



# lifeline

## Group History of "The 12 o'clock High" Group in Bountiful, Utah

The 12 o'clock High group of Alcoholics Anonymous started in 1989 at the Bountiful Community Church located at 142 N. 400 E. in Bountiful Utah. The meeting was formed by Brent S. who now has 31 years of sobriety. According to Brent, there was only a couple of A.A. meetings in the Bountiful area at the time. He told his sponsor, Horace, that he could not stay sober by only attending a couple of A.A. meetings weekly. Therefore, Horace told Brent to start a new meeting. The group originally met every Monday, Wednesday, and Friday. Still thriving today, the group meets Monday through Friday at noon.

Some of the original members included Brent S, Horace, Stephon, Paula, and Barry. Approximately half of the original group members have moved away from Utah since it began in 1989. However, many of the original members still live in Davis County Utah and still attend the meeting. In the beginning, the group was not registered with A.A. Central Office and was known as the "Bountiful Lunch Bunch" meeting. After being absorbed into the "12 o'clock High" group, the meeting was registered with A.A. Central Office.

In the early years of the meeting, participants took turns with service work. Officer positions such as Secretary, Treasurer, and General Service Representative (G.S.R.) were eventually filled. The group and meeting maintained contact with the district. After attraction by word-of-mouth, the meeting began to grow steadily over the next 10 years.

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"I said, please excuse me, I am going to call my sponsor."

-Sarah C., Greenbelt, Md.

## CENTRAL OFFICE board of trustees

BOARD@SALTLAKEAA.ORG

**Chair** — Julian G.      **Trustee**— Brad  
**Co-Chair** — Dave V.      **Trustee**—Doug R.  
**Secretary** — Rob C.      **Alt Trustee**— Mike A.  
**Treasurer** —      **Alt Trustee-** Serena  
**Trustee** — Paul M.

## 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

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** — David R.  
corrections@saltlakeaa.org

**Events Calendar** — Jake  
events@saltlakeaa.org

**Hotline** — Johnathan  
hotline@saltlakeaa.org

**Literature** — Charlie T.  
literature@saltlakeaa.org

**Lifeline Newsletter** — Shurone H.  
lifeline@saltlakeaa.org

**Outreach** — Schadie  
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

# NEWS & UPDATES

## NEW MEETINGS:

### High Peaks -

Mon @ 5:30pm Alta Comm Center 10351 E Hwy 210

### Balkers Big Book Study -

Mon@8:45pm @ Rise & Grind Coffee, 7301 S 900 E. unit 18, Midvale, 84047

### Get Right, Late Night -

Sat @ 11:30pm @ Fellowship Hall 2060 S. Windsor St.

### Women on Wednesday -

Wed@7:30pm 777 S. 1300 E. 1st Baptist Church

### Midday Light -

Thur@11:00am 1270 E. 8600 S. @ Firefly Addiction

### 9th Street -

Wed @ 7:30pm 6771 S. 900 E. SLC @ Next Level Recovery. Parking in front & back

### Despertar Espiritual -

Everyday @ Alano West. 8:15pm to 9:45pm. 9087 W. Magna Main St. Magna

### 7th St. Men's Meeting -

Tuesday @ 7:00pm to 8:00pm. 2487 S. 700 E.

### Get Right, Late Night-

Fridays 11:15 PM- 12:15 AM at Fellowship Hall

### The Coven -

Tuesdays 7:00pm @ Fellowship Hall 2060 S. Windsor 840 E. SLC. Women's Meeting.

## MEETING UPDATES:

### Last Run with Bill W -

Time change to 5:15pm Alta Reading Room 10351 E Hwy 210.

### Tooele Beginners -

address change to "The Beacon" 60 S. Main, Tooele. 7am, noon & 8pm, 7 days a week.

### Wake Up Call -

7 days a week @ 7:00am. 4501 N. Hwy 224 at the Park City Community Church

### Park City A.A. Group -

Moving from Valley Behavioral to St. Mary's Chapel, 121 Park Ave. Tue @ 7:00pm

### Trudgers -

Location change to the Alano Club in Murray. Sun @12:00-1:00pm

### Free at Last -

Changing from Wed @ 8:00pm to Fri @ 9:00pm

### "Acceptance is the Answer" -

is now named "Women on Wednesday"

### Rose Park Recovery

Now in the Northwest Community Center: 1300 W. 300 N. Salt Lake

### Park City Speakers Group

Same building, new room, different entrance St Marys: 1505 White Pine Canyon Rd. Park City

### Carpet Slippers

Changed meeting start time from 7:15 to 7:00pm

### Last Run w/Bill W.

Last run with Bill W (ski season only) on Fri@4:30pm changing to summer hours: Sat@1pm

### Red Eye Coffee-

is now "Rise and Grind"

## CANCELED MEETINGS

### Serenity Through The Storm -

Thur @ 7:00pm 525 E 200 S Clearfield, UT

### Women on Wednesday -

Wed @7:30 Baptist Church 777 S 1300 E

### Magna Friendly Bunch -

Mon-Thur 9:00am @ the Alano West Club - 9087 W Main St. Magna.

### Millcreek Meditation -

Mon @ 6:00pm 2780 E 3900 S

### ESP -

Thur @ 6:00pm St, Vincent Church

### Coffee & a Big Book -

Sun @ 10:30am Suncrest Community Center

### Sugarhouse at 7 (garage meeting) -

Sat @ 7:00pm 2100 S. 1500 E.

# CENTRAL OFFICE REPRESENTATIVES: 12/10/19 MEETING MINUTES

## Board of Directors Reports:

Chair: Julian G- Welcomed everyone, especially new C.O. reps. Warranties & Statement of Purpose.

Co-Chair: Dave V- Warm welcome to new Central Office Reps. See me for information packets and questions about C.O.

Secretary: Rob C- Wants to thank all CO Reps for your service and commitment to Central Office, as well as your dedications and efforts to keeping this sacred thing we all have shared and loved alive and running.

Treasurer: Arty K. - We are no longer making any profit selling coins or books. Central Office is run by 99% volunteers who donate their time and efforts.

Trustee District 2: Paul M.- District 2 is doing well.

Trustee District 10: Brad M. - Brought a GSR Training Sheet.

Alt Trustee: Mike A. -Please attend the District 10 meeting at the Alano on the 1st Monday of the month @ 6:00pm

Alt Trustee: Serena - Corrections needs Spanish speaking people for meetings.

## Committee Chair Reports:

Activities: Rob C- Winter activities are coming up, possibly a movie night. We will be holding a party for the Super Bowl again. If anyone has any ideas for activities please contact me directly anytime @ 801-647-0889.

Archives: Laura- Archives Room Is Available To All. Utah AA History.. Come Down To Central Office During Normal Operating Hours And Check It Out..

Coins: Jim C. - All coins are stocked up and available at cost. Come check out our selection of coins.

Events: Jake- Send all recovery based events to events@saltlakeaa.org and they will be posted on the website.

Hotline: Johnathan - Sign-up to take calls when C.O. is closed, the schedual is available on the website.

Literature: Charlie T.- Newest book is "Our Great Responsibility" Talks from Bill W.

Corrections: David R- Asked For Volunteers To Take Meetings Into The Jail.. Requirements Are 1-Year Sobriety, Off Paper 1-Year. And Have NO Warrants.

Lifeline: Shurone- Please submit stories, poetry, & artwork to me @ lifeline@saltlakeaa.org

Treatment: Rusty J- There are lots of treatment centers out there.

Public Information: Melissa E.- Central Office has a facebook page, come check it out!

Tech: Asch - We are updating the systems at C.O.

Webservant: Owen - 3.4k users. Sumbit meeting changes on website.

## NEW BUSINESS:

Newly Appointed Service Positions :

\*Sectetary - Mike L.

\*Treasurer - Leonard B.

*\*Corrections, Literature & Newsletter positions are still available.*

Adjourn and Close with the Serenity Prayer

-Please let your groups know that C.O. appreciates their support!



**Next Central Office Rep. meeting will be held on Tuesday 1/14/19 @ 6:30pm**

## ONE STEP AT A TIME

It was 1981. I had recently just turned 20 years old. I open the door of the Alcoholic Recovery Center (A.R.C.). I had just got out of jail on the other side of the parking lot. I was sentenced to 120 days for alcohol related charges. 60 days in jail and 60 days at A.R.C. Little did I know as I stood there wondering why I was there, that I would be fighting this obsession of the body and the mind 38 years later in a Prison cell. The struggle is real.

In the program I was introduced to the A.A. program. The meeting was smoky and everyone was drinking coffee. Talking about how they were in a better place in their lives with what they call the 12 steps. I heard a man say "You're an alcoholic if your life becomes unmanageable." I've always remembered that. Yet, I thought I managed my life just fine, I wasn't hurting anyone, and I had no one to hurt.

The Center had a Doctor. They wanted me to take Antabuse. He checked me out and told me I had an enlarged liver at 20 years old from drinking too much and I could not take the Antabuse. So, here I was in an Alcohol Recovery Center 20 years old, hearing a man say my life was unmanageable, others talking about some step bullshit, and me standing there, my life is just fine. Had I had the courage, desire and discipline to work those 12 steps right, then and now, my whole life of feeling worthless and not belonging would have changed.

Right now at this moment, 38 years later, I think back of the gift of sobriety. I had the path all laid out for me. Those 12 steps, that program, those people. All of it right there, where I'm trying to get back to now. Yet instead of working the 12 steps and making that choice of change, I chose to take the 13 step. My whole life spent seeking false validation of self-worth and belonging. Jim Beam and Jack Daniels were my only friends. I have never had a friend my whole life. My addictions have ensured that. I am a fake and a fraud, trying to be someone I am not. Acting as if

others like me when they don't. Always pretending I belong. Always messing things up. I recently tried to fool myself that I could belong and tried to cultivate a friendship strictly on admiration and respect, something I never had. However, all those addictive compulsive behaviors, character defects and diarrhea of the mouth as always showed me I can't be a part of that world. I'm 58 close to 59 and my life long feeling of the only place I belong is life in a bottle or the pipe. I wonder as I work daily on these defects if I will ever stop being sick. I'm broke busted and disgusted.

I'm going to do my personal inventory and want to extend my most heartfelt apology if I offended anyone in anyway. I was simply trying to be someone I'm not and I blew it. I'm sick of being afraid and I'm tired of hustling my self-worth. I long for genuine connection. I have only thought I would find it in false bottles and wrong places. As I work the 12 steps on a daily basis, I recognize these faults. I have several compulsive behaviors, use self-defeating words and thoughts and can be self-centered. I fall down and my face is in the dirt.

As I reach for the 12 steps to give me the courage to keep trying, one step at a time. Usually with all my problems I'm facing right now, serious issues, the loss of a crazy dream of finding meaningful friendship, I just quit. But that's not what courage is. Courage is being able to stand up and say I have flaws. I'm not what I pretend to be. I'm the man in the bottle and pipe saying, I never have to be in this spot again as long as I get up, dust myself off, wipe the regret off my face and take that next step. Be accountable and explore the consequences of my choices. Own my story, live my values of integrity and honesty and keep suiting up and showing up.

My spirituality will get me there. Spirituality is recognizing and celebrating that we are all inextricably connected to one another by a power



# SALT LAKE CENTRAL OFFICE NOVEMBER FINANCIALS



## Income Statement

	2019	2018
<b>Revenue</b>		
Group Contributions	\$2,062.52	\$3,095.95
Copy/Newsletter donations	\$27.50	\$33.45
Individual Contributions	\$-	\$-
Sales - Literature	\$4,030.70	\$6,924.70
Sales - Coins	\$1,212.15	\$1,290.35
Interest Income	\$-	\$-
<b>Total Revenue:</b>	<b>\$7,332.87</b>	<b>\$11,514.95</b>
COGS - Literature	\$4,114.19	\$7,476.07
COGS - Coins	\$1,126.95	\$1,398.54
<b>Total COGS</b>	<b>\$5,241.14</b>	<b>\$8,874.61</b>
<b>Gross Profit</b>	<b>\$2,091.73</b>	<b>\$2,640.34</b>
Operating Expenses	\$4,077.75	\$3,857.37
Other Expenses:	\$-	\$-
<b>Total Expenses</b>	<b>\$4,077.75</b>	<b>\$3,857.37</b>
<b>Net Income:</b>	<b>\$(1,986.02)</b>	<b>\$(1,217.03)</b>

## Bank Accounts

Checking & Petty Cash	\$12,324.82	\$9,664.47
Accounts Payable Due	\$(4,373.07)	\$-
Money Market - PR	\$19,378.28	\$24,256.30
<b>Total</b>	<b>\$27,330.03</b>	<b>\$33,920.77</b>

## Group Contributions -

<b>12 O'Clock High -</b>	<b>\$100.00</b>
<b>Alpha Alpha -</b>	<b>\$72.50</b>
<b>Early Beginnings -</b>	<b>\$4.00</b>
<b>Fresh Start -</b>	<b>\$50.00</b>
<b>Grapevine_1 -</b>	<b>\$74.43</b>
<b>Grub Lunch Bunch -</b>	<b>\$79.00</b>
<b>Holladay Group -</b>	<b>\$100.00</b>
<b>Honey's Breakfast Club -</b>	<b>\$400.00</b>
<b>Magna Friendly Bunch -</b>	<b>\$250.00</b>
<b>Midvale Lunch Bunch -</b>	<b>\$126.38</b>
<b>Non Smoking Sobriety Hr</b>	<b>\$150.00</b>
<b>Primary Purpose -</b>	<b>\$40.00</b>
<b>South Valley Lunch -</b>	<b>\$169.31</b>
<b>Spiritual Quest -</b>	<b>\$24.00</b>
<b>Thunderheart -</b>	<b>\$100.00</b>
<b>Wake Up Call -</b>	<b>\$133.97</b>
<b><u>Total -</u></b>	<b><u>\$2,062.52</u></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, \$24,000 for 6 mos
- A detail of group contributions is available and will be handed out quarterly.

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

# CALENDAR of Events

## 2020 INTERNATIONAL A.A. Convention



July 2-5, 2020



Detroit Michigan

\*Registration opens: September 9th, 2019  
online: [www.aa.org](http://www.aa.org) or fill out the form at Central  
Office and mail or fax it in.

## 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 6:30pm

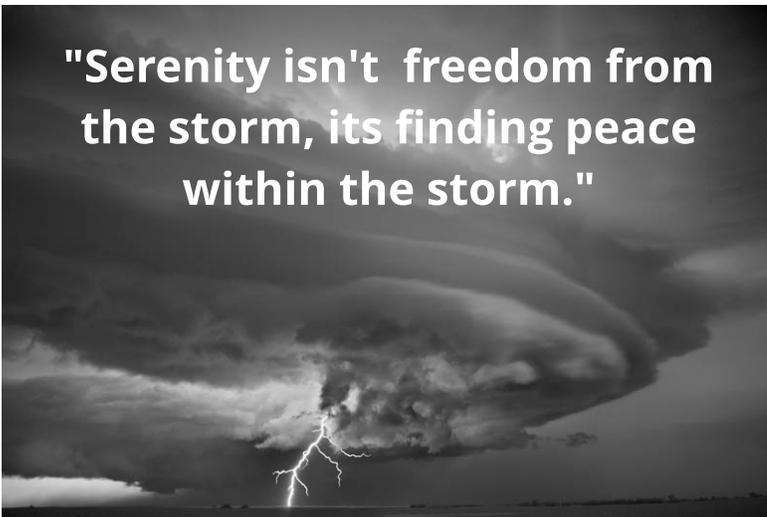
80 W Louise Ave SLC, UT 84043

- \*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!*

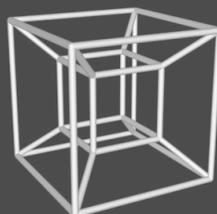
\*Please send events (or anything else you would like to submit) to:  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

"Serenity isn't freedom from  
the storm, its finding peace  
within the storm."



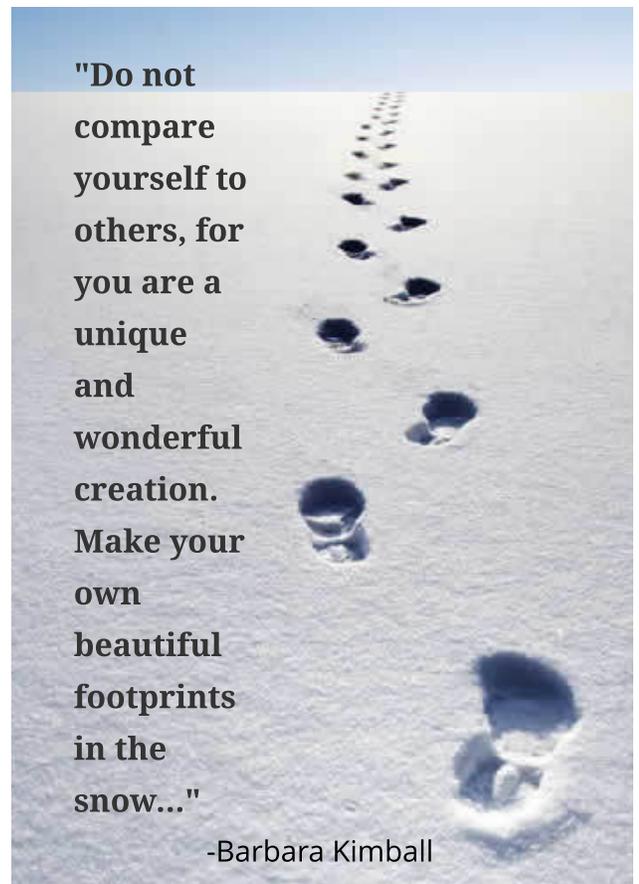
"We have found much of heaven  
and we have been rocketed into a  
fourth dimension of existence of  
which we had not even dreamed."

-- *Alcoholics Anonymous,*



"Do not  
compare  
yourself to  
others, for  
you are a  
unique  
and  
wonderful  
creation.  
Make your  
own  
beautiful  
footprints  
in the  
snow..."

-Barbara Kimball



# Prayer

"I pray for the willingness to remember that I am a child of God, a divine soul in human form, and that my most basic and urgent life-task is to accept, know, love and nurture myself. As I accept myself, I am accepting God's will. As I know and love myself, I am knowing and loving God. As I nurture myself I am acting on God's guidance. I pray for the willingness to let go of my arrogant self-criticism, and to praise God by humbly accepting and caring for myself."

## JOKE OF THE MONTH



John was sitting outside his local pub one day, enjoying a quiet pint and generally feeling good about himself, when a nun suddenly appears at his table and starts decrying the evils of drink. "You should be ashamed of yourself young man! Drinking is a Sin! Alcohol is the blood of the devil!" Now John gets pretty annoyed about this, and goes on the offensive. "How do you know this, Sister?" "My Mother Superior told me so." "But have you ever had a drink yourself? How can you be sure that what you are saying is right?" "Don't be ridiculous--of course I have never taken alcohol myself" "Then let me

buy you a drink - if you still believe afterwards that it is evil I will give up drink for life" "How could I, a Nun, sit outside this public house drinking?!" "I'll get the barman to put it in a teacup for you, then no one will ever know." The Nun reluctantly agrees, so John goes inside to the bar. "Another pint for me, and a triple vodka on the rocks", then he lowers his voice and says to the barman "and could you put the vodka in a teacup?" "Oh no! It's not that Nun again is it?"

The Meeting was held at the Bountiful Community church until January 2000. During these eleven years, the meeting attendance tripled. At this point in time, the meeting was moved to the South Davis Recovery Club in Bountiful, also known as the Backstreet Club. The 12 o'clock High group is currently held at the South Davis Recovery Club located at 200 W. Center Street, Bountiful Utah. The club itself has moved two times since it was formed in 2000 and the A.A. meetings have followed. There have never been any changes to the group name since it was formed. The 12 o'clock high group has always been an "open A.A. meeting."

After moving to the original Backstreet Club, the 12 o'clock high group began keeping accurate records. Since 2000, the group has been registered and recorded with Alcoholics Anonymous Central Office, Episcopal Diocese of Utah, the L.D.S. Church, and Alcoholism and Drug Services of Davis County Utah (see attached records). The group is currently active in District 11, Area 69. Also, the meeting contributes financially to the district, state, Central Office, and nationally to the General Service Office (G.S.O.).

There is great pride in service work on every level. Announcements every Monday and Friday ensure service positions are filled on a group, district, and state level. Also, periodic business meetings are held for all members of the group to voice concerns and take group inventories. After business meetings, the 12 o'clock high group supports and participates in regional functions, conferences, and workshops.

Sobriety anniversaries and "birthdays" are celebrated daily. One of the main objectives of the group is to help the "new-comers" achieve sobriety with sponsorship, literature, and a strong support structure. This structure also includes members carrying meetings and the A.A. message into the Davis County Jail.

In sum, the 12 o'clock high group of A.A. has been thriving for almost 31 years in Bountiful Utah. There is an average of 20-30 people in every meeting and continues daily to carry a strong message of recovery. Current service positions include:

**Phil T.** - Grapevine Representative

**Scott D.** - Treasurer (also Alternate D.C.M.)

**Dawn** - Secretary

**Kayleigh** - Alternate Secretary

**Chris A.** - District 11 Treatment Chair

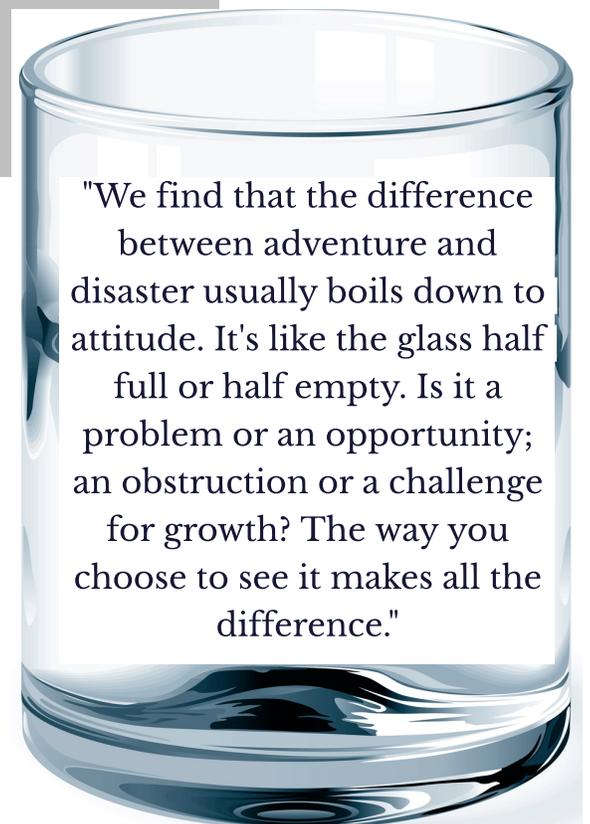
**John R.** - District 11 Corrections (Davis County Jail)

**Kameron K.** - D.C.M. (South- District 11)

**Colby** - Alternate G.S.R.

Regards,

**Chris S.** - G.S.R. 12 o'clock high group



...greater than all of us, and that our connection to that power and to one another is grounded in love and belonging. I know that grace will take me places hustling can't.

So here I stand, accountable for my undesirable defects, reaching my hand out of addiction for friendship with the 12 steps of my path of worthiness one step at a time. On my own I'm a nobody stuck in the world of addiction. With the A.A. program I'm not alone. I can matter. I can own my story, take a step away from it, stop living it, and write my new ending. One step at a time. I will take another 24.

-With gratitude, Gerald E.

### **"Bottom Bottle"**

Hitting Rock Bottom  
was only the beginning of new lows,  
A welcoming of unfamiliar woes,  
Rock Bottom  
only meant bring in the heavy equipment  
and dynamite  
For surely a drowning soul can go deeper  
I was ever hopeful of discovering "hurts"  
unexplored horizons,  
Rock Bottom,  
Ba humbug I said!  
Where are the black holes I asked?  
The oblivions of yesteryear ensured me  
darker depths existed,  
Rock Bottom.  
I am still searching though  
18 years into a 45 year prison sentence  
has helped comfort the fall,  
as I've groveled and crawled  
on the concrete floor  
I have learned,  
Rock Bottom  
Only means finding God  
And nothing more  
-Dale A.

### **"Because Of You"**

Dear Heroin,  
With all of the things you put me through  
And the life that I have lived  
I can no longer be with you  
That's just the way it is.  
I've lost so many loved ones  
Because you've taken their lives.  
You've taken friends,  
You've taken family,  
You've even taken my wife.  
Now, because of you,  
My son no longer has a mother.  
The horror of things you've put me through  
And yet I still go on  
After all I have endured  
Now I know that I am strong  
You are no longer part of my life  
I'm happy I moved on,  
So forget about me  
Because I forgot about you  
Now my life is so much better.  
I have a job, I have a car, a place too  
I have our son  
We play and run  
It's amazing through and through  
I love my life  
I love all things  
Everything is wonderful  
And it's not because of you  
It's because I forgot about you,  
And I encourage all others to do this too  
So stand your ground  
And build your kingdom  
Put on your crown  
Cause we now have freedom  
And from the ashes we emerge  
Like a beautiful phoenix  
All because we forgot about  
WHO?  
-Charles H.

# Lucky

It's all too much  
and it's all the time  
But I can't give up  
& I can't rewind  
So I - continue  
to work through  
this endless abyss  
of issues  
the struggles of life  
& the strain on my mind

No longer can I sit still & stagnant  
Now I have to take action  
If the answer's in acceptance  
then I'll grab control with my own hands  
My power is beyond me  
and I'm done with fear entrapping  
my soul -  
And it's all I can do  
to for my self stay true  
let it go, let you do you  
and live in this moment  
to its full potential  
And breath - just be  
the best real me

And it's so hard  
but by far the best part  
is knowing I'm still here  
even though so often I have wished for different  
every hour is a bigger win than the start.  
And here I am -  
Open arms & beating heart  
Yeah I've changed my whole perspective,  
embraced forgiveness, and let the light in  
where once only knew dark.  
I fed on resentment and kept myself poisoned  
to teach me a lesson - never trust again.  
I'm done being bitter, I want something better

Now every fiber of my being can be heard screaming  
I AM READY

So this is me  
fully realizing  
that I'm strong enough,  
and I always was.  
and now finally  
I know nothing can stop me  
cause I'll be fighting for forever  
but that's better than dying.

And I'm one of the lucky ones, yeah  
My gratitude it grows each day.  
No I don't think that I'm invincible  
but I have no doubt that I'll figure it out along the way  
And all my emptiness is still filled with so much pain  
Well, maybe that's okay.

Yeah so this is me  
fully realizing  
that I'm good enough  
and I'm worth it all.  
So now finally  
I know nothing can stop me  
if I keep getting back up  
whenever I fall

Cause I am strong  
Yeah I am strong  
I'm one of the lucky ones

I am strong, I am strong  
I'm one of the lucky ones  
one of the lucky ones, yeah

-Sade K.

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

NON-PROFIT  
ORGANIZATION  
U.S. Postage  
**PAID**  
Permit No. 1970  
Salt Lake City, UT



**SALT LAKE 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**