

LIFELINE

Salt Lake City Central Office Newsletter

February 2012

Came to believe . . .

Step two, "came to believe that a power greater than ourselves could restore us to sanity."

The compulsion to drink for me was not the only "Merciless obsession" that came to compel me in my insanity of alcoholism. Having had lost faith in the God I had come to perceive as punitive, wrathful and vindictive. At first I was torn and highly threatened when told "it was highly suggested" I would probably want to enlist the help of a Power greater than my admitted powerlessness. Because the idea that I could choose my own concept of that Power was as of yet foreign to me, although appealing, however I was still fearful. I began witnessing in the Fellowship, those that did rely heavily on a Higher Power (God) seemed to be living healthier, happier lives, compared to those who struggled and even rebelled against this concept.

The Big Book of Alcoholics Anonymous was teaching me to cease fighting everyone and every-

thing. One day in my early morning home group as it was our habit to read from the wall the 12 traditions the phrase ". . . A loving God as he may express himself in our group conscience" leaped from that wall into my mind, but most of all into my heart. I decided then and there I would try to cultivate a conscious contact with that Love. In doing that I was handed another spiritual tool of the AA program, not the least of which are "prayer and meditation". Also I found that my outlook and attitude about others was changing to seeking to be of service as I trusted more and more in that Loving Presence, whom I choose to call the "God of Love". As I have began to see others as more loving I become aware of my own feelings of love. I "no longer live in a hostile world", I no longer felt the compulsion (insanity) to drink.

My Higher Power, "a Loving God", can restore me to what I once believed to be irrevocably lost - my sanity and serenity. I

have a program to practice (and yes, it is a work in progress) with the loving help of my Higher Power, who is restoring me to mental, emotional, and spiritual health and well-being, one day at a time. For this I am grateful enough not to pick up that first drink, also one day at a time. Oh and I am much happier . . . And that I choose to call sanity . . . True serenity.

"Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity." *Alcoholics Anonymous page 68*

~ 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 January 2012 Central Office Representatives Meeting

A Way Out	Murray Holiday
Acceptance Group	No nonsense
Closed meeting of A.A.	Off the Cuff
District 2	One Small Step
Early Beginnings	Sharing & Caring
G/Q Women's	Southenders
Garden Variety	Spiritual Quest
Grapevine	Sugarhouse Men's
Happy Destiny	Sunday breakfast
Lakepoint Layover	Up Group
Living in Sobriety	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

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear. ~ *Alcoholics Anonymous page 68*

Congrats to our birthdays

It works, it really does!

Hillcrest

Kelly	30 Days
Scott	30 Days
Vanessa	30 Days
Cory	30 Days
Phil	30 Days
Jeff	30 Days
Clay	30 Days
Teri	60 Days
Kelly	60 Days
Cory	60 Days
Zack	90 Days
Neals	90 Days
Waylan	90 Days
Kathy	6 Months
Jan	6 Months
Teri	6 Months
Ty	6 Months
Jill	6 Months
Jenny	9 Months
Tilanni	9 Months
Liz	9 Months
Brittany	9 Months
Mike	9 Months
Brittany	1 Year
Jesse	1 Year
Marsha	18 Months
Sharon	18 Months
Matthew	2 Years
John	2 Years
Chris	2 Years
Taylor	3 Years
KC	3 Years

Jordan	3 Years
Chris	5 Years
Ashley	6 Years
Steve	6 Years
Ryan	7 Years
Grant	9 Years
Tom	11 Years
Wade	12 Years
Liz	13 Years
Mark	13 Years
Robert	13 Years
Helen	15 Years
Mick	15 Years
Terri	19 Years
Steve	21 Years
Mark	22 Years
Kathy	22 Years
Gino	22 Years
Nick	22 Years
Roger	25 Years
Thad	26 Years
Vaughn	29 Years

New Yorker

Doug R.	29 Years
John McG.	42 Years

Nomadic Lunch

Tom	30 Days
Terry	30 Days
Kim	30 Days
Arron	60 Days
Henry	60 Days
Brad	60 Days
Jane	60 Days
Desire	60 Days
Jenny	90 Days
David	6 Months
Kim	6 Months
Monica	9 Months
Matt	9 Months
Chad	1 Year
Nicole	3 Years
Nick	5 Years
Darrin	11 Years
Sherrie	14 Years
Dustin	14 Years
Steve	23 Years
Allan	32 Years
Russ K.	35 Years

Acceptance Group

Cannon T.	8 Years
Troy N.	20 Years
Howard J.	22 Years

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

From: *The Chair in the Corner*

What have I done on my days off lately? Saturday morning January 21, 2012. After a short walk around the old neighborhood Lucky (world famous Yellow Lab and ace pheasant finder) my trusty companion and side kick took a short ride to AA Central Office 80 W. Louise Ave. Upon arrival it was very obvious that this was not your normal quiet Saturday. It was barley 10:45 and fortunately for me I got the very last parking spot. Funny I don't remember it being like that in the past.

After stopping to mark the telephone pole and the west tree Lucky headed for the front door with me bringing up the rear. As we entered we were greeted by a strange and unfamiliar sound. Noise, lots of it and laughter, loud laughter, coming from several places at once. Who were all these people I wondered silently as I took a quick inventory of what was going on. Two people were at the counter buying chips and books for their group from our volunteer Megan, Charlie was in the library admiring his new wall and map for the foreign language AA Big Books from around the world. Many thanks to Doug C. and Bob for the many hours they put in helping Charlie's vision come to life. Did you know that every time World Services publishes a new big book Charlie buys and donates one to Central Office. Because of his generosity any time someone needs a book in a published language your Central Office has the ability to accommodate them. They buy Charlie's book and we simply replace it for the next person in need. Charlie's vision is slightly larger than his wallet and he could use a little help moving it to the next level. Come check it out and if you think it's cool he has a little donation can on the wall and would appreciate your help.

In our new committee, computer, boiler room (formally Ron's Roost) I found Jonathon our computer, website and communication wizard hard at work hooking up dual monitors to one of our resurrected computers. (Jonathon was not making a lot of noise but I did see him smile once or twice.) Also present were Christy R. and Shirley from Mike and Shirley fame. They were laughing and making noise. Sponsor, Sponsee stuff I think.

Continuing on into the meeting room I found two unknowns taking inventory of chips and drinking coffee and eating bagels.

Just remembered I forgot breakfast and coffee in my haste to get to the Central Office. Oh yea what happened to Lucky? Silly me he's in the kitchen, where else. When I got to the kitchen it was plain to see he found a rookie and convinced them if he didn't have a bagel with schmear he was going to perish on the spot. He ducked because he knew the jig was up and he was busted. I did manage to find him a dog cookie so he was somewhat happy. As is usually the case there was a hot pot of strong coffee and plenty of other stuff to get a good sugar/caffeine buzz going. I spent the next 3-4 hours enjoying coffee and good company, did a little housework, helped Charlie take his vision over the top, screwed up the cash register (sorry Tonuah), sat in on a couple of committee meetings and basically had a great time.

I left around 3:30 funny I thought we closed a 2:00 to go see my dad for a couple of hours and then came back a 6:00 for pot luck dinner and The All Groups Meeting at 7:00. This month it was sponsored by the Nomadic Lunch Group aka the bowling alley meeting. The food was good, the discussion panel was great and the attendance was the largest yet. Has your group signed up to sponsor a meeting yet. If not why not? Get involved have some fun join us.

I got to come back on Sunday to watch the playoffs even though my Packers and Christy's Saints didn't make the show. We will be here for the Superbowl also, so bring something and participate.

On Tuesday from 2-6:00 I get to volunteer again. Have you signed up with Betty H. for time to volunteer? Come down and see the changes. I think you too will feel the difference and like the changes. Central Office is not just a place to get a book and a chip anymore. It's a place full of life and the AA spirit. Come answer the phones and help another alcoholic or get helped by an alcoholic. See you there.

Your Humble Servant,

Nick R.
Central Office Chairman of the Board



Come visit us on the web at saltlakeaa.org!

The Discipline of Tradition Two

When I came to Alcoholics Anonymous in 1983, I wondered, sometimes aloud, why didn't someone "take over." The process of group conscience seemed ponderous and some members seemed not astute enough to make the "right" decisions. I was told by my sponsor that in the group conscience our ultimate authority, God, speaks and that we trust that that loving God's Will takes us in the right direction. Needless to say, I was sure she didn't mean what she said. I was sure that secretly the "wise" and "educated" members met and took the group where it needed to go. I was wrong.

In group conscience we listen to the least educated with as much attention as we do to the most educated. We weigh the opinion of the youngest member with as much regard as we do the longest sober member. We consider the opinion of the minority view and many times we change the direction of the group because we had never considered the merits of the obscure view having been expressed by the only "nay" when given the opportunity to tell us why she voted "nay."

Tradition Two leads me to "trust God" in all things undertaken by the Fellowship. Many times over the past twenty-eight years, I've questioned "group conscience" only to find that in the end the decision made was the best direction for all. That is the beauty of "group conscience," it is God's voice telling us what is best for all of us, not just some of us. Each group is a fellowship of equals. No matter what an individual member's background, education or professional expertise, no member has authority over the group. In this way, the Fellowship reaches out to all who would seek its comfort and provides the atmosphere of a sense of belonging to all members.

My sponsor gave me a copy of a series of articles on the Twelve Traditions of Alcoholics Anonymous that appeared in the Grapevine in 1969. The questions were intended for the individual's use. Many groups, however, use them as a basis for their discussion topic as they study the Traditions. My sponsor gave them to me in an effort to help me find enough humility to be of service to our group. Some of the questions pertaining to Tradition Two are:

1. Do I criticize or do I trust and support my group officers, AA committees, New comers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

I am constantly amazed that the lessons of early sobriety and the direction of a sponsor who did not seem wise at the time, still serve as the basis of a happy, joyous and free sober life.

Betty H.

I Saw God at Work This Morning

Today started like any other day. I usually wake early, dress and pour myself a cup of coffee. I needed to let the dog out for his morning constitutional and as I was doing so I remembered from the news the night before that there was to be a lunar eclipse, which was supposed to be visible in the morning sky. Sure enough... just on top of the full moon I could see the earth's shadow just starting creep onto the top of it.

The Dog finished with his duties and I was getting cold so I went back inside and continued my preparations for work. I took a couple of minutes to sit down and enjoy the rest of my coffee while catching up on the morning news before leaving for the day.

I was feeling a bit uneasy for some reason and couldn't shake the thought of the lunar eclipse that was going on. I decided to put on a jacket, grabbed another cup of coffee and went outside on the porch and began to observe this rare sight.

As I did so I became keenly aware of the environment around me. It was a cold crisp morning without a cloud in the sky. All the leaves had fallen off the trees and there were only bare branches left which made a web like design on the dark morning sky. The moon and its eclipse phenomenon were visible through the branches and it was a beautiful sight.

My home is located high on the east bench of the Salt Lake valley, which affords me a great view of the valley floor. Many thousands of sparkling lights were clearly visible of a city just waking up. I could also see the grey outline of the Oquirrh Mountains across the valley in my panoramic view. This combined with my view of the moon through the branches was an incredibly beautiful and peaceful sight.

Even though it was quite cold I considered it would be a great time to meditate and reflect while I enjoyed this gorgeous scene. I then noticed that the shadow of the earth was creeping down the face of the moon. The curvature of the earth's shadow was clearly visible in the face of the moon. As I watched the shadow move ever so slowly down its face, I thought about the sun, and how it had to be directly behind me in order to project the earth shadow so vividly on the moon. Then I realized that the curvature I was witnessing was actually the opposite side of the earth that I was standing on. The part of the shadow where I was located, on this planet, was not even visible yet and probably wouldn't be before the eclipse was over. I thought about how the earth is over a quarter of a million miles away from the moon. The sun behind me is on average about 90 million miles away from the earth. These three heavenly bodies and the solar system they live in didn't even amount to a pixel of light in the totality of the universe. Now all of the sudden I am beginning to feel very, very insignificant and I was overwhelmed with of how utterly unimportant I was in the total scheme of things.

My thoughts immediately took me back to my other life. My life with alcohol and before sobriety! I thought about how big my ego was before I really understood ego, about how grandiose I was, and about all the people I had harmed, the family and friends I had disappointed, the lies I told, the things I had stolen, all the people I had hurt in one way or another, and the times I cheated as well. Even though I have often demonstrated many of the fine values I was taught by my parents, those acts could in no way justify my reprehensible actions. The guilt, shame, and remorse were always with me.

I reflected how in my teens I found I was able to mask those character defects with alcohol, which was to work well for the next twenty-five years. When I drank I just didn't care about what I did or whom I did it to. I could justify every little lie and every bad deed. When I couldn't I would simply drink more and it became easier to forget and bury myself in denial. I always felt guilty and remorseful, and for good reason, but I could easily mask that with alcohol as well. I began to believe my lies, which was comforting temporarily, but the overwhelming feeling of guilt and remorse never went away.

I became conscious of the moon again. The earth's shadow was now covering about half of the moon. As I gazed around the valley floor, I noticed out of the corner of my eye the sky was starting to get light. I turned to the east and sure enough, the sun was beginning to rise. It was a beautiful sight as well and complimented the already beautiful sky. I wanted to see it all, and I became a bit frustrated because I couldn't look to the east and west at the same time. I wished I had a better vantage point, like sitting on a star where I could witness this miracle all at once. Mornings have always been my favorite time of the day and today was certainly turning out to be one of the more exceptional ones.

I was completely overwhelmed with the beauty of the moment, and simply could not continue to think of those depressing times. My thoughts switched from chaos and despair of my old life to the good fortune of the new and how privileged and blessed I was to have the fellowship of Alcoholics Anonymous, the guidance of the Big Book and the steps to help me become a better person. With the unity of the program, hard work on the steps, and service to those in and out of the fellowship, I am now comfortable in my own skin and I believe, a much better person than I was before.

By now the moon is almost covered with the earth's shadow and has a gorgeous orange copper glow. The sun is slowly rising and the eastern sky is becoming lighter with a vivid blue hue. The moon has a hint of whitish light circling the outer edge of it. The beauty of the moment is overwhelming.

I thought of my long lasting struggle with the concept of God. Is there or isn't there? If there is, who or what is it. Am I atheist or agnostic? Why couldn't I believe like others say they do? In that regard I have always felt I was in a no man's land... and alone. I was alone now but I didn't feel alone. I felt I was witnessing something powerful.

When I redirected my attention to the final minutes of the lunar eclipse, only the very tip of the bottom of the moon is visible. It almost looked like a little tiny light bulb shining. It was as if I

was being given a message. Man has created and accomplished many fantastic things through his evolution including flying to and walking on the very moon I have been observing. However, no man on this planet could ever replicate beauty I have witnessed this morning.

I have never seen a bolt of white light, nor have I heard God speak as others say they have. But that is their story and I believe it is their truth. I have in the past however acknowledged that God is Love and now I also believe that God is the all-encompassing Universe. Today I am willing to accept all that the Universe, or God as I understand him, places in my life... and I act accordingly.

The moon has now dropped below the horizon and the sun has shown itself in the east. I have just enjoyed one of the most wonderful hours of my life. A new day has started and I am grateful.

I have seen God at work this morning and furthermore, I believe God has been working on me for some time now without my knowing it. And for that I am extremely grateful.

Life is good.

Alan L.

Editors Note: Congratulations to Alan L. His article, *Does Prayer Work?*, that first appeared in the LIFELINE (November 2011) has been published in the February 2012 issue of the AA Grapevine!



Committee Updates

Editor's note: The following summaries are from the January 2012 CO Rep meeting. Please feel free to contact the Committee Chair for additional information or to find more current information.

Activities Committee. Shar C. reported on the events that will be taking place at Central Office. There will be a St. Patrick's Day activity with a speaker and a "Green Eggs and Ham Breakfast meeting. The speaker meeting is at 8:00 a.m. – Betty H. will be the speaker. At 9:00 a.m. there will be a breakfast and at 11:00 a.m. everyone is encouraged to head to the Parade or stay and play at Central Office. Tickets for this event are \$5.00.

By-Laws Committee. Linda B. reported on her efforts to organize a By-Laws Committee. Kent S. will get her an electronic copy of the By-Laws. The language of the Literature Standing Committee will need to be added to the Bylaws.

Hotline Telephone Committee. Tim H. reported on the organization efforts of the Committee.

Literature Committee. Betsy M. reported on her efforts in getting an inventory in order to determine what Central Office has in stock and what it needs to order.

Newsletter Committee. Doug R., Editor of the Lifeline, requested the C.O. Representatives to spread the word and solicit members to write stories and articles of their experience,

strength and hope in their recovery. Stories and articles can be emailed to Lifeline@saltlakeaa.org or brought to Central Office.

Outreach Committee. Wendy W. presented a written report of the Committee's December 27, 2011 meeting. Central Office needs to recruit more people to attend meetings of non-contributing 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. A sign-up sheet was distributed by Wendy W. who will coordinate efforts to visit all groups who are not contributing to Central Office or who do not have a Central Office Representative.

Volunteer Committee. On January 2, 2012 the A.A. Central Office volunteer committee began staffing Central Office. The good news is that each and every member who volunteered showed up on the day they said they would and at the time they said they would, learned in place procedures quickly and were cheerful and accommodating and seemed to enjoy the work. A total of 26 volunteers staffed Central Office the first week in January