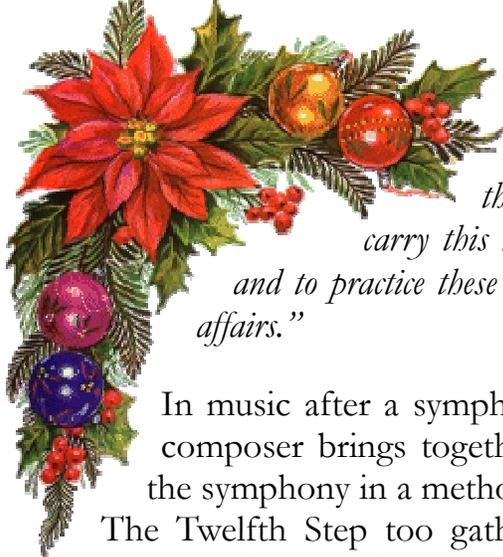


LIFELINE

Salt Lake City Central Office Newsletter

December 2011

Having had a spiritual awakening . . .



“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.”

In music after a symphony is ending the composer brings together the themes of the symphony in a method called a “coda”.

The Twelfth Step too gathers all the major principles developed in Steps One through Nine. Then I am asked to practice them in **ALL** my affairs. There is very little wiggle room in this, if I am to stay sober and live to a better life I must take certain actions to change (if I may mix different ideas from our literature) the drunk I brought here.

There is a process of growth that I find interesting : when I came here I was in a deep isolation hearing only my own drunk voice telling me “ just one more and I’ll stop”. I stayed away from those who would tell me differently. But the pain of isolation is like nothing else and it was this pain that drove me to AA. The First Step was there to meet me where I was, it was all about me, my pain, my life, my internal suffering. Then very gradually the Steps lead away from self to a Higher Power (2 and 3) then to my relationship to

others (4 and 5) and finally facing my responsibilities of my behaviors and knowing that if I had the power to hurt I had the power to heal (8 and 9).

The last idea that I find important for my sobriety is that each Step carries a principle. A principle is an essential truth from which lesser truths are developed. By accepting the principle of gravity we can now fly. What those principles are is rarely spelt out, so I must dig them out. For me the first major truth is Surrender. It is this ancient idea that allows me to build on the truth of the other Steps. The Forth Step gives me the principle of self inventory. Men of wisdom have said that “a life without self investigation is not worth living”. Bill W. broadens this idea in the 8 and 10th Steps. This is a rich vein that never seems to peter out. I am not going to take away the fun of finding your ideas you need to live by. The Steps are an individual journey, I know how much these Steps have changed my life and the lives of my family. The ripples of this way of life touches the lives of people we will never meet as they sit on different shores but I know that my God does Know and that is enough for me.

~ The New Yorker
A Closed A.A. Meeting, Friday 6:40am
Market Street Grill, Salt Lake City

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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Groups Represented at the November 2011 Central Office Representatives Meeting

A Vision for You
Acceptance
Basic Young Peoples
Bog Irish Big Book Study
Bountiful Men's Group
By the Book Group
City at Seven
Cottonwood Group
Dog on the Roof
Eye opener
Foothill Group
Garden Variety
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Honeys
Living in Sobriety
Nomadic Lunch Bunch
Nutbuckets
Park City Men's Group
Salt Lake Group
Sharing and Caring
South Davis
Tenth Step Group
The Round Table Group
Tooel Beginner Group
Up Group



7th Tradition Contribution Addresses

AA World Services
Box 459
Grand Central Station
New York, NY 10163
<https://ctb.aaws.org/Login.aspx>

Central Office of Salt Lake City
80 West Louise Ave.
Salt Lake City, UT 84115

Area 69 Treasurer
PO Box 1422
Salt Lake City, UT 84110
utahaa.org/contributions.php

District 10 Treasurer
PO Box 57271
Murray, UT 84157

District 2 Treasurer
PO Box 615
Salt Lake City, UT 84110

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.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail."

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it."

Reprinted from *Alcoholics Anonymous* with permission from AAWS, Inc.



Congrats to our birthdays It works, it really does!

Big Ugliers

Ishmael 60 Days
Clint 6 Years



Normadic Lunch

Ron 30 Days
Michelle 30 Days
Michael 30 Days
Sadie 90 Days
Katie 90 Days
Tammy 9 Months
Cindy 9 Months
Debbie 22 Years



City @ Seven

Graham 30 Days
Rachel 30 Days
Drew 30 Days
Jared 30 Days
Scott 90 Days
Mouse 90 Days
Zach 90 Days
Scott 90 Days
Richard 90 Days
Jordan 90 Days
Geri 90 Days
Wayne 6 Months
Bryce 6 Months

John 9 Months
Barbara 1 Year
John 1 Year
Christine 18 Months
John 18 Months
Jay 18 Months
Kevin 8 Years
Chris 24 Years



Came to Believe

Eric M. 30 Days
Chris 17 Years



Please send your group birthdays and news to
LIFELINE@saltlakeaa.org by the 15th of the month



Please visit us at saltlakeaa.org

Open house to honor
Ron & Sandy's Retirement
Central Office of Salt Lake
January 1, 2012 3:00 – 5:00 pm



FROM: The Chair in the Corner

Greetings to all. Hope everyone had a great Thanksgiving and a safe and enjoyable Black Friday. To all of my fans (both of you) I apologize for not writing for the November issue of the **LIFELINE**. I was very busy trying to secure a paying job with a race team in Las Vegas. Being unsuccessful I decided to take a much needed vacation in South Dakota and take out my frustrations on several pheasants that lived in the area. To the rest of you that read this column I am sorry to say that I'm back.

I would like to welcome the new board members that were elected at the November CO Reps meeting. Kent S. will be moving from Trustee to Secretary, Jeremy C. will be moving from Alternate Trustee to Trustee. Rich W. will be our new Alternate Trustee. Welcome to all and I look forward to working with you. Apparently no one wanted to stand for treasurer. That position is still open and hopefully will be filled at the next Reps meeting. In December we will elect chairs for standing committees. Another chance to do service work.

Were you there, did you partake, what did you think of the movie? What am I talking about? Why the Chili Cook Off of course. What a culinary extravaganza, never in my

life did I consider how many different ways there were to make chili. We had over twenty different varieties of chili that ranged from traditional southwestern to white bean and chicken, we had chili with an Italian flair, a New Orleans Twist, a Chile and corn bread casserole, Chili Verdi, a pumpkin chili, and even one imported from Costco. Oh yea did I mention that the movie was good and the company was fantastic. I guess to sum it up it was a gas. A big thank you to Joel and Penny for putting it on and pulling it off. Also to all of you that helped with the set up and clean up a big thank you as well. Many hands make light work.

Ron and Sandy have announced plans to retire at the end of the year. Ron has been at Central Office for 22 years and Sandy has been there for over 17. Thank you to both of them for all they have done for Central Office. They will be missed greatly. Central Office will be open on New Year's Day and an open house is planned for Ron and Sandy from 3-5 that day. Please plan on attending and come to Central Office during the day for coffee and conversation.

What are we going to do without Ron and Sandy? I'm glad you asked. Tonya plans to stay on as bookkeeper and a committee

was formed to look at Central Office going forward absent a manager. We are exploring the idea of Central Office being run by volunteers from the community and possibly adjusting the hours of operation accordingly. Hopefully our new Volunteer Committee chair will be able to fill the positions to keep Central Office open as always with no change in service. What do you think can we count on you? Call me at 801-664-1206 to find out what openings are available. We have 2 and 4 hour shift openings Mon-Sat.

As you can see lots of things are happening at Central Office. Don't you think it's time to get involved and make your voice heard? Is it not time to do your part instead of letting someone else do it for you? Central Office needs your help. We need your help. I need your help. Together we can make Central Office meet the needs of our community. Need a New Year's Resolution suggestion? How about putting a little time and effort into Central Office so it can be here for the next person like it was for you. Think about it.

Yours in service,

Nick R.
 Board Chairman Central Office SLC

History Offers Good Lesson for A.A.

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A.A.s need to warn each other about becoming too confident. Over-confidence can have sorry consequences. Individual A.A.s need to take the warning to heart; A.A. as an organization of individuals can also profit from it.

All of us, attending meetings of our various groups, have heard, and taken part in, conversations like this: "D'ja see that story about A.A. in this week's Squint?" "Not yet, but Joe was talkin' about it. Any good?" "Yeah, a pretty good piece. You know, those editors must think we got somethin'." Sure, they wouldn't be giving us space, what with the war and all, if they didn't think a lot of their readers wanted to know about us."

Rosy contentment settles over speakers and listeners.

How many of the readers of *The Grapevine* have heard about the Washington Temperance Society? It was quite an organization in its time - in the 1840's. Its organizers called themselves "reformed drunkards" and they set about "reforming" other drunkards. Does the idea seem familiar?

They did all right, too, they got going in the spring of 1840, in Baltimore. In early 1843, they were claiming that they had persuaded 100,000 habitual drunkards to sign the pledge. Older temperance organizations had to stand aside - or climb onto the bandwagon. The new society was getting the headlines. It organized a mass meeting in City Hall Park in New York City in 1841 that attracted more than 4,000 listeners - the speakers stood on upturned rum kegs - and it had 1,800 new members when it closed its campaign in that city.

There were triumphal parades in Boston - where historic Faneuil Hall was jammed to the doors to hear the speaker - and in other eastern cities, Speakers toured the West and South.

The Press of the day gave the society uncounted columns of publicity. The society petered out.

The "why" contains a lesson - and a moral - for A.A.

There was no ONE reason, of course. A reason was that older temperance organizations hired some of the society's better speakers. That reason couldn't have wrecked the society if it had had its feet solidly on the ground.

Another reason was that politicians looked hungrily at its swelling membership. Some of them climbed aboard the wagon (there is inference that in those times, at least, some politicians could qualify for

membership) and they helped to wreck local groups through their efforts to line up votes.

The Abolition movement was gaining strength and there was division within groups as men took their stand on the issue of slavery.

The Washingtonians were confident. They rebuffed overtures of older temperance organizations, they scorned old methods. Local groups went their separate ways, made their own mistakes, and learned their own lessons. Some, with larger membership, dipped into their treasures to finance their own publications. There was no overall direction of educational policy. Editors of local society publications got into squabbles with editors of other temperance papers.

There was division, in those times, among the older organizations. Some of them plumped for total abstinence as a rule of conduct; others hedged and wanted to direct their efforts against use of spirituous liquors, accepting use of wines and beers as normal conduct. Some of the more hardy souls already were clamoring for legislation that would outlaw the traffic in beverage alcohol. All of these factions pulled and hauled on the society's members.

Older temperance organizations were finding it increasingly difficult to interest the public in their aims. The Washingtonians with their unique methods - their missionary work among drunkards, their open-air parades and mass meetings, their "experience" programs that afforded a thrill-seeking public the opportunity of enjoying vicariously the degenerate experiences of sodden sinners - were stealing the show. The older organizations borrowed Washingtonian speakers and methods to draw larger audiences to their meetings.

Because the Washingtonian movement, in its beginnings, was concerned only with the reclaiming of drunkards and held that it was none of its affair if others used alcohol who seemed to be little harmed by it, the makers and sellers of alcoholic beverages looked upon the new movement with a tolerant, even approving eye. The habitual drunk was no more welcome in the nineteenth century grog-shop than he is in the present day cocktail lounge.

But in its zeal to increase its membership as rapidly as possible, the society pledged many persons to total abstinence who were intemperate drinkers, probably, but who were not alcoholic in the present-day definition of the term.

The Washingtonian movement might have survived, however, might have triumphed over its mistakes, and its enemies (and well wishers), except for one fatal omission.

Its organizers believed they could get along without a Higher Power.

It wasn't a particularly religious time. And inebriates, then as now, had generally lost touch with Him. Many of them, in fact, were outspoken in their denunciations of all of His works, especially as demonstrated in the activities and attitudes of so-called Christian folk. The meetings of the society's groups were conducted usually without reference to Him.

Washingtonians were not atheists; it just hadn't occurred to them that God as we understand Him could help them to stay sober. In fact, some of them believed that if they invited God into their councils, sectarianism also would push its way in, and their movement would be taken over by one or another of the churches.

The society wasn't on God's side and, consequently it disintegrated.

An editor of that day wrote:

"That the exclusion of all religious forms and the entire abstraction of religion from temperance were necessary for the reclamation of the drunkard, we have never believed.... The drunkard may have felt hostile to religion while in the bar-room and amid the fumes of liquor, and

he may feel so after he has reformed and been taught to believe that he is better than a Christian, but never did a poor drunkard go up in sincerity to sign the pledge, without feeling himself a prodigal, commencing a work of return to his Heavenly Father, and needing that Father's help: and who would not have gratefully knelt and listened to a prayer for that help on his new endeavors. And we believe that if the hundreds of thousands of signatures in our country had been accompanied with prayer and some religious enforcement, their power and efficiency would have been incomparably stronger."⁽⁵⁾

Is it necessarily true that there's nothing new under the sun," or that "history repeats itself?"

A.A. is new, a new partnership with God in a useful endeavor. History NEED NOT repeat, in the case of A.A., the sorry story of the Washingtonians, rise and fall.

There are, however, lessons to be learned from history.

C.H.K., Lansing, MI

To subscribe to the Grapevine please visit aagrapevine.org



F.E.A.R.

My spirit began to wake up when my desire to stop drinking coupled with a willingness to do whatever it took to accomplish that desire. The process of getting desire and willingness on the same page took years of desperation drinking.

On May 12, 1989 I spoke to my first recovering alcoholic. On that day, my wife dropped me off at the local treatment center. I was so drunk I was unable to say my own name. That first alcoholic told me, while still in my drunken stupor, that I would have to learn to pray and to cry if I wanted to get sober. I remember thinking to myself, I already know how to cry and I will NEVER pray.

As the Librium wore off and the days wore on I came face to face with F.E.A.R. Within a week I was on my knees praying like a condemned man and crying like a newborn. A.A.'s were teaching me that the only way through the fear was to; Face Everything And Recover. No longer could I get away with; Forget Everything And Run. Thus my spiritual awakening began.

Through inventory I realized that I had begun to practice the first three principles of our program without knowing it. By checking into the hospital I had begun Step One. After listening to AA's share their stories I came to believe there was a Power Greater than myself who would help me, Step Two, and the night I said that first prayer, Step Three became a part of my sober life. Over the years the 12 Steps of Alcoholics Anonymous have become a way of life for me. As the result of these Steps my Spiritual awakening that began in drunkenness, desperation and fear have guided me to a sober life full of hope and love.

My sponsor says that if you are planning to dig a trench and you intend to ask God for help, you better bring a shovel. It's his way of saying that if you want to have a spiritual awakening that will keep you sober you better pick up the kit of spiritual tools that have been laid at your feet and get to work.

~ Monte S.
Sunday Morning Serenity Group
Ogden, Utah

This may be the last LIFELINE you receive in the mail

A little over three months ago the CO Board created an ad-hoc committee to look into three concerns regarding the newsletter. Those areas were cost, distribution, and content. This was in lieu of stopping all mailings all together. As you're aware this committee, which is now the official Newsletter Committee (as created by the new bylaws in section 7.3.4), decided to create a new mailing list charging those that wanted their newsletter mailed to them a minimum of \$3.00 per year.

This was to accomplish several things. One was to get the newsletter self-supporting, it costs approximately \$1,000.00 a year. With a little over 350 issues mailed out we figured

that \$3.00 would cover the annual expense (3 * 350 = 1,050). To date we have heard from less than 30 people, who have donated a total of \$450.00! The other concern with the old mailing list was there was no way of knowing if those on it where still interested, or for that matter if they were still AA members!

Those that have not sent in a new address form by the end of 2011 will be dropped from the mailing list. The address form has been printed on the back of the mailed version for the last three months. Additional forms are available from your CO Rep. Of course you will still be able to pick up a copy of the LIFE-

LINE at the Central Office, or have your CO Rep get you one. Another alternative is to sign up to receive the e-mail version. Go to the Central Office website (saltlakeaa.org) and fill in the request form.

The Newsletter Committee meets the last Saturday of each month at 10:00am in the kitchen of the Salt Lake Central Office. All are welcome. Please come join us!

Doug R.
LIFELIFE Editor



December Phone Coverage

I have several friends who have AA birthdays during the month of December. That tells me there is a good possibility that there will be others looking for help during this Holiday season. There are still slots available especially on Mondays and Thursdays.

The Central Office is open from 9:30 am until 5:30 pm Monday through Friday and 10:00 am until 2:00 pm on Saturday.

In order to secure your spot on the calendar please call or email me at the following:

Open times available for December:

Sundays –	Covered
Mondays –	12a-930a daily
Tuesdays –	530p-10p daily
Wednesdays –	Covered
Thursdays –	530p-12a except the last Thursday
Fridays –	10p-12a on the 2 nd and 30 th 8p-12a on the 9 th 530p-10p on the 23 rd
Saturdays –	2p-6p on the 3 rd and the 31 st 2p-12a on the 24 th

Respectfully in service,

Alan L.
Contrailal@gmail.com
801-641-8401

