



# lifeline



Join Salt Lake  
Central Office  
for the BEES  
GAME 6/30- see  
Events section  
for details!

## THE HAND OF AA—INCLUSIVE NEVER EXCLUSIVE

I'm not so sure that we did ourselves any favors by creating coming up with a shortened version of the Twelve Traditions. The short form is what's read at most meetings and often the only version members know. Consequently, our Third Tradition often interpreted as "just say you don't want to drink," whether you drink or not.

What is ignored is the need for identification. If the steps were all that was needed for recovery, we could sit at home and work them alone. Meetings would be irrelevant. But it doesn't work that way. A necessary part of our recovery is identifying with other human beings who have been where we've been, done what we've done, and felt what we've felt ... and have recovered. How can someone who doesn't have a

is

*...cont on page 5*

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## POST CONFERENCE ASSEMBLY

My name is Evan and I am an alcoholic.

Driving down to Ogden the back way through Hennifer and Morgan, I started replaying my experience at the pre-conference assembly. Recalling the agenda items my home group discussed, I was curious to what outcomes would surface- feeling excited, nervous and honored for this opportunity.

Opening night began with a moment of silence and the serenity prayer. There were familiar faces, and names remembered even without name tags. We broke into groups and discussed growth in AA- diversity, safety, and communication were the power points. We spoke about diversity as to the evolution of AA: from mostly men, to men and women, to men and women with mixed ethnics, to LGBTQ, to the youth of today, arriving younger than ever. We spent time thinking of solutions how to communicate with teens in that moment of desperation... we wait patiently until they are ready. We spoke about safety in meetings which seems obvious, but is more complicated. Do we do our monthly fire drills like we did in elementary school? We are not the healthiest bunch when we arrive at the doors of AA . Some may take offense to what we have to offer, which may trigger an unhealthy reaction. Are we

*...cont on page 5*

**CENTRAL OFFICE  
BOARD OF TRUSTEES**  
BOARD@SALTlakeAA.ORG

Chair — Doug R	Trustee— Kevin D
Co-Chair — Gina F	Trustee—Bob C
Secretary — OPEN	Alt Trustee— Bob G
Treasurer — Lorraine R	Alt Trustee—OPEN
Trustee — Evan J	

**CENTRAL OFFICE STANDING  
COMMITTEE CHAIRS**

Activities — Suzi L	activities@saltlakeaa.org	outreach@saltlakeaa.org
Archives — Laura C	archives@saltlakeaa.org	Public Information - Melissa E
By-laws — Gina F		pi@saltlakeaa.org
Coins — Mike O		Technical Support — Jonathan H
Cooperation with the Professional Community — Ben S		it@saltlakeaa.org
cpc@saltlakeaa.org		Treatment- Rusty J
Corrections — OPEN		ctf@saltlakeaa.org
corrections@saltlakeaa.org		Twelfth Step — OPEN
Hotline — John J		12step@saltlakeaa.org
hotline@saltlakeaa.org		Volunteer — Jim C
Literature — Charlie T		volunteer@saltlakeaa.org
literature@saltlakeaa.org		Website — Doug R
Lifeline Newsletter — OPEN		webservant@saltlakeaa.org
lifeline@saltlakeaa.org		
Outreach — Nick R		

**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 6044 Clearfield, UT 84089  
<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\***

1805 N 1450 W  
Layton, Utah 84041

**WE ARE SELF  
SUPPORTING  
THROUGH OUR OWN  
CONTRIBUTIONS**

## PAMPHLET OF THE MONTH



A.A.'s debt to medicine Since its founding in 1935 the Alcoholics Anonymous program of recovery from alcoholism has had the support and encouragement of many individual members of the medical profession. In addition, as A.A. has grown, many recognized groups

comprising general practitioners and specialists have become increasingly interested in the unique A.A. approach to a serious health problem. The three papers excerpted here include the first two detailed reports on the A.A. program to be presented to formal assemblies of leading medical societies, together with a more recent summary of the Fellowship's progress. All three are milestones in the growth of understanding of A.A. by one of its major allies — Medicine. Each presentation was made by Bill W., co-founder of A.A.\*

. \* Bill W. died January 24, 1971.

[http://www.aa.org/assets/en\\_US/p-6\\_threetalkstomed.pdf](http://www.aa.org/assets/en_US/p-6_threetalkstomed.pdf)

## MEETING UPDATES

### New Meetings:

**RTFB Group 2** Wednesdays @7:00pm @Red Eye Coffee: 7301 S 900 E in Midvale

**We Admitted We Were Powerless** Saturday @ 7pm @ Elevation Church: 375 S State Street, Suite B, Clearfield

**We Agnostics** Mondays @ 8pm @ Fit To Recover: 789 W 1390 Salt Lake City

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

### Meeting Update:

**Magna Friendly Bunch** Everyday @ 7:00pm @ Alano West Club: 9087 West 2700 South, Magna. *The time is changing on Firday June 9th from 8 pm to 7 pm.*

**700 East Group** Thursdays @8:30pm (changed from 7:30) @ 7th Street Treatment: 2487 S 700 E Salt Lake City *Fireside meeting- parking on north side of building*

**Came to Believe name changed to Past to Now** Saturday @8:30pm @ Alano Club. Closed; 12 Step out of BB.

### Canceled Meetings:

**Experience Strenth & Hope** Tuesday @ 7:00 pm @ Red Church (Creekside Christian Fellowship): 1314 Bitner Rd, Park City.

**GQ Women's Meeting** Mondays in Salt Lake.

**Keep It Simple** Wednesday @ 8:00 pm @ Disabilities Law Center: 789 W 1390 S. Salt lake.

**Nooner Discussion** Mon. @ 12:00 pm @ The Alano Club: 5056 S. 300 W., Salt Lake City

**Sunday Night AA** Sunday @ 6:30 pm @ Fit to Recover: 789 W 1390 S Salt Lake City.

**Windsor Street Girl's Meeting:** Tuesdays @7pm @Fellowship Hall in Salt Lake is canceled

# CALENDAR OF EVENTS

## JUNE 2017

**Central Office AA Founder's Day Breakfast:** Sun June 11th at Fairmont Park, North Pavilion: 1040 E Sugarmont Dr (2225 S) from 10:30-1:30pm

**Salt Lake Bees Game** (vs. Las Vegas 51's) hosted by Central Office: Friday, June 30th @ 6:30- Smith's Ballpark; pick up tickets for \$10 each at Central Office.

## JULY 2017

**Salt Lake Bees Game** (vs. Las Vegas 51's) hosted by Central Office: Saturday, July 1st @ 6:30- Smith's Ballpark; pick up tickets for \$10 each at Central Office

**Serenity on the Rocks G-O-D Campout:** July 7th-9th @ Defa's Ranch; visit [www.GODCAMP.ORG](http://www.GODCAMP.ORG) to register and for more info.

**Salt Lake Bees Game** (vs. Albuquerque Isotopes) hosted by Central Office: Saturday, July 22nd @ 6:30- Smith's Ballpark; pick up tickets for \$10 each at Central Office.

## AUGUST 2017

**Central Office Picnic** on Sun August 6 @Murray Park, Pavilion 5 from 11-4pm

## OCTOBER 2017

**Salt Lake Central Office Chili Cookoff:** Saturday, Oct. 7th @ 6:00- St. Vincent DePaul (1385 Spring Lane (5100 S.)).



Meeting Guide  
Joshua Reisner

NEW MEETING iOS APP! Thanks to the help from our Tech Guy Jonathan, we now have another very convenient way of accessing our AA meeting list through the app: Meeting Guide. This app can help you find meetings in 71 different areas from Continental Europe and Canada to your own backyard! It is tied to the Central Office database so information is always current. Try it today!

problem with alcohol, but doesn't want to drink, identify with the alcoholic? Would I go to Gamblers Anonymous to treat my overeating? To Overeaters Anonymous to learn how to live, one day at a time, without crack cocaine? The Steps may be the same, but it's not the same. Related: Probably. But not the same.

Encouraging nonalcoholics to participate in A.A. creates problems for alcoholics and for the individual who is not addressing his or her real problem. By not guiding them to a program that more specifically addresses their problem, we may be signing their death warrant. As Bill says in "Problems Other than Alcohol," "it has been learned that there is no possible way to make non-alcoholics into A.A. members." Membership, no. But we can welcome them as observers at our open meetings.

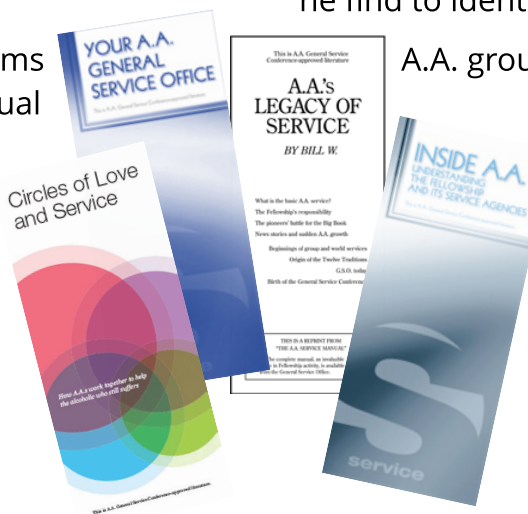
Bill goes on to warn that our first duty as a society is to insure our own survival; that we must avoid distraction and multipurpose activity; and that an A.A. group, as such, can't take on all the personal problems of its members, let alone

the problems of the whole world. When our primary purpose gets muddled with talk of drugs, pills, white flour, nicotine, or anything other than alcohol, what happens to the alcoholic? There are programs specifically for people with those other problems. But what about the alcoholic? Where will he go? Who can he find to identify with?

A.A. groups have fallen apart because a few well-intentioned members insist that although the person isn't an alcoholic, she should stay because for today, he or she doesn't want to drink. I've seen a group censure their G.S.R. for taking a nonalcoholic aside to explain that it was a closed meeting for alcoholics only. Upholding the traditions is not an easy or popular

stance to take in today's A.A. Those who do are often characterized as rigid and out of touch with today's reality or as uncaring and fearful bleeding deacons. I call them solid – and I hope to have the courage to be one of them."

-Pg 16; General Service 2011 Report



# the lifeline needs you!



## EDITOR/CHAIR NEEDED

**APPROX 5-10 HOURS /  
MONTH**

**DEPENDS HIGHLY ON YOUR  
COMMITTEE PARTICIPATION**

**Please email:**

**[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) or call  
Central Office at 801-484-7871**

## ARTICLES NEEDED

Be heard! Share your experience, strength and hope in the Lifeline.

Email submissions to  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by the  
15th of each month

300-500 words, or a 1/2 page  
single spaced

# CENTRAL OFFICE APRIL 2017 FINANCIALS

<b>Income Statement</b>		
	<b>2017</b>	<b>2016</b>
<b>Revenue</b>		
Group Contributions	\$ 3,479.86	\$ 2,792.99
Copy/Newsletter donations	\$ 30.43	\$ 20.85
Individual Contributions	\$ 17.70	\$ 23.45
Sales - Literature	\$ 6,753.20	\$ 5,912.18
Sales - Coins	\$ 2,050.51	\$ 1,959.00
Interest Income	\$ -	
<b>Total Revenue:</b>	<b>\$ 12,331.70</b>	<b>\$ 10,708.47</b>
COGS - Literature	\$ 6,663.93	\$ 5,764.54
COGS - Coins	\$ 1,143.66	\$ 1,045.73
Total COGS	\$ 7,807.59	\$ 6,810.27
Gross Profit	\$ 4,524.11	\$ 3,898.20
Operating Expenses	\$ 3,481.53	\$ 3,746.72
Other Expenses:	\$ -	
<b>Total Expenses</b>	<b>\$ 3,481.53</b>	<b>\$ 3,746.72</b>
<b>Net Income:</b>	<b>\$ 1,042.58</b>	<b>\$ 151.48</b>
<b>Bank Accounts</b>		
Checking & Petty Cash	\$ 15,325.89	\$ 10,843.15
Accounts Payable Due	\$ (12,103.15)	\$ (4,173.01)
Money Market - PR	\$ 24,196.26	\$ 24,162.97
<b>Total</b>	<b>\$ 27,419.00</b>	<b>\$ 30,833.11</b>

- Please note that according to the central office bylaws it is required to have 6 mos overhead in the prudent reserve. Average monthly costs are \$4000/mo, \$234,000 for 6 mos
- A detail of group contributions is available and will be handed out quarterly





Please send your group's birthdays to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) by the 20th of each month for publication. THANKS!

### Speak Easy Ladies

Erin	30 days
Cnadace	6 mos
Nicole	6 mo
Shelly	9 mo
Melissa	2 yrs
Kara H	4 yrs
Linda L	5 yrs
Pat O	33 yrs
Betsy W	29 yrs
Par O	33 yrs

### Hot Topic

Amanda W.	2 yrs.
Carrie C.	4 yrs.
Deb P.	27 yrs.
John C.	11 yrs.
Michael E.	13 yrs.
Todd R.	5 yrs.
Trevor H.	9 yrs.

### Nomadic Lunch Bunch

Julie	2 yrs
Elizabeth	26 yrs

### 90th & 32nd

Todd R.	5 yrs.
John C.	11 yrs.
Cindy St.	24 yrs.

## CENTRAL OFFICE REP PARTICIPATION: MAY 2017

10th Step Group  
5:15 Happy Hour  
9:45 Candlelight  
90th & 32nd  
Acceptance  
An AA Group  
Big Book & Coffee  
Bog Irish Big Book  
Bountiful Men's  
Came to Believe  
Come as you are  
Everynight Firelight

Friday Young & Alive  
Friendship @ 10  
Draper Group  
Grapevine  
Happy Destiny  
Happy Destiny  
Hillcrest Tuesday Night  
Hot Topic  
Magna Friendly Bunch  
Midvale Lunch Bunch  
Nomadic Lunch Bunch  
Park City Men's

Primary Purpose  
Rose Park Recovery  
Salt Lake Group  
South Davis Group  
Southenders  
Spiritual Quest  
Stepping Stones  
Sugar House Men's  
Sunday Morning Breakfast  
Wake Up Call  
Women's Meeting Friday night

# CENTRAL OFFICE REPRESENTATIVES MEETING MINUTES

TUESDAY, MAY 9, 2017 – 6:30PM

**6:00 – 6:30 New COR Welcome Orientation (Gina F./Co-Chair:6:00-6:30)**

**6:30 – 6:45 Reports Board of Directors**

**Chair:** Doug R - Conner R volunteered to be the Secretary for this meeting. Welcome, Statement of Purpose, Intro of New Reps: Sheree – 90th & 32nd, Mark – Sugarhouse Men's, Brenda – Happy Destiny, Alex – Candlelight, Grant – Stepping Stones.

**Co-Chair:** Gina F –Reminder that Secretary position is open. Come earlier for orientation. When you fill out the roster, please write so we can read it. Stepping down from Co-Chair and Bylaws chair

**Secretary: OPEN**

**Treasurer:** Lorraine R - Financials reviewed.

**Trustee:** Kevin D - (District 11 Liaison)- No updates

**Trustee:** Bob C - (District 2 Liaison) – No updates

**Trustee:** Evan J - (District 10 Liaison) District 10 is contributing \$1000 to GSO, Area 69 and Central Office. Over 80 groups in District 10 do not have a GSR.

**Alt Trustee:** Bob G – Not present

**Alt Trustee: OPEN**

**6:45 - 7:15 Committee Chair Reports**

**Activities:** Suzy L – Not Present. Lorraine gave report. Need to sell the Bee's baseball tickets. Please bring this to your groups. They must be sold at Central Office. We bought 40 tickets for 4 games at \$10.00 each. We will lose money if they're not sold

**Archives:** Laura – Not present. Written report given by Lorraine

**By-Laws:** Gina – Nothing to report. Stepping down.

**Coins:** Mike O – Not present. Written report

**Cooperation with Professionals:** Ben S.- Still reading about CPC, email will be setup [cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

**Corrections: OPEN**

**Hotline:** John J - Going well, no problems. April stats: 331 total calls, 281 inbound, 68 missed, 24 left messages

**Literature:** Charlie T – Not present. Something about a grand baby being born!

**Newsletter:** Wendy P - Not Present, Looking for new chair for the Newsletter. Please contact [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org). Has everything on cloud based system, which is working well

**Outreach:** Nick R – Committee met. Starting to reach out the groups.

**Public Information:** Mellissa E – Spoke with Chanel 4 to do a news piece on SL Central Office service the community for 70 years, als an article for the local newspapers. Not promoting AA, intent is to celebrate that we have been carrying the message of hope for 70 years!

**Tech Committee:** Jonathan H - Not Present. POS upgraded. We can now accept cards with chips. All data was successfully converted to the new system..

**Treatment:** Rusty J – Meet with District 2 and Area 69 Treatment chairs. A lot going on with treatment centers in the Greater Salt Lake are. Next meeting scheduled for Sunday August 13, 2017 11:00 – noon at the SL Central Office.

**12th Step Committee Chair: OPEN**

**Webservant:** Doug R – No problems with website or meeting schedules being updated. Statistics page has still not been set up.

**Immediate Past Chair:** Nick R – Alarms battery is being replaced by the Alarm company

**7:15 – 7:30 NEW BUSINESS**

Secretary - POSITION STILL OPEN

Alt. Trustee - POSITION STILL OPEN

Corrections Chair - POSITION STILL OPEN

12 Step Chaip - POSITION STILL OPEN

Newsletter Chair - POSITION STILL OPEN

*Please bring this back to your groups to see if there are group members that would be willing to stand for these positions.*

**Motion:** That the shirts originally approved in the outreach committee budget be paid for with private contributions not 7th tradition donations.

Presented to the Chair by the Board of Directors on May 2, 2017 No Financial impact.

Reasoning: A number of our local groups feel that their 7th tradition funds should not be used in this manner. Several individuals have expressed their willingness to contribute to cover the cost.

*This motion will be discussed and voted on at the next CO Rep meeting. Please bring it back to your groups for their input.*



"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then."

-page 164, Alcoholics Anonymous

## JOKE OF THE MONTH

A juggler, driving to his next performance, is stopped by the police. "What are these matches and lighter fluid doing in your car?" asks the cop.

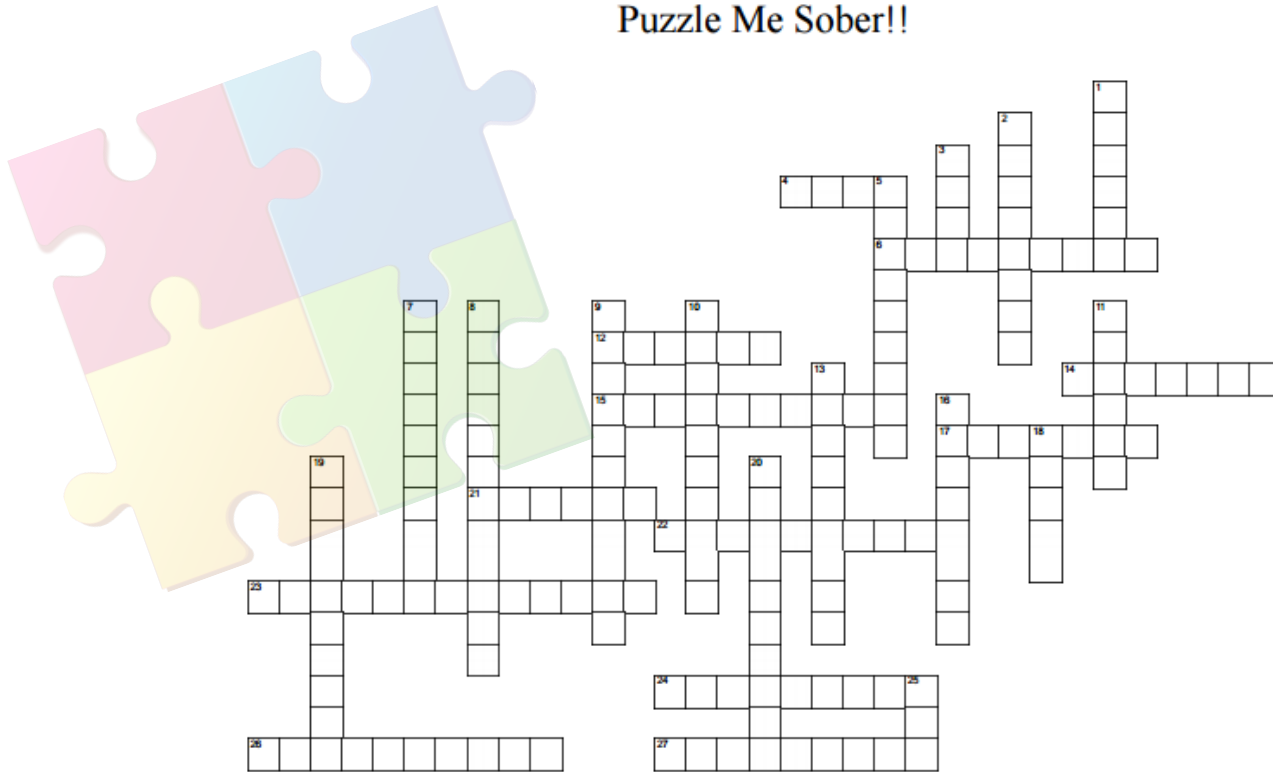
"I'm a juggler, and I use flaming torches in my act."

"Oh yeah?" says the doubtful cop. "Let's see you do it." The juggler gets out and starts juggling the blazing torches masterfully.

A couple driving by slows down to watch. "Wow," says the driver to his wife.

"I'm glad I quit drinking. Look at the test they're giving now!"

# Puzzle Me Sober!!



## ACROSS

- 4 Swiss psychiatrist that suggested a "genuine conversion," a spiritual transformation as a solution to alcoholism
- 6 Honesty, Purity, Unselfishness, and Love were the four (blank)
- 12 religious group whose principles form a basis for the steps
- 14 nickname for the basic text of AA
- 15 step 11 suggests this
- 17 sister nun who helped alcoholics/AA in hospitals
- 21 companion group for friends/family of alcoholics
- 22 Dr. Bob was a real doctor. What was his area of practice?
- 23 full name of the "certain American businessman" who also helped Ebby 12 step Bill W
- 24 spiritual foundation of traditions
- 26 name of the church outside of which was the doggerel about the Hampshire Grenadier
- 27 ...Admitted we were (blank)

## DOWN

- 1 number of steps
- 2 spiritual principle of Step 7
- 3 first name of Bill W's wife
- 5 monthly AA meeting in print
- 7 third member of AA
- 8 full name of the guy that came into Bills kitchen and talked with him about a solution he had found
- 9 the only chapter of the Big Book not written by Bill W
- 10 name of the chapter that contains a list of the 12 steps
- 11 one of 2 fellowships mentioned in the Big Book (pg 164)
- 13 medical benefactor of AA
- 16 rule that suggests we lighten up
- 18 birthplace of AA
- 19 one of the founders of Alcoholics Anonymous
- 20 Paul O. writes in a story in the Big Book that (blank) is the answer to all his problems
- 25 Did Ebby Thatcher die sober?

WORD BANK: ABSOLUTES, ACCEPTANCE, AKRON, ALANON, ANONYMITY, BIGBOOK, BILLDOTSON, BILLWILSON, EBBYTHATCHER, GRAPEVINE, HOWITWORKS, HUMILITY, IGNATIA, JUNG, LOIS, MEDITATION, OXFORD, POWERLESS, PROCTOLOGY, ROWLANDHAZARD, SILKWORTH, SIXTYTWO, SPIRIT, TOEMPLOYERS, TWELVE, WINCHESTER, YES

prepared for that "Human Hurricane"? The 13th step surfaced as well- are we having that conversation? It's hard enough to get sober and dealing with unwanted attention may be overwhelming. Are we having these conversations? We shared our notes with the other groups and ended the evening with the Responsibility declaration.

Saturday morning began with a moment of silence followed by the serenity prayer. Kurt J. went over the minutes from the pre-conference assembly held by district 5. The assembly was attended by 118 drunks and ended up being under budget, returning \$1,885.00 to the Area . We took roll call, familiar faces and voices representing home groups across the state still sober and in service . The registrar report was given by Devin C...this guy is just a humble warrior. Matt D. gave his alt. delegate report about working on translations with District 12.. Renae, the immediate past delegate, produced a kickass Area 69 newsletter, always looking for more experience, strength, and hope . We moved on to the delegates report by Wade J. His gratitude to serve other alcoholics at a group level was so thick it seemed to choke him up a few times. I listened for the agenda items my home group discussed- some I recognized, and many I didn't but I was present. We were considering to consider and recommending to

recommend, reflecting to reflect . It reminded me of my program, one day at a time. There were standing chair reports, a PA system give away and a Grapevine drawing. Our goal to be fully self supporting was at 82%, always better than it was.

Sunday, we had GSR school which was humbling for me. I realized there was more work to be done- guidelines to read, manuals to decipher and concepts to follow. Service for me has become a new avocation. The challenge to understand the process in order to better relay the message is exhausting, but it's exactly what my program needed . I don't sponsor anyone at the moment, so I'm totally lost , lost in Service.

Mahalo,  
Evan J.  
District 10  
Alt,GSR

Central Office Liaison

## Central Office Founders Day Breakfast

**Where:** Fairmont Park North Pavilion

1040 E. Sugarmont Drive (2225 S.)

**When:** Sunday, June 11, 2017

**Time:** 10:30 AM - 1:30 PM

Central Office will provide an egg breakfast.  
Please bring a breakfast side dish to share.



Questions? Call  
Central Office  
of Salt Lake  
801-484-7871

**Central Office of Salt Lake Incorporated**  
**80 West Louise Avenue**  
**Salt Lake City, Utah 84115**



RETURN SERVICE REQUESTED

