

# LIFELINE

Salt Lake City Central Office Newsletter

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January 2010

## The Two 1<sup>st</sup> Steps

The Big Book states the 1<sup>st</sup> Step two different ways. The more familiar wording is, “We admitted we were powerless over alcohol – that our lives had become unmanageable.” That’s on page 59. Back on page 30 the text says, “We learned that we had to concede to our innermost selves that we were alcoholics; this is the first step in recovery.”

**. . . to our innermost selves that we were alcoholics . . .**

The first version of the 1<sup>st</sup> Step says we were honest with ourselves. Then, having been honest, we came to know who we really are, maybe for the first time. We are alcoholics.

Being honest with ourselves and knowing who we are – these are miracles of the program. Before sobriety I’d felt different and less-than. I had no idea what the problem was, but I didn’t want to think about it, even though I was locked in fear approaching disaster.

My first relief and happiness was that ‘moment of clarity’ when I took the first version of the 1<sup>st</sup> Step. I didn’t know the Big Book words at the time, but I suddenly had a new honesty with myself and a new knowledge. There was a huge sense of relief, and I said to myself, “Oh! That’s what’s been wrong all these years, I am an alcoholic!” It felt great.

Don’t get me wrong; being an alcoholic is not what anyone would want for their children. However, when I suddenly knew who I was, it was like a window had opened in my dungeon walls. I saw a sun-lit meadow waiting outside.

If you don’t think the first drink gets you drunk . . .  
Try getting drunk without it!

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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:

**Central Office of Salt Lake City, Inc.**  
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## Groups Represented at the December 2009 Central Office Representatives Meeting

5:15 Happy Hour  
974 Group  
Acceptance Group  
After Hours  
An A.A. Group  
As Bill Sees It  
Basic Young People  
Big Uglies  
Come as you are  
Eye Opener  
Garden Variety  
Happy Destiny  
Happy Hour Backstreet Club  
Holladay Thursday PM  
Jack to Java  
Living in sobriety  
Magna Friendly  
New Life – Highland Ridge  
Round Table  
Spiritual Quest  
Sugarhouse Men’s Group  
Sunday Morning Breakfast  
We Care  
Young People’s Meeting

### 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.

### 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 visit our website**

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

## Humility

Humility is perpetual quietness of the heart.

It is to have no trouble.

It is never to be fretted or vexed, irritable or sore;  
to wonder at nothing that is done to me,  
to feel nothing done against me.

And when I am blamed or despised,  
it is to have a blessed home in myself  
where I can go in and shut the door,

kneel to my Father in secret  
and be at peace, as in a deep sea of calmness,  
when all around and about is seeming trouble.

From a plaque found on Dr. Bob's desk



"Whenever I have a problem, I ask myself  
'How would a grown-up handle it?'"

## Utah's 2010 Rainbow Roundup - 'Service in Action'

Utah's Rainbow Roundup (URR) is proud to announce 2010's Roundup taking place August 27-29, 2010 at the University of Utah Marriott. This year's theme is "**Service in Action.**" Each year the Rainbow Roundup hosts an Alcoholic's Anonymous conference with Al-Anon participation.

Sponsored by the Gay and Lesbian groups of Salt Lake City and Ogden, it is open for everyone, promoting unity and singleness of purpose of the Twelve Traditions while promoting a free and open space of the fellowship to the family, friends, and partners of

gay men and lesbians. **Everyone is welcome here.** We need your help to make this year's roundup successful. Opportunities for service are abundant, varying widely, including carrying the message to anyone who may be interested. The planning committee is seeking gay/lesbian AA and Al-Anon speakers for the conference; we welcome your participation or suggestions.

Fundraising efforts have proven successful, exceeding goals, helping to fund scholarships and providing a rollicking good time. In October a "Car-

rie the Message" Halloween party, an entendre mixing of the film *Carrie* and the coined expression for our theme proving colorful, fun and profitable. The event featured dancing, a raffle, potluck buffet extraordinaire, prom photos and a prom "king" and "queen."

To find out more or to join the effort online at: [www.rainbowroundup.org](http://www.rainbowroundup.org) or add us as a friend on Facebook: Utah Rainbow Roundup, our friends list is private, honoring your anonymity in cyberspace.

## The 46th International Women's Conference

Come join us for the 46th Annual International Women's Conference to be held February 11-14, 2010. The 46th International Women's Conference will be held at the Doubletree Hotel, at the entrance to Universal Studios Orlando, Florida. See their website for more information: [www.internationalwomensconference.org](http://www.internationalwomensconference.org)



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

Barbara W. 1925 – 2009  
 Jack B. 1935 - 2009

## Congratulations to our Birthdays

### Living in Sobriety

Joe	30 Days
Sheryl	30 Days
Alex	60 Days
Kevin	60 Days
Steve	60 Days
Amber	6 Months
Jackie	6 Months
John	1 Year
Brian	18 Months
Kami	18 Months
Kimberly	18 Months
Barry	2 Years
Gunner	4 Years
Steve	4 Years
Nate	8 Years
Allen	9 Years
Tom	9 Years
Joe	10 Years
Tony	12 Years

### No Nonsense Group

Patty	30 Days
Howard	6 Months
Diane	9 Months
Mark	4 Years
Steve	4 Years

Clane	6 Years
Dee	23 Years

### Fresh Air Serenity Seekers

Jeff	30 Days
Eddie	30 Days
Haley	30 Days
Robert	30 Days
Chris	30 Days
Hedi	30 Days
Kara	30 Days
Nate	30 Days
Tammy	30 Days
Saundra	60 Days
Ron	60 Days
Shar	60 Days
Rechell	90 Days
Karli	6 Months
Eiran	6 Months
Sallie	9 Months
Ashley	9 Months
Vern	9 Months
Scott	1 Year
Taylor	1 Year
Sophi	1 Year
Richie	18 Months
Jess	2 Years
Beth	13 Years

Sherrri	17 Years
Nick	20 Years
Steff	23 Years
Dwight	23 Years
Loyd	38 Years
Jimmy	40 Years

### Came to Believe

Brian	4 Years
Byron	14 Years
Phil	17 Years

### Nomad Lunch Bunch

LaVonne	30 Days
Jolene	60 Days
Kyle	90 Days
Sally	90 Days
Sarah	6 Months
Vicky	1 Year
Louise	23 Years

### Eye Opener

Marie	6 Months
Sophia	1 Year
Ronnie	1 Year
Jerry	10 Years

**Editor's Note:** I have asked several Area Servants to submit articles. My service experience has mainly been within my home group, the District, and the Area. I look forward to expanding that experience as your new newsletter editor. Any suggestions to improve your newsletter would be appreciated. You may email me directly at [doug@utin.org](mailto:doug@utin.org). Thank you all you allowing me to serve this incredible Fellowship.

## The Spirit of Rotation

During a recent "Ask-It-Basket" panel, the following questions were submitted to past delegates and area officers concerning the history and need for rotation in Alcoholics Anonymous.

Question (1) "Why the 2-year commitment for most AA service positions?"

Question (2) "How did we come up with that?"

I ask our General Service Office about these questions and information I received from Michelle M., our new A.A. Archives Director, answered both questions.

Michelle forwarded copies of presentations and Box 459 articles dating back to 1977 explaining some of the history and spiritual benefits of rotation.

In one article, Bill W., wrote about the early operations of the General Service Office and how staffing followed traditional business practices having a senior office manager recruit and hire people they thought would be best for the jobs. At one point the senior office manager and an assistant office manager both became ill and unable to perform their duties. The office was left with one partially trained office assistant to manage our affairs. Born of chaos were the initial ideas leading to our spiritual principle of rotation. Out of necessity and practicality G.S.O. staff began to be cross-trained and rotated every two years thereby developing a more adapt and versatile workforce.

"In any other office, changing jobs every two years would be virtually unthinkable, but for A.A.'s who work for the Fellowship, it's an extension of what they are used to in their groups and other service jobs. For the recovering alcoholic, becoming entrenched in one position, what-ever it may be, can lead to the desire for power and prestige, something no sober alcoholic can

afford. In the home group and in service assemblies, rotation gives more people a chance to serve and to participate in decision-making, and ensures that no one can impose his or her personal desires on any part of the Fellowship as a whole. At G.S.O., too, it discourages the tendency to accumulate power, keeps principles before personalities, and in addition guarantees the Fellowship a staff that is well equipped to handle any situation, no matter what may happen to an individual worker." (This brief excerpt from the October/November 2005 [Box 459](#) is reprinted with permission of Alcoholics Anonymous World Services, Inc.)

As our Fellowship grew and more services were needed and new positions created, we learned that the more responsibility the assignment carried, the longer the term should last. It is not unusual for home groups to rotate their meeting chair and coffee maker month to month. Their intergroup chair may serve six months to a year. It says in, "The A.A. Service Manual," page S100 under the heading Conference Charter, article 8, it recommends 2 year terms for GSR's, Area Committee Members and Delegates. "In approximately half of the areas, assembly elections will be held in the even years; the remaining assemblies will elect in the odd years, thus creating rotating Panels of the Conference, as further described in "The A.A. Service Manual." (This brief excerpt from *The A.A. Service Manual* is reprinted with permission of Alcoholics Anonymous World Services, Inc.)

Area 69 has its elections during even years. Thank you for the questions.

Yours in gratitude and service,

Monte S.  
Delegate, Panel 59

## Archive Group Histories

The home group is where we all learn to be a part of something. The home group teaches us commitment, responsibility and trust. We learn how to commit by showing up each week. We learn responsibility when we are trusted to help set up chairs or make coffee. We learn to trust knowing someone will be there to chair the meeting. We don't first understand this mysterious group of people. In time we learn that there is someone to call when there is a crisis. This mysterious group of people will be there when we stumble and fall. They will support both the newcomer and the old-timer. A home group is where we will learn about the Big Book, a sponsor, the 12 steps and the 12 traditions. We will learn how to have a relationship with our families and friends

again because we can care about something or someone other than ourselves.

Group histories document the founding of a group. Who started the group? How many started the group? How was the name picked? Why was the group started? Was it the first group in a town or county? What day of the week and what time was the meeting? Did the day and time change? Why were these changes made? This information documents growth and change in our community, group, district and area histories. We can look back and learn of those early pioneers that started the group.

In the Archives Workbook under section for *Unity – Group issues and community perception of AA*, I read the following. “We say sometimes that all that is needed to form an AA meeting is two drunks, resentment

and a coffeepot. Can you talk at all about the differences – or similarities – that led to new groups being formed in your area? It is interesting to read in *AA Comes of Age* the numerous issues over which anger and contention arose and threatened the undoing of our Fellowship. The groups, nationwide, did not immediately accept the spiritual principles we know today as the Twelve Traditions.” *AA Archives Workbook pg. 25.*

These are historical facts based on documented Group Histories that remind us where we come from and the struggles groups have survived on this journey of unity, recovery and service.

Yours in service,  
Area 69 Archive Standing Chair

## One Day at a Time

“When did you decide to finally stop drinking?” a non-alcoholic friend recently asked. I said that is a good question and one that I had never really pondered. After a few minutes I realized that it was during the very first A.A. meeting I went to.

In May of 1989 I was part of a 25-30 member inpatient treatment facility entourage. Driving two large vans the hospital staff hauled us out to an A.A. meeting somewhere in Northern Utah. Unlike some of the meetings I go to today, I arrived at my first A.A. meeting without any expectations. The fear of entering that

first meeting was relieved by the group of drunks that were with me in the van.

I remember both, my first overdose of alcohol; the one that led to intoxication - and my first A.A. meeting; the one that led to sobriety. Not all of the details of each but the feelings each produced. Someone remarked during a recent A.A. meeting, “I didn't get in trouble every time I drank, but every time I got in trouble I had been drinking.” Those words describe my experience too.

During that first A.A. meeting I recall the clarity of people's eyes; the special sparkle

they reflected and the inner peace they conveyed. I have come to believe that the feelings of loneliness brought on by years of alcoholic drinking were starting to disappear during that first meeting. I was home at last and with people that knew about recovery from alcoholism and knew about me. I had never heard people share the way the A.A.'s do about their alcoholism and the way it affects their lives. No longer am I alone. I wanted sobriety that day and I have been making the decision to finally stop drinking; ‘One Day at a Time’ ever since

# Jan 2009

**CENTRAL OFFICE BUSINESS HOURS**  
**MON – FRI 930AM – 530PM**  
**SATURDAY 10AM – 2PM**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>AFTER-HOURS AA SLC CENTRAL OFFICE PHONE VOLUNTEER CALENDAR</b>					
<b>3</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. 11pm – 12am Randy	<b>4</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>5</b> 12am – 930am Jeff R. <b>530p-10p Stuart</b> 10pm – 12am Vivian	<b>6</b> 12am – 930am Summer 530p – 12am Eddie	<b>7</b> <u>12am – 7am OPEN</u> 7am – 930am Andrea 530p-12a Bonnie <b>630p- 10p Hillcrest Grp</b>	<b>8</b> <u>12am – 7am OPEN</u> 7am – 930am Andrea 530pm – 630pm Adam 630pm – 12am Basic Y.P.	<b>9</b> 12am – 10am Troy J. 2pm – 3pm Sue 3pm – 7pm Its In The Book 7pm – 12am Stuart S.
<b>10</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 11pm Melissa B. 11pm – 12am Randy	<b>11</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>12</b> 12am – 930am Jeff R. <b>530p-10p Stuart</b> 10pm – 12am Vivian	<b>13</b> 12am – 930am Summer 530p – 12am Eddie	<b>14</b> <u>12am – 7am OPEN</u> 7am – 930am Andrea <b>530p-12a OPEN</b>	<b>15</b> 12am – 7am Mark K. 7am – 930am Andrea 530pm – 10pm Non-Smoking Sobriety Hour 10pm – 12am Karrie	<b>16</b> 12am – 10am Troy J. 2pm – 7pm Unity Lunch B <b>7pm – 12am OPEN</b>
<b>17</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	<b>18</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>19</b> 12am – 930am Jeff R. 530p – 10p Stuart 10pm – 12am Vivian	<b>20</b> 12am – 930am Summer 530p – 12am Eddie	<b>21</b> 12a-7a OPEN 7a-930a Andrea <b>530-12am Marc K</b>	<b>22</b> <u>12am – 7am OPEN</u> 7am – 930am Andrea <b>530-10p OPEN</b> 10pm – 12am Troy J.	<b>23</b> 12am – 10am Troy J. 2pm – 6pm Billy S. 6pm – 10pm Grapevine 10pm – 12am Kristin
<b>24</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	<b>25</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>26</b> 12am – 930am Jeff R. 530p – 10p Stuart 10pm – 12am Vivian	<b>27</b> 12am – 930am Summer 530p – 12am Eddie	<b>28</b> <u>12am – 7am OPEN</u> 7am – 930am Andrea 530pm – 12am Dave S.	<b>29</b> 12a-7am OPEN 7a-930a Andrea 530p-12am Chad	<b>30</b> 12am-10am Troy J 2pm-6pm Billy S 9pm-12am Kristin
<b>31</b> 12am-7am AJ 9am-12pm Bill J 12pm-6pm aaGroup 6p-8pm Chris M 8p-11a Dave W 11p-12a Randy						IF YOU OR YOUR GROUP WOULD - LIKE TO HELP OUT, PLEASE CONTACT rob (OUR PHN COORD.) AT 801.627-2411 OR EMAIL: robnsuzzy@aol.com