



### Speak Up!

My last drink was October 16, 2015. I had convinced myself after a year of sobriety that I was non-alcoholic. I was just what the book refers to as a “heavy drinker” because all of my partying occurred between the age of 12-21. I believed wholeheartedly that I could drink again because I was 21. In hindsight, not a good argument against alcoholism. I drank for about 10 days before I was crying to God for help. I was alone in my one bedroom apartment, drunk, sobbing. About 10 minutes after I said the taboo God word, someone came and knocked on my door as a 12-step call. Something was looking out.

I called the sponsor I worked with the year prior and told her, I got a newcomer chip, and stopped calling her. It was easy to not call and still say I had a sponsor because she moved out of

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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

## UPCOMING EVENTS:

### DECEMBER 2016

**December 8-11:** STATELINE RETREAT at the Tuscany Hotel and Casino in Las Vegas. Visit <http://www.statelineretreat.org> for more information and to register.

**December 18:** Nomadic Lunch Bunch's 25th Annual Holiday Potluck @noon @Odyssey House: 350 E 2100 S Salt Lake City.

**December 27:** District 2 GSR Meeting from 7-8pm@ Fellowship Hall: 2060 Windsor St Salt Lake.

### JANUARY 2017

**January 14:** Draper Group 16th Anniversary Celebration: Speaker Meeting & Pot Luck Dinner @ Loan Peak Indoor Pavilion : 10140 S 700 E, Sandy (call Eric 801-633-4262) .

## Central Office Board of Trustees

[board@saltlakeaa.org](mailto:board@saltlakeaa.org)

**Chair — Nick R**

**Co-Chair — Doug R**

**Secretary — Gina F**

**Treasurer — Lorraine R**

**Trustee — OPEN**

**Trustee — Sharon G**

**Alt Trustee— OPEN**

**Alt Trustee— Bob C**

## Central Office Standing Committees

**Activities — Joel R**

[activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)

**Archives — Josh D**

[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

**By-laws — OPEN**

**Coins — Sandy A**

**Cooperation with the Professional  
Community — Charlie B**

[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

**Corrections — Dan B**

[corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)

**Hotline Telephone — John J**

[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

**Literature — Charlie T**

[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

**Lifeline Newsletter — Wendy P**

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

**Outreach — Sharon G**

[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

**Public Information - Beverly A**

[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)

**Technical Support — Shayne F**

[it@saltlakeaa.org](mailto:it@saltlakeaa.org)

**Treatment— Sandy B**

[ctf@saltlakeaa.org](mailto:ctf@saltlakeaa.org)

**Twelfth Step — Tim E**

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

**Volunteer — Jim C**

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

**Website — Doug R**

## PAMPHLET OF THE MONTH:



“Self-support begins with me, because I am part of us — the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A.”

[http://www.aa.org/assets/en\\_US/f-3\\_selfsupport.pdf](http://www.aa.org/assets/en_US/f-3_selfsupport.pdf)

## 7th Tradition Contribution Addresses

**A.A. World Services**  
Box 459 Grand Central  
Station  
New York, NY 10163  
[https://ctb.aaws.org/  
Login.aspx](https://ctb.aaws.org/Login.aspx)

**Area 69 Treasurer**  
PO Box 286  
Hyde Park, UT 84318  
[http://utah.aa.org/  
contributions.php](http://utah.aa.org/contributions.php)

**District 10 Treasurer**  
PO Box 57271  
Murray, UT 84157

**Salt Lake Central Office**  
80 West Louise Ave.  
Salt Lake City, UT 84115

**District 2 Treasurer**  
PO Box 615  
Salt Lake City, UT 84110

**District 11 Treasurer**  
1157 Shannon Avenue  
Farmington, Utah 84025

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

## 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

***“Yes, there is a substitute  
and it is vastly more  
than that. It is a  
fellowship in Alcoholics  
Anonymous ... Life will  
mean something at last.”  
Alcoholics Anonymous,  
p. 152***

## Meeting Updates



### New Meetings:

**Serenity Now** Wednesdays @ 7pm Good  
Shepard Lutheran: 8575 S.700 E. Sandy

**Sacred Healing** Mondays @ 5pm Urban Indian  
Center: 1230 W 1300 S in Salt Lake City

### Meeting Update:

**A Way Out Beginners Speaker's Meeting** has changed its name to **A Way In Beginners Meeting**. It still meets Wednesdays @ 8:15 pm at Fellowship Hall

### Meetings needing Support:

**One More Saturday Night** Saturdays @ 6:30  
Holladay United Church of Christ: 2631 Murray-  
Holladay Rd, Salt Lake City

# COMMITTEE CHAIR ELECTIONS: 12/13/16



*Get involved with SLC Central Office: A Whole New Level of Service!*

## **December Elections:**

At the December CO Committee meeting on December 13, 2016 all of the Standing Committee Chairs will be elected to take office in January of the following year.

- All Standing Committee Chairs shall serve a two year term.
- All Standing Committee Chairs shall have two years of continuous sobriety.
- All Standing Committee Chairs shall have one vote at the CO Committee meeting.
- To insure communication and proper action, a member of the Board of Trustees will be assigned to serve as liaison to all active Standing and ad hoc Committees, request progress and information reports and assist in all of the Standing and ad hoc Committee's affairs.
- Standing and ad hoc Committee members may be volunteers, appointed by the Board of Trustees.
- Each Standing Committee shall be required to maintain current procedural guidelines for its functions. All guidelines need approval of the Board of Trustees and will be on file at the Central Office.
- Each Standing Committee shall submit an annual committee budget to the Treasurer before the October CO Committee for inclusion in the annual CO budget report.
- Each Standing Committee Chair may attend the monthly Board of Trustees meeting and shall attend the monthly CO Committee meeting and shall present a report of the previous month's activities to the Board of CO Committee.

## **Committee Meetings:**

- Meetings of the Standing and ad hoc Committees may be held at such time and place as may be determined by a majority of such committee, by the Chairperson, or by the Board of Trustees.
- Notice of meetings shall be given to each Standing and ad hoc Committee's members at least five (5) working days in advance of the meeting unless all members agree to a shorter notification. A majority of such committee's membership shall constitute a quorum.
- Any Standing or ad hoc Committee decision shall be made by a majority of those in attendance to vote on any matter within the scope of such committee's responsibility.

## **Standing Committees:**

### *Hotline Telephone Committee:*

The Hotline Telephone Committee's purpose is to ensure individuals or A.A. members looking for information or specific help are assisted by an A.A. member in a timely and personal manner. The committee is responsible to recruit individuals and groups willing to answer the phone during closed office hours. Maintains a calendar of committed members and groups for publication in the Newsletter, on the Website and for office reference. Establish and maintain an information packet to assist groups and individuals answering the phones.

### *Twelfth Step Committee*

The Twelfth Step Committee's primary function is to have willing A.A. members available to respond to requests for help. All participating groups will identify their Twelfth Step Coordinator and submit names and contact information to the Twelfth Step Committee. Central Office refers all requests for visits to the Twelfth Step Committee. The Committee contacts Twelfth Step Coordinators and/or members from the participating groups. In addition, the Twelfth Step Committee will inform members and groups of this service opportunity.

### *Activities Committee*

The Activities Committee is responsible to plan, organize and implement all fellowship activities in an effort to provide opportunities for area groups to gather. The annual picnic, spring event and other events as needed are among the committee's responsibilities.

#### *Newsletter Committee*

The Newsletter Committee creates and distributes a monthly newsletter containing information such as, calendar of events, group news, member's writings, Central Office financial information, Board of Trustees and CO Committee meeting minutes and other information relevant to the members and groups served by Central Office.

#### *Outreach Committee*

The Outreach Committee maintains contact with A.A. groups in the SLC Metro Area in order to inform the groups of Central Office's function of service to the groups, to promote general cooperation between Central Office and individual A.A. groups, to strengthen and encourage effective individual participation in service to alcoholics and A.A., and to maintain and update Central Office records.

#### *Website Committee*

The Website Committee's general purpose is to create and maintain Central Office's website for members and individuals seeking information about A.A. The website will include an accurate meeting schedule by all areas served by Central Office as well as current news and events.

#### *By-Laws Committee*

The By-Laws Committee reviews, updates and recommends changes as needed to these By-Laws for approval by the CO Committee.

#### *Volunteer Committee*

The volunteer Committee recruits and posts opportunities for service at Central Office with the intent that the routine work, services and activities of Central Office be carried out through the voluntary services of A.A. members. The Volunteer Committee shall keep an up-to-date list of CO Reps and their Groups or meetings, and shall carry out such other functions as directed by the Board of Trustees or CO Committee.

#### *Literature Committee*

The literature committee's general purpose is to maintain Central Office's supply of literature and other materials available from Alcoholic's Anonymous World Services, Inc. and The AA Grapevine, Inc. The Literature Committee's duties include: 1) provide a biannual physical inventory of books and materials, quantity and purchased dollar value. 2) submit request for purchases to the Treasurer for purchases above pre-approved limit (\$5,000 per month). 3) order materials as needed.

#### *Archives Committee*

The Archive Committee will be entrusted with the safe keeping, organization, assembly and storage of all Central Office records as directed by the Board of Trustees and C.O. Committee.

#### *Public Information Committee*

The Public Information Committee will function in cooperation with the similar committees in Districts 2, 10 and 11 and Area 69. The Committee, in carrying out its duties, will refer to the GSO A.A. Guidelines and Kit for direction and guidance.

#### *Treatment Facilities Committee*

The Treatment Facilities Committee will function in cooperation with the similar committees in Districts 2, 10 and 11 and Area 69. The Committee, in carrying out its duties, will refer to the GSO A.A. Guidelines and Kit for direction and guidance.

#### *Corrections Committee*

The Corrections Committee will function in cooperation with the similar committees in Districts 2, 10 and 11 and Area 69. The Committee, in carrying out its duties, will refer to the GSO A.A. Guidelines and Kit for direction and guidance.

Cooperation with Professionals Committee

#### *The Cooperation with Professionals Committee*

will function in cooperation with the similar committees in Districts 2, 10 and 11 and Area 69. The Committee, in carrying out its duties, will refer to the GSO A.A. Guidelines and Kit for direction and guidance.

# FEARLESS

It hasn't been long since this has begun  
But this feeling makes me feel strong  
Started out a skeptic, but came out of my shell  
Now I'm open and I feel I belong

I never knew this could be easy  
Didn't know these feelings I could feel  
But at last I have opened my eyes  
A now I know that this is real

I thought I'd hold back and just listen  
But I will stand and share my burning desire  
I feel closer than comfort will allow  
And inside I'll feel the heart of the fire

The return of memories, but I'm okay today  
I can look inside of me at what I couldn't before  
The time has come to get through this  
Now it's time to unlock and open that door

Turning the key I will remember  
When it's in my face I will not resist  
It's time to face the pain inside  
I realize now, these things do exist

I will look at it now even if I can't let go  
I will hold on tight for the gentle release  
Slowly approaching the darkness contained  
Knowing that the fear will finally cease

The strength is around me I'm safe from harm  
I will search inside I will find my buried soul  
I will pray today, "God it's in your hands  
Over how this turns out, I give you control"



-Aimee M, 90th & 32nd

## Speak Up! ...Continued from page 1

state. I white knuckled it for 90 days. While I was still active in my service commitments, social world, relationship, and hobbies, my connection with god was absent.

At 90 days an AAer from another state posted that he needed a place to stay. The good AA I was I told him he could stay on my couch that night. I got brutally raped that night. The one thing I didn't think could happen in sobriety, happened. I thought that I was safe from that horror because I wasn't blacking out and putting myself in dangerous situations anymore. It happened in the living room of my own home. The next month one of my best friends overdosed on heroin and died. Circumstances threw me off the mental deep end and shattered my perception of the universe. My already existing Major Depression Disorder and Bipolar Disorder swan dove off a cliff. I acquired PTSD. I became gravely suicidal.

I was so afraid, but after being around AA for a few years I had hope that I was not alone. I began reaching out in meetings, asking if anyone could help me because I wasn't going to drink, I was going to kill myself.

I got hooked up with a new sponsor. She didn't keep me sober, but she kept me grounded. We got to work immediately. She picks up the phone when I am afraid of myself. She helped me pray again. She does NOT proclaim to be my mental health doctor and highly suggested outside help. She is a woman in recovery who shares her experience strength and hope with me and guides me through the work as it is laid out in the big book. Outside help has looked like going to talk therapy, quitting talk therapy, going to UNI sober, finding an EMDR specialist, starting med management and getting a service dog.

Something has helped me stay sober through everything. No matter what happens, I don't have to pick up a drink today. If you are in pain, PLEASE REACH OUT. Someone will catch you! You need to yell when you are falling. I am learning to not let someone else's darkness cast a shadow on my heart. I pray for light to illuminate the darkness in others.

Stay gold.

-Maggie



### HOME GROUPS REPRESENTED @NOV 2016 CENTRAL OFFICE MEETING

- |                         |                       |                      |
|-------------------------|-----------------------|----------------------|
| • By the Book           | • Bountiful Community | • Young & Alive      |
| • Women in Sobriety     | • Bog Irish Big Book  | • Stepping Stones    |
| • Midvale Lunch         | • Nomadic Lunch Bunch | • Sharing & Caring   |
| • Park City Men's Group | • Acceptance Group    | • Came to Believe    |
| • Rose Park Recovery    | • Hillcrest Group     | • 10th Step Group    |
| • Wake Up Call          | • 90th & 32nd         | • 5:30 Sobriety Hour |
| • Primary Purpose       | • Salt Lake Group     | • Speak Easy Ladies  |
| • Hot Topic             | • We Care             | • Big Book & Coffee  |
| • Hour of Hope          | • Red Eye             | • Draper Group       |
| • Every Night Firelight | • Sunday Breakfast    |                      |



# Central Office Representatives Meeting Minutes 11.8.16



Chair: Nick R – WELCOME, STATEMENT OF PURPOSE, INTRO OF NEW REPS  
Co-Chair: Doug R –  
Secretary: Gina F –  
Treasurer: Lorraine R – Financial report  
Trustee:  
Trustee: Sharon G – Introduced Christopher, who will be helping with Outreach  
Alt Trustee:  
Alt Trustee: Bob C – Still needs to contact DMC  
Activities Chair: Joel R – Chili cook-off was very successful  
Archives: Josh D – still searching for Grapevines.  
By-Laws: (OPEN)  
Coins: Sandy A – Coin committee in good shape.  
Cooperation with Professionals: Charlie B, Absent  
Corrections Chair: Dan B – Need more volunteers to take meetings to the prison, specifically the Wasatch facility on Tuesday and Friday eves at 7 to 8pm. Suzy L. will contact Bartholomew at district.  
Hotline Chair: John J – Doing well collecting voice mails and delegating calls to the best person.  
Literature Chair: Charlie T – 2017 wall (\$9.00) and pocket (\$4.75) calendars are available. Pamphlet of the month, the 7th tradition.  
Newsletter Chair: Wendy P – Need submissions by the 14th to make the publishing deadline.  
Outreach Chair: Sharon G – Wants to get lots of young people involved including those in Wendover.  
Public Information: Beverly A – Absent  
Tech Committee Chair: Shayne F – Absent  
Treatment Chair: Sandy Barlow - Excused  
12th Step Committee Chair: Tim E – 12th step list is up to date and current.  
Volunteer Chair: Jim C – All is well  
Website Chair: Doug R – No problems, lots of new meeting updates sent in. Please get back to Doug if there are any errors on the website.  
Elections: Central office is in good shape both spiritually and financially.  
Chair - Doug R. - Acceptance Group – January 14 1983  
Co-chair - Gina F. - Saturday Morning SOTS - July 23 2002  
Trustee - Kevin D. - Wake - up Call (Park City) - TBD  
Alt. Trustee - Bob G. - Park City Thursday Men's – August 23 2002

Adjourn and Close with the Serenity Prayer

Next Central Office Board meeting will be held on Tuesday December 13, 2016



## October 2016 Central Office Financial Summary

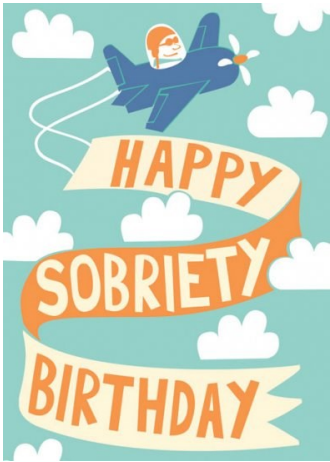


### Income Statement

	2016	2015
<b>Revenue</b>		
Group Contributions	\$ 2,686.62	\$ 2,521.56
Copy/Newsletter donations	\$ 96.57	\$ 52.60
Individual Contributions	\$ 53.00	\$ 81.34
Sales - Literature	\$ 5,021.55	\$ 8,979.01
Sales - Coins	\$ 1,704.00	\$ 2,120.50
Interest Income	\$ -	
<b>Total Revenue:</b>	<b>\$ 9,561.74</b>	<b>\$ 13,755.01</b>
COGS - Literature	\$ 4,914.01	\$ 8,866.52
COGS - Coins	\$ 909.34	\$ 1,100.39
<b>Total COGS:</b>	<b>\$ 5,823.35</b>	<b>\$ 9,966.91</b>
Gross Profit	<b>\$ 3,738.39</b>	<b>\$ 3,788.10</b>
Operating Expenses	\$ 3,071.38	\$ 3,451.81
Other Expenses:	\$ -	
Total Expenses	\$ 3,071.38	\$ 3,451.81
<b>Net Income:</b>	<b>\$ 667.01</b>	<b>\$ 336.29</b>
<b><u>Bank Accounts</u></b>		
Checking & Petty Cash	\$ 20,442.83	\$ 8,602.57
Accounts Payable Due	\$ (1,410.47)	\$ (2,159.18)
Money Market - PR	\$ 24,175.19	\$ 24,144.89
<b>Total</b>	<b>\$ 43,207.55</b>	<b>\$ 30,588.28</b>

\*PLEASE NOTE THAT ACCORDING TO THE CENTRAL OFFICE BYLAWS IT IS REQUIRED TO HAVE 6 MONTHS OVERHEAD IN THE PRUDENT RESERVE. AVERAGE MONTHLY COSTS ARE \$4,000 PER MONTH, \$24,000 FOR 6 MONTHS.

\*A DETAIL OF GROUP CONTRIBUTIONS IS AVAILABLE AND WILL BE HANDED OUT QUARTERLY



Please send all sobriety milestones to :  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by the 15th of each month for  
publication in the following month's LifeLine.

NOMADIC LUNCH BUNCH

Karen B	5 yrs
Kim H	5 yrs
Ron K	28 yrs
Richard	16 yrs

WASATCH FACILITY  
UTAH STATE PRISON

Branden	6 mo
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SPEAK EASY LADIES

Mimi	3 yrs
Cyndy O	14 yrs
Kathy M	31 yrs

MAGNA FRIENDLY  
BUNCH

Dustin	18 mo
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**NOMADIC LUNCH BUNCH 25th ANNUAL**  
**HOLIDAY PARTY**

**Sunday December 18<sup>th</sup> | noon**

**Odyssey House: 350 E 2100 S Salt Lake**

**Join us as we enjoy food, fun, and fellowship.**

**POTLUCK — BRING A DISH TO SHARE!**

## BIG BOOKS AROUND THE WORLD



In the early 1990's a Newcomer was looking at the AA Literature Catalog and saw the Big Book being sold in foreign languages.

"Wow", he thought, "we should get those for our Central Office!" Into Salt Lake Central Office he marched and stated to Arlene (our Central Office Saint/Manger). Let's buy all the languages and stock them in our Central Office.

Arlene sighed and responded that "they might not sell and they would have to be carried on the Central Office inventory".

Within two or three years the same man returned to ask the same question again. The answer remained the same: "they might not sell and they would have to be carried on the Central Office inventory".

Each few years this persistent/stubborn Alcoholic would return and try again.

In 2007 headed down to ask Ron, the Central Office Manager at the time, the same question. While driving, the Alcoholic thought, "they will never buy these books and this is a waste of time." But then the thought came, "Why don't I buy the books and donate them to Central Office for display?" It wouldn't cost them a dime and would never need to be counted on the inventory.

Off he drove to see if Ron would go along with a donation. Through some dialog, Ron agreed; the only stipulation being that Central Office required is that if the Central Office sells one of the foreign books, they must replace it.

The Alcoholic started buying the books a few at a time. One day driving to Central Office he thought, "You selfish SOB, Why don't you let AA join in?"

Thus began the project of buying Big Books around the world. A "Carry the Message" can was created and AA members stepped forward to offer pennies, dollars and much, much more. The list of names of the languages were put on the wall of a local club and members stepped forward to donate or buy a book that had some sentimental touch to their hearts. The books were ordered and a couple of six shelf book cases were offered to display the books. As the books came in they were added to the collection.

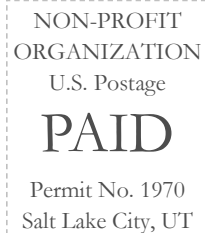
Now, the stubborn Alcoholic wanted more. "Let's build a display and put it on the wall," he suggested. This was not supported at that time, but luckily the new Central Office management in 2012 was receptive to the idea. Again, the Carry the Message can came out and AA's were asked to support the display idea. Members stepped up and raised over \$600 that first month.

Now you know the history of the "Small World Big Book" display! If you have not been to Central Office please go and look.

-Charlie T.



**Salt Lake Central Office**  
**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](http://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](http://www.saltlakeaa.org)**