

Dec
2021

Salt Lake
A.A.
Central
Office

lifeline



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FREEDOM FROM GUILT

(Step Eleven provides the answer)

AA promise: *"We will not regret the past nor wish to shut the door on it."* (p. 83)

There exists a demon (Mental Obsession) lurking in my subconscious that wants me drunk! This demon hopes that I will miss-interpret the above promise and begin to compulsively dwell on my many past mistakes, over and over. It hopes that the resulting guilt will render me so irritable, restless and discontented that I will march into the nearest bar.

Of course this great promise taken rightly does not encourage guilt at all. That we are not to *"shut the door"* on the past simply means that I need to realize my past mistakes so as not to repeat them.

But how, but not feel guilty?

I have heard said that self cannot rid self of self-guilt with self—akin to lifting oneself by their shoestrings. Obviously, I need a conscious contact with a

...cont on pg 6



Wyoming designated driver

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. Meeting Minutes November 9th 2021



Reports Board of Directors

Chair: Brad -

Read our statement of purpose, and preamble.
Welcome new reps: Brand, Zach & Lisa

Secretary: Mike -

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

Treasurer: Leonard B. -

explained the financial report for the month of October. Lenny answered the questions about operating funds and the date of the fiscal year.

Trustee: Rusty J. - (District 2)

Attended the District 2 GSR meeting. The fall workshop was last weekend. Has a copy of the treasury report for District 2 if anyone is interested.

Trustee: Jake S. - (District 10)

There are some guideline changes that they are voting on so get your GSR there. The new AA Service manual is coming out in hard copy. One of the sections is 4 pages on Central Office and the importance of inter-groups.

Reports Committee Chairs -

By-laws - Jake S. -

Updated the By-Laws. They have been emailed out but need to be added to the website. The main new change is the addition of District 13. Jake will send out a new flyer showing the upcoming open positions. Position descriptions are online in the By-Laws.

Coins - Gina H. -

Did an inventory and matched it with the new point of sale system. All the inventory is all put away and accurate. Sold 196 coins for north of \$2000.00

Literature: Doug R -

Doug would like to coordinate an inventory of the literature. He needs 5-6 volunteers. All literature is currently at catalog prices.

Hotline: Forest -

Is functioning well. Times are available for you, your meeting or take the time slot list to your groups and see about grabbing a time slot. You can also email hotline@saltlakeaa.org

Volunteers: Kim B -

We need volunteers on Fridays and Saturdays. 10-5 on Fridays and 10-2 on Saturdays.

Webservant: Sonya -

Still a ton of meeting requests coming in. Any CO reps please remind your group of the meeting change form online. Also, check the meeting schedule to make sure your meeting is updated. 8.7k visitors in October. Most are checking the schedule.

New Business:

Proposed addition to article 9 in the by-laws:

9.1.3 Central Office, by approval from the CO Board and CO Committee, may accept donated "Purple Can" funds for purpose of funding Interpreter Services to aid Central Office Treatment and Accessibilities Committee with making AA accessible to deaf members. These funds will not be requested nor promoted by Central Office. The Purple Can funds may be raised by groups and individuals for the purpose of paying invoices submitted for Interpreter Services rendered.

The motion needs to go to the groups for their opinion & will be voted on next month at December's Central Office Meeting. The short version is the purple can is a lot like the pink can. To help bring interpreted meetings to the deaf community.

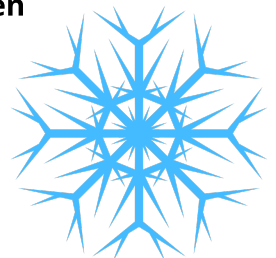
Old Business :

Board positions -

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

Committee Chair Positions -

- Activities - **Open**
- Corrections - **Open**
- Newsletter - **Open**
- 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 dec 7th 2021 @ 6:30 pm.*

**The next C.O. Rep meeting will be held on Tues Dec 14th @ 6:30 pm*

Alano Club Announcement

Greetings from the Alano Club Board of Trustees. Here is an update on club happenings, events, 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

- We have updated from paper to digital systems now.
- Card room has been cleaned and painted, we have a new pinball machine and the pool table is up and running.
- The leak in "the Dungeon" (where we store food) has been fixed. There is a modified bitumin roof covering over it now that will prevent leaks in the future. Motorcycles can no longer drive or park in this area, which is a safety improvement for our members and the building.
- We are checking inventory 3xs a week and keeping everything clean.
- The stove has been repaired and is up and running again.
- We are separating the food prep and dish areas to be in compliance with health and safety codes. Volunteers are helping out with the kitchen remodel, working for half price and cost of supplies.
- Quartz countertops have been donated for the kitchen

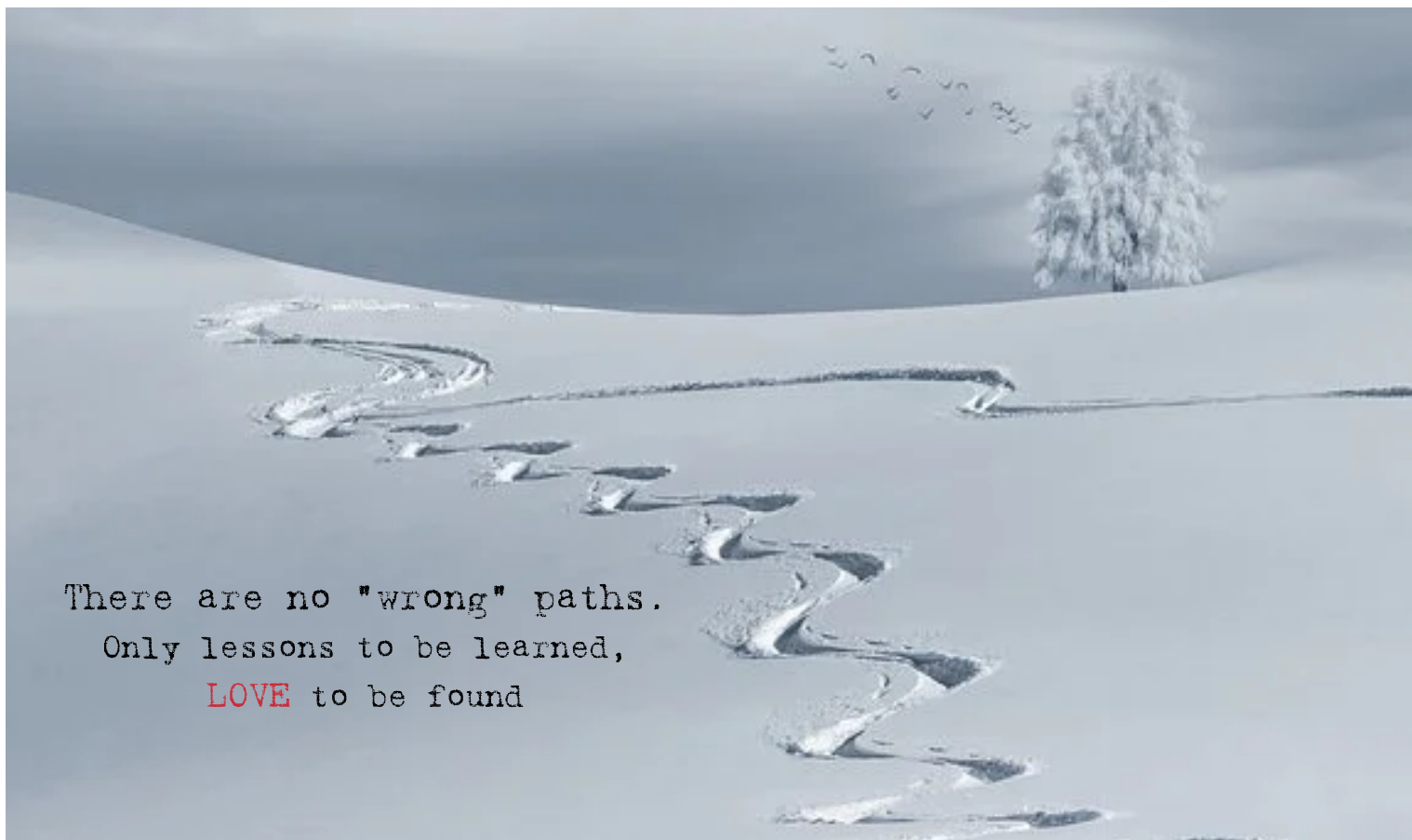
Savings & Membership:

- We currently have 123 dues paying members, 111 of which are eligible to vote (3 months of consecutive dues). There are 51 eligible members for the board- (3 spots will be available the end of January)
- We have bundled our bills saving %50 off monthly costs.
- 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.
- Our membership meeting on the 21st had a good turnout. We discussed creating a fundraising committee to handle some of the financial responsibility for the club so that the board isn't doing it all.

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.

cont on pg 7...



There are no "wrong" paths.
Only lessons to be learned,
LOVE to be found

FREEDOM FROM GUILT cont from pg 1..

power greater than my self!" Page 86 provides the answer: *"After making our review, we ask God's forgiveness and inquire what corrective measures should be taken."* (p. 86)

Asking for God's forgiveness is the easy part, but then comes the *"corrective measures"* part. To obtain release from my guilt I may need to make amends and perform unpleasant measures to prevent recurrence—*whether I want to or not!* I must always remember that to stay sober I must remain in a fit spiritual condition. (p. 85)

So, when past defects and shortcomings come to haunt me I can request help with the above prayer and try to stay busy in the 'now-ness' of each day. AA service provides many such opportunities. Step Eleven solutions are based on truth, but the mental obsession is a lie. Happily, a lie cannot penetrate the truth anymore that darkness can penetrate light. The Eleventh Step directions continue to save me from marching back into that bar room door.

Thank you, God!

Bob S

**Those who have
one foot
in the canoe
and one foot
in the boat
are going to
fall into
the river
(Tuscarora
proverb)**



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
- Newsletter (lifeline)
- Outreach Committee Chair
- Technology Committee Chair

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



Joke of the Month



The minister of a city church enjoyed a drink now and then, but his passion was for peach brandy. One of his congregants would make him a bottle each Christmas. One year, when the minister went to visit his friend, hoping for his usual Christmas present, he was not disappointed, but his friend told him that he had to thank him for the peach brandy from the pulpit the next Sunday. In his haste to get the bottle, the minister hurriedly agreed and left. So the next Sunday the minister suddenly remembered that he had to make a public announcement that he was being supplied alcohol from a member of

the church. That morning, his friend sat in the church with a grin on his face, waiting to see the minister's embarrassment. The minister climbed into the pulpit and said, "Before we begin, I have an announcement. I would very much like to thank my friend, Joe, for his kind gift of peaches ... and for the spirit in which they were given!"

Alano Club Announcement ...cont from pg 5

- Some meetings have a paypal code in the bottom of the 7th tradition baskets that allows members to contribute without using cash. This code will also be on display throughout the club for easy donations.

Upcoming Events:

- Dec 18 - Booseville Bombers Christmas Show
- Dec 25 - Christmas Lunch/Dinner

News & Other Info:

- The kitchen is open 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. 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.
- Smith's & Amazon will give the club .5 cents for every dollar spent. There are flyers posted explaining how this works.
- The old lien from 2008 on the building has been resolved. No money is owed and the building is clear.

C.O. FINANCIALS OCTOBER 2021

Income Statement

Revenue

	2021	2020
Group Contributions	\$5,256.31	\$2,063.72
Copy/Newsletter donations	\$-	\$10.17
Individual Contributions	\$-	\$891.61
Sales - Literature	\$6,006.45	\$4,856.61
Sales - Coins	\$1,267.00	\$-
Total Revenue:	\$12,885.27	\$7,822.15

COGS - Literature	\$5,376.50	\$3,953.16
COGS - Coins	\$1,062.67	\$-
Total COGS	\$6,439.17	\$3,953.16

Gross Profit	\$6,446.10	\$3,868.99
Operating Expenses	\$3,798.22	\$3,461.41
Other Expenses:	\$-	\$-
Total Expenses:	\$3,798.22	\$3,461.41
Net Income:	\$2,647.88	\$407.58

Bank Accounts

Checking & Petty Cash	\$27,513.07	\$20,275.70
Accounts Payable Due	\$(16,509.94)	\$(45.06)
Money Market - PR	\$23,948.62	\$22,424.91
Total:	\$34,951.75	\$42,655.55



HOLIDAY CELEBRATIONS

Fellowship Hall

2060 S Windsor St., SLC

Come join us for a day of fellowship, food and fun!

December 25th

Alano Club

5056 S 300 W, Murray

Come join us for a day of fellowship, food and fun!

December 25th

Committee Meeting



Area Inventory

Hosted by District 11

December 4th, 2021

8:30 am to 5:00 pm

151 S 1100 W Farmington, UT

Zoom Info - 879 3198 3200

password - 109417

Come Celebrate!

Sat January 15th, 10-4 pm

80 W Louise Ave

Potluck lunch served

It's been **10 Years** since Salt Lake Central Office went "**ALL VOLUNTEERS**".

Come join us for an all day open house to celebrate this impressive achievement! All past, present and future volunteers are invited, as well as anyone who wants to come check it out and see how we do it here at Salt Lake Central Office!

WANTED

Central Office Representatives



Does Your Group Have One?

Stay in touch with the latest happenings and changes with A.A. on a local level. Having a group rep gives members a voice by allowing them to vote on key issues as they arise. It's a great way to get involved with the workings of A.A. locally... And it's FUN!!

-See you there

I learnt in high school that when a butterfly is struggling to get out of the cocoon and you cut the cocoon to help it out, **the butterfly dies.**

You have to let the butterfly struggle, because the struggle forces blood into the wings, so they can spread them and fly. **The same goes for us.**

The struggles we go through is necessary to make us strong enough to soar through life.



KR

KERWIN RAE

"Open-minded people don't care to be right;
they care to understand.

They know it's more important to see where
someone's coming from
than it is to change their mind."

~Heaven Soul

"Respect yourself,
love yourself,
because
there has never been a person like you
and there never will be again."

~Osho

**We are not living
just to be sober;
we are living to learn,
to serve, and to love.**

Be still.

Alone.

Empty

Before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God look upon you.

That is all.

God knows.

God understands.

God loves you

With an enormous love,

And only wants

To look upon you

With that love.

Quiet.

Still.

Be.

Let your God

Love you.

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