

October  
2020

Salt Lake  
Central  
Office

# lifeline



## Step 10

### In This Issue:

- C.O. Meeting Minutes
- Central Office announcements
- Quotes and Musings
- Alano Club announcement
- Joke of the Month
- Events
- Financial information
- Step 10 by Rob S.
- "One Day At A Time" by David
- The Submarine by Al B.
- The Last Page on the Right



My name is Robert S and I am an alcoholic. Being this is October I thought it would be appropriate to review one of the most important steps of AA. **Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."** The first 9 steps get us to this point. I view Step 10 as a maintenance step that I personally review daily. This step helps me keep my spiritual house in order.

At the end of the day I review what have I done, have I gotten better, did I offend anyone, did I do anything that I need to make an amends for, small or major oops during the day. In some of my reading I came across these "Tips and Strategies" from a Very Well Mind:

- 1) Stop and think before you speak. This can help prevent you from saying something harmful and help you become more conscious of other's feelings.
- 2) Admit when you're wrong. The act of quickly trying to right a wrong can keep your mental house clean and prevent ego from getting in the way of step 10.
- 3) Perform an act of unexpected kindness. If you can't "fix" the hurt directly to the person, try to perform an unexpected act of kindness to another.
- 4) Take a daily inventory. Set aside time each day to meditate and reflect on your day—both the good and bad parts. Ask yourself: Were you dishonest or resentful? Did you say or do anything that would warrant an apology? What steps can you take to do better tomorrow?

My experience has been this is extremely important in the workplace, dealing with people in grocery stores etc., and especially at home with the people I love the most. It is also part of my "Living Amends". I couldn't make complete amends to everyone either because they had passed away, couldn't be found or in the case of my wife I was such a complete asshole I'll have to live to be 150 before I have completed my amends to her. That is her number not mine, mine is bigger. I do this by being the best Rob I can be with her. Four of the most important things I do with Debbie are:

...cont on pg 8



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



## 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. This page is just 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.

If you are so inclined, please visit our page "Salt Lake Central Office", and maybe give us a "like" or a "follow".

\*We respect the 12 Traditions and understand some might feel that liking or following conflicts with their anonymity-if you do not want to like or follow, we totally understand!

### *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**

## Hiking Meeting!

**Monday through Friday**

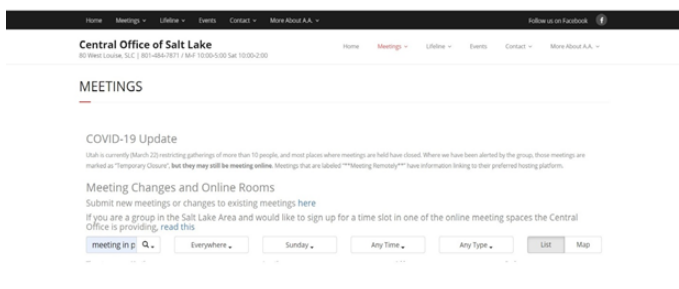
**Meet at the mouth of Big Cottonwood  
to carpool up (masks required) at  
5:00 pm (Starting October 1st) or up  
top at the Silver Lake parking lot at  
5:30 pm.**

**for more information text**

**(801)450-5600**

## Looking for meetings that are held in-person?

Go to [saltlakeaaa.org](http://saltlakeaaa.org), select 'Meetings' from the dropdown 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. Meeting Minutes Sept 8th 2020

## **Reports Board of Directors -**

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

**Co-Chair: Brad-** Nothing to Report

**Secretary: Mike-** Nothing to report other than if you know of anyone that needs to be added to the contact list, please let me know.

**Treasurer: Leonard B-** Overall, the Central office is in good financial standing. There is not a surplus yet to replenish the prudent reserve but if recent monthly trends continue we should be able to begin replenishing by end-of-year. Financial report will be available no later than 09/10 and will be distributed at that time via e-mail.

**Trustee: Doug R-** (District 11 liaison) Doug brought up the Point of sale concern. Asked Lenny if it was resolved. Lenny contacted Quickbooks and they need more information to troubleshoot to figure it out. Doug verified that it is an actual credit card malfunction log for the volunteers to help identify the errors. Also Doug and Lenny are working on the power meter situation.

## **Reports Committee Chairs -**

**Activities: Rob C.-** "The Chili CookOff" Saturday October 17,2020 St. Vincent De Paul Catholic Center 1375 East Spring Lane Salt Lake City, UT Starts Approximately 5:30. Chili goes quick so come before it's gone. Masks are required and the social distancing guidelines will be followed.

**Events Calendar- Jake-** Fellowship Hall had a dance in the parking lot 2 weeks ago. There are a few things going on around the valley and Jake will be putting those up.

**Archives: Laura -** Nothing going on with Archives. Is working with Skip on the 12 Step project the board approved last week.

**Hotline: Johnathan-** Phones are going well and being answered.

**Public Information: Melissa E -** I have been in touch with the Head Librarian downtown and will be dropping off the Spanish Literature requested pre-COVID. Thank you Jake for connecting me with the Project Homeless Connect for this year. I will be working with the same rep as last year to create

materials that can be distributed in their modified event this year.

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

**Treatment Chair: Rusty J. -** Handed out some literature and will be rotating out at the end of this year.

**Volunteers: Doug R-** There are some new volunteers, but anyone who is interested in volunteering can do so. Thank You to "We Agnostics" for the donation of the I-Pad

**Old Business :** Central Office now has an I-Pad for the Volunteers. Phone list has been updated. Committee Budgets are due in October.

**New business:** Rotations: Laura went through archives to verify committee chair and board rotations.

1. **District 2 and District 10 Trustees (District 2 is currently open)**
2. **Chair**
3. **Secretary.**
4. **Along with all Committee Chairs**

Combine Tech and Webservant Committees: Owen suggested not combining the 2 committees based on his experience. Sonya mentioned that she feels she could handle both in the interim. Sonya will become part of the web committee for now to help while Owen steps down. Lenny makes a motion to bring to vote at the Central Office Rep meeting next week to move Sonya from the Tech Committee to Webservant. Motion Passed for next week's vote.

Lenny explained the reason behind last week's vote. Lenny then proposed to have Sonya move from Tech Committee to Webservant position. Motion Passed unanimously. Vote on Shurone stepping back into the Newsletter Chair position for the interim next week at the Central Office Rep Meeting.

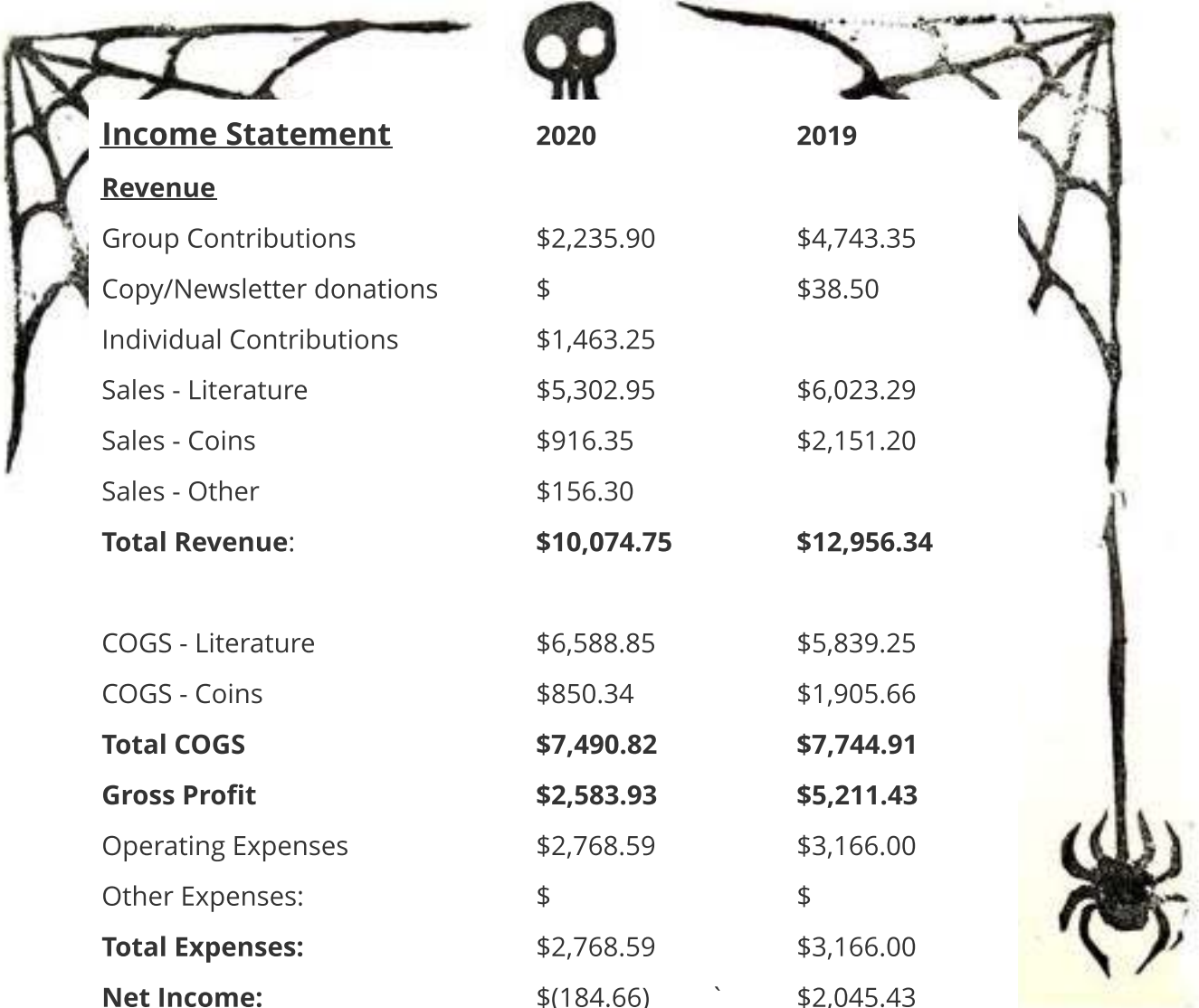
*Committee budgets will be due in October.....*

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 October 6th 2020 @ 6:30-pm

# C.O. FINANCIALS JULY 2020



<b><u>Income Statement</u></b>	<b>2020</b>	<b>2019</b>
<b><u>Revenue</u></b>		
Group Contributions	\$2,235.90	\$4,743.35
Copy/Newsletter donations	\$	\$38.50
Individual Contributions	\$1,463.25	
Sales - Literature	\$5,302.95	\$6,023.29
Sales - Coins	\$916.35	\$2,151.20
Sales - Other	\$156.30	
<b>Total Revenue:</b>	<b>\$10,074.75</b>	<b>\$12,956.34</b>
COGS - Literature	\$6,588.85	\$5,839.25
COGS - Coins	\$850.34	\$1,905.66
<b>Total COGS</b>	<b>\$7,490.82</b>	<b>\$7,744.91</b>
<b>Gross Profit</b>	<b>\$2,583.93</b>	<b>\$5,211.43</b>
Operating Expenses	\$2,768.59	\$3,166.00
Other Expenses:	\$	\$
<b>Total Expenses:</b>	<b>\$2,768.59</b>	<b>\$3,166.00</b>
<b>Net Income:</b>	<b>\$(184.66)</b>	<b>\$2,045.43</b>

## **Bank Accounts**

Checking & Petty Cash	\$9,709.86	\$14,801.89
Accounts Payable Due	\$(-)	\$(7,115.33)
Money Market - PR	\$20,415.97	\$19,343.47
<b>Total:</b>	<b>\$30,125.83</b>	<b>\$27,030.03</b>

My name is David and I want to start by saying that I have been in your shoes. People used to call me a dope fiend and gang banger. I never cared about what people used to think of me because I never cared about people. I spent almost 8 years in prison and at first it started out fun for me. Then I started to grow up a little bit everyday while I was in a drug program. People would say that I just gave up but it wasn't that, I just wanted to become successful and start to be a dad. I have now 3 kids and an amazing girlfriend that is soon to be my wife. I work at a job that I can now call a career. I am working as an equipment operator. Now I don't want people to get the wrong idea of me because it has not been easy. I still have the nightmares at night to remind me of who I used to be and how easy it would be to go back to that kind of life style. The things that help me is a great sponsor that I can call anytime when I struggle, a great support system who is there for me everyday to remind me of the things that I can do by living this life clean and sober. I know I have been asked the questions of well do you miss the life style, the answer is NO, and then also asked will you ever go back to what you used to do, I don't want to but I just take it one day at a time and that is all I can do.



## 57th International Women's Conference

February 18th - 21st, 2021



The Westin Charlotte  
601 S. College Street  
Charlotte, NC 28202

## Step 10 ...cont from pg 1

- Take her coffee, every morning I'm in town, to her before she gets out of bed. If I'm out of town I prepare the coffee for her to brew in the morning the night before.
- Sit down with her when she gets home from work and review each other's day. What went well, what didn't and anything we, I, need to work on. Actively listen.
- If I've been an ass to her promptly admit it and try to do better. What is amazing is as I grow spiritually this has happened less and less. Hopefully this also flows to other people I deal with.
- Fourth, and probably most important, every time before one of us leaves the house I give her a kiss and tell her I love her. Before we go to sleep at night give her a kiss and tell her I love her. When I'm out of town I send her a text morning and night and tell her I love her. And the end of every call with her I tell her I love her. You never know if that is the last time you will ever be able to do that.

I try to remember that I'm not perfect and I will make mistakes, but I know God will forgive me if I keep moving forward and do things to the best of my ability. And most important I acknowledge those mistakes and take steps to correct them. "Easy does it" and "Think, Think, Think" I try to keep foremost in my mind.

2020 has been a very strange year. To quote my five-year-old grandson Samuel **"Papa the Corona Virus, this shit is real". He's right and it has made it even more important to stay close to the program.** The activity I miss the most, as I'm sure most of you do is to attend regular meetings. The before and after of meetings I miss. I miss the hugs, slaps on the back and the "How are you doing" questions. I contend AA is the only place on earth when someone asks that question they really care.

So how have I dealt with that? ZOOM meetings have been a godsend. Some of the meetings get ZOOM bombed but what the hell we just deal with that. Talk to a member of the fellowship daily. I have a dear friend I talk to every morning. Usually right after my talk to God.

Go to meetings when I'm comfortable going. The first meeting I went to at Alano Hall after it was opened I thought I was back in Kindergarten and we had done something bad the day before so the teacher separated all the desks and put dots on the floor so we couldn't get close to each other.

My sponsor sends out, every morning, Daily Thoughts and Big Book Quote, it usually is in my inbox around 5am and is a great way start to the day. I read it thoroughly and reflect on it's meaning for the day ahead.

Last and certainly not least I pick up the phone and talk to other members in the fellowship. Sometimes I do it when I need a boost and sometimes I do it if I haven't heard from them and I want to know how they are doing.

If we work the program, we will get through this clean and sober. I'm sure most of us will make it and be stronger for it. Some of us might go out to do more research. If that's the case know that we will welcome you back with open arms and love you until you can love yourself.

Again, my name is Robert S and I'm an alcoholic.

Thank you for letting me share.





# Join us for the Annual Central Office Chili Cook Off!

**When:** Saturday, October 17th @ 5:30pm

**Where:** St. Vincent's de Paul Church - 1375 Spring Lane

***Cook up your best chili, and bring it in a crockpot  
or similar for serving.***



**If you want to skip the chili,  
chips, a side item, or a dessert to share is welcome  
Or just bring yourself for some great fellowship!**

Central Office will provide chili toppings and drinks (coffee and lemonade)

**Prizes** will be awarded for:

Best *Overall* Chili

Most *Unique* Chili

**\*We want to keep everyone safe and healthy.**

**Please come prepared to wear a mask/face covering  
during fellowship, and we'll just take them off to eat the chili!**

## *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](http://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*

## **Joke of the Month**



A fellow decides to take off early from work and go drinking. He stays until the bar closes at 2am, at which time he is extremely drunk. When he enters his house, he doesn't want to wake anyone, so he takes off his shoes and starts tip-toeing up the stairs. Half-way up the stairs, he falls over backwards and lands flat on his rear end. That wouldn't have been so bad, except that he had couple of empty pint bottles in his back pockets, and they broke, and the broken glass carved up his buttocks terribly. But, he was so drunk that he didn't know he was hurt. A few minutes later, as he was undressing, he noticed blood, so he checked himself out in the mirror, and, sure

enough, his behind was cut up something terrible. Well, he repaired the damage as best he could under the circumstances, and he went to bed. The next morning, his head was hurting, and his rear was hurting, and he was hunkering under the covers trying to think up some good story, when his wife came into the bedroom. "Well, you really tied one on last night," she said. "Where'd you go?" "I worked late," he said, "and I stopped off for a couple of beers." "A couple of beers? That's a laugh," she replied, "You got plastered last night. Where the heck did you go?" "What makes you so sure I got drunk last night, anyway?" "Well," she replied, "my first big clue was when I got up this morning and found a bunch of band-aids stuck to the mirror."

## THE SUBMARINE

Silent, watchful -all eyes on  
Guard for peril  
A submarine on the surface  
Of a dark uncharted sea  
A single door open for refreshing air

Slowly, aimless constant driving  
A destination unseen  
A home forgotten  
Alone, furtive and evasive  
Alert for dangers unknown

An alarm sounds-  
The steel door slams  
With echoing reverberations  
And silently, once again

I quietly sink beneath the waves  
Into The Depths of Self

-Al B.



**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**