

July
2021

Salt Lake
Central
Office

lifeline



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STEP SEVEN IS A CONCLUSION

Step Seven Prayer: *"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding." Amen.*

There was true humility and deep surrender by asking God to *"take all of me,"* both the *"good"* and the *"bad."* This was an admission that I could not trust myself to differentiate between the two.

I almost drank after five months sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me—It was not to be trusted! I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: *"Self cannot rid self of self with self."*

I had asked God to remove the *"bondage of self"* in Step Three with only a scant idea of what that was, but Steps Four and Five provided a better view of my *defects of character* and *shortcomings*. (By the bye, Bill W. stated that these words were to be used simultaneously or in the same context—please note that Step Seven on page 58 uses the word *"shortcomings"* rather than *"defects of character"* as in the prayer above).

It is important to notice that the Seventh Step prayer concludes with the word *"Amen."* Meaning *"So be it"* or indicating a conclusion. However, there is no *"Amen"* following the Third Step Prayer, or those in Steps Four, Five and Six! Why?

...cont on pg 5

CENTRAL OFFICE Board of Trustees

Chair — Brad M.

Co-Chair — Open

Secretary — Mike L.

Treasurer — Lenny B.

Trustee — Rusty J.

Trustee — Jake S.

Trustee — Open

Alt Trustee — Open

Alt Trustee — Open

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 601
Springville, UT 84663

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 — Open

activities@saltlakeaa.org

Archives — Rob C.

archives@saltlakeaa.org

By-laws — Open

Coins — Gina H.

coins@saltlakeaa.org

Co-op Professional Community — John S.

cpc@saltlakeaa.org

Corrections — Open

corrections@saltlakeaa.org

Events Calendar — Open

events@saltlakeaa.org

Hotline — Open

hotline@saltlakeaa.org

Literature — Doug R.

literature@saltlakeaa.org

Lifeline Newsletter — Open

lifeline@saltlakeaa.org

Outreach — Melissa E.

outreach@saltlakeaa.org

Public Information—Open

pi@saltlakeaa.org

Technical Support — Sonya

it@saltlakeaa.org

Treatment— Open

treatment@saltlakeaa.org

Twelfth Step — Zach B.

12step@saltlakeaa.org

Volunteer — Kim B.

volunteer@saltlakeaa.org

Website — Sonya

webservant@saltlakeaa.org

C.O. FINANCIALS MAY 2021

<u>Income Statement</u>	2021	2020
<u>Revenue</u>		
Group Contributions	\$3,466.36	\$2,570.21
Copy/Newsletter donations	\$141.70	\$-
Individual Contributions	\$0	\$640.00
Sales - Literature	\$2,278.28	\$2,094.95
Sales - Coins	\$761.00	\$109.50
Sales - Other	\$(33.40)	\$8.50
Total Revenue:	\$6,613.94	\$3,963.14
COGS - Literature	\$1,948.30	\$2,053.87
COGS - Coins	\$627.73	\$103.78
COGS - Other	\$168.68	\$8.20
Total COGS	\$2,744.71	\$2,165.85
Gross Profit	\$3,869.23	\$1,797.29
Operating Expenses	\$4,428.42	\$3,747.09
Other Expenses:	\$-	\$-
Total Expenses:	\$4,428.42	\$2,780.60
Net Income:	\$(559.19)	\$(983.31)
<u>Bank Accounts</u>		
Checking & Petty Cash	\$11,661.24	\$6,206.14
Accounts Payable Due	\$(1,404.40)	\$(565.64)
Money Market - PR	\$23,924.91	\$24,415.97
Total:	\$34,181.75	\$30,169.78

C.O. Meeting Minutes June 8th 2020

Reports Board of Directors

Chair: Brad -

Warranties & Statement of Purpose. Welcome to everyone who showed up.

Co-Chair: Open

Secretary: Mike-

If you aren't getting my emails please let me know at secretary@saltlakeaa.org.

Trustee: Rusty - (District 2)

Uni's name is changing to HUMHI?

Trustee: Jake S. - (District 10)

New District 13 (every meeting south of 7200 South) has all positions available. Come have fun being a part of developing a new district. They will be meeting Thursday, June 24th at 6:30 PM at Hope Church 2930 W 9000 S. Please pass this along to any meeting you attend that meets south of 7200 S.

Reports Committee Chairs -

Archives - Rob C. -

all is going well if you have anything to donate for the archives please contact me anytime. Rob 801-647-0889

Coins: Gina H. -

Jim and Chris completed inventory and we have plenty of coins!

Cooperation with Professionals - John S. -

knocking together existing structures, building committee and networks, as well as hospitals and institutions and the like begin to open up to AA meetings and AA panels.

Literature - Doug R. -

468 items sold. \$372.92 dollars in contributions from those sales.

Webservant: Sonya -

There has been a ton of meeting changes as we transition to in person meetings. District 13 is alive and there is a plan to put an announcement on the

website with more details. GSO is starting to classify online meetings. If a group is interested in being recognized, an actual physical address is needed. Sonya will be reaching out to current online groups to get that information.

Old Business :

Board positions -

- Co-chair - Open
- District 11 Trustee - Open
- Alternate(s) Trustee(s) - Open

Committee Chair Positions -

- Activities - Open
- Events Calendar - Open
- Bi-laws - Open
- Corrections - Open
- Hotline - Open
- Newsletter - Open
- Tech Committee - Open
- Treatment Chair - Open

New Business:

1 - Rusty set a motion to meet in person next month for the board meeting. Jake mentioned trying a hybrid process in hopes of possibly growing participation. Doug set a motion to start a hybrid C.O. meeting starting in July. The motion was second and open for discussion. Vote was taken and it was carried unanimously.

2 - Jake brought to the committee that in accordance with the 7th tradition, all groups should be fully self-supporting. Central Office should look at not providing the free "Zoom" rooms as we continue in this new era. Jake set a motion that C.O. will no longer provide the current free Zoom Room platform to online/hybrid meetings based on the 7th tradition. It was voted that the motion will be tabled until the next C.O. Rep meeting in order for group discussion.

Adjourn and Close with the Serenity Prayer

**The next C.O. Office board meeting will be held on Tues July 6th 2021 @ 6:30 pm.*

**The next C.O. Rep meeting will be held on Tues July 13th @ 6:30 pm*

STEP SEVEN IS A CONCLUSION

Cont from pg 1...

I think because Step Seven finally concludes the process, e.g.: In Step Three we asked to be relieved of the bondage of self, but we did not know what that was till we did Steps Four and Five. But now—in Step seven—we know more precisely what we are asking God to remove from us as we go out to do his bidding. The process has been concluded, however, more will be revealed.

-Bob S, Richmond, IN



On Accepting Our Calling

One of the most positive transitions you can make is from viewing your work as a job to viewing it as a calling. A job is an exchange of energy in which you do a material task and someone provides money in exchange. A calling, however, is an organic field of energy that emerges from the deepest aspects of who you are. It is the fulfillment of what God has created you to be and do. Approaching your work as a job versus approaching it as a calling makes all the difference in whether or not you dwell in the miraculous universe.

You have a calling simply because you are alive. You have a calling because you are a child of God. You have a calling because you're on this earth with a divine purpose: to rise to the level of your highest creative possibility, expressing all that you are intellectually, emotionally, psychologically, and physically in order to make the universe a more beautiful place.

As you do this, your entire life becomes your ministry—a way to serve God and to serve the world.

"Do not be dismayed
by the brokenness
of the world.

All things break.

And all things can be mended.

Not with time, as they say,
but with intention.

So go. Love intentionally,
extravagantly, unconditionally.

The broken world waits
in darkness
for the light that is you."

~L.R. Knost

The Waterfall

The other day I went hiking up Adam's Canyon, north of SLC. I have hiked this trail before, one time, twenty plus years ago and remembered long hot switchbacks which eventually led to a waterfall off of the trail to the left.

The ease of the first part of the hike this time swiftly sent me into gratitude as I realized that I'm in much better shape in my 40s than I was in my 20s.

Soon I came upon a 10-15 ft. waterfall through some boulders and thought, "is this it?" I remembered it being bigger and decided to continue on.

Next I found the waterfall I remembered seeing years ago off to the left of the trail. After taking some pictures I noticed that the trail kept going and I still had plenty of time so I kept hiking.

Eventually I came to what looked like the end of the trail and a minute or so

later two hikers arrived and we decided to split and see if the trail continued to the right or left.

About ten minutes later we converged again and with beaming faces they told me to go around the corner across the shallow stream. Not more than 25 feet from where I almost turned around was the most gorgeous waterfall hidden behind the rocks. I had never seen this one before and was definitely not

expecting it.

As I sat there watching alpine water fall into a clear blue pool, tears began to well up in my eyes as I thought, *"this is a result of everything I have learned over the past five years."*

There was a time when I avoided speaking to other people at all costs, yet here I was, instigating conversation with two hikers. This time I had no complaints, only gratitude for time to hike and soak in the beauty of the mountains in the Spring.

I appreciate my body more now than I criticize it. I have truly learned that the more steps you take, the greater the reward. To never give up. Ever.

And I began thinking about sobriety and the rooms of A.A. About how many times I have heard, "Don't give up before the miracle happens."

The road out of addiction *to anything* isn't easy but there is beauty all along the way if you look for it. So, if you are struggling to believe that sobriety is possible for you, please don't give up before you get to your own waterfall. To the miracle. Whatever that might look like. There is so much more to experience beyond what any substance has to offer.

-anonymous



EVENTS



Come Join us at Defa's Ranch!
For the 39th G.O.D. Camp-out
July 9,10,11, 2021

SATURDAY NIGHT SPEAKER: TBA

Friday: Registration, open meetings, Friday night follies, music and dancing. Alateen and Al-anon speakers

Saturday: Children's activities, adult activities, 5k run, fishing derby, horseshoe tournament, arm wrestling, cook-off competition, trinkets and trash, **HUGE RAFFLE**, speaker's meeting, Boozeville bombers, music and dancing.

Sunday: Good morning Spiritual meeting:
Committee meeting * New Committee is chosen * All are invited

Please send check made payable to GOD Campout.

Billie Jo B · 1404 Spring Mountain Drive · Springville, Utah 84663 · 801-691-9318

NO PETS ALLOWED

Alano West Annual Event

K.I.S.S. Campout

Rockport Dam

Sept 3rd - 5th 2021

\$45 for families

\$25 for single campers

\$10 for Saturday events

Pre-register before July 31st
for a \$5 discount

Questions?

contact Scottie @ 801-696-4996

or Ruth @ 801-759-2063



24th National A.A. Archives Workshop

"Today is Tomorrow's History"

September 30th - October 3rd, 2021

San Antonio, TX

for more information, contact:

Tami S., Chair: (210)316-0147

Paul B., Co-Chair: (210)885-5848

2021ArchivesWorkshop@gmail.com

website: 2021NAAAW.org



Women's Big Book Retreat

Book your "retreat" now!

Camp Rogers 2021

September 17, 18, 19

\$75.00 (\$80 at the door)

Registration:

Mail your non-refundable check

(payable to: "Women's Big Book Retreat")

to: Pati I.

1042 E Fort Union Blvd #233

Midvale, UT 84047

or register online at:

newurecovery.org

questions? Call: 801-574-8765

wbbgirls@gmail.com

Alano Club Announcement

Happy Summer from the Alano Club Board of Trustees! Here is an update on what we have been up to since the last lifeline article, club happenings and events. We also want to let members (or potential members) know how to pay club dues and help support keeping us open!

Club Improvements

- All lights and 1 ballast upstairs have been replaced
- Swap coolers were all serviced
- Additional urinal dividers placed in the mens restroom
- Perennials were planted in all our flowerbeds (\$530 was raised in previous months)
- A stop sign was placed at the building exit-this will help keep pedestrians safe

Savings & Membership

- We currently have 110 dues paying members. 89 of which are eligible to vote (3 months of consecutive dues).
- If you are attending meetings at the club, you can pay dues with cash or check or **credit card (*!!!)**. Talk to the meeting secretary and they will help get it paid through our kitchen staff.
- Membership dues can be paid by mailing a check or money order to: ○ 5056 South 300 West, Murray, UT, 84107.
○ *(Be sure to include your name, address, phone and email so we can credit the correct account or create a new one.)*
- You can also call the club, when it is open, and pay with a credit card now! (801) 261-9287

Fundraising

- We have a "Go Fund Me Account" for the Club.
<https://www.gofundme.com/f/alano-club-salt-lake-city-recovery-for-ourclub> Please contribute if you can. We have not received any grants from the State of Utah, or other agencies this year, and can always use your support.

Upcoming Events

Cosmic Bowling, Saturday, 7/31. This will be at All Star lanes in West Jordan. Check in at 6pm, bowling starts at



As meetings start coming back in person

or going hybrid, it is incredibly important that you help us update the Schedule. To do so, please visit saltlakeaa.org/meeting-changes. Phone calls to Central Office or emails will NOT be accepted.

Please use the **Official Meeting Change Form**. Thank you for helping us to list an accurate schedule for the still suffering alcoholic newcomer.

Joke of the Month



The car sped off the highway, went through the guardrail, rolled down a cliff, bounced off a tree and finally shuddered to a stop. A passing motorist, who had witnessed the entire accident, helped the miraculously unharmed driver out of the wreck. "Good lord, mister," he gasped, "Are you drunk?"

"Of course," said the man, brushing the dirt from his suit. "What the hell do you think I am ... a stunt driver?"

Central Office is "hiring"!

Come volunteer at C.O. & up-level your recovery and your life!

The following Service Positions are available:

Board positions -

- Co-chair - Open
- District 11 Trustee - Open
- Alternate(s) Trustee(s) - Open

Committee Chair Positions -

- Activities - Open
- Events Calendar - Open
- Bi-laws - Open
- Corrections - Open
- Hotline - Open
- Newsletter - Open
- Tech Committee - Open
- Treatment Chair - Open



News Update from the Alano Board Members: ...cont from pg. 8

6:30pm. The evening includes 90 minutes of bowling, shoe rentals, unlimited fountain drinks, 3 slices of pizza each, a \$5 arcade card, cake and 50/50 raffle. The cost is \$30 and tickets can be purchased from Jonie or any board member. Come have some fun and fellowship. Tickets are limited, get yours soon!

Aug: Motorcycle Wash

Sep: Bake and Craft sale

News & Other Info

- The winner of the logo contest was Tyson M. Here is our new logo:



- It will take a bit of time to change this with the state, then update our door logos and any stationary. Thank you to all who entered logos, it was a fun time at our membership steak dinner to pick a new one.
- V is back working at the club as an assistant manager. Please welcome her back and say hello.
- Meeting secretaries/contact people: Please email (support@alanoclubslc.org) your name, email and phone number so we can contact you if there are last minute changes of some kind that affect your scheduled meeting.
- The club is compiling a list of members with service skills and businesses which we can use to get bids for work needed in the future before we reach out to the general business public. Please send us a description of your business or skills with contact information to support@alanoclubslc.org
- The membership steak dinner was a huge success. Thank you to Jonie for all the work and cooking she put into the evening. This will be a yearly event.



Hiking Meeting @ Lake Solitude



Come join us

this year at the Lake Solitude

"Trail of Hope" hiking meeting!

This serene hike starts at Silver Lake at the top of Big Cottonwood Canyon and ends at Lake Solitude where the meeting is held Monday through Friday evenings beginning at 6:00 pm. To carpool up meet at the park and ride at the base of the canyon at 5:30 (Look for a white truck parked in the temporary parking on the east end by the bus stop.) This is an open discussion meeting with a different chair person each day. If you are interested in chairing or want more information, please call or text Pine @ (801)450-5600.

Hope to see you there!

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