

LIFELINE

Salt Lake City Central Office Newsletter

August 2010

Made a list of all the people I have harmed and became willing to make amends to them all.

Like all the steps this step does not exist in a vacuum it is intimately involved with the steps that came before. By this time I have dealt with my relationship with my world. I have turned my defects over to my Higher Power, Whoever that is. Now is the time for me to leave my reflection in the stream and look around at the harm I have done to those outside of myself. This is the step primarily about all those "others". I came into this Program a pathologically self involved mess. On the day of my daughter's birth I was fooling around with other women and missed her being born. I thought that only when I put booze into this system bad things would happen but now after doing the steps I know that there was a lot wrong with me before I drank.

On top of my list were those the closest to me, my late wife, my children, my mother, father and brother. Of course as soon as I thought about my parents all the resentments and anger came flooding back. I had to remind myself who was the alcoholic and who's list it was. I looked back at the fear and anger I caused others both drunk and sober. I was aware of the self centered fear I suffered from and how that warped me. How did my wife feel when I was gone for three and four days spending the rent and food money? How did she react when strange women called asking for me? And how did this effect her as it hap-

pened year after year? How did my children fare with a dad who was not at home? Then dealing with a mother who was facing those self doubts that I caused.

Then came those at work and my social life. The lies and the promises. I was a cop and my defects effected everyone I came in touch with. It did not matter if I could make amends, all that mattered was "what did I do", "how did I effect the lives of another", and was I willing to make amends. I made a ruthless and fearless trip into my personal circles of hell because I did not want to drink any more and that was my most important purpose.

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Once I was done and shared this with my sponsor I saw with more clarity the repetitiveness of my behavior. How these paths led me to one conclusion I was a piece of garbage and if I were a piece of crap then drinking was the only action I could take. But if that was a lie, that I was in reality instead a Child of God, I could take this ugly past and share it with another who would say "me too". That I was now on a path of hope and freedom, who I was is not who I am. The ego fought me fiercely but with the Grace of God and a good sponsor I didn't listen to it.

~ The New Yorker, a step study group

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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:

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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 July 2010 Central Office Representatives Meeting

5:15 Happy Hour Meeting
An AA Group
Basic Young Peoples Group
Bog Irish Big Book Study
Bountiful Men's Group
By the Book
Chapter 5
Draper Fireside Chat
Foothill Group
Grapevine
Highland Group
Honey's Breakfast Club
Living in Sobriety
Murray Group
New Life
New Way
No Nonsense
Nomadic Lunch
Off the Cuff
Old Fashioned AA
Salt Lake Group
Serenity View
Spiritual Quest
Sugarhouse Men's Study Group
Tenth Step Group
Thunderheart AA
Tooele Beginners
Up Group
Valleyview Group
Vision for You
Welcome Home

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

Musky M.
 1978 ~ 2010

Catherine B.
 1949 ~ 2010

Congratulations to our birthdays

Speak Easy Ladies

Karen	1 Year
Page	7 Years
Patty	7 Years
Polly	20 Years
Kim	23 Years
Nancy	23 Years
Pat	26 Years

Erica	9 Months
Haley	9 Months
Sara	1 Year
Todd	1 Year
Donna W.	7 Years
Del C.	8 Years

City @ Seven

Nate	30 Days
Brian	30 Days
Michele	2 Years
Karma	2 Years

Christee	30 Days
Janice	30 Days
Larry	30 Days
Jeff	90 Days
Robyn S.	9 Months
Sheila P.	5 Years
Tina	6 Years
Donna	7 Years
Carol O.	14 Years
LeAnn L.	14 Years
Mark	16 Years
Joe	22 Years
Wayne	34 Years

Living in Sobriety

Rachel	30 Days
Cheryl	60 Days
Kate	60 Days
Kimberlee	90 Days
Kayler	90 Days
Summie	90 Days
Lee	90 Days
Alex	6 Months
Jake	6 Months

Nomadic Lunch

St. Lawrence Group

Louis L. (July 24)	40 Years
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Note to the group secretaries: please submit your group's birthday list to LIFELINE@saltlakeaa.org before the 15th of the month.

Vulnerable Members in A.A.

On May 22, 2010 over a dozen people gathered for three hours at the Salt Lake Intergroup office to discuss vulnerable members in A.A. The meeting was hosted by District 2 and chaired by Charlie T., DCMC. We took turns sharing our concerns, experience and solutions.

We also reviewed highlights of a subcommittee report to the General Service Board regarding the role of the General Service Board in setting any behavioral policy or guidance for the A.A. groups or members. The subcommittee agreed that the GSB is at the bottom of the A.A. service structure and would not have any role in setting policy about this subject. I obtained permission to quote the Chairman of the Board, Ward E., and his report to the General Service Conference.

“The subcommittee thought there was additional categories of vulnerable members in A.A. and expanded its scope of consideration. I’ll quote the main points made in the subcommittee report, which was received by the General Service Board:

“The subcommittee members agreed that the General Service Board in its position at the bottom of the A.A. service structure would not have a role in setting any behavioral policy or guideline for the A.A. groups or members in regards to protecting any vulnerable member including minors coming into A.A. The A.A. groups and A.A. service entities such as areas and districts are autonomous and direct and guide their own affairs. The General Service Board has no authority, legal or otherwise, to control or direct the behavior of A.A. members and groups. This was corroborated by legal counsel.

“The subcommittee members also agreed that it is the groups and individual members that need to ensure that all members feel as safe as possible in A.A. and that newcomers are provided with strong sponsorship and made aware that A.A. is a microcosm of society of the world outside the A.A. meeting room – that they may encounter a few members who do not have their best interests in mind about getting sober through the A.A. program of recovery.

“The subcommittee concluded that it would ask regional trustees to speak with their delegates about addressing the safety of all members who are in A.A., as well as those who may be potential members. It is hoped that the areas, districts and groups will discuss this important topic and seek ways through sponsorship, workshops and

assemblies and committee meetings to raise awareness in the Fellowship and encourage the creation of as safe an environment as possible for the newcomer, minors and other members or potential members who may be vulnerable.”

Following are comments I wrote down during sharing:

“There have been magazine articles written about inappropriate behavior in AA. When the General Service Office was contacted by magazine editors and writers the office said there is no written policy and AA has no opinion.”

“Using material we already have such as the service piece, *What AA Is and What AA Is Not*, to address this matter would be prudent. This literature could also be used as a meeting topic and opens the door for newcomers to talk about how to protect oneself from inappropriate behavior.”

“If a statement is developed it should be added to something we already produce rather than creating a whole new piece of literature.”

“Newcomers bring what they bring to meetings; they are usually not the problem.”

“What is the definition of a predator?”

“Hugs are not for everyone; it is OK to say no!”

“Scammers, predators and victims are most likely not going to be participating in roundtables or other service structure type meetings where these topics are discussed.”

“Statements read at meetings are going to be ignored by predators.”

“Interfering with someone’s life, sobriety and spirituality are problems that club boards and police agency’s can be asked to help with too.”

“Inappropriate behavior is not limited to gender”

“Gay and lesbian population are less willing to talk and less likely to be heard when they do because of prejudice and not wanting to draw attention.”

“Placing people in positions of trust before they are ready or without guidelines to protect them and the fellowship are problems, ie; treasuries that don’t require two signatures.”

“Extra caution should be used giving people rides to meetings and going on 12 Step calls alone.”

“People with special needs require additional looking after because they are sometimes easy targets for those who do not have their best interests in mind.”

“One on one intervention by responsible individuals with either the victim or the scammer can prevent illegal acts and make a difference. When we see or become aware of inappropriate behavior, say something.”

“Sometimes it is clear cut when we need to call authorities - other times we turn a blind eye.”

“It is never OK to use violence as a solution.”

“There is a difference between anonymity and confidentiality.”

“Sometimes negative headlines can prevent further problems.”

“Keep quiet about medications you are using; no one wants to become a victim because they are known as a possible source for prescription meds.”

“Does posting or reading a policy about vulnerable members make us legally liable if something happens?”

“Sometimes those who are confronted move on to other groups. What can we do then?”

More discussions about Safety in AA are planned but a date has not been set. Please join me in a personal commitment to continue to be responsible for keeping AA a safe place for all of us. Hope to see everyone at the next meeting when scheduled.

In gratitude and service,

Monte S.
Delegate Panel 59 Area 69 Utah

A Morning Prayer

Waking in the morning, I see the blue sky.
I join my hands in thanks for the many wonders of life;
for having twenty-four brand new hours.
The sun is rising on the forest
and so is my awareness.

I walk across the field of sunflowers.
Tens of thousands of flowers waving at me.
My awareness is like the sunflower;
My hands are sowing seeds for the next harvest.
My ear is hearing the sound of the rising tide
on the magnificent sky.

I see clouds approaching with joy from many directions,
I can see the fragrant Lotus ponds of my homeland,

I can see coconut trees along the river,
I can see rice fields stretch their shoulders,
laughing at the sun and the rain.
Mother Earth has given me coriander, basilicum and celery.

Tomorrow, the hills and mountains of the country
will be green again.
Tomorrow, the buds of life will grow quickly;
the folk poetry will be as sweet as the songs of the children.
The whole family of humans will sing together with me in
my work.

Thich Nhat Hanh
Earth prayers from around the world.

Spontaneous Wisdom of Alcoholics Anonymous Members

- It's not old behavior if I'm still doing it.
- If you're looking to have an image in AA, look around at the meetings you go to and look at whom you're trying to impress.
- An alcoholic is a person who wants to be held while he's isolating.
- Sobriety is the leading cause of relapse.
- A treatment center is where you go and pay \$15,000 to find out that AA meetings are free.
- The idea that alcoholics, drug addicts, sex addicts, overeaters, smokers, etc, etc, should all just go to AA meetings because a disease, is a disease, is a disease was started by a treatment center that only had one van.
- This is a 'One Day at a Time' program. If you are clean and sober today, you are tied for first place in AA.
- If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.
- I often obsessively pursue feeling good, no matter how bad it makes me feel.
- When I was new, I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about.
- How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?
- From a newcomer reading the 'Promises' for the first time: We will comprehend the word cemetery and we will know peace.
- If God were small enough to be understood, He wouldn't be big enough to be God!
- If you want to quit drinking, you are going to have to quit drinking.
- Newcomer: How do I know how many meetings I should attend each week?
- Old-timer: Gradually cut back until you drink. Then . . . you'll know.
- I would rather go through life sober, believing I am an alcoholic, than go through life drunk, trying to convince myself that I am not an alcoholic.
- Resentments are like stray cats: if you don't feed them, they'll go away.
- The difference between a problem drinker and an Alcoholic is that:
 - A.) When alcohol is taken away from the problem drinker, the problem goes away.
 - B.) When alcohol is taken away from the Alcoholic, the problem begins.
- Before I came into AA, I was dead, but I did not know enough to lie down.
- I drank when I was happy. I drank when I was unhappy. Actually, I am a reason to drink.
- You don't have to be sick to want to get well. But if you don't want to get well, you ARE sick.
- I can't do His will my way.
- The good news is you get your emotions back; the bad news is you get your emotions back.
- All we ask is that you completely change your attitude as soon as possible.
- I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands that I still possess.

August 2010

Sun	Mon	Tues	Wed	Thur	Fr	Sat
1 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-9p 974 Group 9p-12a OPEN	2 12a-930a Andy 530p-1030p No Nonsense 1030p-12a Clark	3 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	4 12a-930a Ally C 530p-12a Eddie	5 12a-7a Eddie 7a-930a Andrea 530p-10p Primary Purpose 10p-12a OPEN	6 12a-6a Bethanne 7a-930a Andrea 530-10p Saturday SOTS 10p-12a OPEN	7 12a-10a Troy 2p-12a OPEN
8 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-12a OPEN	9 12a-930 Andy 530p-1030p No Nonsense 1030p-12a Clark	10 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	11 12a-930 Ally C 530p-12a Eddie	12 12a-7a Eddie 7a-930a Andrea 530p-10p Primary Purpose 10p-12a OPEN	13 12a-6a Bethanne 7a-930a Andrea 530p-12a OPEN	14 12a-10a Troy 2p-6p Its in the Book 6p-12a Basic Young P.
15 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-12a OPEN	16 12a-930a Andy 530p-1030p No Nonsense 1030p-12a Clark	17 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	18 12a-930a Ally C 530p-12a Eddie	19 12a-7a Eddie 7a-930a Andrea 530p-10p Primary Purpose 10p-12a OPEN	20 12a-6a Bethanne 7a-930a Andrea 530p-10p 515 Happy Hour 10p-12a Karrie	21 12a-10a Troy 2p-7p Sharing & Caring 7p-12a OPEN
22 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-12a OPEN	23 12a-930a Andy 530p-1030p No Nonsense 1030p-12a Clark	24 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	25 12a-930a Ally C 520p-12a Eddie	26 12a-7a Eddie 7a-930a Andrea 530p-12a Dave	27 12a-6a Bethanne 7a-930a Andrea 530p-10p Garden Variety 10p-12a Troy J	28 12a-10a Troy 2p-6a OPEN 6p-10p Grapevine 10p-12a We Care
29 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-12a OPEN	30 12a-930 Andy 530p-1030p No Nonsense 1030p-12a Clark	31 12a-6a Bethanne 6a-930a OPEN 530-10p Primary Purpose 10p-12a Ally				
	Total Hrs office Closed-552 Total Hrs covered-396					
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 & 6p-12a
- Tuesday-6a-930a
- Thursdays- 1st, 2nd & 3rd 10p -12a
- Fridays- 1st 10p-12a, the 2nd 530p-12a
- Saturdays- 1st 2p -12a, 3rd 7p-12a, 4th 2p-6p

Name/Group	Phone Number	Time and Day