

Feb 2023

Salt Lake
City
Central
Office

Lifeline



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FINDING AA BY HELPING OTHERS

I unexpectedly found AA by providing support to a family member in Recovery. I attended a family meeting on alcohol and substance abuse. I heard some pretty amazing things. For the first time I heard "You don't EVER have to drink again, even if you want to". This caught my attention. I always wanted to be a normal social drinker but I failed miserably. What I did not know is that I have an allergy to alcohol. Now, it all started making SENSE. After the first drink at age 16, something happened to me that kicked off this obsession

with alcohol.

I am so grateful that I actually decided to investigate AA. My relatives had attended AA with a nudge from the judge. I had always told others that I was different, I drank for the taste. I even believed this home-grown lie.

My sponsor told me he drank for the effect alcohol produced. Wow, this too was my truth, I recalled my first beer and how bad it tasted but the effect produced was so incredibly worth it. It took my fears away and increased my self esteem. I was somebody.

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 — Open .

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 January 2023



Reports Board of Directors

Chair: Wade - board@saltlakeaa.org Reads the CO Preamble. 2023 Budget is passed upon voting approval of the Reps.

Secretary: Jake S. - secretary@saltlakeaa.org Minutes may take longer to send out than in the past, please be taking notes of most important items to bring back to your groups before the minutes are able to be emailed out each month.

Treasurer: Mark C. - treasurer@saltlakeaa.org Discusses budget. When he began tracking last year, there were only 15 groups contributing, it has ballooned since then.

Trustee: John S. - trustee02@saltlakeaa.org (District 2 liaison) Prison is active and seeking AA members to carry the message.

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

Trustee: Phillip W.. - trustee11@saltlakeaa.org (District 11 liaison) All their positions have been filled. Only half of Davis County is what we provide service for. He has been promoting to improve their engagement with Central Office.

Reports Committee Chairs

Archives: Ben H. - archives@saltlakeaa.org Cleaning up the archive room. Please donate any great archive items. Looking for a boombox with CD player.

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

Coins: Kathy M. - coins@saltlakeaa.org Looking at increasing prices due to price increase from publisher.

Literature: Jim S. - Looking at increasing prices due to price increases from publisher.

Hotline: Forrest - 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 also have an email address. Check with me.

Accessibilities: Charlie T - Treatment@saltlakeaa.org Looking for a woman interpreter for the No Laurels meeting. We now have funding to provide 3 meetings a

week for the entire year.

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

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) – **Sonya M. elected!**

Alternate Trustee at Large – Open

One Year Commitment Open Positions:

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

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. elected!**

Activities Committee Chair - Kim B.. **elected!**

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 **Serena C. elected!**

Cooperation with Professionals Committee Chair - Open

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

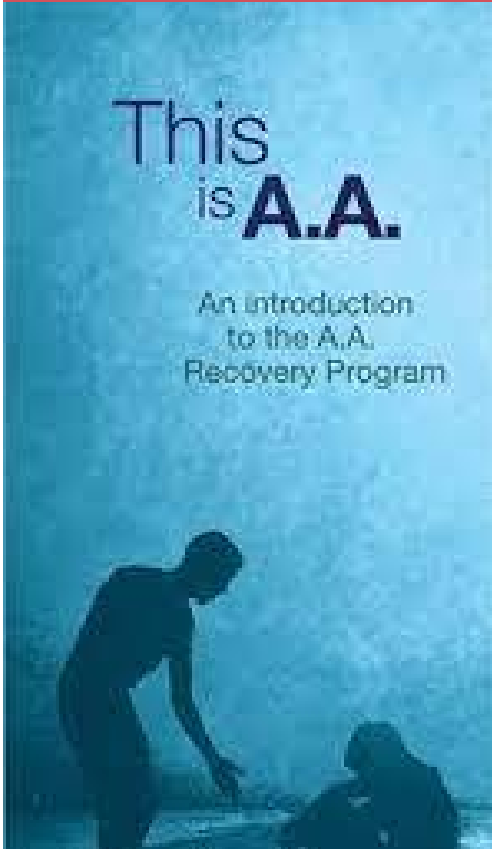
Coins Committee Chair – **Kathy M. elected!**

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
2-14-2023 @ 6:30pm**

PAMPHLET OF THE MONTH



"After years of despair and frustration, many of us feel that we have really begun to live for the first time."



"We ask ourselves whether the particular drink we have in mind would be worth all the consequences we have experienced from drinking in the past."

Joke of the Month



A drunk goes in a bar and asks for a shot of Jim Beam.

The bartender pours it and the drunk pushes it aside and asks for another shot of Jim Beam.

The bartender pours it and the drunk drinks it.

The bartender says, "I watched what you did and I don't understand why you pushed the first one away and drank the second one!"

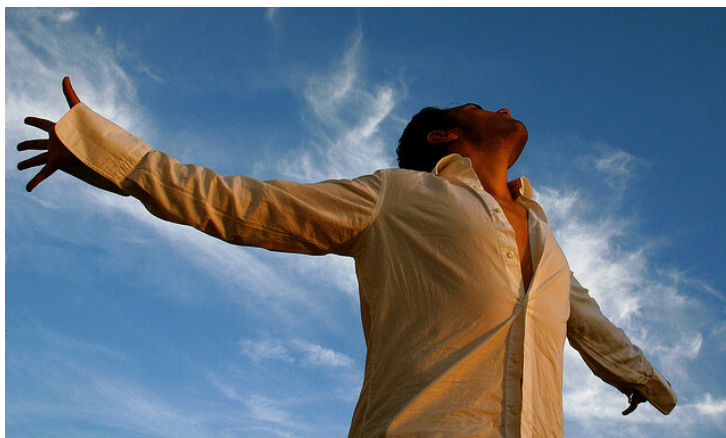
The drunk stated, "I've been going to those AA Meetings, and they said **WHATEVER YOU DO, DON'T TAKE THAT FIRST DRINK!!**"

FINDING AA BY HELPING OTHERS

I would always brag to others I could stop drinking anytime I wanted. This may have been true in the beginning but later on it became harder and harder to stop for any period of time. And when I did stop for a short time, I became so restless, irritable and discontent. My thoughts were always on my next drink. No one wanted to be around me during my dry spells. I did not want to be around me. My biggest fear was, without alcohol, I would never have fun again. At some point my drinking was no longer enjoyable but I drank because I could not really function without it. I felt empty inside without alcohol. I tried everything to stop drinking. I needed help from some higher power. That's when I found AA and my version of a higher power. I was in an AA meeting and I heard an older gray-haired gentleman telling my story (the nerve). I was no longer alone. AA has showed me, little by little, how life can become full and meaningful. I made the decision not to drink, only for today. The thought of never drinking again was way too hard. This AA thing works,

it really does. I have not had to take drink for nine years now. I feel at peace and comfortable in my own skin without a drink in my hand. Alcohol does not consume my thoughts any longer. My life has purpose, I feel emotion, I actually care about people. No more apologies for things I don't remember doing. Best of all I am able to earn trust back from the people I have harmed. AA has given me way more than a path to stop drinking. I actually enjoy life with a new purpose. Each day I try to be a better version of myself than I was yesterday. It took some time to not be consumed by fear. I keep making progress one day at a time. I now have self-respect and I feel at peace. I believe this enjoyable life will continue as long as I don't drink, no matter what.

--Danny B.



FINANCIALS – DEC 2022

<u>Income Statement</u>	2022	2021
<u>Revenue</u>		
Group Contributions	\$3,076.10	\$5,256.31
Contributions - Other	\$1760.30	\$ -
Sales of Product Income	\$8,219.10	\$7,273.45
Total Income:	\$13,055.70	\$12,885.27
Total Cost of Goods Sold	\$6,948.00	\$6,439.17
GROSS PROFIT	\$6,107.60	\$6,446.10
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Bank Charges & Interest	\$190.20	\$ -
Budget - Lifeline, Newsletter & Treatment	\$78.30	\$ -
Cash Over Short	\$70.90	\$ -
Cleaning & Office Supplies	\$80.05	\$ -
Insurance	\$519.00	\$ -
Postage & Delivery	\$60.00	\$ -
Phone & Internet	\$220.36	\$ -
Printing & Reproduction	\$211.50	\$ -
Rent	\$1,500.00	\$ -
Website	\$19.90	\$ -
Software and Hardware	\$435.10	\$ -
Utilities - Electrical & Garbage	\$491.30	\$ -
Total Expenses:	\$3,907.90	\$3,798.22
NET OPERATING INCOME	\$2,199.70	\$2,647.88
Interest Income	\$30.47	\$ -
Net Income:	\$2,230.10	\$2,647.88

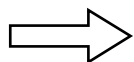
Please Note: According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are 4,000 per month, 24,000 for six months.

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 GROUP

Jason S. - 5 Years
Chris F. - 8 Years
Danny B. - 9 Years
Karen H. - 23 Years
Bill R. - 25 Years
Brian O. - 37 Years
John M. - 40 Years

UNITY LUNCH BUNCH

Shan T. - 1 Year
Max - 1 Year
Russ K - 46 Years



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!

SAVED FROM THE GATES OF HELL

I'm a prisoner at the Utah State Correctional Facility. Pine visits me regularly from A.A. volunteer program. I am in recovery from an addiction to alcohol that nearly took my life back in 2013.

I was saved by a higher power that I cannot explain by attempting to put pen to this paper, but I can tell you it was nothing short of putting my trust in God, as I understood him, as my life was on the very edge of giving up to my addiction in a self-driven desire & will to summon the gates of hell to open up and swallow me whole.

Fortunately, I now look forward to my road to recovery and to sharing my story with others.

My journey to prison - equal to its destination; nothing short of living hell on both sides of my journey. Regardless, I can announce I am sober nine years last November, yet still suffering as of now.

I met Pine at the Draper prison as he would conduct A. A meetings at Promontory back in 2018. He told me his story to recovery,

and it reflected so close to mine it often brought tears to my eyes. I told Pine about my addiction to alcohol and all the other challenges it placed on my soul.

He told me that when I get close to seeing the Board of Pardons that I should write AA and ask for a temporary sponsor. I intend to do this so I don't slip back into old habits and end up falling back into the gates of hell. I don't want to be swallowed again by this disease of purgatory.

Please consider my request as I see the Board in a few months. If anyone is interested in becoming my sponsor. Please ask Pine. Thank you for listening to my story,

--- Jamie S.





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**"

Area 69 Committee Meeting Feb 25

Hosted by District 10

Benvegún Center Building

St. Vincent de Paul Parish

1385 Kings Row Lane,

Salt Lake City UT.

Registration - 8:30 am;

Area Business – 9 am to 5 pm

Lunch and dinner on your own, evening activity TBD

Zoom: Meeting ID: 879 3198 3200 Password: 109417

Hotels/Motels:

Springhill Suites – 2206 S. 1300 E.

Extended Stay America – 1220 E. 2100 S.

Residence Inn Marriot – 6425 S. 3000 E.

Valentine's Day

Find the words on the list in the word search below!

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

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL

Home

The greats of new forgot what the greats of old never did.

The divinity of source creation always came in threes.

The third part of us chose to remain in heaven watching over us;
waiting to merge as our higher selves.

For the time.

To stop playing the same scenes over and over.

For remembering our innocence once again.

For embracing our inner divine authentic love.

For our higher selves never forgot this was a game.

While humans lost the connection.

They stopped playing for fun.

They played to hurt & not to learn

They played to punish & not to enjoy.

They played to hurt & not to understand

They played to hold grudges & not to forgive.

Love was forgotten & replaced by the need to be right,

We learned to hate the mirror of our souls.

Forgetting the further we get from source.

the further we get from the joy of who we truly are.

There is no hate.

Only varying degrees of separation from source

Yet, all work for the light/love in the end.

Together as three.

Together as one.

(Honey G.)

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