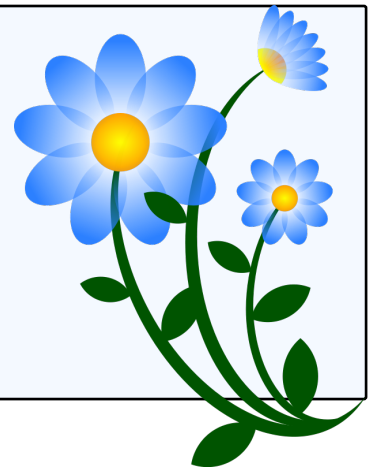


April
2021

Salt Lake
Central
Office

lifeline



In This Issue:

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- C.O. Meeting minutes
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- 7th Tradition Information
- "Silence The Roar Within My Mind" by Rand
- Fellowship Hall Event on April 3rd



Leave Nothing

"There is so much good in the worst of us, and so much bad in the best of us, that it ill behooves any of us to find fault with the rest of us" — Anonymous.

I have always loved this quote. When I was drinking, on my last nickel, living on the streets, and panhandling for booze, I knew that deep down inside of me there was some good. Unfortunately, my ego would minimize my downward plight and magnify my last remaining good qualities so I was the king of skid row. I was brilliant! I knew how to end the Vietnam War, if only they'd ask me. Yes, it's true, I wore a long woolen herringbone overcoat, had a suitcase without a handle, no socks, had the answers to many an unasked question.

With all my alcohol-soaked brilliance, I was very critical of people with real answers. Had I been around in the 1930's, I would have given Bill W. an earful. And all those do-gooder's out there, well, they have their own faults. A closed mind, like myself, would have seen Bill W. as a man not trained in the medical or psychology sciences, and a layman. Besides, whose' going to believe a biker has the solution to my problems. Did I mention I was judgmental?

The quote reminds me of the various phases on my life. When I was in my drug phase, chasing the low end of a good high, I would look down my nose at those damn drunks. When I was in my drinking phase, trying to float my bottom, I'd look down my nose at those damn addicts. All the while, there was a much larger group of people, including my family, that are neither alcoholic or addicts, looking down their noses at both the addicts the alcoholics. Everyone's a critic.

Treatment center counselors are the worst. They're critical of alcoholics, addicts, enablers, and about forty other personalities. About the only people treatment center counselors like are other treatment center counselors. But

...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

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— Brian C.

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 February 9th 2020

Reports Board of Directors -

Chair: Brad -

Warranties & Statement of Purpose. Welcome new CO reps

Co-Chair: Open

Secretary: Mike-

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

Treasurer: Leonard B-

More sales than usual, literature sales were around \$7000 & coins just under \$1000. Our book keeping expenses doubled due to tax preparation.

Trustee: Rusty - (District 2)

The district filled their chairperson and DCMC position along with a few others. The Sheriff's office donated cups to give to the volunteers who have taken meetings to the jail. Contributions are down.

Trustee: Jake S. - (District 10)

Discussed agenda items for the General Service Conference at the meeting. Many service positions are open and a need for GSR's from groups.

Reports Committee Chairs -

Coins: Gina H. -

Met with Jim to get familiar with the position. He has been a big help.

Literature - Doug R. -

Working with Charlie and two other committee members. Trying to get a more accurate inventory system in place. 1688 pieces of literature were sold in February. discussed concerns about demand for books as meetings begin to start up again.

Treatment Chair - Brian C -

Working with the area treatment chair to compile a list of centers in the area.

12th Step: Zach B. -

Answering emails and making progress.

Webservant: Sonya -

Lots of traffic on our website showing that it's a valuable tool in our community. If new chairs or trustees need help accessing your Gmail account please contact me Thanks to the Tech committee for help on the meeting changes.

Old Business :

Elections and open positions.

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**

New Business:

- **Costs for the electrical work will be \$100**
- **Insurance will cover \$61,400 in replacements which is insufficient. Jim set a motion to increase coverage and it passed unanimously.**
- **Anyone can attend the board meetings here**

Adjourn and Close with the Serenity Prayer

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

*Central Office Rep. meeting will be held on Tuesday April 13th 2021 @ 6:30-pm

Alano Club Announcement

Happy Spring from the Alano Club in Murray! The new Board of Trustees has been very busy shaving expenses, fund-raising and making small improvements to our facility. There is still much to do and our need is great. Here are the major current items to report:

Club Improvements:

- Kitchen: painting cabinets, staining doors, replacing floor tiling.
 - The tile materials and labor have been donated by some of our generous members. This is something that has been needed for quite some time as the old tiles were coming up and the wet floor was very dangerous.
- Swamp Coolers:
 - new covers for all 6 coolers to help extend their life.
- Hand Dryers for all bathrooms
 - The sober volleyball tournament raised \$4,210.00 which was used to provide these dryers
 - This will also save us money in paper products and repeatedly paying to unclog the toilets from paper towels clogging them.

Savings & Membership:

- We discontinued our credit card merchant accounts since the kitchen is not open which saved up to \$300/month.
 - 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.sl.c.org>) to allow online credit card payments for dues.
- Our member internet services have been bundled and reconfigured to give us twice as much speed at half the cost.

...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.

NEWS & EVENTS

Saturday, April 3 2021

10:00 a.m. - 4:00 p.m.

FELLOWSHIP HALL

"Service Project"

Deep cleaning party

Help us prepare to reopen our doors !!

WEEKLY

**Starting
April 3, 2021**

WEEKLY

In the parking lot

***** Bring your own chair *****

Saturday Night Speaker

Damian T.

7:00 p.m. - 8:00 p.m.

zoom



Please check on
the Central Office
website for up-to-
date meeting
schedules. Many
meetings have
been moved to the
[Zoom](#) app.

www.saltlakeaa.org

As of this printing,
the Salt Lake
Central Office is
Open

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

C.O. FINANCIALS FEBRUARY 2021

| <u>Income Statement</u> | 2020 | 2019 |
|--------------------------------|--------------------|--------------------|
| <u>Revenue</u> | | |
| Group Contributions | \$1,512.57 | \$2,402.94 |
| Copy/Newsletter donations | \$- | \$21.60 |
| Individual Contributions | \$420.00 | \$766.12 |
| Sales - Literature | \$7,630.15 | \$5,498.25 |
| Sales - Coins | \$960.00 | \$1,670.05 |
| Sales - Other | \$- | \$30.34 |
| Total Revenue: | \$10,522.72 | \$10,358.96 |
| | | |
| COGS - Literature | \$6,505.38 | \$5,389.99 |
| COGS - Coins | \$801.42 | \$1,657.96 |
| COGS - Other | \$- | \$30.34 |
| Total COGS | \$7,306.80 | \$7,078.29 |
| Gross Profit | \$3,215.92 | \$3,280.67 |
| Operating Expenses | \$3,917.76 | \$3,827.13 |
| Other Expenses: | \$- | \$- |
| Total Expenses: | \$3,917.76 | \$3,827.13 |
| Net Income: | \$(701.84) | \$(546.46) |
| | | |
| <u>Bank Accounts</u> | | |
| Checking & Petty Cash | \$7,374.20 | \$3,823.55 |
| Accounts Payable Due | \$- | \$(914.44) |
| Money Market - PR | \$23,924.91 | \$24,405.29 |
| Total: | \$31,299.11 | \$27,314.40 |



Leave Nothing *Cont from pg 1...*

there I go again, showing my judgmental side. In my earlier meetings I saw newcomers being critical of old-timers and old-timers being critical of the newcomers. Old-timers would even bet on who among the newcomers was going to make it. But underlying this critical atmosphere was an air of care and kindness. It was more of a "I bet you won't make it, but as long as you're willing to try, I'm here to help." I would later find this same attitude expressed in the Big Book, "We find it a waste of time to keep chasing a man who cannot or will not work with you" (Alcoholics Anonymous, 1995, p. 96).

Then I heard someone say, "Take what you need and leave the rest." My first interpretation of this catch phrase was to take what I needed from the people I liked and ignore everyone else. My sponsor corrected me, pointing out that the "main problem of the alcoholic centers in his mind," (Alcoholics Anonymous, 1955, p. 23). Then he asked me, "Are you

sure your sick mind is the one you want to use when sorting out what to keep and what to leave?" I was ill equipped for the task.

My sponsor suggested tossing out the old saying and replace it with, "Take what you need, learn from the rest. Leave nothing." I've endeavored to do just that. Those things I hear in a meeting that are consistent with my tutelage and will improve upon my sobriety, I attempt to apply to my life. Other things that serve no purpose, may be harmful, or are inconsistent with the Big Book, I file away as a learning experience.

I take what I need and leave nothing. This has paid dividends, especially when working with others. It's important that I carry the message. But I've come to believe it's also important that I point out those trouble spots that may occur in sobriety. The newcomer needs every chance of success like I was given.
-anonymous

“

There's GIVING in forgiving.

You're giving away your pain and resentment.

You're giving away stubborn pride.

You're giving a gift of God's mercy to another.

May you be blessed to be joyfully forgiving

and to be gratefully forgiven.

”

FORGIVE

Come Volunteer at Central Office!!



Many positions still remain open at Central Office.

They are:

- One Trustee (District 11)
- Two alternate Trustees
- Hotline
- Activities
- Newsletter (lifeline)
- By-Laws
- Public Information
- Corrections
- Co-Chair
- Events Calendar
- Tech Committee

"Volunteering at Central Office has been one of the highlights of my sobriety so far. Having a service position has kept me involved with the A.A. community, deepening my desire to improve my life and remain alcohol free. I have made amazing friends with people I otherwise wouldn't interact with or get to know. These priceless relationships continue to grow, and have enhanced my life in ways I couldn't have imagined. Come see what gifts volunteering will bring into your life!"

For more information on these service positions, please visit -
<https://www.saltlakeaa.org/download/SL-Central-Office-By-Laws.pdf>

JOIN OUR



Joke of the Month



A man sobering up from the night before is sitting through the Sunday sermon, finding it long and boring. Still feeling hung over and tired, he finally nods off. The priest has been watching him all along, noticing his apparent hangover and is disgusted. At the end of the sermon, the preacher decides to make an example of him. He says to his congregation, "All those wishing to have a place in heaven, please stand." The

whole room stands up except, of course, the sleeping man. Then the preacher says even more loudly, "And he who would like to find a place in hell please stand up!" The weary man catching only the last part groggily stands up, only to find that he's the only one standing. Confused and embarrassed he says, "I don't know what we're voting on here, Father, but it sure seems like you and me are the only ones standing for it!"



**Our life is shaped by our mind;
we become what we think.**

**Suffering follows an evil thought
as the wheels of a cart follow the
oxen that draws it.**

**Our life is shaped by our mind;
we become what we think.**

**Joy follows a pure thought
like a shadow that never leaves.**

~The Dhammapada

News Update from the Alano Board Members: ...cont from pg. 4

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, and can always use your support.
- When it is feasible to re-open our kitchen, we will need close to \$5,000 to re-stock and begin staffing.
See the news section below for more information about this.
- The Club counts on volunteers to serve our community. If you have a special skills, please send us an email at support@alanoclubslc.org. We always need plumbers, painters, electricians, drywall repair, carpentry, roofing, tree trimmers and much more. We are desperately looking for Grant Writers, Fundraising assistance and Snow removal when necessary. We appreciate all who have volunteered in the past and ask that you continue to keep us in mind.

Upcoming Events:

- May 8, 2021 (Saturday) - We will be hosting a Free Rider motorcycle ride. Hamburgers will be available on the outdoor grill. Please come out, support us and engage with the fellowship!
- Club event ideas include: craft and bake sale, annual golf tournament and the return of Saturday night karaoke! *Stay tuned for future announcements.*

News & Other Info:

Please check the club website as we will be using it more in the future to keep our membership informed. <https://alanoclubslc.org>. We recently added a document listing the club history which was researched, collected and compiled by Caroleen and Sandra May. We hope you will enjoy this and find it interesting. A big “Thank You” to the Mays for this extraordinary view into our history!

The current Club schedule is also maintained on the website so be sure to check there if you have questions about meeting times etc. We also have a recording on the Club phone (801 261-9287) with pertinent information. (messages are not recorded). You can email the club with questions at support@alanoclubslc.org.

We have hardcover Big Books and Twelve Steps and Twelve Traditions books available for sale (\$10 each). Buying these helps to support our club and Central Office.

The seating upstairs has been reconfigured and we have increased seating to 82 chairs while still meeting the 6 foot distance requirement!

The Alano Club is a private business and decisions about mask requirements, seating and spacing, kitchen services etc have not been made regardless of whether the mask mandate is rescinded in the upcoming weeks. Please come prepared with a mask if you are entering the building. The kitchen operations will depend on many issues: Health Department, financial status, employee requirements etc. – which remain unresolved at this time. We appreciate each and every one of you – and hope you continue with us “One Day At A Time”.



Silence The Roar Within My Mind

If I would ever wonder
about things the way they are,
perhaps it would then occur to me
that I'm wishing upon a star...
And in so much as things can change
from one day to the next,
perhaps my wonderings about these things
that change from day to day
would silence the roar within my mind
to let me yell hooray...
My inner soul I know would love
to see the way things change
when all this reverence happens,
and my life would rearrange...
Let me hold a fist up now
that I would want to hear the most
to scare my heart about its wits
to pray to the Holy Ghost...
You haven't heard of Him you say
but His silence sure does matter

almost as if to pray to Him
would give your soul some chatter...
Something to believe in
in times when you are down,
so don't you fret the live long day
and heal your spirit 'round...
I want so much to fill your soul
with the paradise of love
with which you've naught had before
that will come from the Heavens above...
Think of what love does for you
if given but a chance
to heal your life spiritually
as if God would advance...
Let me leave you now with one last thought
before I disappear
As God Himself will heal you
and show you He is near...

-Rand

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