

LIFELINE

Salt Lake City Central Office Newsletter

October 2010

Stop Digging: The Tenth Step

This is my second time around. My first time I stayed sober for two years nine and a half months. So by the time I was beaten and ready to try again after a five year relapse, I had some familiarity with the steps. And I certainly knew where to go. No rehab this time. I certainly didn't have the money. But those old timers in St. George took me right in, and I've stayed sober for eight and a half years now.

I was lucky enough to find a familiar face from the first time around who I quickly asked to be my sponsor. I was in for some hard times and he knew it. We did some serious step work together and he made it clear that no matter where I was, I could practice steps 1, 2, & 3, and 10, 11, & 12.

I believe that even the newcomer can practice steps 10, 11, & 12 right off the bat. In fact, I think one could argue that it is some sort of inventory work that even allows one to start this program and take step one. I mean somewhere along the line it had to become clear that this drinking isn't working anymore and maybe someone else has a better idea on how to handle it. To take step one is to admit, to some degree, that we had been wrong recently.

In my case, Step 10 came into play in a specific instance at about two months sober. I was sober at that point, yes. But the wreckage in front of me was overwhelming and quite daunting. I was still on the run in many respects and trying as best I could to navigate the potential nightmare in front of me. Still, by that time, I had developed the trust and the habit required for routine communication with my sponsor. But honesty outside of that relationship was fleeting and maybe not even appropriate at that time.

I had engaged a work contract that was part business and part friendship. It was a fortunate situation for me, an opportunity to earn some dough, and develop a good friendship while traveling across the country. About two days before the contract was to expire, I was facing a fearful situation. I considered all I could do to avoid the problem, including running out on the last two days of the contract. I

was going to stay in Ohio without telling the friend with whom I was contracted. In fact I was just going to get off the train at the next stop and take off.

But I spoke to my sponsor. I had taken steps 4 and 5 with him in weeks prior. We spoke on the phone and he said to me, "Well, you know, that sounds like an interesting idea, but at this point we aren't in the business of creating more wreckage, which is what your idea will do." I couldn't argue that. If I were to run, at some point in the future I would owe my friend a serious amends. They were counting on me to finish the contract and I would have left them in quite a pickle. So I stayed.

I can't say that what I had to face thereafter was easy. Or even that it was the best way to handle it. But I did maintain a quality friend and work relationship with those people who to this day don't know how close I came to skipping out on them.

For a period of time in this sobriety I used daily inventory sheets of paper to catalogue the events of the day and analyze them for learning purposes. I can't say I continue to do that daily.

But I do reflect on my life in meaningful ways with a sponsor, almost daily. Not only do I discuss pending decisions, but I review the recent course of events in my life. I've learned a few principle-based practices in my recovery that I can execute on my own sometimes, but I truly find that discussing things out loud with another human being that I trust, who has a measure of wisdom and life experience is the best way for me to continue to take stock of my life. But it may be better still if it were written.

My five-year relapse ended in an explosion of wreckage. I wasn't sure I would ever get out of that hole. I think I may have finally done it, one slow step at a time. But there is no way that would have happened if I wouldn't have paused, just long enough to stop digging.

~ 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:

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Groups Represented at the September 2010 Central Office Representatives Meeting

- 10th Step Group
- 5:15 Happy Hour
- A Closed Meeting of Alcoholics
 - A Way Out
 - An AA Group
 - As Bill Sees It
- Bog Irish BB Study
- By the Book Group
- City @ Seven
- Early Beginners
- Eye Opener
- Fresh Start
- Grapevine Group
- Hillcrest Group
- Honey's Breakfast
- Lakepoint Layover
- Murray Group
- No Nonsense Group
- Nomatic Lunch Bunch
- Salt Lake Group
- Spiritual Quest
- Surgarhouse Men's
- Thunder Heart AA
- Valleyview Group



7th Tradition Contribution Addresses

AA World Services Box 459 Grand Central Station New York, NY 10163	Central Office of Salt Lake City 80 West Louise Ave. Salt Lake City, UT 84115
Area 69 Treasurer PO Box 40 Washington, UT 84780-0040	District 2 Treasurer PO 615 Salt Lake City, UT 84110
District 10 Treasurer PO Box 57271 Murray, UT 84157	District 11 Treasurer 1065 North 400 West Bountiful, UT 84140

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.

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

Karyn J. 1948 ~ 2010	Lewis J. 1961 ~ 2010	Sue V. 1956 ~ 2010	Mike A. 1946 ~ 2010
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Congrats to our birthdays

It works, it really does!

Hillcrest Group

City @ Seven

Jeff	3 Years
Don	13 Years

Meegan	30 Days
Stephanie	30 Days
Jen	30 Days
Andrea	30 Days
Valerie	30 Days
Dane	30 Days
Meegan	60 Days
Timmy	60 Days
Candice	60 Days
Aubry	60 Days
Patrick	60 Days
Taz	90 Days
Jeff	90 Days
Megan	90 Days
Byron	6 Months
Mary Ann	6 Months
Heather	9 Months
Dustin	9 Months
Megan	9 Months
Jody	1 Year
Sally	18 Months
Dave	3 Years
John	3 Years
Amy	5 Years
Stephanie	7 Years
Jim	9 Years
Christy R.	19 Years

Kristin	30 Days
Diane	6 Months
Sarah	5 Years
Tony M	31 Years



Living in Sobriety

Brandy	30 Days
Jenn	30 Days
Darren	30 Days
Jennifer	30 Days
Jeremy	30 Days
Jessica	30 Days
Mike	30 Days
Chelse	60 Days
Alex	90 Days
Keith	90 Days
Chelsea	90 Days
Melinda	6 Months
Hailey	1 Year
Alex	2 Years
Natalie	3 Years
John	6 Years
Lisa	8 Years

Came to Believe Group

Eric M.	30 Days
Jeanie T.	60 Days
Greg K.	18 Years

Sharing & Caring

Brand	30 Days
Jessica	30 Days
Christian	30 Days
Sharon	60 Days
Mary	90 Days
Kristin Scott	90 Days
Jeff	90 Days
Lisa O.	6 Months
Tammy	6 Months
Tanya	9 Months
Heather	9 Month
Mike	1 Year
Lyle	1 Year
Ashley	18 Months

Note to group secretaries: please submit your group's birthday list to LIFELINE@saltlakeaa.org before the 15th of the month.

Bridging the Gap Between English and Spanish Speaking Districts

Pacific Regional Forum Presentation, August 28, 2010, Torrance, California

While in the process of preparing my report today I contacted the General Service Office and asked the following questions about Spanish Speaking Districts. Thank you Michelle M., our archivist for responding.

How many Spanish Speaking Districts are registered with GSO in the US and Canada?

“We generally do not maintain a formal record of new districts by language but Spanish Services assignment at G.S.O. has kept a very informal list of Spanish-speaking DCMs as a measure of estimating Spanish-speaking districts.”

How many new Spanish speaking districts in the past 2 years?

“The average number of Spanish linguistic districts has been around 90 for the past few years.”

Where is the most growth occurring?

“Given that we do not maintain a formal record of Spanish linguistic districts, it is difficult to determine where the most growth occurs. However, anecdotally we know that there have been new Spanish linguistic districts being formed in areas where the Spanish population appears to be growing in recent years. This includes Areas such as Alabama, North Carolina, Kentucky and Arkansas. We are aware that in some areas the Spanish districts fall within the geographic boundaries of an existing English-speaking district and in some areas there is one Spanish district encompassing the entire geographic Area. It is true that most Spanish-speaking linguistic districts continue to be active in California, Texas, New York and the Chicago area.”

When was the first Spanish speaking district registered?

“It appears that the first Spanish-language district may have been formed and formally accepted by an Area between 1973 and 1975.”

Over the years, Areas in the Pacific Region have used various bridge building tools including handshakes and hugs to reach out to our Spanish speaking brothers and sisters. We have collectively learned that building these relationships with other cultures takes time and we are not the only recovery program available, patience is indeed a virtue. Our experience teaches us that in order to be most effective we cooperate with cultural traditions and religious customs.

Delegate Area's are purchasing translation equipment; providing interpretation and translating business documents and newslet-

ters. They are recruiting bilingual volunteers and finding ways to pay for professional services. We are using our standing committees to develop relationships with newcomers in treatment and correctional facilities and sharing our experiences through bilingual workshops. I am personally awed and grateful to Spanish speaking ladies and gentlemen who have traveled from California to Utah these past few years to help with our local FORO.

Out of the approximately 215 items listed in our A.A.W.S. literature catalog, half are available in Spanish, less than that in French. There is always room for improvement. This year the General Service Conference voted to approve “Spiritual Parity” for our LaVina magazine by increasing the number of pages and removing the staples making it facility friendly. LaVina editors will need submissions from us for this to work.

In 1995 I went to my first Spanish speaking meeting. I was assigned to visit the group as part of my DCM duties. I was given my first “Spanish Sponsor” (someone to translate for me) and began a relationship that continues to this day. I remember going to PRAASA that year and describing the need for literature for this group and the Spanish speaking members attending PRAASA pooled their resources and sent me home with a box of A.A. Spanish literature. It has been five years since the Spanish speaking linguistic district was formed in Utah. It is a geographical district and covers our entire area. The struggles they are faced with remind me of growing pains described by our co-founders in the Fellowship's early days.

This November District 12, our linguistic district will host the Utah area for their first time. It is my hope that in the near future Utah will send a Spanish speaking delegate to the General Service Conference. After all, Utah did send the first Native American to serve as Trustee!

My heart is full of gratitude to the Utah area for this extraordinary opportunity to serve; to the Pacific Region for hosting this Forum and to the General Service Office staff for the love and support they provide to Alcoholics Anonymous worldwide.

Bridging the Gap between English and Spanish Speaking Districts in Utah began with a handshake and continues with an embrace.

Monte S.
Panel 59 Delegate
Area 69 Utah

Calendar of Events

10th Annual **Fall Fellowship Weekend** “*Decade of Recovery*”

October 16, 2010

October 1- 3, 2010

Comfort Suites, 2250 South 1200 West (exit 343). Ogden

Doors open at 6:30pm

Dinner served at 7:00pm

Cost \$15.00 pre pay (\$18.00 at the door)

Table presales available (10 seats per table)



3rd Annual **Fellowship of the Spirit**

St Ambrose Church

1975 South 2300 East, Salt Lake City

October 8 – 10, 2010

www.fotsutah.com



Fall Workshop

November 6,7 2010

Hosted by District 12

Central Office Dinner

Spaghetti Dinner and the film production of the Broadway play “Bill W. & Dr. Bob”

2029 N. Main Street Sunset, Utah



Area 69 Archives

In order for the archives to grow, takes the work and interest of individuals on the local level. Usually group members or district members will donate articles or items to the Area 69 Archives. It may be an article, a new printing of a pamphlet/book, a movie, a flyer, a coffee cup, a t-shirt, etc.

A local member can interview an old timer they know to collect an oral history. Individual members can gather information such as flyers for events in their group or district. It is wonderful when a group submits a group history. You can also gather information on the history of meeting halls or clubs and the history of events held there.

If you are interested in interviewing an old timer, or you just want more information on collecting histories, please contact either the Standing Chair Archivist or the Repository Archivist to obtain paperwork that will assist you in your endeavors.

The Area 69 Archives are displayed at all Area Assemblies. Please make time to visit and see what members have donated. There is information to see and to read. All displays are not the exact same. The Repository Archivist tries to change parts of each display to reflect the event or the location of the event to

show something of interest from that district or past events in that district.

District archivists and group archivists are a great assistance to help the Area 69 Archives flourish and grow. They can share what they have in their group or district archives and they also help in preserving our history.

The archives have a variety of needs to house, store and protect the items in Area 69 Archives. Most items are donated so everyone is encouraged to contact the Repository Archivist for information on current needs. You never know what little thing you may have that would assist in protecting the archives for future viewing pleasure of members to come after us. Recently, the Area 69 Archives was in need of Grapevines from January 2000 thru December 2009. The fellowship has succeeded in accomplishing this goal. Thank you.

The archivists are here to assist you, the fellowship, to maintain and preserve our history. We look forward to seeing you in Richfield when Area 69 completes another page in our history and holds elections to vote in the next Area 69 panel of officers.

2010 Central Office Picnic

Our Central Office Picnic was held at Pavilion #5 in Murray Park on Sunday, August 29th. There were approximately 350 people who attended, everyone seemed to have an enjoyable time. Jim C. was the Picnic chair and Christy R. was the drawing chair. Lots of volunteers made the picnic a success. Thank you to all of you !!!

Christy did a great job of obtaining prizes for the drawing. The prizes are at Central Office. The winners or their answering machines have been contacted. Deadline for picking up the prizes is September 30th.

Picnic income:	\$3,551.00
Picnic Expenses:	<u>\$1,120.84</u>
Net Income:	\$2,430.16

2010 Utah Rainbow Roundup a Success

On August 27 through 29, 2010 the 12th Utah Rainbow Roundup was presented at Salt Lake City's Marriott University Park Hotel. Grounded in 12-step principles and traditions and appealing primarily to gay, lesbian, bisexual and transgender (LGBT) people in recovery, the Utah Rainbow Roundup has been held every year but one since its founding in 1998. Over 90 people from Utah, Nevada, and Washington attended the 12th Utah Rainbow Roundup, which offered an array of AA and Al-Anon workshops based in the Twelve Steps and Twelve Traditions, along with AA and Al-Anon speaker meetings both Friday and Saturday night and AA and Al-Anon entertainments following the Saturday Night Banquet. Of particular note to conference attendees was a workshop on Saturday afternoon that shared some little-known but significant historical material about the contribution made by LGBT people to the establishment of AA's Third Tradition in "year two" (as Bill W. phrased it in his 1968 address on the Third Tradition).

Utah Rainbow Roundup planners will host the annual event on the last weekend of August each year, so watch for the publicity and mark your own calendars for August 26 through 28, 2011. People in recovery who know recovering LGBT people can be of great assistance in getting the word out about this recovery conference.

Announcing:

G/Q



The *NEW* S.L.C.

Women's

A.A. Meeting

This new meeting welcomes all those who have lived, or currently live, under the cultural sign "FEMALE", Gay women, Queer Women, Lesbians, Dykes, MTF, FTM, Grrlz, Boiz, Bi s, and those who are questioning. G/Q Women's primary purpose is to help the alcoholic who is still suffering. It meets Monday evening at 8:00pm in the Community Legal Center basement: corner of 200 North and 400 West. Parking in the rear.

