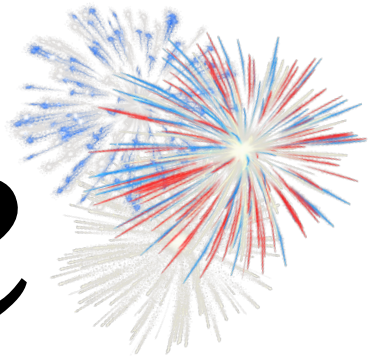


Jan 2023

Salt Lake
City
Central
Office

Lifeline



In This Issue

- Pamphlet of the Month
- Joke of the Month
- "Afraid of the Night" by
W.R. Grapvine '94
- Financial Information
- Group Contributions
- Group Birthdays
- Upcoming Events
- Poetry Corner
- Crossword Puzzle
- Word Search



Afraid of the Night

I drank to enjoy life. Then I drank to handle life. Finally I drank to handle what I drank. I was using alcohol to cure alcoholism. The lines of W.H. Auden came to mind:

Faces along the bar

Cling to their average day :

The lights must never go out ,

The music must always play,

Lest we should see where we are,

Lose in a haunted wood,

Children afraid of the night

Who have never been happy or good. I was lost in a haunted wood. Afraid of the night and of facing the average day.

One day I sat in the hospital for alcoholics. All the patients were expected to attend the Friday night meeting of A.A. On the wall hung the Serenity Prayer. I certainly had no argument with that. Yet, it all seemed so distant.

Someone stood up and said, "If you fall down a well and are in danger of drowning, you're not going to worry about the name of the person who throws you a rope."

There was nothing patronizing about that. I was drowning. It would be madness to shout out, before sinking out of sight, "But are you Catholic? or "Were you born in Tel Aviv?" or "Is your degree from Vienna? not only madness, but spiteful.

---cont. on page 7.

CENTRAL OFFICE Board of Trustees

Chair — Wade J.

Co-Chair — Open

Secretary — Jake S.

Treasurer — Mark C.

Trustee (District 2) — John S.

Trustee (10) — Open

Trustee (13) —Open

Trustee (11) — Philip W.

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 18134
Kearns, UT 84118

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
South. Jordan, UT 84095

CENTRAL OFFICE Standing Committee Chairs

Activities — Open

activities@saltlakeaa.org

Archives — Ben H.

archives@saltlakeaa.org

By-laws — Open

Coins — Kathy M.

coins@saltlakeaa.org

Co-op Professional Community -

cpc@saltlakeaa.org

Corrections — Open .

Hotline — Open

hotline@saltlakeaa.org

Literature — Jim S.

literature@saltlakeaa.org

Lifeline Newsletter — Rachelle B.

lifeline@saltlakeaa.org

Outreach — Open

outreach@saltlakeaa.org

Public Information — Open

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 — Bob C.

volunteer@saltlakeaa.org

Website — Open

webservant@saltlakeaa.org



C.O. Meeting Minutes December 2022



Reports Board of Directors

Chair: Brad - board@saltlakeaa.org Reads the CO Preamble. Welcomes new reps Sue W. from the Conscious Contact. Group. Serena C. for the Old-Fashioned AA Group.

Co-Chair: Wade - board@saltlakeaa.org Happy Sobriety Day! Will take over as chair next month.

Secretary: Jake S. - secretary@saltlakeaa.org Reminder to update contact information with him if you have changed your preferred email for communications.

Treasurer: Mark C. - treasurer@saltlakeaa.org Goes over the Profit and Loss & Group Donations for Nov. Some groups are not being listed on the Group Contributions due to Pay Pal. List your group in notes.

Trustee: Rusty J. - trustee02@saltlakeaa.org District 2 alive and well, filled Literature and Treatment positions last night. Great shape financially.

Trustee: Jake S. - trustee10@saltlakeaa.org (District 10 liaison) District 10 has open service positions.

Reports Committee Chairs

Archives: Ben H. - archives@saltlakeaa.org C.O. needs a boombox with a CD player & a tape recorder & plug outlet. Please donate.

By-Laws: Jake S. - Prepare to vote next meeting on new amendment suggestions given last month to reps.

Coins / Literature: Gina H. - coins@saltlakeaa.org Increase on prices for books and coins due to increase from publisher.

Corrections: Josh M. - Inquires about the GSO Kits and Workbook. C.O. has copies.

Hotline: Forrest - hotline@saltlakeaa.org slowdown in request for volunteers. Email above if interested.

Newsletter: Rachelle lifeline@saltlakeaa.org - Submissions have increased; help from committee.

Technology: Elan B. - IT@saltlakeaa.org -setting up a new computer for the front desk.

Accessibilities: Charlie T - Treatment@saltlakeaa.org Two deaf members coming consistently.

12th Step Coordinator: - Charlie C. Looking for volunteer sheets to be returned from reps.

Webservant: Sonya M - webservant@saltlakeaa.org Super active web committee.

7:00 - 7:30 Old Business- Board of Trustees Elections

Two Year Commitment Open Positions:

Co-Chair – Open

Trustee at Large (District 2 Liaison) **John S. elected!**

Trustee at Large (District 10 Liaison) – Open

Alternate Trustee at Large – Open

One Year Commitment Open Positions:

Trustee at Large (District 13 Liaison) – Open

Alternate Trustee At Large – Open

New Business- Standing Committee Chair Elections

Two Year Commitment Open Positions:

Hotline Committee Chair – **Open**

Twelfth Step Committee Chair – **Charlie C. elected!**

Activities Committee Chair - Open

Newsletter Committee Chair – **Rachelle B. elected!**

Outreach Committee Chair – Open

Website Committee Chair – Open

By-Laws Committee Chair - Open

Volunteer Committee Chair – **Bob C. elected!**

Literature Committee Chair - **Jim S. elected!**

Archives Committee Chair – **Ben H. elected!**

Public Information Committee Chair -Open

Treatment Facilities & Accessibility Chair – **Charlie T.**

Corrections Committee Chair - Open

Cooperation with Professionals Committee Chair - Open

Technology Committee Chair – **Elan B. elected!**

Coins Committee Chair – **Kathy M. elected!**

7:30 - Adjourn and Close with Responsibility Statement

***Next C.O. Board of Trustees meeting will be held on
1-3-2023 @ 6:30pm**

***Next C.O. Representative meeting will be held on
1-10-2023 @ 6:30pm**

PAMPHLET OF THE MONTH



"As one good A.A. friend says, just like "The Wizard of Oz," my life has gone from black and white to glorious technicolor—and I owe it all to A.A.!"



"Who's the boss?" I asked a man as the noon meeting started. "I want to see the boss." The man gave me a funny look, and then looked around the room. He said, "You sit down. The boss isn't here yet."

JOKE OF THE MONTH

Why do children of recovering alcoholics have such big family reunions?

They have twelve-step-parents!



THE ONLY DIFFERENCE BETWEEN
A GOOD AND A BAD DAY
IS YOUR ATTITUDE

FRENCH BY DESIGN BLOG



FINANCIALS – NOV 2022

<u>Income Statement</u>	2022	2021
<u>Revenue</u>		
Group Contributions	\$2,742.53	\$5,256.31
Contributions - Other	\$442.75	\$ -
Sales of Product Income	\$7,183.75	\$7,273.45
Total Income:	\$10,369.03	\$12,885.27
Total Cost of Goods Sold	\$5,659.71	\$6,439.17
GROSS PROFIT	\$4,709.32	\$6,446.10
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Bank Charges & Interest	\$196.25	\$ -
Budget - Activities, Treatment & Volunteer	\$273.35	\$ -
Cash Over Short	\$45.20	\$ -
Cleaning & Office Supplies	\$80.05	\$ -
Insurance	\$519.00	\$ -
Licenses and Permits	\$291.00	\$ -
Phone & Internet	\$220.36	\$ -
Printing & Reproduction	\$682.76	\$ -
Rent	\$1,500.00	\$ -
Repairs	\$80.00	\$ -
Software, Hardware, Alarm & Website	\$509.94	\$ -
Utilities - Electrical & Garbage	\$231.97	\$ -
Total Expenses:	\$5,259.88	\$3,798.22
NET OPERATING INCOME	\$-550.56	\$2,647.88
Interest Income	\$26.47	\$ -
Net Income:	\$-524.09	\$2,647.88

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!

Group Contributions - Nov

A Vision for You	\$182.85
AA No Nonsense Group	\$230.00
An AA Group	\$150.00
Another 24	\$50.00
Chapter 5	\$200.00
Early Beginners	\$89.00
Every Night Firelight	\$225.00
Flying High	\$50.00
Honeys Breakfast Club	\$332.62
Hope on 90th	\$200.00
Magna Friendly Bunch	\$120.00
Magna Fun Bunch	\$150.00
Monday Night Happy Hour	\$150.00
Midvale Bunch	\$250.00
No Laurels	\$165.00
Primary Purpose	\$60.00
Monthly Total:	\$2,604.47

Thank you so much for all the groups and individuals who donated this month.

**Donate
here** ➡



PRIMARY PURPOSE GROUP

Joey C. - 14 Years
Mark N. - 14 Years
Derrick R. -- 11 Years
John E. - 31 Years
Vicki B. - 37 Years
Pat Fortune - 40 Years

UNITY LUNCH BRUNCH

Bentley-30 days
Sean- 90 days
Teresa-6 months
Philly- 9 months



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!

Afraid of the Night ...cont from pg. 1

An ancient Chinese sage believed he had an answer for what we today call neurosis. "Lessen your rancor," he said, "and you will greatly enhance your recovery."

Puzzled, I reached for my dictionary. Rancor, it said, was spitefulness. Bitterness. Resentment. I, the little boy, who had taken home the ball because he didn't get first bat, was now a big boy in grave peril. The Big Book of A.A. says, "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a power greater than ourselves. " That was the bottom line. I needed a power that could do for me what i could no longer do for myself.

On the way to a meeting, i read a sign in a churchyard; "Trusting God isn't a feeling. It's a decision. "The decision was mine. no one could do it for me. Paradoxically, "You cannot do it alone, but only you can do it," as the saying goes. I needed what A.A. was offering, but it was up to me whether I accepted it. To reject it would have been rancor, indeed.

To accept it (and I will be forever thankful that I did) was to acknowledge what Dr. Bob, the co-founder of A.A., said, "If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking alcohol for good and all, and sincerely feel that you must have some help, we know that we have an answer for you. it never fails, if you go about it with one half the zeal when you were getting another drink. Your heavenly father will never let you down."

W.R., Sydney, Australia

Grapevine 94'



Quotes of the Month

"In order to take care of others you have to take care of you." - Kerry K.



"Getting sober was one of the three pivotal events in my life, along with becoming an actor and having a child. Of the three, finding my sobriety was the hardest." - Robert Downey Jr.

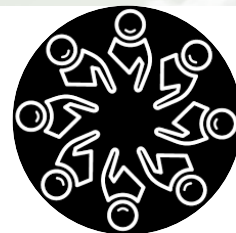


Dixie Winterfest 2023

February 24-26

Winterfest 2023

Theme: A New Way of Life



This year marks the **25-year Anniversary** for Dixie Winterfest.

Reserve your room at Red Lion 435-628-4235 and mention "Dixie Winterfest for the group rate."

The weekend conference consists of Speaker, Workshops, and Marathon Meetings along with **"Fun in the Sun"** organized activities such as golf, bingo, hikes, a luncheon, Saturday evening mixer, talent show, pickleball, game night.

Registration is found at **"dixiewinterfest.org"**

SALTYPAA PRESENTS

POSITIONS AVAILABLE

Come be a part of and get active with the Salt Lake Young People in AA!

**QUESTIONS? CONTACT
BRADLEY 385.230.1988**

SALTYPAA.ORG

SNOWYPAA WEST

Lifted Up!

FEBRUARY 9-12, 2023
SKI & SNOWBOARD AA CONFERENCE
SNOWBASIN RESORT, UT

Register Here!

\$25 Registration
SHRED all day
Meetings all night
ALL LEVELS WELCOME
Rentals & Lessons available

Stay at Courtyard Ogden
Book for \$129/night via Registration Form
Email if you need help finding a roommate

Contact Us
Email SNOWYPAAWEST@gmail.com
Stay tuned on our FB Page for announcements!

SNOWBASIN RESORT
3925 E. Snowbasin Road
Huntsville, UT 84317

COURTYARD OGDEN
247 24th Street
Ogden, UT 84401

IKON
PASS

AUTHENTICALLY YOU

You know what?

You?

I may not be a mother or your mother

Or even a good person sometimes.

I struggle with addictions.

But I am me

But this is about you

You who questions all the time

You who breaks the mirror from time to time

You who welcomes the blood

You who forgott who you were

before you were born

You who sees a broken world

You who may wander at times.

You who may be lost.

You who may be bullied to be

one way or another

by a prophet or a president or anyone

they do not know you

that's your job

they cannot be you.

you know deep inside

the god spark awakening

to your divine self

You no longer need to live in a world

where you have to wear a mask

and can't be happy as you

Don't let any politician or billionaire

tell you who you are or what you are

you are perfect as you.

You who questions all the time.

You who breaks the rules from time to time.

You who struggles with addictions.

You who remember your exquisite worth

forgotten before you were born.

You who came innocent

to fix the broken world

You who didn't want to miss time

by leaving early no matter how hard life got

You who knew we were equal

no matter where we sat in life

You came here to screw up

so you could learn

You can finally

Wake up

to the authentic

puzzle of love

that is only

You

(Rachelle B)



Relapse Prevention

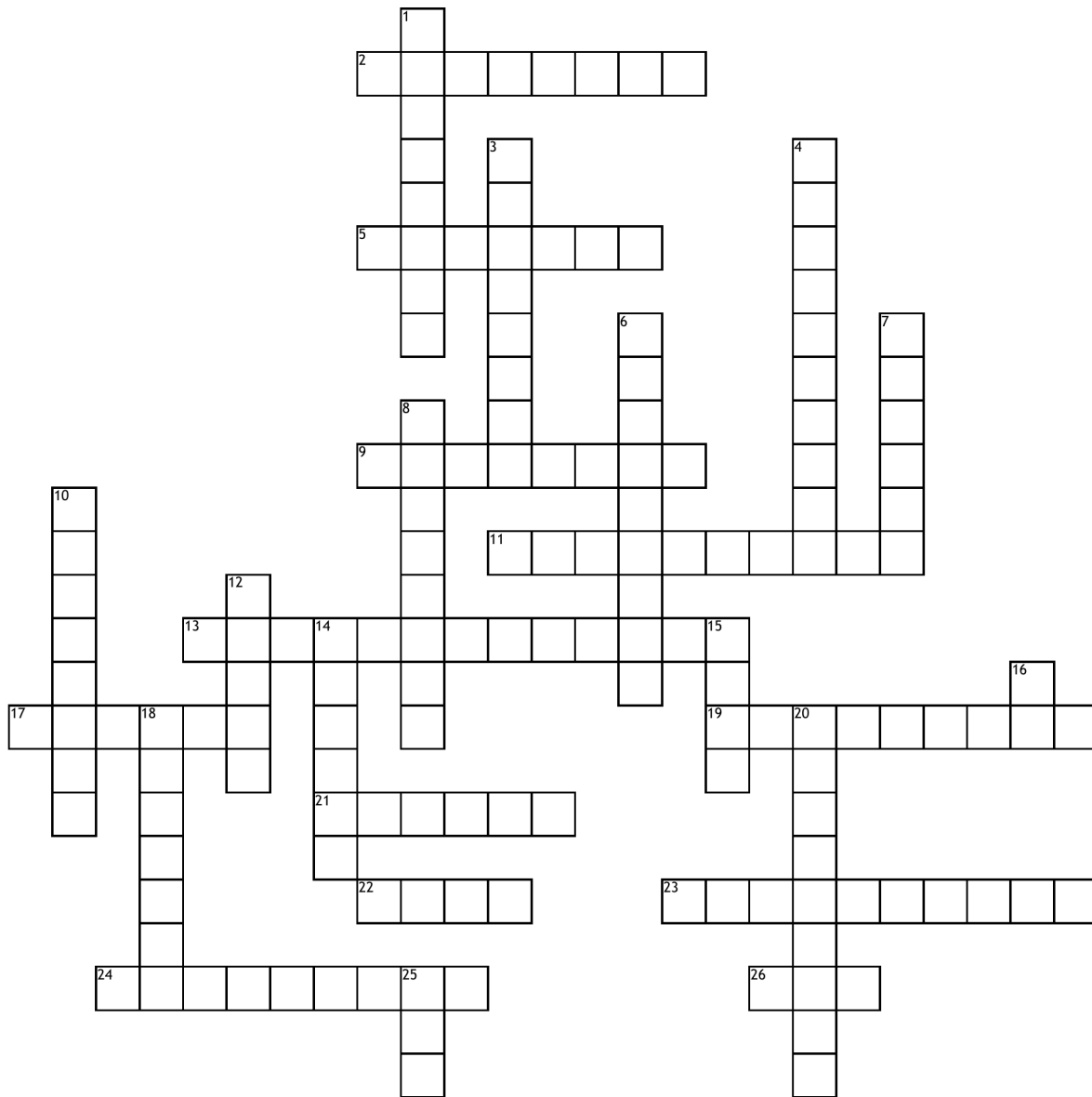
J L V G W X I G L Y H M S G B K T A O R U S S Z
G N A A A N W Z Z Y P M K R S X I P O I K V E L
E K E S O P I Z Y D U H R S J X X M J Q B K D K
T X J Z V F Z D U R L O E J M Z S J W J Q U Z Y
Z I R W J P D S T R E R G S Z Q R C C M I S S N
S M M H V W O H F N T V M X Y F C Y S P F C M O
J L D U S B F D C S D W O Y K H Y X L B L Z C Q
E U C P U H V R M I J A Z C U M D E M O G I O C
J P L B O D I U Y H K G P S E Y H P S R L P S Q
S D E O E U J G O N F Y F X T R R Y I L T B T D
U O E J G M F S R S E Z B J B J N S K L D P M H
C Q E P N N F X N N U G V E G O G L N W S Z A W
U L R U I B M Y L H J E V K C I R Y U N H H W O
R T V G P J A N L I R D G S E X F E O U O P L L
C O W U O I B X M Y K Q F I A V V S D N Q R P L
R D W D C D E P R E S S I O N O W V Y O U E S Z
V G Y P T E T X W W B B L X F H M Q E C M V X S
A V K L L S Y C O P D Q Z O A T I B T A F E E Z
W B E D K A T S U P P O R T H I S P E V I N A J
I F E V U Q N K C E M K J B M O T M F Q L T B W
M L V P B B D G R R C J G Z W R C Q T F Z I L R
J U Q Z E S P A L E R Y N B O B D L X D K O E X
C R C Q J C R E L W D P Y K O X D K A W B N N L
A S Z K X O I Y E G F E Y D X D T D Y B Y O E Z

SUPPORT
RELAPSE
PLAN
DEPRESSION
ALCOHOL

STRESS
RECOVERY
HELP
COPING

SLIP
PREVENTION
DRUGS
BOREDOM

Alcoholics Anonymous



Across

2. Half

_____availed us
nothing

5. Lack of power was our

9. Half _____availed us
nothing

11. Group _____

13. A
Principle _____

17. Bill

19. This program is

21. A _____for you

22. _____to believe in a
Power Great than ourselves.

23. We
place _____before
personalities

24. AA Magazine

26. Who could and would if he
was sought

Down

1. Calmness, peace; we ask
for this

3. 90 _____in 90 Days

4. AA Founder

6. Mental _____

7. _____Steps

8. Three Legacies: Unity,
Service, _____

10. There is a _____

12. What is to die

14. How many steps

15. _____Does It

16. Abbreviation for
Alcoholics Anonymous

18. It is suggested you get a

20. Continued to take
personal

25. Another word for
non-existent *three letter word

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