

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:

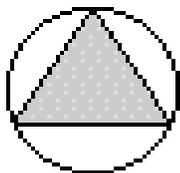
- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone service;
- to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A.-approved literature for sale to members and the public;
- and to 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
10th 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
Central Office Board of Trustees(2006)

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	Jonnie S.
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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)

Upcoming Events

July 13th — 15th; **25th Annual Great Outdoors Campout**, Defa's Ranch, UT. Pinky at 801.288.6836 or 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: joiopelli@gmail.com

September 14th — 16th; **CC + H₂O, 15th Annual Men's Retreat**, Lava Hot Springs, ID.

Info.; James B., 801.301.1058, or; 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:

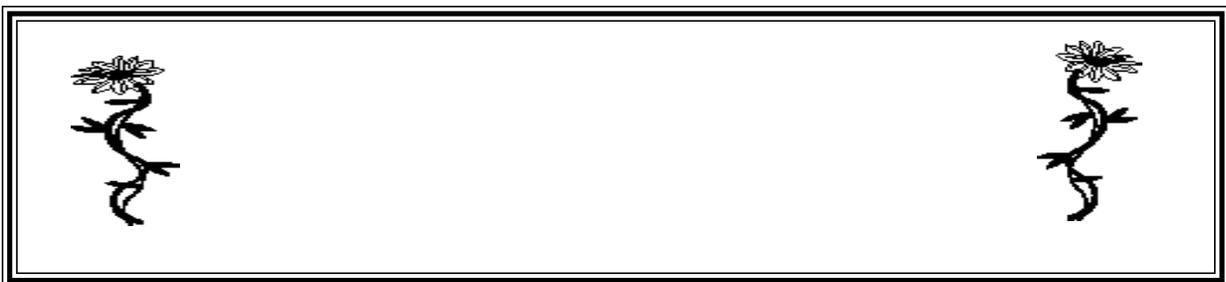
Midvale Lunch is now meeting at the Last Outpost Cafe at 7711 S State at 12:00 pm M,T,W,Th,F. This is an open meeting.

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^{ers} 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
1 9-10p Brian S. 12-6p An AA Grp 7-9p 574 Grp 9-11:55p open	2 8:30-10:30p NNS	3 8:30-10p 10th Step 10-11:55p open	4 8:30-10:30p Fish Air Smly 10:30-11:55p Michael S	5 6-11p Gar Nns	6 2-6p John J 6-10:55p OPEN	
8 9-12p Brian S. 12-6p An AA Grp 6-11:55p Melissa B	9 5:30-10:30p NNS	10 8:30-10p 10th Step 10-11:55p open	11 8:30-10:30p Fish Air Smly 6:30-11p Jillzest	12 6:30-11:30p Bvg Yng Ppl	13 3-7p It's in the Book 7-11:55p OPEN	
15 9-12p Brian S. 12-6p An AA Grp 8-11:55p OPEN	16 5:30-10:30p NNS	17 8:30-10p 10th Step 10-11:55p open	18 8:30-10:30p Fish Air Smly 5:30-11:55p OPEN	19 6-30-11:30p NoSmk Sbrv H	20 2-7p OPEN 7-11:55p Mgrta Fmrcy Bndt	
22 9-12p Brian S. 12-6p An AA Grp 8-11:55p OPEN	23 8:30-10:30p NNS	24 8:30-10p 10th Step 10-11:55p open	25 8:30-10:30p Fish Air Smly 5:30-11:55p Dave S	26 12-8:30a Dave S 6-10p Honey's	27 2-7p OPEN 7-11:55p Grpwine	
29 9-12p Brian S. 12-6p An AA Grp 8-11:55p OPEN	30 5:30-10:30p NNS	31 8:30-10p 10th Step 10-11:55p open	1 8:30-10:30p Fish Air Smly	2 6-11p Gar Nns	3 2-6p John J 6-10:55p OPEN	

