



lifeline

MY HOME GROUP: BY THE BOOK

By the Book (founded July 1989); an open meeting of Alcoholics Anonymous with Alanon participation.

This was the second AA meeting I attended back at the beginning of my sober journey. I remember walking into the room and seeing people laughing, slapping each other on the back, whispered conversations, and all of this going on before, during and after every meeting! I remember thinking that this was a very tight knit group, and that I might experience some difficulties with becoming a "part of" this

group. I decided to put aside my doubts, and I can happily report that this is a very inclusive meeting with lots of big-hearted, long-term sobriety! So how did this meeting get started? I sat down with one of the founding members, Ernie R. and here is how it happened.

In the late 1980's, The Valley View group, which met at 8:30 pm. on

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AREA 69 PRE-CONFERENCE

My name is Evan, I am an alcoholic. I wanted to share with you my unexpected experience at the area 69 pre-conference:

Friday, April 7th. I arrived at the hotel and checked in with Devin C., the registrar cool guy, and was assigned to work with corrections in a round table fashion. Imagine being assigned to corrections, I had only been in Jail 17 times. We went over the items on the agenda with John w., the corrections chair. We concluded the evening with the responsibility declaration.

Saturday, April 8th. We began the day with a moment of silence. Our secretary Kurt J. read the minutes from the February committee meeting, a financial report by Kristen D., then roll-call. This is when I realized the significance of my presence. To represent my home group and voice their opinion was an honor. I had a name tag. It was official. Never in my life has anyone asked me to represent any group. I was

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SALT LAKE CITY CENTRAL OFFICE

801.484.7871

80 West Louise Avenue (2850 S)

Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS



Join Salt Lake Central Office for the BEES GAME 5/27! see Events section for details.

**CENTRAL OFFICE
BOARD OF TRUSTEES
BOARD@SALT LAKEAA.ORG**

Chair — Doug R
Co-Chair — Gina F
Secretary — OPEN
Treasurer — Lorraine R
Trustee — Evan J

Trustee— Kevin D
Trustee—Bob C
Alt Trustee— Bob G
Alt Trustee—OPEN

**CENTRAL OFFICE
STANDING COMMITTEES**

Activities — Suzi L
activities@saltlakeaa.org

Archives — Laura C
archives@saltlakeaa.org

By-laws — Gina F

Coins — Mike O

Cooperation with the
Professional Community
— Ben S
cpc@saltlakeaa.org

Corrections — OPEN
corrections@saltlakeaa.org

Hotline Telephone —
John J
hotline@saltlakeaa.org

Literature — Charlie T
literature@saltlakeaa.org

Lifeline Newsletter —
OPEN
lifeline@saltlakeaa.org

Outreach — Nick R
outreach@saltlakeaa.org

Public Information -
Melissa E
pi@saltlakeaa.org

Technical Support —
Jonathan H
it@saltlakeaa.org

Treatment- Rusty J
ctf@saltlakeaa.org

Twelfth Step — OPEN
12step@saltlakeaa.org

Volunteer — Jim C
volunteer@saltlakeaa.org

Website — Doug R
webservant@saltlakeaa.org

**SEVENTH TRADITION
CONTRIBUTIONS**

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*

1721 N 1500 W Unit B
Layton, Utah 84025

**WE ARE SELF
SUPPORTING
THROUGH OUR OWN**

PAMPHLET OF THE MONTH



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.*

http://www.aa.org/assets/en_US/p-6_threetalkstomed.pdf

MEETING UPDATES

New Meetings:

974 Group Mon @ 7:30 - **Men's** meeting @ The Haven: 974 E. South Temple . **Women's** meeting @ The Haven's Bond House: 862 E. South Temple.

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

Six in the City Saturday @6pm at 999 S Main St (Palmer Court), Salt Lake City Open Speaker meeting

Meeting Update:

By the Book AA Meeting Tuesday @ 7:30pm @ Salt Lake County Government Center: 2001 S. State Street, SLC. *This is an old meeting but was left off the schedule.*

Cottonwood North Step Study now Cottonwood Speaker/ Step Discussion Sunday @ 10:00 am @ IOP Building: 7135 S Highland Drive, Cottonwood Heights. *This is a new location- parking and entrance on East side of building. The name also changed.*

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

Gay Men Stagg Big Book Study Mondays @7pm (NOT 8) at the Utah Pride Center: 255 E 400 S in Salt Lake

Canceled Meetings:

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

Nooner Discussion Mon. @ 12:00 pm @ The Alano Club: 5056 S. 300 W., SLC.

Sunday Night AA Sunday @ 6:30 pm @ Fit to

CALENDAR OF EVENTS

MAY 2017

Salt Lake Bees Game (vs. Tacoma Rainiers) hosted by Central Office: Saturday, May 27th @ 6:30- Smith's Ballpark; pick up tickets for \$10 each at Central Office.

Post Conference Assembly hosted by District 1: May 19-20 in Ogden @ The Comfort Suites in Ogden; <http://www.utahaa.org/flyers/2017/postconf2017.pdf>

JUNE 2017

Bridging the Cap Workshop hosted by District 11: June 10th in Layton

Central Office AA Founder's Day Breakfast: Sun June 11th at Fairmont Park, North Pavilion: 1040 E Sugarcrest 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.UTAHAA.COM 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!

Tuesday nights (and still does) at the Alano Club had a large turnout at every meeting. So much so that people had to sit on the stage. Remember that this was in the 1980's and there were only around sixty meetings a month stretching from Bountiful down to the Point of the Mountain and from Park City out to Tooele. Also around this time the GSO in New York changed the birthday milestones by adding 60 days, and 18 months. With so many new comers taking time to celebrate milestones it often happened that alcoholics with years of sobriety were not able to do likewise. This, of course, created resentments! As it happened there were about 15 members from the Valley View group who decided they wanted to go off on their own and start a new meeting. But they also wanted to include their Alanon wives. One member feared that would be breaking tradition. So they checked with GSO in New York and were told that it was not breaking tradition as long as the meeting was an open meeting, that no Alanon could hold a service position, and that all

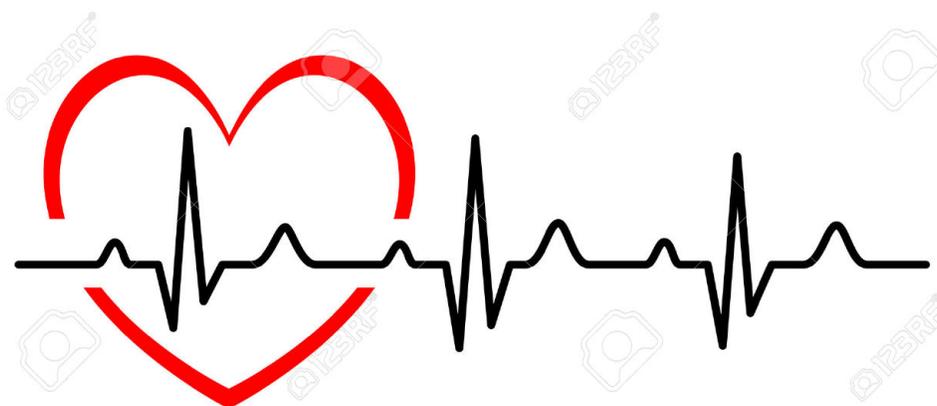
cash donated went to AA entities.

So now all they had to do was buy a coffee pot and find a place to meet! For the first two years they met in a room at the Redwood Multi-Purpose Center, and then the building was closed for remodeling. Next they were able to meet in a room in the Union Trades building on Redwood Road. After almost three years they had to move again. The county buildings on 2100 South and State Street had just opened and the meeting moved to the cafeteria in the south building, then to a break room behind the guard station in the north building. The meeting in the break room locale lasted for almost four years. The problem with this location was that there was heavy civilian traffic in the hallway outside. Some folks were taken aback by the language (LOL) they were hearing coming from that room! The county let us stay, but put us up in a room on the third floor and that is where By the Book group now meets.

Compiled by Laura C. and Ernie R.

"The home group is called the heartbeat of AA, where we are loved until we can love ourselves."

<http://www.aagrapevine.org/topic/homegroup>



CENTRAL OFFICE MARCH 2017 FINANCIALS

Income Statement		
	2017	2016
Revenue		
Group Contributions	\$ 3,166.96	\$ 3,405.68
Copy/Newsletter donations	\$ 101.76	\$ 18.29
Individual Contributions	\$ 105.01	\$ 200.55
Sales - Literature	\$ 7,763.25	\$ 8,403.08
Sales - Coins	\$ 2,040.00	\$ 2,499.00
Interest Income	\$ -	
Total Revenue:	\$ 13,176.98	\$ 14,526.60
COGS		
COGS - Literature	\$ 7,612.30	\$ 8,292.58
COGS - Coins	\$ 1,160.89	\$ 1,443.54
Total COGS	\$ 8,773.19	\$ 9,736.12
Gross Profit	\$ 4,403.79	\$ 4,790.48
Operating Expenses		
Operating Expenses	\$ 3,406.76	\$ 3,595.87
Other Expenses: Point of Sale & Quickbooks Software	\$ 4,370.94	
Credit Card Pin Pad		
Total Expenses	\$ 7,777.70	\$ 3,595.87
Net Income:	\$ (3,373.91)	\$ 1,194.61
Bank Accounts		
Checking & Petty Cash	\$ 24,254.78	\$ 18,327.05
Accounts Payable Due	\$ (14,286.41)	\$ -
Money Market - PR	\$ 24,190.39	\$ 24,159.99
Total	\$ 34,158.76	\$ 42,487.04

- 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 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

Robin	30 days
Tammy T.	60 days
Portia B.	6 yrs.
Jeff S.	24 yrs.
Bill	15 yrs.
Bill	27 yrs.

90th & 32nd

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

CENTRAL OFFICE REP MEETING PARTICIPATION: MARCH 2017

Home Groups:

A vision for You
 Magna Friendly
 5:15 Happy Hour
 South Jordan Big Book Study
 Big Book Twelve & Twelve
 Draper Group
 Tooele Beginners
 Come Around Group
 Stonewall
 Sharing & Caring
 Basic Young People
 Nomadic Lunch
 An A.A. Group
 Salt Lake Group
 Welcome Home

Red Eye
 Murray Group
 Bountiful Community Tuesday
 90th & 32nd at 6:00
 Midvale Lunch Bunch
 Happy Destiny
 Hillcrest
 Greater Kearns Group
 Grapevine
 10th Step Group
 Acceptance Group
 5:30 Non Smoking Sobriety Group
 Sunday Morning Breakfast
 Friday Night Young & Alive @ Alano Club

Spiritual Quest
 SOTS
 Nutbuckets
 Happy Destiny
 Bountiful Men's Group
 Primary Purpose
 By the Book
 Friendship @ 10 a.m.
 Hot Topic
 We Care Group
 South Enders
 Wake Up Call
 South Davis Group
 Rose Park Recovery
Board Members:
 Doug R - Chair
 Gina F - Co-Chair

Lorraine R - Treasurer
 Michelle Z - Secretary
 Kevin D - Trustee
 Bob C - Trustee
 Evan J - Trustee
 Bob G - Alt Trustee
Committee/Chairs
 Activities - Suzi
 Achieves - Laura C
 ByLaws - Linda B
 Outreach - Nick R
 Tech - Jonathan H
 Corrections - Dan B
 Hotline - John J
 Literature - Charlie T
 Volunteers - Jim C
 Web Servant - Doug R

CENTRAL OFFICE REPRESENTATIVE MEETING MINUTES

April 11th, 2017 - 6:30 pm

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 - Welcome, Statement of Purpose, Intro of New Reps: Mike S with Vincent's Friends.

Co-Chair: Gina F - Come earlier for orientation. Which you fill out the roster, please write so we can read it.

Secretary: Michelle Z – Nothing to add (will attach chair & board reports)

Treasurer: Lorraine R - Financials and group quarterly contributions.

Trustee: Kevin D - (District 11 Liaison)- District 11 meeting tomorrow, Worked with Nick on packets for Outreach, nothing new on the By Laws

Trustee: Bob C - (District 2 Liaison) - Gave 2 contact information to Nick with Outreach, recommended to get a copy for SL Central office

Trustee: Evan J - (District 10 Liaison) - Summary of Area 69 pre-conference assembly (read prepared report) Alt Trustee: Bob G - Happy to be here

Alt Trustee:

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

Activities: Suzy L - Founder's Day Breakfast & Central Office Picnics scheduled and space secured. Looking for and got some volunteers for the activities committee. Want to do some fun sporting events and would like suggestions and some help.

Archives: Laura - Nothing to report

By-Laws: OPEN (Linda B. has resigned) - Gina F was elected as new By Law chair

Coins: Mike O - Mike not able to make it - Jim C read the Coins report.

Cooperation with Professionals: OPEN Corrections: OPEN (Dan B has resigned)

Hotline: John J - Going well, nothing new to report.

Literature: Charlie T - Pamphlet of the month - They might discontinue, Three Talks to Medical Societies by Bill W, Co-Founder of AA

Newsletter: Wendy P - OPEN, not present, Looking for help for the Newsletter. Please contact lifeline@saltlakeaa.org

Outreach: Nick R - Prepared report, needs 50 copies of literature price list for the Outreach packets.

Public Information: Mellissa E - Not Present. Gina spoke on her behalf - She is still working on getting PSA's on the radio Tech Committee:

Jonathan H - Not Present. Doug spoke on his behalf - Scanning computers to get them up to date on virus, malware, etc. and protected.

Treatment: Rusty J was elected as new Treatment chair

12th Step Committee Chair: Mike S. - Working with Gina and will get with Tim & Doug on the information CO has, like the people who are on the list for the volunteers for the 12th step.

Webservant: Doug R - 9023 visits to the website. Meetings now have the days of the week and if they are on multiple days.

Immediate Past Chair: Nick R - Nothing to report

7:15 – 7:30 *New Business*

1. Motion to remove all references of an Office Manager from the SL Central Office By-Laws; PASSED
2. Motion to add a section to 6.9 Board of Trustees Election Procedures and 7.5 Standing Committee Election Procedures of the SL Central Office By-Laws that no one can be elected by proxy, all candidates must be present. New Committee Chairs are needed. FAILED
3. Election of Open Salt Lake Central Office Positions:
 - Board to read requirements and responsibilities of each position
 - a.) Alternate Trustee - OPEN - CORs to take to their home groups
 - b.) By Laws Chair - Gina F Elected as new chair
 - c.) Cooperation with Professionals Chair (CPC) OPEN - CORs to take to their home groups
 - d.) Treatment Chair - Rusty J Elected as new chair
 - e.) Corrections Chair - OPEN - COR's to take to their home groups

7:30 Adjourned and Closed with the Serenity Prayer

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

From page 417 of The Big Book of Alcoholics Anonymous:

JOKE OF THE MONTH

One night a newcomer took his daughter to dinner at a downtown restaurant. As they walked in the door, the first thing they saw was an enormous sign advertising what used to be his favorite beer. The man's eyes immediately widened and he began to remember just how good the old brew tasted. Then his daughter interrupted.

"Oh, look, Daddy," she said, pointing to the sign. "They have Your-Life's-in-the-Toilet on tap."

Central Office Founders Day Breakfast

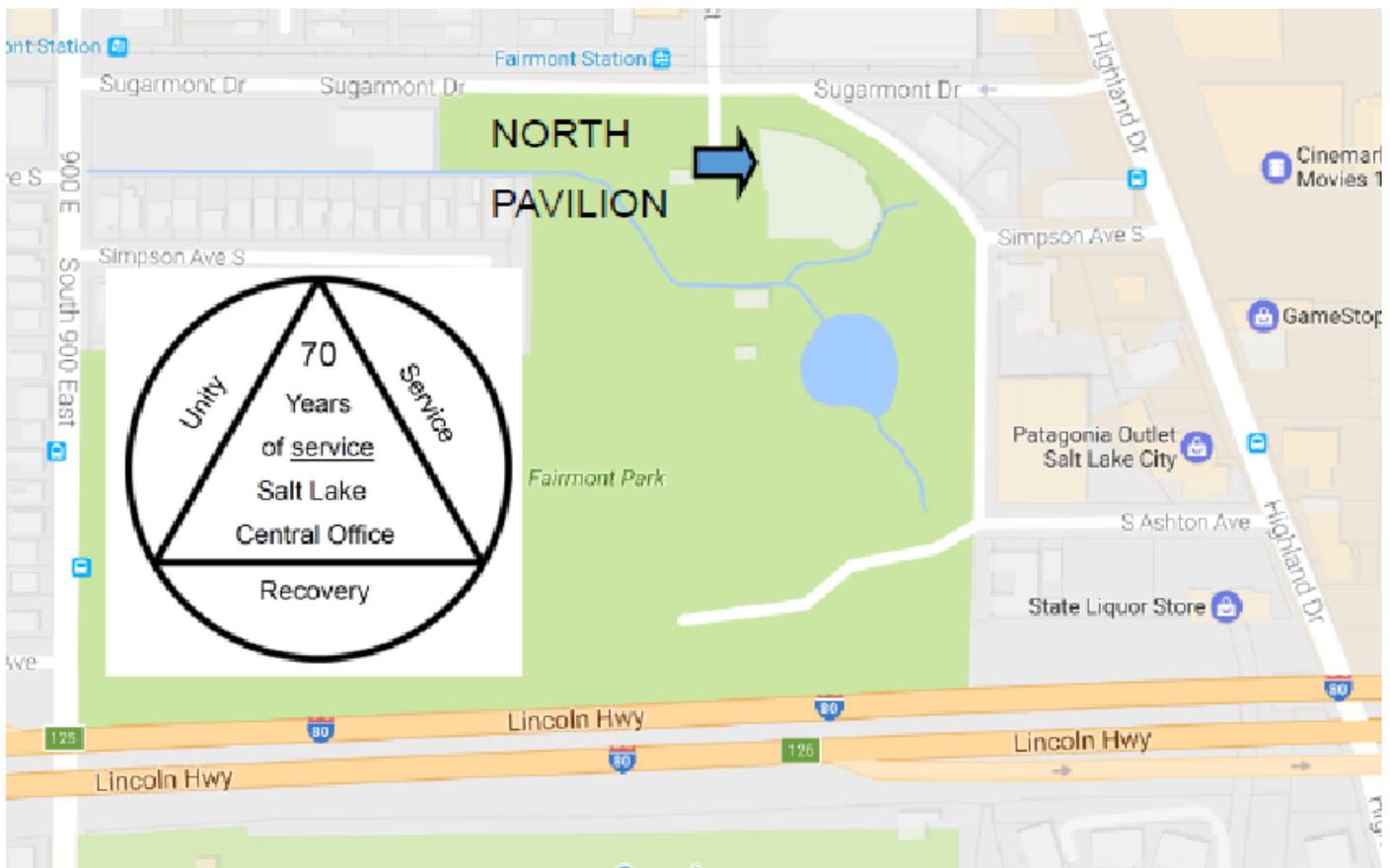
Where: Fairmont Park North Pavilion
1040 E. Sugarmont Drive (2225 S.)

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



...continued from Area 69 Pre Conference Assembly

able to comment on all five of the agenda items that our group discussed. Information is so important. We do have a voice and it needs to be heard. That day we spoke about unity, safety in meetings, fellowship, love and tolerance, the importance of the 7th tradition, service at any level, working with newcomers and helping them feel welcome. We snuck in motions to be considered and voted on a few. The group went through all agenda items and listened to all opinions without any arguments. It was unreal. I learned how the voting process works at the group level. I was able to acquire a service sponsor who explained to me some of the terms and processes we go through. After dinner we re-convened and listened to a guest speaker. The evening ended with the responsibility declaration.

Sunday, April 9th. Matt D. and Devin C. lead a GSR presentation; they reviewed duties, obligations and

the importance of the GSR position. We had a sobriety countdown. There was close to a thousand years of sobriety in the room, almost an ice age.

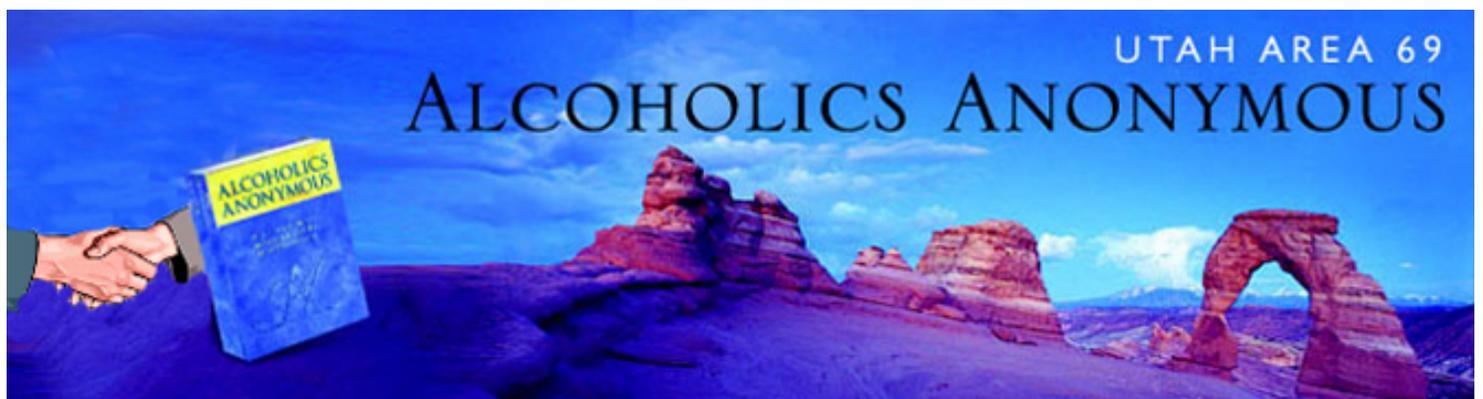
Next our guest speaker Devin C. shared his Experience, Strength and Hope. Devin seemed very passionate about the program of Alcoholics Anonymous. Then the "Ask it Basket", where we asked the board questions about either the program or sobriety. It was all from the heart. We ended the day before noon with the responsibility declaration.

The experience was unexpected.

There wasn't a moment when I was uncomfortable, bored, or irritated. It was simple. More was revealed to me. I love service. The opportunity my home group provided was just what my program needed. Crazy how that works. Rad!!

Your Humble Trustee, Evan

God grant me
SERENITY
to accept the things I cannot change
COURAGE
to change the things I can and
WISDOM
to know the difference



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



RETURN SERVICE REQUESTED

