

lifeline

Salt Lake Central Office

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A.A. Central Office

Come be of service and add a Central Office Rep to your Home Group!

We hold a meeting on the 2nd Tuesday of every month at 6:30 pm

80 W Louise Ave SLC, UT 84043

Now OPEN

- *share activities and events
 - *learn how A.A. works at a local level
 - *lots of service opportunities
 - *help share the message
- Hope to see you there!***

9 Items

Hi, my name is Scott W. and I am an alcoholic.

I grabbed my mail today from my mailbox and I found a hand-written note on school-lined paper folded in fourths. There was no envelope with it, no recipient name listed, no return address given and no explanation at all!

NOTHING, except the nine items listed below. WOW! It was so beautiful, did this belong to someone? Was it put in the wrong mailbox? If it belonged to someone, who? Was it left for me? I had so many questions and so few answers. That statement I actually said out loud and it reminded me of my first year with our fellowship.

Who was this left for? Was it me? Why? Maybe a better question to ask would be *why not me?* I know for myself I am at my best when I am of service to my fellow man. With Covid going on, what could I possibly do? Who could I help? Several

years ago I personally wrote a set of core values for myself. Just like a business might do. I wanted others to know who I was and what I stood for.

One of my core values is *When there is a hand extended in need of help, I must extend mine and freely give what help I can.* Was this note that hand? How can I help?

I received a request from a friend of mine; he is the editor of a beautiful publication in our fellowship and he asked me if I might write something that may give help to others who are struggling during this time with alcoholism. Tears flowed freely from my eyes down my cheeks and I responded that of course I would love to. Yes, it was a hand. I would like to share the nine items that were listed on that piece of paper I found in my mailbox with you and I pray that it may give you the same comfort that it did me:

...continued on page 5



**CENTRAL OFFICE
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Secretary — Mike L. **Alt Trustee**— Mike A.
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BOARD@SALTLAKEAA.ORG

**7th Tradition
Contribution Addresses**

A.A. World Services
Box 459 Grand Central Station
New York, NY 10163

Area 69 Treasurer
P.O. Box 471
Fillmore, UT 84631

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
2320 Wood Hollow Way
Bountiful, UT 84010

**CENTRAL OFFICE
Standing committee chairs**

Activities — Rob C.
activities@saltlakeaa.org
Archives — Laura C.
archives@saltlakeaa.org
By-laws — Julian G.
Coins — Jim C.
coins@saltlakeaa.org
Co-op Professional Community — Joe B.
cpc@saltlakeaa.org
Corrections — Lorie G.
corrections@saltlakeaa.org
Events Calendar — Jake
events@saltlakeaa.org
Hotline — Johnathan
hotline@saltlakeaa.org
Literature — Charlie T.
literature@saltlakeaa.org
Lifeline Newsletter — Jason D.
lifeline@saltlakeaa.org
Outreach — Schadie B.
outreach@saltlakeaa.org
Public Information— Melissa E.
pi@saltlakeaa.org
Technical Support — Asch M.
it@saltlakeaa.org
Treatment- Rusty J.
treatment@saltlakeaa.org
Twelfth Step — Skip M.
12step@saltlakeaa.org
Volunteer — Doug R.
volunteer@saltlakeaa.org
Website — Owen
webservant@saltlakeaa.org

Utah Conference of Young People in Alcoholics Anonymous

Hello YPAA fellowship and all who it may concern, UCYPAA 2020 event is set for its new dates of **August 21st - 23rd, 2020**. We hope you will be able to join us, and we apologize for the delay in getting these dates confirmed. We felt it best to postpone from our original dates of 6/5-6/7 due to public efforts of social distances. We are excited to be still hosting this event and the location and amenities remain the same. www.ucypaa.org

ANNOUNCEMENT FROM GSO:



We are now able to accept online Seventh Tradition contributions through PayPal.

This additional platform will simplify the process and provide a convenient way for members to make online Seventh Tradition contributions. In addition, we will continue to accept contributions using ACH or Debit/Credit Cards.

Donate at: <https://contribution.aa.org/>



Please check on the Central Office website for up-to-date virtual meeting schedules. Most meetings have been moved to the [Zoom](#) app.

<http://www.saltlakeaa.org>

As of this printing, the Salt Lake Central Office is **Open**

Since gathering locations are slowly opening up, meeting changes and updates will *tentatively* return next month. As always, we are looking for original stories, poetry and artwork for Lifeline. -ed

Please submit to lifeline@saltlakeaa.org

June 29, Twenty-Four Hours A Day

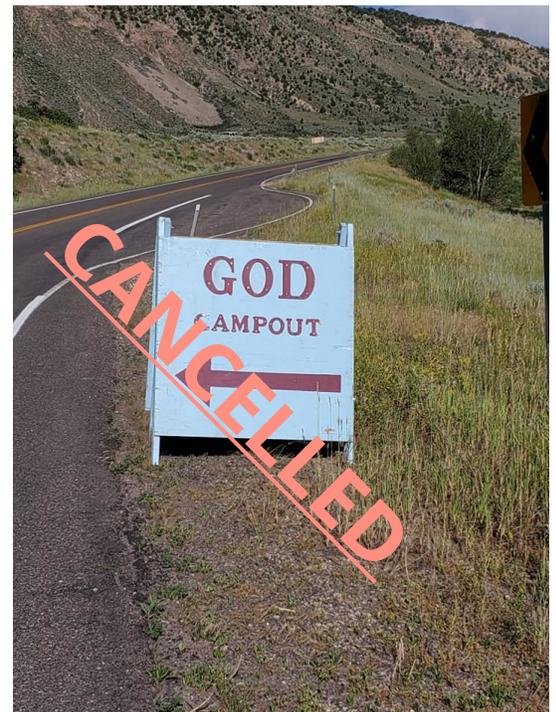
The program of Alcoholics Anonymous involves a continuous striving for improvement. There can be no long resting period. We must try to work at it all the time. We must continually keep in mind that it is a program not to be measured in years, because an alcoholic never fully reaches his goals nor is he ever cured. His alcoholism is only kept in abeyance by daily living of the program. It is a timeless program in every sense. We live it day by day or more precisely moment by moment--now. Am I always striving for improvement?

Meditation for the Day

Life is all a preparation for something better to come. God has a plan for your life and it will work out, if you try to do His will. God has things planned for you, far beyond what you can imagine now. But you must prepare yourself so that you will be ready for better things to come. Now is the time for discipline and prayer. The time of expression will come later. Life can be flooded through and through with joy and gladness. So prepare yourself for those better things to come.

Prayer for the Day

I pray that I may prepare myself for better things which God has in store for me. I pray that I may trust God for the future.



Central Office Meeting Minutes

Board of Directors reports:

Chair: Julian G. -Read Warranties.

Co-Chair: Dave V- Excused

Secretary: Mike L.-Asked for CO Reps to reach out and help update the list.

Treasurer: Lenny B.- Financial Report, Treasurers Report

Trustee District 2: Paul M.-Nothing to report

Trustee District 10: Brad M.-Going to get Pre- and Post-Conference info to Central Office

Trustee:-Doug R.-District 11 is alive and well. Great participation on the Zoom platform

Alt Trustee: Mike A- Excused

Alt Trustee: Serena - Excused

Committee Chair Reports:

Activities: Rob C.- Hoping to get some things planned soon

Archives: Laura C.-Asked to have meeting minutes sent to her from past months.

Coins: Jim C.-Asked about getting information on open meeting to central office

Events: Jake- Excused

Cooperation with Professionals: Joe B.-Excused

Hotline: Johnathan-Got a new volunteer. Lenny inquired about the voicemail to see if it mentions the website. Doug requested Jonathan add the website to the voicemail.

Literature: Charlie T.-Excused

Corrections: Lori G.-Excused

Lifeline: Jason D.-Content is light, we need submissions. We are still mailing Lifeline but you can print your own PDF from the Central Office webpage

<https://www.saltlakeaa.org/lifeline-archive/> or on the Facebook page: Salt Lake Lifeline.

Treatment: Rusty J.-Talked to 4 treatment centers and clients are still being accepted once they go through a quarantine process. Centers are excited to get to open meetings.

Public Information:Melissa E. - Not a lot of opportunities right now. Handled a request for Spanish Literature, but hasn't been able to deliver. Will contact the libraries to see if she can distribute.

Tech:Asch-Central Office is offering Zoom rooms for groups that don't want to host. Updated pages with Zoom instructions. Find Zoom meetings on <https://www.saltlakeaa.org/online-meetings/>

Webservant: Owen-Things have slowed a bit. Emails are slightly above normal. Mentioned meeting with Doug to discuss what meetings are happening in person.

Volunteers: Doug- Central Office doors are open with normal business hours. Things are going well. Had replacement volunteers step in when needed. A lot of calls looking for in-person settings.

12th Step: Skip M.-Appreciates everyone and what they are doing. Meetings are a blessing. Referring people to Liberty Park Meeting.

Next Board Meeting: July 7th at 6pm

Next C.O. Rep Meeting: July 14th at 6:30pm

Check the schedule for location

*Special thanks to Jenny, Shurone, Kim B. and the Volunteer Committee for helping me put this together month after month. I couldn't do it without you... believe me, **I TRIED***

1. The Earth is our Mother, care for her
2. Honor all relationships that you experience
3. Open your heart and your soul to the universal spirit
4. All life is sacred, treat each person you contact with respect
5. Take from this Earth what you need and nothing more
6. Do what needs to be done, for the good of ALL
7. Give thanks for each new day
8. Speak the truth, but only of the good in others
9. Follow the rhythm of this Earth, rise and retire with her star

I know now why it was left in my mailbox. Thank you for letting me share it with you. I pray that God will be with our fellowship, and that we will continue to serve others in need! And that one day at a time God will continue to help us grow in our sobriety. Amen.

I send to you All of my Love and Hope for better days ahead for those who call our fellowship home, and those that may find us in the future.

-Scott W.

Aids to Contented Sobriety

(from the Little Red Book)

Vital factors contributing to the long records of contented sobriety in the lives of thousands of A.A. members are their **humility, honesty, faith, courage, gratitude, and service**. The following A.A. definitions will be helpful in working out an acceptable understanding of these vital factors.

Humility:

A true evaluation of conditions as they are; willingness to face facts; recognition of our alcoholic status; freedom from false pride and arrogance; understanding of the proper relationship between ourselves and a Higher Power, between ourselves and fellow human beings; acceptance and practice of this relationship throughout every 24-hour period.

Honesty:

Freedom from self-deception; trustworthiness in thought and action; sincerity in our desire to recover from our alcoholism; willingness to admit a wrong; fairness in all our dealings with others; refusal to sneak that first drink.

May 2020 Financial Statement

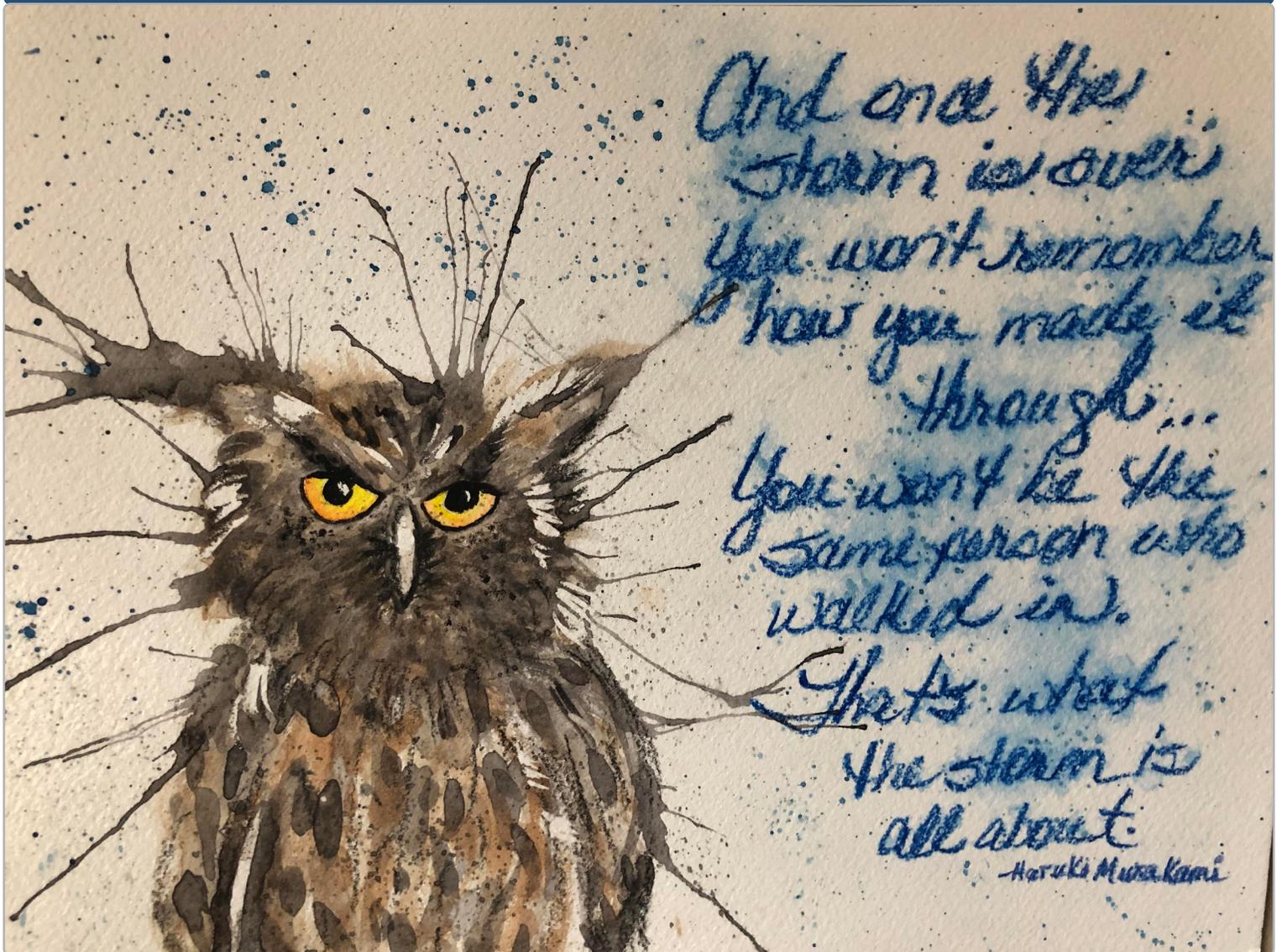
Income Statement	2020	2019
<u>Revenue</u>		
Group contributions	2570.21	2618.15
Copy/Newsletter donations	-	51.25
Individual Contributions	415.50	-
Sales - Literature	1458.25	11448.78
Sales - Coins	159.60	1064.35
Sales - Other	4.02	194.94
Total Revenue:	4607.58	15377.47
<u>COGS</u>		
COGS - Literature	1859.13	11200.71
COGS - Coins	154.72	1028.18
COGS - Other	-	175.12
Total COGS	2013.85	12404.01
Gross Profit	2593.73	2973.46
Operating Expenses	2780.60	3478.53
Other Expenses	-	-
*Total Expenses	2780.60	3478.53
Net Income	(186.87)	(505.07)
<u>Bank Accounts</u>		
Checking & Petty Cash	6206.14	3617.01
Accounts Payable Due	(3.00)	(439.10)
Money Market -PR	24415.97	24389.33
**Total	30619.11	27567.24

Group Contributions	
11th Step Meditation	22.40
12 O'clock High	192.00
974 Group	70.00
Basic Young Peoples	168.56
Came to Believe	153.40
Every Night Firelight	152.45
Elevator's Broken	106.05
Happy Destiny	60.75
Hot Topics	13.50
KF	20.00
Murray Group	114.40
Salt Lake Men's Group	350.00
Saturday Beginners	3.00
Serenity Now	36.75
Trying Again	27.75

Please consider donating through the website or setting up a Venmo or Paypal "group basket" for 7th Tradition until business returns to normal.

Central office bylaws requires 6 mos overhead in the prudent reserve.

**Average monthly costs are \$4000/mo; \$24,000 for 6 months. A detail of group contributions is available and will be handed out quarterly.*



Original Artwork by A Garden Variety Alcoholic (anonymous)

On his desk, Dr. Bob had a plaque defining humility:

"Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in my self where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

*From the office of Dr. Robert Holbrook Smith
928 Second National Bank Building, Akron, Ohio,
h/t: Allen*

PAMPHLET OF THE MONTH (Excerpt)

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”



What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth?

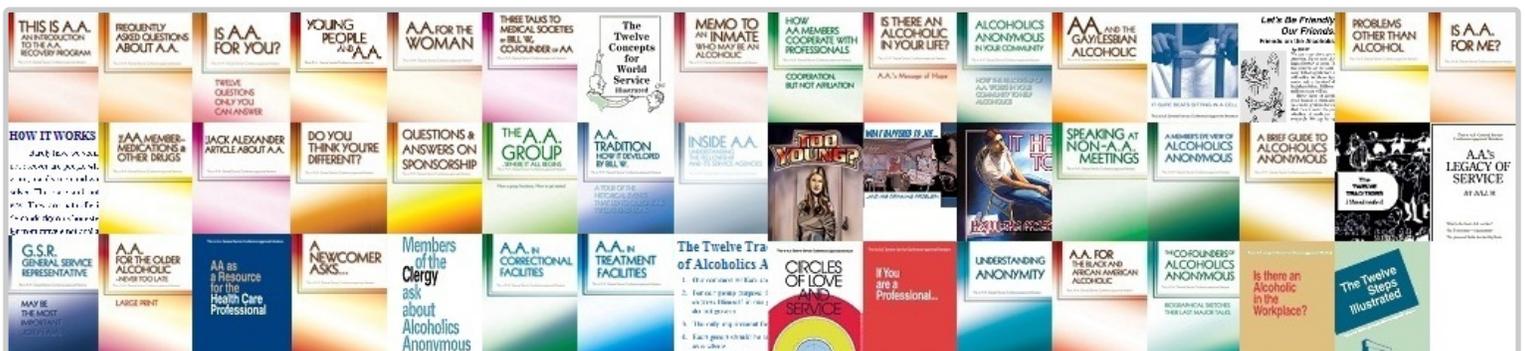
If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

- At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.
- At the public level of press, radio, TV, films and other media technologies such as the Internet, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain.

When using digital media, A.A. members are responsible for their own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others. The word “anonymous” in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.

https://www.aa.org/assets/en_US/p-47_understandinganonymity.pdf

Over 70 Pamphlets are available at cost at the Salt Lake Central Office, as well as online at: https://www.aa.org/pages/en_US/aa-literature



**Please direct all
communications to:**
P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

June 19, 2020

Dear A.A. friends,

We in A.A. – here at G.S.O., along with the rest of the world – continue to experience an unprecedented situation. Without question, due to the COVID-19 pandemic, our Fellowship, including our organized service structure, is facing enormous challenges, locally and globally. For many of us, the most prominent example is that, for the first time in the 85-year history of our Fellowship, we are navigating the lack of face-to-face meetings. While we have found creative ways to allow for the vital interaction between one alcoholic and another, and welcoming newcomers daily, it is clear that the health crisis has other far-reaching consequences.

As we all adapt to the present reality of digital meetings, the question now is, “How do we responsibly practice self-support, our Seventh Tradition?” As we can no longer pass a physical basket, we are working to find ways to support the Fellowship at all levels, from our groups to Intergroups and Central Offices, from our Districts and Areas to the General Service Office itself.

The reality is that even though meetings, Twelfth Step services and operations have shifted to a virtual environment, expenses continue to accumulate during this crisis, which underscores the importance of practicing the Seventh Tradition. Through this crisis, however, we have witnessed the many ways in which the entire A.A. Fellowship has come together to provide ongoing support. Among them:

- Many home groups are still paying rent even though their meetings cannot convene. They are also providing online meetings on platforms that may have associated costs.
- Intergroup/Central Offices are still stocking needed literature and fielding Twelfth Step calls, redirecting A.A. members and those looking for recovery to online meetings.
- Area-level committees are working to keep channels open between the Fellowship and the delegates and board members that make up our General Service Conference, as well as to do public information, corrections and other service.
- G.S.O. in New York is continuing to support all levels of service. Literature still needs to be published and distributed, calls need to be answered, online platforms still need to be updated, and support operations sustained.

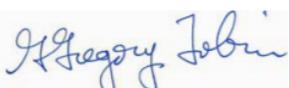
In an effort to keep the membership informed during this challenging time we would like to share a brief three-minute video update from Leslie Backus, the Class A (nonalcoholic) treasurer of our General Service Board.

<https://vimeo.com/430834698>

Please feel free to pass this information along to members and groups in your Area to watch on their own time or to play before their online meetings.

We are so grateful for your time and attention, your dedicated service and – always – your generous support.

Yours sincerely, in fellowship,



G. Gregory Tobin, General Manager

The Unbeliever (Part 2)

...continued from the previous issue

*Editor's note: Do you only go to meetings? Do you only have a copy of the 4th edition of the Big Book that you never open unless your Sponsor tells you to? I encourage...No! I implore you to become a student of The Program! Find a good Big Book Study. Pick up some literature and **LEARN!** This excerpt begins on page 194 of the **1st edition** of the *Big Book of Alcoholics Anonymous*, copyright 1939. Stay tuned next month for part 3.. Emphasis below is added by me because I relate to it! Perhaps some of you reading this can also relate.*

Doc! What do you mean--nothing! What! An incurable disease? Are you kidding me! You're trying to scare me into stopping! What's that you say? You wish you were? What are those tears in your eyes Doc? Whats that? Forty years you've spent at this alcoholic business and you have yet to see a true alcoholic cured? Your life defeated and wasted? Oh, come, come doc... what would some of us do without you? If even to only sober up. But Doc... let's have it. What is going to by my history from here on out? Some vital organ will stop or the mad house with wet brain? How soon? Within two years? **But, Doc, I've got to do something about it!** I'll see doctors... I'll go to sanitariums. Surely the medical profession knows something about it. So little, you say? But why? Messy. Yes, *I'll admit there is nothing messier than an alcoholic drunk.*

What's that Doc? You know a couple of fellows that were steady customers here that haven't been drunk for ten months? You say they claim they are cured? And they make an avocation of passing it on to others? What have they got? You don't know... and you don't believe they are cured... well why tell me about it? A fine fellow you say, plenty of money, and you're sure it isn't a racket... just wants to be helpful... call him up for me will you, Doc?

How Doc hated to tell me. **Thoughts stop knocking at my door. Why can't I get drunk like other people,** get up next morning, toss my head a couple of time and go to work? Why do I have to shake so I can't hold a razor? Why does every little muscle inside me have to feel like a crawling worm? Why do even my vocal cords quiver so words are gibberish until I've had a big drink? Poison! Of course! But how could anyone understand such a necessity for a drink that it has to be loaded with pepper to keep it from bouncing? *Can any mortal understand such secret shame in having to have a drink as to keep bottles hidden all over the house.* The morning drink... shame and

necessity... weakness... remorse. But what do the family know about it? What do doctors know about it? Little Doc was right, they know nothing. They just say "**Be strong**" - "**Don't take that drink**" - "**Suffer it through.**"

What the hell do they know about suffering? Not sickness. Not a belly ache--oh yes, your guts get so sore that you cannot place your hands on them... oh sure, every time you go you twist and writhe in pain. What the hell does any non-alcoholic know about suffering? Thoughts... **stop this merry-go-round.** And worst of all this mental suffering--the hating yourself feeling--the feeling of absurd, irrational weakness--the unworthiness. Out that window! Use the gun in the drawer! What about poison? Go out in the garage and start the car. Yeah, that's the way out...but then people'll say "he's plastered." I can't leave that story behind. That's worse than cowardly.

Isn't there someone that understands? *Thoughts... please, oh please, stop... I'm going nuts... or am I nuts now?* Never... never again will I take another drink, not even a glass of beer... **even that starts it.** Never... never... never again... and yet I've said that a dozen times and inexplicably I've found an empty glass in my hand and the whole story repeated.

My Lord, the tragedy that sprang out of her eyes when I came home with a breath on me... and fear. The smiles wiped off the kids' faces. Terror stalking through the house. Yes... **that changed it from a home into a house.** Not drunk yet, but they knew what was coming. Mr. Hyde was moving in...

To be continued next month...

*This is a story from the **1st Edition of the Big Book of Alcoholics Anonymous.** The author, Henry (Hank) P. was the first man Bill W. was successful in sobering up after returning from his famous trip to Akron where he met Dr. Bob.*



The Last Page on the Right

New Millennium Commandments

1. Thou shalt make it thy business to get in touch with your Higher Power first thing, every morning.
2. Thou shalt remember, every day, to pray for all people as soon as you finish praying for yourself.
3. Thou shalt honor thyself enough to not take other people's things and this includes other people's people.
4. Thou shalt refrain from telling someone something about someone, until you have told that somebody to their face
5. Thou shalt refrain from thinking, feeling or saying something about anyone that you would be ashamed to admit to your Higher Power
6. Thou shalt do no less than two good things for yourself each day
7. Thou shalt do at least one good thing for another each day.
8. Thou shalt confine all whining, complaining, and criticizing to every other Wednesday, between the hours of 2am and 3am when the moon is full. When the moon is not full, oh well, thou shalt wait until it is!
9. Thou shalt live fully or thou shalt not. This choice is yours.
10. Thou shalt believe the best about everything and everyone until you have received concrete evidence, from your Higher Power, to the contrary.

A man stumbles out of a bar...

...and right into a Catholic church.

Coincidentally, there was an AA meeting and, too drunk to walk any further, he sits down, listens for a few minutes and passes out.

After the meeting, a priest wakes him up and smelling the alcohol on his breath says, "My child, you need to replace your addiction with Jesus Christ."

"I AM Jesus Christ!" Exclaims our drunken protagonist. As he says this, he grabs the priest by the arm and takes him along, back to the bar.

As they walk in the bartender says, "Jesus Christ you're back again?! And you brought a priest with you!?"

Big Book Corner

No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quick-sand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master.

pg 8

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Salt Lake City, Utah 84115

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