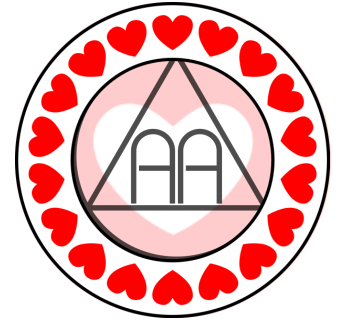


lifeline



TRANSFORMATION

My name is Marnie and I am an alcoholic. My sobriety date is 1/21/2014 - which is definitely nothing to brag about since I came into the rooms of AA in April 1993. On 1/20/2014 I was arrested for the 26th time and booked into jail. Knowing I was on the run from drug court, I knew I would get roughly four months termination. I also had drugs on me and knew if I used them, I would never get sober again. While waiting to complete the booking process, I decided that no matter what happened I was not going to use again. I was literally terrified, prior to making the decision, but once I did, I went into the restroom and knelt down praying to my higher power to give me the strength and grace that was needed to not use today. I felt an actual calm and peace I had not felt in about 11 years since I began drinking again. Once I hit quarantine in jail, I traded the drugs to other inmates for hygiene and some commissary food items. I showered, then ate and went to bed. The next day was my first day clean and sober. I was getting ready to be released and new charges were filed on me out of a county I have never been in. They were two five to life's, aggravated robbery and aggravated burglary. Literally terrified, I was transported to the county to await trial. I found out that a person I had sold drugs to beat up a lady and robbed her.

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INTHISISSUE:

- **TRANSFORMATION**
- **AMONG THE ASPENS**
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- **CENTRAL OFFICE REP MEETING MINUTES**
- **FINANCIALS**
- **MEETING UPDATES**
- **CALENDAR OF EVENTS**
- **JOKE OF THE MONTH**
- **FROM BEHIND BARS: LETTERS FROM PRISON - Riley D. & Aaron T.**
- **BIRTHDAYS**
- **MONTHLY HOROSCOPE**

Among the Aspens

One of my mentors in the program gave me a beautiful gift one day in the form of a question. Since then it has evolved into one of my favorite metaphors, and I would like to share it with you. He said something like, "Shurone, look at that tree. What do you think about it?" Such a simple question couldn't possibly have a simple motive attached to it, so I looked at the slightly mangled half-dead tree, immediately covered up my judgment, and said, "it's perfect!" to which he replied, "exactly". This brief discussion was followed by another half hour of hiking in silence, which gave me time to think about why the tree might be perfect and about why the question had been asked. I began to think about the tree and how it started out as a tiny seed, in that exact place in the forest, and how that place had shaped the trees life. Every storm, every bit of sunlight had impacted the tree based on its placement in the forest. The tree's embattled appearance became something new when I considered all that it had endured. Then I began to consider the trees around the one in question. They too were perfect, having been created by a power that is greater than myself, and beyond my comprehension. Products of their

...cont on page 11

CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALTlakeAA.ORG

Chair — Doug R.

Co-Chair — Julian G.

Secretary — Rob C.

Treasurer — Lorraine R.

Trustee — Evan J.

Trustee— Kevin D.

Trustee—Bob C.

Alt Trustee— Bob G.

Alt Trustee—Chris L.

CENTRAL OFFICE STANDING COMMITTEE CHAIRS

Activities — Suzi L.

activities@saltlakeaa.org

Archives — Laura C.

archives@saltlakeaa.org

By-laws — John F.

Coins — Mike O.

**Cooperation with the
Professional
Community** — Ben S.

cpc@saltlakeaa.org

Corrections — Mark S.

corrections@saltlakeaa.org

Hotline — John J.

hotline@saltlakeaa.org

Literature — Charlie T.

literature@saltlakeaa.org

Lifeline Newsletter —

Shurone H.

lifeline@saltlakeaa.org

Outreach — Rob C.

outreach@saltlakeaa.org

Public Information—

Melissa E.

pi@saltlakeaa.org

Technical Support —

Jonathan H.

it@saltlakeaa.org

Treatment— Rusty J.

treatment@saltlakeaa.org

Twelfth Step — Skip M.

12step@saltlakeaa.org

Volunteer — Jim C.

volunteer@saltlakeaa.org

Website — Doug R.

webservant@saltlakeaa.org

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 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

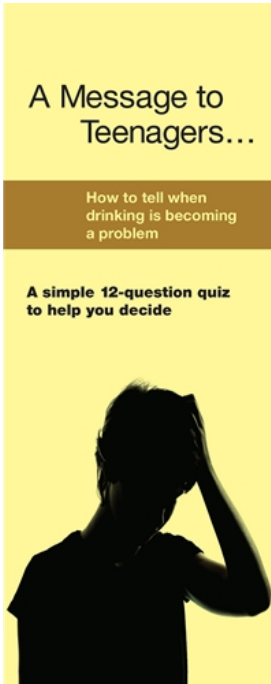
District 11 Treasurer

1805 N 1450 W
Layton, Utah 84041



"WE ARE SELF
SUPPORTING
THROUGH OUR
OWN
CONTRIBUTIONS..."

PAMPHLET OF THE MONTH



"Alcoholism is a rough word to deal with".



Yet nobody is too young (or too old) to have trouble with alcohol.



That's because alcoholism is an illness. It can hit anyone.



And it doesn't matter how long you've been drinking or what you've been drinking. It's what drinking does to you that counts.



To help you decide whether you might have a problem with your own drinking, we've prepared these 12 questions. The answers are nobody's business but your own.



If you answer yes to any one of these questions, maybe it's time you took a serious look at what your drinking might be doing to you.



And, if you do need help or if you'd just like to talk to someone about your drinking, call us. - it works. Check your phone-book, newspaper, or **aa.org**.

MEETING UPDATES

New Meetings:

Conscious Contact - Tue @ 7:00-8:30 - Hilltop United Methodist Church - 985 E. 10600 S. Sandy - meditation meeting, N. entrance

Last Run w/ Bill W. - Fri @ 4:30 10351 E. Highway 210 Alta, UT

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. (Inspiro 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:

Wasatch Group - Sat @ 5:30 @ Wasatch Crest 425 Moulton Ln. Heber

A Way In for Beginners - Wed @ 7:15 @ Fellowship Hall

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

Magna Friendly Bunch Everyday @ 7:00pm @ Alano West Club - 9087 West 2700 South, Magna. (The time changed)

Canceled Meetings:

Tooele Women's Meeting - Sun 1:15 @ the Oasis Clubhouse

Trudgers Walk With Purpose - Sun 11:30 @ Kafenio Coffee

Homeless Warriors - Fri @ 6:30 475 W. 100 S.

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 Stagg Big Book Study

Experience Strength & Hope Tuesday @ 7:00 pm @ Red Church (Creekside Christian Fellowship):



CALENDAR OF EVENTS



February 2018

Dixie WinterFest: Friday, February 23 through Sunday, February 25, 2018 at the Red Lion Hotel and Conference Center; [850 South Bluff, St. George](http://www.dixiewinterfest.org/). <http://www.dixiewinterfest.org/>



54th International Womens Conference: February 15-18 @ Sheraton Grand Phoenix Hotel in Phoenix, AZ
<https://internationalwomensconference.org/>



March 2018

PRAASA (Pacific Region AA Service Assembly)

hosted by Nevada Area 42: March 2-4 @Nugget Casino in Sparks, NV. <https://praasa.org/>



April 2018

Area 69, 2018 Pre-Conference Assembly

Presented by district 3 Provo, Utah

April 5th-7th @ Elks Lodge 1000 S. S University Ave.

***Please send events to the lifeline at lifeline@saltlakeaa.org**



"Bear Dreams"

Winter is a bears den,
it is quiet, it is peaceful.
There is warmth,
and lost, forgotten dreams to steer your world by.

Laura C., Salt Lake City

Alcoholic Aquarius

(Jan-20th-Feb-18th)



This month brings an opportunity to start projects that had been put on hold. Issues related with goals and occupation matters could go through a more trying stage, as could plans to travel or study. Although patience may be required over the weeks and

months ahead, you'll find that events help to get you back on track and inspire you to try harder. Stay grateful for your recovery in the coming weeks. Make a gratitude list and recognize how far you've come.

Questions? Call
Central Office
of Salt Lake
801-484-7871

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. 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.	1958: Jan, Mar, Apr, May, June, July, Aug.	1964: Feb, Apr, and Oct.	1969: All 12 months needed.
1954: May, Nov, Dec.	1959: Feb, Apr, June, Aug, Oct.	1965: May, June, July, Aug, Oct, and Nov.	1970: July and Nov.
1955: Jan, April.	1960: May, June, July, Nov, Dec.	1966: June, July, Oct, and Dec.	1990: July and Oct.
1956: Jan	1961: All 12 months missing.	1967: July, Oct.	2000: Jan, Feb, Apr, May, June, July, and Dec.
1957: Apr, June, July, Sept, Oct, Nov, Dec.	1962: Nov.	1968: Mar, June, Oct, Nov, Dec.	
	1963: Nov.		



City at Seven

Darin - 1 year

Miekei - 15 years

Dave R - 34 years

Nomadic Lunch Bunch

Eric F - 5 years

Ben H - 9 years

Stan H - 34 years

Russ K - 41 years

Sunday Morning Breakfast Group

(January)

Lisa - 30 days

Charles - 30 days

Anthony - 30 days

Mark - 30 days

Karen - 18 years

Marnie - 4 years

Justin - 2 years

Steven - 18 months

Paul - 6 months

Tom H - 28 years

Tiny - 34 years

Ryan - 3 years

Joel - 3 years

Steve - 30 years

Dennis - 17 years

Pine - 7 years

Matt - 20 years

Randy - 8 years

Carly - 90 days



CENTRAL OFFICE DECEMBER 2017 FINANCIALS

Income Statement

	2017	2016
<u>Revenue</u>		
Group Contributions	\$3,482.29	\$3,071.99
Copy/Newsletter donations	\$13.00	\$11.18
Individual Contributions	\$-	\$-
Sales - Literature	\$9,499.66	\$7,616.65
Sales - Coins	\$2,081.47	\$1,961.00
Sales - Other	\$5.20	\$-
Total Revenue:	\$15,081.62	\$12,660.82
COGS - Literature	\$10,661.35	\$7,407.59
COGS - Coins	\$1,151.47	\$1,035.38
Total COGS	\$11,812.82	\$8,442.97
Gross Profit	\$3,268.80	\$4,217.85
Operating Expenses	\$3,091.77	\$3,049.23
Other Expenses:	\$-	\$-
Total Expenses:	\$3,091.77	\$3,049.23
Net Income:	\$177.03	\$1,168.62

Bank Accounts

Checking & Petty Cash	\$33,598.14	\$13,884.82
Accounts Payable Due	\$(21,859.98)	\$(3,778.51)
Money Market - PR	\$24,211.50	\$24,184.23
Total:	\$35,949.66	\$34,290.54

- 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 JANUARY 9TH, 2018 – 6:30PM

6:30 – 6:45 Reports Board of Directors

Chair: Doug R - Procedural Guidelines, New Book Keeper Hired.

Co-Chair: – Julian G- Orientation Material Distributed To Everyone.

Secretary: Rob C- Helping Suzy Get Central Office Super Bowl Event Going “Sunday Feb 4th 3:00-Pm Please Bring A Pot-Luck”

Treasurer: Vacant

Trustee: Kevin D - (District 11 liaison)

Trustee: Chris L- (District 2 liaison)

Trustee: Evan J - (District 10 liaison)

Alt Trustee: Bob G -

Alt Trustee: David R -

6:45 – 7:25 Reports Committee Chairs

Activities: Suzy L - Super Bowl Event At Central Office Sunday Feb 4th 2018 3:00-Pm Please Bring Potluck.

Literature: Charlie T - The Big Book has now been translated into Punjabi, the language commonly spoken in Pakistan. Also, please see the Safety Card below...

Archives: Laura -

By-Laws: Jon F -

Coins: Mike O -

Cooperation with Professionals: Ben S -

Corrections: Mark -

Hotline: John J -.

Newsletter: Shurone - Always accepting articles for the lifeline

Outreach: Josh S - .

Public Information: Mellissa E -

Tech Committee: Jonathan H -

12th Step: Skip M-

Volunteers: Jim C -

Webservant: Doug R -

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

7:30 - Adjourn and Close with the Serenity Prayer

Next Central Office Representatives meeting will be held on Tuesday Feb 13th, 2018

Service Material from the General Service Office

SAFETY CARD FOR A.A. GROUPS (The General Service Office has made this optional statement available as an A.A. service piece for those groups who wish to use it.)

Suggested Statement on Safety Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety. Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone

may have broken the law or endangered the safety of another person. Service Material from the General Service Office F-211_Safety_Card.indd 1 9/14/17 4:15 PM 100M – 9/17 (GP) F-211 Our Common Welfare Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward. –Tradition One (Long Form) It is hoped that our common suffering as alcoholics and our common solution in A.A. will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an A.A. meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of A.A. For this reason, groups and members discuss the topic of safety – to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic. F-211_Safety_Card.indd 2 9/14/17 4:15 PM

Central Office Super Bowl Party

Join your friends in the fellowship at Central Office

Sunday, February 4th 3:00 PM

Make sure to bring your favorite Super Bowl food.

This event will be 100% pot luck.

Please bring your friends and family.

Show up early so you can get a comfy seat.

80 W. Louise Ave (2850 S), Salt Lake City, UT 84115

JOKE OF THE MONTH



Two AA's are talking about what is going to happen to them after they die. One believes in heaven, the other isn't so sure, so they agree on a pact. The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether or not there is an afterlife.

A few years pass and the first AA dies sober. A year later the surviving AA is sitting in a meeting and he feels a coldness in the air, looks around and sat next to him is the ghost of his old pal.

The ghost turns to his pal and says "I've got some good news and some bad news. Which would you like to hear first?" Being an optimist the pal asks for the good news first, and the ghost replies, "There is a heaven. Bill and Bob are up there, and they have AA meetings every week, you'll love it. The bad news is you're chairing next Tuesday".

vehicle. I was one hundred percent guilty, same as the co-defendant. I plead the charges down and went out to prison on a five year matrix. I spent the next three years staying sober in an environment I could not run from. I decided to make the absolute most of my time of incarceration. I applied and was accepted to a treatment program that was literally the most difficult thing I have ever completed, in an environment where most are not ready or willing to be sober or work a program. I completed that program and continued on with therapy and working directly out of the Big Book of AA the twelve steps, even doing a thorough fifth step with the chaplain of the prison facility. In this environment, I truly learned to pray, meditate, and become a worker among workers and a friend among friends. I learned that whether people are being honest, using, being hateful or acting however, I can still be kind, loving and tolerant to them, and most of all respectful. When you live 24 hours with the same woman, you learn that every action you make certainly affects those around you and with nowhere to run, you have to deal with the consequences of your actions. I returned to the board and was released immediately after a two year rehearing due to the way I had spent my time by being productive and working on me. I did individual therapy, yoga and anything else available to benefit myself. AA meetings were not readily available. They were sporadic at best due to many circumstances beyond my control. My goal upon release was to be able to give back to the community and especially my family through living daily amends for all the wreckage the last eleven years of using had caused. Just because I had been sober for a little over three years didn't mean I hadn't caused wreckage. I have been out of prison for almost one year. During this time, I have cleared up all financial amends, completed all requirements of

my parole and my PO is going to take time to write a letter for early termination which is a huge miracle since I was ordered to 36 months. I expect to be free entirely from the system in the next couple months. I have made amends with the family and friends that were possible. I Have the lowest paying job I have ever had, but in return have excellent benefits and no one at my work knows of my criminal history. Through daily application of the twelve steps of AA and taking the principles of the twelve traditions and applying them to all my relationships, I am leading a healthy, happy and useful life. I have an amazing sponsor, who has a sponsor who also has a sponsor. An amazing dynasty of women in recovery all around me. I also get the opportunity of sponsoring women in recovery. I finally got off the fence, made an actual decision and backed it up with action. That is really all I did, and the gifts of sobriety in my life are endless. I wake up truly grateful to have a real bed and pillow to sleep on, knowing I have a family who truly loves me and I get to show up fully in their lives.

- Marnie



SURRENDER

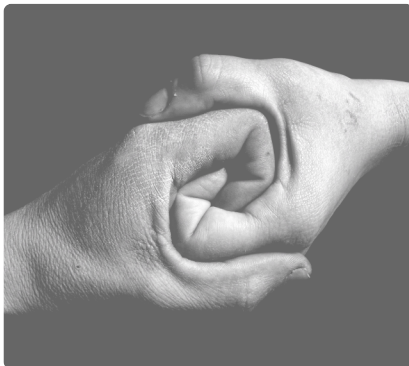
Hello! My name is Riley and I'm an addict. :) I've said this countless times in my life. I have attended more meetings than I will ever know. I've been a meeting secretary with my treasurer girlfriend, had a dozen sponsors, and I've even been on a service committee.

Relapse, after relapse, after relapse as I tried still to find an "easier softer way". I must have tried to figure my way around doing the steps a million ways at least! The only direction this led me was to prison, where I've lived for a third of my life.

An old Celly once told me "The lazy man always works twice" which has been my experience. I have been humbled (thank God), taken the steps and have been sober ever since. I smile now, thinking of words that still ring over and over in my head...

"Rarely have we seen a person fail who has thoroughly followed our path".

Riley D. 1/7/18



SICK AND TIRED

As I write this I am 41. Yes I'm in prison, but that does not matter. My friend is on the 90 meetings in 90 days kick and that's good for him. I'm on the meetings everyday and sometimes 2. That way when I get released it is part of my thinking. People say that in prison it's easy to go to meetings cause there is nothing else to do! Well, that's true, except, I'm in this program and also High School, and some other programs so I'm pretty busy. So I go cause I need to. I first came into A.A. 30 years ago, so, by the time I was 11 I was already an alcoholic and on my way to being a drug addict. I see the board soon and want to make sure that A.A. is a major part of my life upon release! Let me explain my reasoning. I can go to a meeting a day or whatever I need to remain sober, which amounts to about 7 hrs a week, or I can sit in Prison for 24 hrs a day for however long until my release, and I do know that the stays usually get longer and longer. And I am sick and tired of holidays and birthdays locked up. I am sick and tired of expensive phone calls. But mostly, I am sick and tired of being controlled by chemicals. Thank you God for keeping me sober today. I have been stuck on step 4 for, oh, 30 years and I am happy to finally say that I have completed it as of today, 1/7/2018. And it was by me letting God guide me instead of the other way around that this was possible. And as a result I have forgiven myself, thus opening the door for me to love myself! Now I can truly love everyone else in my life, and society.

-Aaron T.

POETS' CORNER

Tick tock, tick tock like a clock but stuck in the same spot, while LIFE is the hand that continues to pass you by.

Stuck where minutes turn to hours, hours to days, days to years and I'm still HERE...where

drug use and criminal pride is accepted, and you fit in by glorifying your crime, what kind of society is this?

Tick tock, tick tock like a clock stuck in the same spot.

The men in BLUE seem to think we're all alike, cut by the same cloth because of the matching word inmate we all have on our backs.

Ha I agree...NOT.

Identified by a number, not a name; we are not the same, this is the life I once chose but it's not who I choose to remain.

I have a name. I am strong, beautiful, and independent. My heart beats just like any other human, can you hear



it? Feel it? See it pounding through my chest? Am I worthy? Am I one that is a queen in my own kingdom?

Do not judge me by my crimes or my past. I deserve to be loved, I am loved, I am a woman of worth, strong and powerful...hear me ROAR!

Tick tock... No longer will I allow self-hatred and doubt to own me, control me, or lock me away. The word that reads inmate on my back isn't who I am.

I am free, free to be whoever I choose to be. To live, laugh, love, cry. To make memories. To have my dreams come true.

Tick tock. I am to be whoever I want to be, whoever I dream to be. LIFE will no longer be the hand to pass me by; Stand up, get up, FIGHT. Who am I? I am a Mother, a friend and a grand-daughter.

But no really who am I? I am a survivor, a queen, a warrior. My past doesn't define me; it's time to scream, to shout, to let it all out. I have a VOICE and I will be HEARD.

Tick tock Stand Tall, Refuse to Fall I am ME!

-Elicia C.

Among the Aspens

...cont from page 1

own specific beginnings in the forest as well, I began to understand that like the trees in the forest, we as human beings are also perfect. Comprised of the same exact elements as every other living thing on this planet. We forget this fact when we buy into the definitions and expectations surrounding us as we grow and define truth based on our experiences. I, like most of us, had traumatic experiences with adults as a child, which led me to believe that I couldn't trust anyone. That belief made me extremely independent, and I hid myself away from society, eventually drinking morning until night, everyday justifying my behavior with yet another belief, that I was broken, that I deserved to drink every day because of how I perceived reality.

Up another thousand feet or so surrounded by aspens, I remembered learning that they are all really one tree connected underground by a single root system. I believe that humans are also connected, and that we are stronger together, like a forest comprised of human lives supporting each other, and I am very grateful that I am no longer a mangled tree standing alone without a grove of people surrounding me and lifting me up!



-Shurone

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