

June  
2022

Salt Lake  
A.A.  
Central  
Office

# lifeline



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## 12 STEP DIRECTIONS, NOT ON THE WALL

Before studying the Big Book, I thought if I memorized the Twelve Steps from the club house wall or from pages 59 and 60 and practiced them every day that mental obsession would finally disappear. It didn't work! After five months sobriety I marched into a bar with gin and tonic on my lips. I was in deep chicken fat trouble!

I didn't order that drink, thanks to God, but I was terrified!

Returning home, I immediately prayed to be shown the path to sobriety. God answered with a new sponsor who taught me the clear-cut directions **directly** out of the Big Book.

We read on page 29 that: "Further on Clear-cut directions are given showing how we have recovered." We then read the "outline" on pages 59 and 60. It was explained that these are **not** the clear-cut directions of recovery; the 12 Steps hanging from the meeting room walls are **also not** the program of recovery! Both these are simply a description of what the Big Book is going to explain further on.

Bill Wilson tells you what he is going to tell you (as above); then he tells you the directions on Pages 60 thru 103, then he tells you what he told you on page 164—3rd full paragraph.

Please notice how many directions exist in Step 3. Step 4 has more than I can count—Plus it shows how to face and be rid of our defects, etc. Step 10 has five directions.

I believe a newcomer is being short-shrimped when taught that the steps on the wall are sufficient for recovery. Here are a few important bits of information not found on the wall:

**Step Three:** The 3rdStep promises, the 3rdstep Prayer, and who to do it with, or not. That Step 3 is only a beginning.

**Step Four:** When to begin Step 4. Why we need to do this step. How to face and be rid of resentment by using a spiritual tool and a logical tool.

cont. on pg. 8...

## CENTRAL OFFICE Board of Trustees

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

Archives — Rob C.

[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.

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

Hotline — Forrest P

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

Literature — Doug R.

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

Lifeline Newsletter — Rachelle

[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 S

[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 May 2022

## Reports Board of Directors

**Chair: Brad** - [board@saltlakeaa.org](mailto:board@saltlakeaa.org)

Welcome New Reps!

**Co-Chair: Wade J.** [cochair@saltlakeaa.org](mailto:cochair@saltlakeaa.org)

Lights repaired. Still waiting for the final draft, lease has not been signed, first payment has not gone out. Members are suggested to bring copies into Central Office. Discussion on owning/leasing copier.

**Secretary: D.J H.** [secretary@saltlakeaa.org](mailto:secretary@saltlakeaa.org)

(Excused)

**Treasurer: Mark C.** [treasurer@saltlakeaa.org](mailto:treasurer@saltlakeaa.org)

Copies of April financial statement and contributions received as requested. April collected in over \$2,700 group contributions are needed to keep Co open and running, total revenue is 11k. gross profit lower than April 2021, healthy in operating funds,

**Trustee: Rusty J.** - (Dist 2) [trustee02@saltlakeaa.org](mailto:trustee02@saltlakeaa.org)

Dist 2 GSR meeting held last night. good turnout, settled in on the second Monday of the month. Still nothing happening in jails, except Serena bought and distributed some literature there per requested. Much discussion to define the responsibility of the DCMC.

**By-Laws: Jake S.** - (Dist 10) [trustee10@saltlakeaa.org](mailto:trustee10@saltlakeaa.org)

Discussions on finances and distributions, one person was able to get set up for prison entry.. They are taking applications for a 2-year pass into the prison, but not allowing folks into the prison until the move is complete.

**Trustee: Steve C. (District 11 Liaison)** -

(excused)

## Reports Committee Chairs

**Activities: Anders S.** [events@saltlakeaa.org](mailto:events@saltlakeaa.org)

Founder's Day breakfast is coming up, needs help with supplies.

**Archives: Rob C. Absent**

**By-laws:** Jake S- Complaint about recent changes. Willing to form a committee to review.

**Coins - Gina H.** - Come to Central Office first if needs coins. If were out, there is Genesis Books.

**Cooperation w Professionals/P. I. Chair: John S.** - [cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org). (excused)

.Corrections:**Josh M.** [corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org) (excused)

**Literature: Doug R** - [literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

literature, spent \$5,668 for brought in 15 percent profit-total of 2,014 items sold, newest grapevine book available.

**Hotline: Forrest** - [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org) Schedule for open spots online is are getting new folks volunteering. Discussion of a script or resource guide to help said volunteer callers.

**Newsletter: Rachelle B.** - [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

Newsletter, established an online presence. Love the contributions we have received. Send to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) Thanks!

**Technology:** Elan B- [it@saltlakeaa.org](mailto:it@saltlakeaa.org); He will go to the U of U computer "store" to see if can get a second hand system. Committee chair people are encouraged to check their email addresses regularly.

**Outreach: Nick** Five members present, reached out to 15 meetings, response was mostly positive, going to meetings again in two weeks. Meeting is on Sun 27th, 9:30am with breakfast afterwards.

**Treatment/Accessibilities: Charlie T.**

[Treatment@saltlakeaa.org](mailto:Treatment@saltlakeaa.org). Sign meetings are \$50 each. We have raised enough to have one meeting per week, a suggestion of a hybrid meeting. 5th dimension East Coast meeting is all zoom and has an interpreter.

**Volunteers: Kim B** - [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org) Tell your groups there are volunteer spots available.

**Web servant: Sonya M** - [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org) website used by 4.9K people, mainly on the meeting schedule, kudos to members for giving the details about their meetings, in the process of redesigning the website, 1st meeting is next Tue of the new committee on same zoom room.

## Old Business:

### Open Board positions

- Trustee/District 11 - Open

### Open Committee Chair Positions

- 12 Step Coordinator-Charlie C. Thanks!

## Pamphlet of the Month

### Many Paths to Spirituality

“ Recognizing, first of all, that we needed to stay sober, many of us began to discover that we could utilize the A.A. program without conforming to religious or spiritual concepts we either disagreed with or didn't have. As we became more familiar with A.A., we began to realize the deep significance in the phrasing of A.A.'s Twelve Steps, which emphasize "a Power greater than ourselves ”

“ "A.A.'s sense of community and partnership is strong because of our shared suffering and our shared solution. In our meetings people from all walks of life come together with a common purpose. Some members return to their religious roots, others find different spiritual paths. Some may find this "God of their understanding" yet never become involved with organized religion ”

This is A.A. General Service Conference-approved literature.

What if today  
we were just grateful  
for everything?  
- Charlie Brown

# G.O.D. CAMPOUT 2022

Come join us at Defa's Ranch! for the **40th** G.O.D. Campout!

July 8th, 9th & 10th 2022

**Friday:** Registration, open meetings, Friday night follies, music and dancing. Alateen and Al-anon speakers.

**Saturday:** Childrens' activities, adult activities, 5k run, fishing derby, horsehoe tournament, arm wrestling, cook-off competition, trinkets and trash, Judge Raffle, speaker's meeting, Boozexille Bombers, music, Karaoke and dancing.

**Sunday:** Good morning spiritual meeting, committee meeting where new committee is chosen, all are invited.

Please send ckecks made payable to GOD Campout:

Billie Jo B.

1404 Spring Mountain Dr.

Springville, UT 84663

(801)691-9318



## Registration Fees:

Single - \$10

Family - \$15

## Camping Fees:

Weekend - \$10

One Night - \$6

NO PETS ALLOWED

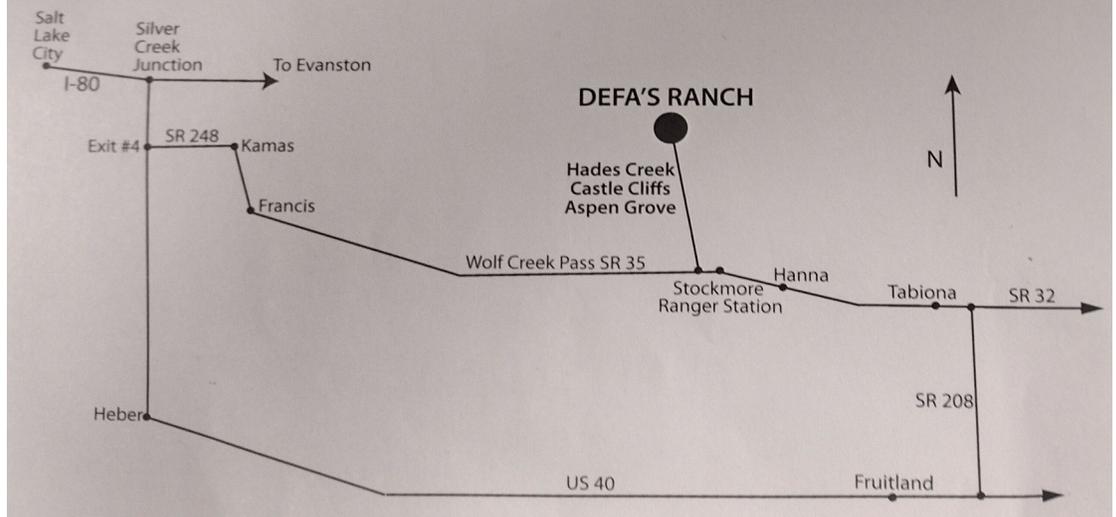
Fire Restrictions apply

No firearms/fireworks

## How to get there:

**Via Wolf Creek Pass:** Take 1-80 from Salt Lake to Silver Creek Junction US 40 (just past Park City). Take the Park City/Kamas exit (#4) and turn left to Kamas about 11 miles on SR 248. Turn right on SR 32 (by Texaco gas station) and go to Francis (about 2 miles) Turn left at the 4 way stop onto SR 35 this is the road to Wolf Creek Pass. After you pass mile marker 32 (look for blue sign) turn left on the first road you come to. About a 1/2 mile past the 3rd National Park campground (Hades Creek), you'll see Defa's Ranch on the left.

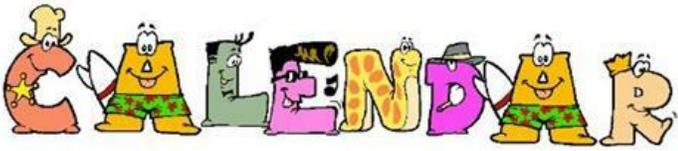
**Via US 40:** Take I-8- from Salt Lake to Silver Creek Junction US 40 (just past Park City), through Heber to Fruitland, continue for about 5 miles and turn left on HWY 208 for 10 miles, then turn left on SR 32, through Tabiona and Hanna. After you pass mile marker 33 (look for blue sign) turn right on the first road you come to. About a 1/2 mile past the 3rd National Park campground (Hades Creek), you'll see Defa's Ranch on the left.



# C.O. FINANCIALS APRIL 2022

<u>Income Statement</u>	2022	2021
<u>Revenue</u>		
Group Contributions	\$2,463.12	\$2,863.06
Copy/Newsletter donations	\$ -	\$ -
Contributions-Other	\$118.58	\$ -
Individual Contributions	\$ -	\$626.40
Sales - Literature	\$6,714.83	\$6,993.65
Sales - Coins	\$1,869.50	\$1,291.00
Sales-Other	\$ -	\$650.78
<b>Total Revenue:</b>	<b>\$11,163.03</b>	<b>\$12,430.55</b>
COGS - Literature	\$5,550.46	\$6,450.71
COGS - Coins	\$1,345.53	\$1,087.36
<b>Total COGS</b>	<b>\$6,895.99</b>	<b>\$7,538.07</b>
<b>Gross Profit</b>	<b>\$4,267.04</b>	<b>\$4,892.48</b>
Operating Expenses	\$4,314.39	\$3,261.06
Other Expenses:	\$ --	\$ --
<b>Total Expenses:</b>	<b>\$4,314.39</b>	<b>\$3,261.06</b>
<b>Net Income:</b>	<b>\$ (47.35)</b>	<b>\$ 1,631.42</b>
<u>Bank Accounts</u>		
Operating Fund	\$15,270.65	\$10,495.14
Accounts Payable Due	\$(1,500.00)	\$(1,250.00)
Money Market - PR	\$23,956.57	\$23,924.91
<b>Total:</b>	<b>\$37,727.22</b>	<b>\$33,170.05</b>

**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.**



**OF**



MARK YOUR CALENDARS FOR  
 PREASSEMBLY WORKSHOP  
 AUGUST 20 & 21, 2022  
 LEGACY EVENTS CENTER  
 151 South 1100 West -Building 1  
 Farmington, UT 84025.

*Happy 75th Anniversary*

**FOUNDER'S DAY  
BREAKFAST**



Hosted by:

Salt Lake Central Office

@

Fairmont Park

1040 E Sugarmont Dr. SLC

Grove Pavilion

*Saturday June 11th*

Breakfast served from 9:30-12:30

***Food, Fellowship, & Fun***

Text Anders with Questions 801-380-8206

Volunteers & Cooks Appreciated

hosted by:  
Area 69 

**IN PERSON !**

[WWW.2022AAPACIFICREGFORUM.COM](http://WWW.2022AAPACIFICREGFORUM.COM)



Sept. 16 - 18, 2022

**PACIFIC  
REGIONAL  
FORUM**

Mariott Downtown @ City Creek  
75 W Temple St., Salt Lake City, Utah

**RECOVERY ELEVATED**

**KARAOKE @  
FELLOWSHIP HALL**



**SATURDAY  
NIGHTS @ 8:00**

# 12 STEP DIRECTIONS, NOT ON THE WALL ...cont from pg. 1

How to be rid of irrational fear. How to develop a new sex ideal.

**Step Five:** When to do this step and where it comes from. Whom to do it with. Precautions about sharing particulars. Why this step is so important. Discover the 5th Step promises.

**Step Six:** When to be convinced we are ready to allow God to remove defects blocking our sobriety. Suggested prayer for help.

**Step Seven:** A humble request for God to remove the "bondage of self" now that we realize what they are.

**Step Eight:** Explains where our list comes from. Offers a prayer to help to complete this list.

**Step Nine:** When to begin making amends. Why to make amends. How to prepare how to present your amends. How to handle financial amends. How to avoid jail time for alimony. What amends are inappropriate. Forgiveness.

**Step Ten:** Explains this step is for a lifetime. **On the wall and page 59 and 60** there are only **two** directions, but on page 85 there are **five** clear-cut directions. We learn the important 10th Step promises.

**Step Eleven:** How to pray at night, morning and throughout the day. How to find forgiveness. 11th Step promises.

**Step Twelve:** Prerequisites for 12-stepping. Rewards for carrying **this** message. What message to carry. How to prepare before approaching a newcomer.

- Bob S



## Alcoholics Anonymous

Is starting again to have Interpreters  
or Skilled Persons to Sign at AA Meetings.

We have one -

**Monday and Tuesday**

**at 5:30 pm at Fellowship Hall**

**2060 South Windsor St. (840 East)**

This meeting, "NS Sobriety Hour" is an Open Meeting which means it is open to persons with a drinking problem, family members, friends, and anyone interested in finding out what AA is all about. You are not required to introduce yourself and can be anonymous sitting in the meeting.

Questions please text Charlie T @ 385-695-9181



# Trailhead, Summit & 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 fiancée, 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 AA, 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.

As anyone who has ever hiked the trails around here can tell you, the farther 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 okay, you're okay" 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





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 theirs story s 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/sumit-bigbook-english-5th](http://aa.org/sumit-bigbook-english-5th)**

**E-mail: [5BBStory@aa.org](mailto:5BBStory@aa.org)**

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

.....  
**Instructions for submissions:**  
On the envelope; The words 5th Edition BB, should be written on the envelope and at the top page of the manuscript.  
Postal Mail: attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, New York  
.....



## **LIFELINE SUBMISSIONS**

**We are looking for ARTICLES, POETRY, ARTWORK and any other contributions for the lifeline.**

**Please send to: [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)**

# "Trail Of Hope" HIKING GROUP

starting  
**JUNE  
15th**



Come hike with us at the top of  
Big Cottonwood!

Meet at the park n ride at 5:00  
or up top at Silver Lake at 5:30

For more information text:

(801) 450-5600



## Midvale Lunch Bunch:

Cathy S, 8 years  
Will C, 90 days  
Dave, 6 months  
Madolyn C, 9 months  
Morris W. 23 years

## City at Seven:

Tim H	2/25/2021
Mary Z.	2/24/2014
Sherry B.	5/18/2020
James P.	1/19/2015
Dave M.	2/8/1982
Kevin P.	12/31/2017
Paul B.	8/17/2013
Brian C.	3/25/2016
Alice M.	7/6/2019
Max D.	1/20/2022



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HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS