

LIFELINE

Salt Lake City Central Office Newsletter

February 2010

The Process of the Second Step

Bill W told Lois that he wasn't feeling well and was going to lie down on his bed at 182 Clinton St. Brooklyn. It was late fall of 1938 and he had been laboring over what later would be the "Big Book" He lay in bed and said a prayer. He had six ideas or concepts from the Oxford Group that the then newly sober drunks were using. They were what we now identify as steps 1,4,5,9,12 and 11. Bill W wanted to flesh them out, so on the pad in front of him he allowed his inner wisdom to take the fore ground and within a half hour the Twelve Steps had been written. The Second Step was one of those inspired by whatever Spirit moved Bill that night.

"We came to believe that a Power greater than ourselves could restore us to sanity" In the rooms I was told by the old timers that the Second Step was a process. They said "I came, I came to, I came to believe" the first order of business was to present my shaking, lonely miserable self to a meeting. God cared for me but He respected me enough not to pull me off a bar stool, that was my job.

Attendance at meetings allowed me to meet and listen to other alcoholics who drank as I did and they were sober and active in life. I came to believe by seeing the results. William James said "Expose yourself to the truth and the experience will come. Participate in the external occurrence and the spiritual experience will be added unto it." We say "you can't think your way into good action you have to act yourself into good thinking". My eyes were opened to the devastation booze had caused in me and those around me. I became aware of who and what I was, I was an alcoholic that was my reality whether I liked it or whether I hated it that was who I was.

The "coming to believe" took time. I was told to pray and didn't matter if I believed or not just raise your heart and mind to What Ever was there that got these other guys sober. I have a God now and I don't have a clue as to what He, She or It is as a finite being I can't understand an Infinite Being but I have sure seen the results for the last forty years of joy and a happy useful life.

- The New Yorker's Group

Editors Note: I asked the New Yorker's Group, which is a Step Study group that meets at Market Street Grill, 48 Market Street, Salt Lake City Friday mornings at 6:40 AM to submit an article for the LIFELINE. They graciously agreed. If you or your group would like to contribute to your SL Central Office Newsletter please send your articles to doug@utin.org.

Thank you for allowing me to serve this incredible Fellowship! I would also like to offer the previous editors a word of thanks for their tireless efforts in carrying the message of hope to those that still suffer.

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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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 January 2010 Central Office Representatives Meeting

A Closed Meeting of Alcoholics

- Afternooners
- Came to Believe
- Early Friendship
- Fly'n High
- Fresh Air Serenity
- Granger Group
- Grapevine
- Happy Destiny
- Highland Group
- Hillcrest
- Magna Friendly
- Midvale Lunch Bunch
- Murray-Holliday
- New Life
- Nomadic Lunch
- Serenity View
- Sugarhouse Men's
- Women In Sobriety

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

Please observe a moment of silence
 In Loving Memory of our friends who recently passed on
 Fayola G. 1934 – 2010
 David L. 1955 – 2010
 Rogers S. 1938 – 2010
 Donald M 1931 – 2010

Congratulations to our birthdays

Speak Easy Ladies

Valerie	6 Months
Annie	6 Months
Pat	6 Months
Karen	9 Months
Heidi	9 Months
Susan	1 Year
Laura	18 Months
Cynthia	7 Years
Kritan	10 Years
Susan	11 Years
Susan	18 Years
Carol	24 Years
P.J.	25 Years
Sandy	26 Years

Came to Believe Group

Eric M.	18 Months
Laura B.	6 Years

Living in Sobriety

Jani	30 Days
Paul	30 Days
Alex	90 Days
Kevin	90 Days
Drew	90 Days
Sara	90 Days
Todd	6 Months
Sara	6 Months
Jeff	9 Months
Sacha	9 Months
Park	1 Year
Scott	1 Year
Ken	2 Years

Mike	2 Years
Mark T.	4 Years
Richard	10 Years
Sherri D	17 Years

Sharing & Caring

Jani	30 Days
Jenie	30 Days
Stacy	30 Days
Kevin	30 Days
Tony	60 Days
Jeff	60 Days
Paul	60 Days
Jeff	90 Days
Paul	90 Days
Matt	90 Days
Josh	6 Months
Ace	1 Year
Brian	2 Years
April	5 Years
Brandon	5 Years
Ryan	5 Years
Michael C.	6 Years
Sherri D.	17 Years
Steffi P.	23 Years

Fresh Air Serenity Seekers

Stacy	30 Days
Elane	30 Days
Carol	30 Days
Karry	30 Days
Mike	30 Days
Tonya	30 Days
Matt	30 Days
Jeff	30 Days
Tammy	60 Days

Sharon	60 Days
JayJay	60 Days
Haley	60 Days
John	90 Days
Jeff	90 Days
Heather	90 Days
Eiddie	90 Days
Cristy	90 Days
Ron	90 Days
Ally	6 Months
Josh	6 Months
Jordan	6 Months
John	6 months
Saundra	6 Months
Frank	6 Months
Doug	9 Months
Danny	9 Months
Johnny	9 Months
Tony	9 Months
Jayes	1 Year
Bill	1 Year
Rob	1 Year
Linda	1 Year
Jim	1 Year
Cristina	18 Months
John	18 Months
Ona	18 Months
Dave	2 Years
Steve	5 Years
Raylynn	5 Years
Kim	6 Years
Danny	13 Years
Kevin	14 Years
Larry	16 Years
Brent	17 Years
RC	18 Years
Dave	22 Years
Steve	22 Years
Becky	22 Years
Randy	28 Years

What I learned at Camp

I love AA. Absolutely love the program and the life I have because of my involvement in Alcoholics Anonymous. I have become one of those AA devotee's whom I used to mock. Yes, life has turned dramatically towards the sober. And I am full of joy.

I attended the 3 day AA conference in Park City Utah in the autumn of 2009. I wasn't sure what to expect as I had never been to such an event. I do attend quite a few meetings during the week and the majority of my friends nowadays are members of AA. (Another action I would have mocked prior to coming into the program. Change my friends! Why? It didn't take long for me to see that it was a natural move. I still have many friends whom are not alcoholic, yet it seems I relate on a deeper level with my friends in the program).

So I checked into the conference with a bit of cynicism yet trying to keep an open mind. I was sure that 72 hours of AA

would be enough to tarnish me on the program for the next year. Don't get me wrong. As I've stated, I love AA. I love Filet Mignon too, but I don't eat it for three days straight- breakfast, lunch and dinner.

I will say I didn't attend a solid schedule of meetings from sunup to sundown. I'm only human. I did however, have a wonderful experience in a beginning meditation class, heard some excellent speakers and spent time with a few close friends whom became even closer through this experience.

I would give the experience a two thumbs up. Any member of AA- whether they have 1 day or 40 years might pick something up from such a conference. I found the strengthening of my friendship with others to be the most rewarding perk of all.

Mike W
SLC, UT

What the Spirit of Rotation has done for me

When I finally got sober and started working the steps with my sponsor, he told me that service work, among other things, will help keep me sober. He suggested that I volunteer for service positions as the opportunities presented themselves. So I volunteered to make the coffee at my home group. I would volunteer to chair from time to time and be the greeter at a couple of meetings a week. As time without drinking went by, I started to understand how the service work I was doing was working for me. It was starting to give structure to my life, some purpose, and that great feeling of helping someone else. As my recovery began to feel more normal, I started volunteering to man the phones at Central Office. And when I was a year sober, I volunteered to be a Central Office Rep for my home group.

That service position challenged me to live the 12th Tradition's "principles before personalities" in a very real way. I felt like my Higher Power was telling me to put my money where my mouth is, and to learn the definition of tolerance and compassion. That service position in particular gave me the opportunity to build my character and to be more than I thought I could be. I was elected to serve on the Board of Trustees three years

in a row, and recently rotated off the board this year. My time in that service position was one of the best things that could have happened for my recovery, and also for me as a person. It gave me the gift of participating in the recovery, and the success, of others. That gift was freely given to me by the fellowship of AA, and now it's time to step down and let someone else experience the same joy.

World Services tells us that "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."(Bill W.) The exception is the paid employee who, according to World Services, "functions as a paid employee of the central office *—not as an A.A. member—*during duty hours and is hired largely on the basis of professional skill". For me, rotating service work allows my recovery to stay on track. That's the journey, that's the joy.

Joe M.

An Open Invitation

The grumpy old men of The Sugarhouse Men's Group cordially invite all who might be interested (including women and Alanon) to come and help us celebrate 60 years of service in the Salt Lake area.

Friday, February 26, 2010

Time 8:15 PM

Location 3280 East 3900 South

(Church in rear)

Speakers will cover

History of Sugarhouse Men's Group

Alanon Speaker

Old Time Speaker

Youngster

Refreshments will be served after the meeting.

District 10 Announcements

District 10 is in need of several service positions. They are specifically looking for 6 District Committee Members (DCMs), and 5 Alternate District Committee Members (Alt-DCMs)

"The district committee member (D.C.M.) is an essential link between the group G.S.R. and the area delegate to the General Service Conference. As leader of the district committee, made up of all G.S.R.s in the district, the D.C.M. is exposed to the group conscience of that district. As a member of the area committee, he or she is able to pass on the district's thinking to the delegate and the committee." *The A.A. Service Manual, p. 531*

The suggested qualifications of a DCM are (1) a minimum of three years continuous sobriety and (2) completion of one full two year term as a GSR or Alternate DCM

It is suggested that any person with the following qualifications is eligible to fill the Alternate DCM position in the District: a suggested minimum of two years continuous sobriety and service within the past two years and a minimum of one year in the District as a GSR. A GSR can serve as an Alternate DCM without giving up his/her GSR position.

What If

In just a few short weeks we begin the process of fellowship wide collective participation in the General Service Conference of Alcoholics Anonymous. Following is a preliminary and partial preview of proposed and carried over agenda items for the 2010 General Service Conference.

-What If we continue to use full faces of actors portraying A.A. members in A.A. service videos and other productions?

-What If we produce additional literature pertaining to agnostics/atheists in A.A.?

-What If we continue using A.A. literature profits to pay for A.A. services? **What If** the number of groups contributing in Area 69 increased from 50% to 100%?

-What If an A.A. member's anonymity is revealed posthumously; how do we handle anonymity when an A.A. member dies?

-What If you have a suggestion to improve the message contained in Service Pamphlets and other Service Material for Treatment Facilities, Special Needs, Corrections, Remote Communities, Cooperation with the Professional Community,

Literature, Grapevine/LaVina and other standing committees and you don't share it?

If you have a Home Group **and if** your Home Group has an **active General Service Representative and if** you have a Home Group Business Meeting **and if** you go to that Home Group Business meeting then you have the opportunity to have your voice heard in the life saving process of the General Service Conference and the topics presented above. **What If You Don't?**

**"I am responsible,
when anyone anywhere reaches out for help I
want the hand of A.A. always to be there
and for that I am responsible."**

(The "I am Responsible" is reprinted with permission of Alcoholics Anonymous World Services, Inc.)

If you have any questions or comments, please call. I am happy to visit your group or district to share ideas.

Thank you for your service to others,
Monte S.
Panel 59 Delegate, Area 69 Utah

Archive Preservation & Conservation

The Utah Archives were moved in October 2009 from one storage facility to a new storage facility and are still located in Cedar City. They are still accessible to the Area 69 Repository Archivist, Janet H. This is a historic leap forward for Area 69 Archives. Our archives are important and preservation has always been a priority. Area 69 now has their archives stored in a climate-controlled environment. The archives consist of a lot of paper documents, photos, CD's, Tapes, and other sensitive materials. The climate-control will keep these documents better protected from drastic changes in the temperature. It is damaging when the temperature changes from 30 degrees in the morning to 90 degrees in the afternoon. The new facility will maintain a constant 70 degree temperature year round. The new facility is also gated and protected by security cameras.

Pests are another challenge when protecting archives. Even using Acid Free sheet protectors and Acid Free boxes, documents need to be monitored for pests. Hardware stores have glue traps that work well with little pests. Beetles love paper products and leave a powder dust where they habitat. Look in your books because they will eat the pages. Silver Fish also eat paper products. The Booklouse is another pest that loves to eat books and paper. Don't forget Cockroaches. These pests hide in dark moist areas. They leave their feces everywhere they congregate. Yuck! Mice are common pests that also leave their droppings and urine where they travel.

In the fight for prevention of pest invasion, all incoming materials should be cleaned. Store the materials in a hostile pest

environment. This means keeping conditions such as temperature, moisture, air circulation and light conditions at a level that doesn't invite pests. Keep the area vacuumed so crumbs, hair, and lint are not present. If you have a structure for your archives, use landscaping that is not attractive to beetle, silverfish, mice and cockroaches. This will also assist in preventing migration of pests. Don't forget to check documents or materials for mold. For additional information, check the following websites: www.nedcc.org, www.museumpests.net, www.nps.gov/history/museum/publications.

One method used to protect books is a method called Flash Freeze. You place a book in a zip-lock baggie. Place the same book in a second zip-lock baggie the opposite direction from the first zip-lock baggie. Freeze for 6 months. This will kill any pests in the paper or on the pages. The difficult part of the Flash Freeze is monitoring the defrost process. You do not want to create moisture on the book when you thaw it out. Moisture will promote the growth of mold and mildew.

REMEMBER: Preservation is a slow, time-consuming process and requires patience.

These are just a few of the methods used by Archivists to protect archive materials in the fight for preservation. Area 69 has not encountered any of these problems but our new facility will promote better protection and preservation.

Area 69 Standing Chair Archivist

Make Small Commitments, Get Big Changes

Don't compare your life to others. You have no idea what their journey is all about.

Don't have negative thoughts of things you cannot control. Instead invest your energy in the positive present moment.

Don't overdo. Keep your limits.

Don't take yourself so seriously. No one else does!

Don't waste time on gossip.

Dream more while you are awake.

Envy is a waste of time. You already have all you need.

Life is too short to waste time hating anyone.

Make peace with your past so it won't spoil the present.

No one is in charge of your happiness except you.

Realize that life is a school and you are here to learn.

Problems are simply part of the curriculum that appear and then fade away but the lessons we learn last a lifetime.

Smile and laugh more.

You don't have to win every argument.

- Compiled by Michael J.