

lifeline

I THOUGHT I WAS HOPELESS

I am Aimee, and I am an alcoholic. I wanted to share this with you all, as I am sure there are many people who share in my struggles. My initiation into Alcoholics Anonymous was 10 and a half years ago, when the Navy *strongly suggested* that I get sober. I was initiated into recovery after a suicide attempt. This was a common occurrence when I was drinking, even before I entered the military. The military was supposed to be the answer to my drinking problem, and it was for two months and two weeks when I was not allowed to drink. Once I was allowed to, however, I was off to the races.

This is the piece of my journey that I want to share. At just about 9 and a half years of sobriety, I have been circling within the process of reflection and remembering what it was like, versus what it is like right now. What I am going to write here reflects the part of my story that reflects the hopelessness I experienced in my drinking, and even within the first few years of my sobriety. My goal is to show you that you can arise out of any level of hopelessness, out of any state of mind and body.

While I understand that these are considered "outside issues," I need to emphasize the realness and seriousness of mental illness. This is a big part of my story. In hindsight, alcoholism was but a symptom of more serious issues. When I had done nothing to resolve my thinking problem, staying sober seemed like a quest that would only end in failure. I mentioned that my entry into Alcoholics Anonymous was followed by one of my many suicide attempts. I have received many different "diagnoses" from the mental health field, but the

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"ADVERSITY EXPOSES MY CHARACTER DEFECTS"

My little brother Eddie called me and told me that a couple of days ago. He heard Gods voice, that voice told him to go to church, to stop drinking, to stop smoking, and start serving him, as his time on this earth was short. I was shocked, and amazed. My brother has been drinking alcoholically since the age of 12, has made no attempts to stop, has a history of 10 DUI's, has given up all activity in his life, to drink his 30 pack of beers each and every day, for the last 46 years of his life. His smoking was just as extreme, the doctors told him, years ago, after our dad passed away from untreated alcoholism and emphysema, to stop smoking, or he would meet the same fate. In that same phone call he told me he listened to that voice, went to a church down the street from where he lived, had stopped drinking, was three months sober, and had stopped smoking. For this alcoholic, it was a miracle, and an answer

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CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALT LAKE AA.ORG

Chair — Doug R.

Co-Chair — Julian G.

Secretary — Rob C.

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Trustee — David G.

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CENTRAL OFFICE STANDING COMMITTEE CHAIRS

Activities — Suzi L. lifeline@saltlakeaa.org

activities@saltlakeaa.org **Outreach** — Christina

Archives — Laura C. outreach@saltlakeaa.org

archives@saltlakeaa.org **Public Information** —

By-laws — John F. Melissa E.

jfoulg@hotmail.com pi@saltlakeaa.org

Coins — Mike O. **Technical Support** —

Cooperation with the Professional — Jonathan H. it@saltlakeaa.org

Community — Ben S. **Treatment** — Rusty J. cpc@saltlakeaa.org treatment@saltlakeaa.org

Corrections — Mark S. **Twelfth Step** — Skip M. corrections@saltlakeaa.org 12step@saltlakeaa.org

Hotline — John J. **Volunteer** — Jim C. hotline@saltlakeaa.org volunteer@saltlakeaa.org

Literature — Charlie T. **Website** — Doug R. literature@saltlakeaa.org webservant@saltlakeaa.org

Lifeline Newsletter — Shurone H.

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

9 S 1300 W
Clearfield, UT 84015





Meeting

News, Updates & and Information

NEW MEETINGS:

Fill The Pot - Open Discussion Meeting

Wed @5:30pm - 501 W. 300 S. SLC

Women in Recovery

Tues @8:15pm - Alano Club: 5056 S. 300 W. SLC

TOC (Table of Contents) - Step Discussion Meeting

Wed @noon - Publik Coffee: 975 S. West Temple, SLC

We Keep it Simple Big Book Study

Thurs @7:00pm - Life Church UT: 4700 S. Bangerter Hwy.

Conscious Contact - Meditation Meeting

Tue 7:00-8:30 pm - Hilltop United Methodist Church: 985 E. 10600 S. Sandy

Last Run w/ Bill W

Fri @4:30 pm @10351 E. Highway 210 Alta, UT

Back Alley A.A. Beginners Meeting

Tue @7:00 pm - 5689 S. Redwood Rd. Ste 30.(S.E. entrance downstairs)

Hope Group

Sat @8:00 pm - Inspirio Recovery: 8029 S. 700 E.,Sandy

Practice These Principles

Fridays@7:00am - Unitarian Church: 569 S. 1300 E. SLC

Carpet Slippers

Sundays @7:00pm - Fit to Recover: 789 W. 1390 S. SLC

Draper Lunchtime Step Study

Mondays @12:00 - Wasatch Grind and Pulp: 1194 E. Draper Parkway, Draper

No Laurels - Women's Meeting

Mondays @7pm, Unitarian Church:569 S. 1300 E., SLC (Enter through SW door)

Six in the City -

Saturdays @ 6pm - 273 E. 800 S. Disabled Am. Vets Bld.

We Admitted We Were Powerless

Saturdays @7pm, Elevation Church: 375 S State Street, Ste B, Clearfield

Sacred Healing

Mondays @5pm, Urban Indian Center:1230 W 1300 S, SLC

MEETING UPDATES:

Homeless Warriors - Mon @ 6:00pm, Weigand Center. 347 W. 200 S. SLC. Enter through the locked gate.

BBT & T - Thur @ 7:00pm 9757 S. 1700 E. Blessed Sacrament Church

7th Street Group - Is now named "Seventh Heaven" Dropping Monday & Friday. (Tue-Thur) @12:00pm

Greater Kearns - Moving to Trinity United Methodist Church: 3600 S 4400 W

Women Supporting Women - Moved to Tuesdays @ 6:30pm St. Lawrence Church, Heber.

Nomadic Lunch Bunch - Now Wednesdays Only!

12:15pm @Fat Cats Bowling: 3739 S 900 E in Salt Lake

By the Book - A.A. & Al-Anon Tue @7:30pm - 2100 S. State

Hope Group - location change - Inspiro to Red Eye Coffee: 7301 S. 900 E. Sandy. Weekly Sat@ 7:00 pm

Trudgers Walk with Purpose - Re-Started Sun @11:30am 258 W. 3300 S. Salt Lake City

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

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

Stepping Stones - Mon @Alano Club from 8:00-9:30

ESP- Changed to Thursday @ 6:00 pm - 1340 Kings Row Dr. Vincent DePaul Church (Closed meeting)

Alpha Alpha - This is a Big Book meeting @5:30 pm 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 - Sundays 9:30 -10:30am

Magna Friendly Bunch - time change to every day @ 7:00pm @Alano West Club: 9087 W 2700 S, Magna

CANCELED MEETINGS:

A Way Out - Fri @ 6:00pm - 2100 S. State St. SL county bld

Red Barn Group - Sun @7:00pm - Farmington

Women Warrior - Sat @7:00 - Draper

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

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

An AA Group - Wed @5:30 4th St Clinic: 400 S 400 W, Salt Lake City

Millcreek Womens Group - Wed @ 6:30 -Krishna Temple

Lighten Up Group - Tue@8:00pm Lighthouse Recovery

Free Rider Group - Tue @6:30pm Alano West

Free Rider Group - Fri @7:00 Red Eye Coffee

Our Primary Purpose - Sun @7:00pm



UPCOMING Events

July

13-15 GOD: Great Outdoors Camp Out
Defa's Ranch in Hanna, UT

August

10-12 Maple Grove Camp Out
Scipio, UT Ralph: 801.597.0276

18-19 18-19 Pre-Assembly Workshop
District 10 Salt Lake

September

8/30-9/2 43rd Annual Great Outdoor Beaver
Meeting & Campvention of AA
www.thegreatoutdoorbeavermeeting.com

7-9 Pacific Regional Forum Area 6

21-23 Fall Assembly (Area Elections)
District 10 Salt Lake



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

Central Office Archives display room needs donated time!

It's almost time to start moving in! The archives display room needs to have much done to it and several incidentals before we can proceed with the actual displaying of archival materials; here is a list of things to do and resources needed:

*The carpet needs to be cleaned, does anyone have a carpet cleaner they would be willing to let us use?

*Artists! I need help creating a time line of AA and Utah/Salt Lake AA history.

Contact Laura @ 801.824.1932 for more information



SALT LAKE CENTRAL OFFICE MAY FINANCIALS

Income Statement

	2018	2017
<u>Revenue</u>		
Group Contributions	\$3,832.07	\$3,457.84
Copy/Newsletter donations	\$12.40	\$30.38
Individual Contributions		\$30.30
Sales - Literature	\$6,542.70	\$5,093.87
Sales - Coins	\$2,264.00	\$2,519.10
Sales - Other	\$ -	
Total Revenue:	\$12,651.17	\$11,131.49
COGS - Literature	\$6,350.03	\$5,158.68
COGS - Coins	\$1,455.41	\$1,1442.04
Total COGS	\$7,805.44	\$6,600.72
Gross Profit	\$4,845.73	\$4,530.77
Operating Expenses	\$5,354.18	\$5,368.75
Other Expenses:	\$-	\$-
Total Expenses:	\$5,354.18	\$3,368.75
Net Income:	\$(508.45)	\$(837.98)

Bank Accounts

Checking & Petty Cash	\$20,355.33	\$13,835.78
Accounts Payable Due	\$(80.50)	\$(6,354.06)
Money Market - PR	\$24,213.71	\$24,196.26
Total:	\$44,488.54	\$31,677.98

- 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.
- On-line contributions made in January will be reflected on the February Statement

Group Contributions -

10th Step Group -	\$15.83
By The Book -	\$181.00
Crazy Ladies -	\$181.00
Every Night Firelight -	\$280.00
Fresh Start -	\$.50
Grater Kerns -	\$50.00
Grub Lunch Bunch Cowboy -	\$95.00
Highland Group -	\$23.70
Hot Topics -	\$52.98
Six in the City -	\$50.00
New Way Group -	\$1,250.00
Recovery Ways -	\$20.00
Serenity Now -	\$15.00
South Valley Lunch -	\$200.00
Spiritual Quest -	\$180.00
Sunday Morning Breakfast -	\$250.00
Tuesday Night Newcomer -	\$.50
Unity Lunch Bunch -	\$58.00
Wake Up Call -	\$600.00
We Are One -	\$10.50
Weekend Get AA -	\$75.00
Women's 12x12 & BB Study -	\$104.50
Women Stepping Up -	\$120.00
Total	\$3,832.07

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



City at Seven:
Ladoni - 18 months

**"Addiction
enters when
self love is traded
for self limiting
and judgmental
thoughts."**

~ Dr. Bill Tollefson



**Salt Lake Central Office Fun
and Fellowship!** Tickets are only
\$10.00 ea. Sit behind 1st base! Games
start at 6:30pm. Tickets are 1st come
1st serve and they go fast! Pick up
your tickets at Central Office.

July 28th - Bees vs. Nashville

Aug. 11th - Bees vs. Tacoma

The best way to keep someone sober
is to take them to a fun AA event.

Joke of the Month

A man sat down at a bar and told the bartender, "I bet you three hundred dollars that I can piss into the cup all the way over there on the other side of the bar and not miss a single drop." The bartender said, "There is no way you can do that. Sure, I'll bet you three hundred dollars." The man then begins to undo his pants and begins pissing. He starts pissing all over the bar, spraying on the bottles and the bartender, not making a single drop in the cup. The bartender starts smiling and laughing and says, "That's it, you owe me three hundred dollars." The man then gets up and walks over to the pool table and starts laughing and shaking hands with the men standing there. He walks back to bar, sits down and starts laughing at the bartender and hands him the money. The bartender asks, "Why are you laughing? You just lost the bet." The man said, "I'm laughing because I bet those guys over there one thousand dollars that I could piss all over you and your bar and you would still be laughing when I was done."

CENTRAL OFFICE REPS: MEETING MINUTES

6/12/2018 – 6:30 pm

Treasurer: Arty- financial report - looking good, in the positive. Motion/ Vote Was Made To Approve Central Office To Contribute And Make Donation To GSO In The Amount Of 1,924.00 That's 7.40 Per Group "260 Groups" GSO Is In Need...

District 11: Kevin D.- District 11 Needs To Fill The Following Service Positions: GSRs Needed, Treasure, Bridging The Gap, Treatment, CPC, PI, And DCMS Needed...

District 10: Evan J.- Secretary Needed In District 10.

District 2: David R.- Needs People To Fill In Service Positions! Please Come To Fellowship Hall Meeting Held Last Tuesday Of The Month 6:00-Pm.

Public Information: Mellissa E.- All Is Well AA Was At Pride Festival :) On June 2nd-3rd With A Booth Staffed By Alcoholics From Area 69 "Utah", Central Office, And All Districts. Coordinating And Planning For A Booth For USARAs Recovery Days On Saturday September 8th 2018. Any Volunteers Please Contact Mellissa At: PI@saltlakeaa.org

Activities: Suzy L- BEES Tickets Available TWO More Games Left In July And August.. Please Contact Central Office 10.00 Per Ticket Behind 1st Base... Great Seats!!! Activities@saltlakeaa.org

Archives: Laura- Needs a Grapevine Display Built Please Contact Laura.. archives@saltlakeaa.org

Hotline: John J- All Is Going Well- Hotline Recieved 289. 29-Outbound, 260-Inbound, 150-Answered, 28-Left Voicemail.. hotline@saltlakeaa.org

Newsletter/lifeline: Shurone- All Is Well, Always Looking For Stories And Poetry Please Submit... lifeline@saltlakeaa.org

Treatment: Rusty J- Being Involved With Lots Of Treatment Centers. All Is Going Well. Bridging The Gap Workshop Coming Up Hosted By District 11 Saturday June 16th 2018 10:00-3:00-Pm Clearfield Community Church 525 E. 200 S. Clearfield Utah Treatment@saltlakeaa.org

Volunteers: Jim C- Things Are Going Well. We Have Several New Volunteers Having Great Fun Every Day And Good News Volunteers Are Still Needed Please Pass The Word To All Groups.. Volunteers@saltlakeaa.org

Next Central Office Representatives meeting will be held on Tuesday
July 10th 2018

I am RESPONSIBLE

Service: The Third Legacy of Alcoholics Anonymous

AA BEHIND BARS

All true stories start at the beginning, and this one is mine.

I started my forth step for the first time in my life. It was hard for me to understand how to "make a searching and fearless moral inventory" of myself, and be as honest as possible.

I'll be 60 years old this July and I've been in prison for over 5 years. They've been the worst years of my life. I've suffered through depression, anger, guilt, shame, starvation, and the withdrawals from alcoholism, just to name a few.

I wrote my father and his wife a letter from prison asking to be removed from their will. After all, who would want a son who abuses alcohol and his own family? I don't think they understand addiction...and neither did I...I haven't heard from them since.

My mother still cares about me, but all mom's love their sons, even an imprisoned one. She's 83 years old now. I may never see her again.

I had abandoned my family because I thought, "I'm not good enough to be called a dad." I walked out on my three lovely children, thinking that it was I to blame for leaving them. In reality it was my years of drinking alcohol uncontrollably that led to my demise and loss of status.

I lost everything we had: our home, our savings, our cars. I lost my children's toys, family memories, footprints in the sand. I even thought of losing myself...

My memory is faded, but not as much as my families. I remember one time getting angry with my children because I didn't know how to solve what should have been a simple problem. My kids didn't want to share with each other, and I didn't want to be troubled while I was getting drunk out in the garage. My chosen response was poor, and the outcome was bleak.

I had a lovely family. Three beautiful children who

loved their daddy. A wonderful son and twin daughters that any parent would have been willing to give the world for. I was a single dad.

My children lost their mother in a tragic car accident on February 14th 2005. They were very young. I'd been drowning my sorrows ever since. I blamed myself over her accident. "If only I would have..." went through my mind one-thousand times, then a thousand beers justified my uncontrollable personality.

I cheated my community out of everything I could. I was a businessman with a license to steal. I had harmed partners, friends, and family members. Alcohol was controlling my life.

I had been arrested many times. I have had 3 D.W.I's and I have been in three different treatment centers, each with a name like "Somewhere Over the Rainbow". They never helped me with my addictions. They helped me learn how to disguise them.

My choice of friends led me to a party life I quickly became accustom to. All night drink-a-thons, painful hangovers, the loss of employment and much more. But it was fun - wasn't it? I should have stopped drinking then.

I started drinking at a young age. It was my older brother who offered me my first beer and a pack of cigarettes. I remember getting sick that night. I was 10 years old.

I've put my time in prison to good use. I have learned to read and write. I've got my high school diploma. I write to my family about the happy memories my sobriety has returned to me. I've taken all the classes I can on changing my behavior and my way of thinking. I'm studying business. I go to church and I attend A.A. as often as I'm allowed. My future is a reflection of the person I want to be. All true stories start at the beginning, and this one is mine.

-Jamie S.

If you would like to volunteer to bring A.A. meetings to the Utah State Prison or the Utah County Jail, please contact Central Office @ (801) 484-7871.

to my prayers. I reassured him that he was on the right path, that I was happy for him, that I was here to support him anyway that I could, and that I would keep him in my prayers. I asked him if he attended Alcoholics Anonymous, and he reported, "Nope, all I need is God." I told him I understood, and that God was the foundation of my recovery. Two months later, I received another call from him. This call was harder to hear, he told me that the doctors had found a tumor on his jaw bone, it had been there for several years, and that the biopsy had come back as, stage four lymphoma cancer. In the eighteen years of my recovery, in Alcoholics Anonymous, I have heard a lot of cases like he was speaking of, have seen the miracles that God has presided over, so my quick response was, "I think this is why God got you sober, so you could walk through this sober." He agreed, I asked him about his prognosis for recovery, he reported that the doctors told him he had a 40% chance of making it five years, after the surgery, receiving radiation, and chemo. We were able to have a conversation about his thoughts about death, his beliefs in God, and his response was, "Sis, I am good with death, I know that I will be with Jesus on the other side, and I am so happy that I went back to church, so I could connect with him again. I will see you there to if I go before you." We talked about his surgery in a week, how my other family was able to support him, that I wanted to be by his side for his surgery but my finances did not allow me to be there, he said that he understood, but my mind made up a story about all the negative things he must be thinking about me right now. I was unable to drop what I was doing to be there for him, and I was bashing myself good. I immediately called my

sponsor, I shared the update on his story of recovery, and how I was feeling, overwhelmed, powerless, guilty, and shameful that I could not be there. I spoke with her about my greatest fear, losing what I have, or not get what I want, and I needed God to take this from me, NOW. My sponsor reminded me that God is the solution to all my problems today, and asked, was I willing to surrender all of this to him? I said, "Yes, but this is one of the hardest things I have walked through in my recovery, and I see that God is the only way through this." So I did what I knew to do, I prayed, then prayed some more, I ask others to pray for my brother and my family, and then trusted that God has this all under control. Hardest thing EVER, but as I continued to surrender this to God, who has all power, I started to come to terms with the situation. I accepted that I was powerless and that my life was unmanageable. I love how no matter what is going on in my life the Steps are the way back to letting God run the show. For me the final surrender is the best, it is that place of totally knowing that I have done all that I can, that the who's, what's, when's, where's and why's of any situation have nothing to do with me, and I let God take the wheel. I received the call, that night of May the 10th, that my brother was doing well, and I could finally sleep knowing that he was on the other side of the surgery. The miracles did not stop there, the pathology report came back NO cancer in his lymphoid, or bone, and he will need radiation and chemo for the cancer in his muscle. I will let you decide how that happened. I've me up my mind, Thank you God!

-Marsha

truth is that I have a skewed belief system and a thinking problem, but I do not for a second discount the very real fact that I am an alcoholic.

Where I felt hopeless was in my ability to overcome the "diagnoses" I was walking around with, the story I told myself, and the past that I could not let go of. The main reason I remain sober, even to this day, is that I am fully aware that drinking frequently leads to my trying to take my own life. In the first couple of years of my sobriety, I also felt this hopeless, but the attempts did not happen. Self-harm? Yes. Suicidal thinking? Yes. Attempts? No. This primarily stems from a pretty serious mental health issue, deeper than general depression or anxiety, one that I do not need to get into here. The point I am trying to make here is that mental illness is very real, and many people can recover from these issues with Alcoholics Anonymous work alone, but I was not one of them.

Before I continue, I will point out that I am currently a professional in the mental health field, and I witness these issues every day. The primary intention I have in writing this, however, is to speak as a fellow member of Alcoholics Anonymous, not a mental health professional. My greatest hope is to model the fact that, no matter the level of hopelessness you feel, recovery is possible. If you have not died yet, you are not hopeless. Is it hard? Yes. Is it harder than staying the way you have been? I highly doubt it. It has taken me a pretty long time to reach the point I currently am, and I still have quite the way to go. What's important, though, is that I remain on the upward climb. As long as I do not take that drink, I remain on the upward climb. As long as I do not give up and stop trying, I remain on the upward climb. Do I slide backwards sometimes? Absolutely. It is a fact of life. We get tired. We get fed up at times. The battle can be futile, but we have not yet lost the war because we are not dead.

Right before I hit my 9 year mark in January, I was so close that I actually had the opening of a bottle pressed to my lips. By the grace of all things greater than me, I put the bottle down. Was it God? Sure. Was it willpower? Probably not. What it was, more than anything, was what I knew I would be throwing away. I did not want to lose all of you. I did not want to lose everything I have worked so hard for throughout the course of my sobriety. I certainly did not want to find myself strapped to another hospital bed on the brink of death. I share this with you all because there is nothing in the book or the program that says Alcoholics Anonymous will fix everything for you. It IS okay to seek professional help if you need it. If you need it, PLEASE do not hesitate to seek professional help. Do whatever you need to keep yourself alive, so you can do whatever it takes to stay sober. What kind of program would we be if we limited your ability to do so?

This can all be summed up into one statement..."At one time I was hopeless, but I realized I am still breathing, and I am still moving. Who am I to say I am hopeless?" The only thing that can render you hopeless for recovery in your life as it is now is lying in a box beneath the dirt, or burned to ashes in a big brass jar. As long as you are breathing, who told you you're hopeless? Who are you to make that decision about your life when there is so much evidence to the contrary surrounding you, when you have a much greater power guiding you through your journey should you choose to take notice? You are not as different as you think...give us a chance and you will find that many of the people on your side know EXACTLY what you are going through. Open your heart, open your mind, and you shall not fail. Just remember, you cannot do this alone. People care and people want to help.

-Aimee M.

*My Home Group, 90th & 32nd meets M W F @ 6pm

When You Take A Closer Look



No matter what happens today
today was the worst day ever
so don't try to convince me that
there's something good in A.A.
becuase when you take a closer look
this prison is a pretty evil place
even if
your goodness does shine through once in a while
satisfaction and happiness won't last
and it's not true that
it's all in the A.A. mind and heart
because
true sober happiness can be obtained
only if one's surroundings are good
it's not true that good exists
I'm sure you can agree that
my reality
creates
my attitude
it's all beyond my control
and you'll never in a million years hear me say that
today was a good day

*Now read it from the bottom to the top!
-Your friend in time



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