

March  
2022

Salt Lake  
A.A.  
Central  
Office

# lifeline



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## STEP THREE DECISION

I think of the first three A.A. steps as: "I *can't* (Step One) *God can!* (Step Two) *I have decided to ask Him to help me* (Step Three).

I no longer consider the praying the Third Step Prayer as my **decision** to turn my will and my life over to the care of God. It is obvious that my **decision** had to come **before** doing so. According to the Big Book my **decision** to ask for God's help was made on the bottom paragraph of page 62: "*Next, we decided that hereafter in this drama of life God was to be my director, etc. . .*" (p.62). The actual **asking** took place when I prayed the Third Step Prayer on page 63. My **decision** was well thought out before **asking** God for help via the page 63 prayer.

I believe this distinction is important because we are told: "*We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.*" Time to think well before the decision and the prayer is important. It would be tempting to haphazardly repeat this watershed Prayer verbatim, defusing the process of its needed substance and weight. Personally, having several months sobriety before this sequence, I had already made a sincere **decision** before praying this prayer with a sponsor.

We are told: "*The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.*" (p. 63) My sponsor had me read each sentence (separately) of the prayer and use my own words to explain what it meant to me. When finished, we both prayed the Third Step Prayer verbatim. I was immediately launched into the following steps and have not had to drink since.

-Bob S (DOS 8/15/1975)

## CENTRAL OFFICE Board of Trustees

**Chair** — Brad M.

**Co-Chair** — Open

**Secretary** — Mike L.

**Treasurer** — Lenny B.

**Trustee** — Rusty J.

**Trustee** — Jake S.

**Trustee** — Open

**Alt Trustee** — Open

**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  
S. Jordan, UT 84095

## CENTRAL OFFICE Standing Committee Chairs

**Activities** — Open\*

[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** — Open\*

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

**Hotline** — Forest

[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** — Melissa E.

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

**Public Information**—John S.

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

**Technical Support** — Open\*

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

**Treatment & Accessibility** - Charlie

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

**Twelfth Step** — Zach B.

[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 FEB 2022

## ***Reports Board of Directors***

### **Chair: Brad -**

Not Present (excused) board@saltlakeaa.org

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

Conducting mtg in Brad's absence. Welcomes new reps Nick R. (Hillcrest, Sugarhouse Men's, Sunday Breakfast); Cynthia A. (Cottonwood Speaker Step Series); Elan B. (Salt Lake Young People).

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

Corrections meetings still not available yet for jails. When new prison opens up, there will be reconfiguration with districts

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

PRAASA (Pacific Regional Alcoholics Anonymous Service Assembly) is held online this year March 4th-6th. Central Office will provide location to remote in. Begins 5:00 pm on March 4th and ends March 6th at Noon. Members involved or interested in general service can participate at Central Office & Fellowship.

## ***Reports Committee Chairs***

**Activities: Anders S.** events@saltlakeaa.org. Not present; excused. Report: "Have been in touch with Rob who will introduce me to the contact at the Salt Lake Bees to request tickets for firework games. Will likely have dates of the four games by March CO meeting or by April CO meeting at the latest. Will be reserving pavilion for Founders Day breakfast at Fairmont Park in the coming weeks as well."

**By-laws: Jake S.** - If interested in service positions reference the requirements in the bylaws on website.

**Coins - Gina H.** - Inventory is updated, the vendor has shortage on 30-year plus coins, suggests Genesis in the interim.

**Cooperation w Professionals/P. I. Chair: John S.** - cpc@saltlakeaa.org Starting this Thursday at Noon, there is a new meeting hosted by the Road Home at Magnolia Apartments for Homeless. 165 S 3rd E.

### **Literature: Doug R -**

Semiannual inventory completed; things were good. \$5,269 cost of goods brought in, \$6,257 total revenue sold, \$988

profit. Sold 2,141 items in January. Service Manuals are out but we ordered 100 more copies.

### **Hotline: Forest -** hotline@saltlakeaa.org,

Time slots are available on our website to cover the open time slots. Go to Hotline page, it lists the open time slots for groups to take.

### **Newsletter: Rachelle B.** - lifeline@saltlakeaa.org

Needs financials, **needs submissions.** Stories, artwork, poems, etc.

### **Treatment/Accessibilities: Charlie T.**

Treatment@saltlakeaa.org. Treatment centers not open. VA has 3 meetings available but must go through the entire volunteer program. 2 meetings at Highland Ridge that are working with district 2 and district 13..

**Volunteers: Kim B -** volunteer@saltlakeaa.org Several shifts available throughout the week, 2-3 hours on any day. Call Central Office or email to sign up.

### **Webservant: Sonya M -** webservant@saltlakeaa.org

Website accessed 10.3 K times in January, up 17% from December. Most visited page is meeting schedule. Please keep us updated on the meeting change form of any changes. Also, when submitting meeting change form, there is info about how to run hybrid or online. Any questions feel free to submit through the website. A new announcement page has been added on the homepage for central office service as well as open position and CO reps. If you have an announcement, please let her know.

## **Old Business:**

### ***Open Board positions***

- Treasurer - **Filed! Mark elected unanimously.**
- Trustee/District 11 - **Open**
- Trustee/District 13 Liaison- **Open**

### ***Open Committee Chair Positions***

- Corrections - **Filled! Josh! Thank you.**
- 12 Step Coordinator-Rusty said list is current.
- Tech Committee - **Open**

## **New Business:**

- **Outreach Committee Chair is needed**

**Adjourn and Close with Responsibility Statement**

**\*Next Central Office Rep meeting will be held on 3-8-2022 @ 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!

## Club Improvements / Maintenance

- Quartz countertops have been donated and installed in the kitchen.
- We are adding two doors to separate the kitchen from the dining area.



## Savings & Membership:

- We currently have 136 dues paying members, 123 of which are eligible to vote (3 months of consecutive dues). There are 51 eligible members for the board
- 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

- **Kitchen opening March 1-6** - Various events happening all week
- **St. Patricks Day:** Free Riders Event

## News & Other Info:

- **Board members do not get paid.** These are volunteer positions that require significant amounts of time and commitment.
- We are looking for employees, cooks and general help. Without them we cannot open the kitchen. The board members have been covering shifts so that meetings can continue.

# WISE LEPRECHAUN

Always a choice to be a good person or a bad person.

That's what my Mum always told me. Since I spent most my time at the pub, doing things I never remembered the next day, I assumed I was a bad person. Slowly and quickly, my mates stopped hanging out with me and I started to drink alone. My best mate told me he would hang with me for a few more days but only if we weren't at the pub and only if I didn't drink seven glasses of the Black Stuff. He said I was a disaster and that no one liked seeing me start to undress to a Billy Idol song.

The next day when I had no one to drive me to my gaff or place of dwelling and the taxis, hackneys and limos were all busy for the Jan 3rd New Year Celebration in Dublin. I got on my Harley motorcycle and traveled on to my gaff. Things went to hell in a cat when I hit a large truck and flipped around. Then the world went dark and all I could see was my acushla. The one woman I always loved and will always love in my forty years of existence. We had no kids but that was my screw up. She was asking me for a colscaradh. Can't blame the woman, who'd want to be married to a mess-up like me?

The next image in my mind was of a leprechaun by my side on the road. His ears were bigger than his arse. He needed to lose thirty pounds and he was carrying a book that appeared much too big for his short frame.

"Touch this book. It will show you your past and present and how everything you've ever done has affected both you and those around you."

I could see my body lying on the ground. All I was interested in was the possibility I'd never drink again. I'd never smile again. I'd never have sex again.

He smiled, as if reading my thoughts. "Just do it. If you want to get back into that body."

I did as he said. It shocked me how badly my illness

had caused harm to myself and others. But I realized even at my worst, I was both a good and a bad person. My Mum had it backward. Earth had it backward. And I got points for choosing a hard illness, one where my mind was not always in control of my body.

"Do you want to go to the other side permanently or figure out how to live with maturity and happiness without drinking?"

"The later, sire."

Next I knew, I awoke up in the hospital, with my sister by my bed. The only remaining sibling who stayed by my side. "What are you doing here on your birthday?"

"Mine? It is your birthday. St. Patrick's Day."

I'd been in a coma for almost three months. No wonder my throat was dry and from the looks of my belly, I'd well lost all the sugar alcohol from the Black Stuff.

"How's Shannon?"

She handed me a stack of papers, proving my marriage was over as her signature was signed on the bottom.

Hitting rock bottom.

Remembering the small green lad, I decided to do what I needed to get out of that hospital and hit an A.A. meeting. Maybe live at the meetings and never spend another minute in a pub.

Wish me luck.

-anonymous

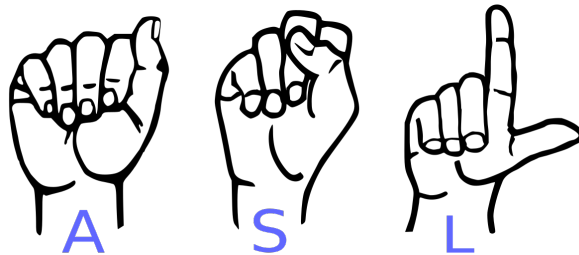


# Joke of the Month



Two rednecks, Bubba and Earl, were driving down the road drinking a couple of bottles of Bud. The passenger, Bubba, said "Lookey thar up ahead, Earl, it's a police roadblock!! We're gonna get busted fer drinkin' these here beers!!" "Don't worry, Bubba," Earl said. "We'll just pull over and finish drinkin' these beers then peel off the label and stick it on our foreheads, and throw the bottles under the seat." "What fer?", asked Bubba. "Just let

me do the talkin', OK?," said Earl. Well, they finished their beers, threw the empties out of sight & put label on each of their foreheads. When they reached the roadblock, the sheriff said, "You boys been drinkin'?" "No, sir," said Earl while pointing at the labels. "We're on the patch."



## SALT LAKE CENTRAL OFFICE TREATMENT & ACCESSIBILITIES CHAIR

Is Proud to Announce a New Beginning for the **Purple Can**, designated to give AA Members the opportunity to contribute to the:

### OPENING THE DOORS TO AA FOR DEAF MEMBERS TO RECOVER

Treatment Chair for SL Central Office, Charlie T, needs to begin a large Committee to Welcome and Serve Deaf Members as they join AA.

- We need Members versed in ASL or PSE that are able to interpret meetings.
- Members that will help us set up and contact Interpreters to schedule services when needed so our New Deaf Friends can join.
- Members to start basic Sign Language Classes so we can sign Welcome to the new Deaf members as they arrive.
- Members to watch and deposit Purple Can monies into Central Office.
- Members to make this OPEN THE DOORS OF AA TO THE DEAF a reality.

If you have any questions please text Charlie at 385-695-9181 and he will return your call promptly.

# C.O. FINANCIALS DECEMBER 2021

## Income Statement

2021

2020

### Revenue

Group Contributions	\$5,256.31	\$2,063.72
Copy/Newsletter donations	\$-	\$10.17
Individual Contributions	\$-	\$891.61
Sales - Literature	\$6,006.45	\$4,856.61
Sales - Coins	\$1,267.00	\$-
<b>Total Revenue:</b>	<b>\$12,885.27</b>	<b>\$7,822.15</b>

COGS - Literature	\$5,376.50	\$3,953.16
COGS - Coins	\$1,062.67	\$-
<b>Total COGS</b>	<b>\$6,439.17</b>	<b>\$3,953.16</b>

<b>Gross Profit</b>	<b>\$6,446.10</b>	<b>\$3,868.99</b>
Operating Expenses	\$3,798.22	\$3,461.41
Other Expenses:	\$-	\$-
<b>Total Expenses:</b>	<b>\$3,798.22</b>	<b>\$3,461.41</b>
<b>Net Income:</b>	<b>\$2,647.88</b>	<b>\$407.58</b>

### Bank Accounts

Checking & Petty Cash	\$27,513.07	\$20,275.70
Accounts Payable Due	\$(16,509.94)	\$(45.06)
Money Market - PR	\$23,948.62	\$22,424.91
<b>Total:</b>	<b>\$34,951.75</b>	<b>\$42,655.55</b>

**(To Be Updated in April 2022)**





## PRAASA 2022

March 5-7



*Attend online or @ Central Office*  
register @ [www.praasa.org](http://www.praasa.org)

Salt Lake City Free Riders Presents

## St. Patty's Event

Saturday, March 12th

8:30 pm

Alano Club

5056 S 300 W

\$10 per couple / \$7 per person

\*Raffle, \*50/50, \*Music, \*Prizes, \*DJ Dance,

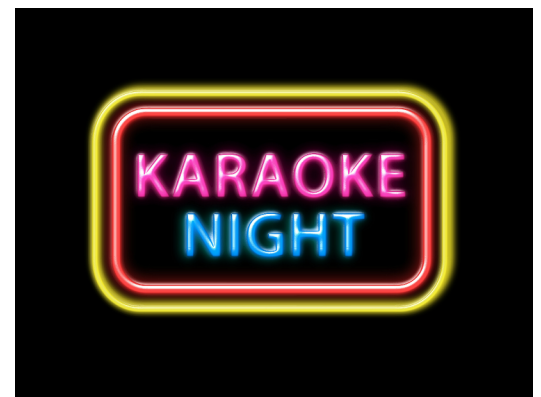
\*Snacks & Drinks

*Free raffle ticket for anyone in green attire*

EVERYONE IS WELCOME!!



## KARAOKE @ FELLOWSHIP HALL



**SATURDAY  
NIGHTS @  
8:00**





## TOUGH LOVE TRUTHS ABOUT LIFE

By Anonymous

- Everybody hurts. No one goes through this life without some kind of struggle. We are here to learn and grow, and a lot of that happens through struggle.
- People may not care whether you create the life you want or not. You have to do what you need to do for you.
- Life is not always fair, but you can learn love yourself and not get stuck on that. Find a way to make your circumstances work for you, or work hard to create better circumstances.
- Everyone ages, but not everyone matures.
- Some of our greatest lessons and teachers are FAILURES and HEARTACHES.
- We pay the price for things we don't do to take care of ourselves. Everything catches up with us. No taking care of our health. Not saving money. Neglecting our loved ones or our jobs.
- No one is coming to save you. You either work hard to create what you want for your life or chances are you won't get it.

What we think of as people's guilt is their fear.

All negativity derives from fear.

When someone is angry, they are afraid.

When someone is rude, they are afraid.

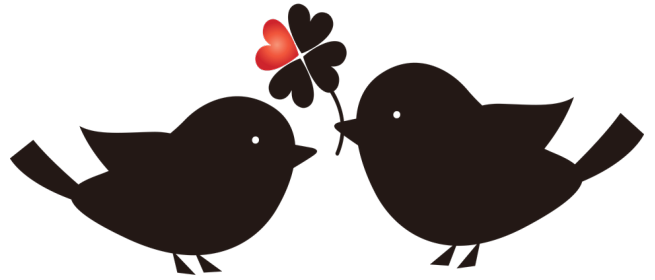
When someone is manipulative, they are afraid.

When someone is cruel, they are afraid.

There is no fear that love does not dissolve.

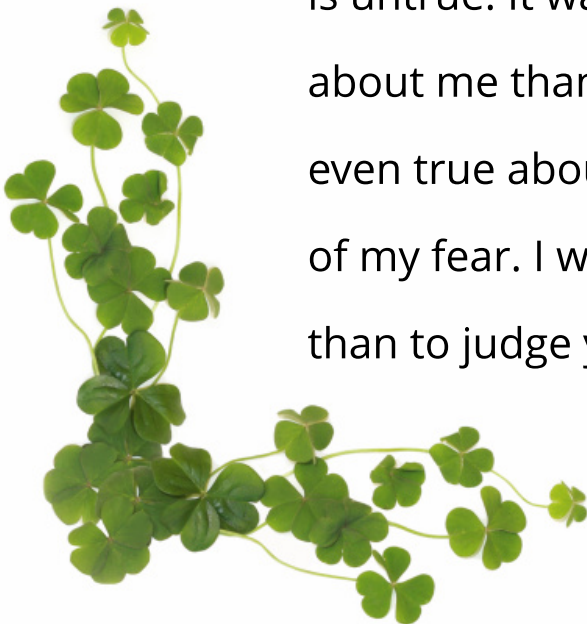
There is no negativity that forgiveness does not transform.

-- *Marianne Williamson*

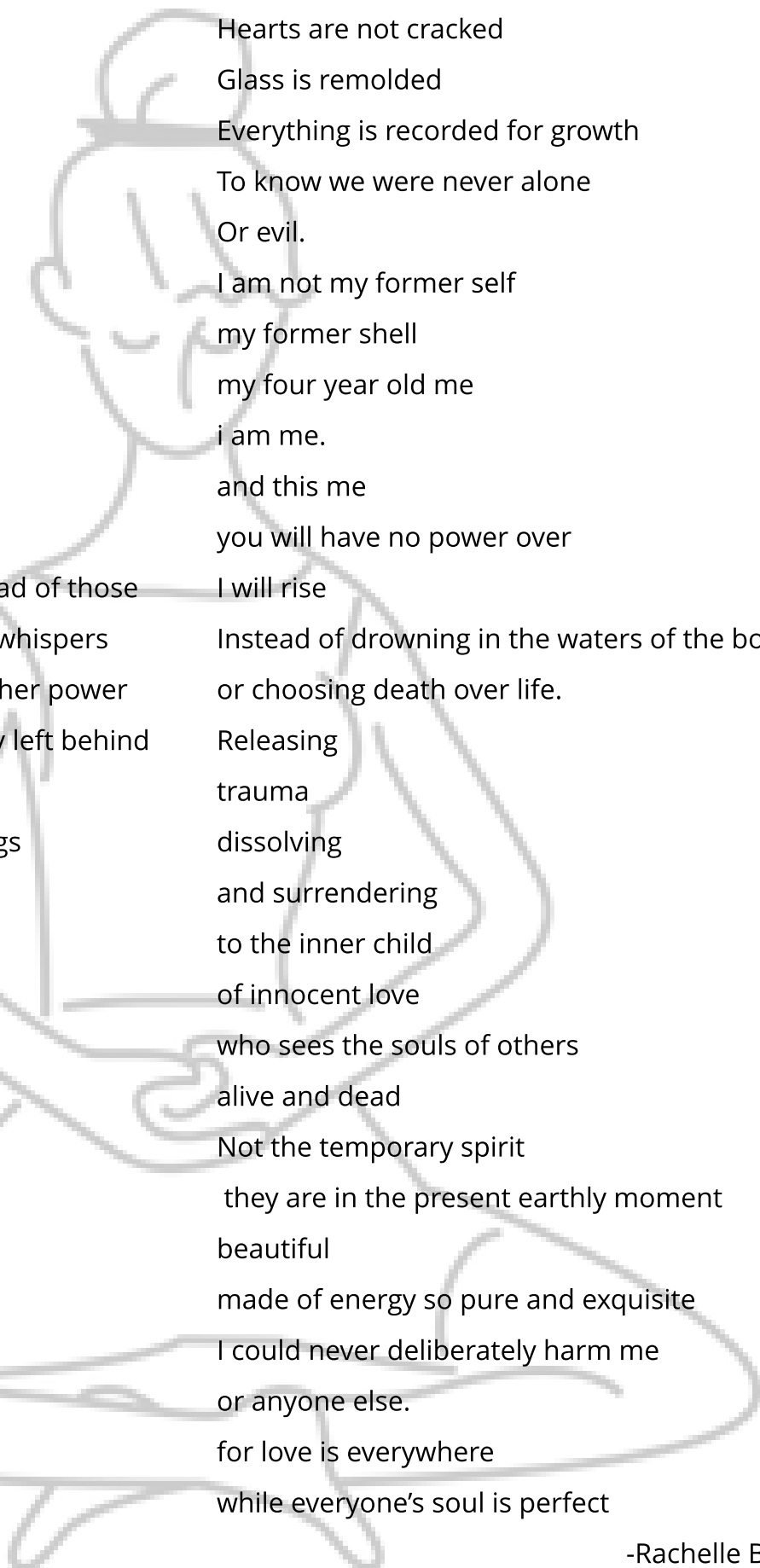


"To forgive is not to do, but to undo. To undo a judgment, say to yourself "The judgment I made is untrue. It was made in ignorance. It says more about me than it does about you. But it is not even true about me. This judgment is a reflection of my fear. I would rather face my fear directly than to judge you or myself."

-- *Everyday Wisdom*



# A c c e p t a n c e



I spent my whole life  
Wanting to be perfect  
Wanting to make up for him  
For what he did  
Before I could even speak  
Development delayed  
wise beyond my years  
For spirits were something  
I could not see until I died  
for a few seconds  
Born again  
with gifts and abilities to see the dead of those  
Who need to hear their loved ones whispers  
To know they are safe with their higher power  
but still love & protect the ones they left behind  
I know i'm not perfect  
And neither are my intuitive sightings  
but being almost perfect  
in description, personality & details  
a vessel for God and his spirits  
echo through me  
Gifting the grief stricken  
With Comforting tears  
from a suicidal addict  
Who succeeded in death  
Saw the other side  
A world of only pure love  
A world that if everyone could see  
their true worth  
A place where  
loneliness isn't broken

Hearts are not cracked  
Glass is remolded  
Everything is recorded for growth  
To know we were never alone  
Or evil.  
I am not my former self  
my former shell  
my four year old me  
i am me.  
and this me  
you will have no power over  
I will rise  
Instead of drowning in the waters of the bottles  
or choosing death over life.  
Releasing  
trauma  
dissolving  
and surrendering  
to the inner child  
of innocent love  
who sees the souls of others  
alive and dead  
Not the temporary spirit  
they are in the present earthly moment  
beautiful  
made of energy so pure and exquisite  
I could never deliberately harm me  
or anyone else.  
for love is everywhere  
while everyone's soul is perfect

-Rachelle B.

**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**