
LIFELINE



Salt Lake City
Central Office
Newsletter

January 2008

We Know it Has a Name

-Anonymous-

My first taste of alcohol was in elementary school. A friend of mine stole a mini bottle from his dad. There were several kids involved, so I only got a small taste. My first beer was in Junior High School after going to the State Fair with my sister and her friends and actually I did not like it. My sister and her friends were blasted and it looked like fun. Beer was never my drink of choice because I didn't like the taste. Hard liquor got me drunk a lot faster and I liked the taste much better.

I didn't drink again until High School. I went out with a friend and got drunk for the first time. I loved the feeling! One friend drove us around while I got drunk with another friend. It never occurred to me to drink a couple and relax. I only drank for one reason, and that was to getting drunk and have fun. I was always looking for the next fun party. There were long periods of time I did not drink at all, for years at a time. But, the one common thread was when I drank it was to get drunk. I could not understand why people drank except to get drunk. What other purpose could there possibly be for drinking.

I love the majority of the good times I had while drinking. I have many good memories with family and friends, but toward the end I hated the feeling. I didn't choose to drink, I HAD to drink. I managed a bar for several years. I drank in binges all during that time, but didn't feel the "need" to drink all the time. Eventually I felt I couldn't do anything without a drink in me, i.e. Family events, Jazz games, work, and any other reason you can think of.

During this period of my life, I learned my sister had a terrible disease called Scleroderma. She and I were close growing up. Scleroderma is an autoimmune disease that makes your skin grow hard and tight. She had "systemic Scleroderma" and eventually it affected her internal organs. There is no cure and the cause is unknown. My sister was Miss Utah Body Building Champion in 1994. To look at her when she was in such good shape, in the picture of perfect health, it isn't possible for me to believe she could look like she did before she passed away. She had many problems as the disease progressed.

Many times she would call me during the night to rescue her from her abusive husband. Stress makes the symptoms worse, so she eventually decided to leave the stressful situation.. My sister moved in with me and my family. I watched her slowly waste away for three years. We cared for her day after day. She had sores across all her knuckles and elbows that never healed. We had to bandage her sores three to four times a day. She was in constant excruciating pain. She took more and more pain killers because she had built up such a strong immunity to them. The amount of pills she took would have killed any normal person.

Toward the end of her life she couldn't feed herself or do anything with her hands, because the skin got so tight her hands were stuck in one position. The physical and mental pain she went through was beyond my comprehension.

(continued on page four)

**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:
December 2007

Because someone misplaced the notebook at the C.O. reps meeting, we cannot print the attendance list. Would the person with the notebook please bring it to this month's meeting or drop it off at Central Office. Thank you.

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(2008)

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Trustee at Large	Camille D.
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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.

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. (2860 South)

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 recieved us back into its citizenship.”
A.A. Comes of Age, pp. 232-233

Upcoming Events

January 10—13, 2008; **18th Annual River Roundup**, Laughlin, NV.
visit the website: www.rcco-aa.org

A Service Announcement

Everyone wants to play. AA Central Office still needs help with the phones.
Remember service work helps with your recovery.
Interested? Call Camille D. @ 916.0831

From the **Central Office of Salt Lake**
Central Office Representatives Meeting
December 11, 2007
Agenda

PROPOSED BY LAWS CHANGE:

V. Board of Trustees

C. Membership and duties

6. Alternate Trustee At-Large

- a. Central Office Committee will elect two alternate Trustee At-Large Members.
- b. Alternate Members will be required to attend the monthly Board Meeting and the monthly C.O. Representative's Meeting.
- c. Alternate Members may vote on any issue at hand if there are absent regular Board Members. This is to insure that at least a quorum of at least five members are present to vote at all monthly Board meetings.

"Easy does it."

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.

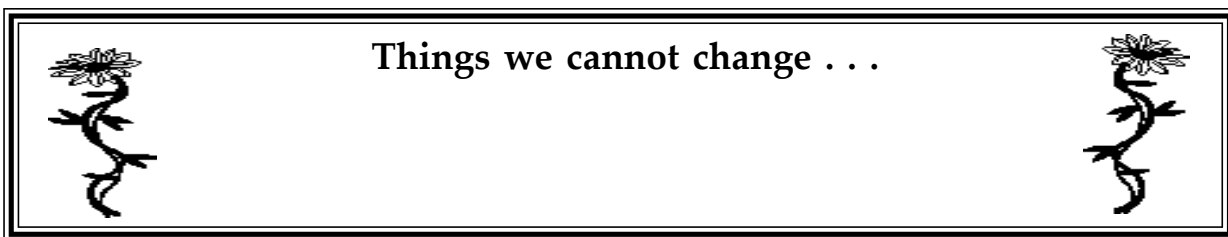
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**Singlehanded Combat**

Few indeed are those who, assailed by the tyrant alcohol, have ever won through in singlehanded combat. It is a statistical fact that alcoholics almost never recover on their personal resources alone.

**Twelve and Twelve**, page 22

**As Bill Sees It**, page 245



("We Know it. . ."continued from page one)

I have no clue how she was able to go through that entire affliction..

I took her to California several times in an effort to get help from some doctors, but to no avail. I also took her to a Plastic Surgeon in California to have her breast implants removed. Her skin was getting so tight that the implants were ready to break through her skin. We could not afford to stay at the hospital, so we went back to the hotel room and I had to get up ever hour to manually drain the blood and fluid fro the incision. No one should have to go through what she did. NO ONE. She passed away May 5<sup>th</sup>, 2004, about three years after she came to live with us.

My Mom died March, 4<sup>th</sup>, 2004, my Dad December 13<sup>th</sup>, 2002 and a good friend of mine committed suicide on March 27<sup>th</sup>, 2004. I lost my job of fifteen years, which I loved. To top it all off, my boos who fired me was my best friend. I felt betrayed during this period of my life, so I started drinking more and more. I did not want to deal with all the pain of losing so many close family and friends. I completely lost all control of my emotions. I would literally cry and cry and could not stop. I just wanted to bury the pain. I guess you could say I was a perfect example of someone who could not deal with "life on life's terms".

I would have my first drink in the morning, just so I could function, then continued drinking throughout the day. At night I would drink until I passed out. I would wake up at two or three o'clock in the morning and resume drinking until I passed out again. I would set my alarm clock to get up but I couldn't. I would set second alarm to wake up at the last possible moment that I could get up and make it to work. Sometimes I didn't make it to work. I visited the emergency room several times due to shakes, sweats, and dehydration. I also ended up in an intensive outpatient program. After all this, I still didn't think I was an alcoholic.

The counselor in charge of the outpatient program was a major influence on my sobriety. Although I drank during the period of time I was involved with the group, she helped me look deeply into myself and start to see life in another light. She was a very loving and caring person, but she never let you get away with anything. She always seemed to know exactly when you were full of it. My favorite memory of her was when she asked "how are you doing today?" and you would say "I'm fine." She would ask "What does that mean?" or tell us anything you say followed by the word "but" means whatever you said was all "bull\_\_\_."

I also made a new friend in the program, including the most influential person to my change into who I am today. He had been through a lot more experiences in his life with regard to alcoholism and had been involved in AA many years. We bonded from the very beginning. It seemed like we had been friends all our lives. Although he didn't have enough time in sobriety to be my sponsor, we seemed to sponsor each other. When I needed help he seemed to be in a good place and vice versa. We still talk every day and have helped each other and are still there for each other every day.

I kept promising my wife I would stop drinking, but I just couldn't. I kept thinking that no one understood. I couldn't just stop drinking. I had to slowly cut back to avoid a bad detox and the sickness involved with it. Or, the possibility of death.

The last time I drank I was taken to the emergency room again! My blood alcohol content was 3.68 and when I sobered up enough stand up I ripped out the I.V. and left the emergency room. I had a friend who had been arrested for public intox, so when I got my wits about me , I got out of there before that could happen. I had no

(from page five)

shoes, so I walked several miles to Shopco and bought shoes. I then walked several miles home to get my car. I'm not sure how I ended up at a friend's house, because I couldn't go home. My wife had quite enough of me and my drinking and had asked me to leave the house. She had always taken me back before, but this time I wasn't sure she would. Can I really blame her for asking me to leave? "Hell no!" She did what she felt she had to do. I had two kids in the house and she felt she needed to protect them.. With all the lies I had told her, why should she believe me this time.

I nearly lost everything and I knew many others who have lost everything because of this disease. I was also very lucky that I did not get into trouble with the law. There were plenty of times I drove that I definitely should not have been behind the wheel. While I was at my friend's house, I lost an entire weekend. All I remember is that I wanted to sleep. So, I would drink more every time I woke up. I tried to hide that from my friends, but I'm sure they knew, since I drank all their whiskey and rum. I guess other friends tried to get me up during stint in their house, but I wouldn't budge. Finally a friend came and forced me to get up and go down to my place of business to process payroll.

I went to stay with another friend for a couple of weeks and returned to AA. My wife attended one of the meetings where I received another newcomer chip. I gave it to her and told her to hold it for me for one year until I received my one year chip. The look on her face was "yeah, right, I will never see that day!" It certainly wasn't the first time I had told her that. For a very long time I couldn't see how I could go through the rest of my life without a drink in me all the time. I still don't know what I put my wife and family through and I probably never will. I just plain cannot remember very much of it. My wife and family took me back and I haven't had a drink since.

After I had been sober a while, I went to my daughter's Sterling Scholar Award display at school. As part of her portfolio, she had a story about my alcoholism and how it made her more independent. When I saw the story about me, I was so embarrassed. There were other parents and students reading all of this stuff, and it made me pretty angry. I had no forewarning about what she had written. My first thought was to get drunk. (Why not? I was apparently just a drunk to my family!) But, with the tools I learned from AA I was able to overcome these feelings and get over it. Again I was deeply hurt and wanted to bury the pain. As a side note, when I did come back home I found a ½ gallon of vodka in my favorite hiding place, I wasn't even tempted, I dumped it down the drain. I haven't yet told my wife about that so I'm sure she will be surprised when she reads this ... well actually not .

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### A.A. in Two Words

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards.

"Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations—these are truly our touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and to do God's will."

*Talk*, 1965 (Printed in **Grapevine**, January 1966)

As **Bill Sees It**, page 271

| Sunday                                                                    | Monday                                    | Tuesday                                                       | Wednesday                                     | Thursday                                    | Friday                                       | Saturday                                             |
|---------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------|-----------------------------------------------|---------------------------------------------|----------------------------------------------|------------------------------------------------------|
| 30                                                                        | 31                                        | 1<br>12-9:30a Jeff R<br>5:30-10p 10th Step<br>10-11:55p OPEN  | 2<br>5:30-7p Afternoon...<br>7-11:55p Todd K  | 3<br>12-7a Todd K<br>5:30-11:55p OPEN       | 4<br>6-11:55p Grtr Krns                      | 5<br>2-6p John I<br>6-10:55p OPEN                    |
| 6<br>9-12p Brian S.<br>12-6p An AA Grp<br>7-9p 974 Grp<br>9-11:55p Dave W | 7<br>5:30-10:30p NNS<br>11-11:55p Jeff R  | 8<br>12-9:30a Jeff R<br>5:30-10p 10th Step<br>10-11:55p OPEN  | 9<br>5:30-7p Afternoon...<br>7-11:55p Todd K  | 10<br>12-7a Todd K<br>6:30-11:55p Hillcr... | 11<br>6:30-11:55p Bsc<br>Yng Ppl             | 12<br>3-7p Its in the Book<br>7-11:55p OPEN          |
| 13<br>9-12p Brian S.<br>12-6p An AA Grp<br>6-11:55p Melissa B             | 14<br>5:30-10:30p NNS<br>11-11:55p Jeff R | 15<br>12-9:30a Jeff R<br>5:30-10p 10th Step<br>10-11:55p OPEN | 16<br>5:30-7p Afternoon...<br>7-11:55p Todd K | 17<br>12-7a Todd K<br>5:30-11:55p John S    | 18<br>6:30-11:55p NoSmk<br>Sbrty Hr          | 19<br>2-7p OPEN<br>7-11:55p Mgna<br>Frndly Bnch      |
| 20<br>9-12p Brian S.<br>12-6p An AA Grp<br>6-8p OPEN<br>8-11:55p Dave W   | 21<br>5:30-10:30p NNS<br>11-11:55p Jeff R | 22<br>12-9:30a Jeff R<br>5:30-10p 10th Step<br>10-11:55p OPEN | 23<br>5:30-7p Afternoon...<br>7-11:55p Todd K | 24<br>12-7a Todd K<br>5:30-11:55p Dave S    | 25<br>12-9:30a Dave S<br>5-10p Honey's Bkfst | 26<br>2-6p OPEN<br>6-10p Grapevine<br>10-11:55p OPEN |
| 27<br>9-12p Brian S.<br>12-6p An AA Grp<br>6-8p OPEN<br>8-11:55p Dave W   | 28<br>5:30-10:30p NNS<br>11-11:55p Jeff R | 29<br>12-9:30a Jeff R<br>5:30-10p 10th Step<br>10-11:55p OPEN | 30<br>5:30-7p Afternoon...<br>7-11:55p Todd K | 31<br>12-7a Todd K<br>5:30-11:55p Dave S    | 1                                            | 2                                                    |

CENTRAL OFFICE OF SALT LAKE CITY, INC.

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SALT LAKE CITY, UTAH 84115-305

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# January 2008