



LIFELINE

Step Four Myth Buster

Myth #1 "Writing a 4th step takes a Long Time."

I began my first 4th step with gusto, and then proceeded to ignore it for 3 months. Whenever someone would ask what step I was on I would tell them step 4 and then make a very sincere face implying, "And you know how hard that is." I was trying to make a marriage work that had been severely damaged by my alcoholism. I was a mother to a 3 year old little spitfire. I complained of that anxiety we suffer from early in sobriety. Deep down I knew the truth, I wasn't really writing my 4th step. When that situation became painful enough, I committed to writing for at least 20 minutes every morning, and it was done in 10 days.

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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 Four

While answering the telephones at Central Office, on several occasions I received a call of this nature: "Group is doing it wrong. Something has to be done. Call the AA Police."

Sorry there is no AA Police.

In my home group, on the last meeting of the month, the current chair asks for a volunteer to chair for the next month. Several years ago, an individual with about 90 days of sobriety volunteered. He had shared several times during the previous 3 months. He always introduced himself as an addict. He shared that he was a professional in the mental health area. He was intelligent and charismatic.

At his first meeting as chairperson, he rearranged the tables and chairs. We had around a dozen visitors from a local college in attendance. Our new chair chose a topic dealing with mental health

Continued on page 6

Central Office Board of Trustees
board@saltlakeaa.org

Chair — Nick R.

Co-Chair — Doug R.

Secretary — Gina F.

Treasurer — Lorraine R.

Trustee— Marianne D.

Trustee — Mark A.

Trustee — Sharon G .

Trustee—Mike M.

Central Office Standing Committees

Activities — Joel R.

activities@saltlakeaa.org

Archives — Josh D.

archives@saltlakeaa.org

**Cooperation with the Professional
Community — Mike S.**

cpc@saltlakeaa.org

Coins—Sandy A.

Corrections — Rebecca L.

corrections@saltlakeaa.org

Hotline Telephone — John J.

hotline@saltlakeaa.org

Literature — Charlie T.

literature@saltlakeaa.org

Lifeline Newsletter — Tim B.

lifeline@saltlakeaa.org

Outreach — Joy D.

outreach@saltlakeaa.org

Public Information - Beverly A.

pi@saltlakeaa.org

Technical Support — Shayne F.

it@saltlakeaa.org

Treatment — Danny R.

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

New Meetings

Women's Big Book Study ▪ Tuesdays 10-11am ▪ Creekside
Christian Fellowship: 1400 Bitner Road, Park City

Friends of Bill W Men's Book Study ▪ Saturdays 9-
10am ▪ Alano Club: 5056 S 300 W, Murray

Salt Lake City No. 2 ▪ Wednesdays 8-9pm Alano
Club (card room downstairs) 5056 S 300 W, Murray

BBB Sunday Morning ▪ Sundays 9-10am ▪
Renaissance Ranch Outpatient Building: 9160 S 300 W
Suite 3, Sandy

Sunday Night AA Meeting ▪ Sundays 6:30-7:30pm ▪ FTR
(Fit to Recover): 789 West 1390 South 84104

Red Barn Group ▪ Sundays 7-8pm ▪ Red Barn Farm: 1200
W. Red Barn Lane Farmington

Vincent's Friends ▪ Wednesdays 7-8pm ▪ Meet Me on 33rd:
1565 East 3300 South East Millcreek

Goodfellas (men's meeting) ▪ Wednesdays 8-9:15pm ▪
Cutthroat Barber Shop: 2851 S. Redwood Rd Suite D

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>

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

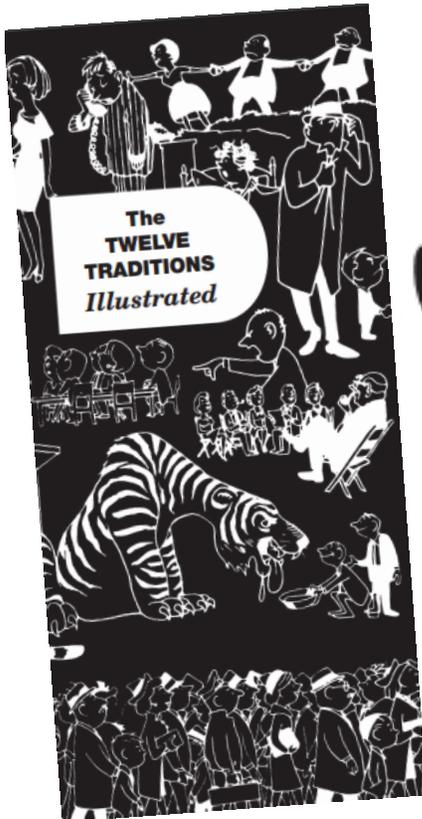
**“We Are Fully Self Supporting through
Our Own Contributions.”**



Announcements

- ⇒ The Corrections Committee at Central Office needs AA Metro Jail volunteers. Requirements are at least one year of continuous sobriety and to be off paper for five years.
- ⇒ An AA group has a 12 and 12 meeting every Wednesday at 5:30pm at the 4th street Clinic on 4th south and 4th West that needs support
- ⇒ The Cooperation with Treatment Facilities Group meets the last Thursday of each month at 6:30 at Salt Lake Central Office. The committee is in need of more men for the meeting at the first step house on Wednesdays at 7pm. This committee meets on the 3rd Tuesday of every other month at Central Office.
- ⇒ A Way Out Beginners Speaker Meeting meets every Wednesday night at Fellowship Hall at 815. There is a speaker and a chance to ask questions that you may have about AA.
- ⇒ Tenth Step Group meets at 4:00pm every Saturday at the Odyssey House at 350 E 2100 S in Salt Lake. This meeting is a Big Book Study and is closed, or for alcoholics only.

Pamphlet of the Month: "The Twelve Traditions Illustrated" (Excerpts)



The Twelve Traditions A Distillation of A.A. Experience



As newcomers, many of us say to ourselves, "Let the group officers worry about the Traditions. I'm just an average member. They're rules for running groups, aren't they? And everybody tells me, 'There are no rules in A.A.!' Then we look closer—and find that the Traditions are *not* rules—and they are *not* just for

officers. They have deep meaning for each one of us, as the Twelve Steps do.

Like the Steps, the Traditions were not figured out in advance, as courses of action against future problems. The action came first. Pioneer A.A. groups, with nothing to go on except the trial-and-error-and-try-again method, soon discovered: "Well, that way didn't work. But the other one did. And *this* one works even better!"

Both successes and failures were reported in letters to A.A. headquarters (eventually to become the General Service Office). In went these shared experiences of A.A.'s first ten years, and out came the Twelve Traditions. In 1946, then in the "long form," they were published in the A.A. Grapevine. By 1950, they had been condensed to their present form and were adopted by A.A.'s First International Convention.

"Our Traditions are a guide to better ways of working and living," co-founder Bill W. said. "And they are to group survival what A.A.'s Twelve Steps are to each member's sobriety and peace of mind.... Most individuals cannot recover unless there is a group. The group must survive or the individual will not."...



Note: Based on a Grapevine series; presents both the spirit and the practical application of our 12 Traditions.

http://www.aa.org/assets/en_US/p-43_thetwelvetradiillustrated.pdf

...Continued from: Step Four Mythbuster

Myth #2 "I already know what it's gonna say anyway."

The Big Book says writing an inventory is a fact finding and a fact facing process. This means I actually don't know what it is going to say before I write it. It is an effort to discover the truth. When I wrote about my sister who is a heroin addict, I thought I knew exactly where she was wrong. It's not hard to find fault in a junkie. However by the end, I was writing with teary eyes, because I realized I was guilty of the same stuff I had condemned her for. She approached me with her dark sunglasses and slurring words. I greeted her with arms folded across my chest and the word "No" at the tip of my tongue, just waiting for her to ask me for money. I was scared of her and she was scared of me. Had I not asked myself, "Where am I selfish, dishonest or afraid?" I would have continued to shut her out, believing it was all her fault.

Myth #3 "I am entitled to postpone writing my 4th step because I am too fragile to look at that stuff right

now."

I don't know where this attitude comes from. Because I was serious about recovery, it was not enough for me to sit in meetings and ride the fellowship wave. I was motivated to take the steps because I was fragile, because my reality was nearly unbearable. We do each other a disservice when we cottle one another. Our unity comes from faith in a common solution. On page 64 directly after the third step prayer it says, "Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face and to be rid of, the things in ourselves which had been blocking us."

-Sarah K

Home Group Representation ◦ March 2016 ◦ CO REP MTG

10th Step Group
5:30 Non-Smoking Sobriety
Hour
90th & 32nd
974 Group
A Vision for You
Acceptance Group
An AA Group
Back to Basics
BBT&T
Bountiful Men's Group
By the Book
Caring and Sharing
City @ 7:00

Coffee and a Big Book
Come Around Group
Come as You Are
Draper Group
Every Night Firelight
Fresh Air 12x12
Friendship Group
GQ Women's
Highland Group
Hillcrest Group
Magna Friendly Bunch
Murray
Nomadic Lunch Bunch
Nutbuckets

Park City Men's
Salt Lake Group
Saturday Morning SOTS
So. Davis Group
South Enders
South Valley Lunch
Speak Easy Ladies
Step Study
Stonewall
Tooele Beginners
Unity Lunch Bunch
Up Group
Valley View Group
Women in Sobriety

...Continued from: Tradition Four by Ron K.

and them shared with the group that he had never had a drink in his life. I was appalled. My group had become a group therapy session. Something had to be done!

I talked to our group secretary and our GSR. I called for a business meeting, during which I brought pamphlets like "An AA Group" "Information on AA" and books like "The AA Service Manual." I had marked these with markers to underline the important points.

A debate occurred and no decision was made. The group was divided. Our chairperson continued to chair for 3 weeks; the debate continued. At the end of the month, we were asked for a volunteer to chair the meeting for the next month. An old timer raised his hand. The following week she shared her experience, strength, and hope in dealing with her alcoholism. We were an AA group again.

Tradition Four deals with a group's right to be wrong. Bill W. wrote about it in "The Twelve Steps and Twelve Traditions." Tradition 4 contains AA's only rule; Rule #62: "Don't take yourself too damn seriously!" For a good read, a dose of AA history, and the rest of the story behind Rule #62, check out Tradition Four from the 12x12.

-Ron K.

The Fourth Tradition

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

But wherever two or more alcoholics are gathered together to practice A.A. principles, it is an A.A. group if they say it is.



There are all kinds of groups... Little groups...



And you are a member if you say you are!



and big groups...



and off-beat groups...



http://www.aa.org/assets/en_US/p-43_thetwelvetraditionsillustrated.pdf

A member who does any amount of traveling finds the A.A. spirit much the same everywhere. But apart from this inward kinship, there are vast differences among groups. Here, the traveler finds three members discussing the Steps in somebody's living room; there, 300 listening to speakers in a church auditorium. In one part of the U.S., respectful silence greets the speaker who begins, "My name is Ann, and I am an alcoholic." In another, everybody happily shouts, "Hi, Ann!" And in many other places, she may introduce herself with her full name—at a one-hour meeting or a 90-minute meeting. In each neighborhood in every part of the world reached by A.A., the local group is free to work out its own customs.

As always, freedom brings responsibility. Because each group is autonomous, it's up to each group to avoid any action that might harm A.A. And there *have* been such actions—or this Tradition would be unnecessary. "Implicit throughout A.A.'s Traditions," Bill W. wrote, "is the confession that our Fellowship has its sins. We admit that we have character defects as a society and these defects threaten us continually."

Blown up to multiple size, the Big Ego may inspire one group to take over all the public information work for its area, without consulting any of the other local groups. Once the group has decided, "We have all the answers," the lid's off. The group may then decide that, let's say, the Eleventh Tradition is an outdated technicality: "This is a competitive age! We're going to come right out and give A.A. some good, vigorous promoting!" To the general public, this one conspicuous group is A.A. Its antics reflect, not only on the ignored neighboring groups, but on the entire Fellowship.

In a way, the Fourth Tradition is like the Fourth Step: it suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?" Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities—they are proved guides toward the chief objective of all A.A. groups...





A Long Way Home

The first time I admitted to another human being, and probably to myself, that I was an alcoholic was to my then husband. We were at one of his friend's wedding and I had to stay in the car because I was so drunk and was having a meltdown. A couple of weeks before, I had spent five nights in jail after being arrested for a DUI. Our nine month old little girl was in the car with me when that happened. I don't remember much of that conversation in the car but I do remember finally bursting out between all the tears "I'm a drunk" and feeling a great sense of relief. That was the very beginning of a long struggle with recovery.

I had heard of AA but didn't know anything about it. So I looked it up on the internet but the words God and Higher Power scared me and even pissed me off. Instead, I chose to go to an outpatient program. Ironically, one of the first things I found out is that we were required to attend at least one AA meeting a week!

I completed the 32 weeks program and kept going to my AA meeting. I had come to actually like my 6:30 am meeting with who I used to call "the grumpy old men". But I was still a stubborn atheist and refused to work the program. I had been an elite athlete my whole life and had plenty of discipline and will power to stay sober. You can imagine how well that worked out! The next 5 years would be filled with periods of sobriety, periods of heavy drinking and lots and lots of lies. I hurt and deceived many people during those years, and created a lot of wreckage.

After the birth of my twins, I was back on the bottle and heading towards a complete state of self-destruction. I separated from my husband and the kids went to stay with their grandparents in a different state. I was devastated and I literally

drowned my sorrows. I became a complete slave to alcohol and it was going to take me to some very dark places, places I would have never imagined I'd go. Alcohol took all my judgment away and led me to a bad relationship, to drugs, prostitution, troubles with the law, the loss of my kids and everything else that I had, including my dignity and self-respect. That's when I came crawling back to the rooms of AA, alone, scared and oh so paranoid! But something had changed in me and I was now certain that there was a Higher Power, a God, and that although He was definitively showing me what tough love was, He was behind me 100%.

I dove into the AA program; I found a sponsor, started working the steps and got involved in service work. I even got a job at the Fellowship Hall. Those were still some pretty dark days though. I didn't necessarily want to stay sober; I just knew I had to.

After a while, the clouds started to dissipate and I couldn't deny that I was actually feeling pretty good and was even happy for the first time in my life. Even more astonishing, I (yes me) had friends, real friends! People who understood me, cared about me and for whom I cared about deeply as well. So I dove even deeper in the program. I introduced new things into my recovery such as meditation, Church, exercise and AA's sister fellowships.

Today, I have just over 7 months and I love my sober life. Even with the hurts, the drama, the disappointments and the frustrations that sometimes come my way, I would not trade this gift for any drink or drug. And I am grateful for every bits of my past because it led me to where I'm at today; home.

-Veronique Leclerc

Central Office Representative Meeting Minutes 03.08.2016

Chair: Nick R – Statement of purpose, introduction of new Reps: Bob F-Come as You Are; Matt W- Every Night Firelight; Derrick R-Nutbuckets; Johnny R- Step Study; Diane D-The Murray Group; Alexander O-Unity Lunch Bunch; Scott J-Valley View Group; Terry F-South Valley Lunch; Patsy B-Friendship Group; Cathy M-Tooele Beginners/Come Around Group; John Michael-Draper Group.

Co-Chair: Doug R - Business going very well.

Secretary: Gina F – please sign-in on the clip boards

Treasurer: Lorraine R – Financial report (See Attached Flier)

Trustee: Mike M- did not attend

Trustee: Mark A – emailed he was stepping down

Alt Trustee: Sharon G – Waiting to work with Corrections Chair when in place

Alt. Trustee: Marianne D – Needs to know what her duties are

Activities Chair: Joel R – Planned Events for remainder of 2016. Reported on Kick off Breakfast for Founders Day Sunday June 19 at Sugarhouse Park Hidden Grove Pavilion 5, Annual Picnic Sunday August 14, Murray Park Pavilion, Potluck, Burgers, hot dogs provided, announced parks will not allow live bands or loud recorded music. Annual chili cook off, at St Vincent's Church, TBD. Joel sent Doug update for placement on the web of his events and committee meetings. Activities Committee Meeting Saturday March 19 @ 11 am at Central Office

Archives: Josh D – received Grapevines for 1980's and 1990's. Asked that list of missing issues be place on website

Coins: Sandy A – ordered 800 new coins, to be received by end of this week

Cooperation with Professionals: Mike S – final wordsmithing on template of letter to be sent out in next 30 days to professionals, committee is looking forward to the responses

Corrections Chair: Rebecca L – Stepped down.

Hotline Chair: John J – process going well, picking up and returning messages on a daily basis

Literature Chair: Charlie T – announced he would be presenting the Pamphlet of the Month due to popular demand. Pamphlet: The Twelve Traditions Illustrated. Discussion re: if, how and when to reprint current service manual when new information is forth coming. Discussion on cost to Central Office to run cards for payment vs. payment with cash. Central Office incurs @3.4% on each sale equaling @\$2,000 annual. discussion on how to recover that cost. Do we mark up the price for payment by cards? Need to discuss this with Connie re: what our point of sale technology will allow.

Newsletter Chair: Tim B – Requested more article, birthday submissions, needs someone to help him get articles. Guidelines for articles to incorporate the Three Legacies, which are: Recovery, Unity and Service. All materials should be submitted by the 15th of the month for the next month's issue

Central Office Representative Meeting Minutes 03.08.2016 *cont...*

Outreach Chair: Joy D – Needs a few more volunteers for district 2, 10 & 11

Public Information: Beverly A – no new report

Tech Committee Chair: Shayne F – Doug announced that Board/Committee members can contact him if they want to be set up on their central office email address

Treatment Chair: Randy C – "I will chair my last quarterly Treatment Facilities Group meeting Tuesday, March 15th, 6:30pm at Central Office. Danny R, upcoming treatment chair, will have the opportunity to meet the Treatment Chairs from Districts 2 & 11. District 10 currently has no Treatment Chair. I'll introduce Danny R. as the new chair and then I'm out. " Regards from Danny in Puerto Rico

12th Step Committee Chair: Tim E – has built a list of 75 volunteers, is working with Gina F on list share for contact.

Volunteer Chair: Jim C – Creating a list of volunteers to be contacted on an as needed basis

Website Chair: Doug R – Please send to website meeting changes/additions/update/cancelations for posting on web site and printed copies. Stats: 7,236 sessions of which 40% were new viewers, of which 70% accessed web by mobile phone

OLD BUSINESS:

Grizzly tickets for AA function Nick and Joel R. Central Office Reps voted for Nick to move forward in buying a block of 31 tickets. Tickets are now available at Central Office for \$9 each, first come first service. Pay by cash or card. Event is on Saturday, March 26 @ 7 pm at The Maverick Center 3200 Decker Lake Dr, West Valley City.

NEW BUSINESS:

Marianne D-Alt. Trustee, was moved up to Trustee to fill the vacated post of Mark A.

Nick conducted the stand for newly vacated Alt. Trustee position with the Central Office Reps in attendance, Lori G remained standing to fill the post.

Nick conducted the stand for Corrections Chair, no one stood for the position. Will vote again in April.

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

Tuesday, April 12th

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

February 2016 Financial Statement

Income Statement

	<u>2016</u>
Revenue	
Group Contributions	\$ 3,778.01
Copy/Newsletter donations	\$ 15.25
Individual Contributions	\$ 28.81
Sales - Literature	\$ 6,361.89
Sales - Coins	\$ 2,080.50
Interest Income	\$ -
Total Revenue:	\$ 12,264.46
COGS - Literature	\$ 6,321.81
COGS - Coins	\$ 1,104.26
Total COGS	\$ 7,426.07
Gross Profit	\$ 4,838.39
Operating Expenses	\$ 3,632.30
Other Expenses:	\$ -
Total Expenses	\$ 3,632.30
Net Income:	\$ 1,206.09
<u>Bank Accounts</u>	
Checking	\$ 14,065.58
Money Market - PR	\$ 24,154.03
Total	\$ 38,219.61

Save the Dates

Founders Breakfast

Sunday, June 19, 2016

Sugarhouse Park, Hidden Grove Pavilion
(same as last year)

Event time TBD but likely from 10:00 a.m.
to 1:00 p.m.

Central Office Picnic

August 14, 2016

Murray Park, Pavilion 5 (where we used to
have it years ago)

Event starts @ 11:00



VS



Salt Lake Central Office had fun talking to
folks and watching the hockey game on
Saturday, March 26th at 7pm

Next Up...



More Will Be Revealed...

Frequently Asked

Questions About

A.A. History

Q. Why do AA members use tokens, medallions, and chips to mark sobriety? When did that practice start?

A. The chip system is thought to have begun in Indianapolis in 1942. The tradition is believed to have started with Doherty S., who originally brought A.A. to Indianapolis. Doherty himself, in a letter to Bill, seems to indicate the practice originated in Indianapolis in 1942.

Nell Wing wrote in 1962 about the history of the chip system: "...*The chip system might have begun in Indianapolis....reference was made in a letter from Doherty to the start of giving out 'chips' and 'tokens.'* This was in 1942. I

imagine this would be about right, because most of the early groups started in 1940 and it would take about a couple of years to think of anniversaries and marking any time of sobriety. I asked Bill about this and his memory is that the system started in Indianapolis."

In *Dr. Bob and the Good Old Timers*, it indicates that Sister Ignatia in Akron, working at St. Thomas Hospital, also used medallions: "*Sister Ignatia gave each of her newly released patients a Sacred Heart medallion, which she asked them to return before they took the first drink. She would occasionally give out St. Christopher medals as well...*" (page 195).

We don't know precisely who started this system first, or when and how it spread to other groups. As with many things in AA, the exact nature of the history eludes us!

http://www.aa.org/pages/en_US/frequently-asked-questions-about-aa-history#doce

NOMADIC LUNCH

Margie 30 days

Dave 30 days

Rick 30 days

Rob 90 days

Charlie 6 mos

Ruth 1 yr

Amber 2 yrs

Andi 3 yrs

Sam 3 yrs

Eric F 3 yrs

Diana F 6 yrs

NOMADIC LUNCH

Nicholle 7 yrs

Bruce 7 yrs

Ryan 11 yrs

Richard 15 yrs

Chick 16 yrs

Jeffry 16 yrs

Rim 20 yrs

Steve 27 yrs

Arch 32 yrs

Russ K 39 yrs

CITY AT SEVEN

Kristie 2 yrs

Aaron 5 yrs

Chad 10 yrs

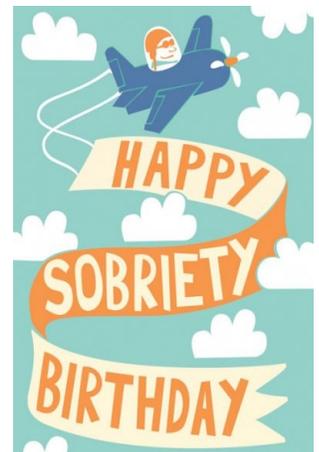
Francis 17 yrs

LIFE ELEVATED

LONE PEAK FACILITY

John 6 mo

Josh 4 yrs



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

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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**