



THE LIFELINE



Step Three

In early sobriety, I could not understand the reasons and effect of the 12 steps of alcoholics anonymous. In fact, I was much concerned with stopping drinking that I saw little to none application of these into a solution to my problem. Nonetheless, I was so desperate that decided to follow the steps as instructions as far as it would help me have my resolve the repertoire of problems and suffering I was into. In a sense I had surrendered and was open to try anything.

My conception of God while growing up was merely more of the understanding of a story rather than a belief. S/He was far away and I could relate much to this notion. It was like knowing that China exists, but I am actually in the US and China is way far to the other side of the planet. I do not relate to it at all other than seeing labels with a legend "Made in China" in clothing, food and products.

When I was to practice the third step for the first time, I had no idea of

...Continued on page 6

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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

From Your Chair... March 2017

We discovered that the doors of Salt Lake Central Office opened 70 years ago in 1947! I called our area archivist and asked if she knew if the doors had been opened continuously since then. She said as far as she knew they had been. She also said that she had a binder full of archival information about us. Copies will be made for our archives.

I was never one that got excited about Archives or history for that matter. But the longer that I've been involved in this Fellowship the more I appreciate where we have been, the things we have gone through to get where we are today. The more I learn about the sacrifices made by those that came before us the more I appreciate what we have today.

I would like to make a request of every reader of this article. If you have interesting stories, memorabilia, photographs, anything that would shed light on our history here in the greater Salt Lake area please send them in, write articles, I would love to talk to you, we do

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Central Office Board of Trustees

board@saltlakeaa.org

Chair — Doug R

Co-Chair — Gina F

Secretary — Michelle Z

Treasurer — Lorraine R

Trustee — Sharon G

Trustee— Evan J

Trustee—Kevin D

Alt Trustee— Bob C

Alt Trustee—Bob G

Central Office Standing Committees

Activities — Suzi L

activities@saltlakeaa.org

Archives — Laura C

archives@saltlakeaa.org

By-laws — Linda B

Coins — Mike O

Cooperation with the Professional Community

— Charlie B

cpc@saltlakeaa.org

Corrections — Dan B

corrections@saltlakeaa.org

Hotline Telephone — John J

hotline@saltlakeaa.org

Literature — Charlie T

literature@saltlakeaa.org

Lifeline Newsletter — Wendy P

lifeline@saltlakeaa.org

Outreach — Nick R

outreach@saltlakeaa.org

Public Information - Melissa E

pi@saltlakeaa.org

Technical Support — Jonathan H

it@saltlakeaa.org

Treatment— Tim E

ctf@saltlakeaa.org

Twelfth Step — Mike S

12step@saltlakeaa.org

Volunteer — Jim C

volunteer@saltlakeaa.org

Website — Doug R

webservant@saltlakeaa.org

PAMPHLET OF THE MONTH:



Several million people have probably heard or read about Alcoholics Anonymous since its beginnings in 1935. Some are relatively familiar with the program of recovery from alcoholism that has helped more than 2,000,000 problem drinkers. Others have only a vague impression that A.A. is some sort of organization that somehow helps drunks stop drinking. This pamphlet is designed for those who are interested in A.A. for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual Fellowship. Included on the following pages are answers to many of the specific questions that have been asked about A.A. in the past. They add up to the story of a loosely knit society of men and women who have one great interest in common: the desire to stay sober themselves and to help other alcoholics who seek help for their drinking problem. The thousands of men and women who have come into A.A. in recent years are not altruistic do-gooders. Their eagerness and willingness to help other alcoholics may be termed enlightened self-interest. Members of A.A. appreciate that their own sobriety is largely dependent on continuing contact with alcoholics. After reading this pamphlet, you may have questions that do not seem to be answered fully in this brief summary. A.A. groups in many metropolitan areas have a central or intergroup office, listed in the telephone book under "Alcoholics Anonymous." It can direct you to the nearest A.A. meeting, where members will be glad to give you additional information. In smaller communities, a single group may have a telephone listing. If there is no A.A. group near you, feel free to write direct to Box 459, Grand Central Station, New York, NY 10163. You can be sure that your anonymity will be protected.

http://www.aa.org/assets/en_US/p-2_44questions.pdf

7TH TRADITION CONTRIBUTION ADDRESSES

A.A. World Services
Box 459 Grand Central
Station
New York, NY 10163
[https://ctb.aaws.org/
Login.aspx](https://ctb.aaws.org/Login.aspx)

Area 69 Treasurer *
PO Box 6044
Clearfield, UT 84089
[http://utah.aa.org/
contributions.php](http://utah.aa.org/contributions.php)

***NEW ADDRESSES**

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*
1721 N 1500 W Unit B
Layton, Utah 84025

**“WE ARE FULLY SELF SUPPORTING THROUGH
OUR OWN CONTRIBUTIONS.”**

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



MEETING

Updates

New Meetings:

Richard Street Lunch Bunch Mon-Fri @ noon @ Fellowship Hall: 2060 S. Windsor St. (840 E.), SLC.

We Admitted We Were Powerless Saturday @ 7pm @ Elevation Church: 375 S State Street, Suite B, Clearfield

We Agnostics Mondays @ 8pm @ Fit To Recover: 789 W 1390 Salt Lake City

Sacred Healing Mondays @ 5pm Urban Indian Center: 1230 W 1300 S in Salt Lake City

ESP Thursdays @ 6pm at St Vincent DePaul Church: 4925 S Kings Row Drive (1375 E) in Salt Lake City. This is a **Closed** meeting

Warrior Women Tuesdays @7:30pm @ 272 E 12200 S #200 Draper

Meeting Update:

Goodfellas Wednesday @ 8:00pm @ Cutthroat Barber Shop: 2851 S Redwood Road, SLC; BB & 12 x 12. *This meeting now ends at 9:00 instead of 9:15.*

Cottonwood North Step Study now Cottonwood Speaker/ Step Discussion Sunday @ 10:00 am @ IOP Building: 7135 S Highland Drive, Cottonwood Heights. *This is a new location— parking and entrance on East side of building. The name also changed.*

Came to Believe name changed to Past to Now Saturday @8:30pm @ Alano Club. Closed; 12 Step out of BB.

Alpha Alpha, which meets on Tuesdays @5:30 @ the University of Utah Law School (383 S University St Rm 2110) is listed as a speaker meeting but is actually a Big Book Study

Gay Men Stagg Big Book Study Mondays @7pm (NOT 8) at the Utah Pride Center: 255 E 400 S in Salt Lake

Cancelled Meeting:

Sunday Night AA Sunday @ 6:30 pm @ Fit to Recover: 789 W 1390 S, SLC.

Hungry for AA Info? Details about Central Office Operations? Free Speaker Recordings?

Did you know there's a wealth of information on the Central Office website? Go to: <http://www.saltlakeaa.org>; then select the Menu item "More About A.A." Then select the dropdown item "Central Office Operations."

On that page you will find several folders as described below:

- ◆ Board of Trustees minutes: Annual reports & Monthly meeting minutes
- ◆ Central Office Committee Minutes: CO Rep meeting minutes and Committee Reports
- ◆ Speaker Recordings
- ◆ Meeting Flier Archives
- ◆ Lifeline Newsletter Archives
- ◆ Forms; Jail and UT Prison Applications
- ◆ Event Fliers
- ◆ Documents, including "How do I prepare?" for Hotline telephone volunteers, AA at a glance, Central Office Standard Operating Procedures, Central Office By-Laws 2016
- ◆ Financial Reports: Monthly/Annual Central Office Financials as well as Group Contributions

For questions, contact your Web Servant Doug R @ webservant@saltlakeaa.org



NEW MEETING iOS APP! Thanks to the help from our Tech Committee Chair Jonathan, we now have another very convenient way of accessing our AA meeting list through the app: MEETING GUIDE. This app can help you find meetings in 71 different areas from Continental Europe and Canada to your own backyard! It is tied to the Central Office database so information is always current. Try it today!

Interview with a Newcomer

I recently I asked a newcomer if he would be willing to answer a few question about his experience thus far in sobriety. My intentions of this short interview was to get a different view on early sobriety. Also, a chance for other newcomers to identify with this man’s journey this far. Lastly, possibly helping sponsors identify with new sponsees. I want to thank our interviewee for being of service, for being vulnerable and for sharing his experience.

Humbly, Evan

“How long have you been sober?”

My sobriety date is 06/17/2016 . Coming up on 8 months.

“Do you have a sponsor and do you find this helpful?”

I found it to be life changing to share with another man what exactly has been going on with me and my life. I have never done that, not even close. My life couldn't get much worse, so why not trust the system. I found that the program has totally accepted me, I am not unique , I have learned that I hurt a lot of people. I am no where near making amends, but I am making a living amends by my actions . I am showing them that I am trying to get this right. I still have thoughts about drinking socially, but am quickly reminded there is no doubt I will die from disease. I drove drunk countless times- I am an un-convicted felon. It feels like I don't have anymore of those passes.

What do you think has been your biggest challenge in sobriety?”

My biggest challenge is time, its a slow process, I want to be fixed way quicker. I want everyone to come back to me with open arms. My sponsor shared with me that you have to live in acceptance of who you are at this moment. Live life on life's terms. This is God’s time not mine. I had God in my life only when it

was convenient for me. All of this is completely different now. I pray about it.

“What are some of the freedoms you have experienced in sobriety?”

Living life in the moment, learning to live life in the present. When I was drinking I could only think about the future and worry, worry ,worry, when was my next drink. Right now the program is teaching me how to live my life in the present. I have done bad things in the past and I can't change the future. Which gives me peace and gratitude for everyday living.

My wife of 35 years has noticed a huge change in my attitude, I am grateful , I have late night conversations with her sober, I am engaged, I make eye contact and I listen.

The return of loved ones back into our lives, learning about ourselves and learning how to love, are just a few gifts that sobriety has to offer- it's a way of life.



Third Step Principle ...Continued from page 1

how God could take care of my problems, destiny and myself. But there was a small part of me that believed that something good had to come out of this notion. I guess, I was “willing” and that was

I guess, I was “willing” and that was enough to start the process.

enough to start the process.

The decision to turn my life over the care of God came in time. I rationalized and convinced myself that I had made it, but the truth was that I had not fully. My ego and my will still controlled part of the equation. Thru years of sobriety, my practice of the 3rd step had its ups and downs. In many occasions, I just forced my way to have things turn out the way I thought was best. Most times, it didn't happen but in some others-it actually did. In some other occasions, I came to a point of “letting go” trusting in my heart-not my mind, that things were to be ok. In a way, I had “acceptance” and the fear and worry vanished. However, I had never being truly able to trust no matter in all instances. Something was missing and I was still white knuckling to have destiny turn my way. It was an actually an obsession of the mind driven by ego and fear.

On the eve of the 12th year of sobriety, I was apart from my family of origin and my love life was somewhat broken. I came to extremely painful circumstances which resulted on what I describe an spiritual awakening of strenuous proportions. During this episode, I came to understand the real meaning of the third step. I heard that pain is the cornerstone of growth and in this instance, I was able to experience the love I was always seeking for and could never fully find. I then understood that I was not longer in charge and that that love was

coming from a source outside of me. I had turned the corner. My believe turned into a conviction.

Since that event, I've practice to the best of my ability doing just what I have to do and what is right and in front of me. It does not mean that I can't plan and have a target, but it means that I just need to take action as long as it is based on goodness and then leave the results up to a higher power. If it happens, great! It was meant to be, If it does not, then I did my part. Something better will be coming around the corner. That has been my experience.

Evidently, this new dimension I strive to live every day takes work to maintain strong. After years of struggle and reluctance with meditation, it has become a regular practice of mine. I found it quite powerful and helpful to maintain a refreshed and lively view of the conviction that I made.

As any other human affair of mine, I miss the beat and fail at practicing such conviction at all times. When I do, I just go back to basics and try it again. Eventually, things get back on track. In the end that was the way it was supposed to be anyway..., and that, is turning it over to a higher power in itself.

Jorge F



UPCOMING EVENTS:

MARCH 2017

PRAASA 2017 hosted by California Northern Interior Area 7: March 3-5 in Sacramento, CA
<http://www.praasa.org/>

UACYPAA XLV (All California Young People in AA): March 30-April 2 in San Ramon, CA
<http://2017.acypaa.org>

APRIL 2017

Pre Conference Assembly hosted by District 5: April 7-9 in Price, UT
<http://www.utahaa.org/flyers/2017/preconf2017.pdf>

30th IAAMC (International AA Men's Conference: April 21-23 in St Louis MI
spymano787@gmail.com

AA General Service Conference: April 22-28 in New York, NY

MAY 2017

Post Conference Assembly Hosted by District 1: May 19-21 @The Comfort Suites in Ogden
<http://www.utahaa.org/flyers/2017/postconf2017.pdf>

JUNE 2017

Bridging the Gap Workshop hosted by District 11: June 10th in Layton

AUGUST 2017

Pre-Assembly Workshop hosted by District 10: August 19-20 in Salt Lake City

From Your Chair... March 2017 ...Continued from page 1

have an archivist who would be interested in taking your story and your memories so they're not lost. The area archivist told me that she doesn't have any information when we were at the 21st south office or since we moved into our new digs on Louise Avenue. Any stories of that era would be greatly appreciated.

Gina has put together a great presentation for new Central Office Reps. Her CO Rep orientation meeting will be presented each month at 6:00 on the second Tuesday directly before the monthly CO Rep meeting. I would personally like to see everyone attend one of her presentations. New to service or not it's a great package of information and a chance

to ask questions.

It has been a pleasure and honor to work with the board of directors, all the Trustees, Alternate Trustees, our Treasurer, Secretary, Co-Chair, all of the Committee Chairs and the volunteers that staff the office and cover our 24 hour hotline these last few months. I love the dedication, enthusiasm, and the energy that we have at Central Office. We continue to carry the Message of hope and strength to those that still suffer. Thank you all for your continued support.

Doug R

Central Office Representatives Meeting Minutes 2.14.17



6:30 – 6:45 Reports Board of Directors

Chair: Doug R – Welcome, Statement of Purpose, Intro of New Reps:

Skip M - Greater Kearns; Tom S - Cottonwood Step;

Jon F - Magna Friendly

Co-Chair: Gina F (Newsletter) – New Central Office Representative Orientation meeting to start at 6:00p.m. before the COR meeting.

Secretary: Michelle Z (Bylaws) – Addressed by other board members..

Treasurer: Lorraine R (Volunteers/Activities/Archives) – Financial report. Working on renewal of license.

Trustee: Kevin D (Bylaws) – All is well

Trustee: Sharon G (Outreach) – Not Present

Trustee: Evan J (Newsletter) – Interview with a newcomer should be in April's newsletter. Hoping to help identify some concerns and conflicts a newcomer may have. How sponsors and sponsees interact with each other.

Alt Trustee: Bob G (Corrections) – All is well

Alt Trustee: Bob C (Volunteers) – All is well

6:45 – 7:25 Reports Committee Chairs

Activities: Suzy L – Not Present

Archives: Laura - Went over report. Need committee members, wants to collaborate with Melissa (Public Information) for an article in the SL Tribune on the 70th anniversary of Central Office.

By-Laws: Linda B – Reviewing Bylaws and only real difference from the 2013 and 2016 Bylaws are the additions of the Tech Committee and Coin Committee. Was unaware there was a 2015 Bylaw revision that has since been axed. Volunteers can get a copy of the most recent Bylaws and join committee. Any revisions to said Bylaws will be reviewed and passed or rejected at Central Office meetings held on the second Tuesday of every month.

Coins: Mike O. - Not Present. Jim C. reviewed the Coin Committees report. All coins in good shape.

Cooperation with Professionals: Charlie B – Not Present. Doug (Chair) will follow up and check if Charlie B is still available to serve

Corrections: Dan B – Need volunteers to go into the jails, Any inquires - please email Dan B. at corrections@saltlakeaa.org

Dan B. has been bringing meetings into the jails for over 3 years and says it's a great way to be of service. The paperwork is located on the posting/flyer wall at Central Office and also on the website.

Hotline: John J – Hotline is running smooth

Literature Chair: Charlie T – Pamphlet of the month - Frequently Asked Questions about A.A. (large print) and are available for purchase for your groups. There is a literature catalog available for anyone who wants to browse material and place a special order - Send inquires to Charlie T at literature@saltlakeaa.org Linda asked a question on why prayer/promise cards are .50 each. Lorraine (treasurer) will check with Connie (bookkeeper) and ask if they were inadvertently added to the inventory under the incorrect price.

Newsletter Chair: Wendy P – Not Present. Lorraine reported for Wendy - The editor program that was purchased last year in MAC format crashed

and Wendy is currently using "Lucidpress" for the editing software. It is 240.00 a year for up to 5 people to be using at the same time. Wendy will continue to edit the Lifeline/chair the Lifeline until a replacement can be found, or if able to make her work schedule work with the commitments of being the editor/chair of the newsletter. She will keep us posted.

Outreach Chair: Nick R – Report reviewed. Going to be focusing on visiting groups that are not represented at central office and ask for a few minutes of their time and/or to get contact information of the group and do a follow up later to discuss the benefits of central office and invite A.A.'s to attend a meeting to see what we do.

Public Information: Melissa - Currently have 3 committee members and looking for more volunteers to join the committee. Received a book (manual of sorts) from Charlie T. on Public Information roles in A.A. Picked up a box Lorraine had mentioned that has been at Central Office to go through. Looking into doing some possible radio announcements (70th anniversary) on public radio stations.

Tech Committee: Jonathon H - All is going well. (Michelle Z. Secretary sidebar) If you are a chairperson on a committee and do not know how to access your committee's email PLEASE - send an email to Jonathon with your name, the committee you chair and he will reset the gmail password and you may access the email. Once you access it, please go to the settings and change the password to one you will remember. Email Jonathon at it@saltlakeaa.org

Treatment: Tim E. - Not Present. Was unable to attend, did send a report. Initial joint meetings of Districts 2,10 & 11 with Area 69 Treatment chair to coordinate actions for Treatment Committee(s). Next meeting March 5th at 10:a.m.at Central Office - anyone who would like to attend is welcome.

12th Step Committee: Mike S. Position filled by proxy. Has 2 years sobriety. Home group is St. Vincent's Friends.

Volunteer: Jim C – Went over report. A generous A.A. donated 17 folding chairs to Central Office for additional seating when it gets a little to cramped.

Web Servant: Doug R – Went over report. Many things can be found on the A.A. website (<http://www.saltlakeaa.org/>) Under Menu: More About A.A.; dropdown tab: Central Office Operations: Board of Trustee minutes, CO Committee minutes, Committee reports, Spreaker Tapes, Meeting Fliers, Lifeline, Forms, Events, Financial Reports, and a variety of documents related to A.A. and Center office. Find a meeting anywhere by downloading the app Meeting Guide. 7,350 sessions on the web last month, of those 39 % were new users.

7:25 – 7:30 Old Business: Election of 1 Chairs (Qualifications and Duties will be read for each position.

12 Step Committee: Gina nominated Mike S. by proxy. He expressed he would like to serve as the 12th Step committee chair. He was not able to attend. Has 2 years sobriety, home group is Vincent's Friends.

7:30 Adjourn and Close with the Serenity Prayer Next Central Office Board meeting will be held on Tuesday March 14, 2017

January 2017 Central Office Financial Summary



Income Statement

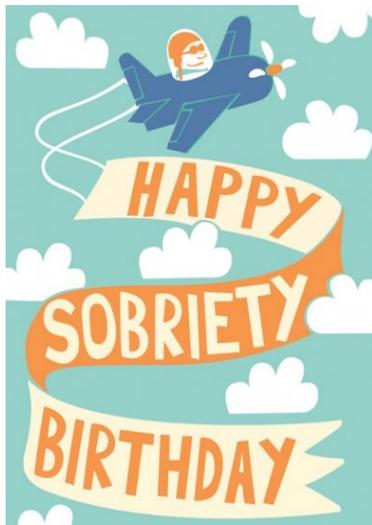
	<u>2017</u>	<u>2016</u>
Revenue		
Group Contributions	\$ 1,336.88	\$ 6,187.82
Copy/Newsletter donations	\$ 42.40	\$ 21.40
Individual Contributions	\$ 129.91	\$ 119.37
Sales - Literature	\$ 6,091.61	\$ 6,660.56
Sales - Coins	\$ 1,758.50	\$ 2,309.00
Interest Income	\$ -	
Total Revenue:	\$ 9,359.30	\$ 15,298.15
COGS - Literature	\$ 5,889.66	\$ 6,608.20
COGS - Coins	\$ 964.34	\$ 1,227.53
Total COGS	\$ 6,854.00	\$ 7,835.73
Gross Profit	\$ 2,505.30	\$ 7,462.42
Operating Expenses	\$ 3,530.18	\$ 5,623.75
Other Expenses:	\$ -	
Total Expenses	\$ 3,530.18	\$ 5,623.75
Net Income:	\$ (1,024.88)	\$ 1,838.67

Bank Accounts

Checking & Petty Cash	\$ 22,334.14	\$ 11,771.99
Accounts Payable Due	\$ (1,250.80)	\$ -
Money Market - PR	\$ 24,187.31	\$ 24,154.03
Total	\$ 45,270.65	\$ 35,926.02

PLEASE NOTE THAT ACCORDING TO THE CENTRAL OFFICE BYLAWS IT IS REQUIRED TO HAVE 6 MONTHS OVERHEAD IN THE PRUDENT RESERVE. AVERAGE MONTHLY COSTS ARE \$4,000 PER MONTH, \$24,000 FOR 6 MONTHS.

A DETAIL OF GROUP CONTRIBUTIONS IS AVAILABLE AND WILL BE HANDED OUT QUARTERLY



Please send all sobriety milestones to : lifeline@saltlakeaa.org by the 15th of each month for publication in the following month's LifeLine.

SPEAK EASY LADIES

Susan S	5 yrs
Jennie S	12 yrs
Jean	14 yrs
Lisa V	19 yrs
Amy W	27 yrs

SUNDAY BREAKFAST

Holly	6 mo
Sally	6 mo
Karcie	1 yr
Kim	13 yrs
Earl	16 yrs
Jim Z	23 yrs
Kendall H	31 yrs

NOMADIC LUNCH

Julie	18 mos
Eric	4 yrs
Andi	4 yrs
Bruce	8 yrs
Dianne	8 yrs
Chip	17 yrs
Alan	27 yrs
Mike	30 yrs
Russ	40 yrs

90TH & 32ND

Melissa L	1 yr
Chelsey K	2 yrs
Lawrence W	2 yrs
Melonie C	3 yrs
Brett G	4 yrs
Casey S	6 yrs
John R	10 yrs
Bonnie B	25 yrs

HOUR OF HOPE
UTAH STATE PRISON

Nick	18 mo
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HOME GROUPS REPRESENTED AT FEB 2017 CENTRAL OFFICE MEETING

- Acceptance
- Midvale Lunch Bunch
- By the Book
- Park City Men's Stag
- Cottonwood Step
- We Care
- Primary Purpose
- 90th and 32nd @ 6:00
- Bountiful Men's
- Southenders
- Magna Friendly
- Rose Park Recovery
- Wake Up Call (Park City)
- Big Book & Twelve & Twelve
- A Vision For You
- GQ Women's
- Happy Destiny
- Women in Recovery
- 5:15 Happy Hour
- Hot Topic
- Red Eye
- Nomadic Lunch
- Bountiful Community Church
- Every Night Firelight
- Stonewall
- Hillcrest
- Greater Kearns
- Holladay
- Bog Irish Big Book
- Speak Easy Ladies
- 5:30 Sobriety Hour

I found
this
humerus



Happy St. Patrick's Day!!!



Walking into the bar, Mike said to Charlie the bartender, "Pour me a stiff one - just had another fight with the little woman."

"Oh yeah?" said Charlie, "And how did this one end?"

"When it was over," Mike replied, "She came to me on her hands and knees."

"Really," said Charles, "Now that's a switch! What did she say?"

She said, "Come out from under the bed, you little chicken."

Flynn staggered home very late after another evening with his drinking buddy, Paddy. He took off his shoes to avoid waking his wife, Mary.

He tiptoed as quietly as he could toward the stairs leading to their upstairs bedroom, but misjudged the bottom step. As he caught himself by grabbing the banister, his body swung around and he landed heavily on his rump. A whiskey bottle in each back pocket broke and made the landing especially painful.

Managing not to yell, Flynn sprung up, pulled down his pants, and looked in the hall mirror to see that his butt cheeks were cut and bleeding. He managed to quietly find a full box of Band-Aids and began putting a Band-Aid as best he could on each place he saw blood.

He then hid the now almost empty Band-Aid box and shuffled and stumbled his way to bed.

In the morning, Flynn woke up with searing pain in both his head and butt and Mary staring at him from across the room.

She said, "You were drunk again last night weren't you?"

Flynn said, "Why would you say such a mean thing?"



"Well," Mary said, "it could be the open front door, it could be the broken glass at the bottom of the stairs, it could be the drops of blood trailing through the house, it could be your bloodshot eyes, but mostly.....it's all those Band-Aids stuck on the hall mirror."

Joe H

<http://www.e-aa.org/forum/viewtopic.php?f=25&t=5569>

Central Office of Salt Lake Incorporated
80 West Louise Avenue
Salt Lake City, Utah 84115

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Your Donation Is Appreciated!

If you would like to receive LIFELINE through the mail, please
fill out this form and send it to:

Salt Lake Central Office
80 West Louise Ave
Salt Lake City, UT 84115

You may also access /sign up to receive LIFELINE via email on
the Salt Lake Central Office website: www.saltlakeaa.org

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Amount donated: \$3.00 \$5.00 \$10.00 Other \$ _____

Contact Us

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

Salt Lake Central Office
80 West Louise Avenue
SLC, UT 84115
(801) 484-7871

**Visit us on the web
www.saltlakeaa.org**