



## THE IMPORTANCE OF THE FIRST STEP

I started drinking like a lot of us. In High School, kegs up the canyon, kegs at parties, cheap terrible wine skiing and even worse wine trying to impress my dates with how sophisticated I was. My wine even had a cork. College was more drinking but nothing I ever worried about. I was, what is defined now, a binge drinker. Whatever that is. Most everyone was drinking the same way. I viewed school like a job where I needed to put in my 40-60 hours a week to be a success and graduate.

With a degree in hand I'm off to conquer the world and make a name for myself. Hello corporate America. Coat and tie every day traveling a little at first but then it became almost more gone than home. Expense account, 1-2 drinks lunch, sometimes drinks after work and all this was normal. I even had a bar in my office. The CEO and VP's were doing it so it must be something I needed to do to climb the corporate ladder.

Then the phone company was deregulated and the Dot.com era took off like gang busters. It was a giant, Wall Street approved, party. Every function, every dinner, every get together was alcohol and drug fueled. I, being the never do anything illegal person, never did drugs. I just drank. When I came home from my first trip I told my wife I didn't think I could keep up with some of these guys/gals. A normie would have come home and said "people at these functions sure drink a lot, I'm glad I don't have to keep up with them." Needless to say, I managed to keep up with all of them.

Slowly but surely every activity I did involved alcohol. Shooting, golf, camping, boating, hunting, vacations absolute everything. I still thought that I drank normally because everyone I ran with drank the same way. I still hadn't missed any work or functions because of my drinking, yet. However I was constantly in trouble with my wife. She couldn't understand why I couldn't go to a party, dinner or any function and not get drunk. What she didn't realize and I didn't think about was that I was drunk before I got there. And again I thought this was fairly normal. I thought she was just being hard to deal with.

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*"I have learned to live one day at a time. I have finally realized the great fact that all I have is now. This sweeps away all vain regret and it makes my thoughts of the future free of fear. Now is mine. I can do what I want with it. I own it, for better or worse. What I do now, in this present moment, is what makes up my life. My whole life is only a succession of nows. I will take this moment, which has been given to me by the grace of God, and I will do something with it. What I do with each now will make me or break me. Am I living in the now?"*

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

**Chair** — Doug R.                      **Trustee**— Kevin D.  
**Co-Chair** — Julian G.                **Trustee**—Evan J.  
**Secretary** — Rob C.                 **Alt Trustee**— Paul  
**Treasurer** — Arty                    **Alt Trustee**-vacant  
**Trustee** — David G.

**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

**CENTRAL OFFICE  
STANDING COMMITTEE CHAIRS**

**Activities** — Rob C  
activities@saltlakeaa.org  
**Archives** — Laura C.  
archives@saltlakeaa.org  
**By-laws** — John F.  
jfoulg@hotmail.com  
**Coins** —  
**Co-op 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**— 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

# NEWS & UPDATES



## **NEW MEETINGS:**

### The Coven -

Tue @ 7:00pm @ Fellowship Hall 2060 S. Windsor 840 E. SLC. Women's meeting.

### CinemAA -

Mon @ 6:00pm @ Cold Creek, 521 N. Sportsplex Dr. Kaysville, UT 84037

### Millcreek Meditation Meeting -

Mon @ 6:00pm @ 2780 E. 3900 S. Risen Life Church. Enter in back of office.

### We Agnostics Step Study -

Fri @ 8pm @ Fellowship Hall 2060 S Windsor St. SLC

### Love Life Hiking Group -

Text (801)792-4292 for day & time

### Fill The Pot -

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

### Women in Recovery

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

### We Keep it Simple

Thur @7:00pm - Life Church UT: 4700 S. Bangerter Hwy. Big Book study

### Conscious Contact - Meditation Meeting

Tue 7:-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 @8pm - Inspirio Recovery: 8029 S. 700 E., Sandy

### Practice These Principles

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

### Carpet Slippers

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

### Draper Lunchtime Step Study

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

## **MEETING UPDATES:**

Highlanders - Moving to 7486 Union Park Ave. Midvale, UT 84047. Wed @ 8:00pm

Seventh Heaven - Time is changing from 7:00pm to 8:00pm. Mon @ 7th st. treatment 2487 S 700 E SLC

Welcome Home - S.W. building, bottom level, room GA05, Tue & Thur @ 7 pm. 500 S. Foothill Blvd.

Free At Last - Moving to Mentor Works on 11978 S. Redwood Rd. Wed @ 8:00pm

Southenderes - Moving to 12411 S. 265 W. Draper UT

The Rising Church - Tue @ 7:00

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. (Tue-Fri) @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

## **CANCELED MEETINGS:**

Monday Night into Action Step Study - Mon @ 7 pm 2015 E. Newcastle, Sandy

White Flag Group - Sat @ 6:00pm @ Presbyterian Church 12 C St.

Came to Believe - 8:00pm Sat @ St Marks, SLC

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

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.

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

# CENTRAL OFFICE REPS: MEETING MINUTES

Tuesday December 11th @ 6:30 pm

**Chair:** Doug- Warranties And Statement Of Purpose. Also wanted to Thank Everyone For Allowing Him To Serve The Last Two Years.

**Co-Chair:** Julian- Welcome Packets For New COR Reps.

**Treasure:** Arty- Everything is on top and going well.

**Trustee District 2:** David R- Learned someone is taking this position over in 2019.

**Trustee District 10:** Evan J- All Well In District 10. Last report thank you for allowing me to serve these last two years.

**Trustee District 11:** Kevin D- LOTS Of service positions are available in District 11 please help with service. Thank you all for allowing me to serve these last two years..

**Alt Trustee** Paul M- Open Positions For District 11.

**Alt Trustee** Patrick- Looking forward to serving you all as your District 10 Trustee In 2019.

**Activities:** Rob C- UTES Football Game New Years Eve Event December 31st @ 4:00-PM. Come To Central Office ""POT LUCK"". Please Bring A Dish And Come Hang Out With Cool Sober People.. Keep Smiling... You All Rock!!

**Archives** Laura- Purchased New Display Case For Archives Room At Central Office glass is in and display case will be stocked and ready for display very soon..

**Corrections** Dave R.- NEED Volunteers To Take Meetings Into The Jail Please Reach Out..

**Literature:** Charlie T.- New Pamphlet "GODS WORD" Big Books Were Donated To Jails And Prisons.. TWO Motions were passed: #1 - Expand the literature display for Spanish literature to better match the English display. Estimated cost: 1,300.00. #2.- Purchase 20 grapevine holders to donate to Area 69 archives. Estimated Cost: 172.00....Both were voted on and approved..

**Hotline** John J.- 282 Calls, 53 Outbound, 229 Inbound. All is going well Thank you all for allowing me to serve the last two years..

**Newsletter** Shurone - Always looking for stories, poetry, and art work for the lifeline.

**Treatment** Rusty - VOA women's meeting is in need of FEMALE volunteers to bring meetings in. Please reach out and call Fortitude. District 2 & 10 are doing a lot of hard work. Thank you all for allowing me to serve.

**12-Step** Skip - New updated 12-step list completed and available. Thanks for allowing me to serve.

**Volunteers:** Jim C. - All hours are covered at the moment but volunteers are always welcome.

**Web Servant:** Doug R. - October stats - 7,421 sessions, 3,432 new users, 74.6% used mobile devices. Most popular page is "The Meeting Schedule" page.

## New Business:

**Elections** for Board Members & Panel Committee Chair Positions for 2019-2021

Chair: Julian G.

Co-Chair: Dave V.

District 2 Trustee: Paul M.

District 10 Trustee: Patrick

District 11 Trustee: Doug R.

Activities: Rob C.

Archives: Laura C.

By-Laws - Julian G.

Corrections: David R.

Literature: Charlie T.

Newsletter: Shurone H.

Public Information: Mellissa E.

Treatment: Rusty J.

Web Servant: Tasha S.



**Next Central Office Rep. meeting will be held on Tues January 8th 2019 @ 6:30pm**

Work continued and I was enjoying continued success. At age 48, on a trip to Hawaii, I decided I had worked enough and it was time to retire. I had some great plans but you don't accomplish anything on a bar stool. My schedule started at 8am coffee and Baileys, followed with a grapefruit and vodka then to the bar that opened at 10am. Still didn't have a problem in my mind. Isn't that what every retiree did? I was so smart I knew that if I got home before my wife at 5:30 I would sober up enough she wouldn't know I was drinking all day. I was one smart alcoholic.

Slowly but surely I was finally starting to realize I **might** have problem. I was sure I could just cut back and I'd be fine. I soon realized I couldn't cut back. No matter how hard I tried to skip a couple of days of drinking I couldn't. WTF I had been able to do anything I had put my mind too my entire life. So now what? I knew I wasn't an alcoholic just a dynamic drinker. Classic case of denial.

My son had been in AA for 5 years and had stayed clean for heroin addiction. I talked to him about my drinking. He said "Dad I know exactly what you going through and I know how much you're drinking. Why don't you go to an AA meeting with me?" Before I went I read the 12 Steps and some of the history of AA. Interesting thought, I could get sober just by talking to another alcoholic.

Every journey begins with the 1st step. It doesn't matter what you do if you don't take that 1st step and get it right you can't go further. The first step in Alcoholics Anonymous involves more than just admitting that I have a problem. It means breaking through the denial that had kept me locked in my misery. I had to admit that I have been beaten by alcohol. That my life has become unmanageable. I was ready to take the 1st step.

***Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.***

I learned Alcoholics Anonymous is a series of 12 steps that build on each other. My sponsor said you don't work Step 1 then to Step 5 then 3 then 12 etc. Each one builds on the last one. That is why it is so important to have a sponsor. A guide, mentor, friend and the person who calls you on your BS.

The Big Book says this is program of progress not perfection. That is absolutely true. We need to make progress every day. That being said, and this is Rob's opinion since no one speaks for AA. I, you have to get the 1st step 100% right every second of every day. There is no doubt in my mind that I'm an Alcoholic. If you have spent any time in AA you have seen people go back out because they have decided they were not an alcoholic. Thank god they find their way back. And by the grace of god and AA I haven't gone back out to see if I wasn't an alcoholic.

Once we have gone from a cucumber to a pickle it is impossible to change back to a cucumber. I am an Alcoholic through and through. No matter how much time I have in AA or what my emotions dictate I will always be an alcoholic. I cannot ever have a drink and think I can control it.

I am powerless over alcohol. When I drink my life becomes unmanageable. I choose to follow the guidelines and suggestions outlined in AA. Life is 1000% better. I want to leave you with one thing I have learned and I believe in my heart of hearts. There is nothing life can throw at you that you can't deal with sober. If you think there is then talk to another member of the fellowship. You'll find that someone else has gone through what you are going through and did it sober. Be sober, safe and happy. Thank you for letting me share

-Rob S.



**HOUR OF HOPE**  
Wasatch Facility  
Utah State Prison

- Rolland - 2 yrs
- Terry - 18 mo
- Timmy - 6 mo
- Justin - 90 days
- Dustin - 30 days

**GOLDENKEYSGROUP**  
Lone Peak Facility  
Utah State Prison

- Bama. 5 yrs
- Chris. 8 yrs
- Wallace 1 yr
- Guy. 9 mo
- Alex. 9 mo

**SUNDAY MORNING  
BREAKFAST**

- David - 30 days
- Patrick - 30 days
- Nick - 30 days
- Michael - 15 years
- Miller - 2 years
- Chelsea - 1 year
- Jimmy - 49 years

**SPEAKEASYLADIES**

- Anna - 9 mos
- Felicity - 9 mos
- Annie - 9 mos
- Christina - 30 days
- Melissa - 90 days
- Cindy - 16 yrs
- Chrystal - 1 yr
- Vicki - 1 yr
- Carol - 11 yrs
- Cathy - 33 yrs

**NOMADICLUNCHBUNCH**

- Effie - 6 mos
- Richard P. - 3 yrs
- Rick - 26 yrs
- Kim - 7 yrs
- Karen B. - 7 years
- Elizabeth - 28 yrs
- Pat H. - 28 yrs

**Joke of the Month**



Little Johnny's Chemistry teacher wanted to teach his class a lesson about the evils of liquor, so he set up an experiment that involved a glass of water, a glass of whiskey, and two worms. "Now, class. Observe what happens to the two the worms," said the professor putting the first worm in the glass of water. The worm in the water moved about, twisting and seemingly unharmed. He then dropped

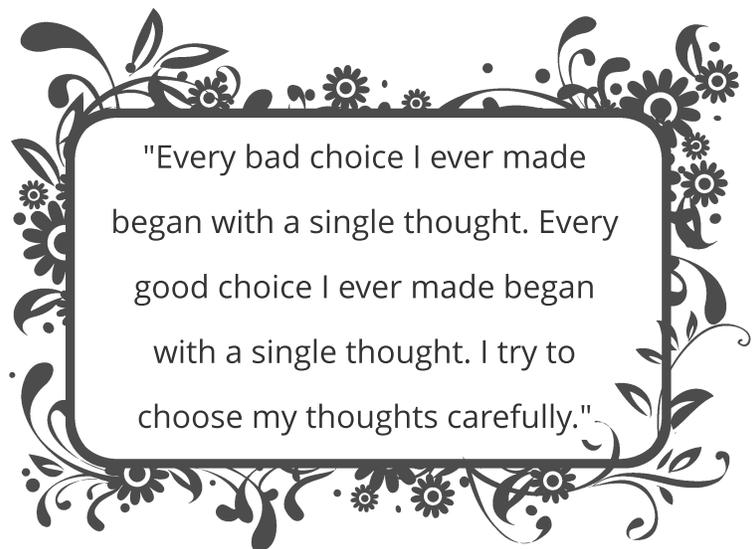
the second worm in the whiskey glass. It writhed in pain for a moment, then quickly sank to the bottom and died. "Now kids, what lesson can we derive from this experiment?" he asked. Little Johnny raised his hand and wisely responded, "Drink whiskey and you won't get worms!"

## VICTIM TO VICTOR

I awakened with a start and the sickness was upon me. Like a sulking wild animal it gathered its strength to pounce upon me in the early dawn. My mind racing I checked the time, still too early to call the purveyor of misery I called my friend. I stared at things in my space and imagined what their monetary value could be. These family heirlooms no longer had any significance other than the base value. These things that my family had struggled to keep close to their hearts were now only dollars and cents to me. I had to feed that beast who lurked in my pounding chest, whose jaws clenched my joints so tightly to move meant pain. Through living with my addiction, not only had I lost contact with my deceased families familiar heirlooms, I had lost contact with my own body. So far removed from myself while high, the only reminder that I was still alive came in these waking moments when my body cried out in pain. I was emotionally dead. Hands fidgeting I sought distraction from that empty feeling. Old cotton filters empty bags with residue, these things had more value than the blood that coursed through my veins and ensconced the very house in which I lived. I was hooked. The vampirous predator that had sunk its fangs into my very soul had caused a transformation of my character, I was now one of the simpering predators whose only care in life was to feed the habit that now had me in its grasp. Things that had once been very dear to me I put up for sale as I looked on with bovine indifference. Family and friends were next as I spent my way through the relationships that had once sustained me by feeding my heart and soul. Everything and everyone at once was gone and I was left in a void screaming with quiet. The only reminder that I still lived was the pain of sickness in the early hours, which I quickly killed

away with more in order to escape the reality I had created for a few miserable hours. Gone were the relationships and material things which reminded me of my former identity, the only thing I had left was the tenuous relationship with the dealer from whom I was supplied. Day in day out I lived like I wanted to die yet no release from life as I was stuck at the lonely crossroads between life and death. Which way to go? I was afraid to ask for help as I felt I did not deserve it. Beaten I stuck out my thumb and stepped blindly into traffic ready to be picked up. I had asked for help! Step by step I trudged back towards the light, back turned on the darkness that threatened to suck me down for all eternity. Useless no more, I had found salvation. Surrendering was the hardest thing, yet through asking for help I became willing to grow. I realize now that everything I had ever been given was quickly spent or burnt to the ground. The step work I now put my heart and soul into is the true wealth in my life. From victim to victor, I now have purpose.

-Andrew W



"Every bad choice I ever made began with a single thought. Every good choice I ever made began with a single thought. I try to choose my thoughts carefully."

# JANUARY / FEBRUARY

## Events!



### WACYPAA XXII

Western Area Conference of Young People in AA

"Burn the Idea into the Consciousness"

Boise, ID

January 3rd - 6th 2019

The Grove Hotel

245 Capitol Blvd. Boise, ID 83702

book online at: [WACYPAAXXII.ORG](http://WACYPAAXXII.ORG)

room rate \$119

UCYPAA & CANDLELIGHT PRESENT:

# EAT YOUR HEART OUT

VALENTINE'S EVENT  
777 S 1300 E  
BAPTIST CHURCH

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**FEBRUARY 16<sup>TH</sup>**

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**PANEL MEETING: 7PM**  
**COOKING COMPETITION:**  
**DESSERT; CASSEROLE; CROCKPOT**  
**(POTLUCK STYLE)**  
**RAFFLE & PRIZES**

PosterMyWall.com

### Draper 18th Anniversary Meeting

January 12th 2019

AA Meeting & Pot Luck Dinner

Speaker: Dave K. from Kansas City, MO

Dinner - 6:00 pm to 7:00 pm

Speaker - 7:00 pm to 8:00 pm

10140 S. 700 E. Sandy, UT 84070

### Area 69

Committee Meeting

Saturday Feb 23rd 2019

9 am to 5 pm

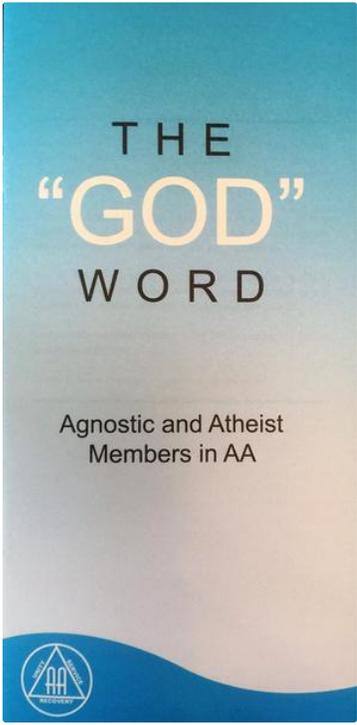
Registration, GSR school, DCM  
roundtable starts at 8 am

Location to be determined...

**Come join the lifeline team!**

Committee Meeting

January 9th at 5:30 pm @ Central Office (80 W Louise Ave. SLC, UT 84115)



"With the help of the human power of compassion and unconditional support I get from the members of this Fellowship and the tools of the Twelve Step program, I can give this healing process a chance. It is certainly a power greater than myself. "



"My higher power is very much the love and wisdom I find in the rooms of A.A., and the beautiful things I see while walking in nature."



"This simple program works for me. I love the diversity in the rooms. We are all different. We are all unique. It's an inclusive club where, as stated in Tradition Three, "The only requirement for membership is a desire to stop drinking."



"Through the practice of daily meditation, I sense - beneath the mental chatter and the fleeting bodily feelings - a deep sense of calm and peace from which I draw strength to be able to deal with all that occurs in my daily life. This I identify as my true nature, which is common to all of us. It is also, for me, the Great Reality that is referred to in the Big Book, that is beyond all concepts and labels, and that defies all attempts at description."



**Here I sit.** Not idle, however. I'm sitting at a table surrounded by darn good men, who struggle with a cunning and baffling phenomenon. Of course I'm talking about addiction and I'm sitting in the Promontory Correctional Facility in Draper Utah. This is the Con-Quest Substance Abuse Program and I'm an extremely grateful recovering alcoholic. There are darn good men here with so much potential. We have; former professional athletes and major leaguers, doctors, farmers, drillers, carpenters, entomologists and fathers, sons and brothers. We also have; broken hearts, broken families, broken lives, waste of potential, loss of income, costs on society and let's not ever forget our children. What a contrast! To take a medical doctor and reduce him or her to being a drunk; well it must take a very powerful process. That process is addiction. Addiction almost always ends in jails, institutions and sadly and eventually death. So, one would have to ask him/her self, "how do I protect myself?" There are literally billions of dollars dedicated to; rehabs, prisons, jails, psych centers, medications, research and therapies to combat addiction. As an alcoholic in recovery for 20 years I learned one vital life-saving truth...I am not powerful enough by myself, but with God anything and everything is possible. I am not a doctor, PHD, clairvoyant, philosopher or guru, just a mildly articulate recovering alcoholic who knows that much. I cannot do "it" alone.

Happy New Year,

Nick K.



# SALT LAKE CENTRAL OFFICE NOVEMBER FINANCIALS



## Income Statement

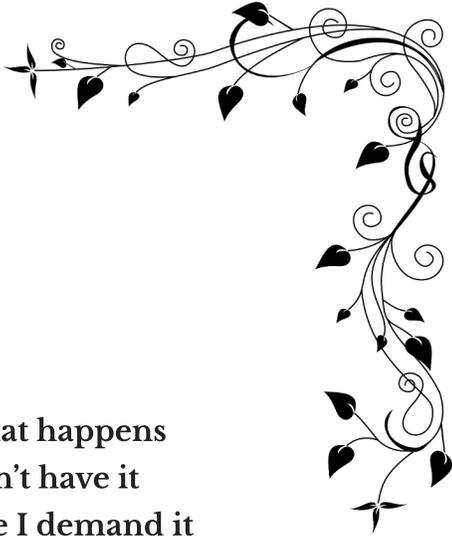
	2018	2015
<b>Revenue</b>		
Group Contributions	\$3,095.95	\$2,926.91
Copy/Newsletter donations	\$33.45	\$413.18
Individual Contributions	\$	\$
Sales - Literature	\$6,924.70	\$7,116.02
Sales - Coins	\$1,290.35	\$1,465.50
Sales - Other	\$ 170.50	\$
<b>Total Revenue:</b>	<b>\$11,514.95</b>	<b>\$11,921.61</b>
<b>COGS</b>		
COGS - Literature	\$7,476.07	\$7,098.93
COGS - Coins	\$1,398.54	\$731.38
<b>Total COGS</b>	<b>\$8,874.61</b>	<b>\$7,830.31</b>
<b>Gross Profit</b>		
	<b>\$2,640.34</b>	<b>\$4,091.30</b>
<b>Operating Expenses</b>		
Operating Expenses	\$3,857.37	\$3,997.97
Other Expenses:	\$	\$561.93
<b>Total Expenses:</b>	<b>\$3,857.37</b>	<b>\$4,559.90</b>
<b>Net Income:</b>	<b>\$(1,217.03)</b>	<b>\$(468.60)</b>
<b>Bank Accounts</b>		
Checking & Petty Cash	\$9,664.47	\$12,116.05
Accounts Payable Due	\$	\$24,099.60
Money Market - PR	\$24,256.30	\$24,099.60
<b>Total:</b>	<b>\$33,920.77</b>	<b>\$36,215.65</b>

## Group Contributions -

4th Dimention Young People	\$104.88
Counter Contributions -	\$1,508.25
Early Friendship -	\$531.25
Every Night Firelight -	\$52.00
Grub Lunch Bunch Cowboy -	\$42.00
Hot Topics -	\$13.98
Into Action -	\$57.74
Magna Friendly Bunch -	\$150.00
Midvale Lunch Bunch -	\$99.25
Park City Group -	\$104.88
Recovery Ways -	\$5.00
South Enders -	\$175.00
Unity Lunch Bunch -	\$40.00
We Agnostics -	\$100.00
We Care Group -	\$201.00
Women Stepping Up -	\$120.00
<b>Total -</b>	<b>\$3,095.95</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.
- On-line contributions made in January will be reflected on the February Statement

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

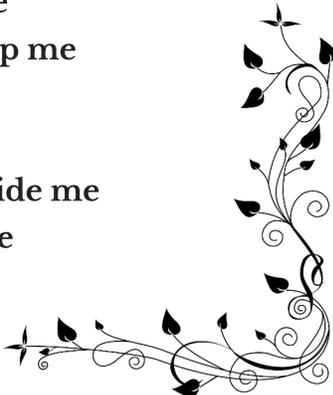
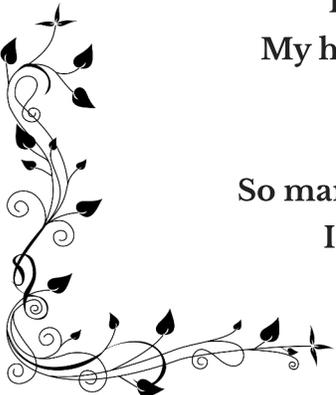


Sometimes I'm a savage  
And then sometimes there is sadness  
I sit alone, my mind is blown  
Trying to rectify the madness  
The divorce comes, I'm free to run  
should bring tons of gladness

For the first time I am single and I wonder how that happens  
The bottle was my escape and my ex just wouldn't have it  
I start thinkin thoughts inside my heart, I stop cause I demand it  
I sit here and I'm cryin but it's not as if I planned it,  
But my life it slowly fell apart, and this is where I landed  
I got sick, I started drinkin and it grabbed me single handed  
I tried to disappear, then was firmly planted  
Uprooted from the earth, on this island I was stranded  
This is hard to admit for me, so if I may be candid  
I'm not seekin freakin pity, I'm just seekin understandin

To me it was embarrassing, I became an alcoholic  
I thought that I controlled it and that I could resolve it  
Every man has challenges, we all have freakin problems  
You find that life is puzzling,  
The key is how you solve it  
I thought that I controlled it, I thought that I was magic,  
But it grabbed the soul inside of me, it became a daily habit.  
Everything I loved was gone, it was purely tragic  
And I can only blame myself, my mind was purely frantic  
Then I hit rock bottom, my heart began to panic  
It arose my higher power and I knew that I had it

Putting life together now, some days I'm truly happy,  
Other days I smack myself, feeling pretty crappy,  
But I'm a man, admit my flaws, no obstacle can trap me  
My higher power now guides my life, no way that it will snap me  
Life's a race, a marathon, no way that you will lap me  
I own my consequences, whatever life will hand me  
So mark my words, I'm coming back, my God will help to guide me  
Im giving all my will to him, so now my soul can fly free



-By Larry N.

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



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Salt Lake City, Utah 84115  
HOURS:  
Monday-Friday: 10-5  
Saturday: 10-2  
CALL FOR HOLIDAY HOURS