

Oct
2022

SALT
LAKE
CITY
CENTRAL
OFFICE

Lifeline



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Dark Witches

Dark witches may know how to work with Don't ever find the path of someone who could hex you. They don't have long noses and warts on there face anymore . They probably look just like one of us. Even if you don't believe in magic, it could still affect you. Energy is real, and they are masters of controlling energy. They also love potions with items they have kept of yours to make the curse work so much sweeter. So be careful who you date

Or how you treat others. Karma may come in the shape of a warlock or a witch and you may never know why you either get something wonderful coming to you in three's or something horrid coming to you in the same three's.

But good news there is a way to protect yourself by going to meetings and saying your prayers

elemental(s) of the dark but there are so many light beings ready to keep you safe and

warm. All you need to do is look within and find that safety. Where all the power of your guardian angel resides.



CENTRAL OFFICE Board of Trustees

Chair — Brad M.

Co-Chair — Wade J.

Secretary — Open

Treasurer — Mark C.

Trustee (District 2) — Rusty J.

Trustee (10) — Jake S.

Trustee (13) — Steve C.

Trustee (11) — Open

Alt Trustee — Open

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
S. Jordan, UT 84095

CENTRAL OFFICE Standing Committee Chairs

Activities — Anders S

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.

Hotline — Forrest P

hotline@saltlakeaa.org

Literature — Gina H.

literature@saltlakeaa.org

Lifeline Newsletter — Rachelle

lifeline@saltlakeaa.org

Outreach — Nick R

outreach@saltlakeaa.org

Public Information—John S.

pi@saltlakeaa.org

Technical Support — Elan B

it@saltlakeaa.org

Treatment & Accessibility - Charlie T

treatment@saltlakeaa.org

Twelfth Step — Charlie C.

12step@saltlakeaa.org

Volunteer — Kim B.

volunteer@saltlakeaa.org

Website — Sonya

webservant@saltlakeaa.org

C.O. Meeting Minutes 2022

Reports Board of Directors

Chair: Brad - board@saltlakeaa.org (Participating Remotely) Moment of silence for our past Chairperson 2017-2018, Doug Roy. We are grateful for his years of service to AA and Salt Lake Central Office. We will be finishing the Lease signing this week.

Co-Chair: Wade J. - cochair@saltlakeaa.org Central Office will be selling books at the Pacific Regional Form event this weekend. The Forum is when the General Service Board comes to visit, tell us the status and state of affairs of the different entities within general service. The event is free. District 10 will be taking over District 2s responsibility for Prison. You can volunteer regardless of which district you reside or home group is located.

2022aapacificregforum.com

Treasurer: Mark C. - treasurer@saltlakeaa.org We're moving \$3,000 into prudent reserve to cover about a \$500 increase in monthly expenses, Please come in to C.O. to support us & in your group donations.

Trustee: Rusty J. - trustee02@saltlakeaa.org (District 2 liaison) Making changes to guidelines. Elections in Nov. .

Trustee: Jake S. - trustee10@saltlakeaa.org (District 10 liaison) Spots have been filled, open positions include 3 DCMs, Secretary, Literature, Treatment, Grapevine, and Bridging the Gap. District 10 is meeting in Salt Lake County between 2100 S and 7200 S, as well as Park City. Plus, the first Mon of every month at the Alano Club.

Trustee: Steve C. - trustee13@saltlakeaa.org (District 13 liaison) Thank you to Shurone the Jail and Sonya to update lifelines onto the website.

Reports Committee Chairs

Activities: Anders S. - activities@saltlakeaa.org
Chili cookoff will be at St. Vincent De Paul booked for Sat, Oct. 22, 5pm to 9:p.m..

By-Laws: Jake S. Bylaws Committee 2nd meeting will be held Oct. 1st at Noon. Any Reps are welcome. The amendments made the past two times are motions submitted to amend the bylaws, approved by the CO Reps, specifically to add a Purple Can and to add District 12.

Coins - Gina H. - coins@saltlakeaa.org Will be at the Forum selling books. could use some volunteers.

Cooperation w Professionals/P. I. Chair: John S. - cpc@saltlakeaa.org/ Term of service will end at end of year. USARA recovery day was a big success. AA had great support. Next Saturday booth at Utah Veterans Alliance from 9:30-3:30, Wheeler Farm.

Hotline: Forrest - hotline@saltlakeaa.org Maintains 24-hour hotline. System appears to be having some issues arising. If you know someone who is supposed to be getting calls but isn't please have them reach out to him. .

Newsletter: Rachelle B. - lifeline@saltlakeaa.org _Could use help... Meets every Weds at 10 at C.O.

Outreach: Nick R. - Bisiting meetings and talking to groups. Could use some help. Call 801-664-1206

Technology: Elan B. - IT@saltlakeaa.org If you are a standing chair, please check your email and if you are not able to access, please talk to him.

Accessibilities: Charlie - Treatment@saltlakeaa.org 13 groups are now contributing to the Purple Can. Raising significant amount of money, with \$50 an interpreter can start doing 2 meetings a week.

12th Step Coordinator: Charlie C.- 2step@saltlakeaa.org Getting emails and phone calls. Everything is going well.

Volunteers: Kim B - volunteer@saltlakeaa.org
Needs volunteers for Forum this weekend. Please see Kim or Gina,

Webservant: Sonya M - webservant@saltlakeaa.org
9.2 thousand visits, 4.7 thousand different users. Meeting schedule used the most. Please use the meeting change form, if anything changes in your group. Website has events posted, Working on a new version of the website. Web committee meets 3rd Tue of mth at 6:30 on zoom.

New/Old business & Open Positions:

Trustee/District 11 Liaison, Secretary, Events Calendar, Corrections, Archives

*Next Central Office Rep meeting will be held on 10/11/2022 @ 6:30pm

Name	January	Feb	March	April	May	June	July	August	Total
A Vision for You	\$ 125.56		\$ 100.00		\$ 127.96		\$ 224.25	\$ 16.00	\$ 593.77
AA No Nonsense Group			\$ 76.00			\$ 76.00			\$ 152.00
An AA Group							\$ 357.00		\$ 357.00
Another 24					\$ 160.00				\$ 160.00
Balkens BB Study	\$ 162.70								\$ 162.70
Basic AA	\$ 128.04					\$ 49.00			\$ 177.04
Big Book Babes		\$ 158.78	\$ 309.50					\$ 183.00	\$ 651.28
Bog Irish				\$ 151.10					\$ 151.10
Bountiful Community				\$ 25.00		\$ 25.00			\$ 50.00
Bountiful Mens Group	\$ 65.00						\$ 204.00		\$ 269.00
By the Book	\$ 60.50		\$ 62.80		\$ 92.60		\$ 80.50		\$ 296.40
Chapter 5		\$ 100.00			\$ 108.06			\$ 125.00	\$ 333.06
City at 7						\$ 143.76			\$ 143.76
CO Picnic								\$ 464.29	\$ 464.29
Come as You are		\$ 64.81							\$ 64.81
Crazy Ladies	\$ 100.00			\$ 176.10	\$ 108.06				\$ 384.16
DNS				\$ 500.00			\$ 230.00		\$ 730.00
Downtown Bunch			\$ 314.00						\$ 314.00
Draper Lunch						\$ 63.90			\$ 63.90
Early Friendship Group	\$ 248.93						\$ 528.00		\$ 776.93
Every Night Firelight			\$ 200.00		\$ 100.00		\$ 150.00	\$ 150.00	\$ 600.00
Flying High							\$ 250.00	\$ 75.00	\$ 325.00
Fresh Air Serenity		\$ 300.00			\$ 200.00		\$ 270.00		\$ 770.00
Friday Night Light				\$ 37.50					\$ 37.50
Garden Variety		\$ 94.80			\$ 130.00				\$ 224.80
GOD Great Outdoor							\$ 1,000.00		\$ 1,000.00
Grape Vine Group	\$ 133.20			\$ 65.40			\$ 106.70		\$ 305.30
Greater Kearns							\$ 150.00	\$ 37.00	\$ 187.00
Happy Group								\$ 239.50	\$ 239.50
Hillcrest Group				\$ 400.00			\$ 484.00		\$ 884.00
HillCrest Zoom			\$ 100.00				\$ 400.00		\$ 500.00
Honeys Breakfast Club			\$ 649.80					\$ 617.47	\$ 1,267.27
Hope Group	\$ 50.00			\$ 100.00					\$ 150.00
Hope on 90th			\$ 200.00			\$ 200.00			\$ 400.00
Hot Topics							\$ 19.83		\$ 19.83
Liberty Newcomer			\$ 20.00						\$ 20.00
Magna Friendly Bunch	\$ 150.00		\$ 50.00	\$ 50.00		\$ 150.00	\$ 250.00		\$ 650.00
Midvale Bunch			\$ 184.00						\$ 184.00
Non smoke Sober Hour	\$ 400.00		\$ 300.00		\$ 635.00		\$ 650.00	\$ 143.82	\$ 2,128.82
Off the Cuff				\$ 12.00					\$ 12.00
Old Bastards Group			\$ 10.00			\$ 20.00			\$ 30.00
Old Timers Speaker	\$ 168.00		\$ 92.50				\$ 179.00		\$ 439.50
Park City Group				\$ 360.00					\$ 360.00
Park City Wake Up Call							\$ 387.00		\$ 387.00
Primary Purpose			\$ 90.00			\$ 60.00	\$ 60.00		\$ 210.00
Saturday Morning SOTS		\$ 65.40		\$ 64.83			\$ 62.84		\$ 193.07
South Davis	\$ 20.00		\$ 25.00						\$ 45.00
South Valley Bunch	\$ 86.18				\$ 148.00				\$ 234.18
Southenders						\$ 262.50			\$ 262.50
Speak Easy Ladies	\$ 192.83			\$ 137.85			\$ 183.48		\$ 514.16
Sugarhouse Men							\$ 615.00		\$ 615.00
Sunday Acceptance Group							\$ 40.00		\$ 40.00
Sunday Mornin Big Book Study				\$ 200.00					\$ 200.00
Sunday Morning Break							\$ 40.00		\$ 40.00
Survivors Group							\$ 300.00		\$ 300.00
The Stone of Sisyulus			\$ 66.00						\$ 66.00
Thunder Heart		\$ 100.00		\$ 100.00					\$ 200.00
Toelle Beginners						\$ 60.00	\$ 100.00		\$ 160.00
Top of Morning						\$ 247.30		\$ 191.00	\$ 438.20
Unknown				\$ 407.00	\$ 600.00	\$ 272.40	\$ 250.00	\$ 427.00	\$ 1,956.40
Valley View							\$ 238.00		\$ 238.00
Wake Up Call PC	\$ 600.00								\$ 600.00
Wasatch Hollow								\$ 270.00	\$ 270.00
We are One						\$ 484.50			\$ 484.50
We Keep it Simple	\$ 10.80	\$ 100.00							\$ 110.80
West Valley Group			\$ 50.00						\$ 50.00
Women 12 X 12/BB Study					\$ 96.00				\$ 96.00
Women in Sobriety				\$ 116.25					\$ 116.25
Women Stepping Up					\$ 120.00			\$ 150.00	\$ 270.00
Monthly Total	\$ 2,701.74	\$ 984.00	\$ 2,899.60	\$ 2,903.03	\$ 2,627.00	\$ 2,114.36	\$ 7,809.60	\$ 3,086.48	\$ 25,125.81

PAMPHLET OF THE MONTH

Inside A.A.

Understanding
the Fellowship and
its Services



A DECLARATION OF UNITY

This we owe to A.A.'s future:

To place our common welfare first; to keep our
fellowship united.

For on A.A. unity depend our lives and the lives of
those to come!

I AM RESPONSIBLE...

When anyone, anywhere
reaches out of help, I want the hand of A.A.
always to be there.

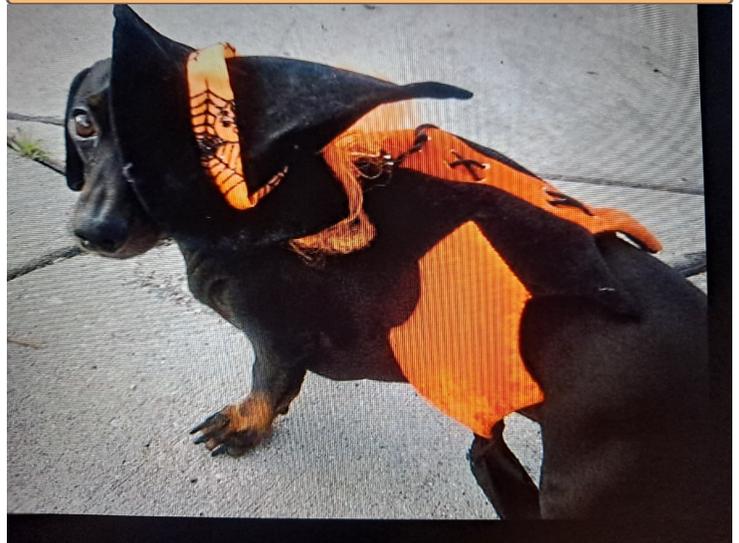
And for that: I am responsible.

JOKE OF THE MONTH

"That febreze smells like fireball."
Yeah I think us non-alcoholics call that
cinnamon, Becky.



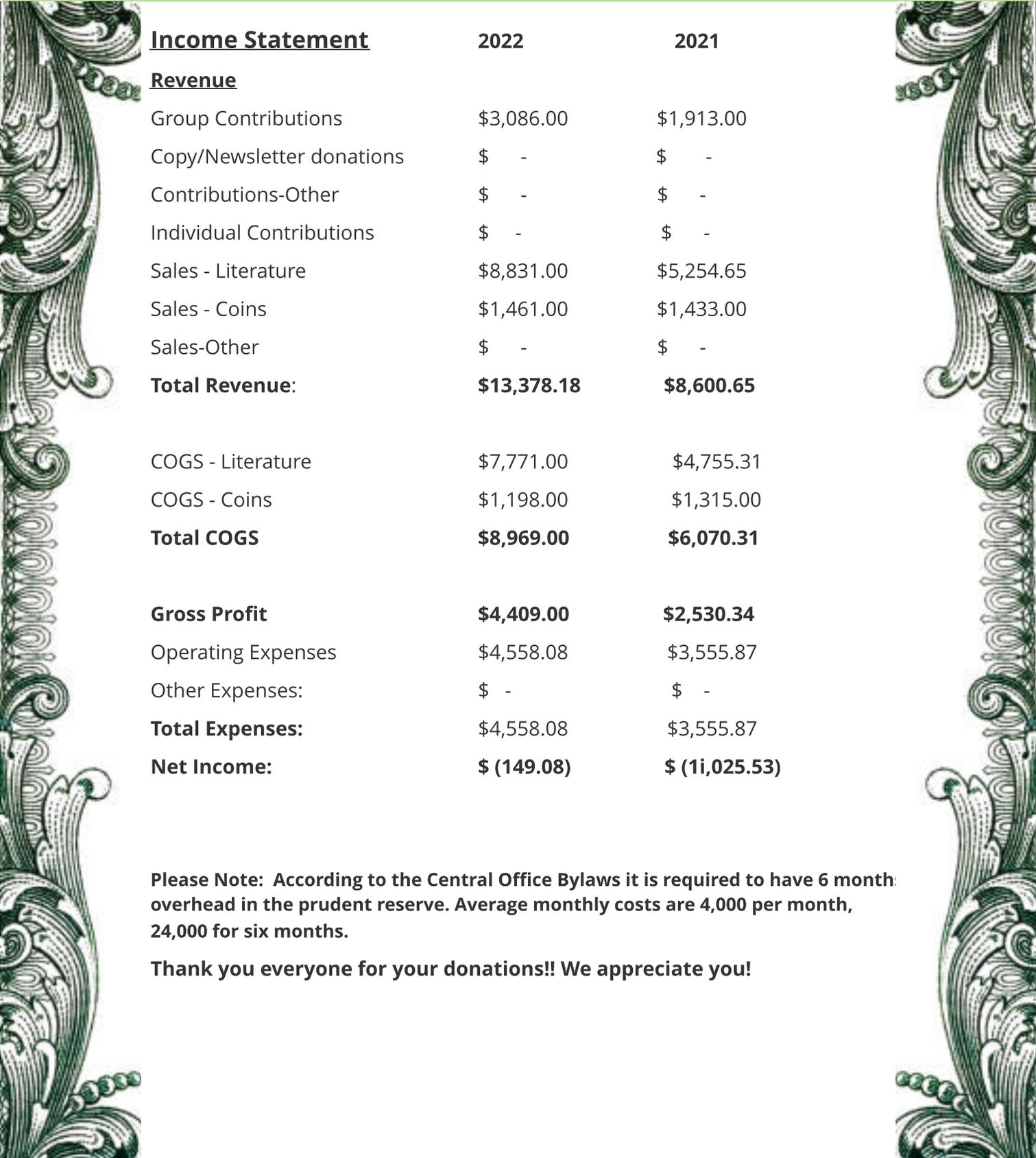
PET OF THE MONTH



Furry Friends help many of us stay away from the
bottle or other drugs. If you desire, share you best
friend or former best friend and we'll publish their
photo. If you want to write a description of how they
have helped your recovery. That'd be wonderful.

Happy Halloween!!

C.O. FINANCIALS AUGUST 2022



<u>Income Statement</u>	2022	2021
Revenue		
Group Contributions	\$3,086.00	\$1,913.00
Copy/Newsletter donations	\$ -	\$ -
Contributions-Other	\$ -	\$ -
Individual Contributions	\$ -	\$ -
Sales - Literature	\$8,831.00	\$5,254.65
Sales - Coins	\$1,461.00	\$1,433.00
Sales-Other	\$ -	\$ -
Total Revenue:	\$13,378.18	\$8,600.65
COGS - Literature	\$7,771.00	\$4,755.31
COGS - Coins	\$1,198.00	\$1,315.00
Total COGS	\$8,969.00	\$6,070.31
Gross Profit	\$4,409.00	\$2,530.34
Operating Expenses	\$4,558.08	\$3,555.87
Other Expenses:	\$ -	\$ -
Total Expenses:	\$4,558.08	\$3,555.87
Net Income:	\$ (149.08)	\$ (1i,025.53)

Please Note: According to the Central Office Bylaws it is required to have 6 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!

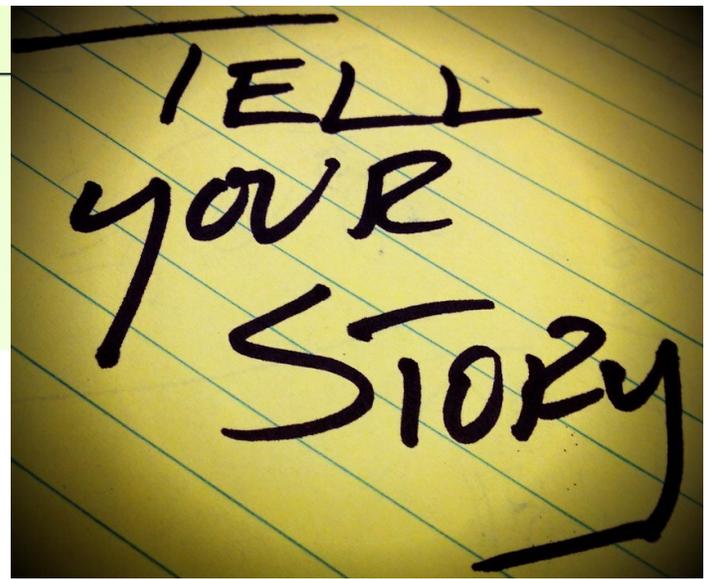
CALENDAR OF

EVENTS

**KARAOKE @
FELLOWSHIP HALL**



**SATURDAY
NIGHTS @ 8:00**



The A.A. Literature Committee welcomes **new submissions for the new Fifth Edition of the Big Book.**

It is our hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth edition.

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscript should be approximately 5 to 6 pages. Please include your complete name, address, and email/phone. Information on the first page of the submission. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not. Stories will be accepted in English, French or Spanish.

If you have any questions, please write to **5BBStory@aa.org.**

***Deadline: Please submit on or before October 31, 2022**

Online: aa.org/submit-bigbook-english-5th

E-mail: 5BBStory@aa.org

**Subject line: Fifth Edition of the book
Alcoholics anonymous**

⚡ SALT LAKE CENTRAL OFFICE ⚡

CHILI COOK-OFF

10-22-22 **BRING YOUR CHILI** 5PM-9PM

St. Vincents DePaul

1375 East Spring Lane
Holladay, UT 84117



10/22/22

CELEBRATION BECAME RELAPSE

Cruising-Bingeing and impinging
upon the principles of sobriety
Delirium tremens followed
as the spirits fo the bottle
whispered -hissed-yelled and hollered
calling my name-calling me names
Encouraging my surging thirst
re-urging the social curse
A double libation made life worse.

Belligerent rebuking demons
surfaced from within
assuring that they were friends
And all would be alright,
That this was celebrations's last night,
ony one more double for the night,

Would take the edge off fright;
The demons saying while preying
"This will surely cure your boredom
And offer adventure and excitement
for ony you can accept and participate
In such - pleasant enticement
After all you've created a totally
un-necessary caustic toxic creation
As libations aren't necesssary
for celebration; celebrate sobriety!"---Sam K.

My only addiction in life!

My drinking pattern was within normal parameters until my wife was diagnosed with Multiple Sclerosis. Her health suffered tremendously, and it was sad to see a very active girl having to limit her activities and her ability to help others.

With the children married and gone, I was the sole caregiver, but I was not prepared to face the stress and the responsibilities that were dropped on my shoulders, as an active 50 years old with a demanding job.

A friend suggested we go out so I could “unwind”. Of course, his idea of relaxing involved heavy drinking, and I happily joined him, and welcomed the result. The technique worked and I felt relaxed for the first time in months. I have found an escape for my anxiety and the thoughts in my mind were under control, or so I thought.

That became the standard for my life. Eight hours at the office, 5 hours at home preparing meals, and helping my wife prepare to bed, and then a 3-4 hour of heavy drinking, before going to bed, barely able to find my way around the house. After years of that, with my wife oblivious to my drinking (she was under the impression that I have been sober all my life, and I went to extreme measures to keep the lie believable.

After 6 years of health issues with MS she was diagnosed with breast cancer. My drink needed a booster to keep me going on without going crazy. I started drinking throughout the day (afternoon drinking at work became a daily routine. After my wife passed away, 4 years after the original diagnosis of cancer, being alone opened the door to uncontrollable drinking. The natural result was 3 DUI's in 7 years, a few times in jail, parole, tickets for driving without a valid license, etc.

Cunning as I was, until my 3rd DUI my children didn't know about my drinking at all. With the heavy penalties for the 3rd infraction, I was forced to confess to them my drinking habits, as I would be in jail for 63 days this time – but I was released after 40 days. In jail I had the chance to review the last years of my drinking life, and its consequences. I felt

like a failure because I had broken their hearts (the people I loved the most).

One of the penalties (after jail time) was parole and some therapy. In the aftermath of COVID – and to comply with my insurance restriction – they selected a therapist a few hundred miles from me, and our weekly sessions would be conducted online. After an assessment, he told me in our first week that I was an alcoholic. I promptly disagree. I considered myself a regular drinker (a social drinker as they say). I am not in the same category as those with a deeper “bottom”. I haven't lost everything. I wasn't homeless. I was retired, but employable.

My therapist politely accepted my refusal to be labeled alcoholic and suggested I get the book *Alcoholics Anonymous* and read portions of Chapter 3 (More About Alcoholism). He asked me to decide (after reading) what kind of alcoholic I was and report to him on our next meeting. On the first reading I promptly recognized myself as a typical alcoholic – of the heavier kind. At the same time, I started to like how the book was written in a non-judgmental manner and decided to find out more about the AA fellowship. I searched online for a meeting and attended one closer to home, on a Monday (our sessions were by-weekly on Thursdays). *

I loved my first AA meeting. I was delighted throughout the whole hour. People from different backgrounds, positions, status and age were put together and enjoying each other's company. They seemed sincere in their respect for each other, and they were respectful of the messages in their shares even if they had opposing points of view. Later I found out that was based on the “Live and Let Live” guideline used in AA.

Someone mentioned that the ONLY requirement for membership is the desire to stop drinking, and I knew that my live wouldn't be as unmanageable in sobriety. One of the shares mentioned sponsorship, so at the end of the meeting I met someone that became my first sponsor. He shared my excitement for the AA program, and we went to

...cont on pg. 10

meetings almost every day. We started to work on the Steps immediately as he noticed my sense of urgency. I wanted to learn about a possible solution to deal with stressful moments in life without using alcohol as the easy way out.

We carefully – but eagerly – worked the 12 steps, dissected the 12 traditions, and in my 7th month of sobriety he told me I was ready to sponsor somebody. I laughed. I knew I didn't know enough to be a sponsor, and I was sober for a too short of a time. He mentioned that "if Bill Wilson waited to help other alcoholics, we wouldn't have AA today". After all, who can best understand a scared newcomer than another newcomer that worked the steps? I was told that with my enthusiasm with the program, all I needed to share is the fact that it is working for me. As for the knowledge about the program, the Big Book would provide that. I just needed to base all my suggestions on authorized AA materials.

I'm still involved in attending as many meetings as I can, getting service positions, helping newcomers and offering my availability as a sponsor.

I'm so glad that from a chaotic two decades in my life I was guided to a spiritual program that anchored me in sobriety, service and acceptance. I'm happier than I've ever been and still excited about AA as I was on my first meeting. I jokingly say that "my only addiction is AA". And that addiction I don't want to remove from my life.

(* I later found out that my therapist was A.A. and decided to travel and visit with him (in person, for the first time) and we attended a meeting together. After the circle for the Serenity Prayer, we embraced, and I whispered in his years that I was thankful for him saving my life. It was a nice moment, witnessed by one of my daughters that was there for support.



*in loving
memory*

Doug Roy

It is with great sadness that we announce the passing of our dear friend, Doug Roy on September 01, 2022. A pillar in the A.A. community, many will remember serving along side Doug at Central Office where he volunteered as the Chairperson, Editor for the Lifeline, Literature Chair, along with many other volunteer positions in A.A. over the years. He will be greatly missed by all that knew him.



PRIMARY PURPOSE GROUP

Mike S. - 6 Mos.
Nick P. - 6 Mons.

UNITY LUNCH BUNCH

David G - 60 Days
Will - 6 Mos.
Tim H. - 31 Years
Nick D. - 1 Year
John A. - 39 Years
Kim D. - 11 Years



ACROSS THE ROOM

Bryan W. - 1 Year
Chuck A. - 5 Years

MIDVALE LUNCH BRUNCH

Beth - 30 Days	Athlene - 30 Years
Steph - 60 Days	Rachel - 4 Years
Oeclan G. - 60 Days	Stephen M. - 4 Years
Madolyn - 1 Year	Sheryl T. - 21 Years
Jared O. - 2 Years	Greg - 26 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!

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