

2020

lifeline

I am responsible, when anyone, anywhere reaches out for help, I want the hand of AA always to be there... And for that, I am responsible.

Salt Lake Central Office

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"One is not always happy when one is good; but one is always good when one is happy."

-Oscar Wilde

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

-TEMPORARILY ONLINE-

- *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!

Calling All Weirdos

My name is Laura, my sobriety date is May 31, 2009. This little story is about my experiences with the G.O.D. Campout! It is held every year in July at Defas Dude Ranch near Hannah Utah. Mountains, meadows, forest, the river, and the heart on the mountainside make for a beautiful campout setting. If you haven't been, I strongly urge you to go. Even better, get on any one of the committees that help make the campout happen. Its an experience that shouldn't be missed. My first com-



mittee was the fishing derby, a pretty easy position. You just buy some prizes and measure fish. I think that was 2015. Not many fished that year and not many people showed up to the campout that year, it was cold and it rained a lot too. My next service position was secretary, just taking notes during each planning meeting - how could it be that hard? Have you heard that trying to control alcoholics is like herding cats? It felt that way. Trying to get it all down on paper quickly and trying to read my hand written notes and then type them up and send them out turned out to be quite the undertaking - at least it was for me. Last year I did sanitation. Not much to say about that one, only that it kept me busy and is a very important position.

So what? Well years before I ever got sober I went on a backpacking trip with some friends. We were going to the Granddaddy Lakes area of the High Uintas and our path happened to take us right past the entrance to Defas. We had plenty of beer and weed with us as we drove up to the turnoff on Highway 35. There by the side of the road was a sign proclaiming GOD Campout! UGH! What a bunch of weirdos! We all expressed disgust and made faces as we sped past! Gotta get away

from whatever that is!

Looking back I am amazed at how my disdain has turned into such a deep affection for this weekend of camping, fellowship, fun and spiritual renewal. I look forward to it every year. Gotta have it! - Laura C.



GREAT OUTDOORS CAMPOUT

July 10th, 11th & 12th

**Defa's Dude Ranch,
Hanna, UT**

godcampout@gmail.com



CENTRAL OFFICE Board of Trustees

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

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

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

GRAPEVINE AND LA VIÑA ARE HERE TO HELP

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone **free access** for a limited period to our 2020 Grapevine (January through May) and La Viña (Jan/Feb through May/June) print issues. Audio available as well.

Please share with your fellows!!

www.aagrapevine.org/we-are-here-to-help

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/>



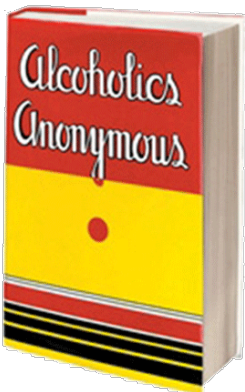
Please check on the Central Office website for up to date virtual meeting schedules. Most meetings have been moved to the [Zoom](#) app.

<http://www.saltlakeaa.org>

As of this printing, the Salt Lake Central Office is temporarily

CLOSED.

APRIL 10 IS A HISTORIC DAY FOR ALCOHOLICS ANONYMOUS



On April 10, 1939, 4,650 copies of the Big Book, *Alcoholics Anonymous*, became available for distribution. Cornwall Press would deliver copies to Works Publishing company, with an office on William Street in Newark, New Jersey. The grand bill for the print run was \$1,783.00!

Copies were also delivered directly to "friends" of the Fellowship, including associates of John D. Rockefeller who aided significantly in the publishing venture.

Today, over 40 million copies have been sold!

Central Office (Zoom) Meeting Minutes 04-14-2020

Board of Directors reports:

Chair: Julian G. -Read Warranties. Central office is closed.

Co-Chair: Dave V- Excused

Secretary: Mike L.-Excused

Treasurer: Lenny B. Financial Report looks good. Most donations coming from group contributions. Keeping an eye on the financial. Most costs have been covered by contributions.

Trustee District 2: Paul M.-

Trustee District 10: Brad M.-Getting lots of questions about Zoom passwords, Owen is working on this (resolved at time of printing)

Trustee:-Doug R.-District 11, no meeting. In communication with district chair.

Alt Trustee: Mike A- Excused

Alt Trustee: Serena - Excused

Committee Chair Reports:

Activities: Rob C.- Nothing planned. Contact at 801-647-0889

Archives: Laura C.-Excused

Coins: Jim C.-Jim is able to access Central Office if anyone needs anything while it is closed. Sold 2 cases of books. Encourages groups to donate to GSO & Central Office

Events: Jake- Excused

Cooperation with Professionals: Joe B.-Excused

Hotline: Johnathan-Hotline is normal. Calls are covered during business hours. There are gaps that need to be filled, check Hotline schedule to fill in.

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. Doug printed 50 copies to send to Tooele Alano Club.

Treatment: Rusty J.-Nothing to report

Public Information:Excused

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 are pretty crazy. Answering emails every night. Jonathan is helping with transition to new meeting software. Pretty big uptick in requests to the website. Cleaning up the look of the website. Added contribution link to the website. Please submit meeting changes to the link on the website.

Volunteers: Doug- Most Volunteers covering phones during business hours. Sold boxes of books to treatment centers. Working with Lifeline on next printing.

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

Next Board Meeting: May 5th at 6pm

Next C.O Rep Meeting: May12th at 6:30pm

Check the schedule for location

Not his first rodeo...

So my story you might find like yours and I truly hope someone can take something from it.

I grew up in a small town in Northern Utah after being adopted and my family was great. Now, think of anything a little boy could ever ask for while growing up on a farm. Horses, cows, dogs, cats, four-wheelers, big trucks and tractors he will says is his, and more importantly, GUNS! This little boy was me and I had it all! But as I was a little boy there was things I was scared of: the dark, monsters under my bed and creeping up on me through my closet. I had to have a nightlight to keep the scary things away. But as I grew up those things that used to scare me didn't scare me anymore because I started to face these fears. I took things head on and did a lot of amazing things.

I started to rodeo and was wrestling people who knew me, was calling me careless. In my words I was fearless and nobody can take this away from me.

Man, I thought I was on top of the world and I was only 13 years old at the time. You know how when you're doing rodeo and they advertise tobacco? Well since I had tried it a couple times in the past, I thought it was for me. If you rodeo, you use, it was simple for me to understand.

Since I had started this, I had been hiding it from my mom and dad. Now of course they had a idea because they could smell it, but I would like if they asked saying "nope, not me!"

So a couple of years had gone by of me smoking

tobacco and weed. I would spend my allowance every week on these things. I'm 15 now and just figured out I was adopted and my family was lying to me for years. Well not lying, they just never told me. This made me upset and

resentful so I started to look for what you could say love and acceptance in different ways... GANGS.

I started using harder drugs like meth and heroin and my life changed up dramatically. After about a month of smoking these drugs I was introduced to what people know the needle of as a hypodermic syringe and I couldn't get enough.

Then I turned 18 and ended up in prison and did my first 3 year stretch. Once I got out I met a wonderful woman. We have 2 kids together now. I'm still trying to figure my life out because I am back in prison for the 6th time now.

I can say there is a couple people who are helping me this time though. I finally know I can't do it alone. I have a sponsor who is helping me through the Steps and it's helped me get my family back as well.

I hope this might help someone know they aren't alone and there is help we can get.

Thanks for being here for my story. It's helped me out as well.



- David L

March 2020 Financial Statement

Income Statement	2020	2019
<u>Revenue</u>		
Group contributions	3474.04	2274.60
Copy/Newsletter donations	10.00	12.50
Individual Contributions	-	-
Sales - Literature	5800.70	9568.58
Sales - Coins	946.65	1622.25
Sales - Other	-	35.35
Total Revenue:	10231.39	13513.28
<u>COGS</u>		
COGS - Literature	5623.78	13513.28
COGS - Coins	914.65	1502.29
COGS - Other	79.15	-
Total COGS	6617.58	10807.07
Gross Profit	3613.81	2706.21
Operating Expenses	3827.13	3478.53
Other Expenses	-	-
*Total Expenses	3102.51	3478.53
Net Income	511.30	(772.32)
<u>Bank Accounts</u>		
Checking & Petty Cash	3482.95	2067.93
Accounts Payable Due	(600.00)	(6.039.27)
Money Market -PR	24405.29	24229.45
**Total	27288.24	38938.11

Group Contributions	
7th Tradition	42.00
Christian Dives	115.50
Counter Sales	537.50
Early Friendship	75.01
Grapevine Group #135601	97.42
Greater Kearns	73.00
Group #165037	250.00
Happy Destiny	36.00
How It Works	250.00
Liberty Recovery	337.00
Magna Friendly Bunch	200.00
Murray Group	40.80
Off The Cuff	15.00
Old Timers Speakers	315.50
Recovery Ways	480.00

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

*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 months. A detail of group contributions is available and will be handed out quarterly.*

A.A. Groups Using Digital Platforms to Find Sobriety During Coronavirus (COVID-19) Outbreak

Virtual Meetings, Email, Phone, Social Media Allow Message of Recovery to Carry On – “ONE DAY AT A TIME”

March 23, 2020

Contact: pressinfo@aa.org

The General Service Office (G.S.O.) of Alcoholics Anonymous for the U.S./Canada functions as a repository for A.A. members and groups who are looking for shared experience from the A.A. Fellowship. As the global situation related to Coronavirus (COVID-19) continues to develop, G.S.O. is fully committed to its role as an important resource center to help navigate this unprecedented public health emergency.



It is important to note, G.S.O. is not an authoritative body over A.A. groups, nor does it initiate rules or directives, as each A.A. group and entity is autonomous and decisions are made through an individual group conscience. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. For anyone experiencing health and safety questions, it is suggested they contact national, state/provincial and local health authorities for appropriate information.

However, in response to the global outbreak, the office does have some general experience regarding how some A.A. groups and members have begun addressing this issue. Many are following “social distancing” guidelines established by local, state/provincial and federal officials, while at the same time maintaining their focus on recovery and facilitating digital A.A. meetings.

By attending digital meetings, group members can focus on A.A.’s primary purpose: to carry its message of recovery to the alcoholic who still suffers. Many groups have alerted local A.A. offices or hotlines if they are temporarily not meeting in their regular physical space. Some groups have shared that they are utilizing digital platforms such as Zoom, Google Hangouts, or conducting conference calls.

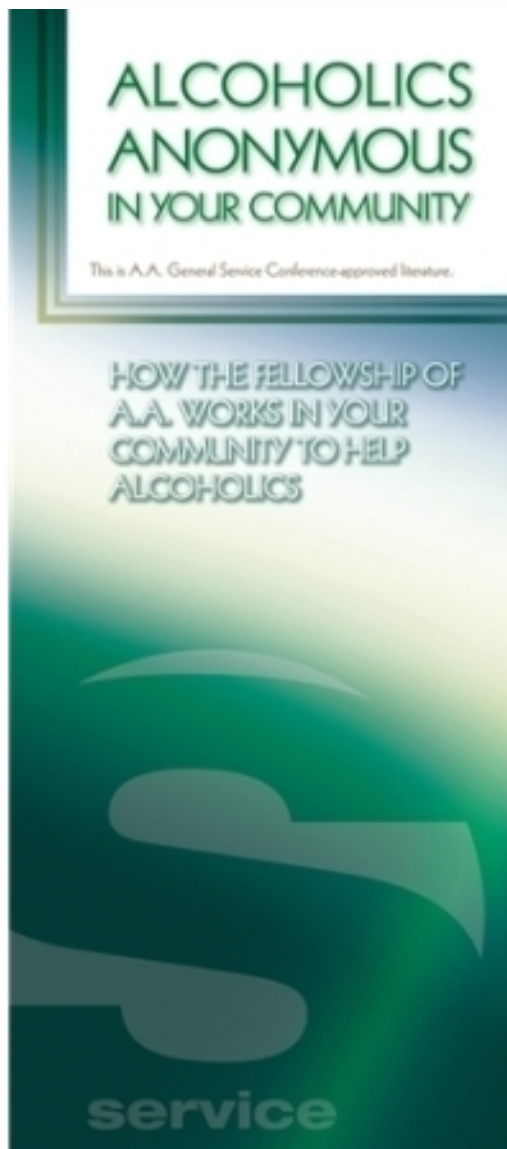
A.A. groups and members are also creating contact lists, keeping in touch by phone, email or social media. Many local A.A. central/intergroup offices and area service structures have added information to their websites about how to change a meeting format from “in-person” to a digital platform.

A.A. in the digital age has certainly taken on a new meaning in these challenging times, reminding its members and those searching for help that A.A. is not just a “place,” but exists in the hearts, minds and help offered.

PAMPHLET OF THE MONTH

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.



- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

In this pamphlet you can find the answers to:

- *How does A.A. work?*
- *What are A.A. groups?*
- *What are A.A. meetings?*
- *Who are A.A. members?*
- *Where can you find A.A.?*
- *What is A.A.'s General Service Office?*
- *What can you expect from A.A.?*
- *What does A.A. NOT do?*

This would be a great pamphlet to keep in your car when you happen upon a newcomer! Even better if they stumble upon you!

A note from the editor:

Due to all the changes happening in the world around us, I have discontinued a few things temporarily. Nearly all meetings have been moved online. Most events and activities are cancelled or on hiatus. Once life gets back to some semblance of normal, your regularly scheduled events calendar and meeting updates will return.

Because changes are happening on an almost daily basis, please check out saltlakeaa.org/online-meetings for the most up-to-date online meeting schedules. That being said, I need content! Reader submissions look like the toilet paper aisle at the grocery store this month. **I am going to start calling on people to share if my email box (lifeline@saltlakeaa.org) doesn't start filling up!** Stories, poetry, artwork... anything really. Many thanks to all who read and subscribe!! Also a great big THANK YOU to Jennie for helping put this issue together!! -Jason

I Wish The Truth Could Be Told

As often as I've lost the time
Between the times forgotten
It seems that though I've lost the time
It turns out Johnny Rotten
Has long since tried to find his mind
Whether times are rough or gay
And although the times have lost their
mind
It turned out just this way:
I hereby declare the wound
That opened but in spite
That I was trying hard to find
And just as well be Knights
Whose armor has been lost at sea
As if the time begotten
Had left its soul at circumstance
And somehow just as rotten...
I wish the truth could now be told
As sometimes if it's open
The riddle now is but at hand
And to me it's trying to be coping...

The best of times, the worst of times
Does now its owner prompt
To see if what's in store for me
Would somehow now be comp'd
And inasmuch as time forgot
To be the best of both,
If you and I are not the same
But just like any rose,
As inasmuch as timely love
Was but to make us smile,
I swear the truth could rise above...
You see, these are the times at hand
Whose ever proud soul sings
As if pretense they could find
That we're the best of things...
I leave you with a mellow song
To charm the Great God's Will
In hopes that looking for the truth
Could help stronger still...

-Rand

Don't let yesterday use up too much of today.

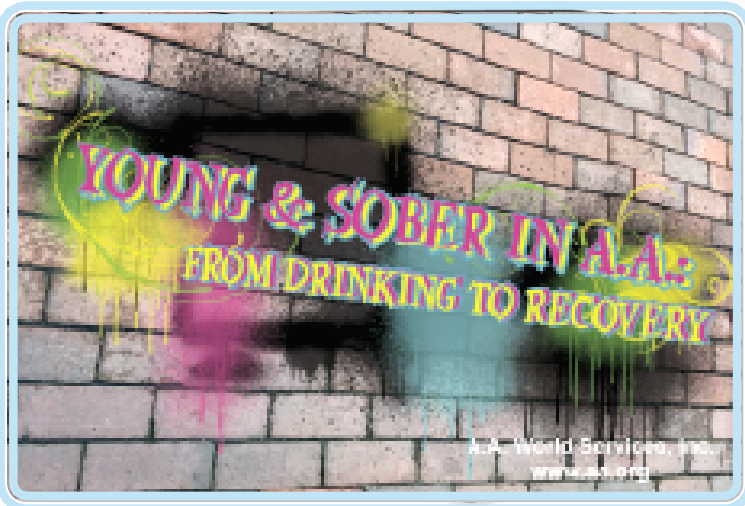
-Native American Proverb-

Alcoholics Anonymous shares new video: "Young & Sober in A.A.: From Drinking to Recovery"

https://www.aa.org/pages/en_US/young-and-sober-in-aa-from-drinking-to-recovery

"...Five months after I graduated high school, that's when I got introduced to the program of Alcoholics Anonymous."

"I started drinking when I was 12. I couldn't stop when I started. And when I was controlling it I was miserable."



"When I got willing... the obsession to drink was gone. I realized that there's something in these rooms that is changing my life."

(New York, NY) These are a few of the young voices sharing about their drinking and sobriety in "Young & Sober in A.A.: From Drinking to Recovery," the new video released by Alcoholics Anonymous World Services, Inc. Created by young alcoholics who have found sobriety, "Young & Sober in A.A.: From Drinking to Recovery" underscores the message that it is never too early to seek help for a drinking problem.

A.A. estimates that 10% of its members are under the age of 30. The video helps dispel the myth that some drinkers may be "too young" to have experienced the devastating effects of alcoholism. No matter what your age, no matter what your gender or background, if you are drinking too much, A.A. offers a solution. Within Alcoholics Anonymous are vibrant communities of young people who have discovered sober and fulfilling lives and a daily reprieve from alcoholism.

The Last Page on the Right

The other day while hiking on my latest favorite trail, I noticed a fairly young tree, bent over by snow. It looked as though it was staring at its reflection, a black and white, two dimensional mirror of itself. As I continued hiking, my compassion for the weighed down tree took on new meaning. I know what it feels like to have a heavy load on my back, forced to take a close look at myself and my life. There were times where I thought that I would never quit drinking. Years actually, where I thought escape from the jaws of alcohol was an impossible dream. I realized that the laden down tree will eventually stand vertical again when the snow



melts, stronger having survived the weight of the winter snow. We have all faced different challenges during our lives. I like to think of mine as teachers, there to evolve me into the next version of myself and show me what I am capable of. I am grateful for these moments in the mountains when a reflection catches my attention and offers insight into my human experience. A chance to feel compassion for a young tree and myself, showing me what I have survived and serving as an example of what is possible. Never give up, Spring arrives after every sort of winter.

- Shurone H.

Pickup lines for 13th stepping during quarantine and social distancing:

- If COVID-19 doesn't take you out... Can I?
- Is that hand sanitizer in your pocket or are you just happy to be within 6ft of me?
- Since all the public libraries are closed, I'm checking you out instead.
- You can't spell virus without U and I.
- Baby, do you need toilet paper? Because I can be your Prince Charmin.
- I saw you from across the bar. Stay there.
- Without you, my life is as empty as the toilet paper aisle.
- Hey babe! Can I ship you a drink?
- You can't spell quarantine without U R A Q T.
- Baby, it's COVID-19 outside.

Big Book Corner

The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you--until then.

BB Pg. 164

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