

# LIFELINE

Salt Lake City Central Office Newsletter

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January 2012

## *We admitted we were powerless . . .*

I began this journey in western Montana in 1977. I was clearly not ready to accept the fact that I was powerless over anything, let alone my drinking. There was no long term sobriety in the little town that I grew up in either, so that didn't help. I remember being so full of anger, fear, shame and guilt. I remember telling people, "If you had my life you would drink too." I went on for the next 6 years getting a month or two of sobriety then relapsing. I remember being so angry at a meeting where you were talking about the 4<sup>th</sup> step that was literally grinding my teeth. Of course I stayed drunk and miserable doing it that way. What was really going on, as the Big Book talks about, was that I had to be beaten in to a state of reasonableness. Alcohol itself was becoming my greatest advocate.

Early in January 1983 I had a moment of clarity. What I saw was my future. It wasn't dark and dismal, filled with wrecked cars, ruined relationships, lost jobs, and hospitals. I had done all of that already. It was a complete abyss; absolutely nothing! That got my attention long enough to say, "What do I have to lose by giving myself completely to the program of Alcoholics Anonymous?" That act of surrender was enough to keep me sober for a year! I finally got to the place where I simple surrendered to the reality that alcohol was controlling me, not the other way around.

When I finally picked up the Big Book of Alcoholics Anonymous the thing that struck me was the sentence in one of the prefaces that said that they wrote this book to tell precisely how they got sober and have

stayed sober. That gave me a lot of hope. The other thing I heard through that book was that alcoholism is a disease. We're not bad people getting good. We're not stupid people getting smart. We are sick people with a disease of body and mind that only an act of providence will treat. That took away a lot of the sting of all the shame and guilt that I knew so well.

My ego was still in such a place that I could not comprehend the second part of the first step. I was in an out of jails, in and out of hospitals, in and out of relations and jobs. But I managed just fine, thank you very much! It wasn't until someone paraphrased the first step that I final got its meaning. They said, "We admitted that we were powerless over alcohol and that our lives were out of control." Oh, out of control I could understand. My life had gotten totally out of my control. I was doing things that were completely insane, completely unmanageable by me.

When I finally accepted my powerlessness over alcohol I was somehow given all the power I needed to not pick up that first drink. And for me that continues to be the miracle of the program. I love this program. It not only saved my life but it continues to give me a life worth living. God certainly has blessed us and for that I am forever grateful.

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

# 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



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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 December 2011 Central Office Representatives Meeting

10th Step Group	New Yorkers
A Vision for You	No Nonsense
An AA Group	Nomadic Lunch
Closed Group of A.A.	Nutbuckets
Cottonwood Group	Off the cuff
District 2	One Small Step
Draper Group	Park City Men's
Early Friendship	South Enders
Eye Openers	South Valley Lunch
G/Q Women's	Spiritual Quest
Garden Variety	Sugarhouse Men's
Grub Lunch Bunch	Sunday Breakfast
Highland Group	The Round Table
Jaywalker's	Up Group
Living in Sobriety	VA Welcome Home



## 7<sup>th</sup> 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

# From: *Sandy*

I can't think of anything I'd rather have done for the past seventeen years than what I've been doing. The friends I've made, the people I've met and worked with will forever be a part of me. We've shared laughter and tears, triumphs and fears -- picnics and parties and conferences and memorials.

This is not "goodbye", but rather "I'll be seeing you."

Luv,  
Sandy

# From: *Ron*

Almost 22 years ago, I was in a noon meeting and the C. O. Representative announced that they were looking for a part time worker at Central Office. The job I had with the State of Utah had just been eliminated. So I prayed about the job at Central Office and decided to apply. I planned on being there just long enough to find a real job. My Higher Power has a sense of humor; I am still here.

Cleaning out my desk this week, I have been flooded with memories. The wonderful individuals that I have met while here. Lots of sober memories. Thank you for the opportunity to be here. It has been a great gift. It reminds me of page 164 in the Big Book. "We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you -- until then"

I look forward to seeing you again on that road.

Ron K.



## Congrats to our birthdays It works, it really does!

### City @ Seven

Amy	30 Days
Theron	60 Days
Matt	6 Months
Aaron	18 Months
Jimmy	42 Years
Jason	9 Months
Casey	1 Year

### Big Uglies

Pam	60 Days
Vanessa	60 Days
Shasta	18 Months

Bob	30 Days
Jessica	30 Days
Holly	6 Months
Kristy	18 Months
Sharon	18 Months
Lon	4 Years
Stan	14 Years
Tim	16 Years
Annette	22 Years
Betty	28 Years
Maxine	28 Years



### Came to Believe

Kelly L.	30 Days
Eric M.	60 Days
Rod B.	3 Years
Byron H.	16 Years

### Nomadic Lunch

Desire	30 Days
Jane	30 Days
Alec	30 Days

Please send your group birthdays  
and news to  
**LIFELINE@saltlakeaa.org** by the 15<sup>th</sup>  
of the month

## From: *The Chair in the Corner*

Saturday evening December 31, 2011 and I am sitting at Central Office with members of my Sunday morning meeting The Garden Variety Group that meets every Sunday morning at Anna's Restaurant at 9:30. Please feel free to join us for a great meeting and pretty good breakfast.

As is normal Doug our LIFELINE editor has extended the deadline once again so yours truly can get off his you know what and compose the final verse of the year. What a year is has been! Central Office has new Articles of Incorporation, New Bylaws, held our first ever spring kick off and extreme yard sale, we formed a new outreach committee, had a great picnic, our first ever chili cook off, elected new committee chairs and as of midnight tonight will begin to operate with a mostly volunteer staff with the exception of our bookkeeper Tonuah. WHAT DID I JUST SAY? HAVE WE LOST OUR MINDS? ARE THE INMATES REALLY GOING TO RUN THE ASYLUM? Relax, breathe in, breath out, concentrate on your breathing, are you okay? Good let me explain. Ron and Sandy have retired. Tomorrow we are going to have a retirement party and I hope you had a chance to get down here and thank both of them for all they have done for Central Office over the past 22 years for Ron and 17 years for Sandy. Both of them will be missed and surly there will be bumps in the road without them.

In August Wendi W, Christy R, and myself attended the Inter-group Seminar in Tucson Az. What we learned was that most groups have found themselves running in the red and that many are running successfully with an 'all volunteer' staff. Our office is very lucky in that we have Betty H. heading up our volunteer committee. What does that mean for us? I'm watching people signing up for times as we speak. Have you signed up yet? Why not? If you don't volunteer soon you might just get 'voluntold' if I know Betty. We are counting on you for help. No longer do we have the luxury of resting on our laurels and letting someone else to take care of Central Office for us. Now is the time for the community to stand up and see to it that Central Office is open

and capable of meeting the needs of the AA community and the still suffering alcoholic when they make the call for help. To be there for the visitor that needs to know where an AA meeting is close to his or her location. I will be here from 2-6pm on Tuesdays starting in January. What about you, what can you do? We can make a spot for you. 1 hour 2 hours 4 hours a week, every other week, once a month. Make a commitment, it doesn't hurt, it won't kill you. If we don't have a volunteer for specific time we won't be open. We should be open, we need to be open, call Betty H., our volunteer committee chair at 801-883-9026 or 801-244-0878 or email her at [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

Ask the people that volunteer at Central Office most of them will tell you that they are having a good time. They meet people from all over when they come in for schedules, chips and literature. New people with questions about AA. Old timers that have great stories to share and people passing through and just stopping to say hey.

Can you paint, do you clean carpet, wanna help make Central Office more user friendly? You should know that we are rearranging the place. I suspect that it can be done by the end of February if we have a little help. Call me (Nick) 801-664-1206 or [nick7141@xmission.com](mailto:nick7141@xmission.com) then call me at 801-664-1206 and tell me to look at my email. What can I say it's not easy being hi-tech challenged.

Hopefully you had a safe, sober and memorable Christmas and New Year. If you did be thankful. If not let us know how we can help, Lets make 2012 the best year ever at Central Office. Come join us and lets have some fun.

Your humble servant,

Nick R.

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## From: *The Board of Trustees Co-Chair*

Happy New Year! And what a new year it is. 2012 brings in a new phase of Central Office's development. As of January 1st, Ron K. will retire after 22 years of consistent, loyal service to our community. Ron started out as a volunteer under Arlene's

supervision. Arlene ran Central Office for many, many years with the help of volunteers.

Our history is rich with stories, what worked and what didn't work so well! Stories of recovery, friendships, solutions, failures

and successes are the tools we use to help people looking for hope today. Hope that it is possible to live one day at a time...sober, happy and free. My own story includes Central Office and the volunteers that helped me find groups, help, and service opportunities.

With our community all pitching in, I believe our Central Office will flourish. I encourage your group to have a Central Office representative to report to the group all service opportunities available and fellowship events. These opportunities help our community gather and gain strength against a disease that can

kill us if we try to live separately. I ask you to take a shift at Central Office - a 2 hour shift, or a 4 hour shift – I can guarantee, it will be rewarding.

It doesn't fail that when I pick up a phone call or talk to a person that's stopped by for a book, chip or just a cup of coffee, that I am not lifted up and that anything is possible with the life I have in Alcoholic's Anonymous.

Christy R.



## Your New Central Office Committee Chairs

On December 13, 2011 the Central Office Reps elected a new panel of chairs for the various committees needed to insure that the work of the SL Central Office continues. This panel will serve for the next year, then a new panel will be elected that will serve a full two year term. This gets our election process on the same timeframe with the Area and the Districts.

We thought you might enjoy hearing from each of these trusted servants so they were all asked to submit a couple paragraphs as introductions.

### Activities Committee

Happy New Year my peeps! My name's Shar and I'm an alcoholic. My sobriety date is January 23rd, 2001 and for that I'm grateful! God willing I'll be 11 by the end of the month. I'm very excited to join my fellow servants already serving here at central office. I've been inspired by what I've seen and all the work put into bettering central office and I'm honored to have the opportunity to get involved!

The activities held by central office in the past have been a hit and I hope to keep it that way, bring some new faces in to help serve on the committee. I'm amazed at how many people are willing and enthusiastic to get involved! Thanks everyone!

In love and service,  
Shar C.  
activities@saltlakeaa.org

### Hotline Telephone Committee

Hello, my name is Tim H and I'm an alcoholic. My sobriety date is August 5, 2010. I'm excited for the opportunity to be of service at Central Office. Service is an important part of my sobriety and I look forward to learning more.

My goal is to be able to help carry the message to alcoholics throughout the Salt Lake area by keeping the phone line running well throughout the year. I hope to recruit groups and individual alcoholics to answer the phone line during the hours Central Office is closed and make the process as convenient as possible for those who volunteer to answer the phone line. Thank you all for being part of my sobriety, I wish you all a wonderful sober year!

In grateful service,  
Tim H.  
hotline@saltlakeaa.org

### Newsletter Committee

Greetings family, my name is Doug and I am an alcoholic. My sobriety date is January 14, 1983. So this month, God willing, I will celebrate 29 years of continuous sobriety. Service to this fellowship continues to be a large part of my recovery. I still learn so much from you. I am eternally grateful for that.

My hope is that the Salt Lake Central Office has a stellar year. With all of the dedicated people that are on board I'm sure it will. I want to see the LIFELINE become an even better publication. Carrying the message of hope of the program as well as news and events of your Salt Lake Central Office.

Doug R.  
lifeline@saltlakeaa.org

### Outreach Committee

I am honored to continue serving as your Outreach Chair. I've been at this for the better part of the year and I'm having a blast going out to different groups and meeting future Central Office reps. I've also had fun watching the All Groups meeting take hold and become a regular fixture here. It's great to meet new friends, and the food is always fabulous.

My goal is to visit each of the 200+ meetings in the greater Salt Lake Area by the end of 2012. This will be done with the help of others who see the benefit of contacting unrepresented groups and establishing a supportive relationship. Another goal is to continue to invite groups to host the All Groups meeting with the hope that the meeting will grow and we will have to move to a larger venue!

Thank you to those who have visited meetings and gotten contacts. You are helping to create a vital, effective AA community.

Wishing us all a grand, sober new year, in loving service,

Wendy W.  
outreach@saltlakeaa.org

### Twelfth Step Committee

Hello, my name is Carl C. I am an alcoholic. My sobriety date is March 17, 2010. I am young in sobriety but older in life's experiences. I have lived in Utah since 1973. I graduated West High in 1973. I served in the U.S. Navy for 4 yrs. 1975-1979. My home group is A Way Out.

I am anxious to learn and grow as the 12th step chair for central office. I look forward to getting to know many of you, and working with you in service to those who may need an extra hand getting their lives turned around. May our Higher Power give us all strength and happiness this coming year. Blessings to all.

Carl C.  
12step@saltlakeaa.org

### Volunteer Committee

Effective January 2nd SLC A.A. Central Office will be staffed by volunteers. Hopefully this will help us operate in the black and within our membership contributions. Several central offices around the country operate successfully with only volunteers.

As Central Office Volunteer Coordinator I will recruit and staff Central Office Mondays through Fridays from 10:00 a.m. to 6:00 p.m. and Saturdays from 10:00 a.m. to 2:00 p.m. I realize this is a big job, but who better to staff our Central Office and answer calls from suffering alcoholics than our sober members in service? Who can direct folks wanting to buy litera-

ture better than those of us who are alive and well today with the help of that literature? Central Office belongs to our membership and I believe we are the most effective help to our members and the alcoholics who still suffer.

Betty H.  
volunteer@saltlakeaa.org

### Website Committee

Greetings from the vast, undiscovered country of Internet! My name is Jonathan and it is my untempered delight to help bring our local fellowship into the modern digital frontier. A new generation is emerging from the dark night into the sunlight of the spirit, and they come bearing smart phones. I want the hand of AA to be there.

Our website serves a vital role in welcoming and informing current and future members of the goings-on of AA in the area. It has been a pleasure exploring what is possible on the web with the 12 traditions and 12 concepts. More tech advancements are coming, making the central office more efficient and able to serve the needs of the groups.

Thank you to everyone who tells me when things are broken, when things are great and where we need to improve.

Jonathan H.  
webservant@saltlakeaa.org



## December All Groups Meeting

The December All Groups meeting was a great event, the Area 69 Officers hosted with the topic "The Joy of Service". It was the perfect group of folks to talk on that subject, they really are glad to be of service to AA. It was a great opportunity to listen to them talk about their experience, strength and hope outside of a ser-

vice event. We're very fortunate to have such a caring, responsive group in our service structure, their support of the Central Office is invaluable.

There was a great turnout, about 20 people participated. We're looking forward to that number increasing. Saturday, Jan-

uary 21<sup>st</sup> we'll be hearing from the Nomadic Lunch Bunch on "The Three Legacies: Recovery, Unity and Service". We hope you and your group will join us for pot luck dinner at 6:00 and the meeting at 7:00. There are many openings for your group to host, pick a month and get signed up!



## AA Central Office Wish List

Central office is looking for the following items. If you can donate them it will be greatly appreciated.

- Computers (2 years old or newer)
- Flat screen monitors
- Flat Screen TV (the one we have is a loner, the TV service was donated)
- Refrigerator
- Intrntel Phone service and an experienced tech
- Stove or Stove top
- Technically minded volunteers (for the Website Committee)