

July
2022

Salt Lake
A.A.
Central
Office

lifeline



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Notes on Step Seven

There was true humility and deep surrender by asking God to *"take all of me,"* both the *"good"* and the *"bad."* This was an admission that I could not trust myself to differentiate between the two. I almost drank after five months sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me—It was not to be trusted!! I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: *"Self cannot rid self of self with self."*

I often hear long dissertations of what Bill W meant by **"shortcomings"** and **"defects of character"** in Step Seven. Though it may be impossible to overstate the importance of dictionaries, Bill W uses these words to mean the same thing. Let us look how he came about phrasing Steps Six and Seven:

Page 59, Step Seven: "Humbly asked Him to remove our **"shortcomings."**

Page 76, Step Seven: "I pray that you now remove from me every **"defect of character"** that stands in the way of my usefulness to you and my fellows." Consequently, it is easy to see that Bill meant for us to absorb these two words as "twins."

I wondered why the closing word "Amen" was not used in the many prayers of the steps leading up to Step Seven. It was explained to me that this word can be used as a **summary** of previous connected facts, e.g.:

In Step Three we asked to be relieved of the bondage of self, but we didn't know what that was. Not complete. **No Amen!**

In Step Four we only partially realize the nature of said bondage. Not complete. **No amen!**

In Step Five our sponsor may provide deeper insights of the bondage. Not

cont. on pg. 9...

CENTRAL OFFICE Board of Trustees

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Treasurer — Mark C.

Trustee (District 2) — Rusty J.

Trustee (10) — Jake S.

Trustee (13) —Steve C.

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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



C.O. Meeting Minutes June 2022

Reports Board of Directors

Chair: Brad - board@saltlakeaa.org

Welcome New Reps: Allison S. Early Beginnings Group. Bob G. Fresh Air Serenity Seekers. Kathy K. Tooele Group. Glad to have you with us.

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

Pacific Regional Forum is Sep16th-18th. C.O. will have secure room to set up shop for books to be available to the fellowship. 500-1500 members expected. Marriott Downtown at City Creek . Flyers at www.2022aapacificregforum.com

Treasurer: Mark C. treasurer@saltlakeaa.org

If your group is not listed for donations, please keep us in mind. We are still struggling some months financially, if your group can contribute please do. Six-month reserve looks good. .

Trustee: Rusty J. - trustee02@saltlakeaa.org

Dist 2 participation lacking in Area 69 events. Prison had recent orientation for volunteers. Many treatment centers are opening back up and could use speakers.

By-Laws: Jake S. - trustee10@saltlakeaa.org.

We are in need of GSR attendance. They meet 1st Mon of the month at Alano Club at 6 (July 11 this month). Services & increasing costs if we do not receive more group support.

Trustee: Steve C. trustee13@saltlakeaa.org

Sonations and attendance are up. Delegate made report on the outcome of the G.S. Conference

Reports Committee Chairs

Coins - Gina H. - Come purchase coins from us instead of Amazon!

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

cpc@saltlakeaa.org. (excused) AA meetings accessible to homeless community: The Upper Room

Group on Sun at 10am. Magnolia Apartments Thurs at Noon. Haven Big Book Wed at Noon, Beacon of Light Wed at 7:30pm, and Bright Side Sat at 6pm.

Hotline: Forrest - hotline@saltlakeaa.org Looking for more volunteers to take on time slots for after hours. See Open Hotline Timeslots.

Newsletter: Rachelle B. - lifeline@saltlakeaa.org

Looking for articles, artwork, poetry etc. for the lifeline. Submit your group birthdays!

Outreach: Nick - Visited over 40 groups since last month. Could use more help.

Technology: Elan B. IT@saltlakeaa.org

Inventory and assessment of the computers and software is complete. Board needs solution for Microsoft Office Tools, \$250 for one time suite fee.

Accessibilities: Charlie Treatment@saltlakeaa.org

Purple cans provided to whichever groups are interested in participating in bringing services for the deaf. Recently crossed \$3,000 in donations.

12th Step Coordinator: Charlie C.

Still learning the ropes, excited to be here, will connect with volunteer list.

Volunteers: Kim B - volunteer@saltlakeaa.org

Volunteers are needed, please email to set up times.

Webservant: Sonya M - webservant@saltlakeaa.org

Last month we had 4.3 thousand users, 8.9 thousand times. Inform me if your meeting schedule changes.. Need volunteers. Meet 3rd Tuesday of the month

Old Business:

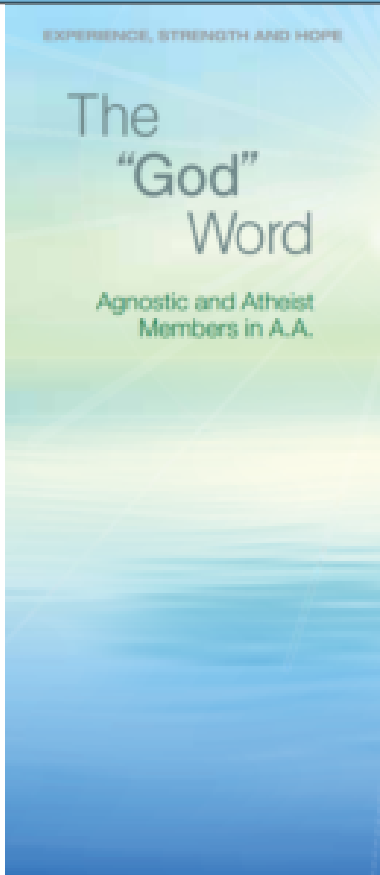
Open Board Position

Trustee, District 11 Liaison, Secretary

Adjourn and Close with Responsibility Statement

***Next Central Office Rep meeting will be held on 7-12-2022 @ 6:30pm**

Pamphlet of the Month



“

Gradually, as time went on, I came to believe that there is something within me that guides me through life and looks after me I don't know who or what it is, but i'm convinced there is "something." Sometimes I call it "God" simply because it's one syllable and it slips off the tongue easily. I still consider myself an agnostic, though.

The first three words of Step Two are "came to believe." Those three words tell me that it is a gradual process. I haven't seen a big flash of light and been instantly transformed, but many little things have happened in my life to convince me that "something" exists. & that works for me! (Neil's Story excerpt)

”

Joke of the Month



A Canadian is on vacation and walks into a bar. He sits on this HUGE stool and says to the bartender 'man, I heard things are big down here in Texas, but this is ridiculous!' and orders a mug of beer. He gets a pitcher of beer and asks the bartender, 'man, I heard that things are big down here in Texas but this is ridiculous!' and goes about drinking his beer. He orders another and he gets really pissed drunk.

Well, not too long later, he has to go to the bathroom really, really bad so he asks the bartender, 'Where is your washroom???' The bartender says, down the hall, second door on the right.' So the man climbs off the stool and stumbles down the hall and enters the second door to the left and falls in this huge swimming pool. The man is struggling to stay afloat and screams 'DON'T FLUSH IT!!



CC + H₂O

(Conscious Contact and Water)

29th Annual

Men's Spiritual Retreat

Lava Hot Springs, ID

September 9th, 10th & 11th 2022

Fellowship - Meetings - Meditation - Hot-Pools – Potluck Banquet on Saturday

Cost \$30 early \$40 day of – Please Pre-Register

VENMO: @chronicbeard Include name+phone number

CHECK: To: "CC + H₂O" 131 J Street SLC, UT 84103

Housing - limited beds available - first come first serve

Queen \$200.00 / Twin \$75.00 / Bring your own sleeping bag and pad \$25.00

You can also reserve lodging at the Aura Soma Lava at [\(208\) 776-5800](tel:2087765800).

Take Exit #47 off I-15 to Lava/Soda Springs

Join the private Facebook group: CC & H₂O Men's Retreat

C.O. FINANCIALS MAY 2022

Income Statement

2022

2021

Revenue

Group Contributions	\$4,709.50	\$2,907.76
Copy/Newsletter donations	\$ -	\$3.84
Contributions-Other	\$10.00	\$663.00
Individual Contributions	\$ -	\$ -
Sales - Literature	\$5,560.35	\$7,874.89
Sales - Coins	\$1,822.00	\$ -
Sales-Other	\$667.20	\$ -
Total Revenue:	\$12,769.05	\$11,449.49

COGS - Literature	\$5,271.66	\$6,425.73
COGS - Coins	\$1,469.89	\$ -
Total COGS	\$6,741.55	\$6,425.73

Gross Profit	\$6,027.50	\$5,023.76
Operating Expenses	\$3,998.96	\$2,916.01
Other Expenses:	\$ --	\$ --
Total Expenses:	\$3,998.96	\$2,916.01
Net Income:	\$ 2,028.54	\$ 2,107.75

Bank Accounts

Operating Fund	\$19,295.11	\$12,898.54
Accounts Payable Due	\$ (4,909.45)	\$(4,383.00)
Money Market - PR	\$23,953.46	\$22,424.91
Total:	\$38,339.12	\$30,939.85

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!



OF



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 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

MARK YOUR CALENDARS FOR

PREASSEMBLY WORKSHOP

AUGUST 20 & 21, 2022

LEGACY EVENTS CENTER

151 South 1100 West -Building 1

Farmington, UT 84025.

hosted by:
Area 69



IN PERSON !

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**

**KARAOKE
NIGHT**

**SATURDAY
NIGHTS @ 8:00**

Message from lifeline Editor

For a month now, I missed my daily meetings at my home group of misfit toys. When I went yesterday, my friend at group said he was sure I was dead.

Not dead.

For the first time I feel alive. I am working on myself. As an empath and highly sensitive person, I need time for me. I believe many of us former alcoholics need to learn to let go of our ego self. With me, I always thought everyone was better than me.

I needed to take a pause and learn who I was in regard to everyone else. Learn that I can say 'No' and have the control inside me to break through my former muteness and instead of showing up at almost every rally at our state capitol, I instead scanned my body every day and listened to what myself had to say to me.

Being an alcoholic and addict, I was clearly avoiding experiencing my feelings that were stored in my body and making me physically sick. I slept for 17 hours a day.

In order not to relapse, I had to turn inward. To forgive me and my perceived antagonist in my life. To learn I too had started to hurt others because I hurt so much inside.

Every day is still a struggle for me. I have to be on some serious medications for my diagnosis of addiction, chronic fatigue and bipolar 2. I attend therapy once a week. Group therapy four times a week and have sessions with my case manager.

Sometimes it takes hours to get out of bed, while other days I act like I swallowed a bottle of adderal.

I learned by watching each and everyone deal with my adoptive brother's suicide. That I would never take my life for any reason. Luckily, I no longer even have the desire to die.

I learned self-care is not selfish. It is beautiful. I feel empowered and have a quest for life again.

I'm dealing with my demons head on and sober. Yes, Recently, I was having a mid-life crisis, suffering the loss of a 14-year old dog. Two years later, I heard my new puppy get hit while he died in my arms. My husband wanted a divorce for good reason. And I was at the lowest point thus far in my life.

I missed my brother, Will, more than words could say. I felt all alone without his understanding and compassion to listen to everything I said. He was my best friend and was always there for me.

Until he wasn't.

With these losses, I learned I needed to give myself solo time to grieve and deal. I had to go within. Where, I found true freedom by loving myself as much as I loved anyone else, becoming my own best friend.

We are all beautiful souls on the tough journey of learning how to be sober, no matter how long it takes us. If we're trying, we will be blessed.



Meetings for the Hearing Impaired

Alcoholics Anonymous

Are once again hosting
interpreters or skilled person
to "sign"
at AA Meetings.



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.

A huge thank you to nine groups thus far has contributed to purple can donations: City at Seven, 11th Step Meditation,

Keep it Simple Ogden, NS Sobriety Hour, Park City Men's, South Davis Group, Up Group, and two Individual Contributors.

.. Questions please text Charlie T @ 385-695-9181

Notes on Step Seven ...cont from pg. 1

complete. **No Amen!**

In Step Six we become willing to ask God to remove this bondage. Not complete. **No Amen!**

In Step Seven, not that we have a much better insight of our bondage and are willing to be rid of our defects and shortcomings we are now ready to ask God for help. We have completed the necessary prerequisites. The **summary** has been completed—consequently Bill adds the word, Amen.

So be it.

-Bob S.



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/submit-bigbook-english-5th

E-mail: 5BBStory@aa.org

Subject line: Fifth Edition of the book Alcoholics anonymous



LIFELINE SUBMISSIONS

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

Please send to: lifeline@saltlakeaa.org



"Trail Of Hope" HIKING GROUP



Come hike with us & enjoy a
meeting Mon, Tue, Wed & Thurs.
Meet at the park n ride at the mouth
of Big Cottonwood Canyon @ 5:30pm
or up top at Silver Lake at 6:00pm
For more information text:

Pine: (801) 450-5600



Unity Lunch Brunch:

Brandon G, 60 Days

Shan, 90 Days

Will S, 90 Days

Midvale Lunch Bunch:

David B, 4 years.

Submit picture or scan group birthdays to
lifeline@saltlakeaa.org. Text or drop off at Central Office:

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