

LIFELINE

Salt Lake City Central Office Newsletter

June 2010

Were entirely ready . . .

For me, the 6th step has been a natural result of my process through the previous steps. In step one I admitted that I was whipped. It happened to me before I had ever been to an AA meeting when I admitted to my loved ones that I had a serious problem, that I was frightened, that I needed help, that I was defeated, that I was lonely, that I was done. This admission led me to rehab and eventually to AA. I realized in rehab that the central problem with admitting that I was defeated was that the admission did not, by itself, point the way to recovery. It allowed recovery, it opened the way to recovery, but it didn't explain recovery. The very idea of recovery was counter intuitive. I thought I'd feel whipped for a very long time. I didn't feel like I deserved to heal. Enter A.A.

For me, the early steps amounted to a recovery of hope, and provided a framework for acting on hope. The 6th step is a big one for me because I see it as a commitment to seek inner health. What a remarkable thought! Straighten up and fly right, *on the inside*. It meant acknowledging that living in the defeat of the 1st step was no answer. This is a big step for someone who feels utterly defeated. So the 6th step is a commitment to change our life, by being ready to do so.

Readiness or willingness is an amazing concept that I had no appreciation for until I found A.A. I think it is like the Zen concept of "beginners mind". Willingness precedes change. It makes change possible. It is some little switch inside us that, if flipped allows new thoughts and behaviors, new responses. The "Twelve Steps and Twelve Traditions" says that it "is A.A.'s way of stating the best possible attitude one can take in order to make a beginning . . ."

The 6th step suggests a daily commitment to confront our fears by dropping through them to a place of willingness and open heartedness. It suggests a daily beginning. Not an easy step, but a joyous one.

So a willingness to change unlocks the door to recovery, and a daily beginning is both the gift of and the key to recovery. It follows for me then, that going to meetings provide a practical, daily, and very easy way to check in with this inner quality of willingness. It takes me a little willingness to go to a meeting and perhaps a little more willingness to use the meeting for my own meditation on sobriety. The great thing, though, is that it really isn't very hard to do if I just make it an automatic part of my day. The pay-off of a small but regular dose of willingness is pretty straightforward: I become more spiritually willing as a basic part of my personality. I lose some of my inflexibility and gain some open mind.

Any kind of change, all the way from athletic to spiritual requires willingness, good coaching, and practice. The steps, our sponsors, and our meetings provide the coaching and the practice. Willingness is up to us.

- 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 May 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 (Big Book Study)
- Honey's Breakfast Club
- Living in Sobriety
- Murray Group
- New Life (Highland Ridge)
- New Way
- No Nonsense
- Nomadic Lunch
- Off the Cuff
- Old Fashioned AA

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 friend who recently passed on

Owen W.
 1927~2010

Congratulations to our birthdays

No Nonsense

Jennifer	30 days
Christina C.	30 days
Tim	30 days
Sharon	60 days
Erin	60 days
Jennifer	60 days
Clint	60 days
Clint	90 days
Tim	90 days
Kelly	90 days
Colby	90 days
Matt	6 Months
Jay	6 Months
Penny	6 Months
Todd	9 Months
Pete M.	9 Months
Lee	18 Months
Ruth V.	2 Years
Carl	3 Years
Edgar	3 Years
Chris	4 Years
Bob	6 Years
Carolyn	7 Years
Robyn	11 Years
Andy B.	23 Years

Travis	4 Years
Brent	5 Years
Jeffery	14 Years
James	20 Years
Carl	23 Years

Living in Sobriety

Kimberley	30 Days
Kimie	30 Days
Chilsen	60 Days
Mark	60 Days
Dan	90 Days
Dustin	90 Days
Kayla	9 Months
Lilly	1 Year
Nick	18 Months
Tai	3 Years
Jeff W.	4 Years
Tom	5 Years

Bountiful Men's Group

Dan C.	39 Years
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Nomadic Lunch

Clay	30 Days
Jeffrey	30 Days
Larry	30 Days
Jenni	90 Days
Diane	90 Days
Jeff	90 Days
LaVonne	6 Months
Dave	18 Months
John	5 Years
Mike H.	11 Years

Sharing & Caring Meeting

Lynette	30 Days
Laurie	30 Days
Zack	30 Days
Charity	60 Days
Brandon	90 Days
Schantelle	90 Days
Danielle	6 Months
Kasey	6 Months
Troy	9 Months
Joan	1 Year
Megan	1 Year

The Promises of Recovery

The promises of recovery are not just those found after Step Nine. The promises of recovery are found all through the Big Book. Here are some of them . . . each of us will find many more that are special to us if we take the time to read the Big Book with an open heart and mind.

Promises of Step Two

Big Book page 25:

- There is a solution
- We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not dreamed.
- The great fact is just this, and nothing less: That we have had a deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.
- The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.
- He has commenced to accomplish those things for us which we could never do by ourselves.

Big Book page 28:

- A new life has been given us or, if you prefer, "a design for living" that really works.

Big Book page 46:

- We found that God does not make too hard terms with those who seek Him.
- To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.

Big Book page 47:

- As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.

- It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

Big Book page 50:

- In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them.

Big Book page 55:

- Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us.

Big Book page 57:

- Even so has God restored us all to our right minds.
- But He has come to all who have honestly sought Him.
- When we drew near to Him He disclosed Himself to us!

Promises of Step Three

Big Book page 63:

- More and more we became interested in seeing what we could contribute to life.
- As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter.
- We were reborn.
- An effect, sometimes a very great one, was felt at once.

Big Book page 68:

- At once, we commenced to outgrow fear.

Big Book page 70:

- We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.

Promises of Step Five**Big Book page 75:**

- Once we have taken this step, withholding nothing, we are delighted.
- We can look the world in the eye.
- We can be alone at perfect peace and ease.
- Our fears fall from us.
- We begin to feel the nearness of our Creator.
- We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
- The feeling that the drink problem has disappeared will often come strongly.
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Promises of Step Eight**Big Book page 78:**

- If our manner is calm, frank, and open, we will be gratified with the results.
- Rarely do we fail to make satisfactory progress . . .

Promises of Step Nine (The Famous ones!)**Big Book pages 83-84:**

- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.

- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations that used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.
- Are these extravagant promises? We think not.
- They are being fulfilled among us, sometimes quickly, sometimes slowly.
- They will always materialize if we work for them.

Promises of Step Ten**Big Book page 84:**

- And we ceased fighting anything or anyone, even alcohol.
- For by this time sanity will have returned.
- We will seldom be interested in liquor.
- If tempted, we recoil from it as from a hot flame.

Big Book pages 84-85:

- We act sanely and normally, and we will find that this has happened automatically.

Big Book page 85:

- We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it.
- We are not fighting it, neither are we avoiding temptation.

- We have not sworn off. Instead, the problem has been removed. It does not exist for us.
- We are neither cocky nor are we afraid.
- We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

Promises of Step Eleven

Big Book page 86:

- We can employ our mental faculties with assurance, for after all God gave us brains to use.
- Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.

Big Book page 87:

- What used to be a hunch or the occasional inspiration gradually becomes a working part of the mind.
- Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

Big Book pages 87-88:

- We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times a day, "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much more efficient.

Promises of Step Twelve

Big Book page 89:

- You can help when no one can.
- You can secure their confidence when others fail.
- Life will take on new meaning.

Big Book page 100:

- When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.
- Following the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!
- Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do.

Big Book page 102:

- God will keep you unharmed.

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"Well," said Ebby, "You know, you got to be honest with yourself; you make a self-survey; you talk it out with the other guy; you quit living alone and begin to get straight with the world around by making restitution; you try the kind of giving that demands no reward either in approval, prestige, or money; and you ask whatever higher power there is to help you find the grace to be released from alcoholism."

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