

LIFELINE

Salt Lake City Central Office Newsletter

May 2012

Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

I don't remember ever hearing a term like “The gates of insanity” before. It sure did describe me when I got here. In fact, I think I had one foot inside the gate. I knew I was crazy and there was no hope for me.

The program of A.A. has promised me that if I am rigorously honest with myself and if I am willing to turn my life over to a power greater than myself, I will be able to stay sober.

“We are as sick as our secrets”. How many times have I heard that in the rooms of Alcoholics Anonymous? I had thought of, said and done things that were far worse than any of you. I knew that some of those things were not just unforgettable but they were unforgivable by you and by God.

Just thinking about doing the 4th and 5th steps scared me so much that I couldn't take the 2nd and 3rd steps.

Who could I possibly tell my sick secrets to? And anyway, who had the right to know all of that stuff. Some of it I had actually gotten away with for years. Why give myself up now. Our literature talks about fear as an evil and corroding thread and that the fabric of our existence was shot through with it. My fabric was rotten.

One day, I was sitting at my Sponsors for tea and a chat. She knew how fearful I was. I just couldn't get started working and living the steps. I wanted to. I just couldn't. She caught me off guard when she stuck her head around the corner from the kitchen and asked me “So, what is it you are so afraid to tell me?” I blurted out the answer. It happened too quickly for fear to get in the way. She simply said “Oh, okay” and went on fixing tea.

It was like removing a plug from a drain. I was able to start from the beginning. That big, deep, dark secret was out in the sunlight. Now I could work on it. One of the things she told me that day was that I should never try to forget my secret but to use it in the future to help others. She said it would eventually turn into a gift. She was right.

That was just the beginning. Now I needed to go back to Steps 1, 2, 3 and 4. Then I could move on to Step 5. When that day came, it was time to share with God and another human being all of my resentments and my part in them. I chose to take this important step with my Sponsor.

We started with a prayer - asking for both of our minds and our hearts to be open to my higher power. I prayed that I would be able to be totally honest with her and with God. She prayed that God would help her to help me.

Resentments will not go away without work on my part. I used to have a sign in my office that said, “Problems that go away by themselves – will come back by themselves.” So will my resentments – just like a boomerang. I needed to move on to 6 and 7 right away.

There are some things that I know about myself today. Self-knowledge will not keep me sober. I am still an alcoholic even though I haven't had a drink in over 26 years. Fear of the consequences will not keep me from a drink

A few years ago, my husband Mike and I were sitting in a deli in New York. They had huge bowls of pickles on the tables. As it often does, our conversation had gone to recovery. What a great example we had in front of us. The pickles! Once a cucumber has been changed into a pickle, it stays a pickle no matter what you do to it. There is no way I can ever be a non-alcoholic!

Our book says, “Spiritual principles will solve all my problems.” I must rely on my Higher Power to keep me sane, sober and out of the pickle barrel.

~ Greater Kearns Group
4290 West 5415 South
Mondays 8:00pm

In this Issue

Step 5	Page 1
Board Members/Committee Chairs	Page 2
Groups Represented at March CO meeting.....	Page 2
7th Tradition addresses	Page 2
Birthdays/Group news	Page 3
From the Chair	Page 3
Tradition 5	Page 4
Concept V	Page 5
High School A.A. presentation	Page 6
Phone Coverage	Page 6
Your Central Office Committee updates	Page 7

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.* 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
lifeline@saltlakeaa.org



Central Office Board of Trustees

board@saltlakeaa.org

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Central Office Standing Committees

Activities (activities@saltlakeaa.org)	Shar C.
Bylaws (bylaws@saltlakeaa.org)	Linda B.
Hotline Telephone (hotline@saltlakeaa.org)	Tim H.
Literature (literature@saltlakeaa.org)	Betsy M.
Newsletter (lifeline@saltlakeaa.org)	Doug R.
Outreach (outreach@saltlakeaa.org)	Wendy W.
Twelfth Step (12step@saltlakeaa.org)	Carl C.
Volunteer (volunteer@saltlakeaa.org)	Betty H.
Website (webservant@saltlakeaa.org)	Jonathan H.

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 April 2012 Central Office Representatives Meeting

90th & 32nd 974 Group	Living in Sobriety Midvale Lunch Bunch
A Vision for You	Murray Group
A Way Out	New Way
Basic Young Peoples	Non-Sm Sobriety Hour
Bog Irish Big Book	Off the Cuff
Bountiful Men's	Salt Lake Group
By the Book	South Davis Group
District 2	South Enders
Dog on the roof	Sunday Breakfast
Early Beginnings	The Grub Lunch
Eye opener	The New Yorker
Garden Variety	Thunderheart
Happy Destiny	Tooele Beginners
Highland Group	Up Group
Honey's Breakfast Group	We Care
Jaywalker's Roundtable	



7th Tradition Contribution Addresses

AA World Services
Box 459
Grand Central Station
New York, NY 10163
<https://ctb.aaws.org/Login.aspx>

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
<http://utahaa.org/contributions.php>

District 10 Treasurer
PO Box 57271
Murray, UT 84157

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

Congrats to our Birthdays!

It works — it really does!

Nomadic Lunch

Adam	30 Days
Tom	60 Days
Paige	60 Days
Jeff	60 Days
Adam	90 Days
Laurie	6 Months
Chris	9 Months
Jeff	2 Years
Joyce	6 Years
Debbie	8 Years
Kim	14 Years
Carrie	20 Years
Jonnie	20 Years
Shannon	22 Years
Anna Ruth	24 Years

Brian	60 Days
Doug	60 Days
Ken	90 Days
Nancy	6 Months
Cody	9 months
Mike	1 Year
KC	1 Year
Jacob	18 Months
Carl	2 Years
Allison	4 Years
Nick	4 Years
Richard	4 Years
Buzz	5 Years
Richard	7 Years
Authur	8 Years
Sean	12 Years
Laurie	20 Years

Kristine 18 Years

Came to Believe

Kim 4 Years

The New Yorker

Ben H 1 Year
Laurene V 3 Years
Rob W. 3 Years

Hillcrest

Jill	30 Days	Josh E	1 Year
Terisa	30 Days	Abby J	2 Years
Nate	30 Days	Tim M	7 Years

Murray Group

The New York group bought Ben a years subscription to the Grapevine for his 1 year anniversary. Congratulations Ben!

From: The Chair in the Corner

Today is April 17, 2012 and once again I am a little late with my creation for the May LIFELINE. However in my defense I am much closer to being on time than normal. Should this trend continue I could actually be on time by late summer. (Progress not perfection) Hopefully everyone paid their taxes before midnight tonight or at least filed the paperwork for an extension.

The deadline to submit an application for the bookkeeper position ended on Sunday and our ad-hoc committee will be looking them over and conduction interviews for the position. Thanks to all those that submitted an application.

Betsy M. our literature chair has stepped down due to her need to be with her husband Jim as he undergoes cancer treatment. Thank you Betsy for all your help and may Jim's recovery be quick and complete.

Chris H. stepped up and will be taking over the job of Literature Chair. Chris has been helping Betsy so the change should be seamless. After watching the inventory for the first quarter the literature committee has made a large order of literature both from AAWS and The Grapevine that should allow us to keep all materials in stock and available when you and your groups need them. If you

find we don't have a book, pamphlet, or anything else offered by World Service or The Grapevine it can be ordered by one of the friendly folks at your Central Office.

Also I would like to welcome Meg to the group. Meg volunteered to take the position of Archives Committee Chair and will be looking for help in the form of volunteers with that commitment. Please consider a Central Office committee when looking for service work in A.A. Help is always needed on all committees; 12 Step, Activities, By-Laws, Hotline, Newsletter, Literature, Outreach, Volunteer, Web and now Archives. Surely one of these ought to spark some interest. It only requires a couple hours a month and I have personally found service work to be both fun and rewarding.

On the 19th of April we will find out if we can operate as a unit without Betty H. Uh Oh! All hands on deck, man the battle stations. Actually I predict all will be well. Betty has spent countless hours helping us get ready for this week and for the time when she makes her escape to the mountains of Montana this summer. Betty tells me that Central Office will be in the capable hands of Karen B. and Doug R. in her absence as well as the many members of Betty's Brigade. I would like to personally thank Betty for her tireless effort 5 days a week for the last 4 months helping to make this grand

From: The Chair, *continued*

experiment work and become a reality for all of us.

Our activities committee tells me that a date has been set for the Second Annual Spring Kick Off and Extreme Yard Sale. What an opportunity to get rid of all that stuff taking up space and not being used or worn for the last year or two. Please bring those donations to Central Office or if you need a truck for large items please call Nick R.(me) to arrange for pick-up and storage. Mark off June 9th on your calendar and be sure to come and have some good old AA fun. Watch for flyers to be available soon.

Wendy W. says that the outreach committee is in the home stretch as far as making contact with all the groups that your Central Office serves and that just a few more volunteers would make it so much easier. After all, we all go to meetings, find out if a meeting you go to is on her needs to be contacted list and carry the message, Central Office wants your input and participation. We would like to see you represented at the Reps meeting or at least an email address so we can keep you informed. Service work can be that easy.

Have you seen Charlie T's Big Book Small World wall. It's on display at Central Office for all to see. What an amazing evolution it has undergone. From 2 bookcases in the meeting room to the

showpiece in our new library. Every week I meet someone newly recruited by Charlie to help with the idea. When finished it will be something to be proud of. Thanks Charlie.

I want to thank all of the members of the Central Office Team for helping to make the turnaround such a great success. We are indeed fortunate to have such good and dedicated people working to make Central Office a better place. To the Board, the Committee Chairs, and all the volunteers I am truly grateful. Thank you for all your time and effort.

If you are not part of the team I wonder what you are waiting for. If you have been waiting to see if it's going to work it appears it will. If you think someone is going to do your part for you possibly you need to think again. We need your input to make it better. We need your help to make it great. It was here for you, make sure it's here for the next person in need. Get involved, share a little of your time. I promise it will not be in vain. Many hands make light work.

Your Humble Servant,

Nick R.

Chairman of the Board, Central Office



Tradition 5

"Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers." Bill W. wrote this in a Grapevine article in April 1948 he goes on to say we have a sacred trust, ""that only a recovered alcoholic can do much for a sick alcoholic,".

I could quote and quote of how many times the above idea is repeated in our literature. That the very core of our program is for one alki to help another alki get through the swinging doors. I was once privileged to hear two meth addicts share with one another their experience, it was the most intimate conversation outside of sex I can remember. They were connecting on a level denied to me, because I was outside looking in, I could not identify with what they were sharing. That is what members of AA are asking for, the right to have a meeting where that intimacy is allowed. Where the direction, content and purpose of ANY AA meeting reserves the right to help only those who have a desire not to drink.

Approximately eighty five percent of the meetings in Utah are open meetings. They are not open, as they were when I got sober, to allow wives and children to hear how AA works from other members. Not there to allow that drunk who

couldn't make up his mind to listen to a member of AA share their open meeting story. No the open meetings in Utah, and other areas are there to allow those with "problems other than alcohol" to participate.

I can hear the grip already, "damn old timer" you are absolutely right but how did I get to be an old timer. I surrendered to a Higher Power and followed the men and women who knew how to stay sober. If alcohol is not your most pressing problem have the respect and courtesy of bringing your problem to a group of men and women who can help you. But you are not the problem the problem are the members of AA who lack the courage to up hold the principles of AA. To hold sacred the torch being passed to them that when my loved ones need a meeting where they can find the holy connection that I had when Joe C came to my house and shared his story.

Is your group dedicated to helping only alcoholics?

~ John McG.
Park City

Concept V

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 Concept establishes not only the right for minority opinion to be heard and grievances addressed, but imposes upon the minority a responsibility to express their point of view, and upon the majority the responsibility of really listening with an open mind.

It can be extremely difficult to stand up and express a minority opinion, particularly when the minority appears to be very small. From childhood most of us have been told that in a democracy “the majority rules”. Many of us have a fear of ridicule, or being judged, or looking foolish among our peers. In A.A., however, each of us has an obligation to share our thoughts.

All of us who have been in service for some time have seen situations where the minority opinion expressed has brought to the attention of the group a facet of the question that had been overlooked, and has thus changed the outcome of a vote.

Concept Five recognizes that minorities can frequently be right, and that even when they are partly or wholly in error they still perform a valuable service when they bring about a thorough discussion of important issues. Bill Wilson tells us that the well-heard minority is our chief protection against an uninformed, misinformed, hasty or angry majority.

Strictly speaking, a democracy operates on the will of the majority, no matter how slim that majority may be. We have

found in Alcoholics Anonymous, however, that our Third Legacy method of electing delegates, in which a two thirds majority is required, or the top candidates names are placed in the hat and the trusted servant is the person whose name is drawn, has strengthened the spirit of democracy among us.

Another example is the way the General Service Conference operates, refusing to take important decisions on anything less than a two thirds vote, and even when a two thirds vote has been obtained allowing for the minority opinion to be heard once more.

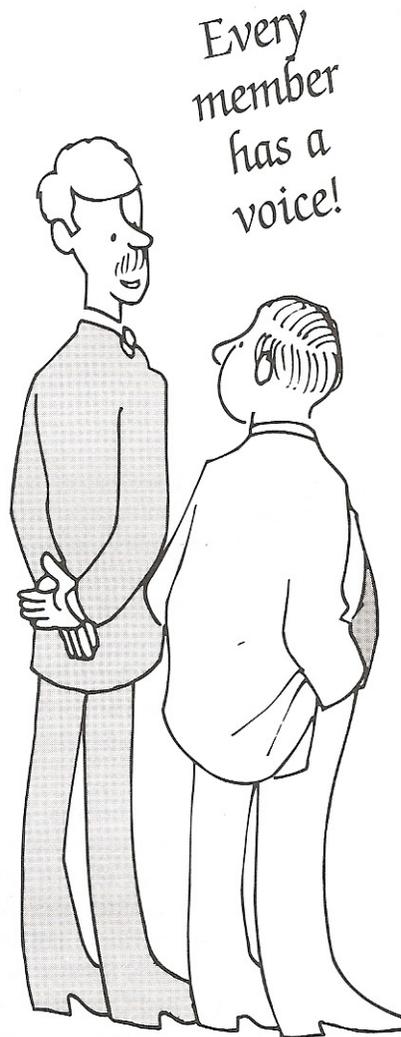
One additional note: while several people may vote in the minority, not all of their objections may be the same. It is always a good idea to allow for more than one person to be heard if they have something new to add to the discussion.

One of the best ways I know to come to agreement is thorough and open discussion of all the points of view represented in any group. This can and does often take a substantial amount of time, spread over more than one meeting. In this time of instant electronic communication the process may seem to be painfully slow. But taking this time, and allowing always for the minority opinion to be heard, can ensure that our Higher Power, as expressed in our group conscience, will be heard.

Thus, this Concept protects Alcoholics Anonymous from the tyranny of either the majority or the minority, so long as we serve in the spirit of the Twelve Steps, the Twelve Traditions, and the Conference Charter.

Yours in service,
Mickey H.

Past Delegate, Panel 49, Utah Area 69



Come visit us on the web at saltlakeaa.org!

High School AA presentation

Presenting at Kearns High was a privilege and a wonderful experience. I am glad I arrived early, as I was able to talk to Meg and Ryan for a few minutes after their class and see how their presentation went. Talking with them helped me to relax and realize this was very informal. They told me nothing was really off limits and to just be honest and tell your experience. I then talked with the teacher, for a few minutes, trying to get a feel for what the class structure was like, and what was really taboo. I was encouraged to hold nothing back in my story, and related my experiences with what it was in high school, and later on as my disease progressed.

I was the first to speak, so much of my sharing was introducing what AA is by reading the preamble, what it isn't and stressing our singleness of purpose, a brief description of how it started, the 12 steps, how widespread and prolific AA is, where you can go to seek help, my understanding of the disease itself, the importance of working with others and the "one day at a time" concept, and even spoke of the spiritual principles we strive to live by and God (something I would have shunned when I was their age).

I mixed all this in while also sharing my story, kind of improvising. I had read much of the recommended literature, and was surprised when nearly all the students at the end of the class raised their hands when asked who wanted the

literature. It was great being able to hear Katie's story, and she did a wonderful job sharing her experience, strength and hope. I'd seen her around before, but never introduced myself, so it was nice to make a new friend. After we had both shared, we showed the class a couple short films and left enough time for ten minutes of Q&A.

Most of the kids were shy, but many soon opened up and were asking us questions about what my sponsor does (I began telling them my sponsor was retired and did consulting work on the side, and then realized they weren't interested in his profession. DUH!) if there were meetings geared toward young people and how young were some of our members, are some steps harder than others, etc...

Afterwards we both got a round of applause, which was flattering and funny, and I felt greatly appreciated. I remember thinking that when I was their age I probably wouldn't have taken much interest in some stranger talking to me about AA, and how I thought I would never become an alcoholic. If one seed was planted there that can help one person find the rooms of AA, I would feel that our job was well done.

Thank you again for the opportunity to speak.

Sincerely, Patrick R.

Available times to volunteer for answering the Central Office Phone line

Sunday - All full for now

Monday - All full for now

Tuesday - Every Tuesday midnight to 10am, First, second, and forth Tuesday 6pm to midnight, Third Tuesday 10pm to midnight

Wednesday - Every Wednesday midnight to 10am, Every Wednesday 6pm to midnight

Thursday - Every Thursday midnight to 10am, Second Thursday 10pm- to midnight

Friday - First and forth Friday 10pm to midnight, Second Friday 6pm to midnight

Saturday - First Saturday 2pm to midnight, Second and forth Saturday 2pm to 6pm, Third Saturday 6pm to midnight

Volunteer to answer phones individually, or get your whole group together and throw a party.

Times continue to open up, so if you don't see a convenient time check back next month.

The overnight shifts don't get many calls, so you can usually still get a good nights rest.

Tim H.

801-699-5849

hotline@saltlakeaa.org

Your Central Office Committee Updates

Editor's Note: The follow summaries are from the minutes of the April 10, 2012 CO Rep meeting. Thank you Kent for your diligence and dedication!

Activities Committee Kimmi S. reported on the plans for the upcoming Second Annual Summer Kick Off Party. This event is scheduled for June 9, 2012 at Geranium Park. Group Representatives are encouraged to inform their groups of the need for volunteers and gift donations. Also, we want to encourage everyone to clean out their closets and garages. Bring your unwanted items to Central Office. Anything that can possibly be sold will be sold at the "EXTREME GARAGE SALE." Kimmi also invited anyone interested to join the Activities Committee.

By-Laws Committee Linda B. reported the By-Laws are "holding up" and there is no new business.

Archives Committee Meg A. was elected to serve as the Chair. Congratulations and the CO Committee's gratitude to you for serving.

Hotline Telephone Committee Tim H. reported on the organization efforts of the Hotline Telephone Committee. Volunteers are still needed to fill in spots to handle incoming calls. The Group Representatives are encouraged to talk to their groups and encourage them to call Central Office and sign up for to serve.

Literature Committee Chris H. reported that regular inventories of Central Office stock are being taken. He also reported on the availability of AA literature and other items. Central Office still has tapes available sell to any "first come, first serve" buyer. Betsy M. will be stepping down as the Chair of the Literature Committee as she has some important family matters to attend to. The CO Committee wishes to thank Betsy for her service and wishes her all the best. Chris H., a charter member of the Literature Committee was elected as the New Chair. Thank you, Chris for serving.

Newsletter Committee Doug R. continues to reach higher ground with each LIFELINE newsletter published. Doug R. reported that this month's LIFELINE was mailed at the end of March, and will continue to be mailed out on the last Friday of each month. Again - The deadline for submitting articles, fliers and other items to go out with the LIFELINE is the 15th of the month. The Newsletter Committee will continue to meet on the Saturday before the last Friday of the month at Central Office. There are 101 LIFELINE newsletters that were mailed out electronically, and the number of electronic mailings continues to grow. For those members of your Group who wish to have the LIFELINE emailed to them, please register on the Central Office website. Any questions: email Doug R. - lifeline@saltlakeaa.org.

Outreach Committee Wendy W. presented a written report of the Committee's March 27, 2012 meeting. Central Office needs to recruit more people to attend meetings of non-represented groups in order to better familiarize them with the services that Central Office provides and the experience, hope and strength that each group could contribute to Central Office. Sign up to visit a meeting today by contacting Wendy W. - outreach@saltlakeaa.org. Wendy W. also reported on the March 17th first annual Central Office/ Intergroup meeting where over twenty members met to share experience, strength and hope for over five hours. Honey's Breakfast Group will host the All Groups meeting in April, the Grapevine Group in May, the Basic Young People's Group in June and the Midvale Lunch Bunch in July. The next meeting of the Outreach Committee will be Tuesday, April 24, 2012 at 6:00 pm at Central Office.

Twelfth Step Committee Carl C. was excused. No report provided.

Website Committee Jonathan was excused. No report provided.

Volunteer Committee Betty H. reported that Central Office experienced fewer volunteers for the month of April due to "Spring Fever" and, happily, some of the volunteers returning to the workforce. It is now time for a little "crop rotation" for the volunteer efforts that Betty H. has so graciously and ably supervised. Betty H. encouraged everyone to "ask folks in your respective groups to consider volunteer a couple of hours each week." The service that Central Office performs comes 100% from our volunteer efforts. We are self-sustaining through our own efforts. Being a volunteer at AA Central Office is everyone's business. Central Office will work if we work it. So come down to Central Office or give Betty H. a call at (801) 484-7871.

New Business

Chris H. was elected Chair of the Literature Committee.

Meg G. was elected Chair of the Archives Committee.

Upon motion duly made, seconded the Board's recommendation to purchase a new cash register and hardware to integrate into the new QuickBooks accounting was approved.

The Board was directed to use the "Doug C. Whatever Would Work Best" method. Check with Doug C. on the meaning of that one.

Central Office of Salt Lake City, Inc.

80 West Louise Avenue
Salt Lake City, Utah 84115-3514

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You may also sign up to have the LIFELINE e-mailed to you on the Salt Lake Central Office website at saltlakeaa.org

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