

APRIL  
2023

SLC  
CENTRAL  
OFFICE

# Lifeline



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## THE VOICE OF A.A.

In the spring of 1944, six members of AA, four women and two men got together in an apartment in New York City and considered the idea of publishing a local AA newsletter. A newsletter was exactly what was needed in those early days of AA, when the Fellowship was only nine years old and still finding its way. There was plenty of news to report.

New groups were being formed, new meeting formats were being tried out, and new ways of twelfth stepping were being debated. AA's were talking about how to practice the steps (the book "Twelve Steps and the Twelve Traditions" hadn't yet been written), groups were struggling to stay in existence, and recovering drunks were struggling to stay sober.

What was needed, the six decided, was a way to open up lines of communication between AA members in different places. They conceived a newsletter that would cover the activities of AA groups in the New York City area, as well as bring news of the Fellowship to AA men and women serving in the armed forces.

The editors wanted the go-ahead from AA co-founder Bill W., so one of them, a woman named Lois K., went to see Bill at his home in Bedford Hills, New York. Did he think the magazine was a good idea? He did. "Go to it," he told her, "and blessings on you!"

The six editors (whom Bill affectionately dubbed the "Six Ink Stained Wretches") worked hard for several months, and at the end of May 1944, they met to inspect Volume 1, Number 1, of their newsletter. It was called the Grapevine, and that first issue was an eight page, large format bulletin, costing a total of \$187. 10 to design, print, and mail.

Of the 1,200 copies printed, many were sent free of charge, to AAs in the U.S. and Canadian armed forces, and to every group registered with the Central Office (now the General Service Office). The first issue claimed 165 subscribers. Sixteen months later, that number had climbed to 3,500.

---cont. on page 5.

## CENTRAL OFFICE Board of Trustees

Chair — Wade J.

Co-Chair — Shannon M.

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](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 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

## CENTRAL OFFICE Standing Committee Chairs

Activities — Kim B.

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

Archives — Ben H.

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

By-laws — Open

Coins — Kathy M.

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

Co-op Professional Community —  
Karmina B.

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

Corrections — Serena C.

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

Hotline — Max M.

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

Literature — Jim S.

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

Lifeline Newsletter — Rachelle B.

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

Outreach — Open

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

Public Information — Allison

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

Technical Support — Elan B.

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

Treatment & Accessibility - Charlie T.

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

Twelfth Step — Charlie C.

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

Volunteer — Bob C.

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

Website — Jeff P.

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

# C.O. MEETING MINUTES – MARCH 2023

## Reports Board of Trustees

**Chair: Wade J.** – [board@saltlakeaa.org](mailto:board@saltlakeaa.org)

**Secretary: Jake S.** – [secretary@saltlakeaa.org](mailto:secretary@saltlakeaa.org) Thank you to Standing Chairs and Board Members who gave me their reports and digital copies of handouts in advance.

**Treasurer: Mark C.** – [treasurer@saltlakeaa.org](mailto:treasurer@saltlakeaa.org) Discusses Handouts: a) Profit and Loss; b) Balance Sheet; c) Group Donations.

**Trustee: John S.** – [trustee02@saltlakeaa.org](mailto:trustee02@saltlakeaa.org) Not present

**Trustee: Sonya M.** – [trustee10@saltlakeaa.org](mailto:trustee10@saltlakeaa.org) Not present

**Trustee: Phillip W.** – [trustee11@saltlakeaa.org](mailto:trustee11@saltlakeaa.org) District 11 hosting the pre-conference assembly on April 14 at Legacy events center in Farmington. Masquerade ball at South Davis Recovery Club on April 7.

**Trustee: Alan B.** – [trustee13@saltlakeaa.org](mailto:trustee13@saltlakeaa.org) Several District 13 service positions are open - Chair and volunteers are needed for the Fall Assembly. The DCMC is checking on potential venues. Preferably in District 13. Any ideas or suggestions would be appreciated.

**Alternate Trustee: Diane B.** – Visited District 10 to cover for Sonya. Alano Club received a grant for air conditioning, electrical, and plumbing from Utah Historical Foundation. Area Delegate went through the voting items for the General Service Conference.

## Reports Committee Chairs

**Archives: Ben H.** – [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org) Come see the new Communication Display! Looking for old cups, hats, or t-shirts of AA stuff. We now have an archive drop box.

**By-Laws: Jake S.** – Updated Bylaws are available and will be posted on website shortly.

**Coins: Kathy M.** – [coins@saltlakeaa.org](mailto:coins@saltlakeaa.org) Nothing new to report.

**Literature: Jim S.** – [literature@saltlakeaa.org](mailto:literature@saltlakeaa.org) GSO price increases to become effective on April 3.

**Hotline: Max M.** – [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org) Newly elected!

**Technology: Elan B.** – [IT@saltlakeaa.org](mailto:IT@saltlakeaa.org) Come talk to Elan about accessing your CO email account. Zoom meetings are currently meeting costs through online donations.

**Accessibilities: Charlie T** – [treatment@saltlakeaa.org](mailto:treatment@saltlakeaa.org)

We now have nine interpreters who are volunteering their time. We want a safety net so we are thinking about future fundraising opportunities.

**Corrections: Serena C.** – [corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)

John E, who is a longtime AA prison volunteer, assured us Lifelines are currently being taken into the prison.

Saturday Old Time Speaker meetings at the Alano are now being recorded and downloaded to the inmate iPads at the prison.

**12th Step Coordinator: Charlie C.** – Nothing new to report.

## Board of Trustees Elections

### Two Year Commitment Open Positions:

Co-Chair – **Shannon M. was elected! Congratulations!**

Alternate Trustee at Large – **Open**

Outreach Committee Chair – **Open**

By-Laws Committee Chair – **Open**

### One Year Commitment Open Positions:

Alternate Trustee At Large – **Open**

## New Business - Standing Committee Chair Positions

Hotline Committee Chair – **Max M. was elected! Congrats!**

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

Activities Committee Chair – **Kim B.**

Newsletter Committee Chair – **Rachelle B.**

Outreach Committee Chair – **Open**

Website Committee Chair – **Jeff P. was elected! Congrats!**

By-Laws Committee Chair – **Open**

Volunteer Committee Chair – **Bob C.**

Literature Committee Chair – **Jim S.**

Archives Committee Chair – **Ben H.**

Public Information Committee Chair- **Allison was elected!**

**Congratulations!**

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

Corrections Committee Chair – **Serena C.**

Cooperation with Professionals Committee Chair –

**Karina B. was elected! Congratulations!**

Technology Committee Chair – **Elan B.**

Coins Committee Chair – **Kathy M.**

**\*Next C.O. Board of Trustees meeting will be held on  
4-4-2023 @ 6:30 pm**

**\*Next C.O. Representative meeting will be held on  
4-11-2023 @ 6:30 pm**

## PAMPHLET OF THE MONTH



"There is a destiny  
that makes us brothers and sisters.  
None of us need ever walk alone.  
All that we send into the lives of others  
someday comes back into our own"

-Author unknown

## Joke of the Month



"Hey, don't feel bad — some guys lose everything."



A man sat in front of his home, contemplating his future. He had just gotten a divorce, lost his children, been fired from his job, and now faced eviction. He noticed a case of beer bottles in his trash and walked up to it.

He took out an empty bottle and smashed it, swearing, "You are why I don't have a wife!" He threw a second bottle, "You are why I don't have my children!" And a third: "You are why I lost my job!"

But then he discovered a fourth bottle, still sealed and full of beer. He took it, tucked it into his pocket, and said. "Stand aside, my friend - I know you were not involved."

There were also news and notes on current happenings at the Central Office, a page for news of AAs in the armed services (including letters from servicemen and women), and a feature called "Along the Metropolitan Circuit," which described meetings in Manhattan, Brooklyn, and the suburbs in New Jersey and New York. The explosion of new meetings – from "Alaska to Arkansas, from Ireland to Australia" – was reported with particular excitement, and headlines read: "70 New Groups in Two Months!" or "33 New Groups Added in Less than a Month."

Cartoons and drawings made their appearance in the third issue. A humor column – "Barleycorn" – was added in the second year. The third issue carried a letter requesting a special "hophead's corner" for alcoholics also recovering from narcotics addiction. Bill's article "Those Goofballs" was published in the November 1945 issue.

By the fourth issue, the magazine began printing this description of itself under the masthead: A Monthly Journal devoted to those seeking further knowledge on the problem of alcoholism, in the hope that it may prove a unifying bond to all alcoholics everywhere. Individual opinions expressed here are not, necessarily, those of AA as a whole.

In 1945, at the request of the groups, the Grapevine became the national AA periodical. Bill stressed the Grapevine's independence and suggested the following:

- the Grapevine should be the voice of AA as a whole;
- the trustees of the Grapevine should be able to suggest and advise – but not command
- no individual or single group should ever dominate the magazine; and
- the Grapevine should print articles expressing differences of opinion on all AA topics

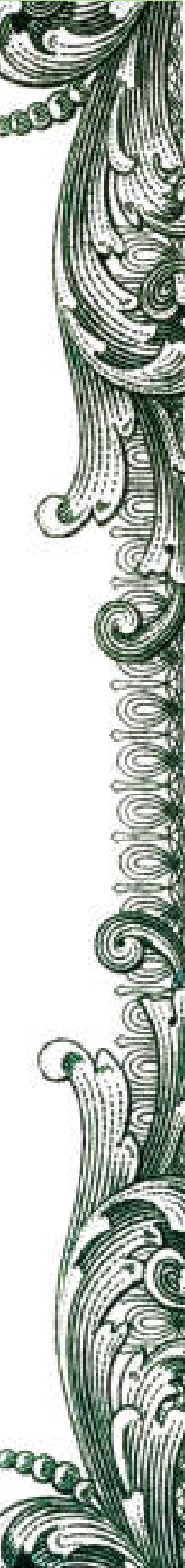
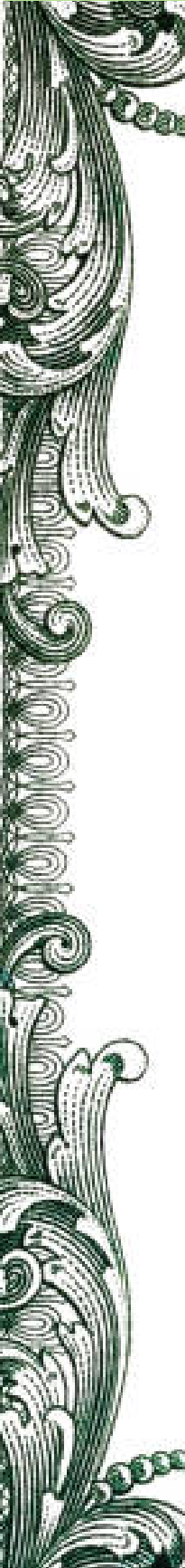
As AA groups tried to clarify the basic principles that would guide them, Bill W. hammered out his thoughts in the pages of the Grapevine, recognizing the necessity to preserve the "powerful unity" of AA in the face of ever pressing questions of leadership, money, and authority.

The April 1946 issue of the Grapevine published the AA traditions and the Preamble. Later issues of the Grapevine reported on AA history in the making. In December 1950, Bill and Dr. Bob suggested that the AA membership as a whole should take over the leadership of the Fellowship through a General Service Conference.

Many of the sights and sounds familiar to us today at AA meetings were first introduced in the Grapevine, such as the slogans, the Serenity Prayer and Big Book stories. Since the January 1949 issue, the magazine has been known as "the international monthly journal of Alcoholics Anonymous," and all the International Conventions have been chronicled in its pages. The Grapevine is our meeting in print. Like a meeting, the Grapevine tells what AA experience, strength, and hope are like on a day to day basis – from problems solved to emotional and spiritual healing affected.



# FINANCIALS – FEB 2023



<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$2,878.28	\$3,534.00
Contributions - Other	\$688.86	\$ 48.75
Sales of Product Income	\$8,262.09	\$7,201.00
<b>Total Income:</b>	<b>\$11,829.23</b>	<b>\$12,652.75</b>
<b>Total Cost of Goods Sold</b>	<b>\$6,942.23</b>	<b>\$7,692.00</b>
<b>GROSS PROFIT</b>	<b>\$4,887.00</b>	<b>\$4,960.75</b>
<u>Expenses</u>		
Accountant	\$630.00	\$ -
<b>Bank Charges &amp; Interest</b>	<b>\$179.53</b>	<b>\$ -</b>
<b>Budget -Treatment</b>	<b>\$200.00</b>	<b>\$ -</b>
Cash Over Short	\$ (522.63)	\$ -
Printing & Reproduction	\$588.19	\$ -
Rent	\$1,500.00	\$ -
Website	\$23.99	\$ -
Software and Hardware	\$436.92	\$ -
Utilities	\$780.53	\$ -
<b>Total Expenses:</b>	<b>\$3,816.53</b>	<b>\$4,556.18</b>
<b>NET OPERATING INCOME</b>	<b>\$1,070.47</b>	<b>\$ (504.57)</b>
Interest Income	\$30.34	\$ -
<b>Net Income:</b>	<b>\$1,100.81</b>	<b>\$ (504.57)</b>

**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 FEB

5-15 Happy Hour	\$232.29
An AA Group	\$182.32
AA Women of Courage	\$50.00
Big Book Babes	\$231.00
Chapter 5	\$140.00
Every Night Firelight	\$150.00
Happy Group	\$367.00
Honeys Breakfast Club	\$148.50
Life and Let Live	\$75.00
Park City Group	\$100.00
Sharing and Caring	\$147.00
Speak Easy Ladies	\$60.00
Survivors Group	\$250.00
The Right Stuff	\$60.00
Thunder Heart	\$100.00
We Keep it Simple	\$29.00
Women Big Book Study	\$50.00
Young and Alive	\$37.50
Monthly Total:	\$2,409.61

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

**Donate here**



### PRIMARY PURPOSE

Eddie B. - 33 Years  
Katie K. - 1 Year  
Rick K. - 19 Years  
Lloyd R. - 19 Years  
Keith - 18 Months  
Happy Jeff - 13 Years

### THUNDER HEART

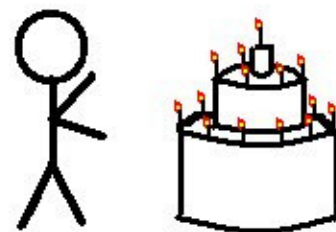
Carrie Jo - 23 Years  
Sheena - 1 Year  
Sheila R. - 39 Years

### UNITY LUNCH BUNCH

Justin -30 Days  
Will - 1 Year  
Rusty J. - 31 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 VOICE OF AA ...cont from pg 5

By June 1947, the Grapevine reported, AA's had begun a movement to get the magazine into prisons nationwide. For years, AA service committees on correctional facilities, as well as those on public information, cooperation with the professional community, and treatment facilities have used the magazine in their work with active alcoholics. Members and groups often give subscriptions to local prisons, hospitals, treatment centers. The Grapevine gives new and prospective members a chance to get acquainted with AA in a low-key, no-pressure way – in private.

As Bill W. expressed it in 1946, "The Grapevine will be the voice of the A.A. movement. Its editors and staff will be primarily accountable to the AA movement as a whole... Within the bounds of friendliness and good taste, the Grapevine will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous.... Like the Alcoholics Anonymous movement it is to mirror, there will be but one central purpose: The Grapevine will try to carry the AA message to alcoholics and practice the AA principles in all its affairs."

- AA Grapevine.org

## OPENINGS FOR SERVICE WORK

At one time, not too long ago, we were at the mercy of our alcoholism, and couldn't find a way out. Remember?

Not surprisingly there are a multitude of men and women that still don't know that there is a solution. Most of us were helped by other AA members, sponsors, friends, acquaintances. And for that we should be thankful. But we need to continue to work in our, sometimes fragile, sobriety. Chapter 7 in the Big Book states: "Practical experience show that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

Should you decide to sign up for this "insurance policy" against relapse, here is the scoop:

Many alcoholics or their friends and relatives reach out to AA's Salt Lake Central Office for help. Our goal is to have phone calls answered 24/7/365, because we never know what time of the day someone will

finally realize that they are real alcoholics, and their life is unmanageable. We need volunteers to be ready to answer those calls, especially when the Central Office is closed.

Guidelines for potential volunteers: You volunteer for a time frame of your choice (2 hours or more), at least once a month,

Calls to the Central Office will be forwarded to your phone during those hours. Your caller ID will display "Central Office", so you'll know someone is reaching out to AA for help. You will have a brief script, with suggestions of what to say (or things to avoid saying), as well as a list of in-person meetings, to share with a caller who shows interest in attending a meeting in the area.

If interested, contact [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org) with your name, phone number, ZIP code and email address. I'll share with you a list of available spots to choose from. We would like to thank you beforehand for investing in your own valuable sobriety, by simply helping other alcoholics.





**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**

**AREA 69  
PRE-CONFERENCE ASSEMBLY**

April 14 - 16, 2023

Legacy Events Center (Bldg 1)

151 S. 1100 W Farmington, UT

April 14th registration begins at 5:00 PM

April 15th registration begins at 8:00 AM

Hosted by District 11

**In 1982, the first Great Out Doors** Camp out was organized to allow families of recovering alcoholics and addicts an opportunity to experience a weekend of fun and fellowship in sobriety. For many, adults and children alike, this may be their first opportunity to have a fun, happy camping adventure with a family that had previously known only the ravages of active alcoholism and drug addiction. Attendance at this event has swelled to more than 500 people; it has helped many to enjoy a weekend of fun and joy in recovery. Activities include sporting events, talent shows, games for children & teenagers, and recovery meetings. Our organization is founded on the principle of staying sober and helping others-helping them to achieve, maintain and enjoy a life free of the destructive effects of drugs and alcohol. This year's G.O.D. Camp out is **July 7, 8, and 9**. Mark your calendars for AA summer fun!



# THE GREATEST TEACHER

**The greatest teacher is failure.** I'm not advocating relapse here. I'll just say I am more likely to applaud someone who did multiple Fourth Steps than the person that did one Fourth Step and moved on, never looking back. I recognized the truth in that old saying, "More will be revealed."

I left myself open to the near certainty that my Fourth Step will need to be updated. Only Step One can be done to perfection, thus, my Fourth Step will be flawed. I only insist my Fourth Step be honest and complete to the best of my knowledge. And when that day comes that more is revealed, I can always add to my inventory. I got sober in 1978; my last update to my Fourth Step was in 2004. I'd like to think I let go of my last secret, but the possibility still exists for more to be revealed. I've been talking about the wreckage of my past.

There is a whole other Step, Step Ten, for the wreckage of my present. There is an interesting side effect of a recurring Step Four, each time I do it more items that block me from God are removed and my conscious contact with Him improves. Step Four isn't the only Step where my failures have proved to be invaluable. One look at Step Six and my mind said, "Piece of cake." If it were so easy, then why was I wallowing in defects instead of swimming in virtues? Why would Father Dowling say that Step Six is the Step that separates the men from the boys? Why does this simple Step, a Step that I thought was a "one and done" Step, only seem to work when I do it persistently? After several failed attempts at Steps Six and Seven, my defects remained. I finally reached out for help. I asked Charlie, "How do I become entirely ready to have God remove my defects?" He said, "It's simple, quit using your defects." I told him that that would take the rest of my life. He agreed saying, "And hopefully you'll spend the rest of your life doing other Steps, too!" Then he graced me with a smile that only a sponsor can give.

Step Eleven provided another good example of my failures. I read a book on prayer and meditation. It only proved I could read. I prayed and meditated over and over again. Still I had no conscious contact with God. I blamed the Step. My sponsor suggested a novel idea. He told me to use the examples outlined in the book. The very first thing I noticed was that every example in the book of prayer and meditation put the meditation before the prayer. Even Step Three says, "We thought well before taking this step" (Big Book, page 63). I reversed the order. I meditated then prayed. I had a new confidence in the content of my prayers and my willingness to go to God in prayer. I began to have a working conscious contact with my Maker.

The wonderful thing about lessons learned by failure is that they are never forgotten. For this reason, I haven't been afraid of failure since. Off the top of my head, I can't tell you who was president in 1809, even though I was taught all the presidents in school. But I can clearly remember the lessons I learned in Step Six when I failed to follow instructions. Failure seems to imprint the lesson in a way no other teaching methods can. It's a good thing. Today, when I face failures, I can remember enough of the solution to stay sober.

-Anonymous



## WHOSE HAND?

By 1992, I had fourteen years of sobriety and was thoroughly entrenched in the "Bleeding Deacon" period of my sobriety. I took everything seriously. No Rule 62 for me! I didn't share my experience, strength and hope; I preached. The Responsibility Statement states in part, "When anyone, anywhere reaches out for help, I want the hand of AA always to be there." I took AA's Responsibility Statement seriously, or at least my misinterpretation of it.

Under the guise of "responsibility" I set out to sponsor as many people as I could. It was easy to get sponsees when fishing for them at a treatment center, especially a treatment center that requires an inpatient to get a sponsor prior to discharge. Sadly, wanting to help a lot of people, I was only able to help a few. I had learned a valuable lesson: it's better to help a few than offer empty promises to many. I had to make a change.

My first response was to limit the number of people I sponsored to seven, the number of days in a week. My thought was that I'd be on call for all of the sponsees, but on each day of the week I'd meet privately with each sponsee for an hour. My wife and son were less than impressed. They wanted to know what day their hour fell on. I set aside three days for friends and family. Today, I try not to work with more than four people at a time, lest I provide a disservice rather than a service. Imagine if everyone with five or more years of sobriety sponsored four people, everyone would have a sponsor.

One day a husband and wife came to me and asked me to sponsor them as a couple. This disturbed me. I was sure I could sponsor him, but I wasn't sure I could sponsor her. I was afraid I'd be too easy on her, telling her "Take it easy, this too shall pass." when she really needed a kick into action. I wanted to say "No." But my interpretation of the Responsibility

Statement led me to believe that I should never say "No." I told them I'd think about it.

I called my sponsor, who was then living in Hawaii, and explained my predicament. He gave me a new interpretation of the Responsibility Statement. He said, "When anyone, anywhere reaches out for help, I want the hand of AA always to be there, but it doesn't need to be your hand." I told the young couple that I would agree to sponsor him, the husband, and would work to help her, the wife, to find someone else to sponsor her. When she reached her hand out for help, I had a responsibility to see that she got help, even if it wasn't me. I had to place her hand in someone else's hand.

My responsibility is to the fellowship and not to the individual. I must care for and help others as part of my own recovery. But their individual success or failure is not my responsibility.

My son is an Eagle Scout, top of his class, and fully employed. He is very smart and a hard worker. He's a self made man and rarely listens to his parents. He currently exhibits no symptoms of alcoholism. However, if someday my son were ever to find himself in a position where he needs what AA has to offer, I'd want the hand of AA to be there. It doesn't need to be my hand.

- 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