

May
2021

Salt Lake
Central
Office

lifeline



In This Issue:

- C.O. Meeting minutes
- "Trailhead, Summit and Back Again" by anonymous
- Central Office Volunteer Positions available
- Alano Update
- Joke of the Month
- Events Calendar
- Financial information
- 7th Tradition Information
- In loving memory of Frank (Ron) Kiesig
- Quotes
- G.O.D. Camp Out info 2021



Trailhead, Summit and Back Again

I have always loved the analogy of the recovery program being referred to as a path. It fully embraces my entire recovery, through intervention, treatment, newcomer, mid-timer, and old-timer. At each juncture, there was always a path.

Every path I've ever seen had a trailhead. Where I live, the trailheads are very well marked. Street signs are posted miles away from the actual path. The sign is often at the mouth of a canyon, yet the actual trailhead might be miles away. In one case, there are signs ten miles from the trailhead. That's ample indication of what's to come. I had lots of signs about my alcoholism — skid row, lost jobs, former fiancé, car wrecks, demotions and arrest — I ignored them all. Thus, I was ordered to the recovery trailhead.

I live in a mountainous region of the United States. Most of the trailheads here have parking lots. Anyone can drive to the trailhead and park their car, but it takes physical effort to get out of the car and plant your foot on the recovery trailhead. Lucky for me, the trailhead was wide, wide enough to let any damn fool onto the path. But as most people who have traveled that path can attest, within a couple hundred feet or so, the path begins to narrow. Again, I was ordered to stay on the path for six months.

The first six months on the path, I was surrounded by people who talked in paradoxes. They said, "There are no musts in A.A., but there are a whole lot of you damn well betters." They continued. I had to surrender to win. I would find strength in weakness. I would be forgiven as I forgave. I had to give it away to keep it. I would gain independence by my dependence. The only thing that stuck in the early days was not a paradox at all, it was a cold scientific fact: if you don't drink, you can't get drunk.

...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 MARCH 2021

Income Statement

Revenue

| | 2021 | 2020 |
|---------------------------|-------------------|--------------------|
| Group Contributions | \$1,749.30 | \$3,474.04 |
| Copy/Newsletter donations | \$- | \$10.00 |
| Individual Contributions | \$361.00 | \$- |
| Sales - Literature | \$5,280.37 | \$5,800.70 |
| Sales - Coins | \$1,454.50 | \$946.65 |
| Sales - Other | \$421.35 | \$- |
| Total Revenue: | \$9,266.52 | \$10,231.39 |

| | | |
|-------------------|-------------------|-------------------|
| COGS - Literature | \$4,417.32 | \$5,623.78 |
| COGS - Coins | \$1,213.62 | \$914.65 |
| COGS - Other | \$265.83 | \$79.15 |
| Total COGS | \$5,896.77 | \$6,617.58 |

| | | |
|------------------------|-------------------|-------------------|
| Gross Profit | \$3,369.75 | \$3,613.81 |
| Operating Expenses | \$3,424.05 | \$3,827.13 |
| Other Expenses: | \$- | \$- |
| Total Expenses: | \$3,424.05 | \$3,102.51 |
| Net Income: | \$(54.30) | \$511.30 |

Bank Accounts

| | | |
|-----------------------|--------------------|--------------------|
| Checking & Petty Cash | \$3,829.50 | \$(263.15) |
| Accounts Payable Due | \$- | \$(756.33) |
| Money Market - PR | \$23,924.91 | \$24,396.56 |
| Total: | \$27,754.41 | \$23,377.08 |

C.O. Meeting Minutes April 13th 2020

Reports Board of Directors

Chair: Brad -

Warranties & Statement of Purpose. Welcome new CO reps

Co-Chair: Open

Secretary: Mike-

We need an electrician to do the light at C.O. again. The one that was going to do it is MIA...

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

Treasurer: Leonard B-

Our finances are where they should be, we are basically breaking even, and expenses were covered. Group contributions are low compared to last year. Currently working with the Central Office bookkeeper to switch fully to Quickbooks online.

Trustee: Rusty - (District 2)

Attended the district 2 meeting. The district is operating similar to Central Office. Did get their DCMC position filled. Thank You Johnathon. Addiction conference in June at the University Of Utah. They still may want Central Office to do a display.

Trustee: Jake S. - (District 10)

District 10 meets once a month on the first Monday of each month at the Alano Club. Next month will be on Zoom. District 10 represents all groups south of 2100 South. If you don't have a GSR rep to be present please try and find one. This next month's District 10 meeting will be important because May will be the first month for District 13.

Reports Committee Chairs -

Coins: Gina H. -

Jim has completed an inventory of the coins and supply is good. There is an issue with the supplier due to lack of inventory. Hopefully we will be able to get the issue wired out soon.

Cooperation with Professionals - John S. -

Working with Homeless shelters and the homeless community. Starting up AA meetings in the unsheltered communities. Currently working on

recruiting for the YWCA. Looking at doing panel type meetings to take to the homeless.

Literature - Doug R. -

Sold 1777 literature items. Made \$966.00 off of the literature. Placed a few orders in the last month and a half. Keeping a close eye on the trend of sales and basing the orders of that information. Also keeping a good stock of books on hand.

Treatment Chair - Open

Volunteers: - Kim B. -

Could always use volunteers at The Central Office. Operating hours are available at SaltLakeAA.org . Please take this information back to your groups. Please keep The Central Office informed of any group changes to help get those changes out.

Webservant: Sonya -

The meetings are trending toward more in person and hy-brid meetings. There is a Hybrid Meeting instruction page on the website to bring clarity to what and how a hybrid meeting is operating. There were 5000 plus visitors to the website. Up 12% from February.

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**
- **Public Information - Open**
- **Tech Committee - Open**
- **Treatment Chair - Open**

Adjourn and Close with the Serenity Prayer

**The next Central Office meeting will be held on
Tues May 11th 2021 @ 6:30-pm*

Trailhead, Summit and Back Again

Cont from pg 1...

As anyone who has ever hiked the trails around here can tell you, the further along the path you travel the narrower it gets. It doesn't take long either. First, when the path is wide, it's easy to stay on the path; you're told there are no musts in AA all you have to do is just not drink. When the path narrows again, and becomes harder to stay on, the fellowship gives you twelve more things to do and instructions on how to do them.

Soon, the trail gets very steep very fast. They utilize a system of switchbacks (or zig-zags) to make the path easier. There were times when I looked ahead and took a shortcut straight up the hill that avoided some of the switchbacks. I ended up with scratches from the brush and bruises on my knees, all because I did not take the easier softer way. Going from Step One directly to Step Nine would be an example of one of those errant shortcuts.

As a newcomer, I occasionally saw something off the beaten path; something shiny and intriguing. I'd wander off the path on a mission of discovery. The "I'm OK, You're OK" and the "Transcendental Meditation" movements are examples. There was a little bit of good in both of them. Sadly, good is often the enemy of the best. Once the new bobble had lost its luster, I would notice that I had strayed. I'd beat the brushes to make it back to the path. I'd continue to take Steps on the path and use the excellent examples of meditation provided in the Big Book. Once again, I am reminded that there is a reason it's called "the beaten path" and not the "road less traveled."

As the result of taking the Steps and staying on the path, I reached the summit. The work was hard but the rewards were great. That's when God, as I understood Him, had me share the rewards in all of my affairs. Then, God introduced me to a young man without a path. Suddenly, I was back at the trailhead, not as a newcomer, but as a guide.

-Anonymous



UTAH

The Utah Recovery Advocacy Project RAP is having a Recovery Community listening session on **May 13, 2021, at 7:00 pm**. It is free, will be a guided conversation with people in recovery from all pathways, family members, supporters and allies of recovery. **Everyone's voice is**

important and needed. The aim of the conversation is to identify advocacy priorities, common barriers, and experiences in order to identify content for training, educational sessions, and campaigns to address those common issues. We are a new team in Utah and need all of the support we can get. Here is a link for people to register - <https://actionnetwork.org/events/utah-community-listening-session>.



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

Name: _____ Phone: _____

*Registration includes: All meetings, Coffee, Kids activities, Teen activities and most Adult activities.
Three days of sober fun. Dancing, Bands and more!*

| | | | | | |
|--------|------|---|-------|----------|-------|
| Single | \$10 | # | _____ | subtotal | _____ |
| Family | \$15 | | _____ | | _____ |

Camping Fee's

Tent Site (up to two tents)

| | | | | | |
|-----------|------|------------|-------|----------|-------|
| Weekend | \$10 | # of sites | _____ | subtotal | _____ |
| One Night | \$6 | | _____ | | _____ |

RV Camping

| | | | | | |
|-----------------|----------|----------|-------|----------|-------|
| Per Night | \$25 | # nights | _____ | subtotal | _____ |
| Size (required) | _____ FT | | _____ | | _____ |

TOTAL

(RV includes hookups and are available by confirmed reservation only)

Please send check made payable to GOD Campout.

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

NO PETS ALLOWED

Please read the camp out rules on the other side of this flyer, they exist for our common welfare.

For more information please contact Central Office @ (801)484-7871

NEWS&EVENTS

Post Conference Assembly

May 14 - 16 2021

Hosted by District 11

The Legacy Events Center (Building #2)

151 S 1100 W Farmington, UT 84025

Zoom ID:87931983200

Password:109417

Registration Fri @ 5:30 pm &

Sat @ 8:00 am - \$18 - lunch \$7



Ages of Hip Hop 2.1

May 22nd @ 6:45pm

Fellowship Hall

*All Proceeds go to Fellowship Hall

Alano Club Motorcycle Ride & BBQ

Saturday May 8th, 2021 @ 8:30 am

Registration \$20 per bike - \$5 per passenger

Poker Run and 50/50 raffle

BBQ hosted by the Alano Club from 1:00 - 4:00 pm

\$10 per person \$5 for riders

*All proceeds to benefit the Alano Club



SPRINGFEST 2021

"Serentiy By The Stream"

June 4-6, 2021

Balsam Campground

(up Hobbie Creek Canyon in Springville)

\$15 per person \$25 per family

\$15 - T-shirts \$25 - Hoodies

Food - Games - kid activities -

Fellowship - Meetings - FUN

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

Return to **Sanity**

G.O.D. Campout 2021

July 9, 10, 11

single \$10, family \$15

tents: \$6 per night or \$10 weekend



RVs: \$25



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:

- The back property has been cleaned up.
- Fire extinguishers have been refilled and safety checks completed
- Walls have been repaired and painted in the dining room by volunteers and our manager.
- The kitchen hood suppressor will be refilled and serviced this month

Savings & Membership:

- We are working to update our membership data with email addresses which cut down on our costs and improve our ability to get messages out to you. We will never share these addresses with anyone else and will respect you by not sending messages carelessly. Please be sure to update your records with us by emailing your name, membership # (if you have it), current phone and email address to support@alanoclubslc.org
- We currently have 84 dues paying members. 69 of which are eligible to vote (3 months of consecutive dues).
- 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.)*
- If you are attending meetings at the club, you can pay dues with cash or check. Talk to the meeting secretary and they will help get it paid through our kitchen staff.
- We are working to upgrade the website (<https://alanoclub.slc.org>) to allow online credit card payments for dues. Coming soon!

...cont on pg 10



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



An arm-less man walked into a bar which is empty except for the bartender. He ordered a drink and when he was served, asked the bartender if he would get the money from his wallet in his pocket, since he has no arms. The bartender obliged him. He then asked if the bartender would tip the glass to his lips. The bartender did this until the man finished his drink. He then asked if the bartender would get a

hankie from his pocket and wipe the foam from his lips. The bartender did it and commented it must be very difficult not to have arms and have to ask someone to do nearly everything for him. The man said, "Yes, it is a bit embarrassing at times. By the way, where is your restroom?" The bartender quickly replies -, "The closest one is in the gas station three blocks down the street."

Love is by far the most positive force in the world, and it's a force that we have to give actively to others. Unfortunately, our super-strong entertainment industry tends to present love as something that we "fall in" to, something that "makes us whole," usually through an addictive relationship with another person whom we "love."

But if we learn to use love wisely, we can make a tremendous difference in the world, even if it's in our own little corner of the world. If we learn to give love, then we can give many more important things to the people we love: encouragement, courage, hope, peace, strong self-esteem, a feeling of belonging, a feeling of being important to someone. . . . Needless to say, the list is a very long one.

Love is a cause. Love causes things to happen; it causes people to change, and it causes beautiful things to come to pass. One of my greatest hopes in life is that I'll learn how to use love in such a productive way before I leave this planet, so that I can leave some seeds of love behind when I go.



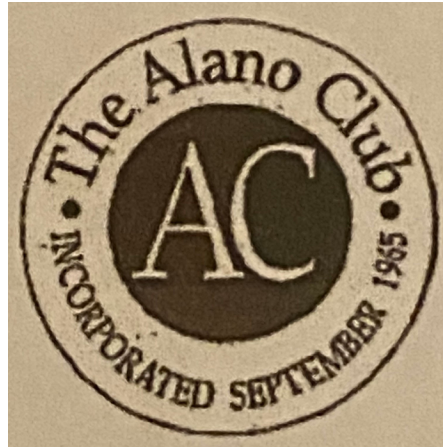
News Update from the Alano Board Members: ...cont from pg. 8

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:

- Saturday, May 8th. Alano Club Fundraiser Ride hosted by the Free Riders.
 - Meet at 8:30a for the ride registration with coffee and donuts. Registration is \$20/bike and \$5 for a passenger.
 - Poker run and 50/50 raffle.
 - BBQ hosted by the Alano Club will run from 1-4pm. It will be \$5 for riders and members who are current with their dues. All others will be \$10 dollars.
 - All proceeds will directly benefit the Alano Club. Please come join us on the outdoor patio for a BBQ and long needed fellowship!
- New Logo Contest!
 - Submissions must be in by June 4th and the board will select up to 6 of these to be voted on by our members at the June 11th dinner (see next event item for details).
 - We have so many creative members, please give us your ideas and be at the dinner so you can vote on the finalists!
 - Here is the current Logo:



- Friday, June 11th. First Annual Alano Club Membership Dinner!
- Dinner will be served from 6:00p - 7:45p. We will send out invitations to all current members for a complimentary steak dinner on our patio. You will be able to RSVP for yourself and buy a ticket for a guest (\$15). There will be a speaker meeting you may attend following the dinner. More information to come!

News & Other Info:

- 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.



IN LOVING memory

Frank Ronald (Ron) Kiesig, 75, left this life on April 10, 2021 due to a severe stroke.

Born June 4, 1945 in Salt Lake City to Ruth and Frank Kiesig. His siblings included an older brother David and sister Maryella. Four years later brought another brother, Richard, then the youngest sister, Gloria.

He married Anita and had two cute daughters Kirstin and Nicole. (Later Divorced)

Ronald graduated from Granite High School and continued his education at the University of Utah with a history degree in 1969 and an additional psychology degree in 1974. He completed several specialized training courses, including an Alcohol/Drug Certificate Training Program at the Graduate School of Social Work, University of Utah 1991.

From 1978 to 1988 Ronald worked as a letter carrier for the U.S. Postal Service. After which he worked for Alcoholics Anonymous Central Office of Salt Lake for approximately twenty four years. First as the assistant manager from 1990 to 1993 and then as manager from 1993 until his retirement.

Ronald loved nature and the great outdoors. He liked to spend time in activities such as hiking, fishing, and camping. He enjoyed group retreats at Lava Hot Springs and delighted in the peaceful atmosphere of the monastery in Huntsville. He wrote in his many journals every single day. Here, he vividly described his innermost feelings, daily routines and reflections on his life. He was an avid reader and belonged to the Salt Lake City Mystery Book Club.

Ronald struggled with addictions, however, he made great changes in his life and over time learned to help and mentor others. This dedication of effort, time and influence made an incredible difference in his own life and the lives of many others. He was clean and sober for his last thirty two plus years.

A special thanks for all of the medical staff and comfort care at the veteran's hospital and the University of Utah, especially nurse Li in his last hours.

He is preceded in death by his parents, Ruth and Frank Kiesig.

In Lieu of Flowers, Ron would be happy with contributions to Alcoholics Anonymous.



"I really do believe that it is kindness and love that makes the world a brighter, better place."

-Excerpt from Ronald's journal

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