

lifeline



PREFACE: 40 YEARS OF SOBER STORIES

When I celebrated forty years of sobriety, a friend of mine suggested I write my story. I rejected that suggestion with the rationale "I don't think I have the attention span to write my story." My friend countered by asking if I would consider writing down some of my shorter stories. I agreed to write a few short stories. As I see it, God gave me the gift of life and these stories are my way of re-gifting. I was kind enough to limit each story to a single page in my word processor, based on the premise that I might not be the only one with a short attention span. Besides, no one wants to hear me ranting. Some stories are about a single event, others cover a number of years and some reflect some of my thoughts I've picked up along the way.

When I started writing the words just fell on the page. Then my writing slowed down, not due to "writer's block," but because I thought I was beginning to repeat myself; it happens at my age. I quit writing when I decided I was just writing, as one might say, just to hear myself talk.

I hope some of my stories are helpful, if not entertaining. Maybe someone can avoid some of the mistakes I've made along the way. It took me a year to find the "easier, softer way." It took a year and a half to become willing. It took me two years to get into service. It took three years to be comfortable in my own skin. It took me five years to experience real serenity, a God conscious serenity. It took about twenty-six years to complete my Fifth Step (letting go of the last secret). Hopefully things will come quicker for you than they did for me.

May God bless and may you have blue skies and tailwinds for the rest of your days.

-Anonymous

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- Before Sobriety
- The story behind the "Fresh Air Serenity Seekers"
- Meeting News & Updates
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- Joke of the Month
- C.O. Meeting Minutes
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- Calendar of Events

BEFORE SOBRIETY (STORY #1)

I first experimented with alcohol at twelve years of age. One hot summer day, my dad gave me a beer at Dummer's Beach. I didn't like it at all. But, I do remember how it made me feel. I knew that big people drank alcohol. For the first time in my life, I felt like a big person. I began seeking out alcohol wherever I could.

Then, in the mid-60s, along came a man named Timothy Leary who showed us how to see in Technicolor without buying a ticket. I began to drink less and smoke marijuana more. By this time, my idea of a mixed drink was a beer and LSD. In high school I had lettered four times. Then I dropped out of the band, quit the golf, basketball and football teams in search of "higher" pursuits. Dropping out would become a habit. After high school I enrolled in University of Maine where I promptly got in trouble. The Dean of Students literally made me an offer I couldn't refuse. I dropped out before they could kick me out.

...cont on page 5

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

Chair — Julian G. **Trustee**— Patrick
Co-Chair — Dave V. **Trustee**—Doug R.
Secretary — Rob C. **Alt Trustee**— Mike
Treasurer — Arty K. **Alt Trustee**- Mitchell
Trustee — Paul M.

**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

P.O. Box 471
Fillmore, UT 84631

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

2320 Wood Hollow Way
Bountiful, UT 84010

**CENTRAL OFFICE
STANDING COMMITTEE CHAIRS**

Activities — Rob C
activities@saltlakeaa.org
Archives — Laura C.
archives@saltlakeaa.org
By-laws — Julian G.
Coins — Jim C.
Co-op Professional Community — vacant
cpc@saltlakeaa.org
Corrections — David R.
corrections@saltlakeaa.org
Events Calendar — Jeremy C.
Hotline — Tasha
hotline@saltlakeaa.org
Literature — Charlie T.
literature@saltlakeaa.org
Lifeline Newsletter — Shurone H.
lifeline@saltlakeaa.org
Outreach — vacant
outreach@saltlakeaa.org
Public Information— Melissa E.
pi@saltlakeaa.org
Technical Support — vacant
it@saltlakeaa.org
Treatment- Rusty J.
treatment@saltlakeaa.org
Twelfth Step — Skip M.
12step@saltlakeaa.org
Volunteer — Doug R.
volunteer@saltlakeaa.org
Website — Tasha.
webservant@saltlakeaa.org



NEW MEETINGS:

Magna Friendly Bunch - Mon-Thur 9:00am @ the Alano West Club - 9087 W Main St. Magna.

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

MEETING UPDATES:

Acceptance is the answer - Moving from Mon to Wed. @7:30. 777 S. 1300 E. Baptist Church

Southenders - Location change to Jims Family restaurant, 1728 W. Park Ave. Riverton. Tue 7pm

Womens 12 x12 & Book Study - location change to 2015 Newcastle Dr. Sandy, Presbyterian Church. Thur @7:00pm

Dist 11 GSR - Moving to S. Davis Recovery Club 220 W. Center St. Bountiful, 84010. 2nd Wed

Carpet Slippers - Sun @ 7:00 (changed from 7:15)

Cottonwood Speaker/step discussion - moving to: 8029 S 700 E Sandy 84070 -Collective Recovery center Sunday at 10:00am

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

CANCELED MEETINGS:

Nomadic Lunch Bunch - Wed @ noon - Fat Cats Bowling Alley

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

White Flag Group - Sat @ 6:00pm

The path of compassion invites us to remember that our belovedness is as secure as the air we breathe.

It is the ground on which we have our being. The face is smiling as we speak. Remembering, reconnecting with, and rooting ourselves deeply in the loving essence of the universe reminds us of the truth of our sacred belovedness.

We deepen our connection with this compassionate presence in various ways — prayer, meditation, solitude, retreat, worship, ritual, fellowship, and community.

Many reconnect with this sacred presence by remembering and savoring the sacred moments that have graced them throughout the course of their lives.



CENTRAL OFFICE REPS: MEETING MINUTES

Tuesday February 12th @ 6:30 pm

Chair: Julian - Warranties and statement purpose.
Welcomes all Central Office Reps.

Co-Chair: Dave V - Wants to welcome all the new C.O.
Reps: Mitchel, Dan, McLain, Lori and Dave. Welcome to C.O.

Treasurre: Arty- Everything is going well.

Secretary: Rob C - All is going well. Keep smiling & thanks for your service.

Trustee District 2: Paul M - Dist.2 is in search of a volunteer who can do ASL. They also need a DCM and an alt DCM.

Trustee District 10:

Trustee District 11: Doug R - Attended the meeting for District 11, very glad to be of service and part of the solution.

Alt Trustee: Open

Alt Trustee: Open

Activities: Rob C- The Super Bowl Party was a huge success. Looking for ideas for Winter/Spring events. Contact Rob @ 801-647-0889 or activities@saltlakeaa.org.

Archives: Laura- Wants to compile stories about how each AA group began so that people can read about them in the archives room.

Corrections: Dave R.- Needs volunteers to take meetings into the jails and prisons. Please fill out applications at Central Office. Do not apply if you have warrants!

Literature: Charlie T - Salt Lake C.O. has the best prices on books in the state!

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

Public Information: Melissa - Has been working with Paul on getting A.A. literature into libraries. So far they have set up a rack at the Salt Lake City Library, more to come.

Volunteers: Doug R. - Looking for volunteers Thursday mornings.

Old Business:

Elections of Panel 2019-2021 Officers:

- Trustee District 10 - Brad M. elected
- Alt Trustee - Mike A. elected
- Alt Trustee - Mitchell P. elected

Committee Chair Positions still open and available:

- Outreach
- Tech Committee
- Cooperation With Professionals



**Next Central Office Rep. meeting will be held on Tuesday
March 12th 2019 @ 6:30pm**

BEFORE SOBRIETY ...cont from page 1

In the spring of 1971, I left my family behind and moved from Maine to New York. I was nineteen years old and living on State Street in Albany, New York. I found myself living on the street; after all, that's where all the "cool" people lived. Two years after I got sober, I found out that I was on skid row and didn't even know it. State Street was a long hill. At the bottom of the hill was a grey federal building with a sign out front saying, "Uncle Sam wants You." That was the nicest thing anyone had said to me that year. I enlisted in the Air Force. I survived the DTs in boot camp. As it turns out, they don't let you drink in boot camp. I managed to graduate technical school and was assigned to a special operations unit at England Air Force Base in Louisiana.

In Louisiana I met the love of my life and asked her to marry me. I think I would have married her, had I only showed up at the wedding. I was deployed to Camp Friendship in Thailand at the time. While in Thailand, I discovered that heroin was cheaper than booze. As a poor E2, I did the economic thing. For the entire time I was in Thailand I didn't touch a drop of alcohol. I was able to stay sober by ingesting small quantities of

heroin on a daily basis. I am still recovering bits and pieces of my memory of 1973.

When I returned to the United States I discovered heroin was too expensive. I had to quit. I was able to quit by drinking alcohol. Thus, I found heroin was a gateway drug for alcohol. In 1974, I was arrested for possession of marijuana with intent to sell. The charges were dropped because they lost the evidence. It should be noted that while in jail we were smoking marijuana that tasted strangely like our own stash. I swore off all illegal drugs that day. I just didn't realize how much alcohol I'd have to drink to keep that promise.

In 1976, my commander recommended I go to treatment and AA. I was able to stay sober for six months. I would drink again, but this time with guilt. I knew I had a problem and that there was a solution, but I drank anyway. I couldn't have been more miserable. In 1978, I got a DUI. I was almost relieved. My two year slip had beaten me into a state of reasonableness. This time I was ready to listen, ready to follow instructions and ready to pray.

- Anonymous

**"God, I offer myself to Thee-
to build with me and
to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties, that victory
over them may bear witness to those
I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!"**

—Alcoholics Anonymous, 4th Edition How It Works, pg. 63—



SALT LAKE CENTRAL OFFICE DECEMBER FINANCIALS



Income Statement

	2018	2017
Revenue		
Group Contributions	\$2,246.50	\$5,453.45
Copy/Newsletter donations	\$3.00	\$30.42
Individual Contributions	\$	\$
Sales - Literature	\$7,228.90	\$6,161.82
Sales - Coins	\$1,341.70	\$1,314.00
Sales - Other	\$	\$
Total Revenue:	\$10,820.10	\$6,995.33
COGS		
COGS - Literature	\$7,070.31	\$6,260.04
COGS - Coins	\$1,224.13	\$735.29
Total COGS	\$8,294.44	\$6,995.33
Gross Profit	\$2,525.66	\$5,964.36
Operating Expenses	\$3,054.27	\$3,579.02
Other Expenses:	\$	\$
Total Expenses:	\$3,054.27	\$3,579.02
Net Income:	\$(528.61)	\$2,385.34

Bank Accounts

Checking & Petty Cash	\$15,915.10	\$21,468.48
Accounts Payable Due	\$(3,179.35)	\$(4,648.41)
Money Market - PR	\$24,265.58	\$24,198.66
Total:	\$37,001.33	\$41,018.73

Group Contributions -

10th step group -	\$37.83
Acceptance -	\$27.42
Come Around -	\$100.00
High & Dry -	\$100.00
Hillcrest Group -	\$250.00
Hot Topics -	\$12.33
Live & Let Live -	\$47.00
Midvale Lunch Bunch -	\$241.91
Murray Group -	\$25.00
No Nonsense -	\$63.00
Off The Cuff -	\$126.75
Old Fashioned AA -	\$125.00
Recovery Ways -	\$20.00
Sat Morning SOTS -	\$67.41
South Valley Lunch -	\$234.50
Speak Easy Women -	\$387.71
Spiritual Quest -	\$43.00
Thunderheart -	\$100.00
Trying Again -	\$125.00
Weekend Warriors -	\$28.00
Welcome Home -	\$100.00
Women's 12x12 & BB -	\$97.50
Women In Sobriety -	\$50.00
Total -	\$2409.36

- 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..."



Golden Keys:
Lone Peak Facility Utah State Prison
Troy - 6 months

Hour of Hope:
Wasatch Facility Utah State Prison
James - 60 days
Bryan - 5 years
Ali - 19 years

City at Seven:

Woody - 1 year	Miguel - 4 years
Trisha - 2 years	James - 4 years
Darin - 2 years	Chad - 6 years
Brian - 3 years	Bill - 13 years
Maury - 3 years	Kevin - 30 years
Eric - 4 years	Dave M. - 37 years

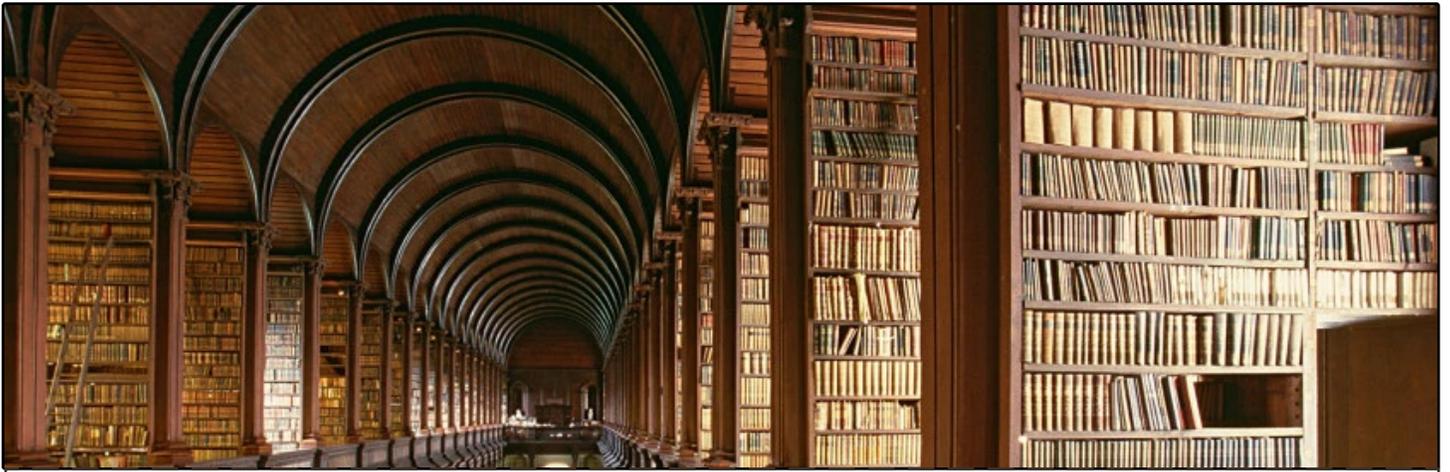
Thought to Ponder:
Every day is a gift.
That is why we call it
the present.



Joke of the Month



I took my uncle to his first AA meeting. "You ever been to an AA meeting?" "No, but I'm glad to be going." We went, but ended up at a AAA meeting by mistake. The thing is, we didn't know it. Everyone's there filling out forms and reading maps. We're looking around, saying, "how's this going to help?" But my uncle is a trooper. He stood up and said, "My name is Frank and I am an alcoholic!" They all looked at us. Somebody said, "Well, then, you shouldn't be driving."



To all groups in district 2, 10, and 11!

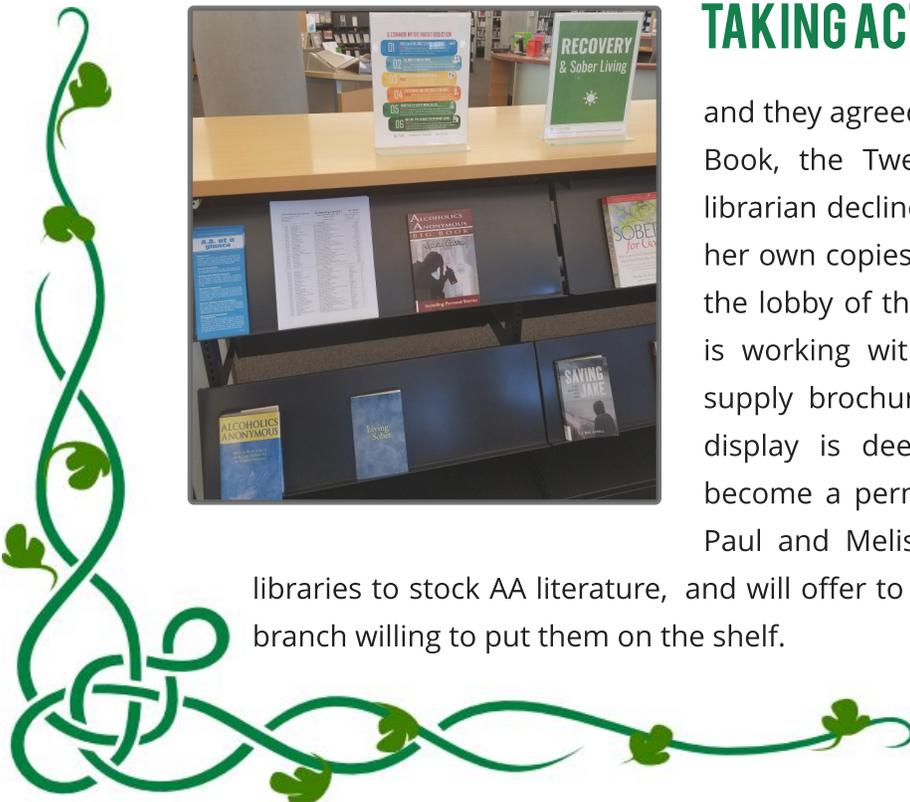
I am trying to put together a collection of histories of how your group started. Please put your heads together and write up a one page story of the origin of your group. These stories will be kept in a binder and available for reading in the new Archives room at Central Office. If possible please type and include a contact phone number.

-Thanks, Laura C.



TAKING ACTION! Area PI chair Paul reached out to the Salt Lake City Public Library, and they agreed to stock AA literature, including The Big Book, the Twelve and Twelve, and meeting lists. The librarian declined a donation of the books, and purchased her own copies. This is a picture of the display currently in the lobby of the third floor of the downtown library. Paul is working with Melissa, the Central Office PI chair, to supply brochures at the request of the librarian. If this display is deemed successful by the librarian, it will become a permanent fixture, and possibly be expanded. Paul and Melissa will be working to contact more local

libraries to stock AA literature, and will offer to donate The Big Book and 12 and 12 to any branch willing to put them on the shelf.



**UPCOMING
EVENTS**



Pacific Region
Alcoholics Anonymous
Service Assembly

<https://praasa.org/>

**Area 69 Utah 2019
Pre-Conference Assembly**

Sponsored by Districts 11 & 12
Sons of the Utah Pioneers

3301 East Louise Ave. SLC, UT 84109

April 5-7, 2019

Ramada by Wyndham
2455 State St. SLC, UT 84415
(844)301-8617
\$75.00 + tax
code word for reservations - "Area 69"

UCYPAA 2019

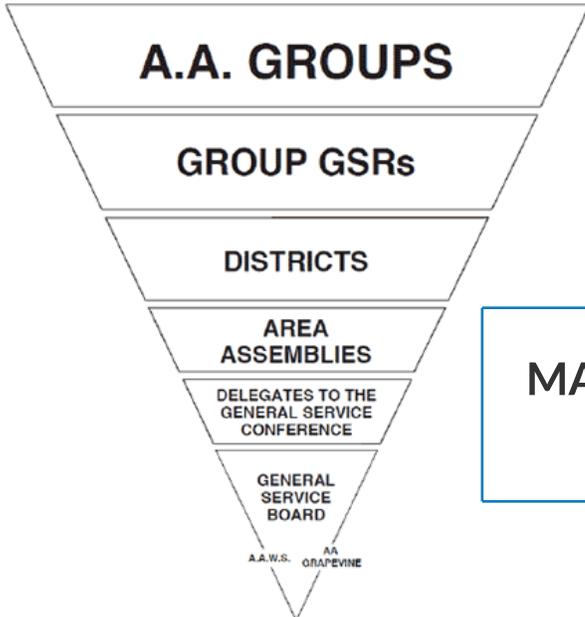
NO REGRETS

WE DO NOT REGRET THE PAST

CAMPOUT WITH YOUR INNER AND OUTER DEMONS AT THE UTAH CONFERENCE OF YOUNG PEOPLE IN AA

BRICE CANYON, UT
JUNE 28-30 (TENTATIVE)
\$20 EARLY REGISTRATION
UCYPAA.ORG

**STRUCTURE OF THE CONFERENCE
(U.S. and Canada)**



MAY 19 - 25 2019	General Service Conference	New York City, NY
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*Please send events to lifeline@saltlakeaa.org



This is an open meeting that gathers 5 days a week, Monday through Friday. Readings from chapters 3 & 5 out of the "Big Book" are followed by celebrating certain lengths of sobriety. A different person chairs each day who calls on people to share on a topic they have chosen.

This is the story of how this meeting came to be, as relayed by Chick B.

Having gotten sober in February of 1985 Chick B. started going to meetings at Fellowship Hall in the Sugarhouse area of Salt Lake City. It was there he met his sponsor, Pat H. It wasn't long before they both started to hang out at the Alano Club in Murray. They would have lunch or dinner together and chat. In the course of their discussions Pat would often ask Chick, "where's the serenity?" One day Chick asked Pat, "why isn't there a noon meeting at this club?" So Pat started a new meeting at noon and they called it the "Serenity Seekers" (in reference to Pat always asking Chick "where's the serenity?"). After registering with Central Office they had their first meeting sometime around the beginning of April, 1985. For the first meeting they brought along a Big Book and a mirror in a white shoe box. The mirror, they figured, would come in handy in case no one else attended the new meeting. Pat and Chick *were* the only people at the first meeting, but it grew, slowly but surely. It was so successful that on the one year anniversary of the meeting a potluck was held and over 100 people attended.

In the beginning the meeting was held in the big room upstairs at the Alano Club. Sometime prior to January of 1995, Bob K. from the Sugarhouse Men's group asked that the meeting be split between smokers and non smokers. The smokers still met in the big room and the non smokers moved to the smaller room and began to call their meeting the "Fresh Air Serenity Seekers." After January of 1995 when it became illegal to smoke indoors the two meetings joined together, keeping the name Fresh Air Serenity Seekers. They are still there Monday through Friday from noon to 1pm. It's a wonderful way to spend an hour and you can have lunch or breakfast while you're at the meeting!



The A.A. Group
...where it all begins

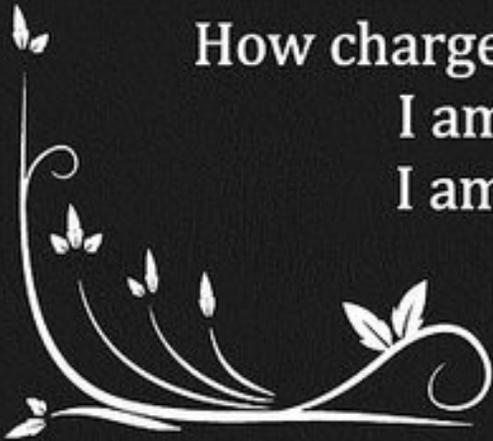
INVICTUS

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.



William Ernest Henley

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



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Saturday: 10-2
CALL FOR HOLIDAY HOURS