for the group and for all AA as a whole. When we first come into AA we were at a bottom -- nothing was working for us. Many did not have a job or a place to stay, but most could still find the money for the next drink. We surrendered to the fact that we could no longer drink, because of the price it required of us, and that wasn't money. So slowly we put in a basket what little we had and began to acquire a life worth living. It made us responsible for the first time (for many of us) to become a part of taking care of ourselves. Many times we look at AAers who have been around awhile who feel they have paid enough dues, and leave the burden of being financially responsible to newcomers who believe in the 7th tradition.

*(Continued on Page 5)*

**NEXT CENTRAL OFFICE COMMITTEE MEETING:  
JULY 8th 6:30pm @ CENTRAL OFFICE**

## 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](mailto: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](mailto:activities@saltlakeaa.org)

**Archives — Josh D**

[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

**Cooperation with the Professional Community — Mike S**

[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

**Corrections — David R**

[corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)

**Hotline Telephone — Danny R**

[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

**Literature — Allison F**

[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

**Lifeline Newsletter — Hailey S**

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

**Outreach — James S**

[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

**Public Information - Laura C**

[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)

**Technical Support — Shayne F**

[it@saltlakeaa.org](mailto:it@saltlakeaa.org)

**Treatment- Randy C**

[ctf@saltlakeaa.org](mailto:ctf@saltlakeaa.org)

**Twelfth Step — Tim E**

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

**Volunteer — Cody S**

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

**Website — Doug R**

[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)



Central Office Of Salt Lake City

Greetings from the new Newsletter Committee,

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](mailto: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 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

### **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.”**

**ALL GROUPS MEETING NEEDS YOUR  
GROUP TO CHAIR THE MEETING!  
SIGN UP TODAY!!**

Third Saturday of Every the month at A.A. Central  
Office

6pm Pot luck and fellowship Meeting to follow at 7pm

Call Central office of Salt Lake 801-484-7871 or come  
in to sign your group up. 80 w Louise Avenue 2850 S.

Contact James S for more info 801-638-2501



## Step 7 Continued...

The root "hum" means earth as in humus and, humor. When the definition says that Humble means "lowly" it does not mean servile or inadequate. It means, simply, not exalted, as is the earth as opposed to heaven. **So, humility is not thinking less of yourself, it is thinking of yourself less.** The way we have come to look at humility is that it is a virtue, one of the principles that AA teaches us to live. The definition we have adopted pictures us as standing naked before God, without pretense nor reservation. It means hiding nothing, being our real selves, both good and bad. A good synonym for humility is honesty. Mother Theresa obviously knew precisely what humility means when she said: **"If you are humble nothing can touch you, neither praise nor disgrace, because you know who you are."**

In the context of Step 7, then, we find that our taking of Steps 4, 5, and 6 has prepared us to know much of who and what we are. It is our real essence, then, that stands before its Creator with the prayer that its shortcomings be removed. (*The expressions exact nature of our wrongs* (step 5), *defects of character* (step 6), and *shortcomings* (step 7) are to be used interchangeably, according to Bill Wilson.)

But, just what does get removed? Does God remove defects that we don't know about? If He did, then steps 4 and 5 might be unnecessary. You have been instructed to go to a great

deal of trouble to bring to the surface your defects of character. Knowing of our defects is only a precursor to becoming willing to stop hanging onto them in step six. We don't think this effort is all make-work. The Higher Power we have come to know does not intrude into our lives without invitation. He only responds to step seven prayers that are very specific. He wants us to understand which qualities of character are desirable and which are not (within the context of His scheme of things). He wants us to know ourselves well enough to know which character attributes we have and which are missing. Therefore, we believe that there is no catch-all we can invoke that just says, "clean us up". The point is that we are to ask God to displace our own character with the character He chooses us to have.

Does God remove all our defects of character that we ask Him to? It seems not. Sometimes we think something is a defect of character when it might be right for us, like a mole on our cheek. Maybe we haven't yet learned enough from our defects to really be ready to have them removed, even though we think we are.

Most of us take Steps Six and Seven every day. The process of letting go and letting God is not instantaneous. We whittle away at the old self, often painfully, until His magnificent configuration slowly emerges.

*Sober.org*

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## Call For Fellowship Sharing Continued...

1. In response to the 2015 General Service Conference recommendation that "the pamphlet 'A.A. for the Women' be revised by gathering current sharing from women in A.A.," including "stories from women in the military, single mothers, and women of diverse backgrounds." The trustee's Literature Committee is seeking stories from women in A.A.

2. The trustee's Literature Committee is seeking stories from A.A. members who are gay, lesbian, bisexual, transgendered or gender nonconforming, especially regarding being a newcomer and sponsorship. This request is in response to the 2015 General Service Conference recommendation that the pamphlet "A.A. and the Gay/Lesbian Alcoholic" be revised to include a wider range of A.A. recovery experience.

3. The trustee's Literature Committee is requesting a wide range of A.A. recovery experience from member with mental health issues, and from those who sponsor such members, for inclusion in literature on this topic. This request is in response to the 2015 General Service Conference recommendation that the trustees' literature committee develop literature for

the alcoholic with mental health issues.

In 2014, the trustees' Literature committee requested that whenever gathering sharing, consideration be given to stories from disabled veterans and from non-believers.

Manuscripts should be from 500-800 words, double spaced, in 12-point font. Please include your complete name, address and email/phone information. The anonymity of all authors will be observed, whether or not their story is selected for publication. Please email your sharing to: [Literature@aa.org](mailto:Literature@aa.org) and put "AA for the Woman", or "AA and the Gay/Lesbian Alcoholic", or "the alcoholic with mental health issues" in the subject line of the message. Or you may mail it to the Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is October 15, 2015.

Submitted by Doug R.

Central Office Co-Chair & Area 69 Literature Chair

# Calendar of Events

July 2-5

International Convention of Alcoholics Anonymous in Atlanta, GA

July 10-12

G.O.D Campout @ Defa's Ranch Call Kathy W. For more information 801-631-6837 or greatoutdoorscampout@yahoo.com

July 23-26

S.W.A.C.Y.P.A.A. 2 in Phoenix, Arizona Hyatt Regency Swacypaa@gmail.com

July 31

Central Office Moonlit Hike @ Red Butte Gardens 7:30pm-9:30pm Call Dani For Details 808-594-8533

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 3-6

The Great Outdoor Beaver Meeting Beaver, Utah [www.thegreatoutdoorbeavermeeting.com](http://www.thegreatoutdoorbeavermeeting.com)

September 11-13

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

September 11-13

National Bridging The Gap Workshop in Park City, Ut. Best Western Landmark Inn [coordinator@btgww.org](mailto:coordinator@btgww.org)

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](http://www.fotsutah.com)  
Dixie Central Office OktoberFest in St. George, UT



2015 INTERNATIONAL CONVENTION  
ALCOHOLICS ANONYMOUS

July 2-5, 2015 • Atlanta, Georgia  
Coordinated by A.A. World Services, Inc.  
80 YEARS - HAPPY, JOYOUS AND FREE

## Tradition 7 Continued...

Our co-founders understood they protected this program from outside help, so we would not have to lean on others, otherwise we would not be able to show how an alcoholic who was socially irresponsible came to be responsible. As in most of our other traditions this one also keeps outsiders out of our fellowship that will continue to want to take control, offer new and "improved," or unrealistic changes to a program. If that were to happen, we would rarely find someone who receives this gift of sobriety.

Alethea H.

### Groups Represented at CO Committee Meeting– June

BBT&T	Chapter 5
Red Eye Group	Hillcrest Group
Salt Lake Group	City at Seven
Sunday Breakfast (Alano)	Back to Basics
DNS	An AA Group
Tooele	Park City Mens Study
Nomadic Lunch Bunch	Speak Easy Ladies
Hot Topic	90th & 32nd
Garden Variety	Grapevine
Get AA Now	By the Book
Friendship Group	Life Elevated
Women in Sobriety	Unity Lunch
Bountiful Mens Group	Up Group
Fresh Air 12x12	A Way Out
Highland Group	So. Davis Group
Acceptance Group	Spiritual Quest
5:15 Happy Hour	A Vision for You
	10th Step Group
	Closed Meeting of Alcoholics

## Group Contributions– May

Contributions GROUPS	May 15	Jan - May 15	Contributions GROUPS	May 15	Jan - May 15
CAYA	0.00	88.32	Holladay	0.00	242.00
Girls Buncha	0.00	10.00	Into Action	0.00	88.73
Weekend Warriors	0.00	100.00	It's in the Book	3.79	26.79
South Jordan Big Book Study	0.00	35.75	Magna Friendly Bunch	25.00	125.00
Sugarhouse Men's Group	0.00	57.97	Midvale Lunch	100.00	300.00
Coffee and A Big Book	53.05	53.05	Murray Group	0.00	100.00
Recovery Way	0.00	51.00	New Life	0.00	150.00
Prassa Committee	0.00	119.00	New Way	90.00	1,223.14
Hot Topics	0.00	41.24	No Nonsense	0.00	116.00
6 40 New Yorkers	0.00	51.50	Nomadic Lunches	72.25	575.23
District 2	0.00	0.04	Non Smoking Sobriety Hour	160.00	320.00
Friday Night Young and Alive	0.00	80.00	Off the Cuff	0.00	266.36
Area 69	0.00	52.00	Old Fashioned AA	0.00	75.00
Red Eye Group	0.00	50.50	One Small Step	0.00	19.40
District 10	0.80	0.80	Park City Attitude Adjustme	0.00	400.00
Come Around	25.00	25.00	Park City Group	0.00	200.00
11th Step Meditation	0.00	25.00	Park City Men's Group	85.00	85.00
90th and 32nd @ 600	0.00	300.00	Park City Step Study	0.00	100.00
Nut Buckets	0.00	95.00	Primary Purpose	0.00	50.00
Salt Lake Group	28.00	33.15	Right Stuff	0.00	113.00
Keep It Simple	0.00	161.25	Saturday Beginners	0.00	250.00
Women's 12X12	142.50	216.50	Sharing N Caring	0.00	269.00
12 O"Clock High	0.00	200.00	South Enders	300.00	300.00
5-15 Happy Hour	0.00	288.90	Speak Easy Women	230.57	369.96
974 Group	0.00	263.50	Starting The Day	20.00	80.00
A Vision for You	0.00	246.40	Stonewall Group	0.00	78.00
A Way Out	0.00	60.00	Sugarhouse	0.00	76.50
Acceptance	0.00	125.41	Sugarhouse at Seven	0.00	222.00
An AA Group	85.08	356.06	Sunday Morning Breakfast	0.00	115.00
Basic Young Peoples	0.00	205.75	Tenth Step Group	9.01	29.58
Bountiful Community	0.00	20.00	Tooele Beginners	0.00	76.13
By the Book	0.00	165.00	TRY AGAIN	0.00	76.50
Came to Believe	100.00	100.00	Unity Lunch Bunch	0.00	50.00
Closed Meeting of Alcoholics	0.00	134.32	Up Group	0.00	60.00
DNS Group	290.00	594.00	Valley View Group	0.00	100.00
Early Bird Special	0.00	895.00	Wake Up Call	600.00	1,150.00
Early Friendship	0.00	312.49	Welcome Home Group	50.00	50.00
Fresh Air 12 & 12	75.00	75.00	West Valley Group	0.00	7.00
Friendship Group	0.00	0.20	Women's Big Book	0.00	98.41
Grapevine	85.53	144.60	Women In Sobriety	0.00	51.25
Greater Kearns	0.00	30.00	Women Stepping Up	0.00	100.00
Grub Lunch Bunch	70.00	206.00			
Highland Group	61.70	168.40	Total Contributions	1,016.66	6,238.10

# CENTRAL OFFICE FINANCIAL SUMMARY

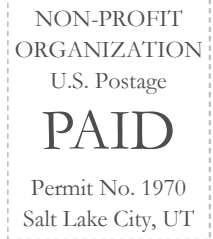
## Income Statement

	<u>2015</u>	<u>2014</u>
<b>Revenue</b>		
		\$
Group Contributions	\$ 2,762.28	2,750.48
		\$
Copy/Newsletter donations	\$ 82.17	251.75
		\$
Sales - Literature	\$ 6,248.32	5,665.41
		\$
Sales - Coins & Misc	\$ 1,763.50	1,824.00
		\$
Total Revenue:	<b>\$ 10,856.27</b>	<b>10,491.64</b>
		\$
COGS - Literature	\$ 6,169.10	5,523.15
		\$
COGS - Coins & Misc	\$ 869.55	990.75
		\$
Total COGS	<b>\$ 7,038.65</b>	<b>6,513.90</b>
		\$
Gross Profit	<b>\$ 3,817.62</b>	<b>3,977.74</b>
		\$
Operating Expenses (Rent, Bookkeeper, Utilities, Printing )	\$ 3,431.19	3,022.01
		\$
Other Expenses: Website	\$ 19.95	444.82
		\$
Total Expenses	\$ 3,451.14	3,466.83
		\$
<b>Net Income:</b>	<b>\$ 366.48</b>	<b>510.91</b>

## Bank Accounts

		\$
Checking	\$ 14,043.64	14,326.35
		\$
Money Market - PR	\$ 24,099.60	24,055.48
		\$
Total	<b>\$ 38,143.24</b>	<b>38,381.83</b>

**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](http://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](mailto:lifeline@saltlakeaa.org)**

**Visit us on the web at  
[www.saltlakeaa.org.com](http://www.saltlakeaa.org.com)**