
LIFELINE



Salt Lake City
Central Office
Newsletter

March 2007

Rock 'n Roll Sobriety May 1986

I was very apprehensive but decided to loosen up a bit and go to a rock concert anyway. I felt I had grown out of a lot of that loud, deafening music, but since my sister really wanted me to go I agreed. What the hell, I was still young — twenty three years old, that is, and flexible enough to fit in with just about any group of people. I decided to make a good time so I threw out my negative feelings and geared myself with a positive attitude. Thus was my mental state when I headed for Riverfest on Harriet Island to rock with REO Speedwagon.

We got there early enough to get good seats, and I sat back to observe the throngs of people that filed past. Their eyes sparkled with anticipation and their faces gave evidence of the excitement they felt. Raw energy hung low like a heavy fog and mixed with the warm, damp air left over from the muggy day. Multicolored, greased-up hair, six-inch chain earrings, black leather studded outfits, and bright, bold, colorful sunglasses caught my eye. Nothing was unexpected, however. I was merely a spectator enjoying the show as my continuous grin would suggest to those passing by.

The concert was finally getting under way and my friends needed more beer, so off they trotted to battle the crowds and long lines while I attempted to save their seats. While I was dancing and clapping to the music I could see them off in the distance as they jostled their way through the crowd, trying to save their sacred beer from spillage. It seemed an eternity, but everyone finally settled in.

By this time the band was working up a sweat and the crowd's intense energy was growing. It didn't take long before the familiar smell of marijuana played on my senses. Oh, God! I decided right then and there to thank God for my sobriety. It seemed only yesterday when at this same concert I was too stoned too even realize what songs were played. Hard rock is tough to figure out anyway, yet at least tonight my mind was intact and I could actually distinguish one instrument from the next and figure out the rhythm.

Unfortunately my enthusiastic, absorbed state was interrupted. "What d'ya want?" I screamed at my sister over the grating sound of the heavy metal.

"We have to go to the bathroom," she yelled. I had forgotten the wretched curse of beer drinking.

"Okay," I shouted, "but hurry back. I can't be saving seats all night." Off they went again while I continued to enjoy the show. Yes, by God, I was enjoying this concert.

All around me people were losing their balance and falling off benches because of the effects of alcohol and drugs. Yet I firmly held my ground and confidently stepped up my movements in the tiny spot I inhabited. I was amazed at the amount of control I felt amid all this unleashed energy. Sweating bodies were pushed and shoved in the whirlwind of mass chaos, while endless screaming mingled in the air with pounding drums and electrifying acoustics — still, I was in control! My thoughts were soon disturbed by the scrawny kid next to me.

[continued on page 5]

**CENTRAL OFFICE
STATEMENT OF PURPOSE**

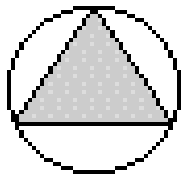
The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

- 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:
February 2007**

HILLCREST	YOUNG AND ALIVE
CAME TO BELIEVE	ONE SMALL STEP
ACCEPTANCE GROUP	974 GROUP
HAPPY DESTINY	HOLLIDAY GROUP
HAPPY GROUP	OLD FASHION AA
VISION FOR YOU	DNS
10 th STEP GROUP	SPEAKEASY LADIES
AN AA GROUP	DRAPER FIRESIDE CHAT
NO NONSENSE	FLYING HIGH
BOUNTIFUL COMMUNITY	UP GROUP
MURRAY GROUP	PARK CITY STEP STUDY
SERENITY VIEW	BIG UGLIES
OFF THE CUFF	TOOELE BEGINNERS
NEW LIFE	COTTONWOOD
LIVING IN SOBRIETY	HOLLADAY
APPLYING THE PRINCIPLES	



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

Central Office Board of Trustees(2006)

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Co Chair	Ron L.
Secretary	Suzanne B.
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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	Camille D.

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

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)

“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

SCHEDULE INFORMATION

**THESE ARE AA MEETINGS HELD IN
TREATMENT CENTERS THROUGHOUT THE
SALT LAKE VALLEY.**

THEY REALLY NEED YOUR SUPPORT.

VOA WOMEN AND CHILDREN'S CENTER; 697 W.

4170 S., Friday @ 7:00 pm.

HIGHLAND RIDGE; 175 W. 7200 S. Mon. @ 8:30

pm and Thurs. @ 8:45pm.

HIGHLANDERS; 8072 Highland Dr, Wed. @ 8:00

pm.

WHIPPER SNAPPERS; 5770 S. 1500 W., bldg. D,

Fri @ 5:30 pm.

WOMEN'S BIG BOOK MEETING; 175 W. 7200 S.,

Mon. @ 7:00 pm.

ONE SMALL STEP; 5770 S. 1500 W., bldg. D,

Mon. @ 8:00 pm.

Upcoming Events

March 23rd—25th; **Area 69 Pre-Conference Assembly**, University Guest House & Conference Center, Salt Lake City, UT

March 29th—April 1st; **The International Men's Conference**, Riviera Hotel, Las Vegas, NV. Register @ www.iaamcvegas.org.

April 27th—29th; **!9th Annual Lava Hot Springs Women's Retreat**, Lava Hot Springs, ID. Contact Angela: 208.720.7433 or getresults@angelasgym.com

April 27th—29th; **Rocky Mountain Round-up 2007**, Eccles Conference Center, Ogden, UT. Contact: AA-Larry G. @ 801.731.2913; Al-anon- Ruth A. @ 801.737.5717

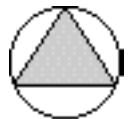
May 4th—6th; **Seventh Annual Fellowship of the Spirit West Conference**, Big Bear Lake, CA

register online @ www.fotswest.com. or call 301.379. 9456

May 25th—27th; **U.C.Y.P.A.A. UTAH VALLEY 2007**, Courtyard Marriott, Provo, UT. Marriott's address and phone number are: 1600 N. Freedom Blvd.[200 West]; landline @ 801.373.2222

June 1st —3rd; **Flagstaff 2007 Roundup**, Ft. Tuthill Fairgrounds, Flagstaff, AZ. Questions? 928.853.7192

CORRECTIONS and CHANGES to JANUARY, FEBRUARY, MARCH SCHEDULE



The **Nomadic Lunch** group has moved back to the bowling alley at 2500 S. Main, Monday through Friday @ 12:00 NOON.

Sunlight of the Spirit, a group that met at 1999 W 5580 S, on Thursdays at 7:00pm, is now a rotating location.

Call Steve @661-5631

NEW-Study the Steps, (open women's meeting) is being held at 8074 S.1300 E. on Thursdays at 7:00pm. .

NEW-Recovery At Noon, - back room of the Greek Market & Deli at 3205 S. State Street. Wednesdays at noon.

NEW-ACLOSED MEETING of ALCOHOLICS-1300 E. King's Row (4925 S.-St Vincent's) Th-8:00pm

CORRECTION: A Way of Life, is not at 1560 E Vine Street. It's in the Cottonwood Presbyterian Church [side door] at 1580 E. Vine Street. 7 pm, closed.

MOVED: WEST JORDAN B.B STUDY-from 7681 S. 2200 W. to 7609 S. Redwood-Jim's Restaurant- Tu-7:00pm -Closed

BASIC AA: from 7681 S. 2200 W. to 7405 S. Redwood-St Joseph's Church - Th-7:30pm - Closed

[page six, bottom]

CONGRATULATIONS TO OUR BIRTHDAYS!

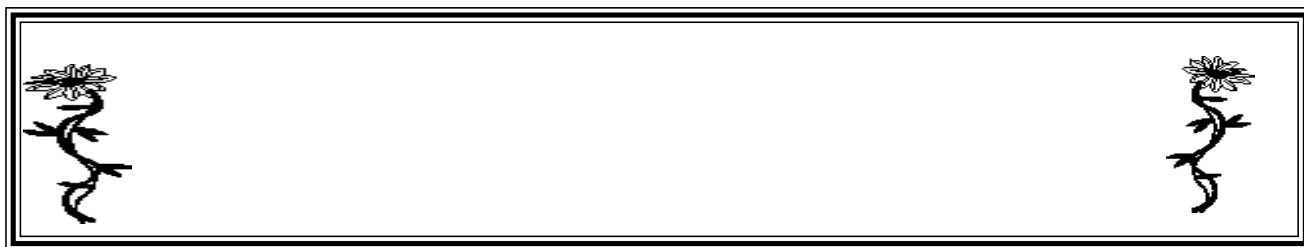
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Improve the quality of your sobriety and get out of yourself! Central Office needs volunteers for service work. We need people for 12-Step calls, stuffing envelopes, answering the telephone, et cetera. If you are interested contact Central Office at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

“We are not cured of our alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

Alcoholics Anonymous, page 85



[Rock 'n Roll Sobriety, continued]

“Do you have any extra weed, man?” He repeated, somewhat hesitant this time.

“I wouldn’t even have a match to light one for you,” I answered. He didn’t seem to believe me, but I really couldn’t help him. I looked at him again and smiled.

Half an hour passed before I saw the familiar faces of my sister and her friends. They were having trouble getting through the wild crowd. Too bad they were missing the whole show. When they finally made it, I informed her that they had played her favorite song. “Don’t go to the bathroom,” she shouted in my ear, uninterested in my comment. “You wouldn’t believe how long the lines are.”

As she continued to be preoccupied with lighting her cigarette and carefully guarding what beer she had salvaged, I absorbed myself in the excitement of the live music and the fact I was seeing —really seeing — REO Speedwagon for the first time.

The thoughts and emotions that coursed through me that night are almost inexpressible. I recognized a year and a half of growth amid the blaring, screeching, deafening sounds of electric guitars and synthesizers, and saw for the first time what this self-esteem was all about. I was not afraid to do my own thing in this crowd. I was not worried about how I looked, nor intimidated by how others looked. I was not comparing myself to others; I was not crazy, and felt no need to act crazy; I was definitely not unhappy; and I was not thirsting for attention and acceptance, or trying so hard to feel that I belonged. I was not inside looking out, I was outside looking in.

I stood in the middle of 35,000 people and felt free to be a different unique individual. The most important part of it all is that my Higher Power was with me and I was conscious of Him. How many other people in this rowdy, rambunctious crowd were thinking of a God and feeling the greater effects of His energy and power? I can’t think of one. The only times I remember being aware of that is when I cried out in pain and desperation. He was there then, but I couldn’t see Him through my tears, my darkness, my raw pain.

“Did you have a good time?” I asked my sister when it was all over.

“Yeah, it was great,” she answered, but quickly changed the subject to the amount of beer that was spilled on her. I could plainly see the effects of the concert were short-lived. Tomorrow she would not remember the real music, only a loud, indistinguishable sound and a lot of people. I, however, had discovered a new dimension to my sobriety, and it was well worth a hard-earned six bucks!

B.Z., St. Paul, MN

Best of the Grapevine, Vol.II

pages 34 — 37

The mountain, I become part of it.
The herbs, the fir tree, I become part of it.
The morning mists, the clouds, the gathering waters,
I become part of it.
The wilderness, the dew drops, the pollen . . .
I become part of it.

—NAVAJO CHANT —

An Article

— February 2007 —

Piss and moan, whine, whine, whine. If anybody in the world can be happy in a sad way with AA, it is me, the alcoholic son of a distillery worker.

A quick study of things spiritual, one lasting almost 35 years now, has given me insight into the workings of the universe. No brag, just opinion.

I love AA. The fellowship of strangers that took me under their wings deserves no higher praise. They pulled me through a trying time in my life; the curse of alcoholism coming from a long time of not seeing my major problem, me. I can no longer criticize those who accuse me. My Fourth Step led me to become aware that I was an individual capable of making my own decisions. I also learned that many of the delusions I was living with were things of little or no consequence. Alcohol mixes with all of us.

And in the culmination of prayer in my Fifth Step, asked a Higher Power of my very *own* understanding that my 'sin' of being a fool kid, be re-worked in the realms of Heaven so that the world might change back to a better place.

You know what? It did.

In one world, anyway. I can only hope that my belated amends to my Maker crossed the gulf of time and distance and healed the proper wounds. Sobriety came too late in my life to make proper amends to the living.

I don't know why there's still war, death, famine and disease, my personal observation is that humanity has a tendency toward suicide, I can only do my part in the struggle with those serpentine manifestations of our reptilian brain. I need only to clean my own house and live each day.

I know scams hurt, I've been taken by a few when I had an empty belly, so I don't try to run any on you, my cousins. I don't want to have any more guilt. I'll listen, if what you say could make sense to me. Live and let live.

I don't worry about drinking anymore. In fact, the cruel twist of my life has provided me with a crusade to mollify the effects of this beverage, this monster, that rendered my family permanently apart. I have a goal that I can work toward and now have the tools at my disposal to achieve it.

I hate AA. It opened my eyes. I love AA. It taught me to see.

— anonymous —

[schedule, continued]

South Valley Lunch meeting at Jim's Family Restaurant at 10640 South 160 West, is an open meeting on Wednesday at 12:00 p.

NEW- An AA Group in the church at 4300 South 700 East on Monday at 7:30 pm. -OPEN

Bare Beginnings has been cancelled. It was was an open meeting in a church at 850 S 800 E. on Tuesday.

***Sober Big Sister's** meeting at 172 W 7200 S at 7:00 pm. is a women's Big Book study.

* There is no longer an AI-anon meeting at the same time as the **Greater Kearns Group**. Greater Kearns meets on Mondays at 8:00 pm. in the church at 4290 W 5415 S. A closed meeting.

AA Phones March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>1</u> 5:30 – 10 PM Open 10 PM – 9:30 AM Open	<u>2</u> 5:30 – 10 PM Open (? Greater Kearns) 10 PM – 9:30 AM Open	<u>3</u> 2 – 6 PM Open 6 – 10 PM Open
<u>4</u> 9 AM- 12PM Open 12 – 6 PM An AA Group 6 PM – 8 AM 974 Group	<u>5</u> 5:30 – 10 PM No Nonsense Group 10:30 PM to 9:30 AM Open	<u>6</u> 5:30 – 10 PM 10 th Step Group 10:00 PM to 9:30 AM 10 th Step Group	<u>7</u> 5:30 – 10 PM Fresh Air Serenity 10:00 PM to 9:30 AM Open	<u>8</u> 5:30 – 10 PM Hillcrest Group 10 PM – 9:30AM Open	<u>9</u> 5:30 – 7PM Open 7-11 PM Basic Young Peoples 11PM – 9:30 AM Open	<u>10</u> 2:00 – 6:00 It's In The Book Women's Big Book Meeting 6 – 10 PM Open
<u>11</u> 9 AM- 12PM Open 12 – 6 PM An AA Group 6 PM – 8AM Open	<u>12</u> 5:30 – 10 PM No Nonsense Group 10:30 PM to 9:30 AM Open	<u>13</u> 5:30 – 10 PM 10 th Step Group 10:00 PM to 9:30 AM 10 th Step Group	<u>14</u> 5:30 – 10 PM Fresh Air Serenity 10:00 PM to 9:30 AM Open	<u>15</u> 5:30 – 10 PM Open 10 PM – 9:30 AM Open	<u>16</u> 5:30 – 10:30 PM Open (?Non Smoking Sobriety Hr) 10:30 PM to 9:30 AM Open	<u>17</u> 2- 6 PM Open 6-10 PM Open
<u>18</u> 9 AM- 12PM Open 12 – 6 PM An AA Group 6 PM – 8AM Open (? We Care Group)	<u>19</u> 5:30 – 10 PM No Nonsense Group 10:30 PM to 9:30 AM Open	<u>20</u> 5:30 – 10 PM 10 th Step Group 10:00 PM to 9:30 AM 10 th Step Group	<u>21</u> 5:30 – 10 PM Fresh Air Serenity 10:00 PM to 9:30 AM Open	<u>22</u> 5:30 – 10 PM Open 10 PM – 9:30 AM Open	<u>23</u> 5:30 – 10 Open 10 PM to 9:30 AM Open	<u>24</u> 2- 6 PM Open 6-10 PM Open
<u>25</u> 9 AM- 12PM Open 12 – 6 PM An AA Group 6 PM – 8AM Open	<u>26</u> 5:30 – 10 PM No Nonsense Group 10:30 PM to 9:30 AM Open	<u>27</u> 5:30 – 10 PM 10 th Step Group 10:00 PM to 9:30 AM 10 th Step Group	<u>28</u> 5:30 – 10 PM Fresh Air Serenity 10:00 PM to 9:30 AM Open	<u>29</u> 5:30 – 10 PM Open 10 PM – 9:30 AM Open	<u>30</u> 5:30 – 7 Open 7-9PM 5:15 Happy Hour 9 PM to 9:30 AM Open	<u>31</u> 2- 6 PM Open 6-10 PM Open

