

November
2020

Salt Lake
Central
Office

lifeline



In This Issue:

- **C.O. Meeting Minutes**
- **Central Office announcements**
- **Quotes and Musings**
- **Alano Club announcement**
- **Joke of the Month**
- **Events**
- **Financial information**
- **"The Trail of Hope" by Pine J**
- **New Millennium Commandments**
- **Notes on Gratitude**
- **In Memorandum**



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 not to 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 2:00 a.m. and 3:00 a.m. 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.



Chair — Julian G. **Trustee**— Brad M.
Co-Chair — Brad M. **Trustee**—Doug R.
Secretary — Mike L. **Alt Trustee**— Mike A.
Treasurer — Lenny B. **Alt Trustee**- Serena C.
Trustee — Paul M.

[**BOARD@SALTlakeAA.ORG**](mailto: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 — Shurone H.

lifeline@saltlakeaa.org

Outreach — Schadie B.

outreach@saltlakeaa.org

Public Information— Melissa E.

pi@saltlakeaa.org

Technical Support — Sonya

it@saltlakeaa.org

Treatment— Rusty J.

treatment@saltlakeaa.org

Twelfth Step — Skip M.

12step@saltlakeaa.org

Volunteer — Doug R.

volunteer@saltlakeaa.org

Website — Owen G.

webservant@saltlakeaa.org

C.O. Meeting Minutes October 13th 2020

Reports Board of Directors -

Chair: Julian G- Absent (Brad-the Co-Chair covered Warranties & Statement of Purpose)

Co-Chair: Brad- Welcomes new C.O. reps: Victor, Gabi and Josh. Thanks for joining us!

Secretary: Mike- Thanks to everyone participating in the function of Central Office.

Treasurer: Leonard B- Financials are on an uptick thanks to literature and coin sales. The board voted to move \$2,000 from checking to our prudent reserve. The budgets for 2021 will be available soon.

Trustee: Doug R- (District 11) District 11 had elections, and is showing strong leadership.

Trustee: Brad - (District 10) Cheryl T. is the new area delegate. A new district is opening from 7200 S to the point of the mountain. Laura is the new District Committee Chairperson for district 10.

Reports Committee Chairs -

Activities: Rob C.- "The Chili Cook Off" was great! We recieved \$113 in donations & had a total of 678 years 17 months and 27 days of sobriety amongst us!

Events Calendar- Jake- Let me know if anyone hears about any fun events or activities.

Archives: Laura - Yesterday the map and timeline of AA & Utah history was put up in the archives room. This project has been in the works for over 2 years now, so go check it out!

Coins: Jim C. - Took inventory and placed an order for coins. The system is all updated.

Literature: Charlie T.- Literature orders have been normal.

Public Information: Melissa E - Project Homeless Connect has been cancelled this year. I delivered a box of Spanish speaking literature to the library.

Tech Committee: Sonya- Working closely with Johnathan and getting to know the position.

Treatment Chair: Rusty J. - Delivered some literature and pamphlets to The House of Hope.

Volunteers: Doug R- Appreciates all of the volunteers at C.O. Everything, including the building, is going well.

Webservant: Sonya - There is a new drop down to help distinguish between in-person and online meetings. Suggested adding an update to the new Covid protocol put in place by the Governor.

Old Business : Voted on Shurone stepping into the newsletter position again.

New business: Doug proposed that each board member and committee chair spend at least 8 hours at Central Office volunteering during their 2 year term. This is so that the members will become more familiar with the day to day operations at C.O. This motion will be discussed by everyone and brought up in old business next month to vote on.

Adjourn and Close with the Serenity Prayer

Keep Smiling And Have A Wonderful Safe Month

The next Central Office Board meeting will be held on Tuesday November 3rd 2020 @ 6:30-pm

Central Office Rep. meeting will be held on Tuesday November 10th 2020 @ 6:30-pm





Did you know Salt Lake Central Office is on Facebook?

We want to make sure Salt Lake Central Office information is available to everyone in as many formats as possible. Our Facebook page is another way we provide public information about Central Office services. You'll find our Office, Board, and Chair contact information, as well as event postings and sometimes a funny meme or sobriety post. Check out our page "Salt Lake Central Office", and feel free to "like" or "follow" us! Please consider that some might feel that this conflicts with the anonymity put forth by the 12 Traditions before you sign up. Thanks!

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**

NEWS & UPDATES

AA Area 69

Fall Workshop 2020

hosted by District 2

November 2nd - 8th

154 S Main St. Tooele, UT

Reg. Sat. Nov. 7th @ 8:00am \$15.00

*Masks are required

zoom option:

Meeting ID - 879 3198 3200

password - 109417

57th International Women's Conference

February 18th - 21st, 2021



HOSTED BY CHARLOTTE NC

REGISTRATION IS FREE BUT REQUIRED.
CONTRIBUTIONS ARE WELCOME.

<https://internationalwomensconference.org/>

Looking for A.A. meetings that are held
in-person?

Go to our website: www.saltlakeaa.org

- ▶ select 'Meetings' from the drop down menu
- ▶ then select 'Schedule of Meetings'
- ▶ In the search box, type "Meeting in Person" then press the Enter key.
- ▶ From there, you can refine your search by location, day, time and/or meeting type.

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!

C.O. FINANCIALS SEPTEMBER 2020

Income Statement

2020

2019

Revenue

Group Contributions	\$1,718.19	\$1,282.25
Copy/Newsletter donations	\$3.25	\$9.16
Individual Contributions	\$491.00	
Sales - Literature	\$7,547.35	\$6,154.40
Sales - Coins	\$801.00	\$1,096.25
Sales - Other	\$202.50	
Total Revenue:	\$10,763.29	\$8,542.06

COGS - Literature	\$6,688.63	\$5,992.91
COGS - Coins	\$646.37	\$1,005.24
Total COGS	\$7,367.53	\$6,998.15

Gross Profit	\$3,395.76	\$1,543.91
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Operating Expenses	\$2,817.97	\$3,329.89
Other Expenses:	\$	\$
Total Expenses:	\$2,817.97	\$3,329.89

Net Income:	\$577.79	\$(1,785.98)
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Bank Accounts

Checking & Petty Cash	\$20,016.75	\$12,253.47
Accounts Payable Due	\$(337.20)	\$(7,198.99)
Money Market - PR	\$20,424.91	\$19,362.88
Total:	\$40,104.46	\$24,417.36

Notes on Gratitude

In defining my gratitude list daily (no matter how dire life might look to my crazy brain) I find the clarity that my problems are much less than many, yet greater than some, and always seem more manageable when viewed with the awareness of gratitude. And by acknowledging and caring about the suffering of others, I can more willingly accept and bear my own. For this I am grateful!

- Debbie N

I'm grateful that the standards for membership in this fellowship are so low that we all qualify.

- Jim C

I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.
~Gilbert Keith Chesterton

"It's hard to get drunk if your *gratitude list* is up to date."

- "Dugway Doug"

"It is very hard to be Grateful and Hateful at the same time."

- Rusty J

All i can say is how **greatful I am** for everyday **life** and **freedom**. Living a sober life without alcohol has been such a blessing each and everyday I can pray and be grateful for. The opportunities that have a risin in my life have been wonderful. Simple freedoms like spending quality time with the people I love and the happiness I feel by knowing I'm living life the way I should be. I know all my family and loved ones are extremely proud of the man I've become without alcohol. I am proud that I have a new opportunity each and every day to do something better with my life then just waste it away. **Life is special. Time is special.** And I'm glad that my life actually has meaning to it now. I am happy I get to keep moving forward and leave that part of my life behind me. It makes tomorrow and the days to come filled with **joy** and **blessings**.

Sincerely, Jesse T

CHOOSE AN ATTITUDE OF GRATITUDE

You've taken a long journey to get where you are. Give yourself some respect for all that effort.

Realize how strong your experiences have made you. Think of all you can now do with that strength.

Feel the confidence of knowing how many challenges you've successfully worked through. Point that confidence forward, to transcend current challenges, to reach new meaningful goals.

After every setback, you find a way to keep going. From every achievement, you carry new value, hope, and energy into the future.

It certainly has never all been easy, and yet you've experienced much goodness, joy, and fulfillment along the way. Now you've established more momentum than ever before, to continue your journey through life's great richness.

Look back for a moment with appreciation, and feel the full power of that momentum. Then look ahead with fresh enthusiasm, and continue to journey on.

Ralph Marston

THE TRAIL OF HOPE

Several years ago I started on a journey that included my hope for serenity and peace of mind and soul. Being introduced to A.A. was the start of that journey. A few years ago, I was invited to start hiking our wonderful mountains. The trail was around Silver Lake and onward to Lake Solitude. The first several attempts to reach Lake Solitude were haunted by pain and fatigue, but day by day my hope was to finally reach Lake Solitude. Every step, all the trees, every smell, filled my soul and mind with the true wonder and discovery of serenity. Fast forward four short years. I've taken many trips on this trail. Thousands of individual steps have provided me with the sites and sounds and smells of what serenity is. Over the past years, life has been life, and problems and trouble come along. But all I need to quiet the noise in my head is to hike on the Trail Of Hope. The people I've hiked with have become a large part of my serenity and life. Their shares of experience and hope are raw and fresh, just as the trail is fresh every day with new hope. Hiking this trail has filled a large hole in my soul, created by alcohol and addiction. I was

lost in that prison that only true alcoholics ever experience. The lost dreams of gratitude and hope come back with every step I take on the Trail Of Hope. Every step helps me find spiritual love for myself and others. Every morning I send a gratitude list to people who I respect and admire. Something new every day. All that gratitude started, and is maintained on the trail of hope. In between my dreams and my reality, I have found peace of mind and soul. No longer a slave to the mighty bottle and addiction to alcohol. The true serenity I have found on the Trail Of Hope.



Joke of the Month



After a night of drinking, Brian crept into bed beside his wife who was already asleep. He gave her a peck on the cheek and fell asleep. When he awoke, he found a strange man standing at the end of his bed wearing a long flowing white robe. "Who the hell are you?" demanded Brian, "and what are you doing in my bedroom?" The mysterious Man answered "This isn't your bedroom and I'm St. Peter." Brian was stunned "You mean I'm dead!? That can't be; I have so much to live for. I haven't said goodbye to my family and friends. You've got to send me back straight away." St. Peter replied " Yes, you can be reincarnated

but there is a catch. We can only send you back as a dog or a hen." Brian was devastated, but knowing there was a farm not far from his house, he asked to be sent back as a hen. A flash of light later, he was covered in feathers and clucking around pecking the ground. This isn't so bad he thought, until he felt this strange feeling welling up inside him. The farmyard rooster strolled over and said "So you are the new hen. How are you enjoying your first day here? " "It's not so bad" replies Brian " but I have this strange feeling inside like I'm about to explode." "You're ovulating" explained the rooster, "don't tell me you've never laid an egg before." "Never" replies Brian. "Well just relax and let it happen." And so he did and after a few uncomfortable seconds later, an egg pops out from under his tail. An immense feeling of relief swept over him and his emotions got the better of him as he experienced motherhood for the first time. When he laid his second egg, the feeling of happiness was overwhelming and he knew that being reincarnated as a hen was the best thing that had happened to him ever. The joy kept coming and as he was just about to lay his third egg he felt an enormous smack on the back of his head and heard his wife shouting ... "Brian! Wake up you drunken bastard, you're shitting in the bed.



The Alano Clubs modified schedule is:

Open on Wednesday, Thursday, Friday, Saturday and Sunday

from 6:00 am to 10:00 pm.

- Due to the current Covid 19 restrictions, no kitchen services will be offered.
- Only the upper two rooms will be opened.
- Main level restrooms will be available.
- No traffic is allowed below the Main level.
- Social distancing of 6 feet will be observed.
- Face masks are mandatory.
- The meeting schedule is basically the same as before.
- Hard copy schedules will be available at the club.

We are very excited to be able to offer meetings again! Please be respectful of others.

For more information visit us at alanoclubslc.org

FYI: The financial state of the club could use your help. **During this down period the club has lost over 88% of its normal revenue.** Expenses, while down, are draining the club bank account. We encourage donations or assistance as we go through this tough time.

Thanks for your patience and understanding,

Alano Club Board of Directors

Love is by far the most positive force in the world, and it's a force that we have to give actively to others. Unfortunately, our super-strong entertainment industry tends to present love as something that we "fall in" to, something that "makes us whole," usually through an addictive relationship with another person whom we "love."

But if we learn to use love wisely, we can make a tremendous difference in the world, even if it's in our own little corner of the world. If we learn to give love, then we can give many more important things to the people we love: encouragement, courage, hope, peace, strong self-esteem, a feeling of belonging, a feeling of being important to someone. . . . Needless to say, the list is a very long one.

Love is a power. Those people who use love as such are very powerful people indeed, though you'll rarely see them in the spotlight or in the public eye. They don't need public recognition, for they recognize themselves what they're doing and what they're contributing to the lives of others. Their love allows them to send the strength of love on to other people, and that's enough.

Love is a cause. Love causes things to happen; it causes people to change, and it causes beautiful things to come to pass. One of my greatest hopes in life is that I'll learn how to use love in such a productive way before I leave this planet, so that I can leave some seeds of love behind when I go.



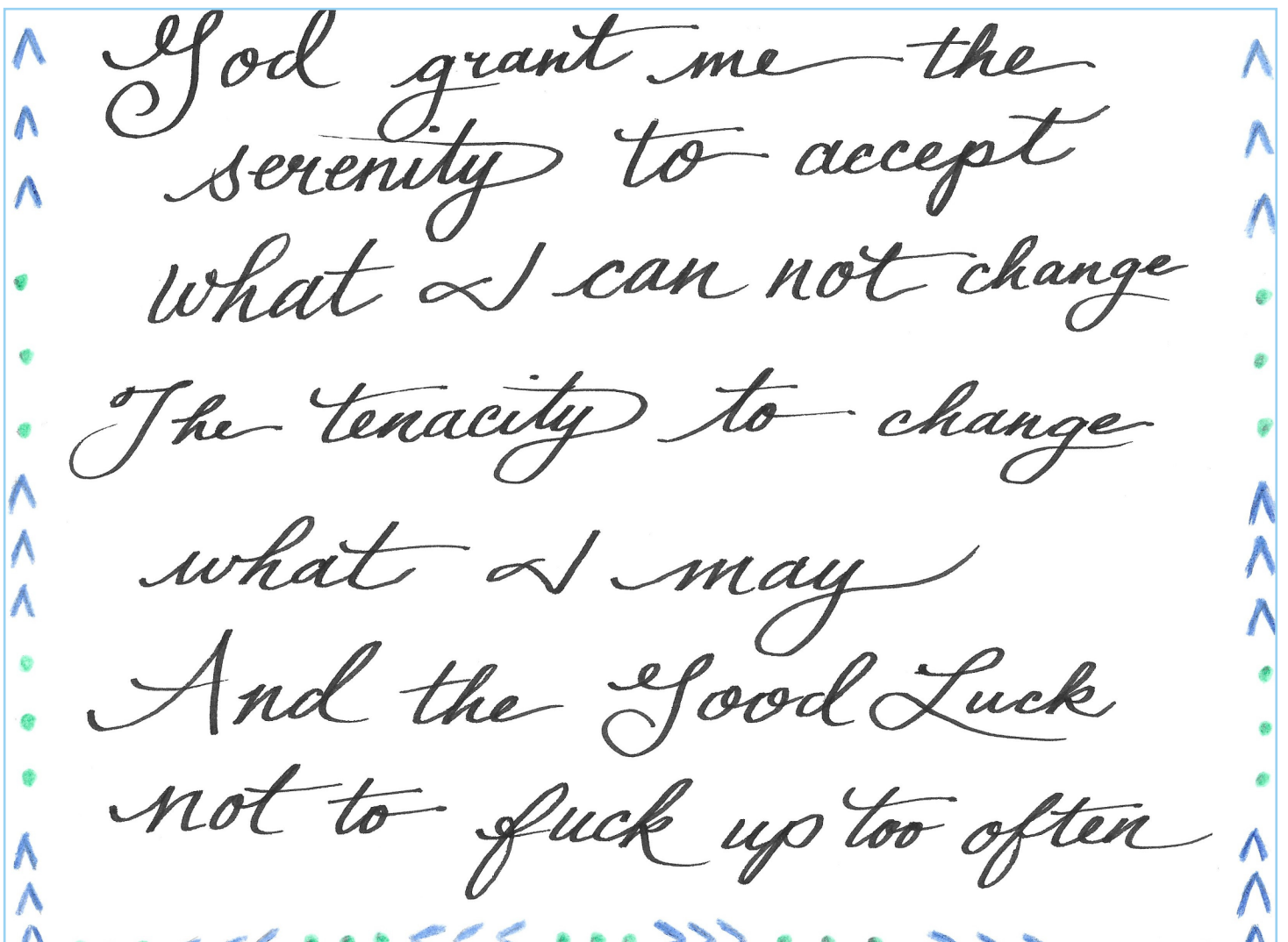
In memorandum...

James, you have been a Sponsor, a mentor, a father figure, and a brother but most of all a friend. I am going to miss all of your James-isms and acronyms. I am going to miss your bell tinkling on card night and your infectious laugh. I am going to miss all the meeting-after-the-meetings with you. You touched so many lives in your many years in the rooms. I sincerely hope you are peace and you are at the spout where the Glory comes out. I hope all of those

fucked up monkeys in your head are finally silenced. I am going to miss you my friend but your legacy will live on in the rooms.

Rest in Glorious Peace my friend.

07/01/56-09/02/20



Quote by Stephen King, Calligraphy by Rachel K

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



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