



# LIFELINE—

SALT LAKE CENTRAL OFFICE NEWSLETTER

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## Sober Mom *Suzi W Maryland Resident*

I was born to be a mother. Thankfully, my higher power gave me the gift of sobriety first. Twenty five years of binge drinking kept me from achieving my heart’s desires. I was 12 years old when I had my first blackout; I was 37 when I had my last. In between my first and last drinks, there were some good times– sipping salty margaritas on exotic beaches; savoring a chardonnay with an amazing dinner in Paris; swigging beers while sailing the Chesapeake Bay. I have those fond memories, but there are many other memories that are not so pleasant. In my early 30’s, I crossed the line from wanting to drink to needing to drink. My weekend binge drinking had become a daily necessity.

*(Continued on page 5)*

## My First Step 4 *Shannon B Salt Lake Resident*

By the time I arrived at AA I had no doubt that I was an alcoholic. I arrived beaten down and willing to do whatever it took to stay sober. That meant doing the Twelve Steps to the best of my ability (though at the time my brain was so fried they made no sense to me). So as I got to my first Step Four I was willing to do whatever it took to stay sober—including “making a searching and fearless inventory of myself.”

*(Continued on page 4)*

## 2015 Pre Conference Assembly *Meghan S. Salt Lake Resident*

I want to express my gratitude for the amazing opportunity to attend the Pre Conference Assembly this past weekend in Vernal. I was recently voted in as my home groups GSR and was excited for the opportunity not knowing everything it entailed. I have attended the monthly GSR meeting and learned valuable information for myself as well as info I get to bring back to my home group. I was really excited to hear about the opportunities to travel around Utah for these assemblies and what it could do for my recovery. I arrived Friday evening just in time for my first roundtable.

*(Continued on page 7)*

**Central Office of  
Salt Lake City**

**(801) 484-7871**

80 West Louise Avenue (2850 S.)  
Salt Lake City Utah 84115-2860

**Hours of operation**

Monday-Friday  
10am to 5pm  
Saturday 10am to 2pm

**Call for Holiday Hours**

## Central Office Board of Trustees

[board@saltlakeaa.org](mailto:board@saltlakeaa.org)

Chair — Wendy W

Co-Chair — Chris H

Secretary — Beverly A

Treasurer — Martin C

Trustee at Large — Doug C

Trustee at Large — Ray J

## Central Office Standing Committees

**Activities — Danielle A**

[activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)

**Archives — Josh D**

[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)

**Cooperation with the Professional Community — Mike S**

[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)

**Corrections — David R**

[corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)

**Hotline Telephone — Danny R**

[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)

**Literature — Allison F**

[literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)

**Lifeline Newsletter — Hailey S**

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

**Outreach — James S**

[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)

**Public Information - Laura C**

[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)

**Technical Support — Shayne F**

[it@saltlakeaa.org](mailto:it@saltlakeaa.org)

**Treatment- Randy C**

[ctf@saltlakeaa.org](mailto:ctf@saltlakeaa.org)

**Twelfth Step — Tim E**

[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)

**Volunteer — Cody S**

[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)

**Website — Doug R**

[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)



Salt Lake City Central Office

## Greetings from the new Newsletter Committee, I'm Hailey.

The Newsletter committee is working feverishly behind the scenes to bring you a modern design, one that we hope will make the Lifeline engaging and easy on the eyes.

We welcome your correspondence and will publish your material, space permitting and if it meets editorial criteria. Share your experience, strength and hope with another alcoholic. To request a free subscription or to submit AA related content please do so by sending an email to:

[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

## SALT LAKE CENTRAL OFFICE Statement of Purpose

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

1. To carry the A.A. message and help those individuals who suffer from alcoholism
2. To maintain a 24-hour Twelve-Step phone list, and to answer phone inquiries as needed
3. To provide an A.A. listing in appropriate public sources
4. To function as a clearing house for the circulation and exchange of information among all of the A.A. Groups in the area
5. To compile, update and print meeting lists and other information about local A.A. services
6. To maintain A.A. approved literature for sale to members and the public
7. To print and distribute a newsletter
8. To be available to those in the community seeking information about alcoholism and A.A.
9. To maintain contact, refer inquiries and cooperate with General Service Committees and local groups
10. To arrange, delegate, or manage the details of all Central Office events or any other functions approved by the CO Committee
11. 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.
12. Such other activities that are consistent with the principles of the Twelve Traditions

## 7th Tradition Contribution Addresses

### A.A. World Services

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

### Area 69 Treasurer

PO Box 433  
Salt Lake City, UT 84020  
<http://utah.aa.org/contributions.php>

### District 10 Treasurer

PO Box 57271  
Murray, UT 84157

### Salt Lake Central Office

80 West Louise Ave.  
Salt Lake City, UT 84115

### District 2 Treasurer

PO Box 615  
Salt Lake City, UT 84110

### District 11 Treasurer

1157 Shannon Avenue  
Farmington, Utah 84025



## Step 3

*“Made a Decision to Turn Our Will and Our Lives Over to the Care of God as We Understood him.”*

Like all the remaining steps, Step three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God-, or if you like, a Higher Power— into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let him in? Step three represents our first attempt to do this.. In fact, the effective-

ness of the whole A.A. program will rest upon how well and how earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God as we understood him”

-Twelve Steps and Twelve Traditions, p.40

“Do Not Ask God To Guide Your Footsteps If  
You Are Not Willing To Move Your Feet.”

- Unknown

## My First Step 4... Continued

It was a daunting task in my fuzzy mind so my plan was to get it done as fast as possible, while being as thorough as possible, and move on to Step Five, Six, Seven....you get the drift...as fast as possible. I talked to my sponsor many times about getting it done. After agonizing over it the only thing I could do was to stop thinking about it and just do it. It was going to take a lot of trust in HP.

Finally I sat down to what seemed to me a demanding and perplexing task. Oh the anxiety just thinking about facing all the awful things I'd done to others, to myself. Who wants to look at that? And I'd heard so many stories in meetings about how hard it was and how so many people put it off. So I did my best to keep it simple and did it just as it's laid out in the Big Book.

I had learned that if I wanted recovery and a sober life, and I didn't know exactly how to go about, it I could act “as if, fake it 'til you make it.” I concluded that wisdom had to apply here as well. So I acted as if and did the best that I could, hoping as I wrote that I didn't miss that one character defect or past action that would get me drunk. (Little did I know that more would be revealed and it's an ongoing process.) And I focused on progress not perfection...well at least I tried to. Instincts and natural desires gone awry, oh yes back then, and today, I can see how those things get me into trouble.

Doing my first Step Four was about willingness to move forward and walk through my fear. I was only really able to see what was in front of me at that time, 23+ years ago, which was probably a good thing. In the end the ex-

perience wasn't profound or earth shattering, I didn't have a spiritual awakening or land on a pink cloud. The fear of doing it was greater than the reality, the actual putting it all down in black and white. It was just a tremendous relief, and to be honest a sense of accomplishment, something I hadn't experienced a lot at that time of my life. And what was most surprising to me was that my sponsor, on Step Five, didn't fall off her chair in horror or laughter after hearing of my defects and antics. Rather she had no grand reaction at all, it was more like, okay good job, heard nothing new, and let's move on.

Step Four is a lifetime practice for me. It is a step when applied to my daily life and relationships has a positive effect on my emotional sobriety. It gets right to the treatment of my spiritual malady, which as the books says is the root of my problem in Step One. When I get that feeling in my gut that things are not right, there's no avoiding it and I don't have the luxury of denying it. I drank to get rid of those feelings, that angst. Now I have the tools to address my feelings, understand my actions, and clean up my side of the street. What a gift!

Shannon B

# Calendar of Events

May 15-17

**Post Conference Assembly Hosted by District 9– Moab Group Moab Valley Inn 711 S. Main Street Moab, UT**

May 15-17

**5th Annual 4 Corners Summit: Navajo Lake State Park, New Mexico. [www.4cornerssummitypaa.com](http://www.4cornerssummitypaa.com)**

May 26

**Central Office Bowling Activity. Fat Cats 3739 S 900 E, 6pm-10pm**

June 5-7

**Price Alano Club Campout at Utah Power and Light Campground in Huntington Canyon. For more information call Robert: 435-630-1847**

July 2-5

**International Convention of Alcoholics Anonymous in Atlanta, GA**

Aug 15-16

**Area 69 Pre-Assembly Workshop Hosted by District 2 Sons of Utah Pioneer Hall 3301 E. Louise Ave. Salt Lake**

Sept 11-13

**Women's Big Book Retreat Trifoil Girl Scout Camp, Provo Canyon, Utah**

Sept 11-13

**National Bridging The Gap Workshop in Park City, UT Information coming soon**

Sept 25-27

**District 11 Fall Assembly. Information coming soon**

October 3-5

**Fellowship of the Spirit at The Lodge @Mountain Village in Park City, UT For more info: [www.fotsutah.com](http://www.fotsutah.com)**

October 16-19

**Dixie Central Office OktoberFest in St. George, UT**

November 7-8

**District 11 Area Committee Meeting (Area Inventory)**



**2015 INTERNATIONAL CONVENTION  
ALCOHOLICS ANONYMOUS**

July 2-5, 2015 • Atlanta, Georgia

Coordinated by A.A. World Services, Inc.

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I needed to drink during the workday, so I drank on my lunch hour. On the days I could not make it out for my "liquid lunch," I would have the shakes before my workday was through. I had to hit happy hour or a liquor store the moment I walked out of the office. For five long years, I tried unsuccessfully to control my drinking. It was truly a struggle. In those years, I had many more drunken episodes to regret, more friends to apologize to, more excuses to make to my parents, more need to cover my butt at work. When I finally cried out to God for help, I was walking along my favorite beach on a cold winter's day but this time there was no salty margarita in my hand. Within a few days, I had what I hope was my last drink of my life, and events unfolded that led me to the doors of

Alcoholics Anonymous. In my first days of recovery, I met the man who was to become my husband. I soon realized that he was indeed a gift of sobriety, one of many to come my way. Two years later, we were married on Mother's Day (which fell on my 39th birthday) surrounded by our family, our life-long friends and many new friends from the program. By this time, we were not able to conceive a child. The day we were given this sad news, we decided to proceed with plan B: adoption. With the support of our family, a close circle of sober friends and a great sponsor, we did all the footwork necessary. The first three Steps and the slogans helped me along the way. When I was sober for five years, our son was born. I was invited into the delivery room to witness his birth.

Holding his birth mothers hand, I watched our baby draw his first breath. My husband cut the umbilical cord and was the first to hold our son. We brought our baby boy home on Thanksgiving Day. That was seven years ago. The list of gifts I have received in sobriety is long, but at the top is the family my Higher Power gave to me. I am certain that god knew my desires long before I did. I was born to be a mother-a sober mother.  
Suzi W

# On Tradition Three

Editorial by Bill W.  
*Grapevine, December 1947*

*Grape-*

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

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation." This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule. Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We

know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity. So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of

friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us. Our membership tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics The A.A. Grapevine, February, 1948 gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in

*(continued on next page)*

# A.A. Birthdays

## Midvale Lunch Bunch

- Laurce 30 Days
- Bob 60 Days
- Ryan 60 Days
- RP 18 Months
- Jim 2 Years
- Kaycee 4 Years
- Joyce 9 Years
- Deb 11 Years
- Johnny 23 Years
- Jan 31 Years

## Nomadic Lunch Bunch

- Andi 2 Years
- Portia 4 Years
- Diane 5 Years
- Jeff 5 Years
- John 5 Years
- Bruce 6 Years
- Jill 9 Years
- Joel 6 Years
- Kelly 13 Years
- Chick 15 Years
- Jonnie 22 Years
- Rusty 23 Years

## City at Seven

- |                |                  |
|----------------|------------------|
| Meghan 1 Year  | Mika 7 Years     |
| Matt 2 Years   | Devan 7 Years    |
| Dave 2 Years   | Kiera 9 Years    |
| Willie 4 Years | Mike 10 Years    |
| Dave 4 Years   | Jeff 10 Years    |
| Karen 5 Years  | Rebecca 11 Years |
| Karen 6 Years  | John 15 Years    |
| Molly 7 Years  | Dave M. 33 Years |

## Life Elevated Group

Lone Peak Facility-Utah State Prison

- Clyde 2 Years
- Jodey 5 Years
- Bryan 5 Years

connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain. Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life -- and a useful one!

Bill W.

## A Study of Tradition 4

"Each Group Should Be Autonomous Except In Matters Affecting Other Groups Or A.A. As A Whole."

Each 12 step group has complete freedom to decide for itself the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be opened or closed and when and where the meeting will be held. Each group can decide to change its meeting format and has complete authority to spend its funds as needed. The group can also decide how it wishes to open and close its meetings. Some groups close with a prayer, while others have a moment of

silence. In these matters, each group has total freedom. It is entirely up to the membership of that individual group. But the second part of this tradition reminds each group that it has a responsibility also to the worldwide fellowship. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from the program's basic tenets.

Buddy T. [alcoholism.about.com](http://alcoholism.about.com)

### A.A. Trivia

1. Dr. Bob said there was two things needed to start a new group in A.A. What are those two things?
2. Who was alcoholic #3

Answers on page 9

### Pre Conference... Continued

I was assigned to the Literature table. I instantly felt welcomed by my fellow group members as they discussed the agenda items. There were so many people expressing their experiences and opinions and I was tickled to hear the diversity. I felt safe even though I had only been there a few minutes to express my experience on the current topic and was received openly. No one tried to change my experience they just listened. A few other thing stood out to me throughout the weekend. The following day was really neat to sit as all 12 Districts stood and introduced themselves and their current service positons. I was crying and felt overwhelmed by the love and service that was represented there. I learned and incredible amount of information in just those three days. The unity, service, and recovery and what they stand for has a whole new meaning in my

recovery that I am excited for. I am grateful for a service sponsor and dear friends that are showing me the way in this new experience. I am totally open, willing and excited for what this position will do for me. I have a lot of love for all who were in service to bring the assemble about. There was great food, coffee, treats and smiling faces the whole way through. I have a lot of gratitude for the Area 69 Delegate and her love, light and service. I was so touched by the people from all the districts and it just felt like family. There were also some incredible speakers that shared their story that just blew my mind. I get everything I need in Alcoholics Anonymous and for that I am truly grateful.

*"I was so touched by the people from all the districts and it just felt like family."*

**Meghan S**

Meeting opened at 6:30 pm with a moment of silence and the serenity prayer.

## Introductions

**Financial Report – Martin C.** presented the March financial report.

**CO Committee Meeting Minutes – Rich** for Beverly A., January-April minutes will be ratified at the May CO Committee meeting.

**Activities – Dani A.** Reserved pavilion at Liberty Park for the Founders Day picnic.

**Archives – Josh D.** Archiving Grapevines, still looking for the list of missing issues.

**Cooperation with Professional Community (CPC) – Mike S.** Committee of 10, meeting the 2nd Sunday 7:45 pm at the Seminary by the high school in Sugar House. Is working with Veteran's court system professionals.

**Corrections – Dave R.** Need for additional volunteers, 1 year sobriety, 1 year commitment.

**Hotline Telephone – Danny R.** Going well, needs volunteers.

**Literature – Alison F.** "Pamphlet of the Month – Understanding Anonymity"

**Newsletter – Hailey S.** absent, no report

**Outreach – James S.** Meeting on 3rd Monday of the month, 7pm at CO. All Groups meeting schedule has openings for interested groups.

**Public Information (PI) – Laura C.** No quarterly meeting, nothing to report.

**Tech – Shayne F.** Problems with QuickBooks, built two new computers, working on description of Tech Committee for the Bylaws. Email is [it@saltlakeaa.org](mailto:it@saltlakeaa.org)

**Treatment – Randy C.** Sign up for outside treatment facilities group. Meeting on last Thursday at 6:00 pm Central Office for anyone interested in service.

**Twelfth Step – Tim E.** All is going well. If interested in being on 12th step list please let him know.

**Volunteer – Cody S.** nothing to report

**Website – Doug R.** If there are problems accessing the website, let Doug know. Website up and current. Online and print meeting schedules are in sync, and with the Area as well.

## Old Business

Ad Hoc Committee Report – Wendy W. reported that the Committee completed the Volunteer Guidelines document, it's available to all interested.

Motion from Chris H. – That the Central Office sell only materials produced by AAWS and the Grapevine. Motion failed.

Motion from Charlie T. – That the Bylaws be changed from the Annual Board meeting and all references to an annual meeting be changed to Monthly. Motion passed.

Motion to adjourn at 7:58 pm, motion passed.

## Groups Represented at CO Committee Meeting- April

5:15 Happy Hour

10th Step Group

90th And 32nd

A Way Out

Acceptance Is The Answer

Back To Basics

BYPA

By the Book

City At Seven

A Closed Meeting Of Alcoholics

Fresh Air 12x12 Study Group

Garden Variety

Happy Destiny

High On The Hills

Highland Group

Hot Topic

Keep It Simple

Life Elevated Group

Midvale Lunch Bunch

Murray Group

New Way

Nomadic Lunch Bunch

Not A Glum Lot

N/S Sobriety Hour

Park City Men's Stag

Salt Lake Group

Saturday Morning SOTS

Sharing And Caring

Speak Easy Ladies

Southenders

Stepping Stones

Wake Up Call

Weekend Get AA Too

Women In Sobriety

Young And Alive

## A.A. Trivia Answers

1. A resentment and a coffee pot

2. Ebby Thatcher

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### Contact Us

**Give us a call for more information about our Newsletter, Meeting Schedules and Events.**

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**Visit us on the web at**  
[www.saltlakeaa.org.com](http://www.saltlakeaa.org.com)

Happy Mother's Day To The women who have touched our lives.