

March  
2020

# lifeline



*I am responsible, when anyone, anywhere reaches out for help, I want the hand of AA always to be there... And for that, I am responsible.*

## An Intimate Reflection

She is done with me, the man driven to prison. She's probably sitting around in bewilderment. Befuddled at how our beautiful relationship became so ugly & vulgar. Well, she doesn't have to look far. I became a monster! A manifestation of erratic addiction. It enveloped my entity, as I invested so much time with it's influences. Motivated by its crippling grip on the psyche. It consumed me! Incapable of forming anything like "normal relationships," "being responsible" or "societal progression." Only anger, fear & resentment controlled me. It's a deadly combination, believe me!

She gave many moments of undeserved love & forgiveness though. Tried to get through to me on multiple occasions with her unwavering devotion & understanding. Not to mention, two beautiful boys. But it's all dust & debris now. Like remnants of a cremated being. Me, stoking the fire to burn a celestial body that once represented our ideal union.

I left her desolate & naked. Having to fear for herself while also having to clean up a mess I created. It probably feels like trying to sweep up a million little pieces with the absence of a broom. ...A slow & painful process, with her knowing I'll never be able to relieve her endeavors. I'm filled with suicidal thoughts, but not the ones that would end my existence. It's the one's that want to...

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### **90 & 90**

As I write this I'm 41. Yes, I'm still in prison but that does not matter. My friend is on the 90 & 90 kick and that's good for him. I'm on the meetings every day and sometimes 2. That way when I get released, it will be a part of my thinking. People say that in prison it's easy to go to meetings 'cause there is nothing else to do! Well, that's true except I'm in a program and also high school, and also other programs so I'm pretty busy. So I go 'cause I need to. I first came into A.A. 30 years ago, so by the time I was 11 I was already an alcoholic and on my way to being a drug addict. I see the board soon and want to make sure that A.A. is a major part of my life upon release. Let me explain my reasoning. I can go to a meeting a day or whatever I need to remain sober, which amounts to 7hrs a week, or I can sit in prison.

*...continued on page 10*



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**District 11 Treasurer**  
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Bountiful, UT 84010

**CENTRAL OFFICE**

**Standing committee chairs**

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**By-laws** — Julian G.  
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**Hotline** — Johnathan  
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**Twelfth Step** — Skip M.  
[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)  
**Volunteer** — Doug R.  
[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)  
**Website** — Owen  
[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)

# News & Updates

## NEW MEETINGS

SW Leftovers - This is an open meeting. Please no outside food or drink. Jim's Family Restaurant, 1728 Park Ave, Riverton. Tuesday, 7PM

Something Simple - Wed @ 7pm. 400 s. Main St. Kamas Community Center

Quitting Time - Wed @ 6:00pm. 2250 n 1700 w, Layton

Bountiful Solutions - Tue @ 12:00pm. Corner Bakery. 175 w 500 s. Bountiful

High Peaks - Mon @ 5:30pm. Alta Community Center. 10351 e Hwy 210

## MEETING UPDATES

Six in the City - Speaker meeting is every first Saturday of the month. Birthdays are celebrated the last Saturday of the month. Disabled Veterans of America building. 273 e 800 s

Hump Day Group - The meeting is in the Deer Creek room of Bldg. 16, VA Hospital, 6pm

New Life Group - Due to construction, we are temporarily meeting at the Alano club in Murray. Sunday, 6:30pm

13th East Meditation - Read Step 11 followed by 5 minute meditation, the round-robin sharing. Enter church north entrance. First Unitarian Church, 13th East, 549 south

Southenders - Will be moving from Jim's Family Restaurant in Riverton to Alta View Hospital. Blanch Family Education Center between bldg 4 & 5. Park in front of bldg 5 on southwest end of property. Tuesday @ 7pm

Last Run with Bill W. - (ski season only) Friday @4:30pm.

Red Eye Coffee - is now Rise and Grind

## CANCELLED MEETINGS

Bountiful Solutions - Friday 7pm, Corner Bakery, 175 west 500 south, Bountiful

Millcreek Meditation - Monday 6pm, 2780 east 3900 south

Serenity Through the Storm - Thursday @ 7pm. 525 e 200 s, Clearfield

Women on Wednesday - Wednesday @ 7:30pm. Baptist Church 777 s 1300 e

Magna Friendly Bunch - Mon-Thur 9:00am @ Alano West Club, 9087 w Main st, Magna

Sugarhouse at 7 (garage meeting) - Saturday @ 7:00pm. 2100 s 1500 e



# Central Office Representatives : 02/11/20 Meeting Minutes

## Board of Directors Reports:

**Chair: Julian G** - Warranties and Statements of Purpose, Welcomed new CO reps. Anyone is welcome to attend the CO Board meeting the first Tuesday of the Month at 6pm. Updated phone list.

**Co-Chair: Dave V** - Welcome new Reps:

Julie, B.B.T&T  
Chris, We Care  
Brent P, 12 O'Clock

**Secretary: Mike L.** - Welcomed new Reps and reminded everyone to fill out signup sheet

**Treasurer: Lenny B** - Treasurers report, Financial report. Asked that groups take a look at discussing financial contributions to the Central Office. Encourages anyone with financial questions about Central Office to let him know.

**Trustee District 2: Paul M.** - (District 2 liaison)  
trustee02@saltlakeaa.org Meetings at Fellowship Hall every 4th Tuesday. District 2 is looking for service at the board and also they did a group inventory.

**Trustee District 10: Brad M.** - (District 10 liaison)  
trustee10@saltlakeaa.org - Discussions of splitting District 10 in two if anyone has any input.

**Trustee: Doug R** - (District 11 liaison)  
trustee11@saltlakeaa.org District 11 meets 2nd Wednesday of every month. District 11 chair is involved in the restructuring of District 10. Turned in 2 more group histories to archives

**Alt Trustee: Mike A** - Nothing to report.

**Alt Trustee: Serena** - Attended District 2 GSR Meeting. They talked about forming a budget committee. Concepts of World Services reviewed.

## Committee Chair Reports:

**Activities: Rob C** - Super Bowl had a great turnout. Working on putting together movie and bowling activities for this next month 801-647-0889.

**Archives: Laura C.** - Looking for old pamphlets, coins, and especially group histories.

**Coins: Jim C.** - Did a coin inventory, put in coin inventory. Supplier is struggling to keep up. Things are well with coin committee.

**Events: Jake** - Please let your groups know the events calendar exists and have your groups send the events they want posted to events@saltlakeaa.org. There are 5 events currently on the website calendar

**Cooperation with Professionals: Joe B** - Joe did educate us on what a "Vertical Wall Pamphlet" is. Nothing new to report. Let Joe know if you have any professional contacts.

**Hotline: Johnathan** - 1 new volunteer this month. 323 calls. Saturdays are a good day to volunteer for the hotline if anyone is interested.

**Literature: Charlie T.** - Well stocked with literature at the moment. March will hopefully kickoff interpretation meetings for the deaf on Tuesday and Wednesday at Fellowship Hall

**Corrections: Lori G.** - Corrections needs volunteers for the jails. Looking for Spanish speaking members to take meetings in. Looking for old/unused Grapevines to give to the inmates

**Lifeline: Jason D** - Loving this position! Please submit stories, poetry, & artwork to the newsletter at lifeline@saltlakeaa.org Please let me know of any mistakes or omissions

**Treatment: Rusty J** - Had a treatment chair Meeting with the different districts. Looking to put together a committee and try to figure out how to get a meeting to the YWCA.

**Public Information:** Coordinating with District 2 P.I. chairs. Helping with resources for the Central Office. Responded to a few email. Please tell your groups about Central Office Facebook Page.

**Tech: Asch** - Things are running well. Changed the calendar to match the meeting schedule. Working on a printable version of the calendar.

**Webservant: Owen** - Mostly accessed through mobile devices. Meeting schedule was again the biggest hit for inquiries. Still has to double check the online meeting database to see if it matches the printed version. Please feel free to report any meeting time mistakes.

**Volunteers: Doug** - Thanked skip for his concerns. Please come to Doug with any issues concerning the volunteers.

**12th Step: Skip M.** - 12th step lists updated. Feels good how things are going.

NEW BUSINESS: None

OLD BUSINESS: None

Adjourn and Close with the Serenity Prayer

-Please let your groups know that C.O. appreciates their support!

Next Central Office Rep. meeting will be held on Tuesday 3/10/20 @ 6:30pm

## Miscellaneous Contributions

*To whom may find this...*

*I am not an outward-going person, nor do I tend to write letters. But on this particular day, I feel that I must. I came to UNI to find the peace that I was missing, the peace that I had, before it was lost forever. UNI is a wonderful opportunity to get support, love, and non-judgemental thoughts. No one is perfect and I would be the last to cast a stone at someone that is struggling in any way. A phrase that I have learned to appreciate is:*

*'I didn't come here for self improvement, I came here for self acceptance.'*

*-Mark A.*

Editors note: I found this well-hidden note while looking for a Big Book up at UNI.

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

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

An old celly once told me "The lazy man always works twice." This has been my experience. I have been humbled (thank God), taken the steps and I have been sober ever since.

I smile now, thinking of words that still ring over and over in my head...

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

Riley D.

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance-- that principle is contempt prior to investigation."

-Herbert Spencer

# January 2020 Financial Statement

Income Statement	2020	2019
<b><u>Revenue</u></b>		
Group contributions	3,881.37	2,671.16
Copy/Newsletter donations	28.40	75.20
Individual Contributions	-	-
Sales - Literature	9,637.20	8,936.95
Sales - Coins	1,697.75	1,635.00
Sales - Other	1,602.85	266.50
<b>Total Revenue:</b>	<b>16,847.57</b>	<b>13,584.81</b>
<b><u>COGS</u></b>		
COGS - Literature	9,343.36	9,037.24
COGS - Coins	1,638.77	1,583.70
COGS - Other	110.26	145.82
<b>Total COGS</b>	<b>11,092.39</b>	<b>10,766.76</b>
<b>Gross Profit</b>	<b>5,755.18</b>	<b>2,818.05</b>
Operating Expenses	2,308.04	4,496.51
Other Expenses	-	-
*Total Expenses	2,308.04	4,496.51
<b>Net Income</b>	<b>3,447.14</b>	<b>(1,678.46)</b>
<b><u>Bank Accounts</u></b>		
Checking & Petty Cash	(263.15)	13,205.06
Accounts Payable Due	(756.33)	(27,161.16)
Money Market -PR	24,396.56	24,353.78
<b>**Total</b>	<b>23,377.08</b>	<b>10,397.68</b>

Group Contributions	
Activities	122.00
Basic Young Peoples	79.75
Bog Irish	144.74
Bountiful Community	25.00
Counter Sales	1650.05
District 10 Corrections	0.25
Early Beginners	3.00
Grub Lunch Bunch Cowboy	64.00
South Davis A.A.	25.00
Unity Lunch Bunch	41.06
Weekend Get A.A.	75.00
Welcome Home	110.00
Women In Sobriety	40.00
Women Stepping Up	120.00
<b>Total</b>	<b>\$2,062.52</b>

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

*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 months. A detail of group contributions is available and will be handed out quarterly.*



**2020 INTERNATIONAL A.A. Convention**  
**July 2-5, 2020**  
**Detroit Michigan**  
 \*Registration opens: September 9th, 2019  
 online: [www.aa.org](http://www.aa.org)  
 or fill out the form at Central Office and mail or fax it in.

**2020 Post-Conference Assembly**  
**May 15th-17th, 2020**  
**Hosted by district 5**  
**Greenwell Inn & Convention Center**  
**655 East Main st.**  
**Price, Utah**  
**(800) 666-3520**

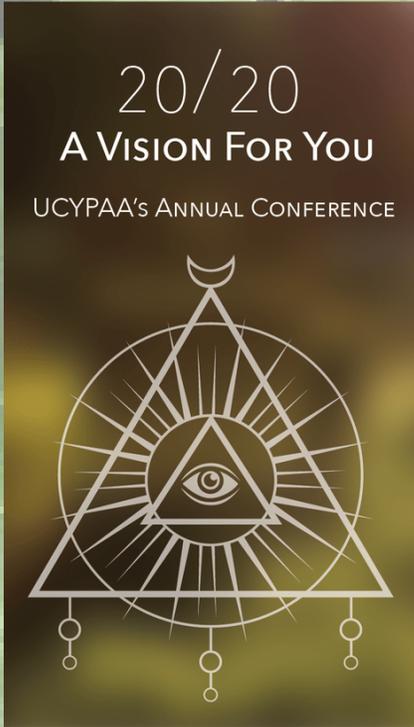
**Conference Room Rate: "Area 69"**  
**Single and Double Queen - \$50 + tax**

**Contact:**  
**Laney (435) 630-241**  
**Brent (435) 630-8943**  
**Mike (435) 630-9047**  
**Scott (435) 650-7912**



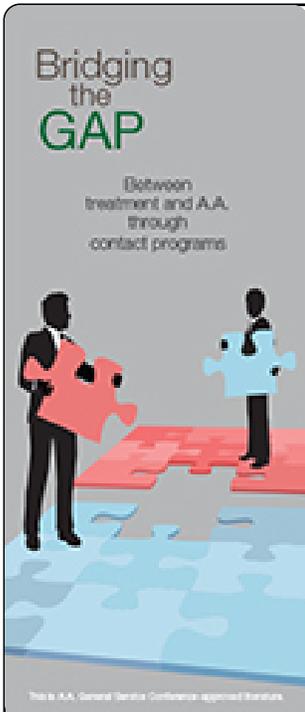
The Pre-Conference Assembly is held the first weekend in April. Its purpose is to inform the Delegate of the group conscience of Utah Area 69 prior to the General Service Conference held in New York.

Registration for this event will be \$7.00 at the door



**The Lifeline is always looking for content. Please share your stories, poetry, art and announcements! Send submissions to: [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)**

# Corrections needs your help!



Part of Bridging the Gap between a treatment program and A.A. is the Temporary Contact Program, which is designed to help the alcoholic in an alcoholism treatment program make that transition.

As you know, one of the "slippery" places in the journey of sobriety is between the door of the facility and the nearest A.A. group or meeting. Some of us can tell you that, even though we heard of A.A. in treatment, we were too fearful to go.

A.A. experience suggests attending meetings regularly is critical. In order to bridge the gap, A.A. members have volunteered

to be temporary contacts and introduce newcomers to Alcoholics Anonymous.

The video "Hope: Alcoholics Anonymous," shown to the patients in treatment, emphasizes the importance of having a *temporary contact* as the essential link between treatment and recovery.

It is suggested that the temporary contact take the newcomer to a variety of A.A. meetings; introduce him or her to other A.A.s; insure that he or she has the phone numbers of several A.A. members and share the experience of a sponsorship and a home group.

We are looking for AA members that speak Spanish to take meetings into the prisons and jails.

To take the message into the prison, you must be a legal resident of the United States, have 1 year of sobriety, be off felony charges for over 10 years and be off misdemeanor charges for over 5 years. Please contact Jana with any questions at [district10corrections@gmail.com](mailto:district10corrections@gmail.com)

To take the message into the jails, you must be a legal resident of the United States, have one year of sobriety, be off felony charges for over 5 years, be off misdemeanor charges for over 3 years, and have not been in jail for over 3 years. Please contact [Doodan666@yahoo.com](mailto:Doodan666@yahoo.com)

**Estamos buscando miembros de AA que hablen español, para llevar reuniones a las prisiones y cárceles.**

**Para llevar el mensaje a la prisión, usted debe ser residente legal de los Estados Unidos, tener un año de sobriedad, estar fuera de cargos por delitos graves por más de 10 años, y estar fuera de los cargos por delitos menores por más de 5 años. Por favor, póngase en contacto con Jana en [district10corrections@gmail.com](mailto:district10corrections@gmail.com), con cualquier pregunta.**

**Para llevar el mensaje a las cárceles, usted debe ser residente legal de los Estados Unidos, tener un año de sobriedad, estar fuera de los cargos por delitos graves por más de 5 años, y estar fuera de los cargos por delitos menores por más de 3 años. y no han estado en la cárcel por más de 3 años. Por favor, póngase en contacto con Dan B en [Doodan666@yahoo.com](mailto:Doodan666@yahoo.com)**

In addition to Bridging the Gap, there is a similar program on prison release day. Volunteers are needed every Tuesday 9:15 am to noon at the Fred House Training Academy in Draper. We greet them, invite them to a meeting and give them a meeting schedule. There are NO requirements, just show up. Questions? Contact Jana at [district10corrections@gmail.com](mailto:district10corrections@gmail.com).

This is an excellent way to be of service if you are looking for a commitment.

## An Intimate Reflection ...continued from page 1

...kill the addict who created all this. The addict who came to life, like Frankenstein, through drugs. The addict that roamed with his hideous disposition towards life. That's what I seek to eradicate. What I know needs to die, so the man she fell in love with can be resurrected from the grave. That's the man she deserves. The man I wan to be, so I'm once again enraptured in her heavenly aura. Because she's my Guardian Angel. My North Star. The green light in the misty fog Mr. Gatsby found irrevocable hope in. My dream lover. My soulmate.

Jeremy B

### Demon Inside

**There's a Demon inside of me trying to take my soul  
A Demon so strong he's starting to take control  
There's a Demon inside of me born of my pain  
I feel this Demon course through my vein  
There's a Demon inside of me slowly taking me to hell  
This Demon is turning me into an empty shell  
There's a Demon inside of me powerful and dark  
Accompanied with the Demon is the Hell Hounds Bark  
There's a Demon inside of me turning my blood to oil  
Using a flame the Demon will dance on foil  
There's a Demon inside of me who I can't let win  
This Demon's name is HEROIN**

-Anthony L.

*I used to think I was introverted  
because I really liked being alone,  
but it turns out that I just like being at peace,  
I am very extroverted around people that  
bring me peace.*

Myriah Moon

## Joke of the Month

An Irish priest and a Rabbi get into a car accident. They both get out of their cars and stumble over to the side of the road. The Rabbi says, "Oy vey! What a wreck!"

The priest asks him, "Are you all right, Rabbi?"

The Rabbi responds, "Just a little shaken."

The priest pulls a flask of whiskey from his coat and says, "Here, drink some of this it will calm your nerves."

The Rabbi takes the flask and drinks it down and says, "Well, what are we going to tell the police?"

"Well," the priest says, "I don't know what your aft' to be tellin' them. But I'll be tellin' them I wasn't the one drinkin'."



...so by the time I was 11 I was already an alcoholic and on my way to being a drug addict. I see the board soon and want to make sure that A.A. is a major part of my life upon release. Let me explain my reasoning. I can go to a meeting a day or whatever I need to remain sober, which amounts to 7 hrs a week, or I can sit in prison for 24 hrs a day for however long until my release, and I do know that the stays usually get longer and longer. And I am sick and tired of holidays and birthdays locked up. I am sick and tired of expensive phone calls. But mostly, I am sick and tired of being controlled by chemicals. Thank you God for keeping me sober today. I have been stuck on Step 4 for, oh, 30 years and I am happy to finally say that I have completed it as of today. And it was by me letting God guide me instead of the other way around that this was possible. And as a result have forgiven myself!

Now I can truly love everyone else in my life and society.

-Aaron T.



**Golden Keys Group**

**Hour Of Hope Group**

Lone Peak Facility

Wasatch Facility

Utah State Prison

Utah State Prison

**John - 1yr**

**Dale - 60 Days**

**Frankie - 1yr**

**Rick - 90 Days**

Do you have an upcoming birthday? Tell us what day and homegroup! [Lifeline@saltlakeaa.org](mailto:Lifeline@saltlakeaa.org)



**A.A. Central Office**

Come be of service and add a Central Office Rep to your Home Group!

We hold a meeting on the 2nd Tuesday of every month at 6:30 pm

80 W Louise Ave SLC, UT 84043

- \*share activities and events
- \*learn how A.A. works at a local level
- \*lots of service opportunities
- \*help share the message

***Hope to see you there!***



"It is by studying little things that we attain the great art of having as little misery, and as much happiness, as possible."

-Samuel Johnson

## The Last Page on the Left

### The Line

At some point a person makes a conscious choice to cross the line. This line can represent different things to different people but a major shift occurs once it happens. Events are set in motion, momentum takes on a life of its own. Ripples transform into tidal waves. Things change.

People have always reminded me ex-actly where the line is. Everyone everywhere things its somewhere. And it is, too. I've seen it. But usually, just to make sure, I like to walk up and **touch** it. Feel the texture. Examples: violence is wet, betrayal is sharp.

Overtime, perhaps as a coping mechanism, attempting to make sense of the confusion, I find myself redefining the proverbial lines that make up my life:

**Boundaries**, maybe once healthy and necessary, are no fiercely guarded borders I defend against perceived trespasses at all costs--anyone who dare cross my train of thought! **Fault lines**, disguised as guidelines, where earthquakes patiently wait to be tickled and stirred.

Crude lines sketched with jagged sticks. A line here! A line there! Lifes geometry. Trying to figure out the shape of things and where I fit until my self portrait, my self image become boxed in by my own belief system. Like a picture frame slashed in concrete. Limitations of my own creation. Desperate to make something, some **me** that would somehow last. Hurt and confused when things eventually fall apart; fingers dripping concrete, knuckles powdered with granite dust as I tried to set something in stone... stone which eventually transformed to sand. The Sands of Time. All lines suddenly blurring before disappearing as the Tides of Change wash over then gently retreat as if nothing had happened at all.

Present moment. Clean slate. Deep breath.

Erik F.

### AA Love

**This love of which I speak is slow to lose patience... it looks for a way of being constructive. It is not possessive; it is neither anxious to impress nor does it cherish inflated ideas of its own importance. Love has good manners and does not pursue selfish advantage. It is not touchy; it does not compile statistics o defects or gloat over the mistakes of other people. On the contrary, it is glad with all the good men when truth prevails. Love knows no limit to its endurance, no end to its trust, no fading of its love, it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen. This is my love for you--the love that all AAs have for each other.**

### Big Book Corner

*The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.*

Page 24, 4th Ed.

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