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# LIFELINE



Salt Lake City  
Central Office  
Newsletter

March 2008

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## **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 get 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 good shape, in picture-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 her self or do anything with her hands, because the skin got so tight her hands were stuck in one position. The physical and

**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 2008**

VISIONFOR YOU	12 O'CLOCK HIGH
MURRAY GROUP	SATURDAY SPEAKER
SPIRITUAL QUEST	AFTERNOONERS
OFF THE CUFF	EARLY BIRDS
VALLEY VIEW	FLYIN' HIGH
BOUNTIFUL COMMU-	HAPPY GROUP
NITY	SERENITY VIEW
SOBER SISTERS	BOUNTIFUL MEN'S
CITY AT SEVEN	NON-SMOKING SOBRI-
AN A.A. GROUP	ETY
WELCOME HOME	MIDVALE LUNCH
NON SENSE	PARK CITY 12-N-12
AS BILL SEES IT	UNITY LUNCH BUNCH
EARLY FRIENDSHIP	974 GROUP
10TH STEP GROUP	A NEW LIFE
HOLIDAY GROUP	A CLOSED GROUP
OLD FASHION A.A.	HONEY'S
BY THE BOOK	BREAKFAST CLUB
	BOGIRISH
	NOT A GLUM LOT

**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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	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](http://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**

and

**SCHEDULE CHANGES**

March 8th, 2008; **Speaker's Meeting Honoring One Hundred and Seventeen Years of Sobriety.** The Alano Club in Murray (5056 S. 300 West). 7-9 pm. Open, No smoking.

March 14th —16th, **Pre-conference Assembly**, Salt Lake City, UT.

Call Central Office @ 484-7871 for location.

May 16th —18th; **Post-conference Assembly**, Ogden, UT

484-7871 for info.

also, May 16th —18th, 2008, **24th Annual Tristate Round-Up**, Laughlin, NV.

[www.tristate-roundup.com](http://www.tristate-roundup.com)

for additional info.

June 6th — 9th; **Fellowship of the Spirit**, Snowbird, UT.

Who you gonna call?

484-7871 for info.

July 11th — 13 th; **Great Outdoors Campout**, Defa's Ranch, UT.

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**A Family Event and Fund Raiser for Central Office  
Sayurday, April 19th - 7:00pm**

**Imagine** (remembering the Beatles) will perform at Bonneville Jr. High School located at 5330 South 1600 East.

Tickets are: 10 dollars in advance or 12 at the door. Under thirteen , five bucks.

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The **Backstreet Club** wants to announce that it has an Old Timer's meeting every Saturday at 7 pm . On the first Saturday of the month. The meeting is followed by a bingo game. The club is located a 576 South 2600 West, Bountiful, Utah.

**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

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**True Ambition — and False**

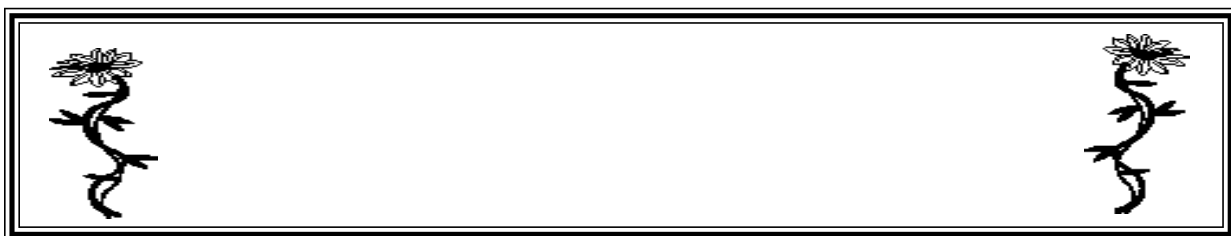
True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

As Bill Sees It, page 46

**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.



(Name, continued.)

mental pain she went through was beyond my comprehension. 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 every hour to manually drain the blood and fluid from 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 had 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 boss 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 a 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.

(page six, please)

~~The last time I drank I was taken to the emergency room again! My blood alcohol content was 3.68 and when I~~  
Central Office of Salt Lake, Inc. #80 West Louise Ave. Salt Lake City, Utah 84115 (801) 484-7871

sobered up enough to stand up I ripped out the I.V. and left the emergency room. I had a friend who had been arrested for public intoxication, so when I got my wits about me, I got out of there before that could happen. I had no 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 a 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 the 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.

Author unknown

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### Sorry About the Repetition

There are worse articles, but there are never any bad stories. The newsletter goes online at [www.saltlakeaa.org](http://www.saltlakeaa.org), so maybe you can write something that will help someone's recovery. Pass it on.

If you want to, you can submit your story anonymously, if you have problems with that sort of thing, at Central Office. Or you can email it to [trustycoventry1951@yahoo.com](mailto:trustycoventry1951@yahoo.com). Type 'Lifeline' on the subject line. Please use the Microsoft Word Pad (.rtf) format so we can avoid software issues. Happy Sobriety.

March 2008							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							1 2-6p Andrea 6-12a OPEN
2 9-12 pm Brian S 12-6p An AA Grp 7-9p 974 Grp 9-11a Dave W	3 5:30-10:30 NNS 11-12a Jeff R	4 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a OPEN	5 5:30-7p Afternooners 7-12a Todd K	6 12-7a Todd K 5:30-12a Deneese	7 12-7a Deneese 7-9:30a Andrea 6-12a Grtr Krns	8 3-7p Its in The Book 7-12a OPEN	
9 9-12 pm Brian S 12-6p An AA Grp 6-11p Melissa B	10 5:30-10:30 NNS 11-12a Jeff R	11 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a OPEN	12 5:30-7p Afternooners 7-12a Todd K	13 12-7a Todd K 6:30-10p Hillcrest	14 7-9:30a Andrea 6:30-12a Bsc Yng Ppls	15 2-7p OPEN 7-12a Mgna Frndly Bunch	
16 9-12 pm Brian S 12-6p An AA Grp 6-8p OPEN 8-11a Dave W	17 5:30-10:30 NNS 11-12a Jeff R	18 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a OPEN	19 5:30-7p Afternooners 7-12a Todd K	20 12-7a Todd K 5:30-12a John S	21 7-9:30a Andrea 6:30-12a Non Smoking Sbty Hr	22 2-6p OPEN 6-10p Grpvine 10-12a OPEN	
23 9-12 pm Brian S 12-6p An AA Grp 6-8p OPEN 8-11a Dave W	24 5:30-10:30 NNS 11-12a Jeff R	25 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a OPEN	26 5:30-7p Afternooners 7-12a Todd K	27 12-7a Todd K 5:30-12a Dave S	28 7-9:30a Andrea 5-10p Honey's Bkfst	29 2-6p OPEN 6-12a OPEN	
30 9-12 pm Brian S 12-6p An AA Grp 6-8p OPEN 8-11a Dave W	31 5:30-10:30 NNS 11-12a Jeff R						

CENTRAL OFFICE OF SALT LAKE CITY, INC.

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# March



