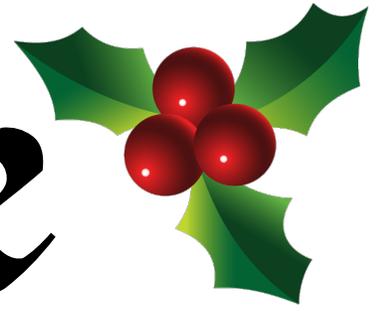


Dec 2022

Salt Lake  
City  
Central  
Office

# Lifeline



## In This Issue

- "Service with Heart"
- Homeless Outreach Service Project
- Pamphlet of the Month
- Joke of the Month
- Financial Information
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- Upcoming Events
- Financial Information
- AA Groups for All
- "Dependency Leapfrog"



## Service with Heart

Service work creates a ripple effect for many. For those of you who are working step 12 and are able to get out there and help your fellow men and women, it is deeply rewarding and of great assistance to staying sober while feeling closer to a higher power, whoever that is for you.

Kathy watched Miguel regularly chair the Friday fellowship, feed the homeless, help with donations and help make sandwiches and give out necessary items like water with the aid of a rehab center to pass them out to homeless individuals.

Kathy wanted to do service work as she was inspired by his and others in her Tooele group's volunteer work.

Despite her fears, she followed her heart and became a C.O. representative for her Tooele group and attends every meeting with lots of questions, where people like Jake, the secretary and others patiently attend to her after the meeting to attend to all her questions.

Kathy is now part of our lifeline staff. She says he was excited and nervous. I was worried about what would be expected of me. I was hoping to be a messenger to encourage others or at least provide information for them. I

I recently started my first 'official' service work position and giving back. Being new, but not to sobriety, I'm excited and curious and want to share and pass on the information. I love to ask questions as well as that thing I have of always wanting to be right.

I wish to find a way to get more people involved in service work and discover why sometimes there is fear or hesitation in the membership. I am grateful the one-on-ones I do are appreciative." She said she passes most of her service work information on to her home group in Tooele and her club meetings. She also attends three to five different meetings asking for input and sharing Central Office information to generate interest in taking a

## CENTRAL OFFICE Board of Trustees

Chair — Brad M.

Co-Chair — Wade J.

Secretary — Jake S.

Treasurer — Mark C.

Trustee ( District 2) — Rusty J.

Trustee (10) — Jake S.

Trustee (13) — Steve C.

Trustee (11) — Philip W.

Alt Trustee — Open

[BOARD@SALTLAKEAA.ORG](mailto:BOARD@SALTLAKEAA.ORG)

## 7th Tradition Contribution Addresses

### General Service Office

Post Office Box 2407  
James A Farley Station  
New York, NY 10116-2407

### 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

### District 13 Treasurer

P.O.Box 95383

## CENTRAL OFFICE Standing Committee Chairs

Activities — Anders S

[activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)

Archives — Ben H.

[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

By-laws — Jake S.

Coins — Gina H.

[coins@saltlakeaa.org](mailto:coins@saltlakeaa.org)

Co-op Professional Community -John S.

[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

Corrections — Josh M. .

Hotline — Forrest P

[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

Literature — Gina H.

[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

Lifeline Newsletter — Rachelle G.

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

Outreach — Nick R

[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

Public Information—John S.

[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)

Technical Support — Elan B

[it@saltlakeaa.org](mailto:it@saltlakeaa.org)

Treatment & Accessibility - Charlie T

[treatment@saltlakeaa.org](mailto:treatment@saltlakeaa.org)

Twelfth Step — Charlie C.

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

Volunteer — Kim B.

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

Website — Sonya

[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)



# C.O. Meeting Minutes November 2022



## Reports Board of Directors

**Chair: Brad** - [board@saltlakeaa.org](mailto:board@saltlakeaa.org) Read preamble & welcomed everyone.

**Secretary: Jake S.** - [secretary@saltlakeaa.org](mailto:secretary@saltlakeaa.org) Welcomes new reps Michael for Rise and Grind, Bradley for Rise Above, Scott for Hillcrest Group, Jeff for Across the Room, Derek for Saturday Morning Sots, Karmina for Acceptance Group, and Becky for Fly-N-High. Thank you for being of service to your groups!

**Treasurer: Mark C.** - [treasurer@saltlakeaa.org](mailto:treasurer@saltlakeaa.org) October was a solid month for contributions. Mark is investigating a few hundred missing from donation in August.

**Trustee: Rusty J.** - [trustee02@saltlakeaa.org](mailto:trustee02@saltlakeaa.org) District 2 meets at Fellowship Hall on the 2nd Mon of each month at 7 pm & hybrid. Elections next week.

**Trustee: Jake S.** - [trustee10@saltlakeaa.org](mailto:trustee10@saltlakeaa.org) (District 10 liaison) We meet at Alano Club on the 1st Mon of each month at 6 pm. (2100 South & 7200 S.) If you have a meeting in this area of the valley, please send your reps..

**Trustee: Phillip W.** - [trustee11@saltlakeaa.org](mailto:trustee11@saltlakeaa.org) (District 11 liaison) Bridging the Gap chair filled, so all standing chair positions filled. 19 GSRs present. Voted and approved bylaw changes..

**Trustee: Steve C.** - [trustee13@saltlakeaa.org](mailto:trustee13@saltlakeaa.org) (District 13 liaison) 15 GSRs attended, 9 positions filled.

## Reports Committee Chairs

**Archives: Ben H.** - [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org) Went to central office to organize the Archives. Moved all the old speaker tapes & will be adding a tape recorder so people can enjoy and will get headphones also. For use only at Central City.

**By-Laws: Jake S.** Bylaws Committee Suggestions handed out to read and take back to your groups. We will vote on the items in January.

**Coins / Literature: Gina H.** - [coins@saltlakeaa.org](mailto:coins@saltlakeaa.org) Come get your coins and literature from us! We have all the coins available.

**Corrections: Josh M.** - Salt Lake County Jail is opening up to A.A. members who have passed background check.s.

**Hotline: Forrest** - [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org) Takes care of the phone system when CO office is closed. Updated list of available timeslots is located on saltlakeaa.org. If you email Forrest, you can get the full process explained. The hotline is the central office number.

**Newsletter: Rachelle B.** - [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) QR code has been added for donations. Thank you for getting the archive lifelines up to date Newsletter team!

**Outreach: Nick R.** - Needs volunteers to join the outreach committee.

**Technology: Elan B.** - [IT@saltlakeaa.org](mailto:IT@saltlakeaa.org) Committee chair or trustee please check your email, ask me if need help.

**Accessibilities:Charlie T** - [Treatment@saltlakeaa.org](mailto:Treatment@saltlakeaa.org) Making headway bringing deaf meetings into A.A.

**12th Step Coordinator:** - Charlie C. Passes out sheet for 12-step list organized by zip code & desire for level of help.

**Webservant: Sonya M** - [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org) The website was used 8800 times in October by 4700 different people. Use change form on the website as needed. Work also continues on the new site, reinvigorated by Elan and Dave joining the website effort.

## 7:10 - 7:15 Old Business & New Busines

Board of Trustee Elections

Chair: Wade J. elected. Thank you Wade!

### Not filled-- Please take this back to your groups:

Co-Chair

Trustee at Large (District 2 Liaison):

Trustee at Large (District 10 Liaison): .

Alternate Trustee At Large:..One Year Commitment Open Position:

Alternate Trustee At Large:

-

Standing Committee Chair elections during next month's Rep meeting

:

**Next Central Office Rep meeting will be held on 12-13-2022 @ 6:30pm**



# PAMPHLET OF THE MONTH



"I must stress how powerful it was for me to see gay alcoholics whose lives didn't revolve around the bar scene, who had good relationships and friendships, and who were just having lots of fun in their lives. For this reason, gay meetings were very important to me as a newcomer. But I was also welcomed and respected at all the other meetings A.A. is one place I've never had to deal with anyone's homophobia."



"Being rejected by society and my mother for being a lesbian — her telling me I was “evil” and basically going to hell — did not help. I even tried going on a religious mission in hopes that God would cure me from being an alcoholic and a lesbian....Not until I came into the rooms of A.A. did I realize that I had been running my whole life."

# JOKE OF THE MONTH

A man and his wife awake by a loud pounding on the door. The man goes to the door where a drunken stranger is asking for a push.

"Not a chance," says the husband, "It's three in the morning!"

"Who was that?" asked his wife..

"Just some drunk guy asking for a push."

"Did you help him?" she asks.

"No, I didn't, it's three am and pouring rain!"

"Well, you have a short memory," says his wife. "Can't you remember when we broke down and those guys helped us?"

The man gets dressed, and goes outside in the pouring rain.

"Hello, are you still there?"

"Yes," comes the answer.

"Do you still need a push?" said the husband.

"Yes, please!" he slurs his words.

"Where are you?"

"Over here on the swing," replied the drunk



# FINANCIALS – OCT 2022

<b><u>Income Statement</u></b>	<b>2022</b>	<b>2021</b>
<b><u>Revenue</u></b>		
Group Contributions	\$4,426.80	\$5,256.31
Contributions - Other	\$90.48	\$ -
Sales of Product Income	\$9,209.52	\$6,439.17
<b>Total Income:</b>	<b>\$13,726.80</b>	<b>\$12,885.27</b>
<b>Total Cost of Goods Sold</b>	<b>\$6,932.69</b>	<b>\$6,439.17</b>
<b>GROSS PROFIT</b>	<b>\$6,794.11</b>	<b>\$6,446.10</b>
<b><u>Expenses</u></b>		
Accountant	\$630.00	\$ -
Advertising	\$435.00	
<b>Bank Charges &amp; Interest</b>	<b>\$229.87</b>	<b>\$ -</b>
Cash Over Short	\$206.05	\$ -
Cleaning and Office Supplies	\$15.16	\$ -
Phone & Internet	\$220.36	\$ -
Postage & Delivery	\$12.00	\$ -
Rent	\$1,500.00	\$ -
Software and Hardware	\$403.36	\$ -
Utilities - Electrical & Garbage	\$326.43	\$ -
Website	\$19.95	\$ -
<b>Total Expenses:</b>	<b>\$3,998.18</b>	<b>\$3,798.22</b>
<b>NET OPERATING INCOME</b>	<b>2,795.93</b>	<b>\$2,647.88 -</b>
Interest Income	\$25.28	\$ -
<b>Net Income:</b>	<b>\$2,821.21</b>	<b>\$2,647.88</b>

**Please Note:** According to the Central Office Bylaws it is required to have months overhead in the prudent reserve. Average monthly costs are 4,000 per month, 24,000 for six months.

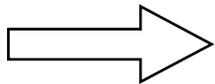
**Thank you everyone for your donations!! We appreciate you!**

# Group Contributions - October

Bountiful Community	\$14.47
DNS	\$240.00
Early Beginners	\$78.00
Early Friendship Group	\$288.90
Grape Vine Group	\$193.10
Happy Group	\$376.00
HillCrest Zoom	\$60.00
How it Works	\$750.00
Magna Friendly Bunch	\$150.00
Park City Group	\$600.00
Speak Easy Ladies	\$239.73
Sugarhouse Men	\$355.00
Thunder Heart	\$100.00
Tooele Beginners	\$200.00
Women Stepping Up	\$120.00
Monthly Total:	\$3,765,20

Thank you so much for all the groups and individuals who donated this month.

**Donate here**



## MIDVALE LUNCH BUNCH

Ryan - 30 Days      Joey - 1 Year  
 Ryan O - 60 Days      Adam - 2 Years  
 Beth B - 60 Days      Matt K.- 2 Years  
 Marilee -90 Days      Lisa - 3 Years  
 Sharie C - 90 Days      Ann - 26 Years

## HOUR OF HOPE

Doug A -- 3 Years      Mark - 8 Years  
 Don S - 15 Years

## NON SMOKING SOBRIETY HOUR

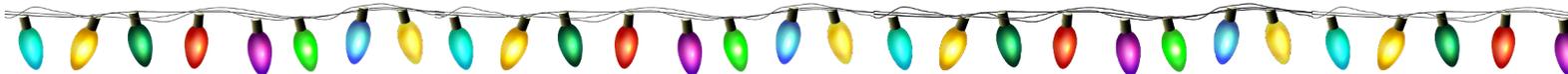
Jeremy L - 2 Yrs      Teriesa S - 18 Mos

## UNITY LUNCH BUNCH

Jordan K - 30 Days      Dave - 60 Days  
 Miles B - 4 Years      Teri P - 8 Years  
 Dustin - 3 Years

## AND TO ALL WHO WE MISSED !

Submit picture or scan group birthdays to:  
 lifeline@saltlakeaa.org. or text or drop off at  
 C.O. - 80 West Louise Ave (2860 S.) Thanks!



## Service with Heart ...cont from pg. 1

service position. As Kathy said she is thoroughly enjoying her position as C.O. Rep. (Wait what is her position?)

Come do service work, it's worth it. People are there to guide you along the way. Kathy said, I highly recommend and encourage others to give it a try, become more involved, Many committee and board chair positions open up this time of year."

True. This month on Dec 13 we are holding elections for many open positions for standing and board committee positions at Central Office on 80 W Louise Avenue in Salt Lake City.

Well, we as the lifeline staff welcome her with open arms and appreciate her giving heart. And to all those who are at that place to give, we love to see the waves of people taking time out of their packed schedules to help others. For those who are working the 12 steps and are needing time for self-care and needing service, or others to help them. Feel free to call your sponsor or ask for one. Or call Central Office for assistance. You will be directed, after hours to Forrest or any member of his committee as the volunteers are spreading there as well. The loving message of God consciousness is in the air. If you don't believe in God, then the loving message of love is in the air for whoever you do put your faith and trust, whether it be a person, a higher being, or a group of drunks (G.O.D.) For us group of drunks, we have every reason to be proud this holiday season. So treat yourself to a happy sober month of December & remember to do something

heart-centered every day, even if it is only to cuddle your pet, help your aging parent, or tell your partner how much they mean to you.

The best gifts in life are not always the ones where you go out and spend a wad of cash. But the best ones are where you cancel you, spend quality time and put down your cell phone and sit with the ones you love. For as a genius once said, "Life moves pretty fast, if you don't look around once in a while, you could miss it." Ferris Buhler.

Lifeline Feature Editor



"I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."





# Dixie Winterfest 2023

February 24-26

## Winterfest 2023 Theme: A New Way of Life\*

*\*The group exists so that the alcoholic can find a new way of life, a life abundant in happiness, joy and freedom"*

Dixie Winterfest is the annual AA conference hosted in St. George, Utah, offering a mid-winter weekend of recovery, fellowship and "Fun in the Sun". Please stay connected with us as we begin to plan Winterfest 2023.

The weekend conference is organized to provide a full slate of recovery sessions and opportunities for fellowship. Typically the conference consists of Speaker, Workshops, and Marathon Meetings along with "Fun in the Sun" organized activities such as golf, bingo, hikes, a luncheon, Saturday evening mixer, talent show, pickelball, game night and, of course, the magnificence of Southwest Utah.

Register at "[dixiewinterfest.org](http://dixiewinterfest.org)"



## Christmas Dinners



Will be held at:

**Fellowship Hall - 2060 Windsor St. - Dec 25th @1:00 pm**

**Alano Club -5056 S 300 W - December 17th @1:00 pm**

# HOMELESS OUTREACH SERVICE PROJECT

## PLEASE DONATE:

- **Pocket sized Big Books**
- **Money \$\$**
- **Blankets**
- **Bottled Water**



*Thank You & Blessings  
this Holiday Season*

To donate and for more info call  
Bartholomew at - (801) 403-3337



# PURPLE CAN DONATIONS

The Purple Cans provide Interpreter Funds for people who are Deaf to join or find out about AA.

We have 14 groups contributing, We started having Interpreted Meetings at the 5:30 pm NS Sobriety Hour on Monday and Tuesdays.

We have a new beginning at the Acceptance Group on Sunday at 3:00 pm at the Episcopal Church on 1700 S and Foothill.

We have been paying \$50 cash to the interpreters and are at the beginning of drawing the purple can money out of the Central Office so we can continue.

**There are Purple Cans available for groups to take in the Book Sales room at Central Office.**

Money contributed to the Purple Can is set up to be brought to or sent to Salt Lake Central Office under contributions Purple Can.

\*Please note that the Salt Lake Central office is not soliciting these funds. An Accessibility Deaf Committee is raising the funds and is managing the accounting.



# MIRACULOUS LIFE

If you are attached to a certain outcome,  
you may be missing the bigger picture in your life.  
The Uni-verse has plans for you that you are not yet now aware of.  
And when you try and try, the world is beyond your winning,  
not because The Uni-verse is unfair,  
but because it has a better option for you that is beyond the struggle.  
Sometimes the greatest acts of Grace are unanswered prayers.  
If you are so attached to a certain outcome  
that it gives you pain, anxiety and worry - that is a sign  
that your thoughts are not aligned with the Will for The Uni-verse in your life.  
When you experience stress, anxiety and worry - those are thoughts  
based in fear and fear is not what we've come to be.  
When we detach, when we let go,  
when we allow something even greater to be that we didn't see coming  
- THAT - is how we step into a miraculous life.

## DISCLAIMER

Views expressed in this newsletter are entirely those of the A.A. members who submit their artwork, material, prose and poetry. Controversial work is accepted if it is well-written and tasteful with regard for those of differing opinions. Everyone's work is accepted if it meets those criteria.

Thank you for submitting your work. It is deeply appreciated!

# DEPENDENCY LEAPFROG

Entering AA at age 21, having drunk for only two years, I knew there was no way I could be an alcoholic. After all, I wasn't old enough to be one, and I definitely hadn't had enough time to slip into what I thought was an alcoholic state." at 21, I was invincible.

But AA meetings were the only shred of hope left for me. Recently released from the psyche ward of the local hospital for being suicidal, I was desperate to find some meaning in my life. So I took the suggestion of a friend in AA and went to a meeting. Soon I'd gone to several. Although I didn't believe I wasn't an Alcoholic, like those other people (part of my denial) . I still felt very loved and very much at home. I thought my life problems were much worse than others' problems. I'd been trying to commit suicide for years before I started drinking. I also noticed my drinking stories paled in comparison to everyone there. Many had drunk as teenagers. I didn't start until I was 20. Most had been in some kind of trouble, I'd never been pulled over for drunk driving or any of the other typical problems. And even though drug abuse isn't an issue in AA, I knew several members were also addicted to drugs, and I'd never even used them. What I didn't understand at the time was that none of these things were requirements for membership. I only need the desire to quit drinking. But even though I continued going to meetings, I kept drinking.

It took me five months to get serious about the program and several more months to surrender to the fact that I was an alcoholic. But I finally quit drinking. A series of personal revelations

appeared during this time. One of these was that I was an alcoholic because I couldn't control the urge to drink-something so simple, yet so easy to deny when you're still drinking. I only heard it when I was ready to listen.

the biggest thing I realized however, was that I was an alcoholic from the first drink I ever took. Before drinking I leaped from dependency to dependency until I found the ultimate isolation from reality; alcohol combined with thoughts of suicide and many attempts to carry this desire out. My life was truly insane and unmanageable. After months of sobriety I could finally appreciate that what other members had been telling me was true; it doesn't matter what you drink, when you drink, how much or how long. What matters is what happened to me when I did drink. Now, with a little over a year of sobriety Nothing prevents me from taking that first drink like knowing my life literally depends on it, no matter how old I am.

Missy E. St. Louis. Michigan

1996 Grapevine

Youth Enjoying Sobriety



**Central Office of Salt Lake Incorporated**  
**80 West Louise Avenue**  
**Salt Lake City, Utah 84115**

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**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