

LIFELINE

Salt Lake City Central Office Newsletter

March 2012

Made a decision . . .

"I made the decision to turn my life and will over to the care of God as I understand Him."

Since 1969 I have gone to church, meditated, prayed, read book after book trying to learn how to surrender, to rid myself of my ever present ego. My ego fought me tooth and nail. I wanted to switch the light of surrender on and be done with it. Pretty much like I did with booze. The key here was I was to make it happen and the surrender was to meet my expectations.

This was one of the greatest contradictions of my life, I need to completely control my environment. This need is of course based in self-centered fear. If I weren't in charge the flood gates of terror would overwhelm me as I justly deserved. The irony is that I would sit in a gin mill and lose complete control of my body, mind and eventually my life as I continued to drink. So the idea of letting go scared me to my core. Then I read a Taoist wisdom "I do nothing and nothing is left undone". I didn't understand. The years past and I continued advanced in the Steps. Slowly, most of the time without knowing it, I changed. Mistake after mistake gave me the chance to ask for and rely on this Power. My mind began to open and my faith deepened and I saw things differently. As a NYC cop I thought courage was facing the "bad guy" who had a gun or knife. That may have been physical courage but the program calls for a moral or better still a spiritual bravery that asks for

me to go "all in". To become defenseless and know that I am safe. What a rush.

Mother Theresa once said that a true miracle was to do the ordinary extraordinary well. The "do nothing" was to do those things that were in front of my face and do them mindfully. Letting go of the outcomes, the success, or failure of daily life. I had to learn how to trust that this Power had my back. There was no sudden anything here, it was taking the risk that if I lived by the principles of the Steps I could live a joyful and productive existence. Now in my old age I can look back over the last three quarters of my life and see how well this has turned out. My family loves me, I volunteer both within and without the program. When my wife was dying I was able to be the husband and father that I only fantasied about.

There is no part of my life I would be ashamed of if it were published in tomorrow's paper, old age may have something to do with that. But mostly I am sober and at peace. In a novel I read, one character says to another, "how do you know if you have learned your lessons? His mentor replies "If you are alive you haven't". I still have "miles to go" and when this life ends I still will be safe.

~ The New Yorker
Fridays 6:40am
Market Street Grill, SLC

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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.* 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

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Central Office Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone list; to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A. approved literature for sale to members and the public;
- and to print and distribute a newsletter.

Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

Groups Represented at the February 2012 Central Office Representatives Meeting

A Way Out
Acceptance Group
Closed meeting of A.A.
District 2
Early Beginnings
G/Q Women's
Garden Variety
Grapevine
Happy Destiny
Lakepoint Layover
Living in Sobriety

Murray Holiday
No nonsense
Off the Cuff
One Small Step
Sharing & Caring
Southenders
Spiritual Quest
Sugarhouse Men's
Sunday breakfast
Up Group
VA Welcome home

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

God, I offer myself to Thee-
 To build with me
 and to do with me as Thou wilt.
 Relieve me of the bondage of self,
 that I may better do Thy will.
 Take away my difficulties,
 that victory over them may bear witness
 to those I would help of Thy Power,
 Thy Love, and Thy Way of life.
 May I do Thy will always!

~ *Alcoholics Anonymous* page 63

Congrats to our birthdays

It works, it really does!

Came to Believe

Terry 18 Months



No Nonsense

Pete B. 1 Year
 Robert 1 Year
 Blake M. 1 Year
 Kathy L. 4 Years
 Sean L. 7 Years
 Laura 8 Years
 Marty F. 12 Years

Big Uglies

Ally 30 Days
 Cindy 30 Day
 Char 30 Days
 Rick 30 Days
 Eric 60 Days
 Marlo 60 Days
 Scott 9 Months
 Adam 1 Year
 Jenny 1 Year
 Carol 1 Year
 Edgar 18 Months
 Andy B. 25 Years

Nomadic Lunch

Kiyle 30 Days
 Mike 30 Days
 Karen 60 Days
 Kim 60 Days
 Cindy 1 Year
 Jeremy 1 Year
 Tim 18 Months
 Kyle 2 Years
 Ben 3 Years
 Bob S. 30 Years



*Please send your group birthdays and news to
LIFELINE@saltlakeaa.org
 by the 15th of the month, or bring them into the office.*

*Come visit us on the web at **saltlakeaa.org!***

From: *The Chair in the Corner*

Today is Tuesday February 21 and to me it feels like I am over a week early with this submission but our editor informs me that I am actually a week late. Possibly you noticed that your March edition of the lifeline actually arrived around the 1st of March rather than middle of March as expected. This is just one of upgrades being made by our newsletter committee. Doug and his crew do an exceptional job of keeping the members of AA informed of the happenings at Central Office and around the valley. Doug is also looking for articles from you. If you have an experience, strength or hope that you would like to share with us or if you just want to climb on a soap box and spout off to the world send your contribution to lifeline@saltlakeaa.org and let's fatten up our newsletter a little. Did you know one of our contributors/board members/volunteers/all around good guy Al L wrote a story for the Lifeline and also submitted it to the Grapevine and it was published in the February Grapevine. Congratulations Big Al.

The All Groups meeting on the third Saturday of the month continues to grow and once again the host group Happy Destinies did a wonderful job with the panel and along with those that attended put on a great pot luck. How does it work? I'm glad I asked.

Step 1 your group signs up with the outreach Committee to host one of the monthly meetings.

Step 2 your group picks a topic.

Step 3 your group probably gives food assignments.

Step 4 your group gets all excited and makes a decision to out do the previous groups and everyone gets involved.

Step 5 your group picks a panel of 4 speakers to present on the chosen topic.

Step 6 your group and everyone else shows up and brings a pot luck item @ six pm on the third Saturday of the month.

Step 7 we all eat, drink and be merry for an hour and then we enjoy a great meeting.

There you go. Everyone is full (Happy) everyone enjoyed each others company (Joyous) and everyone is sober (Free). Oh and did I mention that was the topic last month. Come join us on March 17 and see what it's like. Bring a pot luck dish and have a good time. OR BETTER YET MAKE IT AN AA DAY. Did you know that March 17 is St. Patrick's Day. Of course you did we are alcoholics right. Every alcoholic knows about St. Patrick's Day. And what do we do to celebrate? Once again I'm glad I asked. How about we all get together at Central Office 8:00 A.M. sharp for a speaker meeting and breakfast with what else Green Eggs and Ham maybe some hash browns, a pancake or two orange juice and of course plenty of COFFEE. Our speaker will be Betty H. Afterwards it's off to the parade or maybe to the couch for a short nap and then back to Central Office (or just

stay at Central Office) for what else the First Annual Central Office Intergroup Gathering featuring members and guests of Central Offices and Intergroups from around that state. Topics of discussion to be what it was like, what happened and what it is like now. Of course refreshments (lunch) will be served. Then if you haven't had enough of Central Office or enough to eat then join us for the March All Groups Meeting and of course dinner. Help me prove my theory that the way to attract a sober alcoholic is through his stomach. So there you have an easy way to stay sober and avoid the stove and dishwasher for a day. What a concept.

How about our volunteers aka Betty's Brigade. Those folks have stepped up and are off to the races. I can't say enough about them. Every time I go to Central Office there are new faces to be seen. All with big smiles. I met a young man named Logan today, 5 days sober and showing up at Central Office to help. At noon he went to a meeting at the bowling alley with an escort of about 60 years of sobriety and then turned down a ride home to come back to Central Office to help me put away inventory. Why did he do this? When I asked he told me that he felt safe here and he was having a lot of fun helping and listening to the stories. He also said he would try to come back tomorrow. What a success story. Your Central Office is changing and expanding. If you are not a member of Betty's Brigade you are missing out. I know that, because of time, many people do not have the opportunity to help during regular business hours. However many things remain to be done.

I would like to challenge you to help me eliminate the need for the phone service. All it would take is for a few good folks to step up and take the phones during unfilled blocks of time. It's not that hard, it's kind of fun and usually it really doesn't involve a lot of time. Forward the phones to your cell phone and go about your business. Take a chance and take them at night. You probably won't lose any sleep. You might get the chance to help someone counting on you. If we could eliminate the phone service we could save at least eighteen hundred dollars a year. Think about it, we can make it happen, you can help. Sign up for the twelve step list and give back what was so freely given to you. I can go on and on about what a great team we have but I will save that for latter. I will see many of you at Central Office on Saturday March 17 and we will smile and have fun for we are not a glum lot.

Yours in service

Nick R.

Chairman of the Board Salt Lake Central Office.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking

What does this really mean and how do you know if the potential member really has a desire to stop drinking?

Over the years, I heard stories about the good old days when new A.A. members were interviewed to determine if they were truly alcoholic. Before A.A., the alcoholic choices were institutions, jails, and death. So, why not allow anyone who wanted this recovery program to have it? From the A.A. literature and attending A.A. meeting over the years, I deduce that the main motive was fear. They were afraid that if the A.A. recovery program went away so would their new lives, which means that they would be face again with institutions, jails, and death.

During my early years of sobriety, I did not care about who was in the rooms of A.A. Now, I understand that if A.A. does not survive, I may not survive. In A.A. meetings, I heard people introduce themselves as drug addicts, sex addicts, and what not. So are they alcoholics who want to show everyone that they are better than those who introduce themselves as alcoholics? I believe this is true for some. These alcoholics are in danger of

losing their new way of living that they so desperately want and I wonder why. Again, I believe it is simply fear.

If the only requirement for membership is a desire to stop drinking, how do you know if a member has a desire to stop drinking? My theory is that when someone says that they are an alcoholic in an A.A. meeting they have a desire to stop drinking. Anything else shows a lack of respect for the A.A. recovery program. Today when I hear someone say that A.A. has saved their life and then introduced themselves as something other than alcoholic, I feel that they have slapped the face of A.A.

Love and Tolerance is our code, so all are welcome. However, we ask those non alcoholics attending our meeting to respect A.A. by attending only open meeting and not sharing so the alcoholic can have the opportunity to recovery by sharing.

~ Walter C.
Stansbury Park, UT

Board of Trustees/Officers Introductions

Editor's Note: Everyone seemed to like the article printed in the January 2012 issue of the LIFELINE that introduced the current panel of Committee Chairs so at the last Board meeting I asked the Central Office Officers and Trustees to write a couple paragraphs as introductions.

Christy R. ~ Board of Trustees Co-Chair

Good day! I serve as the Co-Chair of the Board of Trustees of your Central Office and I've been serving for a little over a year. I was a Central Office representative and found myself nominated by a fellow member because there was nobody willing to stand. It seemed like the last thing you wanted to be was on the Board of Central Office. I "volunteered" to serve because through the years I've found that if I do what I want to do I end up on the couch with a remote control asking myself the age old question, "Why Me?" followed by "Poor Me".

I have a history with Central Office. When I was still drinking my brother was in a terrible accident and I was advised by the doctors to contact my mother as soon as possible. I couldn't reach her – she was nowhere to be found. Little did I know, she was in South America! I didn't know any of her friend's last names because they were all in AA. I lived in Louisiana, my brother was in Georgia. I was resourceful in efforts that involved drinking but not so much when I had to do an adult task.....like locate my mother because my brother could possibly die. As a last resort, I called Central Office in

Salt Lake City and asked if they knew her or any of her friends. The man on the phone (Ron K.) didn't indicate that he knew her in keeping with our anonymity practice but he took my phone number and said he would see what he could do. Within an hour a friend of my mother's called me in Georgia. From that moment on she called me every hour and made every effort to find my mother. Even though I was still in the throes of active drinking, AA took care of me. I've heard story after story and had experience after experience of how Central Office has served as a bridge for suffering alcoholics to find the solution and fellowship they seek.

Over the past year, once again, Central Office has aided in my recovery and understanding of the spirit of service. Sitting on the By-Laws Committee during the revision renewed my excitement for sobriety in Alcoholics Anonymous. There is a buzz and a purpose found at Central Office. All are welcome and encouraged to pitch in. We have an All Groups meeting that was revived from the "old days". On the third Saturday of every month a group hosts an AA meeting at Central Office. It's a great way to unify our community by getting to know people in different groups. I hope that you will come by and check it out, get involved and reap the benefits!

Kent S. ~ Central Office Secretary

I am currently serving as the Central Office Secretary. My sobriety date is April 9, 1998. I have been the Central Office representative from the Highland Group for the past four years. I was a member of the Committee that recently amended the Central Office Articles of Incorporation. He also served as the Chair of the By-Laws Committee that was responsible for drafting the new Central Office By Laws.

I am excited about the new direction that Central Office is heading with greater participation among the A.A. Groups their elected Representatives in Central Office affairs. I am a great proponent of eliminating "fundraisers" and bringing on board more "funraisers." Doing sobriety together with a little laughter and a lot of mutual support is the way to travel. The best advice I received from my sponsor Woody W.: "The farther away you get from your last laugh will be the closer you will get to your next drunk or nervous breakdown."

It is my view that Central Office is as good as the Central Office Representatives of the Member Groups make of it. "It will work if we work it." It is my hope that the new By-Laws and volunteer structure of Central Office will serve the A.A. recovering community with increased energy and effect as we "trudge down the Road of Happy Destiny" together.

Alan L. ~ Trustee at Large

My sobriety date is January 13th 1980. I have served AA as a CO rep, GSR, and telephone coordinator. I am currently serving my second term as a member of the Central Office board of Trustees, I have also stowed chairs, served coffee, swept floors, washed cups, served cake, etc., etc. too many thousand times to count.

I have served honorable in both the Army and the Navy. I have flown everything with the airlines from props to jets for 36 years. I was also a flight instructor and supervisory pilot. In addition I was the Master Executive Chairman of the Human Intervention and Motivation Study, which is an alcohol intervention program for flight crewmembers.

With regard to the Central Office and its needs... I believe that less is more, and that if it ain't broke, don't fix it! If it needs help, help it!



Concept III

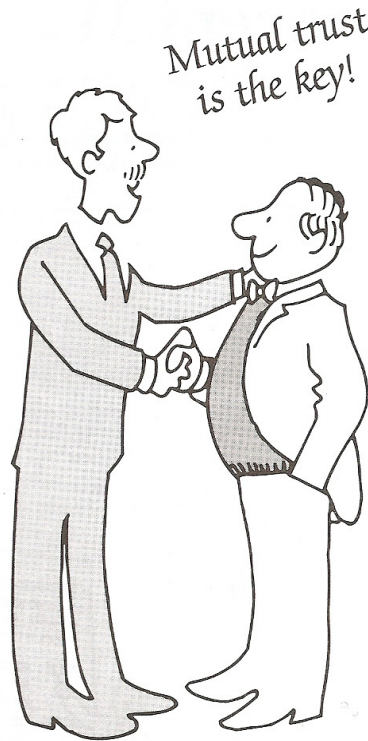
I have discovered that our literature is the best resource for describing aspects of our program and so I have quoted from one of our pamphlets - The Twelve Concepts for World Service. Concept III states: "As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees, and executives, and of thus ensuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

"Every trusted servant and every A.A. entity - at all levels of service - has the right "to decide how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises." That is, they can "decide which problems they will dispose of themselves and upon which matters they will report, consult, or ask specific directions." This is "the essence of "The right of Decision." The above taken from the Pamphlet "The Twelve Concepts for World Service."

If you are wondering how Concept III applies, I will share some personal experience. Last year our delegate, Keith M., invited a group of trusted servants to a committee meeting to help him decide which of the 90 plus General Service Conference agenda items might be the best for our area to discuss and report back to him about. Keith used his "Right of Decision" to form and consult with this committee and to ask for specific directions from this committee on the Conference agenda items. The results were

shared with the area during reports at the Pre-conference Assembly last year and subsequently with the General Service Conference through our delegate. Keith is doing the same this year.

Another example of the Concept III in action is through your Home Group. Your group, through its member's, exercises it "Right of Decision" is dozens of ways. From deciding the format of your meeting, including what literature or preambles you might read to the distribution of your groups 7th Tradition funds. Both of these example demonstrate the spiritual principle of Concept III, that of Mutual Trust." The freedom to decide and to act relies on the concept and practice of Trust.



"Bill warns against using "The Right of Decision" as an excuse for failure to make the proper reports for actions taken; or for exceeding clearly defined authority; or for failing to consult the proper people before making an important decision. But he concluded: "Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other."

If you would like to witness more of Concept III in action, attend your Home Group business meeting, District meeting or Area 69 Assemblies. If you would like to learn more about the Concepts themselves, get a copy of The A.A. Service Manual combined with The Twelve Concepts for World Service. "It is one of the best kept secrets in A.A." Quote from Robert B., District 2

~ Monte S. Ogden, UT

Editors Note: I facilitate a study group that is going through *The A.A. Service Manual combined with The Twelve Concepts for World Service*. We meet weekly, sometimes we get through a couple chapters other times just a paragraph or two. Sometimes there is more fellowship and sharing than actual study, it's all good. If you are interested in learning more about the General Service structure or the Concepts for World Service please email me at LIFELINE@saltlakeaa.org.