

lifeline



Step 10 - In Action

In This Issue:

- C.O. Meeting minutes
- "Hello Again, I'ts Me" by Anonymous
- "Step 10 - In Action" by Bob S.
- "Menace" by Braden
- Alano Update
- Joke of the Month
- "My Story" by Jason
- "Crack Man" by Jacqueline W.
- Events Calendar
- Financial information
- 7th Tradition Information
- "Clairity" by Julio
- "The Game" by Michael T.
- "Experience, Strength & Hope" by Siena



As a Los Angeles taxi driver during the 1980s, many "adventures" took place calling for immediate use of Step Ten, for instance: Drunks vomiting in the back seat, passengers who take off running to avoid paying. One mentally ill guy announced he had no money but just wanted to go for a ride which cost me about ten dollars on the meter, a rich family after a thirty-mile trip to LAX which included my heavy luggage handling left no tip. After these "adventures" I was naturally experiencing anger, maybe worse!

Luckily, AA had taught me that repeated thoughts of anger (resentment) could threaten my sobriety—but what to do? This is where page 84 from the Big Book came in handy. It said to ask God, at once, to remove my anger and then to discuss my defect/shortcoming with someone (LA has clubhouses galore so "at once" was no problem). Lastly it suggests: *"We resolutely turned our thoughts to someone we can help."* I think this could be a prayer for someone, or even planning a birthday gift. Bill Wilson's Oxford Group mentor, Reverend Sam Shoemaker, summed up A.A. as: *"Out of self, into God, into others."*

AA has provided the ability to control my mind, to some degree—at least better than before. I like to **think before I think!** When I feel thoughts of selfishness, dishonesty, resentment or fear coming to consciousness, I go to God for help. A simple statement such as, *"Be still and know that I am God,"* seems to calm me down enough to stymie destructive thoughts. What freedom!

I have learned that when negative emotions begin to take over, Step Ten has taught me what to do. Step Ten is indeed an all-day-long step! Its rewards are beyond belief: *"The problem(mental Obsession) has been removed. It does not exist for us."*(p. 85) That is so long a I remain in a fit spiritual condition—Step Ten allows this to happen.

-Bob S, Richmond, IN

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

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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 — Open*

lifeline@saltlakeaa.org

Outreach — Melissa E.

outreach@saltlakeaa.org

Public Information — John S.

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 AUGUST 2021

<u>Income Statement</u>	2021	2020
<u>Revenue</u>		
Group Contributions	\$1,555.00	\$1,369.61
Copy/Newsletter donations	\$-	\$42.26
Individual Contributions	\$197.00	\$-
Sales - Literature	\$5,402.05	\$10,638.50
Sales - Coins	\$1,433.00	\$1,325.75
Total Revenue:	\$8,587.05	\$13,376.12
COGS - Literature	\$5,331.82	\$10,290.80
COGS - Coins	\$1,008.71	\$1,259.25
Total COGS	\$2,246.52	\$11,550.05
Gross Profit	\$2,246.52	\$1,826.07
Operating Expenses	\$3,556.22	\$3,697.62
Other Expenses:	\$-	\$-
Total Expenses:	\$3,556.22	\$3,697.62
Net Income:	\$(1,309.70)	\$(1,871.55)
<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 September 14th 2021

Reports Board of Directors

Chair: Brad -

Introduction of the meeting. Welcome new C.O. reps: Steve, Pat, Holly & Cody.

Secretary: Mike -

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

Treasurer: Leonard B. -

See the financial report attached. Lenny did a quick breakdown of the August Financial Report. Central Office had a net loss of \$1300.00 for August. Lenny attributed the loss to selling literature at cost. Group contributions were also down. Charlie asked why literature was being sold at cost. Doug mentioned that Central Office is selling at catalog price.

Trustee: Jake S. - (District 10)

District 10 is back in person at the Alano club. Moving forward they will meet the first Monday at 6pm at the Alano Club. No Zoom platform anymore. All of the district DCM positions are filled.

Reports Committee Chairs -

By-laws - Jake S. -

Jake sent out the copy of the motion to change the Bi-Laws. Provides a 4th trustee to serve as a liaison for the new District 13 within the Salt Lake Central Office Intergroup boundaries. Crossed out information is the old code, underlined is the new proposed code. Please bring it back to your groups, and be prepared to vote at October's Central Office Rep Meeting.

Literature: Doug R -

Doug commented on the financial report and feels the point of sale might be off due to the transition. Doug is going to do an analysis on the 'Square' P.O.S. is costing for transactions etc.

Hotline: Forest -

Everything is chugging along.

Outreach - Melissa E -

Visited a few meetings, had a great experience at one

online. Reported on Recovery Days.

Public Information: John S -

with Melissa's kind assistance there was a booth at Recovery Days. Did attend the district 2 meeting. This district doesn't currently have a CPC representative. Making connections and adding committee members.

12th Step: Zach B -

Only 1 person reached out via email this month

Volunteers: Kim B -

Would Like to encourage reps to have group members come down and say Hi and check out Central Office.

Webservant: Sonya -

Reminder about meeting changes. Please submit them online at saltlakeaa.org. Please let us know if there are any discrepancies with the meeting schedule. There are paper schedules again but with so many changes the schedule may be outdated within days. 5.4 thousand people visited The Central Office website last month.

New Business:

Brad is hoping to strengthen continuity among all the members of The Central Office. Let's try and be more helpful to one another.

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 Oct 5th 2021 @ 6:30 pm.*

**The next C.O. Rep meeting will be held on Tues Oct 12th @ 6:30 pm*

Alano Club Announcement

Greetings from the Alano Club Board of Trustees. We hope you are all enjoying this cooler fall weather. Here is an update on club happenings, events, and news 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:

- Our kitchen has been given an okay to operate by the health department.
- All employee's and board members are obtaining food handlers permits.
- The board is working extremely hard to get the "Cafe" open at the club.
- We have created new menus and are taking inventory of what we have in the kitchen.

Savings & Membership:

- We currently have 129 dues paying members, 106 of which are eligible to vote (3 months of consecutive dues). There are 46 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.
- You can also use **our Facebook Shop** with a credit card. (look at the top of the FB page) to pay your dues.

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 any other agencies this year, and can always use support.

Upcoming/Past Events:

- **Recovery Days** - Board members ran a booth and manned two 1st aid booths at the recovery days race in Big Cottonwood Canyon. The club raised a total of \$1,442 for the Club.
- **Kareoke night** - is held every Saturday night at 9:00 pm @ the Alano Club
- **Ken Garff** has "adopted" us and will provide employees to help with a "clean sweep" of the Club sometime in October
- **October 16th - Chili Cookoff** (more info to come)
- **October 30 - CA Halloween Party and Dance** - Being held the Alano Club. Come join us for a fabulous evening dancing, spaghetti dinner & more!
- **Possible future events:** (the Sept 18- 5k,12k run has been postponed till next spring.
- **Nov 25** - Thanksgiving Turkey Lunch/Dinner
- **Dec 18** - Booseville Bombers Christmas Show
- **Dec 25** - Christmas Prime Rib Lunch/Dinner



NEWS & EVENTS

**"Once the game is over,
The king and the pawn
Go back into the same box"**



-Italian Proverb

Area 69 Fall Workshop

November 6th & 7th 2021

Sons of Pioneers Buliding

3301 E Louise Ave SLC

Zoom #879 3198 3200

Passcode: 109417

Registration onsite is \$12

For questions contact:

Dan B (801)910-7293 or Melissa E (801)915-3573



SALTYPAA

**Salt Lake Territory of Young People in
Alcoholics Anonymous**

For anyone with room to grow!

**Visit our Facebook page for upcoming events
or check out www.saltypaa.org**

"True humility occurs when we stop shaming or inflating ourselves and begin accepting ourselves as no worse and no better than anyone else. Then all people are our peers. At our meetings, our powerlessness puts us all in the same box. In the sight of God we are all equal - and status games, which have seemed so important are ultimately silly."



Menace

So my story is pretty short and sweet. Basically I started using 30s at the age of 18. After my appendix burst, my older brother offers me a pain relief in the form of good ol' miss heroin. So I started smoking black pretty heavily on and off for about 4-5 years. It wasn't until I was introduced to the needle I started to lose absolutely everything, including myself. I was at my now ex-girlfriend's house hanging out in her room. We were lying in bed and neither one of us had anything. She pulled out a spoon with a dirty cotton on it and I asked her if she would shoot me up. She asked if I had ever done it before and I told

her no but I was sick as fuck and wanted to try it. She said no for a while but eventually she caved in and helped me shoot up. I fell completely in love with it. I went off the deep end after that, seeking and trading everything I own for the shit. It wasn't until I was lying on the streets of SLC that I realized where my life was headed. So that's when I called up the rehab I'm currently at to get a bed. It's my 2ndtime through this rehab but this time I know 100% I'm done getting high/drunk. And that's basically my story.

-Braden

The Game

My life is a story of love, respect, pride, joy, heartbreak and addiction. I've been up and I've been way down. I've overcome every obstacle that has come my way - except for addiction. The only way to overcome my addiction is to understand and except the fact that I will live with this affliction for my entire life. Knowledge is power and to know my enemy is the way to defeat said enemy. To battle against any enemy that cannot be defeated is an

enemy that demands the upmost respect. I don't play my enemies games, especially if I can't win, so there in turn, I make my enemy play my game. A game of knowledge, a game of understanding and a game of acceptance. **My life is mine** and when I'm in control of my life through positive decisions and emotions, I simply don't have time to play addictions games. I win!

- Michael T.



JOKE OF THE MONTH



A man walks into a bar and says, "Bartender, give me two shots." Bartender says, "You want them both now or one at a time?" The guy says, "Oh, I want them both now. One's for me and one's for this little guy here," and he pulls a tiny three inch man out of his pocket. The bartender asks "He can drink?" "Oh, sure. He can drink." So the bartender pours the shots and sure enough, the little guy drinks it all up. "That's amazing" says the bartender.

"What else can he do, can he walk?" The man flicks a quarter down to the end of the bar and says, "Hey, Jake. Go get that." The little guy runs down to the end of the bar and picks up the quarter. Then he runs back down and gives it to the man. The bartender is in total shock. "That's amazing" he says, "what else can he do? Does he talk?" The man says "Sure he talks, hey, Jake, tell him about that time we were in Africa and you made fun of that witch doctor's powers!"

Alano Club Announcement...cont from pg 5

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 many of the meetings and have hired additional employees who are in training.
- Please keep in mind that service animals only are allowed in the Club. **Comfort/support animals are not allowed.** If you carry your dog, they sit on your lap or play during the meeting, they are not considered service animals. Thanks for helping us out with this so that everyone can enjoy their time at the club.
- We are always looking for volunteers to assist at the club. Especially now that we are working so hard to get the kitchen opened. Please stop by if you are interested in supporting our efforts and talk to one of the kitchen staff about helping out.



Experience . Strength . Hope

I grew up Mormon with an atheist father. He has always been my best friend, so when I was told he wouldn't be able to join us in heaven, I started to wonder wtf was really going on.

My mom had me taking my two younger siblings to church so of course we would "ditch" the last hour when everyone was sitting with their families and play around the neighborhood. Me always being in love with boys (pretty sure I was flirting with the other babies in day care) would look to play kiss the boys and truth or dare.

This love attraction with male humans led me to date the first boy that gave me attention. I had never been tipsy before he handed me a jack and coke. I instantly knew it wasn't him I was in love with, it was sweet liquor.

Not long after that, that's all I wanted and he knew how to get it. Then came coke...the white girl kind. With no bills to pay I used my checks for yup, that white girl. With her came the party, "friends" and more & more & more boys.

I met Pete through this life style and he introduced me to black. We would smoke and become blobs of humans until we fell asleep in each other's arms.

He said one day, "there's a better way of doing it" so I watched him make a shot. I have never been afraid of needles, therefore I said, "send it". Wow. It took me right back to that first drink but better.

How could this be? I felt like I was a baby again, with no worries, nothing wrong with the world, like my mother had just wrapped me in a warm blanket. Then everything fell apart. Fast. I started becoming sick for the first time. I had never felt like this and I was confused.

Soon boys became a game, or a hate, an evil being. But the problem was really me. I don't know when I stopped loving myself. Probably that first jack & coke. The mind already plays tricks on us so why increase the mind games?

That's when I met sobriety. And for the first time in my adult life, I feel the feeling of love, magic & connection.

- Siena



My Story

I was born 4-19-76 to Jill & Jay, lived in Big Diney Wyoming until age 9, then moved to SLC, then to Vernal at age 12 where I lived until I was out of High School. I excelled in sports, started smoking weed at 16, had my first child at 22 and also started smoking meth. Moved to Virginia that same year and split with my son's mom. I started doing cocaine at age 24, got bad over the next few years, moved back to Utah at the age of 28, did good for a while, then started doing meth again. Moved to Richfield in 2008, Got married in 2010, got busted selling weed in 2011 and moved to Idaho in 2013. My brother committed suicide in 2014. I separated from wife in 2019, got raided in 2020 and started treatment in 2021.

- Jason

Clarity

About me, there's too much to sum it all up. I will tell you that I'm part of a group that hates dealing with real life, I deal with problems by getting high and avoiding them all together. I get high and think I'm the almighty one who possesses all powers, when in reality I'm forfeiting that very power in an oxymoron type of way. It's so ironic that I think I'm in control of my thoughts and it's a simple mathematical equation, however, as an addict my brain functions have become so abstract that solving my issues are almost impossible. If and when I clear my mind by surrendering my whole self to this program, I'm praying that I'll get clarity and run my life on faith in my higher power.

- Julio



Crack Man

I remember the first time we met. It was love at first hit. I knew that I wanted to have you in my life. You made every alone feeling, every sadness go away. But...

You slowly began to cost a little more and more. I was still ok with that. You began consuming and requiring more and more time and I thought that was ok as well.

For a time...I couldn't live without you. With that being said, I couldn't live without my children either. You became so selfish that you weren't willing to share me and I chose you!! You changed me from a loving wife and mother to the woman you wanted me to

be...hateful as hell and a 24 hour bully.

I now despise everything about you. I have fallen out of love with you. I hate the way you smell, taste, and fry!

You made sure that I always ran back to you. Not today Satan. You've taken my joy, my happiness and tried to take my life. I can't believe I let you. Fuck you and bye.

You see how quick you came back into my life before I shut your ass out again. Your dead to me and will never ever treat me the way you did. I'd be a damn fool to go back. Joke's on you!

-Jacqueline W.

Hello again, it's me.

I've come again to give you that wave of energy and heated rush.

Later I will chew you up and spit you out.

I will make you feel crushed

and fill your head with thoughts of endless lust.

I will make you lose all of your friends and family.

I will throw you into a calamity, an endless vortex of insanity,
eventually screaming at everybody words of profanity.

I'm causing you damage that you can't see.

Now at this point, you're ravaged with damage,
a helpless, cope-less, hopeless addict, caused by me.

I'll take you and everything you've got
just to feel that rush and get another shot.

Don't you wish you would have stuck to pot?

I have taken your soul, a person you are not,
thanks to me and the morals you forgot.

Forget me now for this is my affliction
and you're now in my prison of addiction.

Everyone tried to warn you, but you never heeded their words.

Now you might never be forgiven,
forever stuck with a brain chemical imbalance that is hidden.

I am meth and I want your head and brain to drive you insane,
until there's nothing left but you begging for death.

Your master, Meth.

- Anonymous

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