

# LIFELINE

Salt Lake City Central Office Newsletter

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March 2010

## Made a decision . . .

I attend AA meetings on a nearly daily basis. I talk with my sponsor and other friends in the program throughout each day. I read the Big Book of Alcoholics Anonymous regularly and I work the steps of AA. I do this because I do not want to drink again. Ever. I must stay diligent about my sobriety as I believe my disease is constantly on my shoulder, waiting for me to ease up on my program and is ready to take advantage of my self-will.

Before coming to AA, I had always been a spiritual person. I believed that something more powerful than myself had created our world- everything, every person upon it. I believed that my Higher Power cared about me and wished the best for me yet I didn't think my Higher Power was there to help me with my every action. I thought I was on my own, that my Higher Power was a spectator in my life with no interest or ability to assist me in my everyday affairs. How could a Higher Power – one entity assist every one of the billions of people on earth, minute by minute, day by day?

Every day I promised myself, promised my loved ones- that I was not going to drink that day and I would be able to stay sober on my own. I had always taken care of myself in matters of relationships, career and daily actions. Why couldn't I just resist a drink for one day?

My success rate was zero until I hit bottom, admitted I was powerless over alcohol, that my life had become unmanageable and that something or someone with more strength than myself was the only way I was going to stay sober. I have now come to believe that power is my Higher Power. I don't compare my Higher Power to my friends or loved ones. I have to be comfortable with the entity in which I place my complete life on a daily basis.

Turning my will and my will and my life over to a great power than me is helpful on many levels. The most evident to me, is that I don't feel like I have to ensure the outcome of every little bit of my life, and more importantly of the lives of others. I do the best I can, I ask for help from my Higher Power and I listen. What a liberating gift this is to me.

On my own, I am powerless over alcohol. With the belief in a Higher Power, I feel I can make it through today sober.

# 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.**  
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Salt Lake City, Utah 84115  
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## Central Office Board of Trustees

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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 list; 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.

## Groups Represented at the February 2010 Central Office Representative's Meeting

- 5:15 Happy Hour Meeting
- A Closed Meeting of Alcoholics
- A Way Out
- Acceptance
- An AA Group
- As Bill Sees It
- Basic Young People's Group
- Bog Irish Big Book Study
- Bountiful Community Group
- Bountiful Men's Group
- By the Book
- Chapter 5
- Draper Fireside Chat
- Garden Variety
- Grapevine
- Happy Destiny
- Happy Group
- Highland Group
- Hillcrest Group
- Holladay Group
- Honey's Breakfast Club
- Living in Sobriety
- Magna Friendly Bunch
- Murray Group
- New Life
- No Nonsense
- Nomadic Lunch
- Salt Lake Group
- Serenity View
- Sharing & Caring
- Spiritual Quest
- Sunday Breakfast
- Tenth Step Group
- The Round Table
- Thunder Heart AA
- Up Group
- Valleyview Group
- Vision for You

### Is your group represented?

The next C.O. Reps Meeting is the second Tuesday of the month at 6:30PM at Central Office, 80 West Louise Ave (2860 South)

Please observe a moment of silence  
 In Loving Memory of our friends who recently passed on  
 Shelle K. 1949 – 2010  
 Gordon “Bud” N. 1921 – 2010  
 Michael D. 1952 – 2010  
 J. Linden M. 1946 - 2010

## Congratulations to our birthdays

### Fresh Air Serenity Seekers

Mickey	30 Days
Jimmy	30 Days
Matt	30 Days
Allie	30 Days
Jessica	30 Days
Squid	30 Days
Char	30 Days
Ken	30 Days
Shelly	30 Days
Danny	30 Days
Ashlyn	60 Days
Criston	60 Days
Jeff	60 Days
Tyler	60 Days
Hayley	90 Days
Ashley	1 Year
Greg	1 Year
Barbee	18 Months
John	5 Years
Jeff	6 Years
Earie	16 Years
Terry	17 Years
Rob	18 Years
Dan	21 Years
Andy	23 Years
Don	29 Years
O.C.	35 Years

### Living in Sobriety

Joe	60 Days
Brookie	60 Days
Daisy	90 Days
Geoff	6 Months
Jay	9 Months
Chandler	9 Months
Ian	1 Year
Cloe	18 Months
Nancy R.	3 Years
John	3 Years
Scott	4 Years
Steve	5 Years
Laurie	21 Years

### No Nonsense Group

Dean	60 Days
Will	90 Days
Ron	6 Months
Laura B.	6 Years
Tom P.	6 Years
Gary W.	7 Years
Marty F.	10 Years
Steve V.	19 Years
Lauren	21 Years
Rob H.	33 Years

### Sharing & Caring Group

Megan	30 Days
Denise	30 Days
Josh	30 Days
Shauna	60 Days
Diane	60 Days
Kevin	60 Days
Meghan	60 Days
Patty	90 Days
Christian	6 Months
Travis	6 Months
Megan	9 Months
Jennie	18 Months
Ruth	2 Years
Dana	3 Years
Cindy	9 Years
Sherry	20 Years
LonaLee	23 Year

### Nomadic Lunch Bunch

LaVonne	90 Days
Nicholle	1 Year
Bruce	1 Year
Josh	13 Years
Amy	20 Years
Mike	23 Years
Russ	33 Years
Woody	45 Years

### Came to Believe Group

Eric B.	18 Months
Laura M.	6 Years

## The Courage of Forgiveness

Forgiveness and resentment are opposite sides of the same coin. Resentments are dangerous; the Big Book says they lead to relapse. Forgiveness is safe because it strengthens sobriety. However, the Big Book doesn't say much about forgiveness. In the first 165 page, the word 'resentment' in all its forms appears twenty-nine times, while all the forms of 'forgive' appear only eight times. It seems Wilson and his co-authors were like us: a little unsure about what forgiveness really means.

My starting point is a famous line in the Big Book, "The Spiritual life is not a theory; *we have to live it.*" (page 82) The lived result of resentment is retaliation: an angry retort, road-rage, the cold shoulder, infidelity, sarcasm, pushing the pain button, etc. Sometimes we stuff retaliation inside. Ass A.A. folk wisdom puts it, "Holding a resentment is like drinking poison and expecting the other person to die."

If forgiveness is the opposite of resentment, then the lived result of forgiveness is to abandon retaliation – to give up the 'old idea' that we have a right to strike back. Belief in that fictitious right feels good. What's better than a justified resentment? It can excuse all sorts of trouble-making. However, even if the other person is truly more at fault than we are, that doesn't make any difference. A resentment is a resentment. The spirituality of the Big Book is to give up the phony right of retaliation no matter what. That takes courage – the courage of forgiveness.

Sometimes we think we're giving up retaliation when we're not. That happens when we make a big point of how forgiving we are. "There, there honey. Don't be upset. I forgive you completely." Sounds nice, but it's a power trip and probably a lie. Said that way, "I forgive" reminds honey that we might not have forgiven and might have struck back, that it was only through great generosity of heart that we refrained from slapping Honey upside the head. Obviously this is not forgiveness; it's an implied threat. Real forgiveness goes further. It not only abandons the right to retaliate, it also abandons the right to threaten retaliation and even to imply that threat. One either forgives or one does not. Going on and on about how much one forgives may reveal a hidden threat. Of course one should say, "Honey, you hurt my feelings." My point is to

leave it at that. If we are going to forgive, there can be no second shoe to drop, no secret hope of future pay-back. If Honey is unable to understand that we've been hurt, there's nothing we can do. We are powerless over the other's sensitivity or lack of it and good intentions or bad.

The Traditions assume courageous forgiveness. A.A. is not going to fight the sale of alcohol, even though beverage alcohol is a contributing cause of misery and death. "A.A. does not wish to engage in any controversy, neither endorses nor opposes any causes." (Preamble) This is the position A.A. takes as a Fellowship, and this is precisely the stance of forgiveness – never getting carried away by retaliation.

This may sound like we must become doormats in the Program. Not at all. It takes courage to give up the pretense of having a right to fight back. There's a big difference between a doormat and a humble member of A.A. A doormat suppresses his or her own legitimate goals and standards because of fear. A.A. humility is being a "worker among workers" – a human being among human beings, assuming no special powers over others, no special rights to fix them or give them what they deserve. It also means a prudent silence about how wonderfully forgiving we are. There are circumstances when an explicit statement of forgiveness is warranted, but by and large, forgiveness and humility are the same in this respect; if one talks a lot about one's humility or forgiveness, one is not really being forgiving or humble.

I am just another recovering alcoholic. I have no high moral platform from which to punish you. If you strike at me and I strike back, I'm not proud of it. Someday the Higher Power may remove this defect of character, namely believing that I have a right to retaliate and acting on that belief. So long as I am willing to have the Higher Power remove such a bad habit, my sobriety is strengthened.

Up to this point forgiveness has been described as not doing something. There is also an active side. First consider the Fellowship's wisdom that we pray every day for two weeks for persons who hurt us, asking the Higher Power to give them everything that will improve their lives- everything we might want for ourselves. Second, it takes work

to stay in relationship with those who have hurt us. (I'm not including abuse; anyone being abused should leave!)

Retaining difficult but non-abusive relationships through forgiveness may lead an ill-intentioned partner or friend to assume he or she can get away with things and hurt us again. It becomes a judgment call whether and when it becomes abuse. Whatever our decision, we cannot base responses on fear of the faults of others; forgiveness is always our choice, and this often requires real courage. The opposite of love is not hate; it is indifference. If there is to be any love in difficult relationships, the people involved have to remain present to each other, and the courage of forgiveness - abandoning the fake right of retalia-

tion- is a big part of personal presence. When we have such courage, we can justifiably esteem ourselves more highly, which in turn supports our daily reprieve from drinking "contingent on the maintenance of our spiritual condition (page 85). The real reason for all this talk about courage and forgiveness is to do spiritual maintenance so we don't "go back out."

"Love and tolerance of others is our code." (page 84) Love comes first, and if forgiveness can renew love, that's great. But if forgiveness renews only the second pick, tolerance, it's still worth it. It's worth it for our own sobriety.

- Anonymous

## AA Organization of Historical Records

In the early 1950's, Bill W. became concerned that "the history of Alcoholics Anonymous is still veiled in the deep fog." Office correspondence was loosely maintained in drawers at the General Service Headquarters. Bill W. set out to arrange the historical records. Bill W. personally recorded old-timers' recollections in the Akron/Cleveland area and sent boxes of blank tapes to others hoping to encourage them to record their recollections.

Bill's far-reaching vision outlined an archival message that is still sound today. Bill said, "Every one of the new and unexpected developments (in A.A.) has an enormous amount of dramatic incident and experience. The hard thing to lay hold of is the atmosphere of the whole proceedings and anecdotal material that will make the early experience alive." The G.S.O. Archives room was opened after a formal ribbon-cutting ceremony in November 1975.

The G.S.O. archivists and the trustees on the Archives Committee of the General Service Board have encouraged the importance of archival service, which is vital to the

survival of the Fellowship. Today, almost all areas have set up archival collections and there is significant growth at the district level.

The importance of historical records is to help members sift through our day-to-day experience in recovery and reach back for the shared experience from the past. This helps sort out the myth from the facts to ensure our original message of recovery, unity and service remains the same while the fellowship is constantly changing, growing and expanding itself. It is this ability to go back and consult the original sources that is the permanent value of Archives. *Archives Workbook, pg. 9, Introduction.*

On March 5, 2010, the Sugarhouse Men's AA Group in Salt Lake will be celebrating their 60<sup>th</sup> Anniversary. What a wonderful tribute to the Group and the Fellowship. This group and others have maintained archival records so they can share such a historical event.

Area 69 Archivist

Jonathan (801-835-8157) is looking for Grapevines for the guys out at the prison. Please remember they need to be the new 'no staples' editions or have the staples removed.

**March 2010**

Sun	Mon	Tues	Wed	Thur	Fr	Sat
	<b>1</b> 12am-930a OPEN 530p-1030p No Nonsense 1030p-12a OPEN	<b>2</b> 12a-930a OPEN 530p-10pm Stuart 10p-12a Ally	<b>3</b> 12a-930a Ally C 530p-12a Eddie	<b>4</b> 12a-7a Eddie 7a-930 Andrea 530p-11pm John K	<b>5</b> 12a-7a OPEN 7a-930 Andrea 6p-10p GardenVariety 10p12a OPEN	<b>6</b> 12a-10a Troy J. 2p-12a OPEN
<b>7</b> 12am-7am OPEN 7a-12p Bill J 12p-6p AnAAGroup 6pm-9p 974Group 9p-12a Chris M	<b>8</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a OPEN	<b>9</b> 12am-930a OPEN. 530p-10p Stuart 10p-12a Ally	<b>10</b> 12a-930 Ally C 530p-12a Eddie	<b>11</b> 12a-7a Eddie 7a-930a Andrea 530p-11p John K	<b>12</b> 12a-7a OPEN 7a-930a Andrea 530p-630p OPEN 630p-12a Basic Y.P.	<b>13</b> 12a-10a Troy J. 2p-6p Its in the Book 6p-12a OPEN
<b>14</b> 12a-7a OPEN 7a-12p Bill J. 12p-6p An AA Group 6p-12a Chris M	<b>15</b> 12a-530pOPEN 530p-1030p No Nonsense 1030p-12a OPEN	<b>16</b> 12a-930a OPEN 530p-10pStuart 10p12a Ally	<b>17</b> 12a-930a Ally C 530p-12a Eddie	<b>18</b> 12a-930a Eddie 7am - 930am Andrea 530p-11p John K	<b>19</b> 12a-7a OPEN 7am - 930am Andrea 530pm-10pm Non-Smoking Sobriety Hour 10p-12a Karrie	<b>20</b> 12a-10a Troy J. 2p-7p OPEN 7p-12a Women's 12x12
<b>21</b> 12a-7a OPEN 7a-12p Bill J. 12p-6p An AA Group 6p-12a Chris	<b>22</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a OPEN	<b>23</b> 12a-930a OPEN 530p-10pStuart 10p-12a Ally	<b>24</b> 12a-930a Ally C 530p-12a Eddie	<b>25</b> 12a-7a Eddie 7a-930a Andrea 530p-12a Dave S	<b>26</b> 12a-7a OPEN 7a-930a Andrea 530-10p OPEN 10p-12a Troy J.	<b>27</b> 12am - 10am Troy J. 2p-6p OPEN 6pm - 10pm Grapevine 10p-12a OPEN
<b>28</b> 12a-7a OPEN 7a-12p Bill J. 12p-6p An AA Group 6p-12a Chris M	<b>29</b> 12a-930 OPEN 530p-1030p No Nonsense 1030p-12a OPEN	<b>30</b> 12a-930a OPEN 530-10p Stuart 10p12a Ally	<b>31</b> 12a-930a Ally 530p-12a Eddie			

AFTER-HOURS AA SLC CENTRAL OFFICE  
PHONE VOLUNTEER CALENDAR  
CENTRAL OFFICE BUSINESS HOURS  
MON - FRI 930AM - 530PM  
SATURDAY 10AM - 2PM

IF YOU OR YOUR GROUP WOULD -  
LIKE TO HELP OUT, PLEASE  
CONTACT ROB J. (OUR PHN COORD.)  
AT 801.647.2411 OR EMAIL:  
rob.j.phones@gmail.com

**List of Currently Open times and days to Volunteer for After-Hours Phones:**

- Sundays-12a 7a
- Mondays-12a-930a & 1030p-12a
- Tuesday-12a-930a
- Thursdays- Midnight - 7am & 11p-12a except for the last
- Fridays-12a-7a & the 1<sup>st</sup> 10p-12a, the 2<sup>nd</sup> 530p-630p, & the last 530p-10p
- Saturdays- 1<sup>st</sup> 2p -12a, 2<sup>nd</sup> 6p-12a OPEN 3<sup>rd</sup> 2p-7p, and 4<sup>th</sup> 10p-12a

Name/Group	Phone Number	Time and Day

## You think you have money problems?

Due to the downturn in the economy, Alcoholics Anonymous will NO LONGER be dues and membership “free” as has been the case for almost 75 years. Like many businesses, AA will now be charging for some things that used to be free, such as:

1. Being Rocketed into the 4<sup>th</sup> Dimension -- \$49.99 per trip, fuel surcharge applies, extra baggage not included. 5<sup>th</sup> Dimension trips optional. See your sponsor for details.
2. Sponsorship – was free, NOW \$9.99 per month, with 4 visits/15 calls per month free, after that, \$2.00 each.
3. Membership dues now \$29.99 per month, 10% discount for a 1 year plan.
4. Seating charges – Each seat now \$1.00 per meeting, with a 20% discount for the 90 in 90 plan.
5. The “Pink Cloud” was free, NOW \$14.99 per cloud, with a \$5.00 per event environmental cleanup fee.
6. Coffee to be \$1.50 per cup, with a 10% discount for 5 or more cups.
7. Hugs now will be \$2.50 each.
8. Conscious contact with God now \$9.99 per month, with the first 450 minutes free, then 10 cents per minute fee over. New “double your minutes for life” plan is a low \$49.99 one time charge – holidays and weekends extra.
9. Accidental “cell phone going off during meeting charge” now set at \$25.00 per ring (not call).
10. “I’ve been thinking” fees now \$3.00 each, with a relapse re-entry fee of only \$99.99 each, if you’re lucky enough to make it back into the rooms.
11. Publication of AA birthdays in the **LIFELINE** fees will be \$5.00 per 5 years of sobriety \$5.00 for 1 – 5 years, \$10.00 for 5 – 10 years, etc.

Please void where prohibited by law. AA reserves the right to change none, all or some of these rates at anytime, without notice to you. If you need a notice of change of rates, a written request may be sent to AA World Services in New York. Of course a \$10.00 fee applies.

**NOTE: The editor does not accept responsibility for your reaction to this article!**