

LIFELINE

Salt Lake City Central Office Newsletter

August 2011

The Ongoing Eighth Step

One the most dangerous ideas is that any Step we take is over once we finish the Step. It took Bill about fifteen years to understand the Eighth Step. As an old timer with more than forty years of working this program it has taken me even longer.

The list of the people I had harmed were drawn in two separate categories, one for those I remembered and were close to me, e.g. my wife, my children, my parents. Then there were the faceless ones I had harmed in darkness of my drunken binges. Since this is “just” a list and a willingness to heal the relationships I had ripped apart in my quest to drink as much as I could in the shortest possible time.

To blame the harm done on drinking alone is a cop out of major proportions. I was a self-serving, self-absorbed man who saw others as objects for my needs and pleasure. Bill W. says we should derive as much information as we can on how my narcissistic behavior changed and twisted my personality. But that is a result of my search not an aim.

When I left my wife with two young children for days at a time not knowing where I was or what condition I was in. When she didn't know where the rent money was coming from or how she was

going to buy food (thank God for her mother). What was going on in her heart, what shame did she feel when she met other wives and mothers and had to make up stories about her wayward husband. For the eleven years of my drinking I scored scars on her that she took to her grave. I had destroyed any trust she might have had. And I did this day after month after year.

To say I saw this in the first years of my sobriety would be a mistake, it took years to grow in understanding. My late sponsor told me that if you tie a young sapling down with a heavy rope for years and one day cut that rope the tree does not spring up straight. It takes time to grow toward the sun and even then the tree is never perfectly straight. That goes not only for me but for those I have harmed. That's where the willingness comes in. The patience to allow those we love to heal in their own way and time is a part of this world class spiritual step.

My wife passed away after I had been sober thirteen years. During her illness I was able to be a husband to my wife and a father to my children. I could not have done this without the grace of God and the insights of these steps.

~ 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:

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Groups Represented at the July 2011 Central Office Representatives Meeting

A Way Out	No Rules
Acceptance Group	Nomadic Lunch
An AA Group	Nutbuckets
Basic Young Peoples	Off the Cuff
Bountiful Men's Group	Park City Men's Group
City of Seven	Round Table
Dog on the Roof	Salt Lake Group
Early Friendship Group	Spiritual Quest
Foothill Group	Stepping Stones
Garden Variety	Sugarhouse Men's Group
Happy Group	Sunday Breakfast
Highland Group	Tenth Step Group
Jaywalkers	The New Yorker
Midvale Lunch Bunch	Up Group
Murray Group	VA Welcome Home
No Nonsense	We Care



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

Allan J.
1946 ~ 2011

George S.
1919 ~ 2011

Emmett S.
1984 ~ 2011

Dick P.
1920 ~ 2011

Congrats to our birthdays

It works, it really does!

Acceptance Group

Chase B. 1 Year
Polly S. 21 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
Kevin 12 Years
Collin 18 Years
Eddie 20 Years
Cindy 26 Years
Claude 30 Years



City @ Seven

Lavel 30 Days
Matt 30 Days
Scott 30 Days
Sammy 60 Days
Willie 90 Days

Nomadic Lunch

Matt 90 Days
Andrew 90 Days
Sharon 1 Year
Kristin R. 1 Year
Tammy 2 Years
Bill R. 3 Years
Carol 15 Years



Came to Beleive

Johnny 16 Years
Jumpin' Joe B. 23 Years



Lois L. 45 Years

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

*Check out the newly redesigned website at www.saltlakeaa.org
See the Calendar of events at www.saltlakeaa.org/events*

From: The Chair in the Corner

Can you believe it's already August? Can you believe I have only been fishing and to the lake once this year? I'm struggling with that one. Can you believe it's almost time for back to school? I'm looking forward to that one but please don't tell my kids.

July was a great month. Two holidays, barbecues, family get-togethers, fireworks, fireworks and more fireworks. My neighborhood sounds like a war zone every night. I think I've heard enough fireworks for this year.

Have you heard what's going on at Central Office? No! Maybe your group needs an active C.O. Rep. If your group is donating to C.O. and does not have a regular rep then you can expect a visit from someone from the Outreach Committee. Committee members are currently visiting groups that donate but do not have reps at the monthly meetings to try to update them on what C.O. is trying to do and encourage them to send reps to vote and participate in C.O. If you have any questions please contact Wendy W. at 971-235-5240. Your voice is needed at C.O. to help mold it into what you would like it to be.

On July 16 we had our first all groups meeting at C.O. sponsored by your C.O. board and it was a good time. We had a pot luck dinner that turned into a meat lovers delight and then a speaker and ticket meeting on what the 12 steps had done in our lives. All who came had a good time and the next couple of months have been spoken for by attending groups. The next meeting will be on the third Saturday @ 6:00 pm @ C.O. Please plan on coming for some good food, company and an excellent meeting.

The by-laws committee has been meeting every Tuesday and has just about got the document ready to present to the board and then to the reps for approval. I would like to thank Kent and his committee for working so hard and for their thoughtfulness in drafting this document. The by-laws have not been worked on since December, 1997 and I think you will find some great ideas and improvements in the new document. Please spend some time with your group and review it so we can hopefully move on towards implementing it by the first of the year.

Our lifeline committee will meet at C.O. on July 30 10:00 am. If you haven't met Doug and would like to please feel free to stop in. Also Doug is looking for members to submit their stories and ideas on various topics. I enjoyed Betty H's story on sponsorship in the July issue. Did you know it is available in print at C.O. or on line at saltlakeaa.org.

Speaking of the web site if you haven't been to it in the last month you should take a look at how it has changed. It is much easier to navigate, the graphics are much improved and the overall look of the site has changed for the better. Our webmaster Clark and his team need to be complimented on a job well done. Looking for a meeting? A schedule is just a click away as well as directions and all the information you need. Thanks Clark.

Rich our treasurer reported that sales and contributions are trending up as of last month and that our Spring Kickoff showed a net of \$2,300.00. A big thank you to Kimmi and her committee, as well as to everyone that showed up and made it such a great success.

Al still has openings and could use some help with the phones. Seriously when you called the hotline did you want to speak to an answering service and wait for a call from someone in AA or did you want to talk to an alcoholic and did you want to talk to them right know. If you are an alcoholic like I'm an alcoholic then you didn't have time to wait for someone to find someone else. Al can be reached at 801-641-8401.

ARE YOU READY FOR THE CENTRAL OFFICE PICNIC? I am, and here is the scoop. **Sunday August 28 from 11-4 at Murray Park pavilion 5.** New this year. **NO ADMISSION CHARGE. DID YOU HERE ME! NO ADMISSION CHARGE.** Everyone is welcome. Donations will be accepted. Please bring a potluck dish to share and if you can please bring serving utensils. Burgers, Dogs and Soda will be available for purchase at a moderate price. Tickets for the opportunity drawing are currently available at C.O. from your reps and will be sold at the picnic. We are looking for groups and individuals to donate prizes. Gift cards are a great idea. Quick and easy. Anyone interested please contact Christy at 801-244-7163. Also help is needed to setup, cleanup, cook and help with whatever is needed. Help us make it a great success. Activities for kids both young and old. Music provided by Out of The Basement. **SEE YOU THERE**

Wow there is a lot going on at your Central Office. Please get involved. We need your help and input. Remember you have a voice your C.O. Rep. Tell them what you want Central Office to be and do. Got an idea I would like to hear from you. Call me at 801-664-1206.

Your Trusted Servant

Nick R.

Chairman of the Board, Central Office Salt Lake City



I sobered up at 40

Thinking I had just lost my best (and only) friend; alcohol. I had no idea how people got through the day without drinking. I was intrigued and disbelieving when people stated they had months and years of sobriety. I was mystified when I noticed I was staying sober for days on end. How had this happened? I hadn't received the manual with exercises or the multiple choice questions, all I had was a badly written novel from 1939 that used archaic terms that were lost in obscurity. What was a boiled owl anyway? I spent a lot of time not-drinking as an activity, and I spent a lot of time in meetings. They were a safe place to spend all those hours of free time I found myself with, and a place to put the money that kept accumulating in my pocket.

My son was 10 at the time and lived with his father in a different city. At the end of my drinking, I thought it would be better if I could get a little distance (1 or 2 states) between me and the problem du jour. It was a solution that went well with alcohol. At about a month of sobriety, I arranged to have my son visit for a week or so. I had done this during my drinking so it wasn't anything new. My usual trip to the airport included getting there early so I wouldn't miss his flight arrival and having just a couple at the airport bar since I was so early. Dropping him off to go back home was always a bit rougher. Aside from excruciating emotional pain, it was difficult finding a place in the bar where I could drink and he could wait with me. I somehow figured it out. Stopping off for one more after putting him

on the plane was always required, I needed that drink to get through the grief of separation.

I had been attending a daily morning meeting, I drank every day, I needed a meeting every day. Usually more than one. On the day I was to drop off my son at the airport for the first time sober, there were two visitors from out of town at my morning meeting, a novel concept to me at the time. I thought no more of it and continued my day. I found myself at the airport, waving goodbye to my son on the gangplank, wondering when I would get to see him again, feeling the familiar pit of despair in my gut. I turned around and headed out.

I saw the bar out of the corner of my eye, and in a nanosecond felt the familiar pull of instant relief. Before I could take another step in that direction, my eye was caught by a familiar couple coming around a corner, the couple who had been at my meeting. Time froze, and in that instant, the decision to drink was replaced with the recognition that my higher power was watching out for me, that those two people were my safety net. I didn't feel the need to let them know I was there, I was rather shocked by the event and probably would have babbled incoherently anyway. But their presence reminded me that I didn't have to drink, no matter what, and that I was in the world in a new and different way, which has continued to grow more wonderful every year. Thank you for my life.



Central Office Picnic

The Central Office will be having its annual picnic on August 28th at Murray Park. This is a great opportunity for you to come and support Central Office and get to know more people in the fellowship. Bring your kids and family. There will be no "Entrance Fee" this year but there will be food for sale. Hamburgers/Hotdogs \$3 Soda \$1. Some of the planned activi-

ties include music, face painting, volleyball, fishing game, and an opportunity drawing. Contact your group's Central Office representative for tickets to the drawing.

Looking to help? Bring a potluck dish to share (don't forget the serving utensil). We are also looking for donations from groups for the oppor-

tunity drawing. In the past, gift cards from area restaurants and retailers have been a hit. We hope to see all of you there!

Details:

Sunday, August 28th, 2011
11:00 am- 4:00pm
Murray Park –Pavilion #5

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Spiritual as it is, A.A. remains very much of this world. The eighth tradition, like the seventh, focuses on a vulgar five letter word that isn't actually mentioned in either; money. Many of us have had to explain to some cynical prospect, "No, I'm not a social worker. I don't get paid for talking with you. I'm doing it because it's the best way to stay sober myself."

This does not mean, of course, that did idea of turning professional has never entered any A.A.'s mind. In the lean years, Bill W. Did think of becoming a lady therapist. Earn money through his experience in helping alcoholics. But, with the strong nudge from the group conscience, he soon realized he could never hang out a shingle reading "Bill W., A.A. therapist, \$10 an hour"! It became clear to the early members that no A.A. should ever ask or accept payment for "carrying this message to somebody else person-to-person and face to face."

But new questions arose as membership grew and the word of hope spread sending thousands of alcoholics in search of A.A.. The first enter groups or central offices were usually manned by A.A. volunteers, now, most such offices are so busy that full-time employees are needed as well. Naturally, A.A.'s are better suited to such jobs than are non-members -- but these A.A.'s then being paid for doing twelve-step work? No. In the office, there just paving the way for this work. Arranging to get a sick drunk into a hospital, telling a shaky new cover where the nearest meeting is tonight, they are helping to make it possible for the alcoholic to hear the message "person to person and face to face."

A similar development has taken place in the fellowships "headquarters." Once a tiny office for one the cofounder (Bill) and one secretary, it has grown into the present General Service Office, fully staffed, with a big mailroom keeping the lines of communication open throughout A.A. world-wide. The employees, and non-alcoholic, are paid on a scale comparable to that in profit making enterprises, so that the office force can function dependably. And that A.A. staff members are in exactly the same position as the A.A. intergroup employees. Suppose

you drop in on G. S. O. one day when you're in New York. Staff members who paused to chat with you may have been working on next year's Conference or corresponding with a group in your home area, helping it to carry the message more effectively. For that, they are paid biweekly checks. Then you may also hear them mention two other staff members plans for taking a newcomer to a meeting in the evening or for giving on A.A. talk to a neighborhood group the next week. For that, there are paid only with their own continuing sobriety.

In these office jobs and in their assignments, members are actually paid for their business and professional skills working at a G. S. O. desk, on Conference approved books and pamphlets, or on the grapevine, these A.A.'s use their abilities as correspondents, managers, writers, editors, artists, proofreaders -- as well as their understanding of A.A. from the inside. On occasion, volunteers have given their time and talent to all these services, and their contributions are deeply appreciated. But what if the Fellowship decided that all such assignments should be handled *only* by unpaid volunteers? In present day A.A., there's too great a volume of work to be done in spare hours here and there, and only the rich or the retired could afford to work full time. If we try to find in this limited group people qualified for particular tasks, obviously the field would be narrowed down -- too often, down to nobody at all.

There would be another problem in using volunteers alone: it seems ungrateful -- or, at least, it's socially awkward -- to criticize or reject the job done for free. But paid jobs for A.A. get quite a going over! Take our literature, for instance. Whatever the subject, we want to be sure that each piece expresses as clearly as possible the view of the group conscience of A.A. as a whole. So any new project must first be approved by the Conference. Once it is in process, the Literature Committee of the general service board keeps a careful eye on it at every stage. Frequently, drastic changes are required. The finished product then must be okayed both by that committee and by the Conference Literature Committee, and further revisions are often.

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Phone Coverage August 2011

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

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

- Sundays – 10p-12a on the 7th, 10p-12a on the 14th, 10p-12a on the 21st, 6p-12a on the 28th.
- Mondays – 12a-930a
- Tuesday – 530p-10p
- Wednesday – Covered
- Thursdays – 530p-12a except the last Thursday
- Fridays – 10p-12a on the 5th, 8p-12a on the 12th, 530p-10p on the 19th.
- Saturdays – 2p-6p on the 6th, 2p-6p on the 27th.

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