

# LIFELINE

Salt Lake City Central Office Newsletter

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January 2011

## *Admitted I was powerless . . .*

In my experience Step 1 was the hardest for me to come to terms with. Even before I started drinking it was necessary for me to perpetuate the illusion that I could control and handle my environment. Alcohol assisted me in following this delusion and had warped into my only solution to life's problems. The idea that I could no longer control the one thing that had brought me so much relief or that I could not handle what my life had become was beyond frightening.

I hadn't suffered many of the external consequences of drinking that I heard of in my first AA meeting. I excelled in my career, had my own place and hadn't ever been arrested. I never considered that my bottom could be an emotional one. I rebelled against the notion that I couldn't handle this and chose to go at it on my own. I'd hit a wall, pick myself up, then carry on as if nothing had happened. I lived in this cycle for many dark and pain filled years.

My alcoholism lead me to believe that my only problem was you and the rest of the world. If only I could manage this well then I could be happy. The more unbridled my drinking became and the more chaotic my life was the harder I tried to exert my will upon things. Still operating on old ideas, I was defiant to seek help. The only solution I could see was to make my world smaller. I took a position that allowed me to work from home and began to recede from any

real contact with the people I cared about most. Slowly the gravity of not being able to master the world, you or even my own drinking sank in. Alcoholism had annihilated all the things I had once found pleasure in.

I was gifted a moment of clarity one night while crying alone in bed. I could see my life playing on the same way for the next 10 years as it had been for the last 10. The image of continuing on this path was bleak at best. Thoughts of ending my life were the strongest they had been in a long while. What struck me with fear most was that the will to fight them was no longer there. A voice of a friend, who had taken me to my first meeting, popped into my head and asked two simple questions: Are you still having fun? How much more do you want to dig?

At this time of desperation I was able to be a little more honest with myself as to the true state of my life. I was now willing to concede that what I had been attempting to do wasn't working and that perhaps those AA's might be able to help. I am forever grateful to the fellow alcoholic who answered my call. In the past, I would have never imagined that an act of surrendering would be so empowering. I now see that a seed of hope was planted that night. The hope that what had worked for you could, just perhaps, work for me too.

~ 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:

### Central Office of Salt Lake City, Inc.

80 West Louise Avenue  
Salt Lake City, Utah 84115  
manager@saltlakeaa.org

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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 December 2010 Central Office Representatives Meeting

10th Step Group  
17th & 17th  
A Way Out  
Basic Young People  
Bog Irish Big Book  
City @ Seven  
Closed Meeting of AA  
Foothill Group  
Friendship Group  
Garden Variety  
Happy Destiny  
Highland Group  
Honeys Breakfast  
Lakepoint Layover  
New Way  
New Yorker  
No Nonesense Group  
Nomatic Lunch  
Off the Cuff  
Salt Lake Group  
Spiritual Quest  
Stepping Stones  
Surgarhouse Men's group  
The Round Table Group  
Up Group  
Valley View  
Whippersnappers

## 7<sup>th</sup> Tradition Contribution Addresses

AA World Services  
Box 459  
Grand Central Station  
New York, NY 10163

Area 69 Treasurer  
PO Box 1422  
Salt Lake City, UT 84110

District 10 Treasurer  
PO Box 57271  
Murray, UT 84157

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

District 2 Treasurer  
PO 615  
Salt Lake City, UT 84110

District 11 Treasurer  
1065 North 400 West  
Bountiful, UT 84140

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

Fred H.  
1944 ~ 2010

Darrel B.  
1940 ~ 2010

## Congrats to our birthdays

It works, it really does!

### Came to Believe Group

Nathan N.	60 Days
Rod B.	2 Years
Byron H.	15 Years
Kay C.	16 Years
Phil D.	18 Years

Sharon	6 Months
Adam	6 Months
Chelsea	6 Months
Kristi B.	6 Months
Sara	18 Months
Tony	6 Years
A.J.	9 Years
Richard	10 Years
Michael Pau	20 Years
Ron of Ogden	22 Years

Storm	18 Months
Taylor	2 Years
Maria	2 Years
Julia	4 Years
Mike	4 Years
John	5 Years
Francis	12 Years
Stab	13 Years

### The New Yorker

John McG.	41 Years
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### City @ Seven

Tiffany	30 Days
David	30 Days
Ally	30 Days
Amber	30 Days
Randall	60 Days
Michele	60 Days
Haley	60 Days
Chase	90 Days
Christine	90 Days
Caroline	90 Days
Arron	6 Months
Taylor	9 Months
Chase	1 Year

### Speak Easy Ladies

Cynthia	90 Days
Sharon	6 Months
Marsha	9 Months
Stephanie	2 Years
Demi	3 Years
Lindsey	3 Years
Carol	3 Years
Cynthia	8 Years
Kristin	11 Years
Kathy	25 Years

### Holladay Group

Dick G.	39 Years
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### Nomadic Lunch

Desirae	30 Days
Brian	60 Days
Rebecca	90 Days
Destiny	90 Days
Jenny	90 Days

Please send your group birthdays to [LIFELINE@saltlakeaa.org](mailto:LIFELINE@saltlakeaa.org) by the 15<sup>th</sup> of the month

# Delegate's Report 'Pass-the-Gavel'

Moab, Utah

December 4, 2010

Thank you Moab Group for hosting us today - it has been several years since the area committee has had the opportunity to share with our friends in this district and we are delighted to be here. I remember seeing reindeer petro glyphs the first time I came here during Christmas time. We dig Moab!

The Holiday Edition of Box 459 has three calls for stories that may be considered for inclusion in new or existing literature. The first request is for sharing focused on spirituality from atheists and agnostics who are successfully sober in A.A. The trustees are looking for stories that reflect a wide range of spiritual experiences from A.A. members who with any belief or non-belief have found solution to the concept of spirituality and sobriety in Alcoholics Anonymous.

Next, personal stories are being sought that humanize the impact of Seventh Tradition monies. There is an interesting article from the GSO contributions department supervisor, Constance I. She tells of a recent contribution received from a son on behalf of his father, who had gotten sober in A.A. "The son wanted us to know that the Fellowship had done wonders for his father and he hoped the money from his father's estate would help us 'continue the good work' we've been doing." The check was returned along with a kind and grateful letter from a GSO staff member describing A.A.'s Seventh Tradition and explaining the spiritual benefits of self-support. The check, however, was for \$100,000.

The trustee's Literature Committee is seeking stories from A.A. members in response to the 2010 General Service Conference Advisory Action to update the pamphlet 'A.A. and the Armed Services' to include recent experiences from members on active duty and a section which focuses on veterans of the armed services. The anonymity of all authors will be observed. Please contact me if you would like additional information on how to submit your manuscripts.

Since our last meeting in Sunset, Utah the pace has finally began to subside. The phone doesn't ring as often, the e mails have slowed to a manageable rate and the demands on my time have noticeably decreased. However; I was able to attend the District 8 elections in Roosevelt, Utah where they were able to

fill all of their positions except for literature. On November 12-14, 2010, I was fortunate to be able to meet Keith M., Area 69 Delegate elect, in Rapid City, South Dakota for the West Central "Additional" Regional Forum. Rod B., Pacific Regional Trustee chaired the workshop on "Native Americans in A.A." Rod began the workshop by sharing his experience with the Sweat lodge and Medicine Man and their relationship to A.A.'s spiritual principles as outlined in the Twelve Steps; Twelve Traditions and Twelve Concepts for World Service."

We learned that the suicide rate for young Native Americans is the highest on this continent and the young people are not interested in A.A.

Members talked about wide spread poverty, remote isolation, dual cultures and the combined effects alcoholism has on native communities. South Dakota is home to the poorest County in the United States.

Several members described the difficulty of overcoming prejudice saying that ancestors from Wounded Knee and Little Big Horn conflicts still live in the area. Members shared that the solution to alcoholism remains the same and we were reminded to keep the A.A. message simple, focused on human beings not cultures or religions. The discussions about cultural, geographical and language barriers from members of Crow, Navajo, Cherokee, Cheyenne and Lakota tribes was, as Phyllis H., the GSO General Manager described, "A powerful time of sharing our unity." There were over 200 members in attendance.

This is my last report to area 69 as your delegate. This afternoon we begin the process of rotation. For me it will be time to hand over the reins and delegate e-mail address to our Panel 61 Delegate and Moab Group member Keith M.

On behalf of my family, please accept our love and gratitude for sobriety and for sharing with us this extraordinary opportunity to be of service. The best is yet to come.

May the Great Spirit continue to Love and Guide us all....

Monte S.  
Delegate Panel 59  
Area 69 Utah

**Editor's Note:** I was recently elected as your Area 69 Treasurer for panel 61 (2011-2012) so I will be presenting articles now and again that have to do with our 7<sup>th</sup> tradition of self-support. The following is a brief historical background on self-support.

A.A.'s evolving Tradition of self-support was to move from the financially desperate period, around 1938. When Bill and others around him wished silently and urgently that John D. Rockefeller would bestow the fledgling Fellowship with large donations.

In 1947 Bill said, "Voluntary contributions or pledges of A.A. members ought to be A.A.'s principle support and, eventually, its sole support." Although it was necessary in the beginning when A.A. desperately needed a little outside help (which, he noted, made possible the Alcoholic Foundation, the book *Alcoholics Anonymous* and the General Office) times had now changed. He sensed, "... a very powerful feeling ... spreading among us the A.A. ought not to be takers from society any longer. Instead, let us be givers." Additionally, the news that every A.A. group had become self-supporting would create invaluable goodwill in the outside world.

The General Headquarters - predecessor to G.S.O., published a monthly newsletter for distribution to the Fellowship. In the February 1959 issue, the purpose of voluntary contributions was defined: 1. To meet the expenses of General Headquarters which operated a plan of service to alcoholics the world over, in keeping with A.A.'s primary purpose (it was described as international Twelve-Step work); and 2. to meet those expenses of General Headquarters incurred in its operations as a coordinating center for all A.A. groups. The article emphasized the vol-

untary nature of the contributions - they were "not dues or fees." It also stated that such contributions would "... be used for A.A. expenses *only*."

In September 1950, lack of voluntary contributions led Bill to issue to the Fellowship a five page plea for support, including a request that the group secretaries call a special business meeting for the purpose of reading his pleas. "Without A.A.'s Services we'd often fumble that new man [or women] just coming in the door; without our services, we'd certainly spoil the main chance of those millions who don't yet know."

In November 1957, Bill wrote a Grapevine article entitled "Respecting Money", in which he juxtaposed outside contributions and self-support, "Our spiritual way of life is safe for future generations if, as a society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility - one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and our bills paid."

Ten years later, as if in conclusion, Bill wrote in the A.A. Grapevine, "Both these principles we understand: that A.A. wants no charity; that we support our own services. We understand - but we sometimes forget."

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## Calendar of Events

### 47<sup>th</sup> International Women's Conference

*"The Last Frontier"*

February 10-13, 2011

Anchorage, AK

[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

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### 14<sup>th</sup> Annual Dixie Winterfest

Fun in the Sun

February 18-20, 2011

Washington, UT

[www.dixiewinterfest.org](http://www.dixiewinterfest.org)

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### February Area 69 Committee Meeting

February 26, 2011

*Hosted by District 5*

Price, Utah

[www.utahaa.org](http://www.utahaa.org)

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### Pre-Conference Assembly

April 1-3, 2011

*Hosted by District 1*



# A.A.ed

I remember the time I used to be known,  
as a man who could take it or leave it alone.

Friends used to say as I lapped up the bev,  
“I wish I could handle my liquor like you.”

I can take it or leave it, I said to my wife.  
She said, “You’ve been taking it most of your life.

“I wish you would leave it awhile for a change.”  
And she gave me a look I thought very strange.

Then along came the day I didn’t foresee.  
When liquor I handled was now handling me.

I dreaded the night and I hated the day.  
My will power was gone and my mind in a haze.

I went to bed drunk and was drunk when I rose.  
And had quite a struggle to put on my cloths.

Which became such a chore that I thought it was best  
to sleep on the floor and not get undressed.

My whiskers grew out like the grass on a grave.  
I’d look in the mirror but I’d pass up a shave.

’Twas better to live with a beard like a goat  
than to take any chances of slitting my throat.

My boss, when I called the office at last said,  
“Mister, your future’s a thing of the past.

At present we’re sorry to bid you adieu.  
But we think we can get along fine without you!”

“That’s funny”, I said as I started to sing,  
“This morning my wife said the very same thing.”

And true to her word I discovered that night.  
With the children and silver she’d taken her flight!

My check was soon spent and my money all gone.  
My wardrobe consisted of what I had on.

I slept in the alleys, and ate out of pails,  
I woke up in hospitals, wards and in jails.

I’d heard of ‘hits bottom’ and ‘down in the pit’.  
And thinking things over said, “This must be it.”

But now I was an ‘alky’ and all I could think was,  
“Where in the world can I get my next drink?”

That drink was my last, and I thank the Good Lord  
that I woke up once more in a hospital ward.

For there in despair, as I suffered one day,  
in answer to prayer came a man from A.A.

He looked like an angel, but walked like a man  
and smiled like no one but a good fellow can.

He said, “There’s a way out.” And pulled up a chair  
and said, “Take it easy pal, I used to be there!”

I told him my story without any lies.  
He didn’t seem shocked or any surprised.

But now and again he would smile with a gleam and remark,  
“Relax, I’ve been through the very same thing.”

Then he told me his story ‘til stars started to shine.  
Much longer, much worse and far sadder than mine.

And how by God’s grace he had lived  
‘til the day he was found by a friend and brought to A.A.

He spoke of a program, a new way of life  
that freed him from fear and worry and strife.

How drink was no problem for him anymore  
and life was worth living than ever before!

He spoke of the guys and he spoke of the gals.  
The group, as he called them and all of them pals.

How all of them suffered and went through the mill.  
They all knew the score and they’d all paid the bill.

“Had enough?”, he asked as I sprang out of bed.  
I said, “This is it.” And I meant what I said.

“If it did it for you, it will do it for me.”  
I will work the 12 steps for I will be free.

Then taking my arm (I was wobbly still)  
we walked in the dawn, hand in hand down the hill.

A year has gone by since that wonderful day and I’m still on the  
beam as we say in A.A. My wife with the children and silver is  
back and my boss once again thinks I’m a real Cadillac!

# January 2011

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						<b>1 HAPPY NEW YEARS!!!</b> 12a-10a Troy 10a-530p Vic 530p-12a OPEN
<b>2</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-9p 974 Group 9p-12a OPEN	<b>3</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>4</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	<b>5</b> 12a-930 Ally C 530p-12a Eddie	<b>6</b> 12a-7a Eddie 7a-930a Andrea 530p-10p Hillcrest Grp 10p-12a OPEN	<b>7</b> 12a-6a Bethanne 7a-930a Andrea 530p-10p Sat SOTS 10p-12a OPEN	<b>8</b> 12a-10a Troy 2p-6p Its in the Book 6p-12a Basic Young P.
<b>9</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-10p- Salt Lake Grp 10p-12aOPEN	<b>10</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>11</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p- Primary Purpose 10p-12a Ally	<b>12</b> 12a-930a Ally C 530p-12a Eddie	<b>13</b> 12a-7a Eddie 7a-930a Andrea 530p-10p Primary Purpose 10p-12a OPEN	<b>14</b> 12a-6a Bethanne 7a-930a Andrea 530p-8p Early Beginnings 8p-12a OPEN	<b>15</b> 12a-10a Troy 2p-6p Sharing & Caring 6p-12aOPEN
<b>16</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-9pFoothill 9p-12a OPEN	<b>17</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>18</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	<b>19</b> 12a-930a Ally C 530p-12a Eddie	<b>20</b> 12a-7a Eddie 7a-930a Andrea 530p-12a Dave S	<b>21</b> 12a-6a Bethanne 7a-930a Andrea 530p-10p 515 Happy Hr 10p-12a Karrie	<b>22</b> 12a-10a Troy 10a-12a OPEN
<b>23</b> 12a-7a OPEN 7a-12a Bill J 12p-6p An AA Group 6p-12a OPEN	<b>24</b> 12a-930a OPEN 530p-1030p No Nonsense 1030p-12a Clark	<b>25</b> 12a-6a Bethanne 6a-930a OPEN 530p-10p Primary Purpose 10p-12a Ally	<b>26</b> 12a-930a Ally C 530p-12a Eddie	<b>27</b> 12a-7a Eddie 7a-930a Andrea 530p-12a Dave S	<b>28</b> 12a-6a Bethanne 7a-930a Andrea 530p-10p Garden Variety 10p-12a Troy J	<b>29</b> 12a-10a Troy 2p-6p-OPEN 6p-10p Grapevine 10p-12a We Care
<b>30</b> 12a-7a OPEN 7a-12p Bill J 12p-6p An AA Group 6p-12a OPEN	<b>31</b> 12a-930a OPEN 530p-1030 No Nonsense 1030p-12a Clark	<b>Total Hrs Office Closed-556</b> <b>Total Hrs Covered-411</b>				

IF YOU OR YOUR GROUP WOULD -  
LIKE TO HELP OUT, PLEASE  
CONTACT ROB J. (OUR PHN COORD.)  
AT 801.647.2411 OR EMAIL:  
rob.j.phones@gmail.com

## List of Currently Open times and days to Volunteer for After-Hours Phones:

Sundays-12a 7a, 6p-12a on the 4<sup>th</sup>&5<sup>th</sup>,9p-12a on the 3<sup>rd</sup>,10p-12a on the 2<sup>nd</sup>,&9p-12a on the 1st  
 Mondays 12a-930a  
 Tuesday-6a-930a  
 Thursdays- 10p -12a on the 1<sup>st</sup>&2nd  
 Fridays- 1<sup>st</sup>10p-12a, the 2<sup>nd</sup> 8p-12a  
 Saturdays- 1<sup>st</sup> 230p-12a, 3<sup>rd</sup> 6p-12a,4<sup>th</sup> 12p-12a,5<sup>th</sup> 2p-6p