

LIFELINE

Salt Lake City Central Office Newsletter

April 2010

Inventory, why do it?

I remember my first attempt at the fourth step. I essentially wrote my autobiography. After seeing my first attempt, my sponsor sat down with me and showed me the outline of the fourth step in the big book. This example used columns to breakdown the resentments by "I'm resentful at, the cause, affects my", and the word fear in brackets. I was told that the unnamed column is about what you are feeling. I throw out my first attempt at the fourth step and wrote it using the Big Book outline as suggested by my sponsor.

Now that I had an outline for the fourth step, I was going to show the world what a horrible person I really was. I wrote about all the bad things in my life. My sponsor suggested that I write about some of the good things in my life as well as the bad things. I discovered that I could easily remember the bad things but not the good things in my life. I also discovered or uncovered how much I dislike myself. I discovered a pattern from my fourth step. Most of my resentments revolved around my fear of being rejected by people for whatever reason. So if anyone did anything that would bring up this fear; I would get a resentment.

Another discovery was that what I thought was bad behavior on my part was in reality something else. I wrote about being sexually active as a child. My original goal was to show everyone that even as a child I was making bad decisions. When I started to discuss these things at meetings members suggested that I get counseling. I took the advice of the AA members. Eventually, I began to understand that a 5 year old having sex (me) is a child that is being sexually abused.

Next, I discovered that I had resentments from my childhood that were frankly speaking foolish. I remem-

ber a neighbor who yelled at me because I had opened the refrigerator in my own house and admonish my grandmother for allowing me to do it. This woman was no longer living and I still held on to that resentment like my life depended on it.

Looking back on these resentments, I unconsciously started to see myself as a victim. What this meant was that nothing was my fault. I had been victimized and that is why my life is so troubled. So when people pointed out my problems, I assumed the role of the victim to justify my bad behavior.

The journey to seeing myself as a survivor started at an AA spiritual retreat. While discussing the fourth step, the retreat leader suggested that we fold the pages of our fourth step so that we cover up everything except the person's name under the resentment column. Then, ignoring what has been done to us; we simply look at how we behave in the relationship. I was able see that I was behaving badly.

After acknowledging my bad behavior, I began to listen when someone pointed out bad behavior even though my instinct was to tell them what an idiot they were. I look for the truth in what they were saying. If I disagree with their assessment I try to understand why they said what they said. Now when I discover that I am behaving badly, I can stop the behavior by doing the opposite and make amends where necessary.

Because I took a fearless and thorough moral inventory, I am not in conflict with people I associate with inside or outside of AA. I believe that the fourth step is an action step that starts us on the spiritual journey.

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:

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Salt Lake City, Utah 84115
manager@saltlakeaa.org

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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 March 2010 Central Office Representative's Meeting

5:15 Happy Hour Meeting

Acceptance

An AA Group

As Bill Sees It

Basic Young Peoples Group

Bog Irish Big Book Study

By The Book

Chapter 5

Garden Variety

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
Richard C.
1956 ~ 2010
Kelly M.
1954 ~ 2010

Congratulations to our birthdays

Nomadic Lunch Bunch		Lily	9 months	Ashley	1 year
Brian	30days	Jackie	9 months	Mark	5 years
Denni	30days	Caraline	9 months	Kaylynn	7 years
Jeff	30days	Mika	1 year	Rob	7 years
Darryl	30days	Keely	2 years	Larry	10 years
Diane	30days	Marle	3 years	Leslie	17 years
Sally	6 months	Rachel	3 years	Kathy	18 years
Joel	1 year	Kathy	4 years	JoAnn	19 years
Nevada Bob	2 years	Chris	6 years		
Mike H.	32 years	John E.	20 years		
		Andy B.	23 years		
				No Nonsense	
				Jennifer	30 days
				Mark	1 year
				Diane	1 year
				Lucy	4 years
				Steve V.	5 years
				Karen C.	12 years
				Alex	33 years
				Murray Group	
				Clint	30 days
				Becky L.	2 years
				Bret S.	5 years
				Chris W.	6 years
				Ann S.	25 years

Please send birthdays and other announcements to the editor at LIFELINE@saltlakeaa.org

Central Office Website

After several years of residence under the patient and generous care of Suzanne B., the Salt Lake Central Office website has a new home. The site can still be found at www.saltlakeaa.org, and this won't change. In fact, the differences with the new setup may be hard for anyone but a techie to appreciate until the site begins a metamorphosis over the next several months.

Anyone who's scrambled to find a meeting schedule while manning the Central Office hotline knows what a lifesaver the online schedule can be, and we have Suzanne B. and David B. to thank for the past several years of this service. However, the donated server space the site occupied made it cumbersome to update, and we wanted to relocate it to a permanent home that was directly supported by our AA groups. We also wanted to give Central Office employees their own saltlakeaa.org email addresses, so they would no longer have to compromise their personal email addresses for Central Office business.

In January, the Central Office Board of Directors approved an allocation of \$150.00 to renew the saltlakeaa.org domain name, move it to its own server, and begin a series of upgrades to the site that you will start to see over the next few months. The new server gives us the opportunity to add some exciting new features to the site, including a dynamic, searchable meeting schedule with maps; which will hopefully make it even easier for alcoholics to find the fellowship and solution they seek.

These updates will take some time, but the site will be online and fully functional until we're ready to introduce the new features. You may come across some broken links or other bugs while development is underway, and we would very much appreciate a note describing any problems with the site that you experience. If you have ideas or suggestions regarding your Salt Lake AA website and how it can better carry the AA message, please email those as well!

Clark S., SL Central Office Webservant
webservant@saltlakeaa.org

Utah Area Highlights 2010

Editors Note: This information was presented at the 2010 PRAASA held March 5-7, 2010 in Los Angeles as part of the Delegate's reports. The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of A.A. - LIFELINE@saltlakeaa.org

Please remember that information you get on the HBO program BIG LOVE, is not always accurate. For instance; one does not have to be a polygamist/bigamist to have one spouse too many!

Area 69 has 12 districts, and 281 active groups listed in the Fellowship New Vision, serving about 5,000 members who live in metropolitan, rural and remote communities, including Native American Reservations. General Service meetings are bid and hosted by districts throughout Utah, which covers 84,000 square miles. We meet eight times per year—three area assemblies, two area committee meetings, and three area workshops.

November of 2010 our Spanish speaking linguistic district will make history by hosting their first area service meeting. (November 6-7, 2010)

Our recently restructured Communications Committee manages our Web site (utahaa.org), oversees publication of our newsletter and Spanish translation of area service material.

Our C.P.C. committee participates annually at The University of Utah School on Alcoholism and other Drug Dependencies. Clyde G., our Panel 1 delegate, was a pioneer of this C.P.C. opportunity that began in 1952. We continue to search for additional funding to meet our translation and interpretation needs, and for our ever expanding archives.

The Utah area is a hive of A.A. service activity and I am grateful to be a part of it.—

Monte S., Delegate Panel 59 Area 69 Utah
area69delegate@utahaa.org

April 2010

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

**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, 530p-10p
- Thursdays- Midnight - 7am & 1st, 2nd, & 3rd 530p-12a
- Fridays-12a-7a & the, the 2nd 530p-12a, 4th 530p-10p, & 5th 10p-12a
- Saturdays- 1st 2p -12a, 3rd 2p-7p, and 4th 2p-6p & 10p-12a

Name/Group	Phone Number	Time and Day

Letter from an Inmate

My name is Russ G. and I am an alcoholic. I'm writing this letter for no other reason than to hopefully help save one person from being where I am now.

I am 40 years old and have been around the program 22 years of it. Ego, pride, and fear have kept me from being a real member. Now I'm in jail, almost always alone and have to cut the ties I do have since knowing drinking people will cause me to drink.

I have used everyone, and I've really done it this time and know people are sick of seeing me get a year or two and go back out. The reason for this is that I know if I wouldn't have been with someone who drinks I would be free today. I made the choice the drink and not ask for help and now I can't. The only life and hope I am given is through the Big Book, Daily Reflections, and members who come to the jail twice a week, and my daughters.

I am not trying to take away the responsibility of actions or choices of others. But would ask if you haven't seen someone for awhile or know they've gone to jail or detox get a hold of them. I know we hurt people very badly when using and sometimes trying to help someone who just stole from you or hurt you in another way is so hard and that we must just want to give up. At the same time one small word or action, even if we don't know who did it, is the thing that gives us enough hope to push pass the fear just enough to make this time the last time.

I sit and wonder about people I know that have passed on and think if I would have just said, "Hi." Maybe it would have helped them, as well as me stay sober one more day. I know we all make our own choices in life and have to pay the price for them. At the same time how many times has one word or a look, or just someone saying, "I'm hurt, but you can do this, and this is how."

I know I'm alone and here because I drank, what I don't know is how to change. And I am doing everything I can to change. If you know someone in an institution please help them, don't give up. Sometimes the smallest thing changes the heart to most. And be at the door or gate when released to hit a meeting.

Please reach out to people in institutions or that have stopped coming around. One word, or look, or voice message, or note can be the light in the darkness of alcoholism.

Editor's Note: If you are interested in doing service work in correctional institutions please contact Central Office and they can get you in touch with the appropriate contacts. - LIFELINE@saltlakeaa.org

Our Greatest Danger: Rigidity

Editor's Note: Bob P. (1917-2008) was General Manager of the General Service Office from 1974 to 1984, and then served as Senior Advisor to the G.S.O. from 1985 until his retirement. His story is in the Big Book as "AA Taught Him to Handle Sobriety," 3rd edit. (1976) pp. 554-561, 4th edit. (2001) pp. 553-559.

During the 1986 General Service Conference, Bob gave a powerful and inspiring closing talk to the conference at the closing brunch on Saturday morning, April 26. It was an especially significant occasion, because he knew that he was going to retire early the next year, and that this would be his last General Service Conference. The following excerpts are taken from that farewell speech, as published in the Conference's final report: The Thirty-Sixth Annual Meeting of the General Service Conference of Alcoholics Anonymous 1986 (Roosevelt Hotel, New York City, April 20-26, 1986), Final Report.

This is my 18th General Service Conference -- the first two as a director of the Grapevine and A.A.W.S., followed by four as a general service trustee. In 1972, I rotated out completely, only to be called back two years later as general manager of G.S.O., the service job I held until late 1984. Since the 1985 International Convention, of course, I have

been senior adviser. This is also my last Conference, so this is an emotionally charged experience.

I wish I had time to express my thanks to everyone to whom I am indebted for my sobriety and for the joyous life with which I have been blessed for the past nearly 25

years. But since this is obviously impossible, I will fall back on the Arab saying that Bill quoted in his last message, "I thank you for your lives." For without your lives, I most certainly would have no life at all, much less the incredibly rich life I have enjoyed.

Let me offer my thoughts about A.A.'s future. I have no truck with those bleeding deacons who decry every change and view the state of the Fellowship with pessimism and alarm. On the contrary, from my nearly quarter-century's perspective, I see A.A. as larger, healthier, more dynamic, faster growing, more global, more service-minded, more back-to-basics, and more spiritual -- by far -- than when I came through the doors of my first meeting in Greenwich, Connecticut, just one year after the famous [July 1960] Long Beach Convention. A.A. has flourished beyond the wildest dreams of founding members, though perhaps not of Bill himself, for he was truly visionary.

I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause. No, it will not be because of treatment centers or professionals in the field, or non-Conference-approved literature, or young people, or the dually-addicted, or even the "druggies" trying to come to our closed meetings. If we stick close to our Traditions, Concepts, and Warranties, and if we keep an open mind and an open heart, we can deal with these and any other problems that we have or ever will have. If we ever falter and fail, it will be simply because of us. It will be because we can't control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense.

If you were to ask me what is the greatest danger facing A.A. today, I would have to answer: the growing rigidity -- the increasing demand for absolute answers to nit-picking questions; pressure for G.S.O. to "enforce" our Traditions; screening alcoholics at closed meetings; prohibiting non-Conference-approved literature, i.e., "banning books"; laying more and more rules on groups and members. And in this trend toward rigidity, we are drifting farther and farther away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met. One of his favorite sayings was, "Every group has the right to be wrong." He was maddeningly tolerant of his critics, and he had absolute faith that faults in A.A. were self-correcting.

And I believe this, too, so in the final analysis we're not going to fall apart. We won't falter or fail. At the 1970 International Convention in Miami, I was in the audience on that Sunday morning when Bill made his brief last public appearance. He was too ill to take his scheduled part in any other convention event, but now, unannounced, on Sunday morning, he was wheeled up from the back of the stage in a wheelchair, attached with tubes to an oxygen tank. Wearing a ridiculous bright-orange, host committee blazer, he heaved his angular body to his feet and grasped the podium -- and all pandemonium broke loose. I thought the thunderous applause and cheering would never stop, tears streaming down every cheek. Finally, in a firm voice, like his old self, Bill spoke a few gracious sentences about the huge crowd, the outpouring of love, and the many overseas members there, ending (as I remember) with these words: "As I look over this crowd, I know that Alcoholics Anonymous will live a thousand years -- if it is God's will."

straight pepper

A fundraising event for the 2010 Utah Rainbow Roundup

"One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet."

SAT APRIL 24, 2010 8PM-11PM

ULYSSES SALON
629 S STATE
ABOVE SPARK CLOTHING STORE
ENTER THROUGH NORTH ALLEY

SUGGESTED DONATION - \$10.00
PICTURES - \$5.00
DRAWINGS & PRIZES
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