

Following Directions

“The alcoholic slip is not a symptom of a psychotic condition.... the patient simply didn’t follow directions.” I’m sure I’m not alone when I say that since coming to the fellowship of Alcoholics Anonymous I have seen many people come and go. Some by choice and others because of death from this disease. Is this because they simply refuse to follow directions, or is it maybe because the directions we are giving them will do nothing in combating their alcoholism?

I had the opportunity to hear a speaker one time talk about a factor that may be contributing to this. She talked about how, because we are so anxious for everyone to “get it” we might just be loving them to death, in our zeal to help them we sometimes are afraid to hurt their feelings. Many of them come to us with a “full knowledge” usually about 30 days, of the disease and know exactly what it was that made them an alcoholic and what it is they needed to do in order to recover from it. Unfortunately though this information is false . I know I was once one of them.

Their heads are filled with slogans and catch phrases. We cart them around to meeting after meeting introducing them to everyone we think will help them. We supply them with enough phone numbers to make any AT&T shareholders eyes light up, yet we don’t see the necessity of explaining to them the directions they need to follow in order recover from this disease.

In 1947, Dr. Silkworth wrote in the AA Grapevine, “The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, has restored himself to a dignified place among his fellow men and continued dry for years, should suddenly throw all his happiness overboard and find himself again in moral peril of drowning in liquor, often the reason is simple”

“People are inclined to say ‘there is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You can never be sure.’”

“This is largely twaddle (which means foolish, empty talk or writing nonsense). The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous he gets well - that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.”

I came to you with thirty days under my belt and happy as could be that I wasn’t drinking. I knew all the right things to say at meetings. I could quote psycho-babble with the best of them. I got into activity right away. I continued along “my path” (not the path referred to in “How it works”) for a period of a year and a half at which time I suddenly realized that life was no better. Sure, it all looked great on the outside but what about on the inside. I would sit in meetings and hear about people who had gone back out, and wonder when was it going to happen to me - how long before I would drink again. I came to the realization that for the first year and a half I had remained sober through what I later heard referred to as fear and fellowship.

You see I had been to your meetings. I had taken part in your activities and I was involved in service and people were telling me how great I was doing - if they only knew. When the fear of drinking got to a point that I realized I knew nothing of the recovery process I stumbled across someone who refused to “love me to death.” Someone who was not afraid to hurt my feelings. Someone who was willing to share the DIRECTIONS necessary to recover.

Dr. Silkworth’s writing continues and he compares us to the cardiac or TB patient: “The patient in each case

(the top of page six, please)

**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:
January 2007**

VISION FOR YOU	TOOELE BEGINNERS
MURRAY GROUP	HAPPY DESTINY
SPIRITUAL QUEST	5:15 HAPPY HOUR
OFF THE CUFF	BY THE BOOK
VALLEY VIEW	YOUNG AND ALIVE
BOUNTIFUL COMMUNITY	12 O'CLOCK HIGH
SOBER SISTERS	SATURDAY SPEAKER
CITY AT SEVEN	SHARING AND CARING
ONE SMALL STEP	AFTERNOONERS
AN A.A. GROUP	EARLY BIRDS
WELCOME HOME	FLYIN' HIGH
NO NONSENSE	HAPPY GROUP
AS BILL SEES IT	SERENITY VIEW
EARLY FRIENDSHIP	12& 12 AT 17 & 17
MAGNA FRIENDLY	CAME TO BELIEVE
10TH STEP GROUP	BOUNTIFUL MEN'S
HOLLIDAY GROUP	NON- SMOKING SOBRI-
SOBRIETY HOUR	ETY
GARDEN VARIETY	MIDVALE LUNCH
CHAPTER 5	LIVING IN SOBRIETY
OLD FASHION A.A.	SUNDAY BREAKFAST
HILLCREST GROUP	

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.

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

CONGRATULATIONS TO OUR BIRTHDAYS!



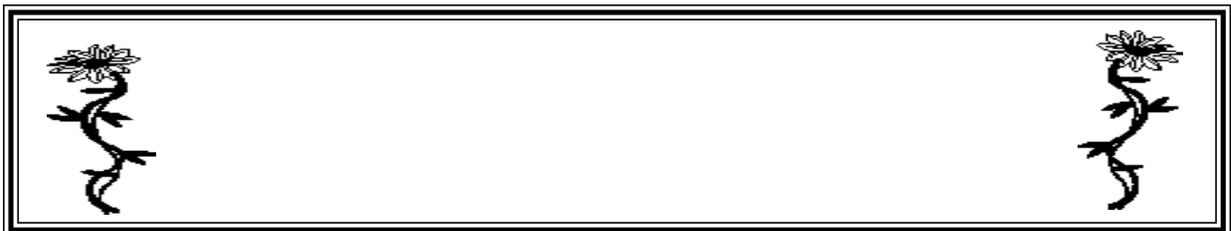
Improve the quality of your sobriety and get out of yourself! Central Office needs volunteers for service work. We need people for 12-Step calls, stuffing envelopes, answering the telephone, et cetera. If you are interested contact Sandy at Central Office at 484-7871.

Out of the Dark

“A clear light seems to fall upon us all—when we open our eyes. Since our blindness is caused by our own defects, we must first realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth.”

2. LETTER, 1946

As Bill Sees It, page 10



CHANGES AND CORRECTIONS

January, February, and March 2008 Schedule

Cancelled meetings:

Castaways — 1784 Ferron Drive Tooele, St. Barnabas Center on Fr. at 6:30 pm and T., Th., and Sa. at 12:30.

Lunch Break — 1700 S. 1300 E., Westminster College, Converse Hall, room 209

New meetings:

Sunrise Group — 580 South 580 West (apt. complex) at 7:00 pm on Monday

Location change:

City at Seven has moved from 252 S. 500 E. (the Salvation Army Center) to 1050 S. 500 E.(church). An open meeting held on Saturday at 7:00 pm.

Park City Meeting Changes:**Cancelled meetings:**

Park City Young People @ 1753 Sidewinder was 7:00 pm. Thursdays.

Address changes:

Saturday: **City Park Big Book Study** was held in the Old Miners Hospital at 6:00 pm. It is now at 4595 Silver Spring Drive in the church behind Blue Roof on Hwy 224. An open meeting at 6:00 pm.

Sunday: **City Park Group** from Miner's Hospital will meet in Valley Mental Health located at 1753 Siderwinder.

Thursday: **Park City Men's Meeting** as also moved from the Old Miner's Hospital to the church at 4051 N. Hwy 224. Open at 7:00 pm.

Friday: The City Park Group from the Old Miner's Hospital at 7:00 pm , now meets in the church behind the Blue Roof on Hwy 224. (4595 Silver Springs Drive).

valentine ; from valens (-entis), to be strong.

1 (a) a sweetheart chosen or complimented on Sait Valentine's Day; (b) one's sweetheart.

2 (a) a greeting card or note sent to a real or pretended sweetheart on this day, and containing lines of sentimental love; (b) a burleque of this, often sent anonymously.

3. a gift presented on St. Valentine's Day — February 14th.

—taken from my *Webster's Unabridged*—

(‘Following. . .’ from page one)

rationalized himself out of a sense of his own perilous reality. He deliberately turned away from his knowledge of the fact that he has been the victim of a serious disease. He grew overconfident. He decided he didn’t have to follow directions.”

Now that is precisely what happens with the alcoholic - the arrested alcoholic or the alcoholic in AA who has a slip. Obviously, he decides to take a drink again sometime before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a slip.

There is no need to change the slip to alcoholic behavior or the second heart attack to cardiac behavior. The alcoholic slip is not a symptom of a psychotic condition. There is nothing screwy about it at all. **THE PATIENT SIMPLY DIDN’T FOLLOW DIRECTIONS.**

For the alcoholic, AA offers the directions. A vital factor, or ingredient of the prevention, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of AA but misses the philosophy or the spirit may get tired of following directions - not because he is alcoholic, but because he is human. Rules and regulations irk almost everyone, because they are restraining, prohibitive, and negative.

The philosophy of AA, however, is positive and provides ample sustained emotion - a sustained desire to follow direction voluntarily.

Lets get it clear, once and for all, that all alcoholics are human beings.

Then we can safeguard ourselves intelligently against most slips. In both professional and lay circles, there is a tendency to label everything an alcoholic may do as “alcoholic behavior.” The truth is, it is simply “human nature.”

I can’t possibly come in contact with everyone who reads this, but to those who are wondering, as I did, how long is it before you drink, and no-one has shared with you the directions you need to follow to prevent that from happening, I will do just that. They can be found in the book “Alcoholics Anonymous” - our basic text. It is not a novel; it is not something we casually read on a nice spring day, it is a textbook, which according to Webster is “a book giving instruction in the principles of a subject of study...”. Do yourself a favor, find out what the directions are and I wish you well as we “trudge the road to happy destiny” together.

In the fellowship of the spirit.

Joe K.

Trivia

Humans began using bricks for building prior to 7500 B.C.?

Did you know that Ur, considered the cradle of modern civilization, is about 200 miles (325 km) southwest of Baghdad, and Mt. Arafat of Noah’s Ark fame is 750 km north of the city on the Euphrates river in the heart of Mesopotamia? The land of Hammurubi the law-giver and ancient Babylon?

Incidentally, I think this was the same place beer originated. A lot of trouble, huh?

— anonymous —

“Just for today, I’ll do my best and let my power do the rest.”

Trish C., Brownsburg, Quebec

AA Grapevine, Ham on Wry, March 2003

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

CENTRAL OFFICE OF SALT LAKE CITY, INC.

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February

