

LIFELINE



SALT LAKE CENTRAL OFFICE NEWSLETTER

Skip's Story

Becoming an alcoholic at age 13 was pretty easy, after all I did have a rough start in life. I didn't have money or fancy clothes, I shopped at the Salvation Army and was always made fun of for being ugly or poor and I was never any good at sports. My father abandoned me, my sister and mother when I was 3 years old. I hated him for that and I always swore that I would never be like him because he was a drunk. I also had major resentment for my stepfather. Life was hard, and it was easy to become an alcoholic.

So my first drinking experience at age 13 was in a bar that my uncle owned in Idaho. My uncle was moving out and we were invited to help. After the move there was beer left in a keg so my uncle started pouring schooners for the grown-ups, then my uncle turned to my mom and said is it ok if skip has one? My mother told him yes and there is begun. Wow, wow and double wow! I was like a kid in a

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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

Celebrating Lengths of Sobriety...

NOMADIC LUNCHES

Margie	30 days
Dave	30 days
Rick	30 days
Rob	90 days
Charlie	6 mos
Ruth	1 yr
Amber	2 yrs
Andi	3 yrs
Sam	3 yrs
Eric F	3 yrs
Diana F	6 yrs

NOMADIC LUNCHES

Nicholle	7 yrs
Bruce	7 yrs
Ryan	11 yrs
Richard	15 yrs
Chick	16 yrs
Jeffry	16 yrs
Rim	20 yrs
Steve	27 yrs
Arch	32 yrs
Russ K	39 yrs

CITY AT SEVEN

Kristie	2 yrs
Aaron	5 yrs
Chad	10 yrs
Francis	17 yrs

LIFE ELEVATED LONE PEAK FACILITY

John	6 mo
Josh	4 yrs

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 – Tim B

lifeline@saltlakeaa.org

Outreach – Mike M

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 – Jim C

volunteer@saltlakeaa.org

Website – Doug R

webservant@saltlakeaa.org



calendar of events 2016

March 4-6, 2016 PRAASA 2016 Area 72 Spokane, WA

April 17-23, 2016 General Service Conference GSO New York

May 20-22, 2016 Post-Conference Assembly District 10 Sandy

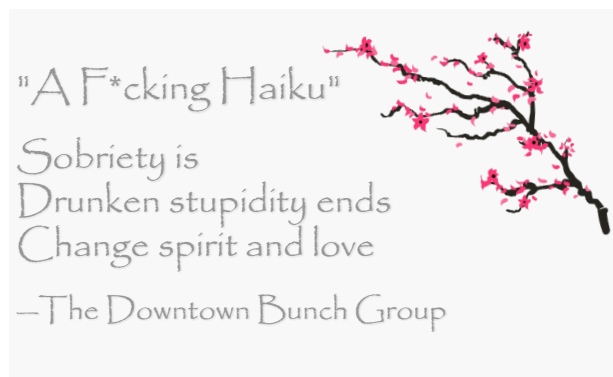
June 11, 2016 Bridging The Gap Workshop District 10 SLC S.O.U.P

August 20-21, 2016 Pre-Assembly Workshop District 11 TBD

September 9-11, 2016 International Bridge the Gap Tucson, Az.

Sept. 30, Oct 1-2, 2016 Pacific Regional Forum Hawaii

December 3, 2016 Pass the Gavel (Committee Mtg) District 3 Heber City



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

7th Tradition Contribution Addresses

A.A. World Services

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

Area 69 Treasurer

P0 Box 286
Hyde Park, UT 84318
<http://utah.aa.org/contributions.php>

District 10 Treasurer

P0 Box 57271
Murray, UT 84157

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

District 2 Treasurer

P0 Box 615
Salt Lake City, UT 84110

Salt Lake Central Office

80 West Louise Ave.
Salt Lake City, UT 84115

"We Are Fully Self Supporting through Our Own Contributions."

~Attention Aspiring Writers~

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

Pamphlet Of The Month: Jack Alexander Article About A.A. *Excerpts*



Published in 1941, this marks a high light in A.A. history. It sparked the first great surge of interest in A.A.

THREE MEN sat around the bed of an alcoholic patient in the psychopathic ward of Philadelphia General Hospital one afternoon a few weeks ago. The man in the bed, who was a complete stranger to them, had the drawn and slightly stupid look the inebriates get while being defogged after a bender. The only thing that was noteworthy about the callers, except for the obvious contrast between their well-groomed appearances and that of the patient, was the fact that each had been through the defogging process many times himself. They were members of Alcoholics Anonymous, a band of ex-problem drinkers who make an avocation of helping other alcoholics to beat the liquor habit.

THEY MADE it plain that if he actually wanted to stop drinking, they would leave their work or get up in the middle of the night to hurry to where he was. If he did not choose to call, that would be the end of it. The members of Alcoholics Anonymous do not pursue or coddle a malingering prospect, and they know the strange tricks of the alcoholic as a reformed swindler knows the art of bamboozling.

THERE IS no specious excuse for drinking which the troubleshooters of Alcoholics Anonymous have not heard or used themselves. When one of their prospects hands them a rationalization for getting soused, they match it with a half a dozen out of their own experience. This upsets him a little, and he gets defensive. He looks at their neat clothing and smoothly shaved faces and charges them with being goody-goodies who don't know what it is to struggle with drink. They reply by relating their own stories: the double Scotches and brandies before breakfast; the vague feeling of discomfort which precedes a drinking bout; the awakening from a spree without being able to account for the actions of several days and the haunting fear that possibly they had run down someone with their automobiles.

MANY DOCTORS and staffs of institutions throughout the country now suggest Alcoholics Anonymous to their drinking patients. In some towns, the courts and probation officers cooperate with the local group. In a few city psychopathic divisions, the workers of Alcoholics Anonymous are accorded the same visiting privileges as staff members. Philadelphia General is one of these. Dr. John F. Stouffer, the chief psychiatrist, says: "the alcoholics we get here are mostly those who cannot afford private treatment, and this is by far the greatest thing we have ever been able to offer them. Even among those who occasionally land back in here again, we observe a profound change in personality. You would hardly recognize them".



...Continued from: Skip's Story

candy store! I remember taking the beer and drinking it rather fast, then something great happened, all of the previous mentioned issues disappeared and even though I threw up, blacked out and got sick again, I drank more!

And that my dear friends characterized my drinking until my last drink in July 1975. After countless vain attempts to stop drinking I was allowed to attend a two week outpatient program the Navy offered. The only drawback was I had to attend AA everyday! My life was over because I knew that AA was the place where old drunks went to die. So like a man facing the gallows, I trudged into my first meeting. I noticed however that people weren't dying, they were laughing and living. All I heard my first meeting was mumble mumble mumble, but I went back the next night and I heard a little more. By the fourth meeting I was taken to AA like a duck takes to water. From that point on I have not found it necessary to take another drink.

I have been through adversities including the death of my spouse of 51 years and thanks to the twelve steps and twelve traditions of AA, I remain sober. When I have drunk dreams, I consider it a spiritual awakening. Standing in front of the beer cooler looking at the different beers, I take it as a further acknowledgment of the fact that I am an alcoholic! (I don't know normal drinkers that do that). I attend two meetings, the one I want to and the one I don't want to! I don't take sobriety for granted! I'm an old timer that believes the further I get away from my last drink, the closer I am to my next one! How did I get here? Through great sponsorship. You see I was never told to find a sponsor, I was told I am your sponsor! Thank God for Frenchy who sent me on a path of meetings, book studies, cleaning up after

meetings, greeting at the door etc. I did those things because he did those things also when he was in my shoes. So, if I did those things then I had a chance at sobriety!

I cannot express enough the importance of sponsorship, one drunk talking to another! "If you don't give this program away you won't keep it" I've seen it time and time again with people who do not share it and they just disappear. At meetings when they call for an AA related announcement, I say my name is Skip and I'm alcoholic. This is for the newcomers that stood up and those that didn't, if you are serious about your sobriety and do not have a sponsor, you come see me and we're going to get you hooked up! Do not think you can do this on your own because trust me, it doesn't work! This is a WE program! I believe there is nothing that accelerates a recovery more than working with others. You owe it to yourself to sponsor and not let the new person slip away.

--Skip L



Salt Lake AA Central Office Reps

Meeting Minutes for

February 9, 2015

Chair: Nick R – Welcome, C.O. statement of purpose, intro of new C.O.Rs, and board members; Sharon, Cherrie T, Marianne D, Kelby C, Suzi L

Co-Chair: Doug R – All is good

Secretary: Gina F – sign-in clip board

Treasurer: Lorraine R – January net income \$2,504. Bank accounts including Checking and Money Market \$34,954.19

Trustee: Mike M – wants to work with Corrections

Trustee: Mark A - excused

Activities Chair: Joel R – planning same evets as last year with chili cook-off at St Vincent's. It was much cheaper. Will be setting up monthly committee meetings. Looking into purchasing a block of Hockey tickets for sometime in Feb, March or April

Archives: Josh D – prepared a handout of missing issues of Grapevine mags for reps to take back to their group to see if anyone might have a copy, list to go in Lifeline newsletter also. There are no issues for 1961 and 1969

Coins: Sandy A – chip order submitted, rapidly going through new comer chips. Nick suggested the number of newcomer chips order be increased

Cooperation with Professionals: Mike S – next monthly meeting is Sunday 2/14. Committee has built a list of 70-80 professional associations to contact with a form letter offering Central Office as a resource

Corrections Chair: Rebecca L - excused

Hotline Chair: John J – password on phone that takes messages has been reset, he has plenty of volunteer, all time slots filled

Literature Chair: Charlie T – lots of pamphlets available, ordering from GSO CDs & DVDs

Newsletter Chair: Tim B – Jenni is helping, wants 3 articles for each issue, all materials are due to Lifeline the 15th of each month, will continue to print a pamphlet of the month, please get birthdays in for publishing

Outreach Chair: Joy D - Excused

Public Information: Beverly A - committee meetings are 10 am first Saturday of the month at Central Office. Group identified niche as society at large. Purchased pamphlets for distribution to hospitals, hotels and police stations

Tech Committee Chair: Shayne F - Doug reported they got the code changed to access the messages on phones, Danial R reported he is still getting voice mails, Doug asked to be kept in the loop so that messages didn't fall through the cracks

Treatment Chair: Randy C – (OPEN) Kim reported for Randy that more men were needed for his meetings. His committee meets on the 3rd Tuesday of every other month at Central Office.

12th Step Committee Chair: Tim E – light volunteer coverage for West Valley, wants to coordinate with other who have contact lists

Volunteer Chair: Jim C – printer has been serviced, 4 new volunteers, invites all to visit Central Office, discussing redoing the display area.

Website Chair: Doug R – reported the calendar of events online is updated, web activity: 7,059 sessions, 3,498 users

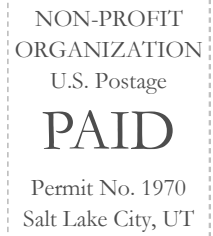
ELECTIONS:
2 Alt. Trustee positions
#1 Sharon G
#2 Marianne D
Treatment Chair: Daniel R
All Board of Trustees and Committee Chairs are now filled.

**The next Salt Lake Central Office Rep meeting will be held
March 8, 2016 at 6:30pm at Central Office of Salt Lake City:
80 West Louise Avenue (2850 S.)**

Home Groups Represented at the February 2016 Central Office meeting:

10 th Step Group	Chapter Five	Magna Friendly Bunch
5:30 Non-Smoking Sobriety	Crazy Ladies	Midvale Lunch Bunch
90 th & 32nd	Fresh Air 12x12	Nomadic Lunch Bunch
974 Group	G/Q Womens Meeting	Park City Mens
Acceptance Group	Garden Variety	Salt Lake Group
An AA Group	Happy Destiny	Saturday Morning Sots
Back to Basics	Hillcrest Group	So Davis Group
BBT&T	Hot Topic	Speak Easy Ladies
Caring and Sharing	Life Elevated	Stonewall Group

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 on the Salt Lake Central Office website: www.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