



29th Recovery Birthday Post (7.15.2015)—Anne L.

On July 7, 1986, 29 years ago, I woke up sick, shamed, hungover, and in deep animal confusion. I woke up this way most mornings. Why couldn't I stop after 6 or 7 drinks? Why didn't I have an "off" switch when I had that first drink every day?

Well, "Why?" is not a useful question.

I thought about having a cool refreshing beer, just to get all the flies going in one direction.

I was 32, with three published books, and the huge local love of my family and life-long friends. I was loved out of all sense of proportion. I gave talks and readings that hundreds of people came to. I had won a Guggenheim Fellowship, although, like many fabulous writers, I was drunk as a skunk every day. I was penniless and bulimic, but adorable, and cherished.

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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

The Maid in My Mind

I was asked to share my experience, strength and hope concerning Step 6. We all arrive in Alcoholics Anonymous from different experiences so I'll let you know a bit about my past as it led to my experience with Step 6.

When I was young I often felt different, alone. I remember alcohol giving me the power to be social - all of the sudden I fit in, felt part of. I grew to need that feeling. Over the years the consequences were consistent and grew more severe. When I finally opened the door to enter an AA meeting and honestly asked for help I was aware that I had lost all power over alcohol, I had allowed much of the things I valued greatly in life slip away. I was in true fear that I could hurt someone close to me, I often blacked out and people would tell me stories about things I did with intense fear in their eyes. I had experienced incomprehensible demoralization over and over expecting different results from the same actions.

Continued on page 6

Central Office Board of Trustees

board@saltlakeaa.org

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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 exitsting
- 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>

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: Cottonwood North** on Sundays @10am in the Green Building: 4260 S. 500 W.
- **CANCELLED MEETING: Salt Lake City Group No. 2** on Wednesdays @ 8pm in the Alano Club: 5056 S 300 W in Murray
- **NEW MEETING: Big Book Sober Sisters** on Thursday nights @7:15pm in the South Valley Unitarian Universalist Church: 6876 S Highland Drive
- **NEW MEETING: Admitted We Were Powerless** on Saturdays @7pm in the Elevation Church: 375 S State St, Clearfield
- **MEETING (closed) in need of support: Tenth Step Group** has a Big Book study at 4:00pm every Saturday at the Odyssey House: 350 E 2100 S in Salt Lake.

Tradition Six

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

My favorite part of Tradition Six is the idea of devotion to a primary purpose. In Tradition Five, we're told that our primary purpose is to stay sober and carry the message. Tradition Six reminds us to protect that purpose above everything else. This speaks to me because, when drinking, I had no direction to my life. I just drifted from situation to situation. I was a person who stood for nothing, and would fall for anything. Alcoholics Anonymous taught me what it meant to have a purpose I believed in. Now, my life is shaped around the importance of my own sobriety, and my duty to pass on the message that saved my life. Having a purpose started me down the road of filling the emptiness inside that made me want the first drink. For that reason, I believe in the importance of protecting our primary purpose.

“Alcoholics Anonymous taught me what it meant to have a purpose I believed in...”

These days, it may not seem on the surface like A.A. tries to build hospitals or take sides in debates surrounding alcohol and public health. However, there are still insidious opportunities for us to step away from the heart of A.A. – helping other alcoholics for fun and for free.

Quite a bit of money changes hands in residential alcohol treatment programs, and the extent to which members of Alcoholics Anonymous should participate in these speaks to the heart of Tradition Six. We each have to be guided by our own experience and our interpretation of the traditions, but it is important to remember the traditions are there, and remain willing to seek their input.

I remember hearing A.A. gossip about a large group in a big city that couldn't quite keep up with constantly raising rent. Seats at this meeting were in demand every Saturday night, and the only way to be guaranteed one was to arrive about an hour early. A nearby treatment center wanted to bring their clients – how about they “help out” with the high rent, in exchange for a couple of rows of guaranteed seats each night?

The problems with such an arrangement are glaring. What about the newcomer that walks in and can't find a seat? It could be a long time before they return. What about the dedicated member, looking to carry the message, who needs a seat and is willing to come early? The temptations to ignore Tradition Six are still around, and it is the responsibility of each group to remember our primary purpose.

-Annabel C. Salt Lake City



...Continued from: 29th Recovery Birthday Post (7.15.2015)—Anne L.

But there was one tiny problem. I was dying. Oh, also, my soul was rotted out from mental illness and physical abuse. My insides felt like Swiss cheese, until I had that first cool, refreshing drink.

So, not ideal. The elevator was going. It ONLY goes down; until you finally get off. As a clean, sober junkie told me weeks later, "At the end, I was deteriorating faster than I could lower my standards."

And against all odds, I picked up the 200 pound phone, and called the same sober alkie that my older brother had called two years earlier, when he had hit his coked-out bottom. The man, a Jack Lemmon type, said, "I will come get you at 11:30. Take a shower, and try not to drink till then. The shower is optional."

I didn't; when all else fails, follow Instructions. I couldn't imagine there was a way out of all that sickness and self-will, all those lies and secrets, but God always makes a way out of No Way.

So I showed up. Before I turned on Woody Allen, he said that 80% of life is just showing up. And I did. There were all these other women who had

what I had, who'd thought what I'd thought, who'd done what I'd done, who had betrayed their families and deepest values, who sat with me that day, and said "Guess what? Me, too! I have that too. Let me get you a glass of water." Those are the words of salvation: Guess what? Me, too."

Then I blinked, and today is my 29th recovery birthday. I hope someday it will be yours, too, or at least your 1st. Don't give up on yourself. In recovery, we never EVER give up on anyone, no matter what it looks like, no matter how long it takes.

Because Grace bats last. That spiritual WD-40, those water wings, that second wind--it bats last. That is my promise to you.

Happy birthday to me, and maybe to you. As my beloved ee Cummings wrote, "(I who have died am alive again today, and this is the sun's birthday; this is the birthday of life and love and wings.)"

Don't. Give. Up. Because guess what? Me too.

-Anne L.

<https://www.facebook.com/AnneLamott/posts/699854196810893>



*In
Loving
Memory*



Mary Ellen "Baba" Durham

*A friend
is someone who
reaches for your
hand and touches
your heart.*

Pamphlet of the Month: ““A Members Eye View of Alcoholics Anonymous” *(excerpt)*



This pamphlet is designed to explain to people in the helping professions how A.A. works. Though the A.A. program relies upon the sharing of experience, strength and hope among alcoholics, the recovery process itself is highly individual, adapted by each member to meet his or her needs. Therefore, the program is described here as it appears to one member; but the pamphlet does reflect Fellowship thinking since it has been approved by the A.A. General Service Conference. The author of this paper delivered it first before a class on alcoholism counseling at one of our large universities. A.A. World Services, Inc. wishes to thank him for his generous permission to reprint and distribute this talk.

http://www.aa.org/assets/en_US/p-41_amemberseyviewofaa.pdf

...Continued from: The Maid in My Mind

What was important for me was that when I came into the rooms I was ready to throw my hands in the air and beg for mercy, for any help. I was someone I did not want to be and was unable to change.

So this sentiment was helpful when step 6 came up for me. I was ready to change, I could see my very best efforts in life had landed me in jails, institutions and situations where I felt insane and out of control. I remain eager to make an honest effort to improve. This where step six lives with me, the honest yearning to be the best person I can be.

When I first worked step 6 I thought of only the most outrageous behaviors I had grown used to; for example when I would drink heavily and was confronted I would blame those around me for

putting stress or pressure on me, I would try to make them guilty for not excepting me for who I was. In early sobriety I was really ready to get rid of a habit, which I listened to myself, say things I disagreed with.

Now, after revisiting the step many times I pray to have the defects of character removed that get in the way of me being the best person I can be. Sometimes that has me on my knees multiple times throughout day. I often bite my lip and let God's grace give me the space between my thoughts and my words. I have learned to breathe and exhale when listening, rather than interrupting and directing.

-James K, Salt Lake City

April 2016 YTD Group Contributions

Grupo Serenidad	0.00	0.50	Happy Destiny	0.00	2.00
Vincent Friends	38.00	159.60	High & Dry	0.00	125.00
No Laurels AA	50.70	108.53	Highland Group	0.00	115.55
Weekend Warriors	0.00	53.25	Hilcrest	0.00	1,560.00
Sugarhouse Men's Group	0.00	149.73	Magna Friendly Bunch	100.00	150.00
Recovery Way	20.00	75.00	Midvale Lunch	0.00	212.71
Hot Topics	0.00	19.05	Murray Group	108.00	108.00
6 40 New Yorkers	0.00	56.84	New Life	76.00	76.00
Friday Night Young and Alive	0.00	112.50	New Way	0.00	500.00
4th Dimension Young Peoples	0.00	74.06	No Nonsense	0.00	118.00
Area 69	0.00	34.90	Nomadic Lunches	262.22	475.11
Thurs Night Women's Reflections	0.00	90.00	Non Smoking Sobriety Hour	80.00	160.00
90th and 32nd @ 600	103.88	395.18	Not A Glum Lot	0.00	34.21
Every Night Firelight Group	0.00	174.88	Off the Cuff	0.00	141.15
Saturday Morning Hot Topics	0.00	45.00	Park City Attitude Adjustment	218.00	218.00
Nut Buckets	54.31	54.31	Park City Group	0.00	300.00
How It Works	0.00	200.00	Park City Men's Group	0.00	231.00
G/C Women	0.00	94.39	Park City Nooners	0.00	2,000.00
Salt Lake Group	0.00	100.00	Park City Step Study	0.00	100.00
Keep It Simple	0.00	33.50	Primary Purpose	0.00	60.00
Women's 12X12	0.00	97.00	Salt Lake Men's	0.00	225.00
12 O"Clock High	100.00	200.00	Saturday Beginners	301.00	301.00
974 Group	0.00	101.55	Sharing N Caring	0.00	160.00
A Vision for You	0.00	145.35	South Davis AA	35.00	35.00
A Way Out	0.00	42.00	Speak Easy Women	0.00	141.50
Acceptance	134.91	309.69	Spiritual Quest	100.00	100.00
An AA Group	105.44	340.66	Starting The Day	20.00	60.00
Basic Young Peoples	0.00	169.10	Stepping Stones	25.00	25.00
Bog Irish	0.00	109.21	Stonewall Group	21.00	21.00
Bountiful Community	0.00	25.00	Sunday Morning Breakfast	0.00	215.00
Bountiful Mens	0.00	49.02	Unity Lunch Bunch	0.00	20.00
By the Book	0.00	171.30	Up Group	0.00	20.00
Came to Believe	75.00	75.00	Wake Up Call	538.00	1,183.00
Come As You Are	0.00	25.00	Women In Sobriety	0.00	3.15
DNS Group	0.00	412.85	Women Stepping Up	0.00	120.00
Early Bird Special	0.00	989.50	TOTAL CONTRIBUTIONS	2,792.99	16,164.50
Early Friendship	0.00	146.40			
Eye Opener	0.00	450.20			
Foothill	0.00	152.10			
Fresh Air 12 & 12	65.00	65.00			
Garden Variety	0.00	203.00			
Grapevine	106.53	232.97			
Greater Kearns	0.00	40.00			
Grub Lunch Bunch	55.00	265.00			



Central Office Representatives Meeting Minutes 04.12.16

Chair: Nick R – Welcome, reading of the Central Office Statement of Purpose, introduction of new CORs: Tom-Draper Group,

Bob-Rose Park Group, Lon - Survive and Serve, Katy-Happy Group

Co-Chair: Doug R – Parts to upgrade the computer have been ordered Shayne to put together. All for under \$300.

Secretary: Gina F – Please legibly sign in, asked reps to check or update the far right column is they are new

Treasurer: Lorraine R – Financial statement show we are ahead of this time last year. Book store sales going very well.

Trustee: Mike M – Offering to help any groups.

Trustee: Marianne D – absent

Alt Trustee: Sharon G – absent

Alt Trustee: Lori G – Needs to know responsibilities, Nick asked to meet with her after the meeting.

Activities Chair: Joel R – Joel and Nick both reported on the June 19 Founders and Father's Day Breakfast. Founders Breakfast, Sunday June 19 (father's day) @ Sugarhouse Park Pavilion. Needs cooks with grills and charcoal, will need CO folks to help with the cooking, needs servers to keep portions appropriate. Nick, Sharon G and Gina have grills, encourages attendees to bring regular breakfast faire to share, need for jugs of water. Discussion of possible speaker. Suggestion on having face painting for the kids, CO would need to purchase the paints. No update on the Picnic. As this is father's day, suggest to body to promote the picnic and bring good old dad.

Archives: Josh D – continues to work on project to find missing Grapevines for the office archives

Coins: Sandy A – excused. Jim C report more coins had been ordered and received, inventoried and put away.

Cooperation with Professionals: Mike S - Excused

Corrections Chair: Dan B – Thinking on trying some new things to increase member participation going to the jail. Stated applications for participation are on the walls in the C.O. front wall.

Hotline Chair: John J – All positions filled

Literature Chair: Charlie T – Book room continues to be enhanced. Pamphlet of the month, "A Members Eye View of Alcoholics Anonymous". Selling lots of Big Books, compiling lots of new comer packets

Newsletter Chair: OPEN Jennie reported birthdays are being published again

Outreach Chair: Joy D – New member to her committee

Central Office Representatives Meeting Minutes 04.12.16 *(continued)*

Public Information: Beverly A – Nothing to report

Tech Committee Chair: Shayne F – Doug reported his activities under his position

Treatment Chair: OPEN

12th Step Committee Chair: Tim E – There is a good volunteer list now, need more volunteers on the west side of the valley. Link on front page of the web site to sign up to volunteer

Volunteer Chair: Jim C – Updating new volunteer list, will have a link on the website home page to click to volunteer

Website Chair: Doug R – Working on Lifeline website, placed a small article in Lifeline on how to submit changes to the meeting list. Please contact Doug if you find problems with the site so he can work on it. Lots of access to our site through iPhone and androids

Old Business Nick: Credit Card, use would provide additional funding for Central Office. Jim C said the revenue could off-set the cost of running the credit card machine.

Nick: Les Olsen contract renewal still in negotiations

New Business Nick: Les Olsen contract renewal still in negotiations

Suggested group activities: baseball, farmers market, walk or hike, outdoor yoga or group meditation, sweat lodge, bowling, ballet/symphony, The Leonardo, Silver Lake outing – walk the trail, listen to the birds and wind, f

Fire Fighters relief for children (bring teddy bears to donate). This is in Eureka and 1 ½ hours from Salt Lake. Nick stated that anyone having an interest in any of these events is welcome to form a committee to implement the event.

Nick encourages the fellowship to come and enjoy central office. It's the fellowship's place.

Elections:

Lifeline Chair – no one stood

Treatment Chair – no one stood. Randy, the former chair, will email to Gina the synopsis of the job and share his district resources

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

Tuesday, June 14th, 2016

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

April 2016 Comparative Financial Statement

Income Statement

	<u>2016</u>	<u>2015</u>
Revenue		
Group Contributions	\$ 2,792.99	\$ 2,926.91
Copy/Newsletter donations	\$ 20.85	\$ 83.74
Individual Contributions	\$ 23.45	\$ 325.47
Sales - Literature	\$ 5,912.18	\$ 7,116.02
Sales - Coins	\$ 1,959.00	\$ 1,465.50
Interest Income	\$ -	
Total Revenue:	\$ 10,708.47	\$ 11,917.64
COGS - Literature	\$ 5,764.54	\$ 7,098.93
COGS - Coins	\$ 1,045.73	\$ 731.38
Total COGS	\$ 6,810.27	\$ 7,830.31
Gross Profit	\$ 3,898.20	\$ 4,087.33
Operating Expenses	\$ 3,566.37	\$ 4,559.90
Other Expenses:	\$ -	
Total Expenses	\$ 3,566.37	\$ 4,559.90
Net Income:	\$ 331.83	\$ (472.57)

Bank Accounts

Checking	\$ 10,468.15	\$ 12,544.49
Money Market - PR	\$ 24,159.99	\$ 24,124.60
Total	\$ 34,628.14	\$ 36,669.09



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

Life Elevated Group

Harry60 days
 Allen.....6 mo

Nomadic Lunch Bunch

Myrna A.....32 yrs
 Mel N.....33yrs
 Russ K.....39 yrs

Home Groups Represented at the May 2016 Central Office Meeting

- Acceptance
- An AA Group
- Back to Basics
- BBT&T
- Bog Irish
- Bountiful Men's
- By the Book
- Came to Believe
- City @ 7
- Coffee and a Big Book
- Come as You Are
- Crazy Ladies
- Fresh Air 12x12
- G/Q Women's
- Hillcrest Group
- Hot Topic
- Life Elevated
- Magna Friendly Bunch
- N/S Sobriety Hour
- Nomadic Lunch Bunch
- Park City Men's
- Primary Purpose
- Remember Reality
- Salt Lake Group
- Saturday Morning SOTS
- Serenity Now
- South Enders
- Speak Easy Ladies
- Stonewall
- Sun Morning Breakfast
- Unity Lunch Bunch
- Valley View
- Women in Sobriety

UPCOMING EVENTS

June 2016.....

June 10-12: **Akron Ohio Founders Day Conference:** <http://foundersdayregistration.akronaa.org>

June 19: **Bridging the Gap Area 69 Annual Workshop** hosted by District 10: National Society of the Sons of Utah Pioneers: 3301 E Louise Ave (2900 S) from 10am-4pm *Free food and beverages

June 19: **Founders Breakfast:** Sugarhouse Park, Hidden Grove Pavilion from 11–3 pm.

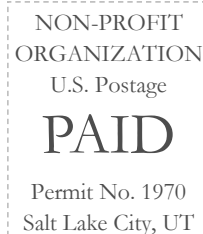
July 2016.....

July 8-10: **G.O.D. Campout:** Defa's Ranch

August 2016.....

August 14-15 : **Maple Grove Campout**—details coming

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



Return Service Requested



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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: _____

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City: _____ State: _____ Zip: _____

Amount donated: \$3.00 \$5.00 \$10.00 Other \$ _____

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**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
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www.saltlakeaa.org**