

# LIFELINE

Salt Lake City Central Office Newsletter

---

December 2010

## *Having had a spiritual awakening . . .*

“The joy of living is the theme of A.A.’s twelfth step, and action is its key word.”\*

As the result of practicing all of the steps in all of my affairs I have had one kickin’ spiritual awakening. Of course it didn’t happen overnight, nothing worthwhile ever does. The other thing I’ve noticed is that it continues, the awakening I mean. My understanding of who I am, who you are, and who my Higher Power is continues to get clearer and deeper.

I used to think that once ‘I got these steps’ I would never get angry, never get upset or afraid. What planet would that be? Certainly not this one! What my experience has been is simply that I don’t get as insane over things as I used to. When I was drinking I would get upset over someone or something and stay that way for years! Now I can experience the hurt, fear, or whatever it is fully, walk through it, get on the other side and see what I was to learn from that situation. I see clearly now that everything is a gift. Life is a classroom rather than the battleground it used to be. What a blessing!

Out of gratitude for everything this program has given me I have implemented the second part of that step; ‘we tried to carry this message to alcoholics’. It is a joy as the Big Book says, “to watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not

want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”\* Life does indeed take on a new meaning.

My service work has taken on a new dimension since I jumped into the general service structure of this fellowship, talk about life taking on a new meaning!

I’m very grateful that I have learned that I can apply the principles of this program to any and all aspects of my life. As I’ve heard in meetings, “alcoholism affected every area of my life so I need to apply these principles to everything.” If my Higher Power can relieve me of the obsession to drink, the obsession that was killing me, He can relieve me of any and all of my other compulsive, obsessive behaviors if I’m willing to let Him. ‘I can’t, He can, if I let Him’ applies to everything I want to apply it to.

Today I can set down with my sponsor and go through the first nine steps applying the principles to any given situation that life brings me. Within a matter of a few minutes I can begin to see the situation in an entirely different way. In a way where I am no longer the victim, where I can learn from the situation, where I am not quite as insane as I was!

We are truly blessed to have this program.

\* Portions reprinted with permission from A.A.W.S.

~ The New Yorker, a step study 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  
[manager@saltlakeaa.org](mailto:manager@saltlakeaa.org)

### Central Office Board of Trustees

Chair  
Co-Chair  
Secretary  
Treasurer  
Trustee at Large  
Trustee at Large  
Trustee at Large  
Alternate Trustee at Large

Nick R.  
David H.  
Nancy R.  
Hank W.  
Ben B.  
Kent S.  
Rob J.  
Keely M.

### Central Office Staff & Volunteers

Central Office Manager  
Administrative Assistant  
Employee  
LifeLine Editor  
Telephone Coordinator

Ron K.  
Tonuah N.  
Sandy A.  
Doug R.  
Rob J.

### 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 November 2010 Central Office Representatives Meeting

A Way Out  
An AA Group  
Basic Young People  
Bog Irish Big Book  
By the Book  
Closed Meeting of Alcoholics  
Foothill Group  
Friendship Group  
Hillcrest Group  
Holladay Group  
Honey Breakfast  
Jaywalkers  
New Way  
No nonsense  
No Rules  
Nomadic Lunch Bunch  
Salt Lake Group  
Stepping Stones  
Sugar house Men's Group  
The Round Table Group  
Up Group  
We Are One

## 7<sup>th</sup> Tradition Contribution Addresses

AA World Services  
Box 459  
Grand Central Station  
New York, NY 10163

Area 69 Treasurer  
PO Box 40  
Washington, UT 84780-0040

District 10 Treasurer  
PO Box 57271  
Murray, UT 84157

Central Office of Salt Lake City  
80 West Louise Ave.  
Salt Lake City, UT 84115

District 2 Treasurer  
PO 615  
Salt Lake City, UT 84110

District 11 Treasurer  
1065 North 400 West  
Bountiful, UT 84140

Please observe a moment of silence  
In Loving Memory of our friend who recently passed on

Woody  
1931 ~ 2010

## Congrats to our birthdays

### It works, it really does!

#### Living in Sobriety

Chelsea	30 Days
Dan	30 Days
Pam	30 Days
Michael	30 Days
Amanda	60 Days
Kevin	60 Days
Chris	60 Days
Kim	60 Days
Brea	90 Days
Alisea	6 Months
Dee Jay	6 Months
Eric	6 Months
Kimberlee	6 Months
Dee	9 Months
Joe	9 Months
Dave	9 Months
Kevin	1 Year
Stacey	2 Years

Jennie	6 Months
Kyle	9 Months
Diane	9 Months
Mike	16 Years
Rick	18 Years
Debby	21 Years
Ronk	22 Years
Bill	26 Years

#### City @ Seven

Sean	30 Days
Phillip	30 Days
David	30 Days
Jiffany	60 Days
Joe	90 Days
Johnny	90 Days
Nick	90 Days
Carla	90 Days
John	9 Months
Dan	10 Years

#### Nomadic Lunch

Jenny	30 Days
Brian	30 Days
Janine	30 Days
Courtney	60 Days
Kristin	90 Days

#### Came to Believe

Chris	90 Days
Kristin	90 Days
Cliff	16 Years

Please send your group birthdays to [LIFELINE@saltlakeaa.org](mailto:LIFELINE@saltlakeaa.org) by the 15<sup>th</sup> of the month

# Delegates Report Fall Workshop

Sunset, Utah

November 6, 2010

Bienvenidos everyone! Sunrise over Sunset, Utah begins an historical day for Alcoholics Anonymous in Utah. This weekend District 12 hosts Area 69 for their first time ever. Just over 5 years ago our linguistic district was welcomed into the General Service structure of Alcoholics Anonymous Area 69. Together we have been finding solutions for carrying the message to alcoholics in two languages and cultures. During planning meetings for this weekend we discussed what topics might be relevant and helpful to the Spanish Speaking Community. It was unanimous that most of the issues facing A.A. today are not unique to any particular language or culture and that the workshop/discussion topics brought forward from the 60<sup>th</sup> General Service Conference would be excellent choices for our sharing. Muchas gracias to District 12 for hosting us today.

Since leaving the Fall Assembly in Richfield, Utah my schedule has not slowed to any noticeable degree. I was asked to share at the Idaho fall Assembly in Boise last month and instead of presenting delegate reports I have been asked to participate in District elections and help with a Home Group inventory. On the Sunday afternoon ride home from Richfield, Patti and Gay W., Sheryl T., Charlie G., Rod B., and me stopped by the new Spanish Speaking Intergroup office. District 12 was holding their elections and had asked for someone from the area to offer some remarks on the importance of General Service. None of us had any idea of the interest that request would generate.

**Congratulations** to all of those who were elected to serve Alcoholics Anonymous General Service in their Home Groups, Districts, and Area. You are the direct communication links between our Fellowship, the General Service Office/General Service Conference and the alcoholic who still suffers. May God bless your every effort. If there is anything I can do to make your job easier, please call?

Walter C., (Alternate Delegate elect) Sheryl T., (Area Secretary elect) and I also dropped by the 5<sup>th</sup> annual Spanish speaking convention in Salt Lake City. Grupo Hispano hosted a lunch that was delicious. Walter has hit the

ground running, visiting District 12 and getting ready to assume his duties as liaison with District 12.

Keith M., Panel 61, Area 69 Delegate asked me to begin preliminary arrangements for Area 69's bid to host the 2015 PRAASA. The 2015 PRAASA host selection will be made during a Pacific regional luncheon at the 61<sup>st</sup> General Service Conference.

We had the pleasure of being invited to the home of George S. George is Area 69 Panel 21 Delegate and he is 91 years old. Along with George's Sponsee, John, Charlie G., Area 69 Chair, Sheryl T., Area 69 literature Chair, there were 4 generations of Area 69 past and present delegates in George's living room. Panel 21, George S., Panel 39, Patti W., Panel 43, Gay W., and Panel 59, Monte S. Thank you Tiny for arranging that spontaneous reunion.

The Grapevine/LaVina and e technology surveys have been submitted to headquarters to be added to others collected from throughout the U.S and Canada. Results should be available after the first of the year. Utah had approximately 50 responses to each survey. Thank you District One Pass it On Newsletter for making the GV/LV survey available on the front page! Thanks again to Pete G., and Charlie G., for collecting and compiling our Area's e technology information. It isn't often that we are asked by the GSO/GSC to participate in decisions on a fellowship wide basis. Thanks to those who were able to participate. I have forwarded our Grapevine/LaVina survey forms to our area archives.

The Corrections Desk continues to seek sharing from members going into correctional facilities who are finding solutions to some of the rules and regulations associated with doing 12 Step work in jails and prisons. Jim M., who sits on the corrections desk, says "thanks to Fellowship efforts, the number of yet-to-be-linked A.A. members on the "inside" has been cut in half. However, we still need new volunteers for our **Corrections Correspondence Service** - every day new requests come in from men and women who trust that the hand of A.A. will be there".

Last month the Public Information desk released a link to the GSO website and the newly Conference approved Animation Video. This new 12<sup>th</sup> Step tool is remarkable and I am showing it to all of my children and grandchildren as a prevention and resource tool. You can go to aa.org and follow the prompts to view the new Animation video.

Work continues on draft version of the pamphlet "A.A. Members-Medications and Other Drugs". There is additional behind-the-scenes work being done on developing a process for the General Service Conference inventory and for Concept V appeals process.

At last report our from A.A.W.S. Highlights, net sales were 13% under budget and contributions were 2% over budget. Operating expenses were 8% less than budgeted as the GSO has been looking to less costly ways of getting material ready for printing as well as other cost containment efforts. The report did not reflect the financial results of the 2010 International Convention in San Antonio. During the convention, approximately 25,000 copies of the souvenir edition of *Alcoholics Anonymous Comes of Age* were sold with a limited quantity remaining for purchase.

Since our "go live" date June 10<sup>th</sup>, there has been a steady increase in use of **Contributions on Line**. No significant problems or complaints have been reported and notes of appreciation with a few helpful suggestions for future updates have been received.

As of October 20, 2010, The A.A. Service Manual – Twelve Concepts for World Service 2010-2011 became available for purchase. Also known as the "Secret Service Manual" this is one of the "More Will Be Revealed" items mentioned in our Big Book.

Every week or so I receive a packet of information from the GSO called a 'cubby hole mailing'. In it are all sorts of memo's and information. The most important document I receive is the New Group Form Applications. Our Area has continued to add meetings and groups this past two years. A couple of months ago I received a New Group Form that turns out to be more of a support group for clients at a County Health facility. The meeting I attended was being facilitated by two members from Narcotics Anonymous. The program at this facility follows a Drug Court agenda. After speaking with one of the administrators and offering our cooperation I contacted Adrienne B., at the GSO and she is mailing information about what an Alcoholics Anonymous Group is and correspondence about how we cooperate with court programs. I have also asked incoming area officers to follow through and continue our help. These types of "support group" meetings should not be listed on our meeting lists or in our directories. They do however, offer us opportunities for C.P.C. and P.I. 12<sup>th</sup> Step work.

Thank you for this extraordinary opportunity to serve,

Monte S.  
Delegate Panel 59  
Area 69 Utah

---

## Just for today

I'm an alcoholic named Ray J.

Recently I presented a speech to a small group on what the 12-Step Program can provide for people. I thought the speech was well received and three notes from people in the audience were given to me afterward. Two of the notes thanked me for sharing the information and said it had inspired them. The third note was a little more ground-

ing. It was from an adult child of alcoholic parents who disagreed with the statement that alcoholism is a "terrible disease." In his eyes it is a "willful act." The note was respectful with an apology included.

At first his views upset me knowing what those in the program go through for our sobriety. Then I did a quick Forth Step and realized his feelings had nothing to do



with me. I can only guess, unfortunately, that his parents were not members of A.A. This started me thinking about what we as a community can do so other children don't grow up thinking they are the victims of a willful act. Here was a person who has gone through life suffering the effects of another person's alcoholism. I asked myself what is there to be done so it doesn't happen again. What I came up with is 1) clean my own house, 2) trust in God, 3) go to meetings, and 4) do service work so the doors and rooms of A.A. may always be open.

In January of 2007 I was diagnosed with cancer. The doctor called me on a Friday night at home to deliver the bad news. I was scared to death and my wife, bless her soul, was even more frightened than I was. I had long joked about giving up my sobriety if I was ever diagnosed with cancer 'because I was going to die anyway.' Faced with the reality that night I didn't give up. Instead I went to my home group meeting and shared. After the meeting, a young man in his first 30 days approached me about what he was going through. He brought me face to face with life and helped restore my will never to give up. He saved my life.

There have been many times I felt my life was going along quite well, thank you very much, only to be proven wrong. Times I heard others share something dealing with a small festering problem I currently struggled with and came away with a resolution. Other times I didn't want to go to a meeting or share thinking I had nothing to offer. Times when I felt my sharing was weak and meaningless just to have someone come up to me after and say, "Thank you, you saved my life with your share." And over three years after being diagnosed, I am still cancer free and have maintained my sobriety thanks to that one new person.

A.A. and our sister program Al-Anon provide the only successful answers to the effect of alcoholism and drug abuse. In the Big Book on the top of page 31 Bill suggests that science may one day make normal drinkers out of us but it hasn't done so yet. Until that day comes we have the 12<sup>th</sup> Step. Whatever our own personal experience is, great or small, spiritual or not, we are to carry the message to alcoholics and practice these principles in all our affairs. It is up to us to carry the message by telling our stories, making coffee and chairing meetings, calling another alcoholic, working with a sponsor, doing service work and not drinking just for today.

---

## Calendar of Events

### Pass-the-Gavel, Area 69 Committee Meeting

December 4, 2010

*Hosted by District 9*

Moab, Utah

February 10-13, 2011

Anchorage, AK

[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

### Boozeville Bombers Christmas Show

A Special Benefit Performance for the Alano Club

December 4, 2010 8:30pm

Alano Club

5056 South 300 West

### 14<sup>th</sup> Annual Dixie Winterfest

Fun in the Sun

February 18-20, 2011

Washington, UT

[www.dixiewinterfest.org](http://www.dixiewinterfest.org)

### 47<sup>th</sup> International Women's Conference

*"The Last Frontier"*

February 26, 2011

*Hosted by District 5*

Price, Utah

### February Area 69 Committee Meeting

<b>December 2010</b>
----------------------

Sun	Mon	Tues	Wed 1	Thurs 2	Fr 3	Sat 4
			12a-930a Ally C 530p-12a Eddie	12a-7a Eddie 7a-930a Andrea 530p-10p Primary Purpose 10p-12a OPEN	12a-6a Bethanne 7a-930a Andrea 530-10p Saturday SOTS 10p-12a OPEN	12a-10a Troy 2p-12a OPEN
<b>5</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-9p 974 Group 9p-12a OPEN	<b>6</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>7</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	<b>8</b> 12a-930 Ally C 530p-12a Eddie	<b>9</b> 12a-7a Eddie 7a-930a Andrea 530p-10p Hillcrest Grp 10p-12a OPEN	<b>10</b> 12a-6a Bethanne 7a-930a Andrea 530p-8p Early Beginnings 8p-12a OPEN	<b>11</b> 12a-10a Troy 2p-6p Hs in the Book 6p-12a Basic Young P.
<b>12</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-12a OPEN	<b>13</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>14</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p- Primary Purpose 10p-12a Ally	<b>15</b> 12a-930a Ally C 530p-12a Eddie	<b>16</b> 12a-7a Eddie 7a-930a Andrea 530p-10p Primary Purpose 10p-12a OPEN	<b>17</b> 12a-6a Bethanne 7a-930a Andrea 530p-10p 515 Happy Hour 10p-12a Karrie	<b>18</b> 12a-10a Troy 2p-6p Sharing & Caring 6p-9a Women's 12x12 9p-12a OPEN
<b>19</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-9p Foothill 9p-12a OPEN	<b>20</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>21</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	<b>22</b> 12a-930a Ally C 530p-12a Eddie	<b>23</b> 12a-7a Eddie 7a-930a Andrea 530p-12a Dave S	<b>24 XMAS EVE OFFICE CLOSED</b> 12a-6a Bethanne 7a-930a Andrea 930a-530p OPEN 530p-10p Garden Variety 10p-12a Troy J	<b>25 XMAS OFFICE CLOSED</b> 12a-10a Troy 10a-6p OPEN 6p-10p Grapevine 10p-12a We Care
<b>26</b> 12a-7a OPEN 7a-12a Bill J 12p-6p An AA Group 6p-12a OPEN	<b>27</b> 12a-930 OPEN 530p-1020p No Nonsense 1030p-12a Clark	<b>28</b> 12a-6a Bethanne 6a-930a OPEN 530-10p Primary Purpose 10p12a Ally	<b>29</b> 12a-930a Ally C 530-12a Eddie	<b>30</b> 12a-7a Eddie 7a-930a Andrea 530p-12a Dave S	<b>31</b> 12a-6a Bethanne 7a-930a Andrea 530p-10p Garden Variety 10p-12a Troy J	
	<b>Total Hrs office Closed-576 Total Hrs covered-438</b>					
<b>AFTER-HOURS AA SLC CENTRAL OFFICE PHONE VOLUNTEER CALENDAR CENTRAL OFFICE BUSINESS HOURS MON – FRI 930AM – 530PM SATURDAY 10AM – 2PM</b>				<b>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</b>		

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

Sundays-12a 7a & 6p-12a EXPT the 1<sup>st</sup> and the 3<sup>rd</sup>

Mondays 12a-930a

Tuesday-6a-930a

Thursdays- 1<sup>st</sup>& 2<sup>nd</sup>10p -12a

Fridays- 1<sup>st</sup>10p-12a, the 2<sup>nd</sup>8p-12a

Saturdays- 1<sup>st</sup> 2p -12a, 3<sup>rd</sup> 9p-12a,4<sup>th</sup> 2p-6p

Name/Group	Phone Number	Time and Day