

## How to Make a Wheelchair Fly August 1987

I am in a wheelchair for the rest of my life as a direct result of my alcoholism. Alcoholism kills and it also paralyzes. I am living proof of that.

I drank for over twenty years and was involved in many car accidents while intoxicated, yet I always seemed to walk away unharmed. On the night of December 23, 1976, however, I was in a blackout, but I didn't walk away from this one. I severed my spinal cord.

Two months after the accident I was drinking again. I never once admitted to myself I was in that wheelchair because of booze. I drank for eight years after the accident — in and out of hospitals, surgery, psychiatric wards, suicide attempts. Institutions were my home, though I never admitted it.

By the grace of God, in September 1984, I was admitted to a detox and rehab at the Bronx VA hospital. I was the first wheelchair patient to go through rehab. I was still unique.

I chose my sponsor while I was in rehab, and he's still my sponsor today. I have a special relationship with him and I love him. I can say that today about another man and not feel like a sissy.

My first experience with AA outside of an institution was at a meeting which was totally accessible to my wheelchair. But the next meeting outside was held in the bottom floor of a brownstone in Manhattan. I had to be carried down the steps and it was very frightening. I had to admit total powerlessness over the situation and turn it over to God. One day at a time, I made meetings all around the city, some accessible, some not so accessible.

I have a home group now, and I'm very proud of it. I get carried up and down a whole flight of stairs every Monday. There are times when fear raises it's ugly head, but I've come to realize that if I fall, I'm supposed to fall. I go after my sobriety with everything I have inside me — the same way I went after a drink. That's the only way it works for me. I'm grateful to be alive and I'm grateful to be sober.

Service is an important part of my recovery. I chair two institutional meetings and answer phones one day a week at intergroup. I know I have to give this precious gift away in order to keep it. Alcoholics Anonymous has given me the life I was searching for in a bottle or pill. It has given me a God of love. I'm never alone anymore.

I'd like to say to anyone in a wheelchair or with some other physical challenge, this program works. There are still times when the disease tells me I'm not an alcoholic, but meetings are my medicine. I strongly suggest you take the positive action and get to one today. Asking for help doesn't come easily to an alcoholic, but when I reached out people responded.

If you're thinking about drinking, please remember that it could put you in a wheelchair for the rest of your life. You don't have to do it. I did it for you.

B.N., New York, New York  
The Best of the Grapevine, Vol. III  
pages 85 — 87

**CENTRAL OFFICE  
STATEMENT OF PURPOSE**

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone service;
- to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A.-approved literature for sale to members and the public;
- and to print and distribute a newsletter.

Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

**Suiting up and Showing Up  
Groups Represented At the  
Central Office Reps Meeting for:  
September 2006**

SPIRITUAL QUEST	IT'S IN THE BOOK
SIMPLY BIG	BASIC YOUNG PEOPLES
GARDEN VARIETY	5:30 NON-SMOKING
HOLLADAY GROUP	SUNDAY BREAKFAST
HILLCREST	17 X 17
MAGNA FRIENDLY	EARLY FRIENDSHIP
EYEOPENER	FRESH AIR
SPEAKEASY LADIES	COME AS YOU ARE
CITY AT SEVEN	GREATER KEARNS
HIGH AND DRY	TOO EASY BEGINNERS
CAME TO BELIEVE	APPLYING THE PRINCIPLES
ACCEPTANCE GROUP	HAPPY DESTINY
	FLYIN' HIGH

**Is Your Group Represented?**

The next C.O. Reps Meeting is the second Tuesday of the month at 7:00 P.M. at Central Office, 80 W. Louise Ave. (2860 So.) Salt Lake City, 84115

**LIFELINE**

THE MONTHLY NEWSLETTER OF  
CENTRAL OFFICE OF SALT LAKE CITY, INC.

We welcome your correspondence and will publish your material, space permitting, if it meets editorial criteria. *Share your experience, strength and hope with another alcoholic.* For a free subscription or to submit articles, suggestions or contributions, contact Central Office of Salt Lake City:

CENTRAL OFFICE OF SALT LAKE CITY, INC.

80 W. Louise Ave. (2860 So.)  
Salt Lake City, Utah 84115  
Central Office Board of Trustees(2006)

Chair	Denton T.
Co Chair	Ron L.
Secretary	Camille
Treasurer	Ben B.
Trustee at Large	Caroline S.
Trustee at Large	John C.
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Central Office Staff & Volunteers

Central Office Manager	Ron K.
Employees	Sandy A.
	Jonnie S.
Lifeline Editors	Paul and Martia S.
Schedules	Marcia
Telephone Coordinator	Caroline S.

To reduce our costs, Central Office would like to update our mailing list for the **LIFELINE**. If you have moved please contact C.O. at 484-7871  
Thank you.

Please visit our website for meeting information.  
[www.saltlakeaa.org](http://www.saltlakeaa.org)

“Let us never be a closed corporation; let us never deny our experience, for whatever it may be worth, to the world around us. Let our individual members heed the call to every field of human endeavor. Let them carry the experience and spirit of A.A. into all these affairs, for whatever good they may accomplish. For not only has God saved us from alcoholism; the world has received us back into its citizenship.”  
A.A. Comes of Age, pp. 232-233

Upcoming Events

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**Central Office Open House**  
**October 22nd @ 11:30—2:30**  
**80 W. Louise Ave.**  
**(2860 S.)**  
**South Salt Lake**  
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November 4th — 5th; **Area 69 Fall Workshop**, Holiday Inn Salt Lake City, UT

\* November 8th; **Fundraiser for Central Office of Salt Lake**,  
 St. Ambrose Catholic Church, 1975 S. 2300 E., SLC, UT.  
 Contact: Jan @ 801-440-6187 or C.O., 484-787

**\* The Central Office fund-raiser at St. Ambroses' church on Nov. 8th also features a spaghetti dinner and a speaker's meeting featuring Father Tom W. of Oakland, California, who has been active in Twelve-Step programs since 1976.**

November 23rd—26th; **Las Vegas Roundup**, Las Vegas, NV  
 register online at: [www.lasvegasroundup.com](http://www.lasvegasroundup.com)

**Corrections:**

**City at Seven, 252 So. - 500 East, (Salvation Army-Rear Entrance) - Saturday, 7PM**

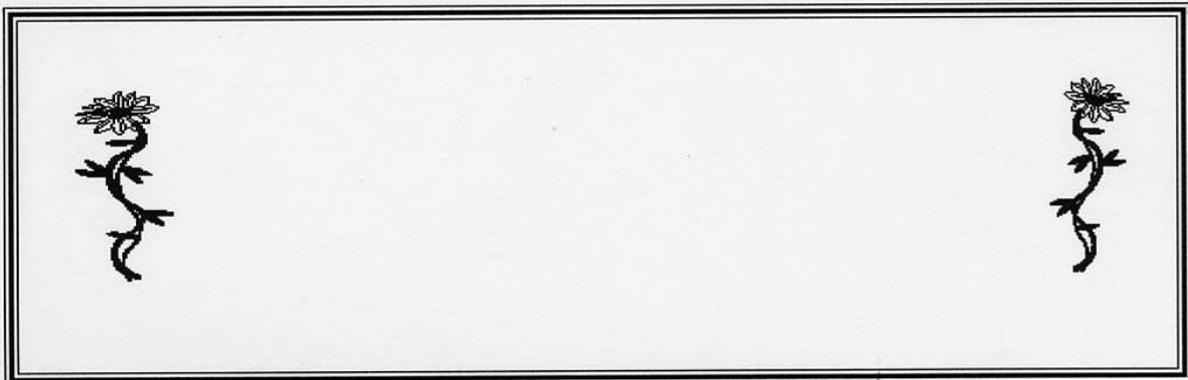
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**CONGRATULATIONS TO OUR BIRTHDAYS!**



Improve the quality of your sobriety and get out of yourself! Central Office needs volunteers for service work. We need people for 12-Step calls, stuffing envelopes, answering the telephone, et cetera. If you are interested contact Central Office at 484-7871.



## STOP BLAMING OTHERS

When something doesn't meet our expectations, many of us operate with the assumption, "When in doubt, it must be someone else's fault." You can see the assumption in action almost everywhere you look – something is missing, so someone else must have moved it; the car isn't working right, so the mechanic must have repaired it incorrectly; your expenses exceed your income, so your spouse must be spending too much money; the house is a mess, so you must be the only person doing your part; a project is late, so your colleagues must not have done their share – and on and on it goes.

This type of blaming thinking has become extremely common in our culture. On a personal level, it has led us to believe that we are never completely responsible for our own actions, problems, or happiness. On a societal level, it has led to frivolous lawsuits and ridiculous excuses that get criminals off the hook. When we are in the habit of blaming others, we will blame others for our anger, frustration, depression, stress, and unhappiness.

In terms of personal happiness, you *cannot* be peaceful while at the same time blaming others. Surely there are times when other people and/or circumstances contribute to our problem, but it is we who must rise to the occasion and take responsibility for our own happiness. Circumstances don't make a person, they reveal him or her.

As an experiment, notice what happens when you stop blaming others for anything and everything in your life. This doesn't mean you don't hold people accountable for their actions, but that you hold *yourself* accountable for your own happiness and for your reactions to other people and the circumstances around you. When the house is a mess, rather than assuming you're the only person doing your part, clean it up! When you're over budget, figure out where *you* can spend less money. More important, when you're unhappy, remind yourself that only you can make yourself happy.

Blaming others takes an enormous amount of mental energy. It's a "drag-me-down" mind-set that creates stress and disease. Blaming makes you feel powerless over your own life because your happiness is contingent on the actions and behavior of others, which you can't control. When you stop blaming others, you will regain your sense of personal power. You will see your self as a choice maker. You will know when you are upset, you are playing a key role in the creation of your own feelings. This means that you can also play a key role in creating new, more positive feelings. Life is a great deal more fun and much easier to manage when you stop blaming others. Give it a try and see what happens.

Don't sweat the small stuff #79

**Factoids about Central Office of Salt Lake:**

- √ When someone calls the Alcoholics Anonymous number in the phone book—they are calling our Central Office.
- √ Central Office answers approximately 1200 phone calls a month.
- √ Central Office sells General Conference approved literature, including Big Books, 12 & 12s, Grapevine publications, as well as anniversary medallions, cards, calendars and other recovery-related memorabilia.
- √ Central Office maintains a 24 hour a day phone line.
- √ Central Office prints a quarterly schedule listing over 300 meetings.
- √ Central Office is responsible for this rag, the *Lifeline*.

Seriously, folks, many of us forget that we would now be dead if it weren't for the people who anonymously stand behind the individual recovery efforts in this community. Many of us are now able to support those who follow in our footsteps by generously contributing to AA of Salt Lake. Let's remember this in the forth-coming holiday season.

**Notable Days In October**

- ◆ Birthday of Mahatma Gandhi; October 2nd.
- ◆ Feast of St Francis of Assisi, patron of ecology and pets. October 4th.
- ◆ Columbus Day; October 8th.
- ◆ Canadian Thanksgiving Day: October 10th.
- ◆ United Nation's World Food Day; October 16th. October 24th is United Nations Day.
- ◆ The swallows leave the San Juan Capistrano Mission on October 23rd.
- ◆ And last but not least, Halloween or All Hallow's Eve is on the 31st.

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As individuals and as a fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a fatuous idea of providence. God's real providence has endowed us human beings with a considerable capability for foresight, and He evidently expects us to use it. Of course we shall often miscalculate the future in whole or in part, but that is better than to refuse to think at all.

*As Bill Sees It*, page 317  
an excerpt from  
*Twelve Concepts for World  
Service*, pg.40

After Hours Transfer Phones for Central Office  
October 2006

	M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
<b>First Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	Greater Kearns; 6-11
10:30pm-9:30am	**	10th Step Group	**	**	**
<b>Second Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Hillcrest Group; 6-10	Basic Young People's; 7-11
	**	10th Step Group	**	**	**
<b>Third Week</b>	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	5:30 NonSmoking SobrietyHour
10:30pm-9:30am	**	10th Step Group	**	**	**
<b>Last Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Dave S.	5:15 Happy Hour
10:30pm-9:30am	**	10th Step Group	**	Dave S.	5:15 Happy Hour 5:30 till 10:00pm
		<b>Saturday</b>		<b>Sunday</b>	
<p>**Time slots available for your group to answer the phones. Call Central Office during business hours to sign up for a time slot. The phone number is at the bottom of this page. C.O.'s hours are; Monday through Friday 9:30am - 2:30pm and 3:30pm to 5:30pm. Saturday's hours are 10:00am till 2:00pm.</p>		<b>First Week</b> 2:00pm-6:30pm	John T.	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
		<b>Second Week</b> 2:00pm-6:00pm	It's In the Book	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
		<b>Third Week</b> 2:00pm-6:00pm	**	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
		<b>Last Week</b> 2:00pm-6:00pm	Dave P.	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
				6:00pm-8:00am	**
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