

LIFELINE

Salt Lake City Central Office Newsletter

July 2011

Humbly asked . . .

Humility is defined in as many ways as there are alcoholics to define it! One of its basic components seems to be, “. . . that we be convinced that any life run on self-will can hardly be a success.” (Alcoholics Anonymous pg 60) Dr. Bob had a plaque on his desk that read, “Humility, Perpetual quietness of 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. It is to be at rest when nobody praises me, and when I am blamed or despised, to have a blessed home in myself where I can go in and shut the door and 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.”

My first thought when I saw this step was, “Who would I be without my anger, my fears, etc.? I would end up being the hole in the doughnut, essentially nothing.” What I’ve come to realize through working the principles of these steps in all areas of my life is that what I have become is the person God intended me to be to begin with! None of this work has ever resulted in loss of any kind, unless you want to count the loss of misery, pain, and isolation!

Humbly asked Him to remove our shortcomings means two things to me now. One is that I see that by letting my character defects go I will only gain and that of and by myself I cannot change them, I cannot let them go. I need the help of a Power Greater than myself, that same power that removed the obsession to drink. If He can do that for me He can remove my impatience, my anger, my fear, my self-centeredness. All those things that block the Sunlight of the Spirit from entering my life.

I cannot solve a problem on the same level that caused the problem. That’s why I need the help of something that’s on a different level, a higher level.

My Higher Power continues to show me how I can be most useful to Him and to the people around me, by getting out of myself, by putting Him first and you next. I am at peace with myself and the world when I can do that!

That Power doesn’t always remove those character defects, at least not all at once and not totally. That’s His business, mine is simply to loosen the grip I have on them! That is what humility has come to mean to me: I can’t, God can, **if** I let Him.

~ 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:

Central Office of Salt Lake City, Inc.
80 West Louise Avenue
Salt Lake City, Utah 84115
manager@saltlakeaa.org



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Groups Represented at the June 2011 Central Office Representatives Meeting

974 Group	Midvale Lunch Bunch
Acceptance Group	No Nonsense Group
An AA Group	Nomadic Lunch
As Bill See It	Nutbuckets
Bog Irish	Off the Cuff
Bountiful Men's Group	Park City Men's Goup
By the Book	Salt Lake Group
City of Seven	Southenders
Closed Meeting of AA	Spiritual Quest
Dog on the Roof	Sugarhouse Mens Group
Draper Group	Sunday Breakfast
Early Friendship Group	The Cottonwood Group
Foothill Group	The New Yorker
Garden Variety	Up Group
Grapevine	VA Welcome Home
Happy Destiny	Vision for You
Happy Group	Way Out
Hillcrest	We Care
Jaywalkers	West Valley Group
Living in Sobriety	



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 1422
Salt Lake City, UT 84110

District 10 Treasurer
PO Box 57271
Murray, UT 84157

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

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 take a moment in silent reflection for our friends who have passed on

Drea L.
1929 ~ 2011

Dean P.
1947 ~ 2011

Congrats to our birthdays

It works, it really does!

Acceptance Group

Christopher W. 3 Years
Christian D. 5 Years

Kevin 12 Years
Collin 18 Years
Eddie 20 Years
Cindy 26 Years
Claude 30 Years

Kim 24 Years
Margaret 25 Years
Pat O. 27 Years

Hillcrest Group

Mike 30 Days
Bruce 30 Days
Robert 30 Days
Neals 30 Days
KJ 30 Days
Rose 30 Days
Lisa 30 Days
James 60 Days
Krista 60 Days
Jennifer 60 Days
Jana 90 Days
Lindsay 90 Days
Ryan 90 Days
CJ 90 Days
Portia 90 Days
Laura 6 Months
Melody 6 Months
Chelsea 6 Months
Brian 6 Months
Corren 9 Months
Brian 9 Months
Tracy 9 Months
Patricia 1 Year
Jay 1 Year
Tarza 1 Year
Sharon 1 Year
Steve 18 Months
Joan 2 Years
Molly 3 Years
Kami 3 Years
John 4 Years
Paul 5 Years
Lacy 6 Years
Kathy 7 Years
Curtis 9 Years
Stan 12 Years

City @ Seven

Tara 30 Days
David 30 Days
Dione 30 Days
Eric 30 Days
Jordon 60 Days
Mark 60 Days
Willy 60 Days
Jeff 60 Days
Chris 90 Days
Aaron 6 Months
Sean 9 Months
Troy 9 Months
Richard 9 Months
Matt B 18 Months
Aaron 1 Year
Tammy 1 Year
Chelsie 1 Year
Christopher 3 Years
Kip 8 Years
Scott 9 Years
Hank 21 Years
John 22 Years
Mel 28 Years

Erik M. 90 Days
Kelly L. 6 Months
Marty H. 10 Years
Morris W. 12 Years
'B' 25 Years

Came to Believe

Nomadic Lunch

Matt 30 Days
Monica 30 Days
Jessica 30 Days
Matt 60 Days
Andrew 60 Days
Monica 60 Days
Adam 6 Months
Shawn 9 Months
Jennie 9 Months
Kristi 1 Year
Sara 2 Years
Sheila 10 Years
Morris 12 Years
Rick 13 Years
Bob 15 Years
Nancy 24 Years
John 25 Years
Joel 27 Years

Speak Easy Ladies

Sue 60 Days
Cynthia 90 Days
Jenny 90 Days
Erin 9 Months
Karen 2 Years
Betsy 23 Years
Norma 23 Years

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

From: The Chair in the Corner

Can you believe it? Snow the end of last month and 90 degrees this month. I guess I should have turned on my sprinklers and looked at the swamp cooler a couple of weeks ago. And something else, oh yea write this column for poor patient Doug. I'm not sure why he puts up with me. I promise Doug next month I will do better.

The summer kick off, yard sale, barbecue, extreme obstacle course, etc., etc. was a great get together. It was nice to see old friends and make new ones. The food was good, the band was better and best of all was the turn out and support of the community. Thanks to all who could participate by helping, by donating items for the yard sale and for just showing to make it a big success. A special thanks to Kimmi for putting it all together and pulling it off without a hitch.

What's next? I'm glad you asked. Coming August 28 is the Central Office Fellowship Picnic. Once again it will be at Murray Park, Pavilion Five. Again this is a service opportunity for everyone. Your board will head up the comities and could use a lot of help as this is our biggest event of the year and we want to make it fun for everyone. Your C.O. rep has tickets for the opportunity drawing for some great prizes. Speaking of prizes my home group passed the hat at a meeting to raise money for a prize to be given away at the picnic. Something to think about for your group maybe. Also anyone interested in donating a prize should contact Christy @ 801-244-7163. If you can help with burger and dog duty, setup, clean up or anything in between please contact me @ 801-664-1206. Thank you for your help.

Big Al still has openings for groups or individuals to answer the phones on evenings, weekends and holidays. It's simple, it's easy and it's a lot of fun when someone calls. It helps people in need even if it's just a referral to a meeting for someone from out of town.

Doug, our Lifeline editor, is looking for article submissions on your personal experience, strength and hope in recovery. Or if you would like to give your opinion on some aspect of

recovery these would be greatly appreciated. Submit your article to lifeline@saltlakeaa.org.

Justin could use more help with 12 step group coordinators. This is someone in your group that can create a list of people willing to make 12 step calls and liaison with Justin when calls come in. For more information please call Justin @ 801-633-1163.

The outreach police are currently contacting groups that contribute to Central Office but do not have a active C.O. rep. Donation without representation, seems like something like that started a tea party, a war, and a quest for freedom some 225 plus years ago. Seriously this is your Central Office and we need your input and involvement to make it the best it can be.

Speaking of freedom, please take a minute and remember that freedom isn't free and if no one gets involved it will not last. Thank a soldier or a soldier's mother or father for his or her sacrifice on your behalf and don't forget to thank your higher power for your personal freedom of bondage from the bottle and your life of sobriety.

The purpose of your Central Office is to carry the message to the suffering alcoholic and is self supporting through our own contributions. Please consider a monthly donation through our Faithful Fivers and Trusty Tanners and help maintain Central Office for the next person that needs it. Contact your rep. or Central Office for more information.

Be safe and have a great July. Hope to see you soon. As always if you have a suggestion, criticism or just want to talk Central Office contact me at nick7141@xmission.com and then call me at 801-664-1206 and tell me to look at my email.

Your Trusty Servant

Nick R. chairman of the board central office

Visit us on the web at www.saltlakeaa.org

Sponsorship

I've always had a sponsor. It was a requisite in my original Home Group. There were no rules to that effect, however, everyone in the Group asked me if I had a sponsor and continued to ask until I found one. I really didn't think I needed one inasmuch as I had walked in on my own without references from anyone!

There wasn't much from which to choose, I thought. There were only four other women in the group. All were sober longer than me. I didn't actually choose as much as I "gravitated" toward the woman who seemed the happiest and was enjoying life. I wasn't happy and I certainly was not enjoying life, but this woman's enthusiasm was contagious and I found myself following her around and asking questions. She answered my questions and made suggestions and always asked whether I was ready to take the Steps as directed in the Big Book.

When I was sober six months I began taking the Steps with Ella. She met with me for an hour each week. I read the book aloud to her and when I came to the "action" set forth in the directions I took it. If I was not ready to take the action we stopped meeting until I was ready to continue. There was no pressure. By the time I was sober eighteen months, I had completed the work. I was free – I knew myself better and I was on good terms with all the people in my life. I began to understand why my sponsor was happy, joyous and free. I had much more to do, but I was on my way.

That was more than twenty-eight years ago and it is still a watershed moment in my recovery. My first sponsor, in a loving, patient, kind manner had opened the Way to me. This was the greatest gift I have ever received. Ella died when I was sober seven years and I miss her even now. It took a year to find my

next and present sponsor. I wanted a woman who was joyous in sobriety, one who was kind and loving, who enjoyed life and gave herself to others. Twenty-one years ago I found Dani. Dani is retired now and living in a nearby city, but she is still capable of asking the question that always brings me to reality, "... and where does your Higher Power fit into this?"

Alcoholics Anonymous began with sponsorship when Bill, afraid he might drink again, found Doctor Bob, an alcoholic who could not stop drinking. Bob, in turn, sponsored many alcoholics. Several stories in the Big Book testify to Bob's help.

My main job as a sponsor is to help the new person stay sober. I do this by sharing my personal experience. I suggest that the new person begin to work on the Twelve Steps as directed in the Big Book. I do not impose my personal views on the alcoholic nor do I try to solve their problems. My experience is that I could not solve my own problems when I got here, but through taking the Steps and living my life by the principles of the Twelve Steps I began to learn to solve my own problems. I always try to remember that my sponsor helped me to acquire the tools with which I could make my own decisions and stand on my own two feet. As I recovered we became equals and I was able to pass on what she had given me.

My recommendation is that anyone who wants to sponsor or be sponsored read the AA pamphlet; ***"Questions & Answers on Sponsorship."*** Over the years, this pamphlet has been invaluable in my sponsorship work.

~ Betty H.

Calendar of Events

Great Out Doors campout
"Happy, Joyous & Free"
Defa's Ranch

July 8 – 10, 2011

District 10 PI Committee
"Public Information meeting"
80 W Louise Ave, Salt Lake City

July 30, 2011 • 10 am – 11am

SLC Central Office
"By-laws Committee"
80 W Louise Ave, Salt Lake City

July 19, 2011 • 6:15pm – 7:15pm

SLC Central Office
"Outreach Committee"
80 W Louise Ave, Salt Lake City

July 26, 2011 • 6pm – 7pm

The Big Book Display Case

An AA member had an idea. He wanted to create a display case containing copies of the AA I will in all the languages that it had been translated into. He suggested that the display be housed at Central Office of Salt Lake City. He approached the Board of Trustees with the idea. He would fund the idea at no cost to the Central Office. He would raise the funds for the display by asking for donations from AA members. He passed a can around at meetings and clubs. Doing so, he was able to purchase books a few at a time. He donated the money to Central Office with a list of the books he wanted us to purchase. When the books arrived, they went into the display. Gradually, the display grew. It was funded by small donations from many AA members. Finally, we had a copy of the Big Book in all the languages that it was published in. When AA world services would come up with a new translation, our friend would arrive at the office with enough money to purchase the new translation for the display. The agreement that this AA member had reached with the Board of Trustees was that central office would house the display and could sell any of the books in it. Central Office agreed to replace any books it sold, with the money collected from the sale. So the display is ours at no cost to Central Office.

A wonderful thing has happened with the display. Hundreds of individuals have looked at it. They included firemen expecting the building, police officers that have come into the office, de-

livery people, plumbers, and local church and government officials. The display has been a powerful tool in carrying AA's message of hope and recovery. Many AA members have marveled at the display. Some have had a spiritual experience. They have felt connected to AA all around the world. They have built their Higher Power and have left the office with a sense of awe

and gratitude. These AA members have been from various states and countries. Several books have been sold. Copies of the Russian Big Book went to Russia. A copy of the Chinese big book went to a lady to give to her parents, so that they might understand her disease and recovery. Her parents could not read English. The missing Arabic Big Book was taken to Afghanistan for some AA meetings that had been started there. The Vietnamese Big Book went to individuals in jail and the Rescue Mission. There is a story behind each Big Book that has been sold. AA's message has been carried and alcoholics have been helped.

Just this last month an AA member from Connecticut visited the office. He spent about an hour looking at the display of Big Books. He was deeply moved and described the display is being "absolutely wonderful". Also this month, a lady from Norway visited

the office to volunteer at the office and to "earn" a Big Book. She was the first individual to receive a Big Book from our scholarship fund. She was given a copy of the Big Book in English. She had less than 24 hours of sobriety. She cried when she saw the orange copy of the Norwegian Big Book. Orange is her favorite color. We pass on the cost of the big books in the display. The Norwegian big book is fairly expensive. She said when she got a job, that she would come back and buy it.

The stories go on and on.



AA truly is a worldwide Fellowship

Phone Coverage July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 11:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group 6:00 PM Open 6p-12a	27 12:00 AM Open 12a-930a 5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	28 10:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	29 12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	30 12:00 AM Eddie 12a-930a 5:30 PM Open 5:30p-12a	31 12:00 AM 12a-6a Bethanne 7:00 AM 7a-930a Andrea 5:30 PM 5:30-10p Saturday morning 10:00 PM Open 10p-12a	1 12:00 AM 12a-10a Troy J. 2:00 PM Open 2p-6p 6:00 PM 6p-12a Lissa
3 12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group 6:00 PM 6p-9p 974 group 9:00 PM Open 9p-12a	4 12:00 AM Open 12a-930a 5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	5 12:00 AM 12a-6a Bethanne 6:00 AM Open 6a-930a 5:30 PM Open 530p-10p 10:00 PM 10p-12a Ally	6 12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	7 12:00 AM Eddie 12a-930a 5:30 PM Open 5:30p-12a	8 12:00 AM 12a-6a Bethanne 7:00 AM 7a-930a Andrea 5:30 PM 530p-8p Early Beginnings 8:00 PM Open 8p-12a	9 12:00 AM 12a-10a Troy J. 2:00 PM 2p-7p Bs in the book 7:00 PM 6p-12a Basic young peoples
10 12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group 6:00 PM 6p-10p Salt Lake Group 10:00 PM Open 10p-12a	11 12:00 AM Open 12a-930a 5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	12 12:00 AM 12a-6a Bethanne 6:00 AM Open 6a-930a 5:30 PM Open 530p-10p 10:00 PM 10p-12a Ally	13 12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	14 12:00 AM Eddie 12a-930a 5:30 PM Open 5:30p-12a	15 12:00 AM 12a-6a Bethanne 7:00 AM 7a-930a Andrea 5:30 PM 530p-8p Early Beginnings 10:00 PM 10p-12a Karlie	16 12:00 AM 12a-10a Troy J. 2:00 PM 2p-6p Sharing & Caring 3:00 PM 6p-12a Lissa
17 12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group 6:00 PM Football Group 6p-10p 10:00 PM Open 10p-12a	18 12:00 AM Open 12a-930a 5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	19 12:00 AM 12a-6a Bethanne 6:00 AM Open 6a-930a 5:30 PM Open 530p-10p 10:00 PM 10p-12a Ally	20 12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	21 12:00 AM Eddie 12a-930a 5:30 PM Open 5:30p-12a	22 12:00 AM 12a-6a Bethanne 7:00 AM 7a-930a Andrea 5:30 PM Open 530p-10p 10:00 PM 10p-12a Troy J.	23 12:00 AM 12a-10a Troy J. 2:00 PM Open 2p-12a
24 12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group 6:00 PM Open 6p-12a	25 12:00 AM Open 12a-930a 5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	26 12:00 AM 12a-6a Bethanne 6:00 AM Open 6a-930a 5:30 PM Open 530p-10p 10:00 PM 10p-12a Ally	27 12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	28 12:00 AM Eddie 12a-930a 5:30 PM 530p-12a Dave S.	29 12:00 AM 12a-6a Bethanne 7:00 AM 7a-930a Andrea 5:30 PM 6p-10p Garden Variety	30 12:00 AM 12a-10a Troy J. 6:00 PM 6p-10p Grapevine 10:00 PM 10p-12a We Care
31 12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group	1 12:00 AM Open 12a-930a 5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	2 12:00 AM 12a-6a Bethanne 6:00 AM Open 6a-930a 5:30 PM Open 530p-10p 10:00 PM 10p-12a Ally	3 12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	4 12:00 AM Eddie 12a-930a 5:30 PM Open 5:30p-12a	5 12:00 AM 12a-6a Bethanne 7:00 AM 7a-930a Andrea 5:30 PM 5:30-10p Saturday morning 10:00 PM Open 10p-12a	6 12:00 AM 12a-10a Troy J. 2:00 PM Open 2p-6p 6:00 PM 6p-12a Lissa

List of Currently Open times and days to volunteer for After-Hours Phones for the month of July:

- Sundays – 9a-12p 3rd, 10p-12a on the 10th, 10p-12a on the 17th, 6p-12a on the 24th.
- Mondays – 12a-930a
- Tuesday – 6a-930a, 530p-10p
- Wednesday – Covered
- Thursdays – 530p-12a except the last Thursday
- Fridays – 10p-12a on the 1st, 8p-12a on the 2nd, 530p-10p on the 22nd & 29th F
- Saturdays – 2p-6p 1st Sat, 2p-12a on the 23rd

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

Contact Alan L (Big Al)
801-641-8401
contrailal@gmail.com