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# LIFELINE



Salt Lake City  
Central Office  
Newsletter

February 2009

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## Honesty

*Who wants to read about honesty?* Ok, I know. But it's only a couple of pages. My idea is that honesty, for A.A.'s is like sobriety; we can't do it ourselves, so we need a Higher Power. This distinguishes A.A. honesty from normal honesty which is a personal power – a taught and practiced habit.

Chapter five starts with two requirements for success. Members must “completely give themselves” and they must be honest. (Page 58) Bill W. defines honesty by describing persons who are incapable of being honest, This is a roundabout way, but by going that way, Bill described a new idea: the capacity to be honest. A scorecard of honest actions is not the Program, but the capacity to be honest is required for recovery.

This focus brings honesty into the context of our Higher Power. “H.P.” cannot write our scorecard, but it can provide a capacity. It is part of the “psychic change” in the Doctor's opinion or Bill's metaphor that we are “rocketed into the 4<sup>th</sup> dimension.” (Pp. xxix and 25) With this capacity in place, a lot changes in a short time. We often hear very honest shares from newcomers with thirty and sixty days.

The capacity for honesty among A.A.'s is different from the capacity among normal drinkers. The latter is a habit taught and practiced within a culture. A.A. capacity for honesty is a gift and a necessity – a necessity because if we are not honest, then we are likely to drink again, and a gift from our Higher Power because on our own power, we habitually lie, cheat and steal. Thus honesty is an example of a theme that runs throughout the Big Book, mainly that an alcoholic cannot be saved from prison, insanity or death except by the direct exercise of a “power greater than ourselves”. Our own power is insufficient.

How does our Higher Power make this deep change inside, whereby we can exercise this capacity to stop drinking and to start being honest? It's impossible to describe completely, but we can use models. One model we would all reject is the puppet-master pulling the strings. Another easy model to reject is the fairy godmother who waves her magic wand and turns a pumpkin into a gilded coach. The defect in both of these models is that nothing really changes. The puppet remains wood, and even the coach has to become a pumpkin again at midnight. But if there is anything every member of A.A. can agree on, it's that we who grew into adulthood, always feeling different, now truly have become different. Something has happened to make us, or re-make us, into people we could never have imagined

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**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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**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.

"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**

## Suiting up and Showing Up

**Groups Represented At the  
Central Office Reps Meeting for:**

**January 2008**

SPIRITUAL QUEST	BOUNTIFUL MEN'S
CLOSED GROUP OF A.A.	MAGNA FRIENDLY
COME AS YOU ARE	WOMEN'S IN SOBRIETY
BASIC YOUNG PEOPLE	A VISION FOR YOU
HAPPY DESTINY	SUNDAY BRUNCH
GARDEN VARIETY	GREATER KEARNS
GRAPEVINE GROUP	ACCEPTANCE
CANDLELIGHT YOUNG & ALIVE	WOMEN'S STEPPING UP
FLYIN' HIGH	SUGARHOUSE MEN'S
NONONSENSE	WE CARE GROUP
UNITY LUNCH BUNCH	HAPPY HOUR
LIVING IN SOBRIETY	A WAY OUT
AFTERNOONERS	12 O'CLOCK HIGH
BIG UGLIES	BOUNTIFUL COMMUNITY
SOBER SISTERS	974 GROUP
NON-SMOKING 5:30	A NEW LIFE
10 <sup>TH</sup> STEP GROUP	FRIENDSHIP GROUP
AN A.A. GROUP	+ 2 VISITORS
HOLLIDAY GROUP	
THURS. NIGHT ROUND TABLE	

## 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)

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.

**Upcoming Events,**

and Schedule Changes

February 12th —15th, 2009; **45th International Women's Conference**, Marriot Hotel, 75 S.W. Temple, Salt Lake City, UT.

*facilities@internationalwomensconference.org*

February 20th — 22nd; **12th Annual Dixie Winterfest**, Staheli's Farm, 28 N. 300 W., Washington , UT.

*www.dixiewinterfest.org*

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March 20, 2009; **A Salt Lake Central Office FUN-raiser — Imagine** will be appearing for one night only at the Bonneville Junior High Auditorium. The address there is 5330 S. 1300 E., Salt Lake City. Tickets are available at Central Office (80 W. Louise Avenue), or through your Central Office rep.

**CANCELED MEETINGS:**

**AA at It's Best**, was held at 5056 S. 300 W. on Thursdays at 7:00 pm.

**Alcoholics Only**, it was held on Tuesdays at 5056 S. 300 W. at 7:00 pm.

**NEW MEETING:**

The **NEWCOMER MEETING** at 5056 S. 300 W., on Tuesday's, at 7:00 pm.

**DAY CHANGE:**

**To Cease Fighting**, a big book study, now meets in the church (side door) at 1580 Vine street on *Thursday* instead of Wednesday.

**Location Changes:**

The **Unity Lunch Bunch** has moved from the Community Center at 615 South 300 East to the Baptist church at 777 South 1300 East. It will meet there on Monday — Friday at 12:00 noon. Enter at the rear door. It is an open meeting.

The **5:15 Happy Hour** is also moving to the Baptist Church located at 777 South 1300 East. Starting December 1st, it will meet there on Monday — Friday at 5:15 pm. An open meeting.

The **Park City Group**, a birthday meeting, will now meet at St. Mary's Chapel located at 121 Park Avenue in Park City on Sunday at 6:00 pm. This open meeting used to be held at Valley Mental Health (1753 Sidewinder).

**The Serenity Prayer Explained**  
**From: "Alcoholism & Spirituality"**

**GOD** SAYING THIS WORD I AM ADMITTING THE EXISTENCE OF A CONSCIOUSNESS OR? OF? A HIGHER POWER THAT IS GREATER THAN I.

**GRANT** SAYING THIS SECOND WORD, I AM ADMITTING THAT THIS CONSCIOUSNESS OR HIGHER POWER IS ABLE TO BESTOW AND GIVE TO ME AND TO OTHERS.

**ME THE** I AM ASKING SOMETHING FOR MYSELF. HOLY BOOKS SAY THAT IF I ASK SINCERELY, IT SHALL BE GIVEN. IT IS NOT WRONG TO ASK FOR IMPROVING MYSELF. FOR WITH THE IMPROVEMENT OF MY CHARACTER, BOTH I AND PEOPLE AROUND ME WILL BE HAPPIER, AND MY RELATIONSHIPS WILL HAVE A BETTER CHANCE TO IMPROVE.

**SERENITY** I AM ASKING FOR CALMNESS, COMPOSURE AND INNER PEACE IN MY LIFE WHICH WILL ENABLE ME TO TRANSCEND MY EGO, TO THINK STRAIGHT AND TO GOVERN MYSELF PROPERLY.

**TO ACCEPT** I AM RESIGNING MYSELF TO CONDITIONS AS THEY ARE RIGHT NOW. I AM LIVING IN THE NOW, THE PRESENT MOMENT.

**THE THINGS** I ACKNOWLEDGE MY TRAGEDY, DEATH, SUFFERING, ILLNESS AND PAIN, AS A PART OF MY LIFE, NEITHER GOOD NOR BAD. I ACCEPT MY HUMANNES AND FALLIBILITY. I AM ACCEPTING MY LOT IN LIFE AS IT IS. UNTIL I HAVE THE COURAGE TO CHANGE ANY PART OF MY LIFE I DON'T LIKE, I MUST ACCEPT IT, WITHOUT DOING SO GRUDGINGLY.

**I CANNOT CHANGE** I CAN'T PREVENT THESE EVENTS OR CONDITIONS FROM HAPPENING TO ME OR TO OTHERS.

**COURAGE** A QUALITY WHICH ENABLES ME TO DEAL WITH THE PROBLEMS AND REALITIES OF LIFE WITHOUT RELIANCE ON ALCOHOL OR DRUGS. A DETERMINATION TO STAND MY GROUND AND "SLUG IT OUT" WITH ALL ISSUES, PLEASANT OR OTHERWISE, THAT MIGHT RETURN ME TO DRINKING OR USING. A STRENGTH OF MY SPIRIT TO FACE AND HANDLE THE NEGATIVE. FEARLESSNESS IN THE PRACTICE OF FAITH, HUMILITY AND HONESTY.

**TO CHANGE** IN FACING THESE NEGATIVES DIRECTLY AND HONESTLY, I AM ASKING FOR MYSELF AND MY LIFE CONDITIONS TO BE DIFFERENT FOR ME. I AM TAKING AN ACTIVE PART IN THIS CHANGING.

**THE THINGS I CAN** I AM ASKING FOR HELP TO MAKE THE RIGHT DECISIONS. EVERYTHING IS NOT THE WAY I WOULD LIKE IT TO BE IN MY LIFE. I MUST CONTINUE TO FACE REALITY AND CONSTANTLY WORK TOWARD MY CONTINUED GROWTH AND PROGRESS.

**AND WISDOM** I AM ASKING FOR THE ABILITY TO RISE ABOVE MY EGO AND FORM SOUND JUDGMENTS ABOUT MYSELF AND MY LIFE. I THEN USE MY ABILITY TO ASK FOR GUIDANCE FROM MYSELF, OTHERS AND A HIGHER POWER.

**TO KNOW THE DIFFERENCE** I WANT TO BE ABLE TO UNDERSTAND CLEARLY TRUTHS OF FACT. I WANT TO SEE THINGS DIFFERENTLY IN MY LIFE SO THAT I WILL BE MORE AWARE OF MYSELF AND OF OTHERS. I NEED TO SENSE A DEFINITE VALUE IN LOVING OVER BEING SELFISH.

**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.**



**Recovering Begins  
When One  
Alcoholic Talks  
With**



**Another Alcoholic  
Sharing  
Experience  
Strength and  
Hope**



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“Honesty”, from page one

becoming. For one thing, we are honest – or I should say “more honest” because it’s progress, not perfection.

The point is that our Higher Power’s life has somehow affected our own. There is no easy way to describe this connection, so we say “psychic change” or “rocketed” or “reborn” or what-have-you.

Considering all the “what-have-yous.” there’s a lot to be said in favor of religious language. Of course we get to pick the religion. My point is that some alcoholic and non-alcoholic people in every religious tradition have experienced the same deep down change we Esperance. Religious traditions are, so to speak, A.A.’s ancestors and peers. If the reader cannot imagine what “our Higher Power’s life has affected our own” might mean, one place to look is the stories of men and women who have had this kind of Esperance in their own ways. Bill looked exactly in this direction when he read The Varieties of Religious Esperance by William James. (P. 567) Another place to look is the Big Book itself; the personal stories get much less attention then they deserve, despite the fact they constitute two-thirds of the text.

Whatever resources help us understand, there is one thing about which we must be honest. We absolutely must have the capacity to admit, freely, that someone’s story is similar to our own. If self-centeredness does not break open at least to the extent of acknowledging that we have heard about a life like ours, then we cannot even begin to recover. The heart of honesty in A.A. is precisely here: to let down our defenses and differences and sincerely except that we have at least one thing in common with at least one other human being: alcoholism. Once we can be honest about that, the road of happy destiny is open.

An anonymous contribution, thanks.

### **An example of a common purpose:**

Sages speak of the immutable ashvatta tree, with its taproot above and its branches below.  
On this tree grow the scripture; seeing their source, one knows their essence.

Not deluded by pride, free from selfish attachment and selfish desire, beyond the duality of pleasure and pain, ever aware of the Self, the wise go forward to that eternal goal.

Neither the sun nor the moon nor fire can add to that light. This is my supreme abode, and those who enter there do not return to separate existence.

Those who strive resolutely on the path of yoga see the self within. The thoughtless, who strive imperfectly, do not.

The Bhagavad Gita, Chapter 15: The Supreme Self  
respectively, verses 1, 5-6 and 11

—Steps to Wisdom—

Prayer is always a good place to begin. This is one written by John Ruskin.(ed.)

There is religion in everything around us,  
A calm and holy religion  
In the un-breathing things in Nature.  
It is a meek and blessed influence,  
Stealing in as it were unaware upon the heart;  
It comes quickly, and without excitement;  
It has no terror, no gloom;  
It does not rouse up the passions;  
It is untrammelled by creeds. . .  
It is written on the arched sky;  
It looks out from every star;  
It is on the sailing cloud and in the invisible wind;  
It is among the hills and valleys of the earth.  
Where the shrubless mountain-top pierces the thin atmosphere of eternal winter,  
Or where the mighty forest fluctuates before the strong wind,  
With its dark waves of green foliage;  
It is spread out like a legible language upon the broad face of an unsleeping ocean;  
It is the poetry of Nature;  
It is that which uplifts the spirit within us. . . .  
And which opens to our imagination a world of spiritual beauty and holiness.

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We have no desire to convince anyone that there is only one way by which faith can be acquired. All of us, whatever our race, creed, or color, are children of a living Creator, with whom we may form a relationship upon simple and understandable terms as soon as we are willing and honest enough to try.

Alcoholics Anonymous, p.28

# February 2009

If you would like to help us out by filling in one of the open times,  
please call our Vol. Phone Coordinator Bill J. @ 801.604.0511!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <u><b>12am – 12pm OPEN</b></u> 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. <u><b>11pm – 12am OPEN</b></u>	<b>2</b> <u><b>12am – 930am OPEN</b></u> 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>3</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>4</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>5</b> 12am – 7am Todd K. <u><b>7am – 930am OPEN</b></u> 530pm – 12am Denise G.	<b>6</b> 12am – 7am Denise G. 7am – 930am Andrea 6pm – 12am Greater Kearns	<b>7</b> 2pm – 6pm Andrea 6pm – 12am <b>OPEN</b>
<b>8</b> <u><b>12am – 12pm OPEN</b></u> 12pm – 6pm An AA Group 6pm – 11pm Melissa B. <u><b>11pm – 12am OPEN</b></u>	<b>9</b> <u><b>12am – 930am OPEN</b></u> 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>10</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>11</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>12</b> 12am – 7am Todd K. <u><b>530pm – 630pm OPEN</b></u> 630pm – 10pm Hillcrest <u><b>10pm – 12am OPEN</b></u>	<b>13</b> <u><b>12am – 7am OPEN</b></u> 7am – 930am Andrea <u><b>530pm – 630pm OPEN</b></u> 630pm – 12am Basic Y.P.	<b>14</b> <u><b>12am – 10am OPEN</b></u> <u><b>2pm – 3pm OPEN</b></u> 3pm – 7pm Its In The Book <u><b>7pm – 12am OPEN</b></u>
<b>15</b> <u><b>12am – 12pm OPEN</b></u> 12pm – 6pm An AA Group 6pm – 8pm Bill J. 8pm – 11pm Dave W. <u><b>11pm – 12am OPEN</b></u>	<b>16</b> <u><b>12am – 930am OPEN</b></u> 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>17</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>18</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>19</b> 12am – 7am Todd K. <u><b>7am – 930am OPEN</b></u> <u><b>530pm - 12am OPEN</b></u>	<b>20</b> <u><b>12am – 7am OPEN</b></u> 7am – 930am Andrea 630pm – 12am Non Smoking Sobriety Hour	<b>21</b> <u><b>12am – 10am OPEN</b></u> <u><b>2pm – 7pm OPEN</b></u> 7pm – 12am Magna Friendly Bunch
<u><b>12am – 12pm OPEN</b></u> 12pm – 6pm An AA Group 6pm – 8pm Bill J. 8pm – 11pm Dave W. <u><b>11pm – 12am OPEN</b></u>	<b>23</b> <u><b>12am – 930am OPEN</b></u> 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>24</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>25</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>26</b> 12am – 7am Todd K. <u><b>7am – 930am OPEN</b></u> 530pm – 12am Dave S.	<b>27</b> <u><b>12am – 7am OPEN</b></u> 7am – 930am Andrea <u><b>2pm – 5pm OPEN</b></u> 5pm – 10pm Honey's Breakfast Bunch <u><b>10pm – 12am OPEN</b></u>	<b>28</b> <u><b>12am – 10am OPEN</b></u> 2pm – 6pm Billy S. 6pm – 10pm Grapevine <u><b>10pm – 12am OPEN</b></u>