

Nov
2021

Salt Lake
A.A.
Central
Office

lifeline



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EGO GOOD? EGO BAD?

Here's a description of the evolution of our ego, followed by Sigmund Freud's disclosure of its purpose.

- From an evolutionary perspective, ego is surmised to have **evolved from self-awareness**. Self-awareness is particularly advantageous for social animals like us — humans. It gives us an idea about our strengths, weaknesses, our role and position in the society and also to understand other's behavior.
- When Freud developed psychoanalytic theory, he used the German word *es* (Ego in English) to describe the part of the self that is responsible for decision making.

Consequently, I understand our ego is an inherited filter that protects us from outside hazards and perilous internal decisions. Without our egos humans could never have survived the slings and arrows of time. Our ego is to be considered a benevolent human psychological component. As Dr. Freud explained, it is a thought filter—a decision making apparatus.

Although this may seem an unusual glowing report for which is often given an extremely bad rap around the AA tables, but we *can* experience a benevolent healthy ego that keeps us *happy, joyous, and free*. (p. 133) However, our egos sometimes may go out of whack and become disastrous to us and to our fellows, e.g.:

The **secular driven ego filter** that lives in deep fear and elevates ordinary situations out of proportion. We begin to consider ourselves big shots (egomaniacs), unable to see another's point of view, often insulting, uncaring of others, self-centered to the max, and all the rest of it. We can easily see how this dangerous disorder can lead alcoholics to that first drink.

However:

...cont on pg 7

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
(Please include group name)

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 — Jake S.

Coins — Gina H.

coins@saltlakeaa.org

Co-op Professional Community — John S.

cpc@saltlakeaa.org

Corrections — Open*

corrections@saltlakeaa.org

Hotline — Forest

hotline@saltlakeaa.org

Literature — Doug R.

literature@saltlakeaa.org

Lifeline Newsletter — Joe K.

lifeline@saltlakeaa.org

Outreach — Melissa E.

outreach@saltlakeaa.org

Public Information—John S.

pi@saltlakeaa.org

Technical Support — Open*

it@saltlakeaa.org

Treatment & Accessibility - Charlie

treatment@saltlakeaa.org

Twelfth Step — Zach B.

12step@saltlakeaa.org

Volunteer — Kim B.

volunteer@saltlakeaa.org

Website — Sonya

webservant@saltlakeaa.org



C.O. FINANCIALS SEPTEMBER 2021

<u>Income Statement</u>	2021	2020
<u>Revenue</u>		
Group Contributions	\$1,993.52	\$1,718.19
Copy/Newsletter donations	\$-	\$3.25
Individual Contributions	\$-	\$491.00
Sales - Literature	\$7651.15	\$7,547.35
Sales - Coins	\$1,542.50	\$801.00
Total Revenue:	\$11,187.17	\$10,763.29
COGS - Literature	\$6,794.14	\$6,688.63
COGS - Coins	\$1,373.45	\$678.90
Total COGS	\$8,167.59	\$7,367.53
Gross Profit	\$3,019.58	\$3,395.76
Operating Expenses	\$3,929.19	\$2,817.97
Other Expenses:	\$-	\$-
Total Expenses:	\$3,929.19	\$2,817.97
Net Income:	\$(909.61)	\$577.79
<u>Bank Accounts</u>		
Checking & Petty Cash	\$20,000.29	\$10,890.22
Accounts Payable Due	\$(1,309.70)	\$(6,834.29)
Money Market - PR	\$23,945.41	\$19,353.33
Total:	\$42,695.70	\$23,409.26





C.O. Meeting Minutes October 12th 2021



Reports Board of Directors

Chair: Brad -

Introduction of the meeting. By-laws, statement of purpose, and preamble. Welcome new reps; Lyndsey and Michelle.

Secretary: Mike -

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

Treasurer: Leonard B. -

Prudent reserve is healthy. Things are looking good from a financial standpoint.

Trustee: Rusty J. - (District 2)

Attended the GSR meeting on the 28th. District 2 needs help with setting up the November workshop. You can go to district2newz@gmail.com if you are interested. The financial report for the district looks good. The southern Utah corrections volunteers are getting in for meetings. The jails are still on a "outside lockdown" here in the north.

Trustee: Jake S. - (District 10)

District 10 is great. They meet at the Alano Club the first Monday of every month at 6PM.

Reports Committee Chairs -

By-laws - Jake S. -

Please send me any questions about the by-laws

Coins - Gina H. - Did an inventory, things are running smoothly.

Cooperation w Professionals: John S.

Had a conversation with Mellisa in regards to working with the district on pooling resources for CPC events.

Literature: Doug R -

S.O.P. and inventory has been a challenge but things are on the upswing. The literature sales can be found on the Sept financial. Sold 1105 pieces of literature. There has been some talk about going back to selling goods at cost. Recently Central Office has been selling literature at catalog cost. Doug is keeping track of

profit and items sold for the possible discussion of changing "sales price" for the inventory.

Hotline: Forest -

Hotline is going just fine. As soon as someone asks to volunteer for the Hotline, I enter their name and info. Calls are getting forward to the volunteers.

12th Step: Zach B -

Had 3-4 people reach out on the email account over the last 3 months. Mainly family's of the suffering alcoholic.

Webservant: Sonya -

The website was used 10,000 times last month. 60% are found by search. The main page used is the meeting schedule. With meeting changes done online, groups will now get a "receipt" stating the change has been seen along with a time on how long before the change will show on the schedule.

New Business:

A new "Treatment/Accessibilities" chair position has been added here at Central Office. Charlie has stepped up to fill this position, and is working to bring interpreters into meetings for our deaf alcoholics.

Old Business :

Jake went over the motion on the table in regards to amending the BY-Laws. He answered all questions in regards before the vote. Motion voted on and passed.

Board positions -

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

Committee Chair Positions -

- Activities - **Open**
- Corrections - **Open**
- Newsletter - **Thank you Joe!**
- Tech Committee - **Open**
- Treatment Chair - **Open**

Adjourn and Close with the Serenity Prayer

****The next C.O. Office board meeting will be held on Tues Nov 2nd 2021 @ 6:30 pm.***

****The next C.O. Rep meeting will be held on Tues Nov 9th @ 6:30 pm***

Alano Club Announcement

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

Club Improvements / Maintenance

- Storage at the club has been cleaned out-we refer to this as “the Dungeon”
- Approximately \$7,000 worth of food was thrown out. We knew this would happen after being closed for 18+ months, however, much of the food was from 2015, 2016, 2017, 2018, that unfortunately was never rotated in the past.
- Chairs were repaired.
- The hall downstairs was painted white to lighten up the space.
- The hood suppressor had its 6 month checkup.
- We got rid of a refrigerator with a broken compressor.
- Our air coolers were winterized and the boiler turned on.
- Our club trophies are now displayed throughout the club.



Savings & Membership:

- We currently have 120 dues paying members, 108 of which are eligible to vote (3 months of consecutive dues). There are 43 eligible members for the board-3 spots will be available the end of January)
- If you are attending meetings at the club, you can pay dues with cash, check or credit card. Talk to the meeting secretary to get it paid through our kitchen staff.

Fundraising:

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

Upcoming Events:

- Nov 25 - Thanksgiving Turkey Lunch/Dinner
- Dec 18 - Booseville Bombers Christmas Show

cont on pg 7...



As the trees let go of their leaves

this season

let us follow the example

and ***let go*** of limiting beliefs,

habits that no longer serve us...

In preparation for what is coming next!

EGO GOOD? EGO BAD?

...cont from pg. 1

As the result of living the Twelve Steps, a **God inspired ego filter** takes precedence over the fear and destructive behavior of the **secular driven ego**. Page 85 tells us: "The problem (mental obsession) has been removed. It does not exist for us so long as we remain in a fit spiritual condition." (p. 85)

Ego good? Ego bad? I have a choice—Thank you God!

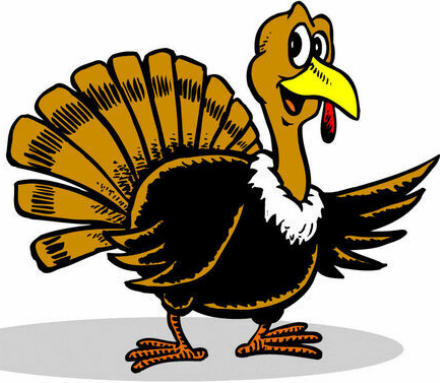
- Bob S, Richmond, Indiana



"My identity shifted when I got into recovery. That's who I am now, and it actually gives me greater pleasure to have that identity than to be a musician or anything else, because it keeps me in a manageable size. When I'm down on the ground with my disease - which I'm happy to have - it gets me in tune. It gives me a spiritual anchor. don't ask me to explain."

-Eric Clapton

Joke of the Month



Dave and Jim were a couple of drinking buddies who worked as Aircraft mechanics in Melbourne. One day the airport was fogged in and they were stuck in the hangar with nothing to do. Dave said, "Man, I wish we had something to drink!" Jim says, "Me too. y' know, I've heard you can drink jet fuel and get a buzz. You wanna try it?" So they pour themselves a couple of glasses of

high octane booze and get completely smashed. The next morning Dave wakes up and is surprised at how good he feels. In fact he feels GREAT! NO hangover! NO bad side effects. Nothing! Then the phone rings. It's Jim. Jim says, "Hey, how do you feel this morning?" Dave says, "I feel great, how about you?" Jim says, "I feel great, too. You don't have a hangover?" Dave says, "No that jet fuel is great stuff - no hangover, nothing. We ought to do this more often." "Yeah, well there's just one thing." "What's that?" "Have you farted yet?" "No." "Well, DON'T! 'Cause I'm in Perth!"

Alano Club Announcement...cont from pg 5

- Dec 25 - Christmas Lunch/Dinner

News & Other Info:

- The club is now open 7 days a week! Please find our meeting schedule at alanoclubslc.org. We have volunteers helping with some of the meetings and have 4 employees.
- The kitchen opening has been delayed and we are hoping it will be sometime in November. This will be with a limited menu and hours. To begin, we will offer Friday / Saturday evening meals and Saturday / Sunday breakfast. Prices will reflect the increased cost of food today. We are in need of volunteers to help with many things to get this open. Our employees and the board have been doing the majority of the work and our hours are limited. We would like to thank the volunteers that have helped, without them we would not be as close to opening as we are. If this is important to you, please come volunteer and help us get the Cafe open.

Salt Lake Central Office



2021 Elections



Tuesday, December 14th at 6:30 PM

In-Person: 80 Louise Ave S, Salt Lake City, UT 84115

Zoom Hybrid Meeting Code: 938044555 Password: aa

Two-Year Service Positions Available:

- Secretary
- Treasurer
- Trustee at Large (District 11 liaison)
- Trustee at Large (District 13 liaison)
- *Two Alternate Trustees if above positions are filled

One-Year Service Positions Available:

- Co-Chairperson of Central Office
- Activities Committee Chair
- Corrections Committee Chair
- Outreach Committee Chair
- Technology Committee Chair

***For more information on service position details,
please contact By-Laws Chair at trustee10@saltlakeaa.org**



Some places in this world are very hard to climb, and people use animals. Each person can only ride one, and each animal might have a different name. The riders go up the trail in different orders, and they discuss their varying opinions about their experiences. They may even have conflicting opinions: One traveler may think the trip thrilling, another may find it terrifying, and a third may find it mundane.

At the summit all the travelers stand in the same place. Each of them has the same chance to view the same vistas. The donkeys are put to rest and graze; they are not needed anymore.

We all travel the path of Tao ("the way Home"). The donkeys are the various doctrines that each of us embraces. What

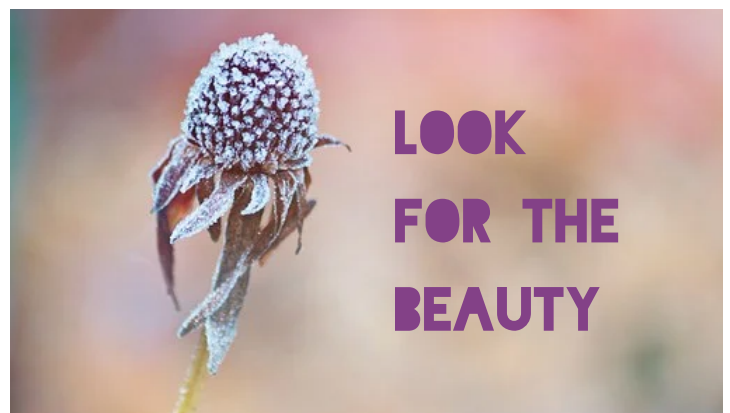
does it matter which doctrine we embrace as long as it leads us to the summit? Your donkey might be a Zen donkey, mine might be a Tao donkey. There are Christian, Islamic, Jewish, and even Agnostic donkeys. All lead to the same place. Why poke fun at others over the name of their donkey? Aren't you riding one yourself?

We should put aside both the donkeys and our interim experiences once we arrive at the



summit. Whether we climbed in suffering or joy is immaterial; we are there. All religions have different names for the ways of getting to the Holy Summit. Once we reach the

Summit, we no longer need names, and we can experience all things



People with *eating-related conditions*
are referred to as
"having an eating disorder"

NEVER as "food abusers."

So, why do we refer to people
with *substance related conditions*
as, "**substance abusers**"?
and not as having a

"substance use disorder?"

-Dr. John Kelly

Had both my shots, now working
on a couple of boosters.



Let Us
Give Thanks

WE MOVE FROM
ADDICTION

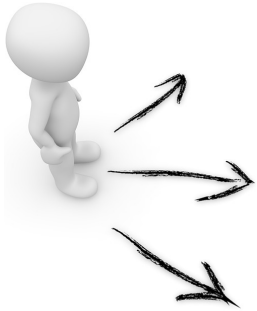
into

RECOVERY

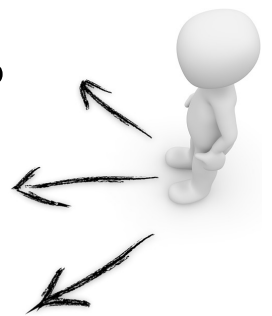
A SPIRITUAL AXIOM

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us."

TWELVE STEPS AND TWELVE TRADITIONS, p. 90



I never truly understood the Tenth Step's spiritual axiom until I had the following experience. I was sitting in my bedroom, reading into the wee hours, when suddenly I heard my dogs barking in the back yard. My neighbors frown on this kind of disturbance so, with mixed feelings of anger and shame, as well as fear of my neighbors' disapproval, I immediately called in my dogs. Several weeks later the exact situation repeated itself but this time, because I was feeling more at peace with myself, I was able to accept the situation—dogs *will* bark—and I calmly called in the dogs. Both incidents taught me that when a person experiences nearly identical events and reacts two different ways, then it is not the event which is of prime importance, but the person's spiritual condition. Feelings come from inside, not from outward circumstances. When my spiritual condition is positive, I react positively.



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