

May
2022

Salt Lake
A.A.
Central
Office

lifeline



In This Issue:

- C.O. Meeting minutes
- "Fifth Step Rewards" by Bob S.
- Alano Update
- Joke of the Month
- Events Calendar
- Financial information
- 7th Tradition Information
- Quotes and Musings
- "Icy Stars" by Delane
- "A New Freedom" by Jack R.
- G.O.D. CAMPOUT 2022



FIFTH STEP REWARDS

My Fourth Step inventory focused the light of truth onto unrealized driving forces of selfishness, dishonesty, resentment, and fear. It also provided certain necessary tools to 'face and be rid of' these newly discovered grosser handicaps (Great reward!) but still, countless other destructive little demons, of the grosser variety, lurked in some dark dank\space deep inside. They freely frolicked in this invisible environment, happily protected from the Sunlight Of-The-Spirit. It was as though they were protected under a very opaque umbrella, weaved with the fabric of the Twelve Steps: The grosser handicaps of selfishness, dishonest, resentment-and-fear.

My sponsor informed me that Step Five was to include a detailed revelation of these grosser defects of character and shortcomings. Those little demons and devils of conceit, jealousy, carelessness, intolerance, ill temper, and all the rest of it were about to be exposed -- not only to my sponsor,-but-to-GOD! Although my sponsor had not the power to close that umbrella, the Big Book tells me that God could and would if he were sought! (Those little fiends must have been trembling down there!). The sunlight of the Spirit was about to shine on those little demons – for they cannot survive in-the-sunlight-of-God's-Truth!

The Fifth Step promises, on page 75, tell us that we now begin to have a spiritual experience. Well, the realization that God is soon-to-remove the very things that blocked us from seeing and acting on the truth- in-drink indeed speaks to a radical inner transformation! I believe the main goal of this vital step is to allow us (me) to realize exactly what dominant inner forces have blocking the truth-in-drink; only then will I know

cont. on pg. 5...

CENTRAL OFFICE Board of Trustees

Chair — Brad M.

Co-Chair — Wade J.

Secretary — D.J.

Treasurer — Mark C.

Trustee — Rusty J.

Trustee — Jake S.

Trustee — Steve C.

Alt Trustee — 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 — Open*

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*

corrections@saltlakeaa.org

Hotline — Forest

hotline@saltlakeaa.org

Literature — Doug R.

literature@saltlakeaa.org

Lifeline Newsletter — Rachelle

lifeline@saltlakeaa.org

Outreach — Melissa E.

outreach@saltlakeaa.org

Public Information—John S.

pi@saltlakeaa.org

Technical Support — Open*

it@saltlakeaa.org

Treatment & Accessibility - Charlie

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 April 2022

Reports Board of Directors

Chair: Brad - board@saltlakeaa.org

Welcome New Reps!

Co-Chair: Wade J. cochair@saltlakeaa.org

(Excused)

Secretary: D.J H. secretary@saltlakeaa.org

(Excused)

Treasurer: Mark C. treasurer@saltlakeaa.org

Rent will be increasing, please continue to provide information on Situation to others.

Trustee: Rusty J. - (Dist 2) trustee02@saltlakeaa.org

District 2 voted to change GSR meeting to the 2nd Monday but facility issues arose so it will continue to be held on the 4th Tuesday. Literature needs are increasing at the Huntsman Mental Health Institute

By-Laws: Jake S. - (Dist 10) trustee10@saltlakeaa.org

One AA member has finally been authorized now to visit the prison.

Trustee: Steve C. (District 11 Liaison) - Learning the ropes, excited to be here.

Reports Committee Chairs

Activities: Anders S. events@saltlakeaa.org

Absent (The pavilion is booked at Fairmont Park for Founders Day Breakfast on Saturday, June 11).

Archives: Rob C. Absent

By-laws: Jake S. Nothing new to report

Coins - Gina H. -.Coins will be restocked next week.

Cooperation w Professionals/P. I. Chair: John S. -

cpc@saltlakeaa.org. New meeting started at Brighton Community Center "Haven at Last Big Book" on Wednesdays at 10:00am. Two meetings for the homeless, run by The Road Home, who has been very friendly to AA, needs support: "The Upper Room Group" at Palmer Court on Sundays at 10:00am; "Magnolia Apartments Meeting" on Thursdays at noon.

Corrections: Josh M. corrections@saltlakeaa.org

Absent

Literature: Doug R - literature@saltlakeaa.org Excused

Hotline: Forest - hotline@saltlakeaa.org. Updated current

version of the sign-up sheet online, has the list of times available for 2-3 hours to take the 24/7 hotline, it is a needed service..

Newsletter: Rachelle B. - lifeline@saltlakeaa.org

Looking for submissions for the lifeline.

Technology: Elan B- it@saltlakeaa.org; Excited to be here. Learning the process.

Treatment/Accessibilities: Charlie T.

Treatment@saltlakeaa.org. Purple cans available, collected \$2,000 thus far from four groups.

Volunteers: Kim B - volunteer@saltlakeaa.org looking for opportunities to be of service, please call, email and let us know.

Webservant: Sonya M - webservant@saltlakeaa.org 5,000 different users 10,000 times visited website last month. 3am Mondays is a popular hit time. Please keep meetings up to date by submitting changes on the website. Paper schedule only has in person meetings listed. Please submit new ideas to improve website including announcements and service opportunities from your groups, also how to redesign and improve. Please check it out and see what you think! www.saltlakeaa.org

Old Business:

Open Board positions

- Trustee/District 11 - Open

-

Open Committee Chair Positions

- 12 Step Coordinator-Open.
- Outreach- **Rudy Thanks !**

New Business:

Brad: New lease signed, \$250 more a month for five years, we have been month to month for years now and secured the best deal possible, landlords want us to remain their tenants. 2.5% increase annually instead of 5%. We depend on the generosity of our groups to keep this place going.

Rusty: Received requests to have the birthday lists put back in the Lifeline. Groups would send those in each month, it was a popular feature. See if your group would like to send your lists in by the 20th of the month and we can publish them in next month's edition.

Adjourn and Close with Responsibility Statement

***Next Central Office Rep meeting will be held on 4-13-2022 @ 6:30pm**

Alano Club Announcement

Greetings from the Alano Club Board of Trustees. Here is an update on club happenings, events, 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!

Kitchen is OPEN!

7-4 weekdays & 7-7 weekends

Come try the delicious food from an all new menu!

Club Improvements / Maintenance

- Cameras have been installed around the building
- We have a new safe and a new register
- Renting out back row in parking lot for \$300 per month



Savings & Membership:

- Membership meeting May 1st at 1:00 pm at the club.
- If you are attending meetings at the club, you can pay dues with cash, check or credit card. Talk to the meeting secretary to get it paid through our kitchen staff.

Fundraising

- **We have a "Go Fund Me Account" for the Club.**
<https://www.gofundme.com/f/alano-club-salt-lake-city-recovery-for-our-club> Please contribute if you can. We have not received any grants from the State of Utah, or any other agencies this year and can always use support.
- **Please sign up for Smile Accounts at Smiths and Amazon.** They will will give the club .5 cents for every dollar spent.
- Some meetings have a paypal code in the bottom of the 7th tradition baskets that allows members to contribute without using cash. This code will also be on display throughout the club for easy donations.

Upcoming Events

- April 30th - Memeber appreciation dinner

News & Other Info:

- We are continuing to work on recieving grants for improving and keeping the club running

FIFTH STEP REWARDS ...cont from pg 1

exactly what imperfections to ask God to remove in Steps Six and Seven. It was very important that I acted before my mind decided to remember only what it wanted to remember. I believe that the Big Book timetable is very important here! We are told to do Step Four 'at once,' Step Five at 'First opportunity,' review for a short period and 'then' (not later) do Step Six, go right into Step Seven 'when ready.' Steps Five, Six and Seven are often referred to as the "same day steps." I am very happy that my sponsor, Carl, helped me close that umbrella via the Big Book directions. I haven't had a drink of booze since!

-Bob S.

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 checks 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

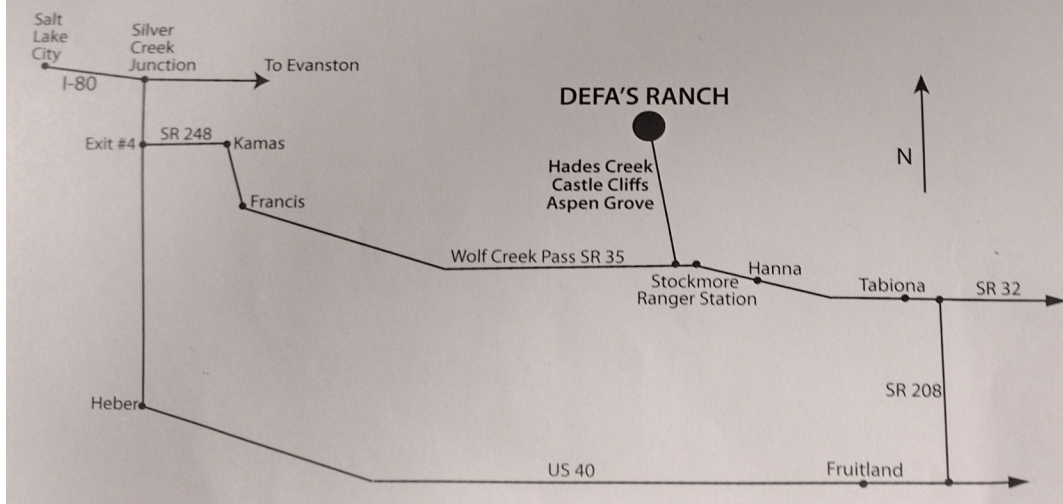
Fire Restrictions apply

No firearms/fireworks

How to get there:

Via Wolf Creek Pass: Take I-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-80 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 MARCH 2022

Income Statement

2022

2021

Revenue

Group Contributions	\$3,534.00	\$1,749.30
Copy/Newsletter donations	\$ -	\$ -
Contributions-Other	\$ 48.75	\$ -
Individual Contributions	\$ -	\$361.00
Sales - Literature	\$7,201.00	\$5,280.37
Sales - Coins	\$1,869.00	\$1,454.50
Sales-Other	\$ -	\$421.35
Total Revenue:	\$12,652.75	\$9,266.52

COGS - Literature	\$6,048.00	\$4,683.15
COGS - Coins	\$1,644.00	\$1,213.62
Total COGS	\$7,692.00	\$5,896.77

Gross Profit	\$4,960.75	\$3,369.75
Operating Expenses	\$4,456.18	\$3,917.76
Other Expenses:	\$ --	\$ --
Total Expenses:	\$4,456.18	\$3,917.76
Net Income:	\$ (504.57)	\$ (548.01)

Bank Accounts

Operating Fund	\$21,071.73	\$7,374.20
Accounts Payable Due	\$	\$ --
Money Market - PR	\$23,956.57	\$23,924.91
Total:	\$45,028.30	\$31,299.11

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



Founders 'Day Herald

87th Anniversary

of

Alcoholics Anonymous

1935-2022

Birthplace of A.A.

Akron, Ohio

June 10, 11, 12, 2022

(celebrating in various locations
across the world)

IN PERSON !

WWW.2022AAPACIFICREGFORUM.COM

hosted by:
Area 69



Sept. 16 - 18, 2022

**PACIFIC
REGIONAL
FORUM**

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

RECOVERY ELEVATED

KARAOKE
NIGHT

**SATURDAY
NIGHTS @ 8:00**

A New Freedom

I came into the program in 1997. At first, I used women as my Higher Power, but in July of 1999, after two trips to prison and a lot more pain, something finally stuck and I got sober.

Good things started to happen in my life. I got out and got married to a special woman who taught me what love really was. I soon became an assistant manager at a large retail store. I was going to AA meetings and I was involved in services at the local and area levels.

I was happy, but being the alcoholic that I am, I thought I only needed some of the steps. I really didn't want to do all of them, especially the Fourth Step. I didn't want to do housecleaning, while bringing up all the skeletons of my past. So it was surprising that I started making decisions based on myself. During that time, it was only by the grace of God I didn't drink.

After one of those self-centered decisions, and with seven years of sobriety, I ended up in prison with a 17-year sentence hanging over my head. Fortunately, I was able to at least hold on to my honesty in my program, and when I went to court, I pleaded guilty without any plea deal because I didn't want to put my family through the pain of a trial. I was one of the few unselfish things I did during that time.

My Higher Power, being all-powerful, was still looking out for me. I only had to spend a very short amount of time in one of the most dangerous penitentiaries in the country. I was then transferred to another much less dangerous prison. Inmates at that place

had fights and there were occasional stabbings, but it was nothing like the first prison.

When I first got to the new prison I thought, man, I should start an AA meeting. After my years of sobriety in AA, I deemed myself an expert. I often took my Big Book up to a small room attached to the common area in the housing unit and sat for an hour, one day a week. I can't really remember what day of the week it was, but I do that for a month or two. I couldn't figure out why no one was coming up there to have me educate them about AA. Maybe it was because my house wasn't in order that I had nothing to offer someone else.



A year later, the administrators started having an AA meeting brought in from the outside and I would go and share my knowledge with them. During this time, I was so grateful that my Higher Power was with me, because on Mother's Day 2008, my mother passed away.. I only

got through this great loss with my Higher Power. Those who think there isn't alcohol in prison, have not been to prison. Alcohol was around me-everywhere.

After three years, I was transferred to another prison, one with a lower security level. When I got there, I heard they had an AA meeting. So of course I had to go to share my insight. I did that when it was convenient for me because the meeting was in the morning and sometimes I needed the sleep. One day I made it to the meeting where someone was sharing from their heart. He had that 'light' about him. The more I listened, the more I knew this guy was the real deal. I wanted what he had.

After a couple of meetings, he asked me if he could take me through the Big Book. "We'll go through the
cont on pg. 9...

A New Freedom ...cont from pg.8

book word-for-word” he said. “And I won’t put any spin on it”. At that time, I was in so much emotional pain, I needed someone who I could trust to get some secrets of my chest. So I agreed.

We met one day a week to work through the Big book. We even took the steps in order. And when it came to take the fourth step, it happened easily because I had done the first three steps to the best of my ability. I can’t say that it wasn’t painful. It was. My sponsor told me that if I didn’t do the step both thoroughly and honestly, I was only hurting myself. He also said if I did it right, it would be worth it. So I poured it all out on paper.

We met every day for a week or so. Soon, everything I had done and everybody I could remember was down on paper. A few days later, we met out on the bleachers on the yard and I did my fifth step. I read everything I had written down (I’m getting goosebumps writing this). My sponsor did not get up running away screaming, “This guy is crazy!” He just sat there, listened and asked a few questions, and then we were done. Afterward, I felt a new freedom that words cannot describe. My Big Book now has two dates: July 3, 1999-the first day of my sobriety, and October 13, 2003-my first day of true freedom.

I’m still in prison and I don’t do this thing perfectly. Still, I do my best each day to keep my side of the street clean. I use the tools that I have been given now more than ever. Each day I try to help people and not hurt them. If I do something wrong I try to fix it right then.

I’ve been given some very important gifts: (1) I have a

family who still loves me and treats me well; (2) I get to live life on life’s terms; (3) I get the honor of taking other guys in prison through the Big Book and the steps, exactly the way my sponsor did with me-with no spin on it.

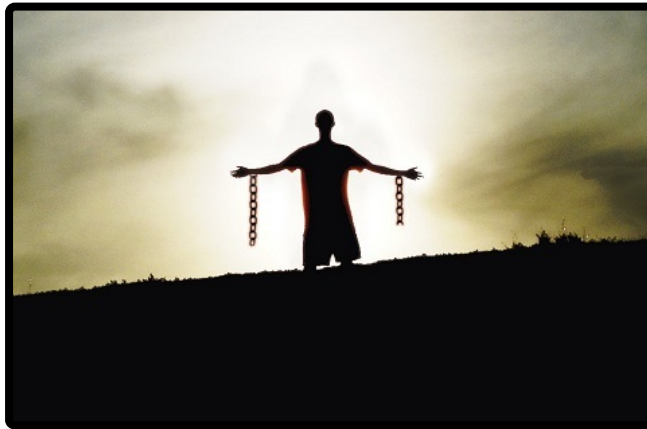
Even though not all the guys I work with wills stay sober, they still help me stay sober. I have one guy make it clear through and he is now in the process of taking someone else through the book, while I’ve started again with someone else.

I never thought I’d be able to say this, but here I am, in prison, behind a double-walled fence lined with concertina wire, and yet I am freer now than I have ever been.

Here is an interesting miracle; when my sponsor had been convicted and not yet sentenced, the prosecutor said he wanted him to serve at least ten years. In the end, the judge sentenced him to five. The whole time my sponsor was going through the court system, he kept going to AA meetings, helping other alcoholics and doing the things his sponsor suggested. The day he was sentenced, the judge gave him a few days to get his affairs in order. On one of those days, he was talking to someone in his sponsorship chain and the man told him, “You are not being sentenced to prison. You are being called.”

And that is where I met my sponsor, in prison. The miracle is that he was released after having been incarcerated far, far less than the five years he was sentenced to. I believe with all my heart my loving higher power sent my sponsor to me because I was finally ready.

-Jack R.





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

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

E-mail: 5BBStory@aa.org

Subject line: Fifth Edition of the book Alcoholics anonymous

PURPLE CAN CONTRIBUTIONS

**to provide Interpreter Funds
for Deaf People to join & find A.A.**

Five groups are contributing:

City at Seven, 11th Step Meditation, Keep it Simple Ogden, NS Sobriety Hour, Park City Men's plus two Individual contributors.

We've raised \$2,481.60 since 2/23/22.

There are Purple Cans available for groups to take at Central Office.

Please join in on Opening the doors of A.A.

for the Deaf in Utah to join us

Celebrating Recovery

Thank you!



Icy Stars

Thankfully
winters long lonesome nights
appear to have passed,
and it looks like the clouds
leftover from yesterday's storm are clearing.
No more painful dark emptiness
to leave me howling with the wind at the icy stars,
at least it seems.
In the earliest spring I cling to my restless cocoons,
counting and waiting,
because my first round of false start butterflies
have already been drowned
in the pit of my stomach
by the melting snow.
As a tentative little seedling
I have eager visions
of a strong tall stalk
and seeds and leaves and petals
that know no bounds...
but I fear frost
and roots that can't grow
and other unfathomable uninhabitable conditions...
Blossoming is so hard

-by Delane



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