



Lifeline

Central Office of
Salt Lake
Newsletter

May 2006

February 27, 2006

To my fellow members:

Last Saturday at the Utah State Prison, an all day affair was sanctioned to convene on behalf of the 5,000 inmates. Yes - to me, the primary beneficiaries of the forum are most definitely the men and women incarcerated.

"Bridging The Gap" reaches any inmate who wishes assistance in their integration back to society. I am one of those inmates - one who has, for years, not missed an A.A. meeting at Utah State Prison. I am John B. and I had the distinct pleasure of speaking before the gathered group.

Perhaps I'll be short and sweet. Please know the incredible work that was done by Rene, Hans, Al, Tanya and so many behind the scene that I cannot name. Their dedication to us runs deep as they attend weekly meetings and thereby make possible our very recovery. They are more than friends - they are family. And the depth of the community support in their mini-convention was beyond words. I wish you had been there.

Tom I. Spoke a special message. Levity and passion was the order of the day. We were treated like respected citizens as this intense message of hope was so strongly imparted to all. Avail yourselves of the recorded sectors of this most incredible event. You'll sense the importance of the work at Utah State Prison and join the many who believe this should be a annual event.

I am an older member of the group - and watched with a sense of great joy as many of the younger members saw clearly the embrace of A.A. - the faces of literally everyone alive with hope and anticipation of a promised recovery.

Thank you from the bottom of my heart.

Respectfully submitted

John B.

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 provide a place of meeting for 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:

April 2005

MURRAY GROUP	HILLCREST GROUP
CITY AT SEVEN	SPIRITUAL QUEST
HAPPY DESTINY	FLY'N' HIGH
HAPPY GROUP	SIMPLY BIG
CAME TO BELIEVE	SOUTH DAVIS RECOVERY
COME AS YOU ARE	NEW WAY
HIGH AND DRY	HIGHLAND GROUP
OFF THE CUFF	APPLYING THE PRINCIPLES
NOMADIC LUNCH	STEPPING STONES
AN A.A. GROUP	GARDEN VARIETY
HONEY'S	LIVING IN SOBRIETY
SATURDAY NIGHT SPEAKER'S	BOG IRISH
MAGNA FRIENDLY BUNCH	FRESH AIR SERENITY
974	SEEKERS
CAMPUS GROUP	WEEKEND GET A.A.
BIG UGLIES	A WAY OUT
STONEWALL GROUP	NO NONSENSE
CHAPTER 5	EYE OPENER
DNS	GRAPEVINE
5:30 SOBRIETY HOUR	
NO RULES	

Is Your Group Represented?

The next C.O. Reps Meeting is the second Tuesday of the month at 7:00 P.M. at the Central City Community Center, 615 South 300 East.

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 who needs it.* 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.

2480 South Main Street, Suite 112

Salt Lake City, Utah 84115

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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

"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

May 5th—7th; **52nd Little Skyline Conference**, Western Park, Vernal, UT
May 19th—21st; **Area 69 Post-conference Assembly**, Holiday Inn (Main Street), Salt Lake City, UT.
June 17th; **Area 69 Annual BTG Workshop**, Greenwell Inn and Convention Center, Price, UT.

for info: Keith M: 435.259.6183
or TF@UtahAA.org.

June 9th—11th; **Utah Rainbow Roundup**, Holiday Inn, Salt Lake City, UT.
rainbowroundup.org

August 27th; **Central Office Picnic**, Murray Park Pavilion #5

{ A group of AA members will travel to Akron, Ohio during September 22nd-24th, 2006. The cost will be about \$500.00 for transportation and lodging.
Anyone interested, please contact Vickie at 521-2114. }

Meeting Info

Greater Kearns was at 8:30 pm Mondays. It is now at 8:00 pm. The meeting is located in the church at 4290 W. 5415 S.

Fresh Air Serenity Seekers at 12 pm at 5056 S 300 W, does not meet on Wednesday.

If you need **Happy Destiny's** schedule call Jim at 963-9032 on Tuesdays.

No Boudaries

Meditation is something which can always be further developed. It has no boundaries, of width or height or depth. Aided by such instruction and example as we can find, it is essentially an individual adventure, something which each one of us works out in his own way. But its object is always the same: to improve our conscious contact with God, with His grace, wisdom, and love.

And let's always remember that meditation is in reality intensely practical. One of its first fruits is emotional balance. With it we can broaden and deepen the channel between ourselves and God as we understand Him.

Twelve and Twelve, pages 101-102

THIS REALLY QUALIFIES AS AN "UPCOMING EVENT"

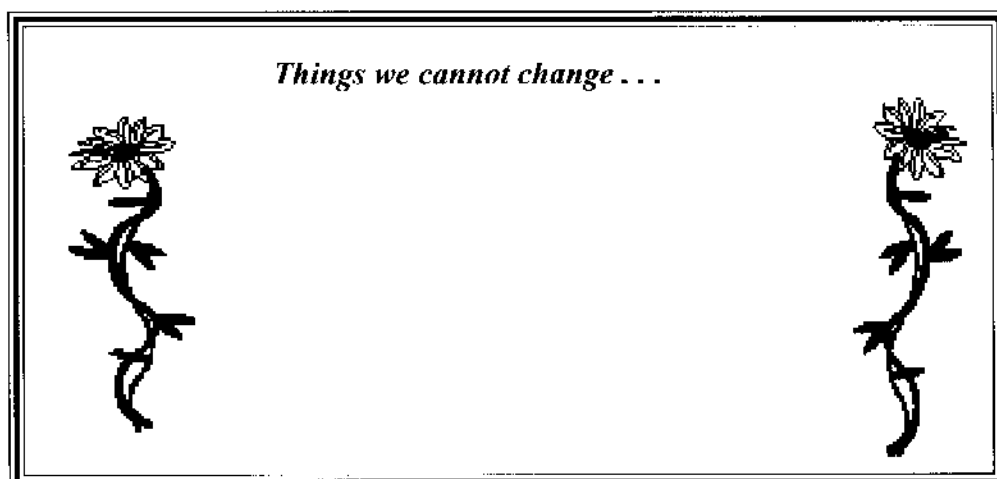
The Central Office Committee approved moving Central Office of Salt Lake, Inc. The new address will be 80 Louise Ave. This is approximately 5 blocks from our current location.. The lease ends on May 31st, 2006 and we will need extra volunteers during May to help move and do some building repairs.

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.

Let no alcoholic say he cannot recover unless he has his family back. His recovery is not dependent upon people. It is dependent upon his (her;ed.) relationship with God, however he(she;ed.) may define Him.

Alcoholics Anonymous, PP.99-100



My name is Bryon P., and I am an alcoholic. I am an alcoholic who no longer suffers, due to my making the decision to stop using alcohol. I made a commitment to use AA's 12 Step program to accomplish my decision..

I began my AA journey attending meetings held in the prison's Oquirrh facility. Participation was small, with as little as two or three inmates attending. Sometimes there were more, but for the most part the meetings were small. I was fortunate in that I worked for the prison's Substance Abuse Program. This job afforded me the opportunity to see that AA meetings were held and volunteer sponsors were available to conduct the meetings. As unusual as this may sound, with my commitment and actual hard work on each step things just started to go my way – things were no longer complicated.

From day one I began my 12-Step work (service) chairing group meetings. I was privileged to serve as chairperson for the Oquirrh Group (1990 - 91), the 288 (Timpanogos Facility) group – held at Star 3 and then Star 4 from 1992 - 99, and last I chaired the Wasatch Sunday Evening group for four years (2000 –06). What a wonderful and rewarding experience. I say with much humility and gratitude that I have been alcohol free for sixteen years (Feb. 2, 1989 to Feb.2, 2006); however, I must state “I did not stop using marijuana and cigarettes until January 12, 1992. Having said this, I acknowledge my recovery date being ‘clean and sober (13 years) as January 12, 1992 to the present.

Getting back to our AA meetings, the only way we are permitted (under prison guidelines) to hold a meeting is that an outside sponsor be in attendance to facilitate the meeting – no sponsor, no meeting. Again, we are indeed fortunate to have a General Service Organization who make it possible to hold our meetings. To name a few: Rennae H., Tonuah N., Hans A., Marty S., Jose Marcos P., Armondo P., Florencis G., etc. All points of light to guide the way.

My ‘home group’ as yet un-named, is held every Sunday night (6:30 to 9:00 pm) at the prison's chapel By The Wayside located at the Draper Wasatch Facility. We are an open group who's agenda is such that we work each step and tradition, one month at a time, in order to gain understanding and how to proceed in working the step. I appears to be working quite well. We rather think we have one of the best meetings in the valley – truly and surly a fellowship of love and understanding.

On February 25, 2006, our fellowships hard work paid dividends in the form of a Utah State Prison AA workshop, titled **COPING WITH PRISON LIFE: AA AS A SOLUTION**. Our sponsors (Rennae, Tonuah, Marcos, Florencio, Armondo, Mike and Al) went the extra mile to ensure that AA's message was comprehensively placed before those in attendance. I had the distinct privilage to be a speaker at this event. I realized at that time, as so beautifully stated, the gap has indeed been bridged, there is hope, the walls are coming down, and there is a way back home. The arrangements and catering of lunch and refreshments were superb. Thank you again and congratulations on a theme well put.

I'll take another 24.

Respectfully yours,

Bryon P.

Beer Troubleshooting

Symptom: Feet cold and wet. Fault: Glass being held at incorrect angle.

Action: Rotate glass so that the opening points toward the ceiling.

Symptom: Feet warm and wet. Fault: Improper bladder control.

Action: Stand next to nearest dog and complain about house training.

Symptom: Beer unusually pale and tasteless. Fault: Glass empty.

Action: Get someone to buy you another beer.

Symptom: Opposite wall covered with fluorescent lights. Fault: You have fallen over backwards.

Action: Have yourself tied to the bar.

Symptom: Mouth contains cigarette butts. Fault: You have fallen forward

Action: See above.

Symptom: Beer tasteless, front of your shirt is wet. Fault: Mouth not open or glass applied to wrong part of face.

Action: Retire to the restroom and practice in mirror.

Symptom: Floor blurred. Fault: You are looking through the bottom of an empty glass.

Action: Get someone to buy you another beer.

Symptom: Floor moving. Fault: You are being carried out.

Action: Find out if you are being taken to another bar.

Symptom: Room seems unusually dark. Fault: Bar has closed.

Action: Confirm home address with bartender.

Symptom: Taxi suddenly takes on a colorful aspect and textures. Fault: Beer consumption has exceed personal limitations.

Action: Cover mouth

Symptom: Everyone looks up at you and smiles. Fault: You are dancing on the table.

Action: Fall on someone cushy looking.

Symptom: Beer is crystal clear. Fault: It's water, someone is trying to sober you up.

Action: Punch him/her.

Symptom: Hand hurts, nose hurts, mind unusually clear. Fault: You've been in a fight.

Action: Apologize to everyone you see, just in case was them.

Symptom: Don't recognize anyone or the room your in. Fault: You have wandered into the wrong party.

Action: Ask them if they have free beer.

**After Hours Transfer Phones for Central Office
May 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
First Week 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	Greater Kearns; 6-11
10:30pm-9:30am	**	10th Step Group	**	**	**
Second Week 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Hillcrest Group; 6-10	Basic Young People's; 7-11
10:30pm-9:30am	**	10th Step Group	**	**	**
Third Week 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	5:30 NonSmoking Sobriety/1 hour
10:30pm-9:30am	**	10th Step Group	**	**	**
Last Week 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
		Saturday		Sunday	
**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.		First Week 2:00pm-6:30pm	**	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
				6:00pm-8:00am	974 Group
		Second Week 2:00pm-6:00pm	It's In the Book	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
				6:00pm-8:00am	**
		Third Week 2:00pm-6:00pm	**	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
				6:00pm-8:00am	We Care Group
		Last Week 2:00pm-6:00pm	Dave P.	9:00am-12:00pm	**
		6:00pm-10:00pm	John T.	12:00-6:00pm	An AA Group
				6:00pm-8:00am	**