



When AA's Travel...

I was three weeks sober when I traveled to Colorado to visit my family for Thanksgiving. I was excited, but scared. I was going back to a town filled with old drinking buddies and favorite watering holes.

I drove over with my dad, whose company helped keep me out of my head. We talked about my drinking a bit, but mostly we talked about life as we watched the mountains go by. Every once in a while I would pull out my big book and read a few pages.

We pulled up to my aunt's house and went inside. Aunts, uncles,

cousins, and friends greeted us with laughter and hugs. After a hug and high five, my uncle said, "Beer's in the fridge, Pat." I went to the kitchen, grabbed a glass from the cupboard, and poured myself some water. I was off to a good start!

While sipping my water, I heard someone say, "Just get a couple drinks in Karen, and she'll sing karaoke all night!" I didn't know who Karen was, but I know what "a couple drinks" does to me - and it usually doesn't end with boisterous karaoke.

Continued on page 5

In This Issue

- When AA's Travel—Patrick M.
- Tradition Seven—Anonymous
- Purple Can Update—Charlie T.
- Upcoming Events
- Pamphlet of the Month: "Young People and A.A."
- Step Seven—Anonymous
- April 2016 Financials
- June Central Office meeting minutes
- Group Birthdays

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

Tradition Seven

"Every group ought to be fully self-supporting, declining outside contributions."

This tradition may be one of the best examples of the miraculous change that can occur when alcoholics are relieved of the obsession to drink and begin to grow spiritually, letting go of self-centeredness and fear. Self-centered and dependent, often looking for a hand-out, the alcoholic had to change. The idea that recovering alcoholics did not necessarily deserve monetary support just because they were trying to stay sober, was possibly painful, but true. It was time for alcoholics to pay their own way, no matter how difficult.

At first, it was believed lots of money was needed to support the society. Then fear caused members to think that no money should be involved. As the society grew and members realized that a certain amount of financial support would be needed to ensure the message being carried, whether by meetings, literature or phone, alcoholics

Continued on page 7

Central Office Board of Trustees

board@saltlakeaa.org

Chair — Nick R

Co-Chair — Doug R

Secretary — Gina F

Treasurer — Lorraine R

Trustee — Mike M

Trustee — Marianne D

Alt Trustee—Sharon G

Alt Trustee—Lori G

Central Office Standing Committees

Activities — Joel R.

activities@saltlakeaa.org

Archives — Josh D

archives@saltlakeaa.org

Coins — Sandy A

Cooperation with the Professional

Community — Mike S

cpc@saltlakeaa.org

Corrections — Dan B.

corrections@saltlakeaa.org

Hotline Telephone — John J

hotline@saltlakeaa.org

Literature — Charlie T.

literature@saltlakeaa.org

Lifeline Newsletter — OPEN

lifeline@saltlakeaa.org

Outreach — Joy D

outreach@saltlakeaa.org

Public Information - Beverly A.

pi@saltlakeaa.org

Technical Support — Shayne F

it@saltlakeaa.org

Treatment— Marianne

ctf@saltlakeaa.org

Twelfth Step — Tim E

12step@saltlakeaa.org

Volunteer — Jim C

volunteer@saltlakeaa.org

Website — Doug R

webservant@saltlakeaa.org



Central Office of Salt Lake City

**HELP US MAINTAIN AN ACCURATE AN UP-TO-
DATE LIST OF ALL AA MEETINGS HELD
WITHIN OUR SERVICE AREA!**

~If you have any meeting updates (deletions, additions, changes, etc), please visit our website using our instructions below, or give us a call at; 801-484-7871

Entering Meeting Changes on the web:

- 1) Go to our website: <http://www.saltlakeaa.org>
- 2) Find 'Schedule of Meetings' from the options along the top and select "Meeting Changes"
- 3) Scroll down to find the form, which begins with 'Group Name'
- 4) Fill our the form; in the 'Meeting details or Special Instructions' section, please indicate if meeting is new or existing
- 5) Press 'Submit' ... and you are done!

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

Area 69 Treasurer

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

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

District 10 Treasurer

PO Box 57271
Murray, UT 84157

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

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

Meeting Updates



- **CANCELLED MEETING: Basic AA** on Thursdays@7:30pm at Sister Fabien Hall in West Jordan
- **NEW MEETING: Your Own Conception** on Wed @ 6:30 in Veterans Administrations Medical Center: 500 Foothill Blvd, Salt Lake
- Correct address for **Highlander** meeting on Wed @8pm: 7135 S Highland Dr Ste 102
- Meeting in need of support: **One More Saturday Night** has a Big Book study Saturdays at 6:30pm at Holladay United Church of Christ: 2631 Murray-Holladay Rd, Salt Lake

Purple Can Update—Charlie T.

This is Charlie T. I have a desire to work towards opening the door of AA to the Deaf.

I attended the Pacific Region AA Service Assembly in San Diego in 2014. The Assembly was interpreted and San Diego has Interpreted Meetings 7 days a week.

When I returned to Utah I went to my Deaf friend Joseph. To tell of what I found and originally he asked for one meeting a month to be interpreted for hearing people to go to the Moment of Silence Meeting in Bountiful which is the only meeting in AA conducted in American Sign Language ASL. This was increased by one additional meeting interpreted for Deaf Members to go to a hearing meeting.

Salt Lake Central Office offered support for a one year trial to spend up to \$2,400.00 or \$200.00/month. We were unable to organize getting it started. The trial was set as temporary for up to one year and to open the door for Deaf it would need to be perpetual.

I introduced AA to the Purple Can to raise money for Interpreters. At the time I started the can I believed that I could get the money to go through Salt Lake Central

Office. Bringing the money through Central Office has become a larger task than at first expected. It still may be possible someday if we can get Purple Can incorporated into a Not for Profit.

For now I have continued to be a willing participant but since the money is not going into an institution it has been slow to be turned in.

I have helped in getting an Interpreter to come to an Area Assembly so our Deaf friend Joseph could be on one of the panels. Yesterday I was able to get an Interpreter to my Home Group to hear our Deaf member Lynn with his One Year Birthday celebration. Lynn really carried the message and Ann helped us to hear what he signed.

Giving a Deaf member a voice so they can participate in AA is an Amazing thing to watch. I hope someday we can have more interpreted meetings.

The list is my spread sheet and if I have left any group contributions that have been given to me off please let me know.

Yours in Service, Charlie T

DATE	GROUP	Amount Collected	DATE	AGENCY	Amount Disbursed	Type	Remaining Funds
11/07/15	Red Eye Coffee House	\$40.00	09/26/15	Ann L	\$80.00	Check	
11/07/15	Serenity Happy Hour	\$43.56					
02/27/16	702 Group	\$34.00					
03/19/16	Grupo Serenidad	\$43.40					
04/02/16	Serenity Happy Group	\$53.41	05/27/16	Ann L	\$75.00	Cash	
Unknown	Tooele Beginner's	\$96.80					
05/21/16	Anonymous	\$100.00					
TOTAL		\$411.17			\$155.00		\$256.17

...Continued from: When AA's Travel

I got more anxious as the day went on. I went outside and called my “temporary” sponsor. He shared some stories and encouragement. I made it through the rest of the day, and went to bed sober. Another success!

On Thanksgiving morning, I showered and joined my family for breakfast. My uncle handed me a small bottle of vodka for my orange juice. I read the label, and passed it to my cousin. He looked at me funny, but didn’t say anything.

We talked and played board games for the next few hours. Several people had a beer or glass of wine here and there. I clung to my glass of water, refilling it every 10 minutes.

I started feeling anxious again. I couldn’t put my finger on why, other than that I was three weeks sober and trying to make it through one more day. I told my dad I needed to go to a meeting. He objected, saying, “It’s Thanksgiving! You should spend time with your family.” I looked at him and didn’t say anything. He handed me the keys to his car.

I had written down the addresses and times of a few meetings before I left SLC, so I knew exactly where

to go. I parked and went inside. About a dozen people talked quietly, waiting for the meeting to begin. The chairperson welcomed us, and asked someone to read How It Works. I felt a bit calmer.

We went around the room, reading a paragraph or two from the big book. I told the group I was visiting from Salt Lake City. They gave me a sheet of paper with phone numbers I could call if I needed.

I went back to my aunt’s house feeling much freer. I had needed to talk with people who understood my problem, and the AA group was there for me. I had used the tools I learned in AA – I called my sponsor, went to a meeting, and read the big book. I prayed, giving thanks for the opportunity to be with my family, and asking for strength to make it through one more day sober.

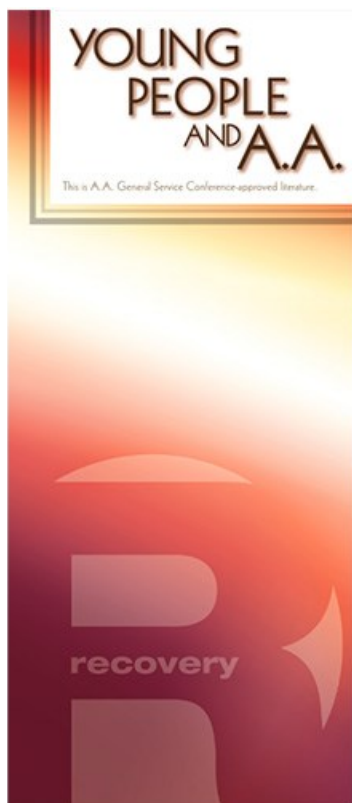
My dad and I headed back to Salt Lake City the day after Thanksgiving. I had managed to stay sober for the entire trip. We talked about life as we watched the mountains go by. I knew that this is the life that I want for myself.

—by Patrick M

UPCOMING EVENTS

July 2016.....	
July 8-10: <u>G.O.D. Campout</u> : Defa’s Ranch more information at www.godcampout.com	
July 26: <u>How to Party Like a GSR—Tradition 7 Workshop</u> at 7pm at Fellowship Hall	
August 2016.....	
August 12-14: <u>Maple Grove Campout</u> : Richfield. UT Contact Ralph:801-598-0732	
August 14: <u>Central Office Picnic</u> at 11am at Murray Park Pavilion #5	
August 20-21: <u>Pre-Assembly Workshop</u> at the Hampton Inn; 2393 S 800 W Woods Cross. Contact: Todd 801-725-4068 or email district11dcmc@utahaa.org	
September 2016.....	
September 9-11: 26th <u>International Bridging the Gap workshop</u> in Tucson, AZ. Contact: Matthew L 916-899- 1908 or coordinator@btgwww.org	
September 23-25: <u>Fall Assembly Area 69</u> at Western Park: 302 E 200 S in Vernal, UT contact: Jerrad T:435-790-1270 or Shorty A. 435-219-5674	

Pamphlet of the Month: “Young People and A.A.” *(excerpt)*



Too young? Coming into A.A. as young people, we found that there were common challenges to face. In the beginning, we often feel we are too young to be alcoholics. Some of us didn't drink for a long time; others didn't drink hard liquor, stumble around, or forget what we did or said when drunk. Being young in the everyday world we face peer pressure, stressful relationships with our parents, and parties being a way of life. In A.A., we often feel different because we may be the youngest person in our group, and some have even had an uninformed older member discourage us by saying things like "I spilled more booze than you drank." These are hard realities for young people in A.A. On the other hand though, by sticking with it and finding younger and older members to help us, we found a solution to our drinking problems. In A.A. we've found a way of life that helps us deal with everyday stress and peer pressure; and that life is better and more fun without alcohol. We also see that we develop closer relationships the longer we stay sober. To us, it doesn't matter how old you are, how much, where, or what you drink. What matters is how alcohol affects you. You are the best judge of whether or not you have a problem. And you know this from your gut — whether you feel guilty, lonely, ashamed, or whether alcohol is interfering in your life. (The questions at the end of this pamphlet may also help you decide.) ...

http://www.aa.org/assets/en_US/p-4_youngpeopleandaa.pdf



GSO call for stories to update the pamphlet: “Young People and A.A.”

In response to the 2016 General Service Conference recommendation that the pamphlet “Young People in AA” be revised to “better reflect the experiences of young people in AA today,” the trustees’ literature committee is seeking current sharing from young people in AA.

Please encourage young members in your area to write their personal stories for possible inclusion in the revised pamphlet. Stories should reflect “in a general way what we used to be like, what happened, and what we are like now.”

Manuscripts should be 500-800 words, double spaced, in 12-point typeface. The words “Young People in AA” should appear on the top of the first page of the manuscript. The author’s complete name, address and email/telephone information should be included with the submission.

Submissions can be emailed to: literature@aa.org with “**Young People in AA**” inserted in the subject line of the message. Alternatively, submissions can be mailed to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for all submissions is December 30, 2016.

Thank you for your participation in this process.

—Trustees' Literature Committee (June 10, 2016)

Step Seven: *“Humbly asked Him to remove our shortcomings”*

The main theme of Step Seven is the continued progression of Humility, which allows us to move closer to God by moving away from ourselves and the bondage of self. Attaining greater humility is the foundation principle of each of A.A.’s Twelve Steps, and the key to happiness in our recovery. We have already become willing to develop humility when we did the first steps of admitting we were powerless over alcohol, and believing in and asking a Power greater than ourselves to restore us to sanity. If the humility required to do this worked to rid us of the obsession to drink, then it makes sense that there must be hope for the removal of any other problem, or defect, that we have.

I have found this experience of a Higher Power relieving character defects to be true in recovery. My understanding of the impact of this step took time. It is interesting that many alcoholics, including myself, miraculously relieved of the devastating obsession to drink, one day at a time still find it hard to believe or understand that the same Higher Power will relieve us of our character defects, such as self-pity. It is difficult

at times to be open-minded and willing enough to recognize these defects in ourselves. Even harder, is coming to realize that these defects are flaws which made problem drinkers of us in the first place and must be removed in order to preserve the sobriety we have been given. Thankfully, the prior steps (4,5,6) lead us to this enlightenment. And once we understand that some type of Fear is at the core of our defects, it often becomes easier to ask for help to have this fear removed.

As I saw myself change in ways I had never realized I could or perhaps, should, gratitude to my Higher Power grew. Spiritual peace and release became a beautiful gift, enhancing sobriety and giving newfound freedom. Total belief that one day at a time our Higher Power will help with defects and problems, if we are humble enough to ask, is a precious gift of beauty and depth, always ultimately preserving our daily sobriety.

—Anonymous, Salt Lake City

...Continued from: Tradition Seven

cautiously learned that spiritual growth was not negatively affected by minimal material support. The principle of corporate poverty was established as a tradition. In other words, A.A. must always remain poor. The society would have to support itself, no matter how poor the group might be. Trust in a Higher Power was needed.

The story of the impact of Jack Alexander’s 1941 Saturday Evening Post publication is a well-known example of the foundation of this tradition. Thousands of letters from distraught alcoholics and their families arrived at the mailbox in New York after people read the story. The 2-person staff were overwhelmed as they tried to respond to the

inquiries. It became clear more help was needed, and that would require money. AA groups were asked to send voluntary contributions of a dollar a member a year. Bill relates that initially the response to this request was slow. But eventually donations began to add up, and requests for information were answered. Understanding that Alcoholics Anonymous needed funds to function grew. Small offices, phone lines and meeting places cost money but were necessary, or the help alcoholics needed would not be there. The integrity of Alcoholics Anonymous was established through this tradition, and exists to this day.

—Anonymous, Salt Lake City

Central Office Representatives Meeting Minutes 06.14.16

Chair: Nick R – Welcome, C.O. statement of purpose, intro of new C.O.R.s: Charlie B-Highland Group, Victoria N-Up Group, Nathan A-Every Night Candle Light, Bill F- South Davis Group, Katy R-Happy Group, Kenny M-Midvale Lunch, Craig S-Spiritual Quest & Quiet Time Meditation. Moment of Silence for passing of Mike Spence and his family.

Co-Chair: Doug R – some chairs do not use their central office AA email addresses. Emails are set up by chair position, not the chair name, example: treasurer@saltlakeaa.org so there are no issues finding history as chairs rotate. Helping to produce the newsletter.

Secretary: Gina F – sign-in clip board

Treasurer: Lorraine R – explained why operating costs for last month went into the red: found inventory from last year that had not been reported in the budget.

Trustee: Mike M – did not attend

Trustee: OPEN

Alt Trustee: Sharon G – made available fliers and wrist band for the free opening night of the Utah Arts Festival on Thursday June 23 opening at noon at Library Square. Wrist bands can be picked up at central office, also handed out to reps to take to meetings. Purpose of wrist band so AAs can spot one another.

Alt Trustee: Lori G – did not attend

Activities Chair: Joel R – unable to attend, Gina reported for him. Reminder of the Fathers Day Breakfast on Sunday, June 19th at Sugar House Park. Cooking volunteers should arrive at 8:30.

Archives: Josh D - Excused

By-Laws: Lon R – nothing to report

Coins: Sandy A – coins ordered, received, put away. Ordering down to once a month.

Cooperation with Professionals: Mike S - OPEN

Corrections Chair: Dan B - Volunteers needed for Bridge the Gap to support inmates being released from the jail. Need Volunteers to go into jails for meetings

Hotline Chair: John J – Everything is up and going

Literature Chair: Charlie T – Bi-annual inventory to be held on Saturday 6/18 at 2:30. Needs some volunteers to help. Pamphlet of the Month: Young People and AA is going to be revised welcome new stories by locals.

Newsletter Chair: OPEN Doug reported that stories can be emailed to lifeline@saltlakeaa.org

Outreach Chair: Joy D – did not attend

Public Information: Beverly A – did not attend

Tech Committee Chair: Shayne F – Doug reported he is working on putting together a new computer for the volunteers

Central Office Representatives Meeting Minutes 06.14.16 *(continued)*

Treatment Chair: OPEN

12th Step Committee Chair: Tim E – ICON now on front of web page to sign up to volunteer to help with 12 step calls and services.

Volunteer Chair: Jim C – Has had new volunteers sign up. Coordinators are in charge on the day they serve. Will create a list of volunteers will to come in on an as needed basis.

Website Chair: Doug R – updating meeting lists coordinating with Mel H. Advised there was an online form for communications about web site.

Old Business

New Business

Katy P announced the Bountiful Happy Group is sponsoring a fund raiser “Cell to Well” Race. Money to help keep the Club doors open. Registration is \$29.95, fee includes T-shirt. Donations accepted. Saturday, June 25 register on site or online at runsignup.com. Call Brett at 801-656-5469 (See Attached Flier)

Nick - Bees ball game details being worked out – Nick needs help doing a flier. Shooting for Saturday, July 2 6:35-9:35 pm game and fireworks. Confirmed details to be emailed to reps immediately upon receipt.

Karen C. - to set up and promote the moonlight hike Shoreline Trail to the Living Room/TBD

Gina F, John Y and El I. to set up group outing to the Spiral Jetty/TBD

Elections

Cooperation with Professionals Chair – Charlie B, Highland Group

Newsletter Chair – Wendy P, Primary Purpose

Treatment Chair – Sandy B, A Vision for you

Trustee – Sharon G, Sharing & Caring

Alt Trustee – Bob C, Rose Park Recovery

Rejoice! All Posts Are Now Filled!

The next AA Central Office of Salt Lake Committee Chair meeting will be held

Tuesday, July 12, 2016

@ 6:30 pm at Central Office of Salt Lake City: 80 West Louise Avenue (2850 S.)

May 2016 Comparative Financial Statement

Income Statement

	<u>2016</u>	<u>2015</u>
Revenue		
Group Contributions	\$ 2,070.77	\$ 2,762.28
Copy/Newsletter donations	\$ 20.56	\$ 59.77
Individual Contributions	\$ 222.49	\$ 22.40
Sales - Literature	\$ 5,677.40	\$ 6,248.32
Sales - Coins	\$ 1,831.32	\$ 1,763.50
Interest Income	\$ -	
Total Revenue:	\$ 9,822.54	\$ 10,856.27
COGS - Literature	\$ 5,614.65	\$ 6,169.10
COGS - Coins	\$ 958.01	\$ 869.55
Total COGS	\$ 6,572.66	\$ 7,038.65
Gross Profit	\$ 3,249.88	\$ 3,817.62
Operating Expenses	\$ 3,609.65	\$ (870.77)
Other Expenses:	\$ -	
Total Expenses	\$ 3,609.65	\$ (870.77)
Net Income:	\$ (359.77)	\$ 4,688.39

Bank Accounts

Checking	\$ 11,010.49	\$ 14,447.82
Money Market - PR	\$ 24,166.05	\$ 24,132.67
Total	\$ 35,176.54	\$ 38,580.49

Please send all sobriety milestones to :
lifeline@saltlakeaa.org by the 20th of each month for
 publication in the following month's LifeLine.



Nomadic Lunch

Paul 60 days
 Alan 90 days
 Chad 6 yrs
 Diane 7 yrs
 Sarah 7 yrs
 Carol 20 yrs
 Bob 20 yrs
 Elizabeth 25 yrs

Sunday Breakfast

Cathy 15 yrs
 Collins 7 yrs
 Bill 2 yrs
 Dusty 6 mo
 Trent 2 mo
 Lee 2 mo

Life Elevated Group

Ivan 90 days
 Paul 90 days
 R.J. 30 yrs

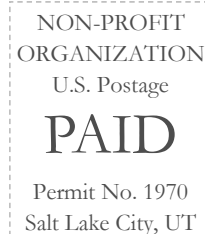
Hillcrest

Jesse 30 days
 Chris 60 days
 Trent 60 days
 Diane 60 days
 Tony 90 days
 Terry 9 mos
 Craig 1 yr
 Gene 18 mos
 Tammy 18 mos
 Mike 2 yrs
 Kammy 4 yrs
 Rob 7 yrs
 Mark 29 yrs
 Bill 44 yrs

Home Groups Represented at the June 2016 Central Office Meeting

- 10th Step Group
- 5: 30 non-smoking sobriety
- 90th & 32nd
- A Vision for You
- Acceptance Group
- Back to Basics
- BBT & T
- By the Book
- Came to Believe
- Caring & Sharing
- City @ 7
- Draper Group
- Every Night Firelight
- Happy Destiny
- Happy Group
- Highland Group
- Hillcrest Group
- Hot Topic
- Life Elevated
- Magna Friendly Bunch
- Midvale Lunch Bunch
- Nomadic Lunch
- Park City Mens
- Primary Purpose
- Quiet Time Meditation
- Rose Park Recovery
- SL Group
- South Davis Group
- South Enders
- Spiritual Quest
- Stepping Stones
- Stonewall
- Sunday Breakfast
- Survive and Serve
- Up Group
- Valley View Group
- Vincent & Friends
- Women in Sobriety

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

**Visit us on the web
www.saltlakeaa.org**