

LIFELINE



The 8th Step

My sobriety date is December 4, 1986 and I was introduced to AA through the rooms of Al-anon; for the very first time in my life people listened to me and wanted to know my story. I was HOME for sure; then when I went to my first AA meeting and saw the steps on the wall I was in shock! They certainly did not apply to ME! not ME! the perfect one; I soon learned that those 12 steps would be a map through my life, those 12 steps were the key that unlocked the prison I had been living in for many years. I really thought that

"doing" the steps was the easiest thing to do...well... until I started getting serious about the steps.

The 12 steps of AA are very much like a "rotorooter" service guy (sponsor) who continually says "Hey there is more 'crap' over here." My first 4th step was a "piece of work" because there were so many people who had "used and abused" me and of course they were all at fault. When my sponsor said, "what was YOUR part in all of this?" I was so stubborn about looking at my part; until she pointed out

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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

Tradition Eight

Tradition 8: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

"Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for." Bill Wilson 1948

Alcoholics Anonymous has been around for decades. All around the world sick and suffering alcoholics have stepped into these rooms and achieved sobriety. Many relapse, some die, many make it back to the rooms. Alcoholics Anonymous is completely non-professional,

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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 — Sharon G

Alt Trustee— Lori G

Alt Trustee—Bob C

Central Office Standing Committees

Activities — Joel R.

activities@saltlakeaa.org

Archives — Josh D

archives@saltlakeaa.org

Coins — Sandy A

Cooperation with the Professional

Community — Charlie B

cpc@saltlakeaa.org

Corrections — Dan B.

corrections@saltlakeaa.org

Hotline Telephone — John J

hotline@saltlakeaa.org

Literature — Charlie T.

literature@saltlakeaa.org

Lifeline Newsletter — Wendy P.

lifeline@saltlakeaa.org

Outreach —

outreach@saltlakeaa.org

Public Information - Beverly A.

pi@saltlakeaa.org

Technical Support — Shayne F

it@saltlakeaa.org

Treatment— Sandy B

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 out 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: Remember Reality** on Tuesdays @ 6:30pm at Genesis Bookstore, 3900 S 300 E
- **NEW MEETING:**
- Correct address for **Highlander** meeting on Wed @ 8pm: 7135 S Highland Dr Ste 102
- Corrected meeting time for **Happy Destiny Group**, Tuesday @ 7:30 p.m. (not 8:00 p.m.)
- 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

The Monster Story

There once was a girl. She didn't know much but that changed. She was confused about what was happening. She thought and thought and just had a gut feeling, and later found out that all of her thoughts and feelings were right, her dad was doing drugs. She just didn't know how bad it was. She was very close with her dad, but finding out the truth made her more distant from him, she didn't want to get even more hurt than she already was. The girl started to notice that her dad was getting worse so she asked her mom what was going on. Her mom told her that her dad was doing heroin instead of pain pills now. The girl knew that was one of the worst drugs. Her mom couldn't handle it anymore and wanted to get a divorce. Her dad found out and went crazy. He started doing meth. He stole everything from the family to get money for drugs because he obviously didn't have a job anymore. The family kicked him out of their house. He had nowhere to go because nobody wants a drug addict living in their house so he had to live in his car. After a while of not seeing him the family decided to meet him for lunch because their grandpa just died. The girl has never seen her dad that bad. At that point he was mixing heroin and meth together. He had all of his stuff locked up in chains because he thought somebody was out to get him. Everybody kept telling him he needed to go get help, he didn't actually want help but he went and got it anyways to make everyone happy except for himself. Right as he got out of rehab he went right back to doing drugs, it wasn't even two days! The girl

was hurt, all she wanted was for this to be over, it was hurting her so bad. She thought the best way to make her feel better was to be mean to her dad whenever he talked to her or not even talk to him at all, but she didn't know that it was hurting her even more. One day something really bad happened, the girls dad was so high that he threatened somebody, he thought that guy was out to get him when really he wasn't. He got a felony for that. He would never do that when he was clean so after that the girls dad decided himself that he wanted to get better. Nobody forced him too. The girl saw her dad clean and realized she didn't want to be mean to him anymore. She knew she would be happier if she had memories with her dad when he was gone rather than not having any memories with him at all. She also knew that in order for her dad to get better she needed to support him and be there for him. He has been clean for over 7 months now and the girl is more forgiving for his choices and not as angry with him. She still isn't as close with him as she used to be and probably never will be but she is still working on being close with him and she will now have good memories with him, and if he chooses to go back to drugs she's going to be more forgiving and be there for him when he needs it. She now knows that addiction takes over your whole life and what he does while he is high he can't control it.

-Anonymous (14 years old)

History of the Hillcrest Group



It was started in 1976 by Marian Barlow and B. Marvis Lindsay, Marian and Marvis were working for South Valley Counseling Services, funded by Salt Lake County, After losing their funding, they founded the Sobriety Corporation, The meeting location was across the street from Hillcrest High School, that's why it's called the Hillcrest Group. After the meeting, we would walk across the parking lot to the Belgian Waffle Restaurant. We also held a few meetings in the back room of the restaurant.

Over the years, the group had to move many times. We have had many landlords. After leaving the offices of the Sobriety Corporation, they went out of business. We moved to a little, white, wood frame building on State Street by the Last Outpost Restaurant. That building is now a trophy store. The group then moved to the back room of the South Seas Restaurant, now closed. We met for about two months in the Copperview Community Center. We had two or three meetings in a beauty salon in Murray. We then moved to the American Legion Hall in Sandy until it burned down. When we were at that location, we were giving a lady in the group \$10,00 to bake cakes for those celebrating A.A. birthdays, Instead, she spent the money to go to school. She said she meant to pay it back, but the money was never repaid_ George, the Commander of the American Legion Hall, called to tell me that we were about 11 months past due on the rent. At the next meeting, we told the group what had happened.

Continued on page 5

History of the Hillcrest Group ...*cont*

We passed a basket around and collected more than enough money to pay the rent.

We then moved to our present location, St. James Episcopal Church, 7486 Union Park Avenue. Marian didn't give chips. She made up paper bags with colored stars on them. She had a formula for the number of stars in particular colors for each length of sobriety.

When we were meeting by the Belgian Waffle Restaurant, we would randomly speak. If there was a pause in the speaking, the Chair person would call on someone to speak. When the Central Office wanted the groups to have historians, a lady named Rachel told us she wanted to be our group historian. We gave her all the group history and never saw her again. Marian kept all the sobriety birth dates on index cards in a recipe box

For many years, the group had summer picnics funded with profits from the book raffle_ A young man named Mike, hosted the first one in his grandmother's backyard. There was a rope tied in a tree and we tried to climb it. The picnics were potluck and most of them were at Riverton Park. We would play horse shoes and volleyball. The last two were at Murray Park. I miss them.

-Reed P.

UPCOMING EVENTS

August 2016

August 12-14: Maple Grove Campout: Richfield, UT Contact Ralph:801-598-0732

August 14: Central Office Picnic at 11am at Murray Park Pavilion #5 (VOLUNTEERS NEEDED FOR SET UP (9:30 am AND CLEAN UP 4:00 pm)

August 20-21: Pre-Assembly Workshop 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 International Bridging the Gap workshop in Tucson, AZ. Contact: Matthew L 916-899-908 or coordinator@btgwww.org

September 9-11: Mens' Spiritual Retreat @ Lava Hot Springs featuring Steve L. from Redondo Beach. Contact Josh or Mike for registration: Josh D (801) 879-8193 joshuadecola@yahoo.com, or Mike C (208) 681-3169 mikecaldwell51@gmail.com

September 16-18: The 27th Annual Women's Big Book Retreat at Trefoil Ranch Girl Scout Camp. [http:// www.newurecovery.org](http://www.newurecovery.org). Contact Marsha marshasabc@aol.com

September 18: Annual Acceptance Group Picnic at Lindsey Gardens 11-5; Celebrating the group's 31st year!

September 23-25: Fall Assembly Area 69 at Western Park: 302 E 200 S in Vernal, UT contact: Jerrad T:435-790-1270 or Shorty A. 435-219-5674

September 24: Sobriety in the Siskiyous - 2nd Annual AA Conference at Greenhorn Range, Yreka, CA contact: Ron C: 530-598-1476 or Cindy W: 530-340-0752

Pamphlet of the Month: “Do You Think You’re Different?” *(excerpt)*



“A.A. won’t work for me. I’m too far gone.” “It’s nice for those people, but I’m president of the P.T.A.” I’m too old. Too young. Not religious enough. I’m gay. Or Jewish. A professional person. A member of the clergy. Too smart. Or too uneducated. At this moment, people all over the world are thinking that A.A. probably won’t work in their case for one or several of these reasons. Perhaps you are one of these people. We in A.A. believe alcoholism is a disease that is no respecter of age, sex, creed, race, wealth, occupation, or education. It strikes at random. Our experience seems to show that anyone can be an alcoholic. And, beyond question, anyone who wants to stop drinking is welcome in A.A. Our co-founder Bill W., in telling about A.A.’s earliest days, wrote: “In the beginning, it was four whole years before A.A. brought permanent sobriety to even one alcoholic woman. Like the ‘high bottoms,’ the women said they were different; A.A. couldn’t be for them. But as the communication was perfected, mostly by the women themselves, the picture changed. “This process of identification and transmission has gone on and on. The skid-rower said he was different. Even more loudly, the socialite (or Park Avenue stumblebum) said the same. So did the artists and the professional people, the rich, the poor, the religious, the agnostic, the Indians and the Eskimos, the veterans and

the prisoners. “But nowadays all of these, and legions more, soberly talk about how very much alike all of us alcoholics are when we admit that the chips are finally down.

In the stories that follow, you may encounter men and women whose race, age, sexual preference, or any number of other conditions are similar to yours. They came to A.A. and found that Alcoholics Anonymous worked just as well for them as it had for hundreds of thousands of others of us who thought we were “different.” We found help, and we found friends with whom we could identify and share our experiences. We are no longer alone.

http://www.aa.org/assets/en_US/p-13_doyouthinkyourediff.pdf



...Continued from: The Eighth Step

that I was the common thread in all my affairs; especially after creating a list of my character "barriers" that kept me from the sunlight of the spirit and my own peace of mind.

After many hours of back and forth conversations with my sponsor I made that list! Then she dropped the bomb on me! "Let's create a list of the people that were damaged by your drinking, because we are going to start looking at the process of "making amends." Oh I was hating this very much but KNEW it was the only way. **Step eight states "Made a list of all persons we had harmed, and became willing to make amends to them all."** All this step asks of us is to become willing and make a list! Nothing more, nothing less! But as a newcomer I made a mountain out of a mole hill.

The process wasn't that hard since I only had a few names on that list ... you know the big ones... Mother, Father, ex's, etc. but when my sponsor said "what about putting YOU on the list" it got immediately hard! Oh I could put my name there on the list... but become willing to make amends to ME!!! That wasn't going to be easy. Getting willing was a roller coaster ride; some days I was very willing.. next day not so much and other days ... NOT at all. So I just kept praying for the willingness to be willing! Every day, over and over, I prayed for willingness to be willing... and then one morning out of no where came the surprise visit from....WILLINGNESS! I was there, I could feel it, taste it, and I knew I was ready. I was "movin' on down the road." Next stop ... STEP NINE!

-Barbara P.

...Continued from: Tradition Eight

and almost entirely unorganized. This works wonderfully. Spiritual experiences are flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; it's really quite simple.

Is it possible that this program could ever be professionalized? Absolutely not. All the efforts to "professionalize" A.A have failed miserably. A.A. will not tolerate the idea of paid "A.A. Therapists" or "organizers". This life saving program can never be diluted by "professionals".

It is true that few subjects have been the cause of more contention within our Fellowship than professionalism. Caretakers who swept floors, cooks who fried hamburgers, secretaries in offices, authors writing books--all these we have seen hotly assailed because they were, as their critics angrily remarked, "making money out of A.A." Ignoring the fact that these labors were not Twelfth Step jobs at all, the critics attacked as A.A. professionals these workers of ours who were often doing thankless tasks that no

one else could or would do. Even greater furors were provoked when A.A. members began to run rest homes and farms for alcoholics, when some hired out to corporations as personnel men in charge of the alcoholic wards, when others entered the field of alcohol education. In all these instances, and more, it was claimed that A.A. knowledge and experience were being sold for money, hence these people, too, were professionals.

Bill W. once said, "There are people who serve us full time in other capacities such as: cooks, caretakers and paid Intergroup secretaries. These people are not "A.A. professionals". They are just making more and better 12th Step work possible. Secretaries at their desks are valuable points of contact, information and public relations. That is what they are paid for, and nothing else. They help carry the good news of A.A. to the outside world. That's not "A.A. therapy"; it's just a lot of very necessary but often thankless work."

-Candi

Central Office Representatives Meeting Minutes 07.12.16

Chair: Nick R – Late, Doug R stepped up to start meeting

Co-Chair: Doug R – Welcome, CO statement of purpose, introductions of new CORs: Piper D- GQ Group, Taylor H- Basic Young People.

PO Sale not working, but kept things going. Kudos to volunteers. Waiting for info on the new Spanish meeting (s)

Secretary: Gina F—Excused

Treasurer: Lorraine R- Debit to credit card issues – Doug also had website issues with debit/credit postings. Must keep 6 months prudent reserve per by-laws

Trustee: Sharon G – Offered help to Sandy B with Treatment centers

Alt Trustee: Lori C — Absent

Alt Trustee: Bob C – Representing Central Office at the DCM meetings and will report back

Activities Chair: Joel R – Discussed Central Office Picnic flyer. Need volunteers to show up at 9:00 am for set up. Picnic to include kids activities, considering raffle.
Also reported 150 people attended the Founders Day/Father's Day Breakfast

Archives: Josh D – Updated search for 1961 and 1969 issues, Men's Retreat at Lava Hot Springs is 9/10-9/11/2015

Coins: Sandy A—Excused/Report given by Nick

Cooperation with Professionals: Charlie B – Still working on obtaining Mike Spence's files, requests calls or emails for suggestions

Corrections Chair: – Dan B Excused, report by Doug R: get the word out to groups about signing up for Bridge the Gap and to help with meetings in the jails

Hotline Chair: John J—Absent

Literature Chair: Charlie T – Ordered a new large print version of the Big Book which includes the first 164 pages with the Doctor's Opinion only. Selling fast.

Newsletter Chair: Wendy P – Send group birthdays to her at lifeline@saltlakeaa.org. deadline for following month is the 15th

Outreach: OPEN

Tech Committee Chair: Shayne F – Excused Doug reported he reformatted the PO Sales Software

Treatment Chair: Sandy B – Excused NOTE: please correct her email address to barlow.sandy@gmail.com

12th Step Committee Chair: Tim E- obtained some new volunteers – volunteer sign-up sheets on Central Office website

Volunteer Chair: Jim C – Things going well, creating a "call when needed" volunteer sheet. Manual sales were off by only \$1.23 day the POS system went down

Central Office Representatives Meeting Minutes 07.12.16

Old Business:

Bees Game with fireworks, super fun, tickets weren't together

New Business:

Bees game and fireworks planned for August or September with block of seats on the first base line

Karen C. - to set up and promote the moonlight hike - Excused

Gina F, John Y and El I. to set up group outing to the Spiral Jetty – Work in progress

Election:

Outreach chair: No one stood for position. Suggested 2 years of sobriety, new chair will complete the remainder of the vacated post

Our next Central Office Rep meeting will be on
Tuesday August 9, 2016 at 6:30 p.m.

The Serenity Prayer

*God, grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.*

June 2016 Comparative Financial Statement

Income Statement

	<u>2016</u>	<u>2015</u>
Revenue		
Group Contributions	\$ 1,684.62	\$ 2,136.53
Copy/Newsletter donations	\$ 32.25	\$ 27.43
Individual Contributions	\$ 5.00	\$ 41.13
Sales - Literature	\$ 7,198.71	\$ 5,431.36
Sales - Coins	\$ 2,107.50	\$ 1,900.00
Interest Income	\$ -	
Total Revenue:	\$ 11,028.08	\$ 9,536.45
COGS - Literature	\$ 7,002.48	\$ 5,397.14
COGS - Coins	\$ 1,162.15	\$ 924.02
Total COGS	\$ 8,164.63	\$ 6,321.16
Gross Profit	\$ 2,863.45	\$ 3,215.29
Operating Expenses	\$ 4,092.40	\$ 3,514.10
Other Expenses:	\$ -	
Total Expenses	\$ 4,092.40	\$ 3,514.10
Net Income:	\$ (1,228.95)	\$ (298.81)

Bank Accounts

Checking	\$ 15,469.94	\$ 15,690.85
Money Market - PR	\$ 24,141.05	\$ 24,110.75
Total	\$ 39,610.99	\$ 39,801.60



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

Men's Spiritual Retreat



Lava Hot Springs

September 9-11 2016

Featured Speaker: **Steve L.,** Redondo Beach CA

Fellowship-Meetings-Meditation-Hot Pools - Recovery!

Pre Register: \$30 before September 6th / \$40 at the door

Mcheck payable to: CC + H2O and send to

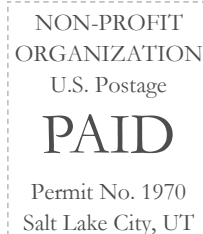
Address: 131 J Street SLC, UT 84103

Includes coffee, drinks, snacks, and dessert Saturday night

Home Groups Represented at the July 2016 C.O. Representative Meeting

- 5:15 Happy Hour
- 10th Step Group
- 5:30 Nonsmoking Sobriety
- Acceptance
- Back to Basics
- Basic Young People
- BBT&T
- Bountiful Men's Group
- Come as You Are
- Every Night Firelight
- Fresh Air 12X12
- GQ Meeting
- Happy Destiny
- Happy Group
- Highland Group
- Hillcrest Group
- Hot Topic
- Murray Group
- Park City Men's
- Primary Purpose
- Quiet Time Meditation
- Rose Park Recovery
- Salt Lake Group
- South Davis
- South Enders
- Spiritual Quest
- Stepping Stones
- Sunday Breakfast
- Caring and Sharing
- Valley View 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 \$ _____

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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
(801) 484-7871

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www.saltlakeaa.org**