

March
2023

SLC
Central
Office

Lifeline



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MY HOME GROUP

The Primary Purpose Group (Thursday, Fellowship Hall, 7:00 PM) has a colorful history.

The meeting was started as a Big Book study around 1986 with 3 to 7 members headed by Minnesota Bill at the old Dirks Field location. Minnesota Bill delighted in sharing about his sponsor, Joe of the "Joe and Charley" tapes. Bill returned to his home state of Arkansas and the meeting remained small until resentment rocked the foundation of the little group.

The meeting structure was continually disrupted as new people attended and were not interested in book study but turned the meeting to discussion topics, often not related to alcoholism or recovery.

The proverbial resentment and a coffee pot was all that was required for the meeting to move to Fellowship Hall. R. A. brought "his" Tuesday night meeting that he was the secretary to the Thursday meeting, and it was off and running with between 50 – 60 people in the big room at Fellowship Hall as a discussion meeting.

All was not well though. "Ownership" of the meeting – personalities before principles, began to create dissension in the meeting. The secretary/treasurer absconded with the meeting funds and at the insistence of her sponsor made a tearful verbal apology to the group, however, never coughed up the "missing" money. Muscles were flexed and R. A. pulled his crew.

Faced with limited attendance a small group that included Scottish John A., Brian O., and Bill K.* moved the meeting to the small room at Fellowship Hall. This was around 1990. The meeting attendance bounced from 10 to 12 members but what had originally undermined the original Primary Purpose meeting turned out to be what created the foundation that exists today.

---cont. on page 5.

CENTRAL OFFICE Board of Trustees

Chair — Wade J.

Co-Chair — Open

Secretary — Jake S.

Treasurer — Mark C.

Trustee (District 2) — John S.

Trustee (10) — Sonya M.

Trustee (13) — Alan B.

Trustee (11) — Philip W.

Alt Trustee — Diane B.

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 — Kim B.

activities@saltlakeaa.org

Archives — Ben H.

archives@saltlakeaa.org

By-laws — Open

Coins — Kathy M.

coins@saltlakeaa.org

Co-op Professional Community -Open

cpc@saltlakeaa.org

Corrections — Serenna C. .

Hotline — Chester A.

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 Feb 2023

Reports Board of Directors

Chair: Wade - board@saltlakeaa.org Reads the CO Preamble. We created an ad hoc committee to look at current financial practices at Central Office.

Secretary: Jake S. - secretary@saltlakeaa.org Per the Minutes from last CO Rep Meeting in January: Reps Unanimously voted for Standing Chairs to begin attending Board meetings. Reps Unanimously vote for Board member and Standing Chairs to provide their reports to Jake the Saturday prior to the Rep meeting.

Treasurer: Mark C. - treasurer@saltlakeaa.org Not present.

Trustee: John S. - trustee02@saltlakeaa.org (District 2 liaison) District 2 is recovering from alcoholism and is doing well. Corrections is doing great.

Trustee: Sonya M. - trustee10@saltlakeaa.org (District 10 liaison) District 10 is doing well. The District has some important open positions.

Trustee: Phillip W. - trustee11@saltlakeaa.org (District 11 liaison) DCM position is open. Davis county jail is open.

Reports Committee Chairs

Archives: Ben H. - archives@saltlakeaa.org Looking for old AA Recovery fliers, coins and stories of AA Recovery.

By-Laws: Jake S. - Motion to accept all changes suggested by bylaws committee. Voted upon unanimously in favor.

Coins: Kathy M. - coins@saltlakeaa.org Triplate prices have increased to \$15 each due to a 20% price increase.

Literature: Jim S. - Performing literature inventory and reconciling results with the Square software program and GSO cost increases.

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

Technology: Elan B. - IT@saltlakeaa.org -If you have a position at central office, you are expected to check your email inbox regularly.

Accessibilities: Charlie T - Treatment@saltlakeaa.org
The Purple Can has provided enough funds to pay an interpreter 3 meetings a week for a year.

12th Step Coordinator: Charlie C. - Looking for volunteer sheets to be returned from reps. Need more volunteers to sign up.

Webservant: Open - webservant@saltlakeaa.org

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.**

Trustee at Large (District 10 Liaison) – **Sonya M.**

Alternate Trustee at Large – **Open**

One Year Commitment Open Positions:

Trustee at Large (District 13 Liaison) – **Alan B,**

Alternate Trustee At Large – **Open**

New Business- Standing Committee Chair Elections Two Year Commitment Open Positions:

Hotline Committee Chair – **Chester A.**

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

Activities Committee Chair - **Kim B.**

Newsletter Committee Chair – **Rachelle B.**

Outreach Committee Chair – **Open**

Website Committee Chair – **Open**

By-Laws Committee Chair - **Open**

Volunteer Committee Chair – **Bob C.**

Literature Committee Chair - **Jim S.**

Archives Committee Chair – **Ben H.**

Public Information Committee Chair - **Open**

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

Corrections Committee Chair – **Serena C.**

Cooperation with Professionals Committee Chair - **Open**

Technology Committee Chair – **Elan B.**

Coins Committee Chair – **Kathy M.**

7:30 - Adjourn and Close with Responsibility Statement

***Next C.O. Board of Trustees meeting will be held on
3-7-2023 @ 6:30 pm**

***Next C.O. Representative meeting will be held on
3-14-2023 @ 6:30 pm**

PAMPHLET OF THE MONTH



"The rewards of sobriety are beautiful and as progressive as the disease they counteract. Perhaps greatest among these rewards has been a release from the frightening prison of my uniqueness."

"A.A. teaches us how to live without alcohol, how unnecessary alcohol is, and how it increases our problems."

Joke of the Month



One sunny day in Ireland, two men were sitting in a pub, drinking some Guinness, when one turns to the other and says "You see that man over there? He looks just like me! I think I'm gonna go over there and talk to him." So, he goes over to the man and taps him on the shoulder. "Excuse me sir," he starts, "but I noticed you look just like me!" The second man turns around and says "Yeah, I noticed the same thing, where you from?", "I'm from Dublin", second man stunned says, "Me too! What

street do you live on?", "McCarthy street", second man replies, "Me too! What number is it?", the first man announces, "162", second man shocked says, "Me too! What are your parents names?", first man replies, "Connor and Shannon", second man awestruck says, "Mine too! This is unbelievable!" So, they buy some more Guinness and they're talking some more when the bartenders change shifts. The new bartender comes in and goes up to the other bartender and asks "What's new today?" "Oh, the Murphy twins are drunk again."

The “call on” topic structure has grown the meeting to consistently 30 to 35 people every Thursday night. There are several reasons that make the meeting perhaps the best meeting in the valley:

- The meeting is a closed meeting of Alcoholics Anonymous and topics relate to the disease of alcoholism and the recovery from alcoholism.
- There is a 12-month waiting list to chair the meeting. The chairperson is free to select and introduce the topic. Experience, strength, and hope are not considered a topic, but what is brought to the topic.
- It is a respectful meeting. It is rare for a member to speak for more than 3 – 4 minutes which generally allows 12+ people to share during the hour. Talking and texting during the meeting is almost non-existent.
- Most people in the meeting put money in the basket that is passed. We are self-supporting of our recovery. The treasurer distributes 25% each to World Services, Central Office, District 2, and Area 69.
- There is a good mix of new and long-term sobriety. It is not uncommon to have 200+ years of sobriety in the meeting. The chairpersons do a good job of balancing discussion between new and old members to make it a welcoming environment.
- Most home group members sponsor and, are sponsored. A standard part of the meeting is asking newcomers if they have a sponsor and if they are serious. Although somewhat rhetorical, a yes response gets a, “See me after the meeting”, by Skip L. or on-the-spot sponsor assignment.
- It is a profanity free meeting – not by group conscious but by example. It is amazing what a difference this makes to the quality of a meeting. Several members made a trip to Akron to visit Dr. Bob’s house a few years ago. They attended 5 AA meetings over the weekend and on the flight, home commented that there wasn’t one word of profanity during any of the meetings, without any instruction by the secretary or chairperson. Although not perfect, profanity is rare at the meeting.
- A greeter is usually stationed at the door. There is no better way to welcome old or new members than a smile and a handshake.
- There is a meeting-before-the-meeting just down the street at Dee’s restaurant. Everyone is welcome; people start showing up around 5:30 for coffee, dinner, or just water. It is a safe place to discuss those things that might be too sensitive for the big meeting.

The meeting temporarily moved to the big room, but people felt uncomfortable speaking from the lectern and the meeting lost the intimacy of the small room. It has since returned to the small room where it will no doubt stay. An old sponsor once said, “If your home group isn’t the best meeting in town then you need to get busy.” Stop by and join us Thursday nights at 7:00 PM.

-Tom D.

*Bill Kelly passed away November of 2011. He Still lives in our hearts.

FINANCIALS – JAN 2023

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$6,667.77	\$5,256.31
Contributions - Other	\$37.28	\$ -
Sales of Product Income	\$8,007.30	\$7,273.45
Total Income:	\$14,712.35	\$12,885.27
Total Cost of Goods Sold	\$5,966.07	\$6,439.17
GROSS PROFIT	\$8,746.28	\$6,446.10
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Bank Charges & Interest	\$195.76	\$ -
Budget - Lifeline, Newsletter & Coins	\$58.65	\$ -
Cash Over Short	-\$151.38	\$ -
Cleaning & Office Supplies	\$186.15	\$ -
Volunteer Snacks Etc.	\$280.79	\$ -
Water	\$15.16	\$ -
Phone & Internet	\$254.41	\$ -
Printing & Reproduction	\$303.88	\$ -
Rent	\$1,500.00	\$ -
Website	\$19.95	\$ -
Software and Hardware	\$417.03	\$ -
Utilities - Elect, Gas & Garbage	\$674.01	\$ -
Total Expenses:	\$4,408.10	\$3,798.22
NET OPERATING INCOME	\$4,338.18	\$2,647.88
Interest Income	\$32.53	\$ -
Net Income:	\$4,370.71	\$2,647.88

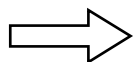
Please Note: According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are 4,000 per month, 24,000 for six months.

Thank you everyone for your donations!! We appreciate you!

Group Contributions - Dec

An AA Group	\$59.00
Basic AA	\$80.00
By the Book	\$80.00
Early Beginners	\$77.00
Friday Night Young and Alive	\$50.00
Magna Fun Bunch	\$150.00
Midvale Lunch Bunch	\$162.50
Misfits	\$100.00
New Yorker	\$62.50
Non Smoking Sobriety Hour	\$600.00
No Laurels	\$50.00
Rule 62	\$500.00
Salt Lake Young People	\$163.25
Thunder Heart	\$100.00
Tooele Beginners	\$25.00
Top of the Morning	\$355.08
Unity Lunch Bunch	\$199.00
Wasatch Hollow	\$135.00
We Agnostics	\$55.64
Women in Sobriety	\$50.00
Monthly Total:	\$3,053.97

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



Donate here



PRIMARY PURPOSE

Sharon E. - 33 Years

THUNDERHEART

Bill R. - 9 Years Grant K. - 6 Years
Jen A. - 8 Years Rob D. - 20 Years

HOUR OF HOPE

Gary M. - 6 Mo. Robert P. - 2 Years
Chet D. - 1 Year Darcy A. - 2 Years
Rusty H. - 35 Years Sam K. - 14 Years

UNITY LUNCH BUNCH

Connor S. - 3 Years Sabrina 38 Years

MIDVALE LUNCH BUNCH

Declan- 1 Year Merrilee - 1 Year
Max - 1 Year Virginia - 18 Months
Keith - 3 Years Jennifer S. - 3 Years
Melissa - 4 Years Karen - 6 Years
Dave - 7 Years Shannon L. - 12 Years
Jerry - 13 Years Linda - 17 Years
Kip - 32 Years Don - 43 Years
David - 1 Year Library Dave 11 - Yr
Betty - 39 Years

AND TO ALL WHO WE MISSED !

Submit picture or scan group birthdays to:
lifeline@saltlakeaa.org. Or drop off at C.O. -
80 West Louise Ave (2860 S.) Thanks!

The DISEASE Speaks

I hate meetings! I hate your higher Power! I hate anyone who has a program!

To all who I come in contact with me I wish you death and suffering.

Allow me to introduce myself - I'm the disease of active alcoholism and addiction.

Cunning, baffling and powerful, that is I.

I have killed millions and I am pleased.

I love to catch you with the element of surprise. I love pretending that I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me?

I was there.

I will give you instant gratification...

All I ask from you is long term suffering.

I have been there for you always. When things were going right in your life, didn't you call me? You invited me.

You said you didn't deserve good things and I was the only one who would agree with you. Together we were able to destroy all good and well things in your life.

People don't take me seriously. They take strokes seriously. They even take diabetes, liver and kidney malfunction seriously. Fools that they are! They don't know that with out my help, most of these would not be made possible.

I am such a hated disease and yet I don't come uninvited. You choose to have me. So many have chosen me over reality and sanity. More than you hate me. I hate you and your meetings, program, and higher power. For you see, all these things weaken me and I can't function in the manner I am accustomed to.

Now I must lie here comfortably and quietly. You don't see me, but I am growing bigger than ever.

When you only exist -

I live

When you live -

I only exist

I am here always.

- Anonymous





Clean and Sober Karaoke

First Saturday of Every Month

9 PM to 12 AM

**Children are welcome but must
be supervised!**

**Fellowship Hall 2060 S.
Windsor Street SLC**

SALTYPAA Presents:

PANCAKES AND TRADITIONS!

Traditions panels, all you can eat pancakes, and fellowship!

"The group must survive or the individual will not."



**March 19th, 12pm-4pm
Magna Alano Club**

**Our culture teaches us how to numb and distract ourselves
but not how to listen to our pain
and learn from our difficulties.**

Think what we learn about pain from television.

**We learn that pain is to be avoided at all costs
and that there are a variety of pain relievers
for every conceivable pain.**

I would like to see a commercial that says,

"Your pain is a great teacher.

Learn from it and be healed."

-Bernie Siegel



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I'M YOUR DISEASE

(My apologies to Jeff Foxworthy)

***Preface:** *This is intended for heavy drinkers. All of these actually happened to me*

You might be an alcoholic if:

- Your parents move, and didn't leave a forwarding address
- Your best friend's name is "good ole what's his name"
- You wake up in a hotel, go downstairs to checkout and don't speak the language
- You report your car stolen and the police find it at a local tavern
- A family reunion includes Jack, Jim and Grand Dad
- You borrow a car, get arrested for DUI and argue that you're innocent because it's not your car
- You cut back on your drinking by ingesting small quantities of heroin or marijuana on a daily basis
- You promise to marry someone and on your wedding day you're overseas
- Your family has a family reunion and you didn't get the invite
- The Dean of Students tells you to find another institution of learning or another institution
- You use your "one phone call" to call your boss to let him know you'll be a little late
- You wake up and don't recognize the house
- You didn't see the bikini in the beer commercial
- You become close friends with the treatment center counselors
- You leave you home tow or state just to drink
- The only family member still talking to you is in recovery
- Your family photo album has no people in it
- You have a photo album full of places you don't remember
- You join the military to get off skid row.
- You end up drinking the Christmas gifts you bought
- Your circle of friends changes without your knowledge
- Your drinking buddies refuse to drink with you
- The police in the next state are looking for you
- You pay bills with either check, credit or pawn
- You sell your car to avoid driving under the influence
- All your personal belongings fit in a single suit case
- You struggle to "remember the good old days"

- Anonymous

HOW NOT TO READ THE BIG BOOK

I first read the book Alcoholics Anonymous (aka, the Big Book) in 1978 as a newcomer. I started with the chapter "There is a solution". I was looking for a short cut and was disappointed. Then on page 29 it states, "Further on, clear-cut directions are given showing how we recovered". I felt duped; "There is a Solution, Just in this chapter.

I skipped "The Doctor's Opinion." After all, it was just an opinion. In my mind, the roman numeral page numbers indicated it really wasn't wasn't part of the book. I also skipped "Bill's Story" I felt I got enough stories in the meetings and really didn't need another story.

I read "More About Alcoholism" and was disappointed. Only the first few page talk about alcoholism. The rest of the chapter is a series of stories. On page 43, the chapter concludes with "Once more: The alcoholic at certain times has no effective mental defense against the first drink" . I counted no less than twenty-one examples of "no effective mental defense" in this chapter. The chapter should have been called "(b) That probably no human power could have relieved our alcoholism" (page 60)

I skipped "We agnostics" because I believed in God. Clearly the chapter was not meant for me. As time went by, my atheist friend Jim was recovering nicely while I was struggling. He had read "We Agnostics" and I had not. Upon further investigation, only the first few pages talk about agnosticism. The rest of the chapter has hints and tips on seeking God. The words seek, sought, find and found are repeatedly used throughout the rest of the chapter. Jim was seeking. I, who had already found God, was no longer seeking. The chapter should have been called "(c) God could and would if He were sought" (page 60)

I read "How it Works." I thought if I could crack the secret of AA then I wouldn't need all of those meetings. Again, I was disappointed. The chapter starts with Step Three and stops with Step Four. The chapter should have been called "Partially How it Works"

I skipped "Into Acton" It starts with a confession and it sounded like a lot of work.

I read "Working with Others" to help others and be able to defend myself against my sponsor.

I skipped the next three chapters. I didn't read "To Wives" because I wasn't married. This was a mistake. I missed reading about the four categories of alcoholics. Of the forty characteristics of an alcoholic listed in the chapter, I had thirty-eight of them. All my doubts would have been removed. When it became time for me to become a sponsor, my sponsor asked me to read the chapter "To Wives" He said "Just pretend the chapter was called, "To Sponsor." All of the advice the chapter gives to wives also applies to sponsors". I didn't read "The Family Afterward" because my family was 2300 miles away. I would later read the chapter looking for tips to engage with my family and again to help another family of an alcoholic. It also was helpful with being a sponsor. And I didn't read "To Employers" because I wasn't an employer. This chapter also has good advice for a sponsor.

I read "A vision for You" It had a lot of pain. It offered hope. I had a brief history. And it encourages me to stay. More importantly, it contained what I now believe is the secret to sobriety; "*Abandon yourself to God as you understand God*" (Alcoholics Anonymous, page 164).

Anonymous

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