



# lifeline

## You Are Not Alone!

My name is Jacob, and I'm an alcoholic. I am 22 years old and this is my second time in prison. I get back out in a few days, and at this time in my life I can't even express how grateful I am that there will be an AA meeting to go to when I get out.

Drugs are a huge part of my story. I started using marijuana when I was 12 and alcohol followed soon after. Since that time, I have tried every drug I can think of and done just about everything you can think of. I caught my first felony at 15, my first charge ever at 12. I was put in States Custody as a kid. I've been in proctor homes, sober livings, and half way houses, on parole and probation. When they say jails, institutions and death, I pull 2 out of 3 of those.

I say this because I want people to know that they are not alone. I always thought I was alone and this disease will allow me to feel alone in a room full of people. Alcohol and drugs used to make me feel like I wasn't alone. Today it does not and I am grateful for that. My sobriety date is June 1st, 2017. My release date is August 1st, 2017. You are not alone!

-Jacob

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### What is a Volunteer?

A person who performs a service willingly, especially helping other people and without pay.

Salt Lake City AA Central Office is open 6 days a week - Monday thru Saturday. Each day a Volunteer Coordinator arrives at 10:00am to open the door and turn on the lights. At this time, there is a different Coordinator for each day - no one person is doing double duty. On most days additional volunteers offer their time in hour by hour increments, for example, 10:00am to noon, 3:00pm to 5:00pm, etc. As the volunteers gather, an informal AA meeting inevitably takes place. If you are in the neighborhood, please join us.

Each of the Volunteer Coordinators is responsible for assuring the normal office tasks (general cleaning, trash removal, etc., etc.) are attended to. We want our group members who visit us to feel welcome and comfortable..... As ...contributions are received from our groups, the

## CENTRAL OFFICE BOARD OF TRUSTEES

[BOARD@SALTLAKEAA.ORG](mailto:BOARD@SALTLAKEAA.ORG)

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

## CENTRAL OFFICE STANDING COMMITTEE CHAIRS

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

## 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

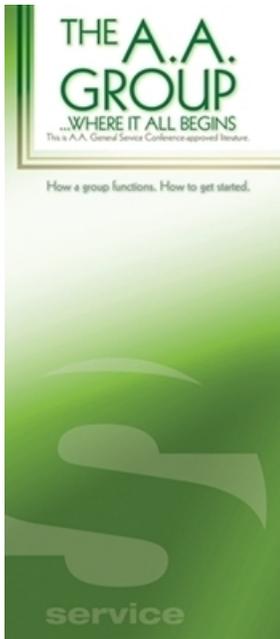
**District 2 Treasurer**  
PO Box 615  
Salt Lake City, UT 84110

**District 11 Treasurer**  
1805 N 1450 W  
Layton, Utah 84041

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

## PAMPHLET OF THE MONTH

## MEETING UPDATES



Over the years, the very essence of A.A. strength has remained with our home group, which, for many members, becomes our extended family. Once isolated by our drinking, we find in the home group a solid, continuing support system, friends, and very

often, a sponsor. We also learn firsthand, through the group's workings, how to place "principles before personalities" in the interest of carrying the A. A. message.

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A.A. has no central authority, minimal organization, and a handful of Traditions instead of laws. As co-founder Bill W. noted in 1960, "We obey the Twelve Traditions willingly because we ought to and because we want to. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience and are rooted in love."

[http://www.aa.org/assets/en\\_US/aa-literature/p-16-the-aa-group](http://www.aa.org/assets/en_US/aa-literature/p-16-the-aa-group)

### New Meetings:

**No Laurels - (Women's Meeting)** Monday @ 7pm @ 1st Unitarian Church - 569 S. 1300 E., Salt Lake City. Enter through SW door.

**Six in the City** - Saturday @ 6pm - Palmer Ct. 999 S. Main St., Salt Lake City

**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 S, Salt Lake City

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

### Meeting Update:

**AA Group** Tuesday (changed from Wednesday) @ 5:30 4th S. 4th W.

**Our Primary Purpose** Sundays @ 7:00pm @ rotating private residences; call for location (208) 241-3945.

**Magna Friendly Bunch** Everyday @ 7:00pm @ Alano West Club - 9087 West 2700 South, Magna. *The time is changing on Friday 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*

### Canceled Meetings:

#### **Gay Men Stagg Big Book Study**

**Experience Strength & Hope** Tuesday @ 7:00 pm @ Red Church (Creskide 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

# CALENDAR OF EVENTS



## August 2017

- Central office Picnic on Sun August 6 @ Murray Park, Pavilion 5 from 11-4pm.
- Maple Grove Camp Out 2017. August 18-20.
- Utah Area 69 Pre-Assembly Workshop August 19-20, 2017.  
Hosted by District 10 in District 9 - Moab Arts and Recreation Center  
111 East 100 North, Moab, Utah.
- District 2 BBQ - Tuesday August 22nd at 6pm. Speaker meeting at 7 @ Fellowship Hall.
- "Came to Believe" Retreat, August 25-27 @ Ogden Canyon.  
[Cametobelieve.org](http://Cametobelieve.org)
- High Chaparral Hamburger Fry - Friday August 25th, 6-10 pm Canyon View Park 3300 E. Powerhouse Rd. Spanish Fork, UT.

## September 2017

- Women's Big Book Retreat - 28th Annual Cheer for the WBBR 2017  
September 8th - 10th at the Mill Hollow Summer Camp near Oakley.
- Seniors in Sobriety International Conference @ Airtel Plaza Hotel, Van Nuys, California. September 14-17 (818) 823-7008.
- Pacific Regional Forum Area 6. September 21-23 in San Jose, CA
- 2017 AA Fall Assembly, September 29th-October 1, @ 3301 E. Louise Ave, Millcreek, UT.

## October 2017

- Salt Lake Central Office Chili Cookoff: Saturday October 7th 6pm @ St. Vincent DePaul (1385 Spring Lane (5100 South).

# AA BEHIND BARS: A VOLUNTEER'S VIEW

*-The following is taken from a recorded conversation with Pine J about his volunteer work out at the Utah State Prison.*

"In volunteering at the Utah State Prison, the reason that it's been so rewarding to my sobriety is because men that are in prison now are coming into our classes, into our AA class, and not only reading the big book, but they read the big book on a daily and on a weekly basis. Because of our meetings, we have explained to them that all it takes, when they go back to their pods, is for them and a couple more guys to start sharing with each other about their experience, strengths and hopes. Once the prisoners started doing that, in our classes we would give them the choice to either share as they read or at the end of class. The AA program out there is...grows every week, as prisoners find out about it, it has become something that they even miss their softball practice to come and do, and in my own recovery it is very important to me that I have obligated myself to these men, and to that system out there because the only difference between myself and ninety percent of those prisoners that are out there...I never ran over anybody, I never got that DUI, never went to prison. But I know how those men feel at that Utah State Prison because in my alcoholism I was trapped in a prison inside myself, and those prisoners can all relate to that. Those

prisoners can relate to being confined 24 hours a day, seven days a week inside yourself. Being able to express my experience, my strength and my hope to the prisoners out there...they all say, cause they all hug me and treat me like their brother...that it's helping every one of them, but I know for a fact what it's done for me. I didn't chose it, my higher power did, and I can actually speak to those prisoners through my higher power."



-For more information about volunteering at the Utah State Prison please contact Bartholomew Richards at (801) 403-3337

# CENTRAL OFFICE JUNE 2017 FINANCIALS

## Income Statement

	<u>2017</u>	<u>2016</u>
<b>Revenue</b>		
Group Contributions	\$ 1,996.28	\$ 1,683.52
Copy/Newsletter donations	\$ 63.37	\$ 32.25
Individual Contributions	\$ 464.50	\$ 6.10
Sales - Literature	\$ 5,586.54	\$ 7,145.91
Sales - Coins	\$ 1,790.50	\$ 2,160.30
Interest Income	\$ -	
Total Revenue:	<b>\$ 9,901.19</b>	<b>\$ 11,028.08</b>
COGS - Literature	\$ 5,838.48	\$ 7,002.48
COGS - Coins	\$ 1,150.06	\$ 1,162.15
Total COGS	<b>\$ 6,988.54</b>	<b>\$ 8,164.63</b>
Gross Profit	<b>\$ 2,912.65</b>	<b>\$ 2,863.45</b>
Operating Expenses	\$ 2,994.38	\$ 4,530.54
Other Expenses:	\$ -	
Total Expenses	\$ 2,994.38	\$ 4,530.54
<b>Net Income:</b>	<b>\$ (81.73)</b>	<b>\$ (1,667.09)</b>

## Bank Accounts

Checking & Petty Cash	\$ 18,572.07	\$ 11,010.19
Accounts Payable Due	\$ (11,287.32)	\$ (351.62)
Money Market - PR	\$ 24,196.26	\$ 24,166.05
Total	<b>\$ 31,481.01</b>	<b>\$ 34,824.62</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, \$23,000 for 6 mos.
- A detail of group contributions is available and will be handed out quarterly.

# CENTRAL OFFICE REPRESENTATIVES MEETING MINUTES

## TUESDAY, JULY 11, 2017 – 6:30PM

### 6:00 – 6:20 Reports Board of Directors

Chair: Doug R - Welcome and Introduction of all New CO Reps, Warranties, CO Statement of purpose  
Chris- We are one  
Shane- 90th and 32nd  
Scott- Bog Irish  
Roger- Alt for 5:50 Happy Hour

Co-Chair: – **T.B.D**

Secretary: – Rob C - Excused

Treasurer: Lorraine R -

Trustee: Kevin D - Absent

Trustee: Bob C - Made district 2 meeting flyer on upcoming BBQ at fellowship hall

Trustee: Evan J - Dist 10 GSR meeting monday night. Looking for help and volunteers - Bridging the gap, Fall assembly.

Alt Trustee: Bob G - Absent

Alt Trustee: OPEN-

### 6:20 – 6:50 Reports/Concerns Committee Chairs

Activities: Suzy L Picnic 8-6-17 Murray Park, NEED VOLUNTEERS, Bees Tickets are also SOLD OUT.

Archives: Laura "No Report"

By-Laws: **VACANT**

Coins: Mike O "No Report"

Cooperation with Professionals: Ben S was contacted by VA about meetings and has been working with Rusty.

Corrections: **VACANT**

Hotline: John J Running Smoothly And Great!!

Literature: Charlie T Pamphlet of the month "The AA Group Where It All Began"

Newsletter: Shurone Attending first meeting 7-12 5:30-Pm needs articles and volunteers.

Outreach: Nick R "Stepped Down"

Public Information: Mellissa E 70-year signs are up

Tech Committee: Jonathan H "Absent"

Treatment: Rusty J Utah has a lot of new facilities, working with district, going to take AA meetings or offer meeting support. Will hold a meeting at 11:00-Am at central office..

12th Step Committee Chair: VACANT

Volunteers: Jim C things going well have some alternate volunteers presently, info on other state spanish book info.

Webervant: Doug R June 2017 Stats 6,644 Website visits 39.6% were new site visitors, and 79.2% were using mobile devices..  
Committee pages will be created, NEW Meetings not on the printed schedule: Six in the city Saturday 6:00-PM speaker meeting Palmer Court- 2nd floor meeting room, 999 south main street and NO Laurles (Women big book study) Monday 7:00-Pm 569 S. 1300 E. Slc..

Immediate Past Chair: Nick R

6:50 - 7:00 Old Business

Board members election qualifications and duties read, Co-chair Juliann 4-1 on hold by Juliann until further notice. By-laws table to next month, 12-step and Outreach table to next month.

Adjourn and close with serenity prayer.

Next Central Office Meeting Is Held August 8th 2017



# SHARE YOUR MOST MEMORABLE MEETINGS!

What is the most interesting and memorable spot you have ever attended a meeting? A simple question that begs a lot of thought. Was it in an amazing city, or was it a historic building that you will never forget? Also, what about the group made the meeting so special. Please share your thoughts with us. Our groups are very interesting, well traveled families with some amazing stories. With meetings around the world we would love to hear what you have to share.

Trip, LifeLine Committee  
[tripmit@yahoo.com](mailto:tripmit@yahoo.com)



### Nomadic Lunch Bunch

30 days	Adam, Casey
60 days	Kim
90 days	CJ
2 years	Charlie G.
7 years	Chad
15 years	Connie D.
21 years	Bob C. , Carol O.
23 years	Margorett
27 years	Guillermo
28 years	Jackie
29 years	Joe B.
31 years	Bodie

## Salt Lake Central Office



...of serving the greater Salt Lake Area



For a time I worked over on the Big Island of Hawaii. At the time I was not active in the program, after some time out I decided I needed a meeting. After calling a local AA number I was told to drive out to Old Airport Park in Kona. The directions from there were unique, park where you see some other cars, kick off your shoes and head to the beach! Our noon meeting was located on a beautiful beach in paradise. One thing right off the bat that I noticed, my higher power seemed much closer than usual. --Trip

### **Joke of the Month:**

In the course of a long night of drinking, Phil and Fred became fast friends and vowed to meet again in ten years in the same bar, at the same time.

Ten years later Phil walks in the door and sure enough, there's Fred sitting at the bar.

Phil embraces his old friend and cries, "The night we left, I didn't think I'd really see you here!"

Fred looks up from his glass and says, "Who left?"

# AA BEHIND BARS: A PRISONER'S PERSPECTIVE

## Carrying the Message:

My name is Sean H. and I'm an inmate at Utah State Prison. I'm an alcoholic/ addict.

I'm a resident of the conquest program in the prison due to my charges which are possession of heroin and attempted possession of heroin. I have served in other parts of the prison and in most places in prison you are lucky to get 1 or 2 twelve step meetings a month. Where I am, I'm blessed to get 14 twelve-step meetings per week.

The folks who bring the meetings to us are absolute heroes. They bring us the hope & strength I needed. When I got back to prison a year ago, I was in the worst shape of my using life. This relapse was my worst. Slowly as each meeting passed I started to find hope.

After a few months my great friend Pine started coming in and words cannot express all I have learned from him. Somehow what he said clicked and everything changed. I went from not having hope for a sober future, to having solid plans and a way to achieve these goals sober, one step at a time.

Thanks to Pine and Kristin with the Bridging the Gap Program, I can and will make it to an AA meeting the day I go home, and when I leave this place this time, I can make it my last. One step at a time, one day at a time.

Respectfully Sean H.

## ***Continued from page 1...What is a Volunteer?***

coordinators enter them into our accounting system.

The most important tasks facing the Volunteer Coordinators and the many part-time volunteers are the sales of literature published by Alcoholics Anonymous World Services Inc. and AA Grapevine Inc., and the sale of coins/tokens celebrating significant periods of sobriety. As we do with our contributions, when a sale is made the volunteers enter the transaction into our accounting system. When the inventory gets low on any of the items mentioned above, the Volunteer Coordinator(s) notify the appropriate Committee Chairperson, for example our Salt Lake AA Central Office Literature Chairperson, of the shortage.

Of equal value, or even more important, is answering the telephone calls made to Salt Lake City AA Central Office. A majority of the calls are from members of the many anonymous groups

seeking information concerning meeting times and meeting locations. Occasionally we get that life changing call from the still suffering person that just needs to talk to someone willing to listen. Thank God we have volunteers willing to take the time to perform this life saving service.

If you are reading this and you would like to become a volunteer, have we got a deal for you!!! Please call our Volunteer Chairperson (Tuesday, 10:00am to 5:00pm at 801-484-7671) or e-mail [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org).

Thank You - Jim C., Chris, Mel, Rusty, Bob, Kristen, Mike, Sandy, John, KB, Clark, Hank, Willy, Jim S., Joel, Charlie, Ben, Lorraine, Tripp, Shurone and Frances.

**CHEER** *for the*  
**2017**

**WBBR**



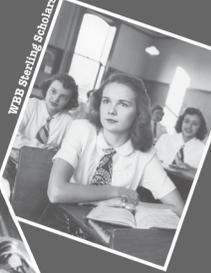
WBBR Cheer Captain

**WOMEN'S BIG BOOK RETREAT**

**28TH ANNUAL**

This year's 2017 Women's Big Book will be held on September 8th, 9th, and 10th. This year's event will be held at the Mill Hollow Summer Camp near Oakley, Utah. We encourage all of you to "Get the Word Out"! -WBB Committee

WBB Sterling Scholars



WBB Presidency

**GO TEAM!**

## 28th Women's Big Book Retreat 2017

September 8, 9, and 10  
Mill Hollow YMCA Camp

Cost: \$75.00

includes: Sleeping quarters, bathrooms, meals, and hot showers.

Non smoking

To register visit

<https://www.newurecovery.org/wbbr-aa>

Registration Deadline:

August 30, 2017

For questions contact  
Patti I

[801-541-9901](tel:801-541-9901)

[pattiibholm@gmail.com](mailto:pattiibholm@gmail.com)

## Central Office Picnic

Sunday, August 6th

11:00 AM - 4:00 PM

Murray Park Pavilion #5



- Central Office will supply hot dogs, hamburgers & veggie burgers
- Bring a side dish to share with the group and your own beverage
- Families welcome!
- Call Salt Lake Central Office with questions: 801-484-7871

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

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