



# lifeline



## The Gift-

When I was asked to write an article for the lifeline, it became apparent to me how fitting it would be to render a few of my thoughts about the many gifts I have received from AA, of course, a natural subject to reflect upon this time of year.

I came to AA in 1988 to save a marriage. I had absolutely no idea what I was getting myself involved with. No idea how the program or way of life, as I like to perceive it, was going to change my existence in so many ways through a series of gifts given to me by the Supreme Power.

A divorce ensuing, separation from my family and a business ready for the scrap-heap, I was finally brought to my knees. I complained to an employee about my wife continuing to follow through with the divorce unless I did something about my drinking. I couldn't afford treatment and the health department had no room for me. He suggested AA, and I replied, "I don't need more car insurance, I need help with my drinking!"

He laughed and said, "No. AA, Alcoholics Anonymous." I asked, "What is Alcoholics Anonymous?" He then told

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## Lived Experience: An Interview

***Talk to me about your first high, or your first alcoholic high. What were you trying to cover up?***

I didn't get my first taste of inebriation until age 18. I was at a friend's house. He mixed me a glass of Seagram's 7 whisky and Dr. Pepper. I vividly recall the pungent odor burning my nostrils and the warm burn in my throat as it lit my chest and stomach afire. I fell instantly in love. I had other mistresses throughout the years – marijuana and various hallucinogens, opioids, and even brief romantic encounters with cocaine and meth – but my first and only true love was alcohol. That first drink was the very first time I ever recall feeling really alive. For the first time, I felt normal in my own skin – as if I had found something to make me fit perfectly into the world. Prior to my introduction to alcohol, I had felt lonely and confused on this planet – like an alien wearing human skin and mimicking the voices of those who surround me. With alcohol coursing through my bloodstream, I felt truly free. It allowed me to shed my mask, and simply be me. I wasn't covering anything up with alcohol. I was liberating the monster I believed I honestly was.

***What kinds of cultural messages did you absorb from growing up?***

I was born into a strict Mormon household. My father was the Bishop of our church Ward for several of my teenage years. Alcohol and drugs were not only forbidden, but inaccessible. I am the oldest sibling in a large family,

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BOARD@SALTlakeAA.ORG

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**Activities** — Suzi L.

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**By-laws** — John F.

**Coins** — Mike O.

**Cooperation with the  
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**Treatment**— Rusty J.

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**Twelfth Step** — Skip M.

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**Volunteer** — Jim C.

volunteer@saltlakeaa.org

**Website** — Doug R.

webservant@saltlakeaa.org

**7TH TRADITION  
CONTRIBUTION ADDRESSES**

**A.A. World Services**

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New York, NY 10163

<https://ctb.aaws.org/Login.aspx>

**Area 69 Treasurer**

PO Box 6044 Clearfield, UT 84089

<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**

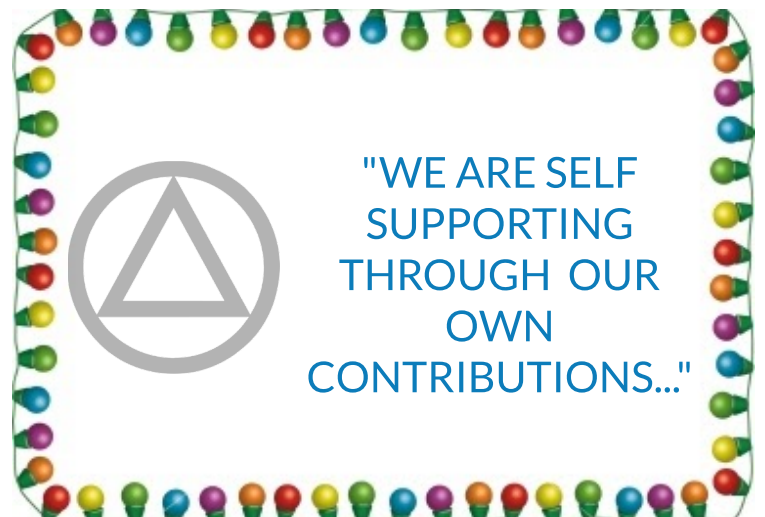
PO Box 615

Salt Lake City, UT 84110

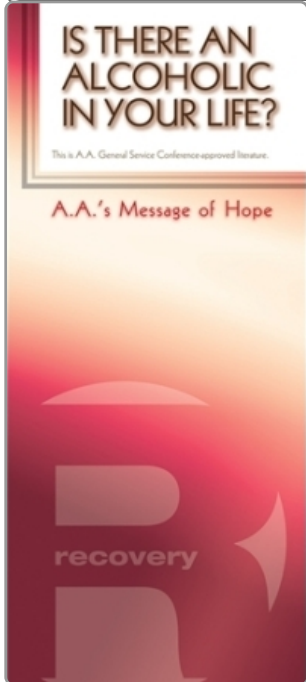
**District 11 Treasurer**

1805 N 1450 W

Layton, Utah 84041



## PAMPHLET OF THE MONTH



"Because it is an illness  
- a physical  
compulsion to drink -  
the alcoholic must  
learn to stay away  
from alcohol  
completely in order to  
lead a normal life."



"Alcoholism takes  
many routes. Some  
A.A. members drank in

an out-of-control way from their first drink.  
Others slowly progressed over decades to  
uncontrolled drinking. Some Alcoholics are  
daily drinkers. Others may be able to  
abstain for long periods. Then they cut  
loose on a binge of uncontrolled drinking.  
The latter are called "periodics."



"It should be emphasized that the only  
requirement for membership in A.A. is a  
desire to stop drinking. Nothing more. A.A.  
asks no pledges or personal commitments  
of any kind."

"You will not be alone. The hopes and  
good wishes of more than 1.5 million  
sober alcoholics accompany you all the  
way."



## MEETING UPDATES

### New Meetings:

- Back Alley A.A. Beginners Meeting** - Tue @ 7:00 - 5689 S. Redwood Rd. ste. 30. Alpine Center - S.E. entrance downstairs
- Hope Group** - Sat @ 8:00pm 8029 S. 700 E. (Inspirio Recovery)
- Practice These Principles** - Friday @ 7:00AM, Unitarian Church 569 S. 1300 E. SLC
- Carpet Slippers** - Sunday @ 7:00, Fit to Recover - 789 W. 1390 S.
- Draper Lunchtime Step Study** - Monday @ 12:00, 1194 E. Draper Parkway - Wasatch Grind and Pulp
- No Laurels - (Women's Meeting)** Monday @ 7pm, 1st Unitarian Church - 569 S. 1300 E., Salt Lake City. Enter through SW door.
- Six in the City** - Saturday @ 6pm, Palmer Ct. 999 S. Main St. SLC
- We Admitted We Were Powerless** - Sat @7pm, Elevation Church: 375 S State Street, Ste B, Clearfield
- Sacred Healing** - Mondays @ 5pm, Urban Indian Center - 1230 W 1300 S, Salt Lake City

### Meeting Updates:

- Stepping Stones** - Mon@ the Alano from 8:00-9:30
- ESP**- Changed to Thursday @ 6:00 - 1340 Kings Row Dr. Vincent DePaul Church (Closed)
- Alpha Alpha** - This is a Big Book meeting @5:30 Tue. (Closed)
- 7th East Group** - M-F 12:00-1:00 (was 11:30-12:30) 7th st. Treatment Center - 2487 S. 700 E.
- Garden Variety** - Sunday 9:30-10:30
- Homeless Warriors** - Mon, Fri from 6:30-7:30 475 W. 100 S.
- Magna Friendly Bunch** Everyday @ 7:00pm @ Alano West Club - 9087 West 2700 South, Magna. (*The time changed*)

### Canceled Meetings:

- An AA Group** - Wed.@5:30 -4th st. clinic. 4th S. 4th W.
- Millcreek Womens Group** - Wed @ 6:30 -Krishna Temple
- Lighten Up Group** - Tue@8:00pm lighthouse recovery center
- Free Rider Group** - Tue @6:30pm Alano West
- Free Rider Group** - Fri @7:00 Red Eye Coffee
- Our Primary Purpose** - Sun @7:00pm
- Draper Lunchtime Step Study** - Mon @ 12:00
- Gay Men Staggs Big Book Study**
- Experience Strength & Hope** Tuesday @ 7:00 pm @ Red Church (Creekside Christian Fellowship):



# CALENDAR OF EVENTS



## December 2017

-Area 69 Committee Meeting (Area Inventory): Sat Dec 2nd 9am-5pm @Sons of Utah  
Pioneers Center: 3302 E Louise Ave in Salt Lake

-"The Ugly Sweater Christmas Party" at the Alano - December 9th @ 6:00

-Free Christmas dinner at the Alano - December 25th starting at noon

-Holiday celebration at Fellowship Hall - December 16th 1:00-5:00. Santa Claus, open mic, and steak dinner

-Dec. 23rd to 24th - Fellowship Hall is open 24hrs - Holiday dinner 11:00-3:00

-Annual Holiday Alanon Fundraiser @ the Alano Club. Dec. 2nd 11:00-3:00pm

## January 2017

-AA Speaker Meeting & Pot Luck: Sat Jan 13th 6:00 pm - Pot Luck starts, 7:00pm- Meeting starts. 10140 S. 700 E. Sandy UT 84070.

## Febuary 2017 -

-WinterFest will be held Friday, February 23 through Sunday, February 25, 2018 at the Red Lion Hotel and Conference Center; [850 South Bluff, St. George](#).

## Missing Grapevines List:

Our A. A. Archives chair Laura is attempting to compile a complete list of published Grapevines, so if you have any that are on this list, let her know at [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org). You can also call Central Office and let them know if you have any of these @ 801-484-7871  
Thanks!

**1953:** Jan, Feb, Mar, Apr, May, June, July, Aug, Sept, and Dec.

**1954:** May, Nov, Dec.

**1955:** Jan, April.

**1956:** Jan

**1957:** Apr, June, July, Sept, Oct, Nov, Dec.

**1958:** Jan, Mar, Apr, May, June, July, Aug.

**1959:** Feb, Apr, June, Aug, Oct.

**1960:** May, June, July, Nov, Dec.

**1961:** All 12 months missing.

**1962:** Nov.

**1963:** Nov.

**1964:** Feb, Apr, and Oct.

**1965:** May, June, July, Aug, Oct, and Nov.

**1966:** June, July, Oct, and Dec.

**1967:** July, Oct.

**1968:** Mar, June, Oct, Nov, Dec.

**1969:** All 12 months needed.

**1970:** July and Nov.

**1990:** July and Oct.

**2000:** Jan, Feb, Apr, May, June July, and Dec.



## THE BENEFITS OF MEMBERSHIP

I like to travel, and often go by myself. I can stay as long as I want, and do what I want. I realized fairly early that I shouldn't stay alone in my own head too long, though. Luckily, I don't have to.

Years ago, I learned I could go to Central Office before I left town. They would copy the page from the Western States Directory for the area I was going to. I took off with addresses and even some phone numbers for places I might have never been.

One great memory is when I'd been in Yellowstone for about four days. I had gone to a meeting in West Yellowstone one evening. On the way home I stopped along the Henry's Fork by Island Park. It's a beautiful river, and great fishing. The bonus was, I knew there was a meeting at the Church in the Pines that evening. After fishing, I went over to the church and cooked dinner on my tailgate. The meeting is outside during the Summer, and they have a fire pit. It's a powerful experience to sit around a fire with friends you've just met, and share. The bond we can have with each other is something I hope I never take for granted.

Now, with the internet, the information is at our fingertips. We can find a meeting almost anywhere, and don't have to be alone longer than we want to be. It's a great way to get some local tips, also.

-Mel H.



**Hosted by: Saturday Men's Group**

**Saturday December 16, 2017**

**6-8pm**

**\$10/person**

***St. James Episcopal Church***

***7486 Union Park Ave, Midvale***

\*International Circuit Speaker, Raffles, Music, and FUN!

\*Fundraiser benefits needy families during the holidays



**HAPPY**  
*Soberversary*

***Hour Of Hope Meeting:***

***Wasatch Facility -Utah State  
Prison***

**Agapito G. - 20 years**

**Reuben - 9 Months**

***City at Seven:***

**Mickelle - 3 years**

**Frank - 2 years**

# CENTRAL OFFICE OCTOBER 2017 FINANCIALS

## Income Statement

	2017	2016
<b><u>Revenue</u></b>		
Group Contributions	\$3,356.19	\$2,812.21
Copy/Newsletter donations	\$15.40	\$76.57
Individual Contributions	\$-	\$53.00
Sales - Literature	\$6,316.55	\$5,061.05
Sales - Coins	\$1,726.00	\$1,767.50
Sales - Other	\$64.34	\$-
<b>Total Revenue:</b>	<b>\$11,478.48</b>	<b>\$9,770.33</b>
COGS - Literature	\$6,480.06	\$4,951.52
COGS - Coins	\$1,012.61	\$947.78
<b>Total COGS</b>	<b>\$7,492.67</b>	<b>\$5,899.30</b>
<b>Gross Profit</b>	<b>\$3,985.81</b>	<b>\$3,871.03</b>
Operating Expenses	\$3,170.87	\$3,500.94
Other Expenses:	\$-	
<b>Total Expenses:</b>	<b>\$3,170.87</b>	<b>\$3,500.94</b>
<b>Net Income:</b>	<b>\$814.94</b>	<b>\$370.09</b>

## Bank Accounts

Checking & Petty Cash	\$19,585.88	\$20,780.33
Accounts Payable Due	\$(17,978.75)	\$(9,028.65)
Money Market - PR	\$24,211.50	\$24,181.25
<b>Total:</b>	<b>\$25,818.63</b>	<b>\$35,932.93</b>

PLEASE NOTE THAT ACCORDING TO THE CENTRAL OFFICE BYLAWS IT IS REQUIRED TO HAVE 6 MOS OVERHEAD IN THE PRUDENT RESERVE. AVERAGE MONTHLY COSTS ARE \$4000/MO, \$24,000 FOR 6 MOS.

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

# CENTRAL OFFICE REPRESENTATIVES MEETING MINUTES

## TUESDAY NOVEMBER 14TH, 2017 – 6:30 PM

### 6:30 - 6:45 - Reports Board of Directors

Chair: Doug R - Warranties & Statement of Purpose (see handout), welcome new CO Reps Co-Chair: Julian G - Reached out to new central office reps.

Secretary: Rob C - Nothing To Report Other Than For Everyone To KEEP SMILING!!

Treasurer: Lorraine R - Reviewed proposed 2018 Budget, Financial Report. Profit for October

Trustee: Kevin D - (District 11 liaison) Excused

Trustee: Bob C - (District 2 liaison) Went to meeting on Halloween (Meeting was rescheduled)

Trustee: Evan J - (District 10 liaison) Excused. Bob G Reported On Evans Behalf. Attended district 10 meeting. 3 New GSRs, Committee Chairs Filled.

Alt Trustee: Bob G - Reported For Evan

Alt Trustee: Chris L. Nothing To Report

### 6:45 - 7:25 - Reports Committee Chairs

Activities: Suzy L - Christmas Party Flyer issued "December 9th 2017 3-5-Pm at Central Office. Bring Family And Friends. Please bring PotLuck if possible.

Archives: Laura - Looking for missing Grapevines to complete archive.

By-Laws: Jon F. - By-Laws are available online.

Coins: Mike O - All is going well. We have all available dates in stock.

Cooperation with Professionals: Ben S - Excused

Corrections: Mark - Excused

Outreach: Josh S. - Excused

Tech Committee: Jonathan H - Excused

Hotline: John J - Running just fine. The format was slightly changed recently however all is going very well.

Literature: Charlie T - Excused

Newsletter: Shurone - Committee meeting Thursday at 5:30-Pm. Central Office Volunteers Needed.

Public Information: Mellissa E - Health Wellness fair coming up, was asked about doing possible booth.

Treatment: Rusty J - Very fluid and change with treatment centers. House of Hope reached out about a big book study meeting they started. District 2 helped donate big books to group.

12th Step: Skip M - All calls are up to date. Everything is going well.

Volunteers: Jim C - Things are going well. We have NO gaps in coverage. As usual these cherished volunteers are over-worked. On November 18th these hard working volunteers will get together for a working lunch and informal discussion of our team objectives. Thanks For Allowing Me To Be Of Service.

Webserver: Doug R - Proposed Online contribution page. (see handout) Website stats: 7,101 visits For October which 39.56% were new people. 72.23% of the visits were from mobile devices.

### 7:25 - 7:30 - New Business

Proposed 2018 Budget discussion and vote  
Panel Rotation Board Member elections -  
Qualifications and duties will be read

Treasurer- OPEN

Secretary- Rob C. Trustee (District 2 liaison)- Open

Alt-Trustee- Open

**7:30 Adjourn and Close** with the Serenity Prayer.  
Next Central Office Representative meeting will be held on Tuesday December 12th, 2017.



## Share With Us!

Do you have a riveting recovery story that you would like to share with the readers of the lifeline? Perhaps you have composed poems about recovery that are begging to be heard, or you have a piece of artwork to share. We all have amazing experience, and valuable knowledge to share with each other, and the lifeline provides another great way to do that. Last month we added 33 new recovery centers to our mailing list, so our Central Office publication reaches more people than ever now. You never know how or who your story or insight might impact by sharing, so we encourage everyone to contribute!

-lifeline@saltlakeaa.org

### Central Office Open House

Fellowship with your friends at the  
**Annual SLC Central Office**  
Christmas Open House **"Pot Luck"**

**Saturday, December 9th**

**3:00p-5:00p**

Salt Lake Central Office: 80 Louise Ave (2850 S)

## JOKE OF THE MONTH

Due to increasing products liability litigation, beer manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol is a major factor in dancing like an asshole.

WARNING: Consumption of alcohol may cause you to tell the same boring story over and over again until your friends want to SMASH YOUR HEAD IN.

WARNING: Consumption of alcohol may cause you to thays things likethish.

WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may leave you wondering what the hell happened to your pants.

WARNING: Consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting.





## **LIVED EXPERIENCE: *An Interview***

and my childhood was idyllic. I spent summer days catching snakes and riding my bicycle around suburban neighborhoods overgrown with sunflowers twice my height, where imagination was the only limit to my excitement. My parents were both loving and supportive – and neither have ever tasted alcohol to this day. Both my maternal and paternal grandparents lived within a short bike-ride from our house, and some of my best friends were also my cousins. My life was picture-perfect in every way...but I had rebellion built into my bones...

### ***What stopped you?***

What physically stopped me from drinking the very last time were police officers serving a warrant for my arrest. I had been arrested and jailed several times in the past for alcohol-related mayhem, but during this particular jail stint something began to shift within me. I clearly recall my 39th day of this jail term in brilliant detail. The Salt Lake County Metro Jail is divided into cell blocks called “pods.” The only space within each pod with access to fresh air, sunlight, and the remnants of outside are contained in a single common area composed of tall concrete walls with a metal grate as a roof. On this particular day, I was walking circles in this concrete bunker, partaking of fresh air, and staring up through the grate into a clear, blue sky and puffy white clouds. I was the only inmate in this area at the time (which was very rare), and I distinctly recall seeing the soft movement of the clouds above, and noticing something unimaginable: I hadn’t had a single thought of drinking that entire day. To me, this was nothing short of a miracle. On an average day, even while in jail or treatment, I spent at least 90% of my mental energy obsessing over alcohol. The absence of this obsession shook me to my core, and I consider this moment in my life a spiritual experience. The obsession had been lifted, and has never returned.

### ***Talk to me about the lies you told yourself about drinking.***

The lies and self-deceit surrounding my drinking ran deep. In the honeymoon period of my drinking, I was convinced that alcohol made me more sociable, more desirable, more brave, more machismo. As my drinking devolved into alcoholism, booze began to slowly distort my perception of myself. I began to

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believe that I would always be a slave to alcohol – that I needed it to cope with the personal injustices that my birth had dealt me, that I required it to deal with the world and the people in it who would never understand me, and to survive my own mind. In short, alcohol stole my identity. I lied to myself on a daily basis in order to continue this toxic relationship with alcohol. Alcohol was the woman who shamed me, told me I was worthless, inflicted physical injury on me, made me physically and emotionally ill, and convinced me that I deserved to die a horrible death. Each morning I would crawl back into the arms of this woman that I both hated and loved, telling myself, “This time things will be different...” My relationship with alcohol nearly caused me to end my own life, and yet I still returned, again and again, manipulating myself into believing that she was my last real and comforting friend in the entire world.

### ***The “God” thing: how do you know?***

In the beginning, believing in a power greater than myself meant separating the concept of a Higher Power with the word “God.” “God” was a three-letter word that came with heavy baggage because of my religious upbringing. However, simply believing in a power greater than myself was a good start – because there were a lot of powers that were obviously greater than myself all around me. I still consider myself somewhat agnostic (although my spirituality has evolved over the course of my recovery), and my favorite chapter in the Big Book of Alcoholics Anonymous is We Agnostics. My original concept of “God,” comes directly from this chapter, which states, “we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn’t. What was our choice to be?” I literally chose to define my Higher Power as “everything.” So far, that description has worked splendidly for me.

### ***Do you have any parting advice to pass on to your future self?***

Stay humble. Keep it simple. Never forget where you’ve been, or where you could go, but live only in the present moment. To preserve your peace, always strive for acceptance. Cherish your suffering as the primary source of your strength.

-Nate V.

## The Lost Traveler

One morning, upon awakening  
On a city bus bench.....

Angry, disoriented, disgusted and drenched  
Too distraught to travel, another single inch  
I didn't know where I was going  
Wasn't quite sure where I had been  
You see, I'd lost my ticket along the way  
As hassles and plots thickened

Attempting to shift the blame  
I justified every little thing  
Implicating both foes and friends  
As the reason the saga began

Then, reality struck, like lightening  
In the midst of stormy weather  
A voice from the wind whispered "look within  
For only you can chose to be better".  
So, I made a vow, with my head unbowed  
To first pull my self together....  
Empowered by choice, indecision was  
deposed  
I took control of body, mind and soul....

Sam S.

Wasatch Facility - Utah State Prison



of Sean H.

I am blessed to have gotten to know Sean when I started taking meetings out to the Utah State Prison in December 2016. Sean was released from Prison on Halloween, he had planned to go to a sober living facility in Salt Lake, but for whatever reasons he went up to Ogden, his old stomping grounds. I had so much hope that Sean had a change of heart and mind during his last stint behind bars (as he wrote in one of his articles for the Lifeline). The last time I saw Sean was Saturday, November 11th. I picked him up from the Front Runner Station and took him to the 12:30 p.m. meeting at the Alano Club. When he got in to my car, I could tell he was high. This made me so sad. I was going to ask Sean if he wanted to come to my house to help winterize my trailer and watch the Utes game with my family after the meeting, but due to his state, I didn't feel comfortable making the offer. During the meeting we wrote on a piece of paper "Call anyone of us first before picking up and using" with my name and number and passed it around and had 4 other members that each had 10+ years of sobriety, put their contact info on it. We stayed after the meeting and introduced him to more people. I wanted to show him how the fellowship really does work, if you want it. After we were done at the club, I took him to a half-way house to get an application of some sort and then dropped him off at the Trax Station. Little did I know that this parting hug and good bye would be our last. The next morning Sean didn't show to meet Craig and myself for the 10 a.m. Sunday Breakfast Meeting at the Alano Club and it was during this meeting I received a call from Ogden Medical, they had found Sean passed away in one of their waiting rooms. They had gotten my number off a piece of paper they found in his pocket. I have had a lot of mixed emotions due to Sean's death. I find comfort that he is no longer suffering and will not have to fight this disease on a daily basis. I also find comfort that he is out of prison and free in a place that will not judge him for being an ex-con, etc. But with all of that comfort, I do catch myself having guilt. Did I do enough? If only I had invited him to my house to watch the game? What if I had confronted him about relapsing? When it is all said and done I have to remember AA's Responsibility Statement: I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible. Rest easy my friend!

-Kristen P.

me it's a place where all these old guys get together and talk about getting drunk. Well, I'm a drunk for sure, maybe this is for me. I attended my first meeting in June of 1988 and became completely sober on July 4th, the same year. That, my friends, was the first gift.

The compulsion to drink continued for about five months after my last drunk. I was told if I prayed the Power would remove it. My desperation for sobriety and fear of losing everything allowed me many hours in prayer to have the obsession removed, and finally one day, it was gone. Gift number two.

However, the obsession to use my old ways of thinking, that included my fear-driven character defects, lingered. It was suggested I may try to take the steps with a sponsor. I thought drinking was my problem. Wrong. I thought if I stopped drinking and using all mind-altering substances, all would be good. Wrong again. These defects of character as described in the Twelve and Twelve, only amplified themselves. The excruciating pain created from these defects, specifically resentments, forced me to override the fear of change, and to take the steps very seriously or drink again. Of course, to drink again was to die. I have come to believe the idea of being thorough from the very start is imperative for permanent sobriety. The taking of a fearless moral inventory revealed that, resentments from harm caused by others, was a major issue within me. I didn't realize how much personal power I was giving to these resentments until I shared my 5th step with another person. The exact nature of my wrongs included "conditional" forgiveness towards others at a sub-conscience level that kept me in bondage of self.

Today I have a new attitude toward resentments and forgiveness. I believe the word forgive is a combination of two words - for and give. I think about forgiving as "giving before the fact." I was not willing to forgive others before they asked for it. Writing a letter to other people, places and things includes things such as; "Yes you hurt me and it was very painful, however I hold you harmless for that." "I love you and care about you deeply. It's okay now

and I no longer hold you responsible. I no longer hold you in bondage or expect you to do anything about it." "I am big enough and capable enough to handle the harm done to me." I don't send these letters, I only write them and deposit them into my God Box. I don't forgive others in order to help them; I do it to help myself. That is true "unconditional" forgiveness because, when I am injured, I only have two choices - either to forgive or resent. Forgiveness implies a foundation of strength that is large enough, capable and strong enough to handle adversity from others without crumbling or seeking revenge. The principle of unconditional forgiveness not only relieved me from the bondage of self, it also relieved the fear of people, as stated in the 9th Step Promises.

Walking in the light of unconditional forgiveness has given me a new freedom that I have never felt before. It freed me from endless hours of hashing over the wrongs others have done to me. I believe this is the greatest gift of all from Higher Power for mankind and me to receive, to grow to become better people.

The 29 years I have been sober has been a special blessing and gift from God, that I am extremely grateful for, especially the gift of forgiveness.

-Jumpin Joe, Alcoholic.



Happy  
Holidays

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



**SALT LAKE CENTRAL OFFICE**

801.484.7871

80 West Louise Avenue (2850 S)  
Salt Lake City, Utah 84115

**HOURS:**

Monday-Friday: 10-5

Saturday: 10-2

**CALL FOR HOLIDAY HOURS**