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MIDDLE STEPS IN A TIMELY MANNER

Pondering Step Five left me with a great deal of apprehension, but my sponsor didn't allow time to back out. The Big Book tells us to start Step Four "at once" (p. 64) after the Third Step Prayer and to get into Step Five at "first opportunity" (p. 74). When was that? Well, my sponsor considered that to mean starting the Fifth Step just a few minutes after we went through the many actions suggested on Step Four (pp. 64-71).

There was no wiggle time for my alco-logical mind to "consider" yea or nay. Action—not thinking—was the key! Steps Six and Seven (P. 76) followed abruptly and before you can say Jack Robison (An old fashion phrase) I was starting to list amends. My Ninth Step amends continued as I began living in the spirit of Steps Ten, Eleven and Twelve.

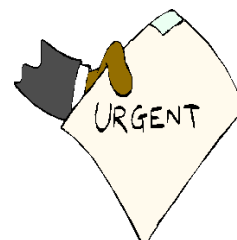
This rapid process did not alleviate my mental obsession for alcohol by "next Thursday," so to speak, however, throughout the next year it began to diminish as I continued daily AA meetings and spending most of my spare time with sober friends at

different Los Angeles recovery clubs. After a year or so I realized those tempting "drinking thoughts" had all but disappeared and have not returned with any frequency. Consequently, I have not had anything alcoholic to drink since my first meeting. I believe doing the middle steps with my sponsor in a timely manner was very helpful.

Timeliness continues as I live in the spirit of maintenance steps Ten, Eleven and Twelve. I find it important to rectify my daily mistakes at once, quickly, and immediately (Step Ten). I pray morning, day and night (Step Eleven) and make myself available throughout the day for AA work with other alcoholics (Step Twelve).

I thank God that my sponsor taught me the importance of acting in the now—tomorrow may be too late.

- Bob S.



CENTRAL OFFICE Board of Trustees

Chair - Wade J. board@saltlakeaa.org .
Co-Chair - Shannon M. cochair@saltlakeaa.org
Secretary - Jake S. secretary@saltlakeaa.org
Treasurer - Mark C. treasurer@saltlakeaa.org
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Trustee (10) - Sonya M. trustee10@saltlakeaa.org
Trustee (13) - Alan B. trustee13@saltlakeaa.org
Trustee (11) - Philip W. trustee11@saltlakeaa.org
Alt Trustee - Diane B.

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
2111 N Hill Field Rd. A202
Layton, UT 84041

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 bylaws@saltlakeaa.org
Literature – Jim S. literature@saltlakeaa.org
Coins – Kathy M. coins@saltlakeaa.org
Public Info - Allison S. pi@saltlakeaa.org
Cooperation with Professionals – Karmina B. cpc@saltlakeaa.org
Corrections - Serena C. corrections@saltlakeaa.org
Outreach – Open outreach@saltlakeaa.org
Hotline – Max M. hotline@saltlakeaa.org
Newsletter – Danny B. lifeline@saltlakeaa.org
Technology – Elan B. it@saltlakeaa.org
Treatment & Accessibility - Charlie T. treatment@saltlakeaa.org
Twelfth Step – Charlie C. 12step@saltlakeaa.org
Volunteers – Bob C. volunteer@saltlakeaa.org
Website – Jeff P. webservant@saltlakeaa.org
Immediate Past Chair – Brad M.

A DECLARATION OF UNITY

This we owe to A.A.'s future; To
place our common welfare first;
to keep our fellowship united. For
on A.A. unity depend our lives
and the lives of those to come.

C.O. MEETING MINUTES – MAY 2023

Reports Board of Trustees

Chair: Wade J. – Introductions

CO-Chair: Shannon M. – Report free - glad to be of service

Secretary: Jake S. – Apologies to new Reps from April for not recording your contact info prior to Zoom meeting shut off. I will be more diligent in the future. Thank you to the Standing Chairs and Board Members for your reports and digital copies of handouts in advance.

Treasurer: Mark C. – Handouts: a) Profit and Loss; b) Balance Sheet; c) Group Donations; d) Reconciliation Report. Phenomenal month for contributions. We are tracking Purple Can contributions separately, but for right now it is intermingled in the funds. If you are not seeing the right group donation listed, please contact Mark. If you are making donations online, make sure you specify which group the funds are from.

Trustee: John S. – Not present.

Trustee: Sonya M. – Things are going well at District 10. and have voted to do a \$6,000 disbursement to be split evenly between Central Office, Area, and GSO. If you know anyone looking for a service opportunity, encourage them to attend a District 10 meeting or send them my way.

Trustee: Phillip W. - District 11 meeting had 23 in attendance, including Area 69 Chair. Chair. Much of the time and energy was spent in preparation for the Pre-conference Assembly being hosted on April 14-16. Jail is now open for meetings with approved meeting facilitators.

Trustee: Alan B. – District 13 is highly active with good meeting attendance. Some meetings are 40-50 in attendance. Hillcrest now has over 100 in attendance. District 13 open chairs are for Corrections and Literature.

Alternate Trustee: at Large: Diane B. – Nothing to report, happy to be here and serve.

Alternate Trustee at Large : OPEN

Immediate Past Chair: Brad M. - Not present.

Reports Committee Chairs

Hotline: Max D. – The phone issue (not receiving calls) has been cleared up by the vendor. They have provided training and contact information for support. Currently there is no sobriety requirement. Asked to take back to our groups to bring back feedback on a sobriety requirement.

12th Step Coordinator: Charlie C. – Updated 12 step list. Brought copies to the office. When people call in, there is a list of people willing to take someone to a meeting. Have been adhering to Bridging the Gap guidelines and covering the voicemails.

Activities: Kim B. - Founders day breakfast (See flyer) Encourage participants to bring a side dish. Any persons wanting to help contact Kim.

Newsletter: Danny B. – Please send in your group Birthdays. Also we need articles 300-500 words or ½ page, single spaced on any topic related to Alcoholism, or your experience, strength, and hope. Email submissions to lifeline@saltlakeaa.org.

Outreach – OPEN

Website: Jeff P. - Website traffic was down a bit from March, 5,000 visitors. Needs to synchronize up with lifeline to start getting it emailed out again. Coming Soon.

By-Laws – OPEN

Volunteer: Bob C. – Received a few checks that need to be processed by central office that were not written correctly so we were unable to cash them. "Salt Lake Intergroup" will not work, nor SLC AA. *Needs to be Central Office of Salt Lake City, Incorporated (Central Office SLC, Inc. also works)

Literature: Jim S. – We are in the process of finishing Inventory. Once inventory is complete I will order needed books and pamphlets. Please let him know if there are books that are needed.

Archives: Ben H. - Used worked-in Big Books wanted. Display is going to change in June. So this is time to see the Archives Media-Communications Display. Provides everyone at the meeting with an online tour of the archives.

Public Information: Allison S. - We cooperate with outside organizations, but we do not affiliate with them. Looking for people to join the committee to provide correct information about AA to the public. Please see if anyone is interested in spreading the message by joining the committee, they can contact her at pi@saltlakeaa.org. Would prefer one year sobriety.

Accessibility: Charlie T –Committee for the deaf is still rolling along. Looking to have an ongoing meeting to be set up to advertise at the Deaf Center. Sunday Acceptance, Monday No Laurels, and Tuesday Non-Smoking Sobriety Hour.

Corrections: Serena C. –

Let people know there is a 2 year sobriety requirement to take meetings into the prison. They've had an influx of fresh folks attending orientations who had less than 30 days of sobriety. We're hoping to avoid this in the future as it's disappointing for them to learn they can't attend after completing the orientation. SLC Metro has been locked down quite a bit this month due to staffing shortages. Volunteers are not admitted during those times; similar situation at the prison as well. District 10 NEEDS a Corrections Chair to run the Jail. It is one of the most vital positions we have in the valley for service, and it needs to be filled. Please spread the word.

Cooperation with Professionals: Karmina B. – Provided Cedar Psychiatry information, has been meeting with doctors in agreement to take pamphlets.

Technology: Elan B. – Please contact him if you are having tech issues at it@saltlakeaa.org.

Coins: Kathy M. – Not present.

Old Business – Spanish Language Intergroup is in process of moving into the office.

New Business –

Next CO Rep meeting will be held on 6-13-2023 @ 6:30 pm

PAMPHLET OF THE MONTH



Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization or institution, does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

JOKE OF THE MONTH

I really want to thank you for sticking with me through all the years of drinking, and the first five years of my sobriety", said the AA to her spouse on her fifth-year anniversary. "But I'm curious. If I started drinking again, would you still love me?"

After pondering the question for about a tenth of a second, her husband said, "Of course I'd love you. I'd miss you, but I'd still love you!"

~Richard M, Golden CO, Sept 2008



AA MEMBERSHIP

It's been said, AA is a simple program for complicated people. I feel the constant need to remind myself to keep it simple. The only requirement for AA membership is a desire to stop drinking. (Chapter 3, 12 and 12, page 139). I always looked for an easier, softer way to solve my drinking problem. I wanted to drink like a normal person does, you know, take it or leave it. Not me, I had to drink every last drop. To hide my problem while drinking, I would surround myself with other drinkers. I would wait for one of them to do something stupid, then I could say, look, they can't handle their alcohol. That's a real alcoholic.

That approach sure backfired on me. When drinking, I started making an imbecile of myself, like walking into a plate glass doors or being unable to walk or drive home. Boy, would I get mad if my wife or someone else would ask me to stop drinking because I've had too much. My lack of self control was hurting everyone around me. Drinking wasn't fun anymore. My friends and relatives were dying from alcoholism.

Alcohol was King and I was its subject. It was always somebody else's fault that I drank. Alcohol is so deceiving, I had to drink more and more to get the same effect. When you're in the middle of it, it's like quicksand. You don't have the strength to pull yourself out. When you realize how far you're in, it's too late. All I needed to do was to just ask for help. But that took humility. I was taught by my father, I could do anything with strong will power. Alcohol was baffling to me. I tried everything imaginable to stop drinking using my will power and it failed me every time.

I was naive as to why alcohol had enslaved me but not others. But AA taught me about the nature of alcoholism. After reading Dr.'s Opinion in the Big Book, it started to make sense to me. I learned that I

had an allergy to alcohol. The first drink set off the phenomenon of craving and I couldn't stop after the first drink. I became obsessed with alcohol. It didn't start out that way but, over the years, I became hopelessly addicted.

AA really is a simple program; A desire to stop drinking, admitting our life has become unmanageable, and fully conceding to our innermost shelves that we are alcoholic. In addition the Big Book contains suggestions for living a purposeful life in sobriety. Little by little AA proved to be everything I needed.

AA doesn't claim to have the only program to treat alcoholism. In fact, the Big Book says on page 95, "If he thinks he can do the job in some other way, or prefers some other spiritual approach, encourage them to follow their own conscience. We have no monopoly on God; we merely have an approach that worked with us."

AA has worked for me, one day at a time. Living in sobriety has allowed me to find out who I am. Today, my life has purpose and I'm excited about waking up every morning. If you are looking for a solution, I highly recommend AA membership.

- Danny B.



FINANCIALS – APRIL

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$3,650.23	\$2,463.12
Contributions - Other	\$1,122.10	\$ 118.58
Purple Can Contributions	\$1,452.50	\$ -
Sales of Product Income	\$8,842.14	\$8,584.33
Total Income:	\$15,066.97	\$11,163.03
Total Cost of Goods Sold	\$6,419.34	\$6,895.99
GROSS PROFIT	\$8,647.63	\$4,267.04
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Bank Charges & Interest	\$174.78	\$ -
Cash Over Short	\$2.40	\$ -
Cleaning, Supplies, & Snacks	\$53.70	\$ -
Freight, Shipping & Postage	\$18.37	\$ -
Phone & Internet	\$253.90	\$ -
Printing, Paper & Reproduction	\$303.88	\$ -
Rent	\$1,500.00	\$ -
Software, Hardware, Website	\$446.72	\$ -
Utilities	\$644.26	\$ -
Total Expenses:	\$4,010.51	\$4,314.39
NET OPERATING INCOME	\$4,637.12	\$(47.35)
Interest Income	\$33.59	\$ -
Net Income:	\$4,670.71	\$(47.35)

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, or \$24,000 for 6 months.

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

GROUP CONTRIBUTIONS FOR APRIL

17th and 17th	\$115.00
Acceptance Group	\$140.00
Another 24	\$75.00
BBT and T	\$80.00
DNS	\$105.00
Early Beginnings	\$91.00
Early Friendship Group	\$345.00
Eye Opener	\$90.00
Friday Night Young and Alive	\$50.00
Grape Vine Group	\$298.42
Greater Kearns	\$70.00
Heber Group	\$118.00
Hillcrest Group	\$678.00
Hillcrest Zoom	\$50.00
Hope on 90th	\$350.00
Non Smoking Sober Hour	\$425.00
No Nonsense Group	\$222.00
Old Fashioned AA	\$297.60
Old Timers Speaker	\$237.00
Speak Easy Ladies	\$177.59
Sugarhouse Men	\$240.00
Sunday Morning Big Book Study	\$197.50
The Right Stuff	\$100.00
Thunder Heart	\$100.00
Tooele Beginners	\$220.00
Top of Morning	\$197.01
Unknown	\$250.00
Wake Up Call PC	\$315.00
Wasatch Hollow	\$84.00
We Agnostics	\$53.00
Women BB Study	\$82.50
Monthly Total:	\$5,854.00

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



HOUR OF HOPE

Utah State Prison

Judy W. - 4 Years
 Kim L. - 20 Years
 Bob N. - 17 Years
 Kerry B - 13 Years
 Seng R. - 30 Days
 Melchor G. - 14 Years
 Steven P. - 6 Months

THUNDER HEART

Brian B. - 12 Years
 Doug U. - 14 Years
 Edith H. - 6 Years
 Bill G. - 6 Years

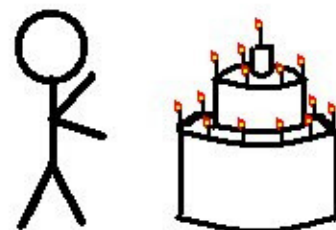
UNITY LUNCH BUNCH

Samuel - 30 Days
 Justin - 90 Days
 Corwin - 40 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!

Donate here



CALENDAR OF EVENTS AND MEETING UPDATE

UPCOMING EVENTS

Central Office AA Founder's Day Breakfast

Sunday, June 11th 2023

(Continued on page 9)

Young People in AA (YPAA) Four Corners Summit

June 23rd - 25th

(Continued on page 10)

41st Great Outdoors (G.O.D.) Camp-out

July 7, 8, and 9th, 2023

(Continued on page 11)

30th Annual - CC + H2O

Conscious Contact and Water

Men's Spiritual Retreat

September 15 - 17, 2023

The Lava Hotel - 196 E Main St

Lava Hot Springs, ID 83246

Limited Beds Available - First Come First Serve

Further event information at SALTLAKEAA.org

Clean and Sober Karaoke

Fellowship Hall

First Saturday of Every Month

9 PM to 12 AM

2060 S. Windsor Street SLC, UT 84105

All donations go directly to Fellowship Hall

Children are welcome but must be supervised!

"Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."

- Alcoholics Anonymous, page 84



New Meetings Update

The New Way Group (Open)

Huntsman Mental Health Institute

(formerly UNI)

501 Chipeta Way

2nd Floor (Cafe)

Salt Lake City, UT Sunday

Sundays Time: 9:45 am - 11 am.

Out from Under Book Study (Open)

Fellowship Hall

2060 South Windsor St.

Salt Lake City, UT 84105

Monday & Friday Time 2 pm - 3 pm

REMINDER FROM DISTRICT 2 CORRECTIONS

District 2 Corrections is asking we let volunteers know there is a 2 year sobriety requirement to take meetings into the prison. They've had an influx of fresh folks attending orientations who had less than 30 days of sobriety. We're hoping to avoid this in the future as it is disappointing for them to learn they can't attend after completing the orientation.

"If the Fourth Step is the exploration of an abandoned house, I have come to think of the Fifth Step as raising the blinds and throwing open the windows. The house has air and sunlight now, and it's no longer haunted. When people come to the door, I can welcome them in. Some rooms are private of course, but none are secret, and I live in all of them."

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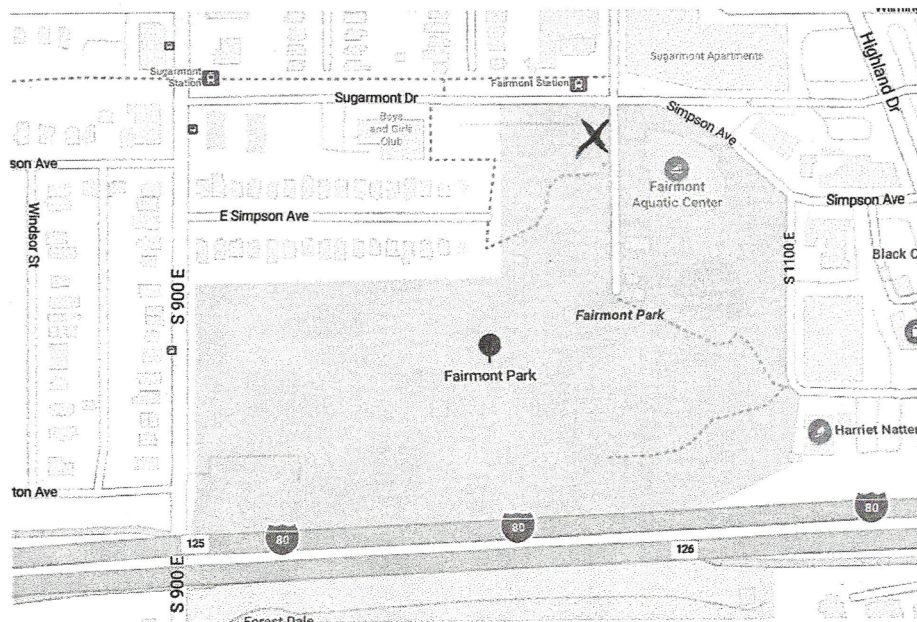
CENTRAL OFFICE AA FOUNDER'S DAY BREAKFAST

Where: Fairmont Park - North Pavilion

When: Sunday, June 11th

Time: 10:00 AM - 1:00 PM

Central Office will provide egg breakfast.
Please bring a breakfast side dish to share.
1040 E. Sugarmont Drive



Speaker at 11:30

This year marks our 88th anniversary of Founder's Day. It has been an important part of the history of Alcoholics Anonymous. Our current Celebration has its roots from our humble beginnings in 1935.





Defa's Ranch
41st Annual G.O.D.
Campout
Hanna, UT
July 7- 9, 2023
Hanna, UT

SATURDAY NIGHT SPEAKER: TBA

Friday: Registration, open meetings, Friday night follies, music and dancing. Alateen and Al Anon speakers.

Saturday: Children's activities, adult activities, 5k run, fishing derby, horseshoe tournament, arm wrestling cook-off competition, trinkets and trash, Huge Raffle, speaker's meeting, Boozeville Bombers, music, Karaoke and dancing.

Sunday: Good morning Spiritual meeting and Committee meeting.

- New committee is chosen
- All are invited

Registration includes: All meetings, Coffee, Kids activities, Teen activities and most Adult activities.

Three days of sober fun. Dancing, Bands and more!

Registration Fees:

Single \$10

Family \$20

Treatment Centers: \$50 Limit 20

Camping Fees: FIRST COME FIRST SERVE

Tent Site (up to two tents) FIRST COME FIRST SERVE

Weekend \$10

Register online at www.godcampout.org

Activity Sign-Up godcampout@gmail.com

NO PETS ALLOWED: (if you bring a pet we will have to ask you to leave)

SEE YOU NEXT YEAR JULY 12-14 2024



30th Annual - CC + H2O

Conscious Contact and Water

Mens Spiritual Retreat

Food – Fun – Fellowship – Meetings – Recovery Workshop – Meditation
Hot Pools – Tubing – Poker – Disc Golf – Connection – Spiritual Growth

The Spiritual Life Is Not a Theory. We Have to Live It

Workshop by Tom U. from Santa Fe, NM, with 37 years of sobriety

September 15th, 16th and 17th 2023

The Lava Hotel - 196 E Main St, Lava Hot Springs, ID 83246



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

Venmo: @chronicbeard Include name and phone number

Send Check; To: "CC + H2O" - 131 J St SLC, Ut 84103

If planning to stay at Conference Center, please call/text **Jeremy C. 801-916-9529**
Limited Beds Available – First Come First Serve

- Queen \$200
- Twin \$75
- Bring Own Sleeping Bag and Pad \$25
- You can also reserve lodging at The Lava Hotel (208) 776 - 5800

Please bring a Big Book, a newcomer, and a swimming suit.

Message from the Editor

Hello friends! I would just like to remind you that if you are considering writing an article for the Lifeline, but aren't sure how to start, all previous Lifelines are available on the Central Office website. Just go to "saltlakeaa.org" on the Lifeline, drop down and select Lifeline Archive. There you will find previous Lifeline editions. It's super easy! Another great resource resource for getting started and for inspiration is to read the Grapevine. Many who have contributed to the Lifeline have since submitted their articles to the Grapevine. Suggested 300 - 500 words, or a 1/2 page single spaced. Any topic related to Alcoholism .

Thank you to everyone who contributed to this edition, I am grateful for your service and courage to share your experience, strength, and hope. Please send your articles to lifeline@saltlakeaa.org

- Danny B. – Lifeline Editor

MENS SPIRITUAL RETREAT



SEPT. 29 - OCT. 1ST 2023

Weekend Speaker: Joe C. - San Diego, CA

5 prepared meals, desserts, & snacks

PRIME RIB DINNER SATURDAY

We have multiple shared cabins on the grounds with meals & sessions held in the main lodge.

REGISTER NOW: skycampmensretreat.square.site

limited to 50 men 83930 Peninsula Rd. Fall Creek, OR 97438

Hotline Volunteers

The Hotline Program helps alcoholics find someone



to talk to when they call the Central Office after hours. Volunteers answering the phone outside of business hours are responsible for making the world a better place for honest people

interested in sobriety. Thank you for your service.

"Nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." (BB, Ch. 7)

- Max D. – Hotline Coordinator

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