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# LIFELINE



Salt Lake City  
Central Office  
Newsletter

July 2007

## SUGGESTIONS ON MAKING AMENDS TO SOMEONE WHO IS NOT ALIVE NOW

If you are not yet able to really, really, really cry I suggest you follow the instructions listed above until your tears can flow freely before you attempt this process. This is not about writing. It is about tears.

Carefully choose a partner who will sit with you while you write a letter. Your partner should be someone who is very spiritually grounded and who will not try to stop your tears. Your partner's job will be to hold the space prayerfully as you do your amends. You really need a partner for this work! Ask your partner to read this so he/she will fully understand the process.

Select a location for this process. I strongly suggest that it be outdoors and near the place where you will "send" the letter.

Begin with prayer! After your prayer, begin to write the letter just like you would any other amends letter. Dear... (If this is an unborn child you may have feelings that it was a son or a daughter. Write "Dear Son", or "Dear Daughter" if you think you know. Write "Dear Unborn Child", if you don't know or Dear Grandmother etc.) Discuss your wrongs, how sorry you are, how much you'd like to repair the damage, how much you miss this person, how you feel about what you did. Write as much as you can as long as you can.

Here is the KEY! Write only until your tears begin to flow. When you start to cry, LAY THE PEN DOWN AND CRY AT THE SAME TIME! Your partner will probably have to help you with this so be sure he/she understands this part thoroughly. Cry as long as you can. Hold the thought that generated the tears and cry. DO NOT WRITE AND CRY! You are going to want to write and cry at the same time. DON'T WRITE AND CRY AT THE SAME TIME! It is my experience that if you write and cry at the same time, you will compress the time involved and the process will not get completed in one letter.

When the tears stop on their own, write again. Write only until you can begin to cry again. Lay the pen down and cry as long as you can. Do this as many times as possible.

Blow your nose frequently. Each time your tears cease, stop and clean out your head. Cough up any phlegm and spit it out. DO NOT SWALLOW! It is most important that you do not swallow any of this material. You need to get it out of your system physically as well as spiritually. If you do swallow any of this material you may get a stomach ache and/or diarrhea. Please ask your partner to watch for this, too.

Add some newsy stuff if this is a family member. Don't forget to ask for forgiveness. You may also want to ask for them to pray for you to be able to receive the forgiveness.

Sign, "Love, Mom" or "Love, Dad" if it is to an unborn child or sign, "Love, (you name)".

Take the letter to a pre-selected place with your partner and prayerfully "send" it in smoke by burning it. Crumple the ashes in your hands and put them in the special place. Some special places are on this person's grave or another's grave, on some flowers, in a clear creek or at the base of a special tree. These are just ideas. You will know where the ashes go.

After you've "sent" your letter, wait a few weeks and then take a meditation time to think of this person for 15 minutes or so. You'll know if your amends is complete. If not, do another letter the same way.

May this bless you as it has me and so many others!

Submitted with permission from Scott L., Back Room Group, Nashville, TN

**CENTRAL OFFICE  
STATEMENT OF PURPOSE**

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

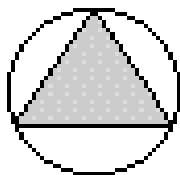
- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone service;
- to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A.-approved literature for sale to members and the public;
- and to 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:  
June 2007**

CAME TO BELIEVE  
VISION FOR YOU  
10<sup>th</sup> STEP GROUP  
AN AA GROUP  
MURRAY GROUP  
OFF THE CUFF  
SPIRITUAL QUEST  
SIMPLY BIG  
COME AS YOU ARE  
MAGNA FRIENDLY  
A NEW LIFE  
SUGARHOUSE MEN'S  
5:30 SOBRIETY HOUR  
HAPPY DESTINY  
GRANGER GROUP  
DRAPER FIRESIDE CHAT  
TOOELE BEGINNERS  
DOWNTOWN BUNCH

ONE SMALL STEP  
GARDEN VARIETY  
CITY AT SEVEN  
PARK CITY STEP STUDY  
BOG IRISH  
VALLEY VIEW  
SHARING AND CARING  
HONEY'S BREAKFAST  
GREATER KEARNS  
WENDOVER GROUP 1  
HILCREST GROUP  
MIDVALE LUNCH  
SERENITY VIEW  
BY THE BOOK  
974 GROUP  
UNITY LUNCH



“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 recieved us back into its citizenship.”

A.A. Comes of Age, pp. 232-233

**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 West Louise Avenue

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](http://www.saltlakeaa.org)

**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 West Louise Ave. (2680 West)

### **Upcoming Events**

July 13th — 15th; **25th Annual Great Outdoors Campout**, Defa's Ranch, UT. Pinky at 801.288.6836 or [smilewithme38@hotmail.com](mailto:smilewithme38@hotmail.com)

July 29th; **Alano West Annual Picnic**, MagnaPark @ 12:00 pm

August 26th; **Central Office Picnic**, Murray Park, Pavilion 5 Murray, UT

August 30th — September 2nd; **The Great Outdoors Beaver Meeting**, Beaver, UT.

email: [jojopelli@gmail.com](mailto:jojopelli@gmail.com)

September 14th — 16th; **CC + H<sub>2</sub>O, 15th Annual Men's Retreat**, Lava Hot Springs, ID.

Info.; James B., 801.301.1058, or; [joheeb@gmail.com](mailto:joheeb@gmail.com)

### **A Service Announcement**

It's summertime and everyone wants to play. AA Central Office still needs help with the phones. Remember service work helps with your recovery.

Interested? Call Camille @ 916.0831

### **SCHEDULE INFORMATION**

#### **CORRECTIONS AND CHANGES TO THE APRIL, MAY AND JUNE SCHEDULE**

##### **NEW MEETING:**

Helper (84526) has a new meeting. **OLDTIMER'S MEETING** at 195 West 4100 North (New Life Ministry) at 8:00 pm. An open, non-smoking meeting.

A closed, non-smoking women's meeting, the **Butterfly Group**, has started a study of the Steps and the Traditions beginning Tuesday, June 12th at 7:00 pm. Call JoAnne @ 860.9508 for directions to 85 W. Sunset Ave, #205.

**DOWNTOWN MEN'S** is being held at the First Step House on the corner of 411 N. 740 W. Wednesday at 8:00 pm. In the red church house.

**Voice of Angels** is meeting held on Friday night at 697 West 4170 S. at the VOA Women and Childrens Detox. This open AA women's meeting begins at 7:00 pm. It can really use your help, ladies.

The **Northern Lights Group** meets at the Veterans Administration Hospital on Fridays at 7:00 pm to 8:00pm. Bldg 3, room GA05, ground floor. If you're unfamiliar with the VA call Laura J. @638.1513 or Del C. @631.6340 for directions. This is an open meeting.

**New Way** is a new meeting on Thursdays at 501 Chipeta Way(UNI, cafeteria) at 8:00 pm.

The **Wednesday Rebels** is a new meeting at 235 Rio Grande(455 W., Bishop Weigand Center) at 1:00 pm. This is also an open meeting.

##### **LOCATION AND TIME CHANGE:**

**Fresh Start**(newcomer)has moved from Dennys at 2222 W 3500 S to the Alano Club 5056 S 300 W. The meeting is open and starts at 7:15 pm on Saturdays.

##### **LOCATION CHANGE:**

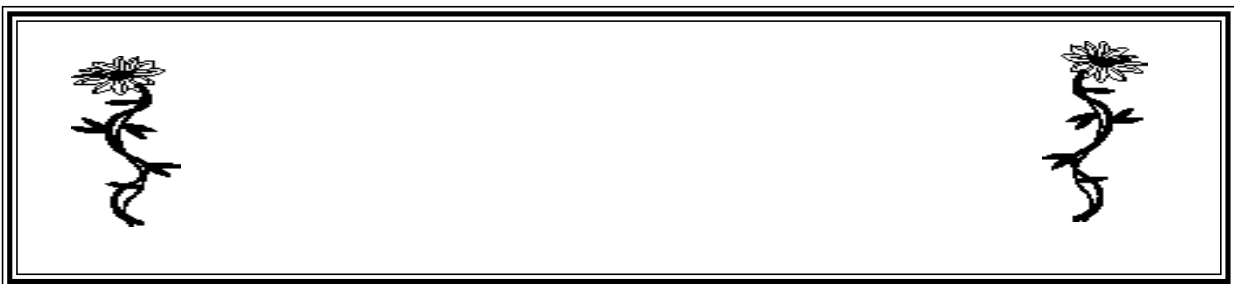
**Midvale Lunch** is now meeting at the Last Outpost Cafe at 7711 S State at 12:00 pm M,T,W,Th,F. This is an open meeting.

**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.



**"THE HELL BOUND TRAIN"**

A skid row bum on a bar room floor,  
Had drank so much he could drink no more.  
So he fell asleep with a troubled brain  
And he dreamed that he rode on a Hell Bound Train.  
The engine with human blood was damp  
and the headlight was a brimstone lamp.  
An Imp for fuel was shoveling bones.  
And the furnace roared with a million groans.  
The tank was filled with lager beer,  
And the devil himself was the engineer.  
The passengers where a mixed up crew,  
churchmen, Baptist, catholic, and Jew;  
rich men, poor men; beggars in rags;  
Pretty young girls; and wrinkled old hags.  
Black men, Yellow men; Red and White: chained together;  
A fearful sight.  
The train rushed on at a terrible pace,  
And sulphur fumes burned hands and face;  
Brighter and Brighter the lightening flashed;  
Hotter and Hotter the air became  
And Louder and Louder the thunder crashed  
And cloths were scorched from each shrieking frame.  
Then came a fearful ear splitting yell  
And the Devil screamed, the next stop is Hell.  
T'was then the passen<sup>ers</sup> cried in pain  
And begged the Devil to stop the train;  
But he laughed and he roared and he danced in glee;  
He jeered and mocked at their misery.  
My friends you've got to go through with this awful load,  
You've bullied the weak, and starved the poor,  
And tramps you've turned from your door.  
You've mocked at God in your hell born pride;  
You've plundered, cheated; you've morn, lied.

[continued on page six]

[The Hellbound Train; from page five]

You've swindled; murdered; robbed; and stole;  
 Not one hasn't perjured his soul.  
 So you have paid your fare and I'll carry you through;  
 If there is one don't belong I'd like to know who.  
 And this is a time I'm not a liar  
 So I'll land you all in a lake of fire  
 There your flesh will burn in flames;  
 That roar and sizzle with your wretched frames.  
 Then the bum awoke with a startled cry  
 His clothes were wet and his hair stood high  
 And he prayed right there  
 for fully an hour to be saved from hell  
 And the Devils power.  
 And his prayers and vows  
 Were not in vain, for he never more rode  
 On the Hell Bound Train

Circa 1930's, Author unknown

...AND PRACTICE THESE PRINCIPLES  
 IN ALL OUR AFFAIRS ...OF THE 12  
 STEPS...

...EVER REMINDING US TO PLACE  
 PRINCIPLES BEFORE PERSONALITIES ...  
 ...OF THE 12 TRADITIONS...

STEP 1     ~~     HONESTY

TRADITION 1     ~~     UNITY

STEP 2     ~~     HOPE

TRADITION 2     ~~     TRUST

STEP 3     ~~     FAITH

TRADITION 3     ~~     IDENTITY

STEP 4     ~~     COURAGE

TRADITION 4     ~~     AUTONOMY

STEP 5     ~~     INTEGRITY

TRADITION 5     ~~     PURPOSE

STEP 6     ~~     WILLINGNESS

TRADITION 6     ~~     SOLIDARITY

STEP 7     ~~     HUMILITY

TRADITION 7     ~~     RESPONSIBILITY

STEP 8     ~~     BROTHERLY LOVE

TRADITION 8     ~~     FELLOWSHIP

STEP 9     ~~     JUSTICE

TRADITION 9     ~~     STRUCTURE

STEP 10     ~~     PERSERVERANCE

TRADITION 10     ~~     NEUTRALITY

STEP 11     ~~     SPIRITUAL

TRADITION 11     ~~     ANONYMITY

STEP 12     ~~     SERVICE

TRADITION 12     ~~     SPIRITUALITY



# July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9-12p Brian S. 12-6p An AA Grp 7-9p 5/4 Grp 9-11:55p open	<b>2</b> 5:30-10:30p NNS	<b>3</b> 5:30-10p 10th Step 10-11:55p open	<b>4</b> 5:30-10:30p Fish Air Smty 5:30-11:55p Michael S	<b>5</b> 6-11p Grp NNS	<b>6</b> 2-6p John I 6-10:55p OPEN	
<b>8</b> 9-12p Brian S. 12-6p An AA Grp 6-11:55p Melissa B	<b>9</b> 5:30-10:30p NNS	<b>10</b> 5:30-10p 10th Step 10-11:55p open	<b>11</b> 5:30-10:30p Fish Air Smty 6:30-11p Illizwet	<b>12</b> 6:30-11:30p Bvg Yng Ppl	<b>13</b> 3-7p It's in the Book 7-11:55p OPEN	
<b>15</b> 9-12p Brian S. 12-6p An AA Grp 6-11:55p OPEN	<b>16</b> 5:30-10:30p NNS	<b>17</b> 5:30-10p 10th Step 10-11:55p open	<b>18</b> 5:30-10:30p Fish Air Smty 5:30-11:55p OPEN	<b>19</b> 6:30-11:30p NoSmk Sbrv H-	<b>20</b> 2-7p OPEN 7-11:55p Mgrm Emily 3nd	
<b>22</b> 9-12p Brian S. 12-6p An AA Grp 6-11:55p OPEN	<b>23</b> 5:30-10:30p NNS	<b>24</b> 5:30-10p 10th Step 10-11:55p open	<b>25</b> 5:30-10:30p Fish Air Smty 5:30-11:55p Dave S	<b>26</b> 12-8:30a Dave S 6-10p Honey's	<b>27</b> 2-7p OPEN 7-11:55p Grpwine	
<b>29</b> 9-12p Brian S. 12-6p An AA Grp 6-11:55p OPEN	<b>30</b> 5:30-10:30p NNS	<b>31</b> 5:30-10p 10th Step 10-11:55p open	<b>1</b> 5:30-10:30p Fish Air Smty 5:30-11:55p Dave S	<b>2</b> 12-8:30a Dave S 6-10p Honey's	<b>3</b> 2-7p OPEN 7-11:55p Grpwine	

