

LIFELINE

Salt Lake City Central Office Newsletter

May 2011

Admitted to God, to ourselves, and to another . . .

I trusted nobody, including myself. Long gone were the days of glory and camaraderie found in the celebrations around a bottle. I drank heavily to numb myself against the world. I drank to defend my resentments, my anger, and my fear. I felt misunderstood. If only the world knew of my trials, they would surely excuse my behavior and give me kudos for surviving the world in such a selfless way. Wouldn't they?

My behavior throughout life has been extreme according to some, outrageous to others. I used to consider myself animated. I was acting on instinct. Self-preservation. So what if I seemed angry at the world? If you walked in my shoes for a day, you too would understand the need for a defensive position. I was wronged from all corners. Poor me.

Of course I carried a large amount of shame regarding these unskillful behaviors in my past and I wanted to bury them under the floorboards to never be heard of again.

I would try to forget these actions and take the viewpoint of moving forward. Why must I look backwards at unskilled behavior? What purpose would this serve? After all, everyone makes mistakes in life, why must I disclose my life secrets to another person? I had obsessed on many of these issues for years. There was no lack of thought given to these incidents.

I found myself in the rooms of Alcoholics Anonymous willing to do anything suggested to me via

the program, as my solo flight through life over the past few years had spiraled into a huge mess. When it came to working Step Five with my sponsor, I felt uneasy with the idea of disclosing my unskilled behavior with another human being. It was tough enough for me to think about some things I had done, it was even harder to pray about them to my Higher Power. So when I contemplated the idea of sharing things aloud, discussing them with another, face to face and ask for feedback? Wow! I must say my gut wrenched with anxiety.

I wanted out of isolation. I did not want to return to a life of fear and remorse, the sort of life I had when active in my alcoholism. So I dedicated myself to following the program of Alcoholics Anonymous and opened my mind to giving the steps the best shot I could.

What I found upon completing a Step Five, was a sense of belonging. I discovered I was not unique in my drinking behavior. My instincts run riot were very similar to my sponsor's, or at least the magnitude of inappropriateness was similar. These defects of character are what will lead me back to a drink. I believe this with all my heart. If I do not address unskilled, fear-based behaviors that are present in my life, I will surely drink over them. My character defects are a pathway back to a drink. Working a Step Five as part of the Twelve Steps of Alcoholics Anonymous will keep me sober one day at a time, if I am willing, honest and open with myself, a trusted Sponsor and my Higher Power.

~ 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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Salt Lake City, Utah 84115
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Groups Represented at the April 2011 Central Office Representatives Meeting

10th Step Group	Murray Group
A Vision for You	New Life
An AA Group	No Rules
Basic young People Group	Nononsense Group
Boh Irish Big Book	Nutbuckets
Bountiful Men's Group	Off the Cuff
Closed Meeting of Alcoholics	Park City Men's Group
Cottonwood Group	Round Table Group
Dog on the Roof	Salt Lake Group
Foothill Group	Sat Night Old Timers Speakers
Garden Variety	Serenity seekers
Happy Destiny	Spiritual Quest
Happy Group	Stepping Stones
Highland Ridge	Up Group
Hillcrest Group	VA Welcome Home
Holidays Men's Group	We Care
Jaywalkers Round Table	West Valley Group
Living in Sobriety	Young & Alive



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

John M.
1964 ~ 2011

Wayne T.
1936 ~ 2011

Congrats to our birthdays

It works, it really does!

Acceptance Group

Christopher W.	3 Years
Leo	3 Years
Richard L.	3 Years
Christian D.	5 Years

Earle M.	10 Years
Don	18 Years
Kim B.	22 Years

Living in Sobriety

Chesea	30 Days
Mike	30 Days
Sara	30 Days
Beth	60 Days
Brian	60 Days
Jesse	90 Days
Caleb	6 Months
Breanne	9 Months
Keith	9 Months
Cameron	1 Year
Kimberley	1 Year
Rachheal	1 Year

Thunder Heart AA

Burt	60 Days
Shane	90 Days
Vern	2 Years

Nomadic Lunch

Goff	30 Days
Sean I.	6 Months
Jeff	1 Year
Jenny W.	1 Year
Jill	5 Years
Debbie	7 Years
Jonnie S.	19 Years

Speak easy Ladies

Jordan	30 Days
Sonya	30 Days
Jenny	60 Days
Cynthia	6 Month
Marty	1 Year
Carrie	2 Years
Marilyn	3 Years
Cassey	4 Years
Helena	9 Years
Jo	13 Years
Betsy	18 Years
Amy	21 Years
Tiffany	21 Years
Donnie	23 Years

Hillcrest

Alan	30 Days
Lori	30 Days
Portia	30 Days
Lindsay	30 Days
Chrissy	30 Days
Desiree	60 Days
Jana	60 Days
Emily	90 Days
Brian	90 Days
Nichols	90 Days
Corrine	6 Months
Aaron	9 Months
Katy	9 Months
Mary Ann	9 Months
Megan	9 Months

Early Beginnings

Ryan	30 Days
Geniz	30 Days
Sophie H.	30 Days
Kevin D.	30 Days
Gavin L.	30 Days
Kelly	9 Months
Casey	2 Years
Lloyd	7 Years

Hillcrest, continued

Robert	18 Months
Cindy	18 Months
Ben	18 Months
Jenny	3 Years
Allison	3 Years
Richy	3 Years
Buzz	4 Years

Cindy	7 Years
Jen	8 Years
Kin	11 Years
Sean	11 Years
Craig	12 Years
Laurie	19 Years
Dennis	23 Years

Came to Believe

Eric M.	60 Days
Kris S.	9 Months
Patti	5 Years

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

12 Reasons Why I Go To Meetings

- (1) IT WORKS---I look around me in the meetings and see unbelievable miracles.
- (2) IT'S WHERE I LEARN---Learn that which helps other members might just help me.
- (3) IT'S INSURANCE---I won't drink if I go to a meeting. Don't expect to have a car accident today.
- (4) I AM A MESSAGE---Something I do or say may help you over a rough spot.
- (5) I OWE YOU!---You kept doors of AA open and reached out to me.
- (6) IT BUILDS CHARACTER---responsibility...reliability. good habits
- (7) THEY TOLD ME TO---Don't take that first drink and get to meetings.
- (8) I MIGHT MISS SOMETHING---That I need to apply to me. Also my friends.
- (9) I LIKE TO GO---Pleasant sense of anticipation.
- (10) I STAY COMFORTABLE---Do hear what happens to members that quit going to meetings.
- (11) IT'S A SMALL PRICE---I almost lost my life. The meetings are cheap and I don't have to pay for a psychiatrist.
- (12) I AM GRATEFUL---Were not ten lepers healed? Only one thanked Him. Where were the other nine? I want to be in an AA meeting to thank Him!

Attributed to Chuckie B., St.Pete. Fl.

One primary purpose. . .

On Tradition Five

"Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers."

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things.

Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God -- on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A. -- *"That of carrying its message to the alcoholic who still suffers alcoholism."*

Bill W.

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Concept 5

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

This first aspect of this concept teaches me to have the courage to state a minority opinion. In the reading on the fifth concept of service ("Twelve Concepts for World Service," p. 25), Bill Wilson states the importance of the minority opinion:

In granting this traditional "Right of Appeal," we recognize that minorities frequently can be right; that even when they are partly or wholly in error, they still perform a most valuable service when, by asserting their "Right of Appeal," they compel a thorough on going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

The traditional "Right of Appeal" should also permit any person in our service structure, whether paid or unpaid, to petition for the redress of a personal grievance, carrying his complaint, if he so desires, directly to the

General Service Board. He or she should be able to do this without prejudice or fear of reprisal.

Now that I'm sober I have the courage to take positions that before I would never take. When I drank and disagreed with the majority, I wouldn't say anything because I would be afraid of not getting the approval of other people. Out of my sick alcoholic need for approval, I would collude with situations that I knew I didn't agree with and I would do things I really didn't believe in.

Now that I'm sober, the way that I am of service to God in gratitude for my sobriety is to follow the revelations that he gives me and to have the courage to stand up for them and do them. Following this concept enables me to take tough stands no matter how many people disagree with me and no matter how different their actions and opinions are from mine.

Though many drink, I stay sober. Though others might pad their expense account, I don't anymore. I know that my call to sobriety is more than a call not to take the first drink. It is a call to a way of life that demands rigorous honesty or I'm not going to be able to survive staying sober.

I must now take stands prompted by rigorous honesty that frequently put me into conflict with the majority in the world. I not only have a right but a responsibility to exercise my "Right of Appeal" and my "Right of Petition," to differ with the majority when my conscious contact with my Maker tells me to.

We are of service by being a light to those around us. We need to be an example not only by staying sober but how we live our lives. The quality of my sobriety is determined by the stands I take or am afraid to take in A.A., at home and at work.

The test that I used to apply to any situation was whether or not it would get your approval. The new test I try to use is, "What is God's will for me in this situation?"

I serve the group conscience not by taking positions in my inner life that I am led to take by my prayer. I check these stands out with my wife, my sponsor and other friends in order to get the view of the group conscience so I protect myself from going off on tangents as a result of any justified resentments that might blind me.

The most important time in my life that I used my "Right of Appeal" with God was when I was having my last drink.

I had about six drinks and was fairly drunk. All of the sudden in the middle of this busy bar, I had the vision of the way I was going to die. I was going to die with the very next drink I took, the next car I drove. The big reservation that I had in the back of my mind about me ever becoming a real alcoholic was removed. I thought that for me to be a real alcoholic, I had to be drinking on skid row. I thought I had about fifteen more years of drinking left before I would get near skid row. I now saw that I would never make it alive to skid row. I would die driving my car and might kill others.

I had never walked away from a drink in my life before. Because of this vision, this moment of clarity, this drunken spiritual experience, terrified me, I prayed as drunk as I was. For the first time in my life, I asked this mysterious God, if he existed, to make me sober. That was my last drink. I walked away from a drink without finishing it. A miracle! I had exercised my "Right of Appeal" to be relieved of my alcoholism and to be delivered to sobriety.

In early sobriety, I also exercised my "Right of Appeal" when I asked God to remove my addiction to smoking, coffee, white sugar, white flour, gambling, overeating, and lust. He removed these defects and today I have a choice concerning them rather than being addicted to them.

I exercised my "Right of Petition" when I asked God to send a soul mate into my life. He did when I was three years sober. My wife

and I exercised our "Right of Petition" and prayed for a child. God sent me a son a year later. We frequently pray together for our needs and exercise our "Right of Petition" together since we know that God will hear two people who agree on their prayer and ask it in his name.

I used to drink over a work situation that would require me to sue my best customer if justice would be done. I refused to do this and take a stand against the majority because of the possible backlash and the threat to my pocketbook.

In sobriety I found I could not live with myself unless I faced this situation. I exercised my "Right of Appeal" in the courts. After doing this I was blessed with peace amidst turmoil because I was living by principles.

Surrender does not mean that I avoid confrontation. Surrender means that I confront my fear and fearlessly pursue God's will for me despite the risk. I surrender to following God's will, not my will. In sobriety, God's will frequently means that I must take uncomfortable stands until I learn to make them comfortable stands by following the principles of the steps, traditions and concepts. I was practicing the fifth concept before I knew what it was. Now, after having written inventory on the application of this concept to my life, I am able to more quickly recognize the principles I need to follow as challenges present themselves in my life.

The other aspect of the fifth concept of service is respecting the right of others to state a minority opinion. The one word that describes the attitude I need to adopt in practicing this aspect is the word, "tolerance." My reaction when I was drinking to people who differed from me was pretty quick. I might sit there and smile and nod my head but inside it was thumbs down to anybody that disagreed with me. This attitude carried over into early sobriety.

My distrustful attitude didn't begin to change until I began to trust the group conscience until I was sober for a while and began to see that others in A.A. knew how to stay sober and I did not. You knew something I didn't. When I began to trust the group conscience, I

began to trust opinions that were different from mine. This concept of service carries with it the idea of respecting the ideas of others when they disagree with me.

I have the responsibility to be available to the minority when they reach out for help. The majority of alcoholics are out there drinking. The minority is in A.A. trying to stay sober. I need to offer my sobriety to be of service to the sick and suffering minority anywhere who reaches out for help for anything. When a person says, "I'm a few days sober and I need some help," I need to hear this person's "Right of Appeal" and answer it.

As a sponsor I need to respect the right of those I sponsor to disagree with me.

In my home life I need to respect the right of my wife, son, mother, and sister to take positions that differ from mine. I need to hear personal grievances with a loving ear and encourage others to state what they think especially if it is opposite to my own opinion or experience. I then need to let them work through to their own solutions.

An example at work is for me to try to get some feedback from my employees on the assignments that I give them so that I can tell whether or not they have different opinions. If they do have different opinions, then I need to stop and consider them and perhaps reconsider my own opinions in the light of what they think.

So, I need to examine myself not only when I'm in the minority and need to take a stand, but also when I'm in the majority and need to listen. Sometimes I need to overrule the minority. But it can be done in a loving manner.

The secret to practicing this concept in life is to love those who disagree with me. Sometimes those who disagree with me also dislike me. Then I think of three words that help me to try to practice this demanding concept: "Love your enemies."

~ Dennis F.

May Phone Coverage

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

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

- Sundays – 12 a 9a, 6p-12a on the 20th & 27th, 9p-12a on the 6th, 10p-12a on the 13th,
- Mondays – 12a-930a
- Tuesday – 6a-930a, 6p-10p
- Wednesday – Covered
- Thursdays – Covered
- Fridays – 6a-930a, 10p-12a 1st Fri, 8p-12a on the 2nd Fri, 530p-10p on the 3rd Fri
- Saturdays – 6p-12a 3rd Sat

Contact Alan L (Big Al)
801-641-8401