

# LIFELINE

Salt Lake City Central Office Newsletter

June 2011

## *Where entirely ready . . .*

On a slow day in the fall of 1938 Bill W. had not been feeling well so he went into “his” room at 182 Clinton Street Brooklyn NY to lie down and think. He had his pad with him and he wanted to “flesh out” the six concepts he had from the Oxford Group. He said a prayer and started writing and some twenty minutes later he looked at his pad and he saw he had written the Twelve Steps. Some minor changes have been made but essentially they are the same.

When the Big Book was published in April 1939 we see just a paragraph for the Sixth Step, the reason of course is that Bill and no one else had any experience to share on this step. It was brand new, so it is my contention that it and the Seventh Step are inspired by a Power Greater.

I took this Step when I was sober less than two years and was facing for the first time problems other than alcohol. I tried to be objective in the Fourth and Fifth steps but I was still full of guilt for the pain I had caused so many people, people that I loved. I was entirely ready to have those aspects of my personality removed that were causing my pain. So I took this Step and the other Steps with me in mind. It was only later, some fifteen or twenty years later that the full import of the Sixth Step penetrated my thick skull. I began to realize I was making an intimate and total com-

mitment to a God I didn’t understand. I had seen the Power working in AA but God was above my intellectual and spiritual pay grade. However by this time I had experienced the full gambit of my defects and knew that I didn’t need booze to hurt the ones I said I loved. Now came the acid test did I really mean what I said and was I truly ready to surrender all of me to the Care of a God I didn’t understand. No exceptions, no reservations, no excuses the Full Monty or as we say today, I was “all in” I had no chips left.

Bill uses the First Step as an example for us in that we gave up, surrendered to alcohol without reservation. So too did I surrender, that is not to say I did not indulge in my short comings, it was like a dance partner I had to dance with them until the music was over, in some way I

had to realize the music was over and then I had to let go of this partner. This knowing I shared with my sponsor and tried to find more skillful ways of dealing with these troublesome aspects of myself.

What I have learned over my years of working this program is that there is no end in sight. I take the Sixth Step with me into the Tenth and continue to become “awakened” so that I may share in the “Happy Destiny”.

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~ 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



## Central Office Board of Trustees

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## Groups Represented at the May 2011 Central Office Representatives Meeting

An AA Group	How It Works
As Bill See It	Murray Group
Basic Young People's	No Nonsense Group
Boh Irish BB	No Rules
Bountiful Mens Meeting	Nomadic Lunch Bunch
By the Book Group	Off the Cuff
City @ Seven	Park City Mens
Come As You Are	Salt Lake Group
Dog on the Roof	Spiritual Quest
Early Beginners	Stepping Stones
Foothill	Sugarhouse Men
Garden Variety	Sunday Breakfast
Grapevine Group	The Nutbuckets
Happy Destiny	The Round Table
Happy Group	Up Group
Highland Group	VA Welcome Home
Honeys Breakfast Club	



## 7<sup>th</sup> 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

Jonnie B.  
1959 ~ 2010

Kent W.  
1915 ~ 2011

Donald P.  
1926 ~ 2011

Mike F.  
1949 ~ 2011

Denny T.  
1959 ~ 2011

## Congrats to our birthdays

It works, it really does!

### Acceptance Group

Nate O. 1 Year  
Chase B. 1 Year

Anna Ruth 23 Years  
Myrna 27 Years

Jared 2 Years  
Micha 3 Years  
Denise 6 Years  
Rick 7 Years  
Scott 22 Years

### City @ Seven

### Nomadic Lunch

Laura 6 Months  
Dave 6 months  
Mike M. 7 Years  
Hayden 11 Years  
Hal 13 Years  
Kim F. 13 Years  
Eliza T. 14 Years

Jim 30 Days  
Marli 30 Days  
Chelsy 30 Days  
John 90 Days  
Barbara 6 Months  
Shawn 9 Months  
Rich 9 Months  
Peter 9 Months  
Evan 18 Months  
Sara H. 2 Years

### The New Yorker

Christina I. 1 Year

*The New Yorker group has decided to buy a year's subscription to the AA Grapevine for its members who celebrate their first annual birthday.*

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

***District 10 Public Information Committee  
is hosting a Public Information meeting at the  
Salt Lake Central Office***

**80 W Louise Ave, Salt Lake City  
on the 4<sup>th</sup> Saturday of each month  
10:00 am – 11:00 am**

## *SLC Central Office Outreach Committee*

**80 W Louise Ave, Salt Lake City  
on the 4<sup>th</sup> Tuesday of each month  
6:00pm – 7:00pm**

*“When anyone, anywhere, reaches out for help . . .”*



### **From: The Chair in the Corner**

It's hard to believe the deadline for this letter has already passed and that our editor Doug has once again had to call on his patience and understanding to wait for yours truly to get on his chair and write this letter. Unfortunately inspiration comes seldom in my case and I wasn't sure anybody was reading this anyway. However after taking a month off I actually received a few calls indicating that at least a few members were reading it so I will try again.

I wanted to let you know that with the approval of the CO Committee we have formed an outreach committee whose purpose is to maintain contact AA groups in order to inform the groups of the Central Office function and to encourage participation in Central Office. Volunteers are needed and encouraged to contact Wendy W. at 971-235-5240 [wwhite56@comcast.net](mailto:wwhite56@comcast.net).

By the time you read this we will have had our first (hopefully annual) CO Extreme Summer Fun “Kick off Party for Central Office” You would be amazed at some of the things currently stored in my garage for the extreme yard sale. Thank you for all of your generous donations. I hope you will have shown up for a lot of fun and a chance to see others from the surrounding area. Also a big thank you to Kimmi S and her team for organizing and putting on the party.

The by-laws committee met again on the third Tuesday at 6:15 and went over what had previously been discussed and cleaned up some of the wording and punctuation of the document. You should know that unlike myself many of the wonderful people working on this document are professionals in the field of document writing and when it is finished I believe it will be something to be proud of and will serve the Central Office for years to come. If you would like to help please come on June 21 at 6:15.

Big Al still has openings for the phones on various days and nights. This is a great way to do service and doesn't involve a lot of time or effort. You can transfer the phones to your home or cell phone and go about your business and be there if anybody reaches out for information on meetings or need help with a 12 step call etc. Contact Big Al at 801-641-8401 for more information.

Our beautiful Co-Chair Christy R. has volunteered to work at Central Office on Saturday and tells me that she is having a great time meeting all of the wonderful people that drop in to buy items available for sale at CO. Also she says that the coffee is hot and strong so if you want to drop by for a cup and to chit chat please do so. If you would like to help by volunteering at CO please contact her at 801-244-7163.

Congratulations to Suzie L. She was the May winner of the CO gift certificate. If you would like a chance to win all you have to do is stop by CO and buy something, fill out a ticket and wait for the miracle to happen.

As always if you have a suggestion on how to make Central Office work better for you and for the community please let me know. Contact me by phone at 801-664-1206 or you can email me at [nick7141@xmission.com](mailto:nick7141@xmission.com). (It's a good idea to call and tell me to look at my email.)

Speaking for the entire board we want to make your Central Office something you can rely on and be proud of.

Your humble servant,

Nick R.  
Chairman of the board Central Office

## How'd your Heart get so Big?

*Caterpillar in the tree, how you wonder who'll you'll be,  
 Can't go far but you can always dream. . .  
 Wish you may, wish you might  
 Don't you worry hold on tight  
 I promise you there will come a day. . .  
 Butterfly fly away. . .*

My daughter Lily sings that to me sometimes, she knows I love to hear her sing! Lily is seven years old today, she was three when I got sober and she has never seen me drink. 2010 was a very hard year for Lily, for both of us really. We faced some very difficult challenges that have forced both of us to have incredible faith in the amount of love we have for each other! The faith Lily has in her daddy is challenged everyday by the amount of questions I have in myself that is surrounded by the darkness and isolation that remains undetected sometimes of my alcoholism! The rest are little daily reminders of what Lily and I have built a relationship on, trust and most importantly love! I tell her everyday that I love her, sometimes she rolls her little eyes because she has heard it so many times but my intention is to tell her a million more so she never forgets, the rest of the time I am busy showing her, a gift of my sobriety!!! Lily has helped me stay sober when I continue to think "sober" is no fun, but what is fun, Drinking??? How much more fun can I take before I take my last breath and leave my daughter to make sense out of this senseless disease that has killed my friends! How do I ever say I am thankful when I put the poison in my body that puts me in a choke hold that I absolutely believe will kill me. Sober is the only fun I want to have. I am sober today and that gives me a life so rewarding, I get to ski with my daughter on her ski days and watch her have fun and be a little girl! She is a daily reminder to keep pedaling to keep moving forward, we have been through so many things together we have a closeness I feel only with Lily...

*Tucked me in turn out the light  
 Kept me safe and sound at night. . .  
 Little girls depend on things  
 Like that. . .*

There were many nights when I could have felt totally alone, but you were there and you kept me safe, Lily. The nights you weren't there I would fill my heart with prayer before I went to bed so I could sleep. I always found myself in the morning waking to remember what my job was. Regardless of whether my girls were with me or not I was getting ready for them to

come home, my higher power never lets me forget by filling my heart with the gifts I have been blessed with! The delicate sounds of my little girl Lily Claire, she sings to my heart, she dances in my dreams and she reminds me of the true magic, the miracles and the love!!! Thank you Lily, I love you!!!

Have I ever told you across the hall from Princess Lily's room in the French pink room with the fairies dancing on the walls lives a frog? ? ? Ok, maybe she is not a frog but one of the favorite memories I have is to wake to "daddddddd", "daddddddd", to open Luci's door and to see this tiny little girl, standing in her crib with all this hair, a huge smile on her little face to the greeting of "Ribbit, Ribbit!" Luci plays as if she is the frog, it reminds me to play along, because that's what Luci does! Luci fills my heart with songs like the abc's as if I have never heard the abc's before! With the brilliance of discovering how much fun it is to sing songs everybody else has sung but to do it in her own way, because I have never heard it The Luci Grace way! To sing twinkle, twinkle little star followed with giggles!!! I love to read what her daycare teachers write about her days, how she spends her time playing, laughing and teasing only the way Luci can! I save the remarks on the reports because they make me smile!!! She spends rides to school looking for buses, they always get her attention and she makes sure we all know the bus is gone with her little voice saying, "Bye Bye Bus!"

Our trips to Wal-Mart with Luci are always fun. When we are leaving she quickly stops saying goodbye to individual's, raising her hand waving repeating "bye-bye Wal-Mart!" Lily and I look at each other laughing and Lily's response is "Luci, you're a mess", just to hear Luci agree with "Yeah...Mess!" She's a mess according to Lily because she has removed her shoes, seven times and now they are in the diaper bag or basket! One sock's long gone! Hair tie...History! Hair fluffed out and standing up and just the gravy to my sobriety... I say Gravy because she is the topping, the finishing touches, the perfection!!! Lily played a different role, she saved me, we have a very special connection, and Lily knows it without me having to say anything. My higher power has given me Luci to remind me life is not easy. Luci is anything but an easy task, she is into everything! She finds the toilet, splashing and making waves, the dog food terrorizing Bruno, she gets in the closets looking for a broom to "Keen!" She loves to ride in the car without her shoes and socks and on occasion will launch a shoe at my head just to remind me she is still there! She doesn't like everything I cook, even though I think I am a great cook, she is a daily reminder of the perfection in the progress! I will be feeding her and will take my eyes off

her, before I know it the cup holder in her tray is filled with half chewed food and she is handing me the rest! Never take your eyes off Luci Grace, she is always up to something!!! Luci loves to tease her “sissy” and will put the innocent face on before anybody knows what has happened to avoid trouble. Lily gets in trouble but I am finding Luci plays a lot more of a role than I ever suspected!!! She likes to launch Bruno into his bed, I have to be reminded to not encourage her with “good shot” Luci! Bruno is definitely looking for cover when Luci Grace is after him! As much of a challenge as it is it is filled with much joy and lots of laughter only the “Grace” my Luci has! She is perfection and gives me clarity. If recovery was easy it would not be as rewarding! That life’s terms apply when Lily and Luci are in their beds, faces like angels! Praying they are having sweet dreams! Life’s terms apply when things are so quiet and peaceful! Good times or bad we accept with “surprising vigor” remembering this to shall pass.

*Sometimes your asleep I whisper I love you  
in the moonlight at your door  
As I walk away I hear you say, "daddy love you more."*

My beautiful babies from the outside in, I will always be here loving you with the gentleness you have taught me, the innocence of your smiles and the love that fills my heart! It gets bigger everyday making room for the people I reach out to and for

those looking for the message of kindness and love! I don’t know why I am so blessed but when the day comes and I stand before my higher power and the question is asked, “Kurt, How’d your heart get so big?” I can say I filled it with the love I was blessed with! The love of my little girls, the family relationships I have restored, and my girlfriend today that touches that special place I forgot all about until I see her smile! The loved ones I keep in my prayers and the many, many kind and loving friends, I have in the fellowship of alcoholics anonymous! Don’t forget to share your recovery with everyone the way you have with me, I don’t do this alone!!!

*Caterpillar in the tree, how you wonder who’ll you’ll be,  
Can’t go far but you can always dream. . .  
Wish you may, wish you might  
Don’t you worry hold on tight  
I promise you there will come a day. . .  
Butterfly fly away. . .*

As I write this it is January 27, 2011 it’s been four years since my last drink and Lily sang that song to me on the way to school today. With Luci in her car seat listening and Lily singing I had a tear running down my cheek because today my heart is full!!!

~ Kurt T.

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## Calendar of Events

District 11 Workshop <b><i>“Belonging”</i></b> 200 South 500 East, Clearfield  June 11, 2011 • 10:00am – 3:30pm	District 10 PI Committee <b><i>“Public Information meeting”</i></b> 80 W Louise Ave, Salt Lake City  June 25, 2011 • 10:00am – 11:00am	SLC Central Office <b><i>“By-laws Committee”</i></b> 80 W Louise Ave, Salt Lake City  June 21, 2011 • 6:15pm – 7:15pm	SLC Central Office <b><i>“Outreach Committee”</i></b> 80 W Louise Ave, Salt Lake City  June 28, 2011 • 6:00pm – 7:00pm
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# Phone Coverage June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 AM 12a-9a Christina 5:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group	5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	12:00 AM 12a-6a Bethanne 10:00 PM 10p-12a Ally	12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	12:00 AM Eddie 12a-930a	12:00 AM 12a-6a Bethanne 6:00 AM 7a-930a Andrea 5:30 PM 5:30-10p Saturday morning sots	12:00 AM 12a-10a Troy J.
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	5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	12:00 AM 12a-6a Bethanne 10:00 PM 10p-12a Ally	12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	12:00 AM Eddie 12a-930a	12:00 AM 12a-6a Bethanne 6:00 AM 7a-930a Andrea 5:00 PM 530p-8p Early Beginnings	12:00 AM 12a-10a Troy J. 2:00 PM 2p-7p Its in the book 7:00 PM 6p-12a Basic young peoples
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	5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	12:00 AM 12a-6a Bethanne 10:00 PM 10p-12a Ally	12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	12:00 AM Eddie 12a-930a	12:00 AM 12a-6a Bethanne 6:00 AM 7a-930a Andrea 10:00 PM 10p-12a Karrie	12:00 AM 12a-10a Troy J. 2:00 PM 2p-6p Sharing & Caring
12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group	5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	12:00 AM 12a-6a Bethanne 10:00 PM 10p-12a Ally	12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	12:00 AM Eddie 12a-930a	12:00 AM 12a-6a Bethanne 6:00 AM 7a-930a Andrea 5:00 PM 6p-10p Garden Variety 10:00 PM 10p-12a Troy J.	12:00 AM 12a-10a Troy J. 6:00 PM 6p-10p Grapevine 10:00 PM 10p-12a We Care
12:00 AM 12a-9a Christina 9:00 AM 9a-12p Bill J. 12:00 PM 12p-6p An AA group	5:00 PM 530p-1030p No nonsense 10:00 PM 1030p-12a Clark S.	12:00 AM 12a-6a Bethanne 10:00 PM 10p-12a Ally	12:00 AM 12a-930a Ally C 5:30 PM Eddie 530p-12p	12:00 AM Eddie 12a-930a 5:00 PM 530p-12a Dave S.	12:00 AM 12a-6a Bethanne 6:00 AM 7a-930a Andrea 5:00 PM 5:30-10p Saturday morning sots	12:00 AM 12a-10a Troy J.

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

- Sundays – 6p-12a on the 19<sup>th</sup> & 26<sup>th</sup>, 9p-12a on the 5<sup>th</sup>, 10p-12a on the 12<sup>th</sup>,
- Mondays – 12a-930a
- Tuesday – 6a-930a, 530p-10p
- Wednesday – Covered
- Thursdays – Covered
- Fridays – 6a-930a, 10p-12a 1<sup>st</sup> Fri, 8p-12a on the 2<sup>nd</sup> Fri, 530p-10p on the 3<sup>rd</sup> Fri
- Saturdays – 6p-12a 3<sup>rd</sup> Sat, 2p-912a 1<sup>st</sup> Sat, 6p-12a 2<sup>nd</sup> Sat, 2p-6p 4<sup>th</sup> Sat

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