



LIFELINE—

CENTRAL OFFICE OF SALT LAKE NEWSLETTER

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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 complete 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

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 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 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 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

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 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 Scpio, 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

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

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
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
- Red Eye Group
- Salt Lake Group
- Sunday Breakfast (Alano)
- DNS
- Tooele
- Nomadic Lunch Bunch
- Hot Topic
- Garden Variety
- Get AA Now
- Friendship Group
- Women in Sobriety
- Bountiful Mens Group
- Fresh Air 12x12
- Highland Group
- Acceptance Group
- 5:15 Happy Hour
- Chapter 5
- Hillcrest Group
- City at Seven
- Back to Basics
- An AA Group
- Park City Mens Study
- Speak Easy Ladies
- 90th & 32nd
- Grapevine
- By the Book
- Life Elevated
- Unity Lunch
- Up Group
- A Way Out
- So. Davis Group
- Spiritual Quest
- 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> |
|--|---------------------|---------------------|
| Revenue | | |
| 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: | \$ 10,856.27 | \$ 10,491.64 |
| | | |
| COGS - Literature | \$ 6,169.10 | \$ 5,523.15 |
| COGS - Coins & Misc | \$ 869.55 | \$ 990.75 |
| Total COGS | \$ 7,038.65 | \$ 6,513.90 |
| | | |
| Gross Profit | \$ 3,817.62 | \$ 3,977.74 |
| | | |
| 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 |
| | | |
| Net Income: | \$ 366.48 | \$ 510.91 |

Bank Accounts

| | | |
|-------------------|---------------------|---------------------|
| Checking | \$ 14,043.64 | \$ 14,326.35 |
| Money Market - PR | \$ 24,099.60 | \$ 24,055.48 |
| Total | \$ 38,143.24 | \$ 38,381.83 |

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

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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