

# lifeline



## AA BEHIND BARS

So this story starts a long time ago. Long before I was born. See I was born into a life of addiction. My mother was a good Mormon girl, went to Granite High School, was class president, prom queen, seminary president, young women's president, had 100% attendance awards in seminary and gave a speech in General Conference which won her a scholarship to BYU.

A switch from day to night - she has been arrested 459 times in one year. I know, some might say that's impossible, but back in the 60's they would arrest girls for prostitution and let them go more than once a day. She has been to every rehabilitation program in the state of Utah. The Utah State Mental Hospital Young Women Offender's program, completed. Three years of Odyssey House inpatient treatment, and the Utah State Prison!

You see back in the sixties my dad was abusive to her and one Sunday she decided to go get drunk. Back then you couldn't buy alcohol on Sunday in Utah, so she went with a friend to Sugarhouse Park. Sugarhouse Park at the time was like what Pioneer Park is today. Anyway, she met some people and got high on pot and it got worse from there until she was doing everything and anything to support her \$800 a day heroin habit!

Well, she was bringing in heroin and whatever and of course it all came down on a whole lot of people. Federal Indictments. And she had 4 young kids under 5. So my mom got straight. And never touched drugs again. Went back to school, got a criminology degree from the U of U. Got her record expunged and became an adult probation and parole officer for 20 years.

The one thing my mom ended up doing wrong was changing her drug. She changed it to alcohol. (It was legal) but just as deadly. Cuz it killed her 20 years later. In prison in 1972 she wrote this poem, "Miss Heroin" ---

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## Drunkalog From Hell



"And on my third day of sobriety...."

**CENTRAL OFFICE  
BOARD OF TRUSTEES**  
BOARD@SALT LAKEAA.ORG

**Chair** — Doug R.

**Co-Chair** — Julian G.

**Secretary** — Rob C.

**Treasurer** — Arty

**Trustee** — David G.

**Trustee** — Kevin D.

**Trustee** — Evan J.

**Alt Trustee** — Paul

**Alt Trustee** — vacant

**CENTRAL OFFICE STANDING  
COMMITTEE CHAIRS**

**Activities** — Suzi L.

activities@saltlakeaa.org

**Archives** — Laura C.

archives@saltlakeaa.org

**By-laws** — John F.

jfoulg@hotmail.com

**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** — Christina

outreach@saltlakeaa.org

**Public Information** —

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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





## 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 - Inspiro 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 - Palmer Court: 999 S. Main St. SLC

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:

Nomadic Lunch Bunch - Now Wednesdays Only!

12:15pm Odyssey House: 350 E. 2100 S. SLC

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

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:

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

Draper Lunchtime Step Study - Mon @ 12:00

Gay Men Staggs Big Book Study

Experience Strength & Hope - Tues @7:00pm @Creekside Christian Fellowship:1400 Bitner Rd, Park City

# UPCOMING EVENTS 2018

**MAY 18-20**

Area 69 Post Conference (Host by Dist 6)

North Sevier Rec Center: 373 W. 400 N. Salina UT

S Davis Recovery Club's Spaghetti & Speaker  
Fundraiser 6pm Episcopal Church: 1131 S Main St  
Centerville UT

**MAY 31**

**JUN 1-3**

Springfest Campout pres. by Utah Valley  
Central Office Hobble Creek Canyon: Blossom Campground

Utah Conference of Young People in Alcoholics  
Anonymous: We Ceased Fighting  
Big Cottonwood Canyon <http://www.ucypaa.org/register/>

**JUN 1-3**

**JUNE 16**

Bridging the Gap Workshop  
District 11 - Bountiful, UT

Salt Lake Central Office Founder's Day  
Breakfast 10:30-12:30pm  
Fairmont Park: 1040 E Sugarmon Dr, SLC

**JUN 10**

**JUL 13-15**

Great Outdoors (GOD) Campout  
Defa's Ranch: 16350 N Country Rd 7, Hanna, UT

**\*Please send events to [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)**



# SALT LAKE CENTRAL OFFICE MARCH FINANCIALS

## Income Statement

	2018	2017
<b><u>Revenue</u></b>		
Group Contributions	\$2,500.92	\$3,166.96
Copy/Newsletter donations	\$14.52	\$101.76
Individual Contributions	\$-	\$105.01
Sales - Literature	\$8,887.45	\$7,763.23
Sales - Coins	\$2,370.00	\$2,040.00
Sales - Other	\$3.09	\$3.09
<b>Total Revenue:</b>	<b>\$13,775.98</b>	<b>\$13,180.04</b>
COGS - Literature	\$8,695.67	\$7,612.30
COGS - Coins	\$1,302.27	\$1,160.89
<b>Total COGS</b>	<b>\$9,997.94</b>	<b>\$8,773.19</b>
<b>Gross Profit</b>	<b>\$3,778.04</b>	<b>\$4,406.85</b>
Operating Expenses	\$4,206.85	\$8,050.06
Other Expenses:	\$-	\$-
<b>Total Expenses:</b>	<b>\$4,206.85</b>	<b>\$8,050.06</b>
<b>Net Income:</b>	<b>\$(428.81)</b>	<b>\$(3,643.21)</b>

## Bank Accounts

Checking & Petty Cash	\$21,865.51	\$24,254.78
Accounts Payable Due	\$(3,385.80)	\$(14,286.41)
Money Market - PR	\$24,207.63	\$24,190.39
<b>Total:</b>	<b>\$42,687.34</b>	<b>\$34,158.76</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.
- Online contributions made in January will be reflected on the February Statement

## Group Contributions -

Basic Young Peoples	\$891.72
Bountiful Community	\$25.00
Every Night Firelight	\$62.00
Greater Kearns	\$55.00
Grub Lunch Bunch Cowboy	\$125.00
High & Dry	\$75.00
Honey's Breakfast Club	\$143.70
In the City Six	\$25.00
Live and Let Live	\$42.00
Magna Friendly Bunch	\$100.00
Park City Step Study	\$100.00
Recovery Ways	\$4.00
Sharing And Caring	\$4.00
Speak Easy Women	\$194.70
Sugarhouse at Seven	\$175.00
Unity Lunch Bunch	\$27.00
Women in Sobriety	\$53.00

**Total** **\$2,500.92**

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



### *Sunday Breakfast*

Meagan - 30 days  
 Jody - 38 years  
 Paul - 9 months  
 Shady - 6 months  
 Hailey - 2 months

### *Hour of Hope Group*

*Wasatch Facility*  
*Utah State Prison:*  
**Jeremy. 13 Yrs**

### *City at Seven:*

**Kiera - 12 yrs**  
**Selina - 4 yrs**  
**David - 7 yrs**

### *Speak Easy Ladies Group*

Joan - 30 days  
 Desiree - 1 year  
 Betsy - 30 years  
 Lana - 1 year  
 Candace - 18 months  
 Sarah - 30 days  
 Diane - 6 months  
 Grace - 6 months  
 Megan - 6 years  
 Pat - 34 years

### *Golden Keys Group*

*Lone Peak Facility*  
*Utah State Prison:*

**Kevin. 13 Yrs**  
**Chris. 7 Yrs**  
**Wayne. 7 Yrs**  
**Chris. 2 Yrs**

**acceptance**

**... is the answer**

Women's AA Meeting

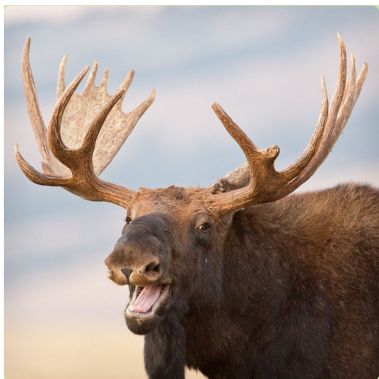
Mondays at 7pm

First Baptist Church

777 S 1300 E (rear entrance)

\*10 min meditation at the end!

## **Joke of the Month**



Two drunks go moose hunting deep in the Canadian wilderness. So deep they have to be flown in. After a week and successfully taking two moose, the pilot lands at the strip to pick them up. The pilot informs them that they'll have to leave one of the moose behind as it exceeds the plane's weight capacity. The drunks convince the pilot that the plane can handle it because after all, 'we took two with us last year!' So the pilot reluctantly agrees and off they go. The plane is struggling to gain altitude and crashes shortly after take off. Thankfully everyone survived. The pilot, dazed and confused looks around, and asks, 'where are we?' To which the one drunk replied, 'Oh, from the looks of it, we're only a 100 yards away from where we crashed last year.'

# CENTRAL OFFICE REPS MEETING HIGHLIGHTS

4/10/2018 – 6:30 pm

WELCOME New Reps: Mike, Brady, Ang, And Ernie..

1. VOTED On 4/10/2018: Archives Room To Display All Salt Lake City History On Alcoholics Anonymous Was Voted And Approved. For More Information Please Contact: LAURA The Archives Committee Chair. [Archives@saltlakeaa.org](mailto:Archives@saltlakeaa.org)
2. ACTIVITIES Coming Up: RUGBY "Warriors" New Salt Lake Rugby Team- Tickets Available For Friday April 20th 7:00-Pm Game. Please Contact Central Office. "Discounted Tickets Available At Central Office 12.00 Per Ticket"
3. ACTIVITIES Coming Up: Central Office AA Founders Day Breakfast. "WHERE" Fairmont Park North Pavilion "WHEN" Sunday June 10th 2018. "TIME" 10:30 Am—12:30 Pm. For Further Information Please Contact: SUZIE Activities Committee Chair. [Activities@saltlakeaa.org](mailto:Activities@saltlakeaa.org)
4. BY-LAWS: 4-Proposed Changes To The Central Office By-Laws Have Been Proposed. "PLEASE SEE Handout In Regards To The 4-Proposed Changes. For Further Info Please Contact: JOHN F. Bylaws Committee Chair. [Bylaws@saltlakeaa.org](mailto:Bylaws@saltlakeaa.org)
5. HOTLINE: 235-Incoming Calls. 131 Of Them Calls Were Answered,16-Calls Left Messages, 59-Calls Were Missed. For Further Information Please Contact: JOHN J. Hotline Committee Chair. [Hotline@saltlakeaa.org](mailto:Hotline@saltlakeaa.org)
6. LITERATURE: New Phamplet Of The Month "A Newcomer Asks" For Further Information Please Contact CHARLIE Literature Committee Chair. [Literature@saltlakeaa.org](mailto:Literature@saltlakeaa.org)
7. VOLUNTEERS: 2-New Volunteers Were Acquired However Central Office Is Still Looking To Fill Available Hours On Most Every Weekday And Saturday. For Further Information Please Contact: JIM C. Volunteer Committee Chair. [Volunteers@saltlakeaa.org](mailto:Volunteers@saltlakeaa.org)
8. WEBSERVANT: March 2018 website statistics: 7,100 sessions, 38% were new users, 77.4% accessed the website using a mobile device. Most popular pages were the "Schedule Of Meetings", "Contact Us" And "Meeting Search". For Further Information Please Contact: DOUG Webservent Committee Chair. [Webservent@saltlakeaa.org](mailto:Webservent@saltlakeaa.org)
9. NEW Alt Trustee Was Voted In: PAUL

Central Office Still Has ONE More Postion Available "ALT TRUSTEE"

Next Central Office Representatives meeting will be held on Tuesday  
May 9th 2018



**WE  
NEED  
YOU  
TO  
VOLUNTEER**

Did you know that Central Office is staffed wholly by volunteers? Come help keep the doors open and enjoy fellowship at its best! We're looking for help:

Monday - afternoon

Wednesday - morning & afternoon

Thursday - morning & afternoon

Friday - morning & afternoon

Please contact Salt Lake Central Office for more information!

80 W. Louise Ave. SLC, UT 84115

tel: 801.484.7871

At the writing of this article I have nine days until I see the board of pardons. If I am paroled I'll have a myriad of responsibilities and obligations I've not had to cope with for nearly twelve years. This includes costly therapy for which I currently have no clue how I'm going to afford. Last night I was horrified by this prospect, and (to be honest) I still am.

The difference of today is I remembered a discussion I had with a long - sober A.A., Randy L. He is not a religious man, but he has an understanding with his higher power. When he runs into things beyond his ability to manage he simply says, "You got it." He lets go and lets God.

Though I'm familiar with this concept, I sometimes forget the necessity of doing this. Sometimes my self-will screams to micro manage my obstacles regardless of my effectiveness at doing so.

Though my supplications to God are a little more verbose than Randy's, his approach is none the less successful. So today, when problems loom on the horizon, I take a deep breath and say, "You got it" as many times as I need to.

Thanks Randy!

-Mike 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.

**I am RESPONSIBLE**

Service: The Third Legacy of Alcoholics Anonymous

## On My Way Home

I was traveling back home to Saint George Utah from Mesquite Nevada after having a lovely evening of fine dining and expensive gambling with my wife at the local casino. We didn't get much more than halfway through the Arizona Gorge, when I was pulled over by the State Highway Patrol.

After I pulled over to the side of the road a trooper approached my window and said, "Good evening sir. The reason I pulled you over was that you were driving 70 in a 55 mile per-hour zone." My immediate response was, "No I wasn't! I had my eye on the speedometer all the time, and I was doing exactly 55!"

The officer kindly asked for my drivers license, registration, and proof of insurance, and then he returned to his patrol car.

Later, what seemed to me to be an extremely long time, the officer returned to my car where I sat white knuckled at the wheel. My wife was quietly sitting by my side.

With his ticket book in his hand he said, "Well sir, besides speeding: your drivers license is expired and so are your vehicle tabs, but I'm considering giving you a written warning for the offense."

Before he could say another word, I said in a loud voice, "Now hold on a minute there! My drivers license is good for one more year, and my tabs don't expire until the end of next month."

My wife softly patted me on the arm and said, "It's ok dear." I turned to her and replied in my manly tone, "Let me handle this!" and then proceeded to defend myself to the officer.

But before I could say another word the officer looked straight at my wife and asked her, "Is he always this demanding? In her sweet little voice she said, "Only when he's been drinking!"

- James S.

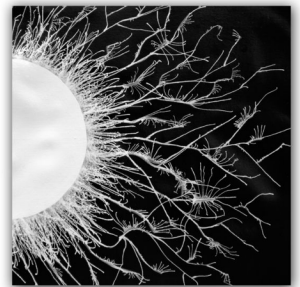


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## Miss Heroin

So now little man you've grown tired of grass,  
LSD, Goofballs, Cocaine, and Hash  
and it isn't long until you move onto speed,  
and pretty soon you forget about the weed.  
Well, up until now you've known the needle that isn't enough  
and pretty soon you say I must try this stuff.  
And then someone pretending to be your true friend said,  
"I'll introduce you to miss heroin".  
Well Sweetie before you start fooling with me,  
I'll inform you of how it will be  
for I will seduce you and make you my slave,  
for I have sent much stronger men than you to their graves.  
You'll need lots of money as you have been told  
for I am much more expensive than silver or gold.  
You'll mug and you'll steal for my narcotic charm,  
and you'll feel content when I am in your arm.  
You'll suddenly realize the monster you've grown,  
and solemnly promise to leave me alone.  
Well honey if you got that know how and knack,  
just try getting this monkey off your back.  
The hot chills, the cold sweats, the withdrawal pains,  
can only be saved by my little white grains.  
You'll desperately run to your pusher and then,  
you'll welcome me back in your arms once again.  
And as you return, just as I foretold,  
You'll give up your body and soul.  
You'll give up your morals, your conscience, your heart  
and you'll be mine mine till death do us part.



**-Please let this not end up to be you.** The places and people have changed, the drugs and the addictions have not. We need to get a hold of this epidemic, and help one another.

**Because life without drugs and alcohol is so much more beautiful.**

-James S.

## PAMPHLET OF THE MONTH



*Am I an alcoholic?*

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. Only you can decide.

*How can this help me with my drinking problem?*

We in A.A. know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves; and problem drinkers coming to us know that recovery is possible because they see people who have done it.

*How do I join A.A.?*

You are a member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

## Volunteers needed!



Help take AA meetings into the Decker Lake Youth Center, a long-term juvenile secure care facility, starting June 5th.

More details available at the BYP (Basic Young People's) meeting, weekly on Tuesday nights from 8:30-9:30pm @ the First Baptist Church - 777 S 1300 E in Salt Lake.



## One of the oldest AA groups in Utah is moving...

Greater Kearns AA Group will move to 3600 South 4400 West (Trinity United Methodist Church) effective Monday, June 4th, 2018.

Meeting time will remain 7:00 PM.

In August, Greater Kearns will be 60 years old!

## *A Buddhist's Path to Recovery from Addiction*

**The cause of my suffering has always been my reaction to the thoughts, feelings, cravings and circumstances of my life.**

The causes of my addictions have always been the indulgence in the behaviors or substances.

The cause of my recovery will always be my abstinence from those behaviors or substances.

I have to abstain from the "BEHAVIORS" and "SUBSTANCES" that have created such a deep imbalance and so much suffering in my life and in the lives of the ones who love me.

All positive intentional actions have a positive effect on me.

All negative intentional actions have a negative effect on me.

***Recovery comes from positive actions alone.***

**Positive** actions that have positive results:

HONESTY - GENEROSITY - KINDNESS- HUMILITY- COMPASSION - FORGIVENESS - PATIENCE -  
NONVIOLENCE - RENUNCIATION - NON ATTACHMENT - MINDFULNESS - GRATITUDE.

**Negative** actions that have negative results:

DISHONESTY - STEALING - SELFISHNESS - GREED - UNKINDNESS - SICK WILL - CONCEIT -  
HATRED - RESENTMENT - IMPATIENCE - VIOLENCE - HARMFUL SPEECH - GLUTTONY -  
INDULGENCE - INTOXICATION - SEXUAL MISCONDUCT - JEALOUSY

1. I suffer due to my addictions and the general difficulties of being human in this world of constant change and loss.

2. Craving is a natural phenomenon; it is not all my fault, but I am fully responsible for my healing and recovery.

3. I can fully recover and enjoy a life of sanity and well-being.

4. This is the path.



**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