

# Lifeline



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### DISCLAIMER

Views expressed in this newsletter are entirely those of the A.A. members who submit their artwork, material, prose and poetry. Controversial work is accepted if it is well-written and tasteful with regard for those of differing opinions. Everyone's work is accepted if it meets those criteria.

Thank you for submitting your work. It is deeply appreciated!

## SURVIVOR

I always went for bad boys.  
Self-sabotage became my home  
Trauma bonding  
Bruised ribs



Everything was always my fault. I became known as loose.

Until four years ago, I believed I had finally found the best guy for me. He drove me places. He picked up the tab. He was available to me when I needed or wanted him around. We called each other, 'soul mates'. He called me his, 'angel' that he had prayed to God for.

Everything was wonderful for a few months. Or a game was more important than any words I ever had to say. He dressed me how he wanted me. He told me I took care of myself like a dog does. With the same meanness, he told me I killed our dog. There's no our dog. I had the dog 11 years, before I met him.

She was dying. I wanted her to die humanly, without months of agony. I loved her like a child. My almost 14-year old baby as I couldn't have children.

This month is Domestic Violence Awareness month. I was a year sober on Oct 22, 2022, the day I wrote this. He almost took my sobriety away from me. Like with everything, he had an ulterior motive for taking me to his country. To be the service dog handler for his daughter's dog with an attempt to get their dog over the border.

He told me I was embarrassing for not drinking. Everyone drank in his country. All of his friends drank. Why he would spend every minute he could with his adult daughter's mom was another thing my parents and I always wondered. Now we were thousands of miles away, here he was going to be with her whole family. I didn't want to go.

He laughed. "You're such a fool!" Move. He kicked me as I was on the floor

## **CENTRAL OFFICE Board of Trustees**

Chair — Brad M.  
Co-Chair — Wade J.  
Secretary — Jake S.  
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Trustee ( District 2) — Rusty J.  
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[BOARD@SALTLAKEAA.ORG](mailto:BOARD@SALTLAKEAA.ORG)

## **7th Tradition Contribution Addresses**

### **General Service Office**

Post Office Box 2407  
James A Farley Station  
New York, NY 10116-2407

### **Area 69 Treasurer**

P.O. Box 601  
Springville, UT 84663

### **District 10 Treasurer**

PO Box 57271  
Murray, UT 84157

### **Salt Lake Central Office**

80 West Louise Ave.  
Salt Lake City, UT 84115  
*(Please include group name)*

### **District 2 Treasurer**

PO Box 615  
Salt Lake City, UT 84110

### **District 11 Treasurer**

2320 Wood Hollow Way  
Bountiful, UT 84010

### **District 13 Treasurer**

P.O.Box 95383  
S. Jordan, UT 84095

## **CENTRAL OFFICE Standing Committee Chairs**

Activities — Anders S  
[activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)  
Archives — Ben H.  
[archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)  
By-laws — Jake S.  
Coins — Gina H.  
[coins@saltlakeaa.org](mailto:coins@saltlakeaa.org)  
Co-op Professional Community -John S.  
[cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)  
Corrections — Josh M.  
Hotline — Forrest P  
[hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)  
Literature — Gina H.  
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Lifeline Newsletter — Rachelle G.  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)  
Outreach — Nick R  
[outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)  
Public Information—John S.  
[pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)  
Technical Support — Elan B  
[it@saltlakeaa.org](mailto:it@saltlakeaa.org)  
Treatment & Accessibility - Charlie T  
[treatment@saltlakeaa.org](mailto:treatment@saltlakeaa.org)  
Twelfth Step — Charlie C.  
[12step@saltlakeaa.org](mailto:12step@saltlakeaa.org)  
Volunteer — Kim B.  
[volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)  
Website — Sonya  
[webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)

# C.O. Meeting Minutes Oct. 2022

## Reports Board of Directors

**Chair: Brad** - [board@saltlakeaa.org](mailto:board@saltlakeaa.org) Read preamble & welcomed everyone.

**Treasurer: Mark C.** - [treasurer@saltlakeaa.org](mailto:treasurer@saltlakeaa.org) Group Donations for Sept. \$2,800 was contributed by the groups. Surplus for month of Sept, common as many groups make donations quarterly. Hopefully, we can continue to make our operating budget, surplus carries over.

**Trustee: Rusty J.** - [trustee02@saltlakeaa.org](mailto:trustee02@saltlakeaa.org) (District 2 liaison) GSR meeting last night. Treasury is doing well. Sizable amount in their pink can. Budget proposal was approved for 2023. Guidelines amendments proposal was approved. Not a lot going on at prison due to mosquito infestation. District 2 will be hosting the Fall Assembly in 2024.

**Trustee: Jake S.** - [trustee10@saltlakeaa.org](mailto:trustee10@saltlakeaa.org) (District 10 liaison) Pink Can donations resumed after hiatus. DCM Section 2 and Treatment Chair positions were filled. They still need a Secretary, Grapevine Chair, Bridging the Gap Coordinator, Literature Chair, DCM for Section 3 (Park City), and DCM for Section 5 (east of I15 excluding Alano). District 10 is all meetings within Salt Lake County south of 2100 S and north of 7200 S, they meet on the 1st Mon of each month at 6 pm at the Alano Club and could use support.

**Trustee: Phillip W.** (District 11 liaison) GSR meeting had 25 in attendance. Elections held, with new DCMC Kameron elected. Every position except Bridging the Gap Coordinator was filled.

**Trustee: Steve C.** - [trustee13@saltlakeaa.org](mailto:trustee13@saltlakeaa.org) (District 13 liaison) 11 GSRs plus 2 new attendees. Contributions are increasing. Budget committee is being formed.

## Reports Committee Chairs

**Activities: Anders S.** - [activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)  
Chili cookoff details and preparation.

**Archives: Ben H.** - Went through Doug R's Belongings & distributed to where they belong for archives, sponsees, family etc. Studying the Archives room.

**By-Laws: Jake S.** Final Bylaws committee meeting (was) this Sat. 10/15 at 12. Had committee's suggestions for the

body at that mtg.

**Hotline: Forrest** - [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org) More volunteers are stepping up to do the work. Email him at address above or go to the hotline section to sign up on the Central Office website. Phones forwarded will come through as the hotline number.

**Newsletter: Rachelle B.** - [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org) Rusty provides report, makes a pitch about turning in group members celebrating sobriety birthdays. He's building a committee. If you're interested in joining, e-mail above, or use website form Needs birthday list turned in by the 25th of month.

**Outreach: Nick R.** - Needs volunteers to join the outreach committee.

**Technology: Elan B.** - [IT@saltlakeaa.org](mailto:IT@saltlakeaa.org) Created a QR code for Central Office donations.

**Accessibilities: Charlie-Treatment@saltlakeaa.org**  
Attending ASL social to provide PI material for Interpreter meetings.

**Volunteers: Kim B** - [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org) Volunteers are doing well, nothing to report.

**Webservant: Sonya M** - [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)  
Website accessed 9,000 times by 45,000 different users in Sept. Mostly just checking out the meeting schedule & updating it if per group changes.

CO Committee Discussion and Decision: We are going to take down Covid notes. Contact CO if you want to keep your Covid precautions listed for your meeting.

## New/Old business & Open Positions:

We are holding elections at next month's rep meeting:  
Open Positions: Chairperson, Co-Chairperson, 2 Trustees and 1 Alternate Trustee.

New Rep Orientation at 6:00 pm every other month. After discussion with committee, it will not be offered hybrid, only in-person.

7:30 Adjourn and Close with Responsibility Statement Next Central Office Rep meeting will be held on 11-8-2022 @ 6:30pm

# Salt Lake Central Office

## 2023 Elections

*Tuesday, November 8 at 6:30 PM*

In-Person: 80 Louise Ave S, Salt Lake City, UT 84115

Zoom Hybrid Meeting Code: 938044555 Password: aa

### **Two-Year Service Positions Available:**

- Chairperson
- Trustee at Large (District 2 liaison)
- Trustee at Large (District 10 liaison)
- \*Two Alternate Trustees if above positions are filled

### **Other Service Positions Available:**

- Co-Chairperson of Central Office
- Activities Committee Chair
- Corrections Committee Chair
- Newsletter (lifeline)
- Outreach Committee Chair
- Technology Committee Chair



## PAMPHLET OF THE MONTH

### QUESTIONS & ANSWERS ON SPONSORSHIP

This is A.A. General Service Conference-approved literature.

"When newcomers resist "the spiritual side" of the program, what can sponsors do? ... Most men and women who have been in A.A. for more than a few months recognize that its program is based on spiritual principles. At the same time, they appreciate that alcoholics have been able to achieve and maintain sobriety without any belief in a personal Higher Power. Perhaps (per choice) the sponsor might point out the distinction between the words "spiritual" and "religious."

## JOKE OF THE MONTH



The man was in no shape to drive, so he wisely left his car parked and walked home. As he was walking unsteadily along, he was stopped by a policeman. "What are you doing out here at 2 A.M.?" said the officer. "I'm going to a lecture." the man said. "And who is going to give a lecture at this hour?" the cop asked. "My wife." said the man.

# FINANCIALS – SEPT 2022

<b><u>Income Statement</u></b>	<b>2022</b>	<b>2021</b>
<b><u>Revenue</u></b>		
Group Contributions	\$2,856.49	\$ 1,993.52
Contributions - Other	\$70.26	\$ -
Sales of Product Income	\$8,130.17	\$9,193.65
<b>Total Income:</b>	<b>\$11,656.92</b>	<b>\$11,187.17</b>
<b>Total Cost of Goods Sold</b>	<b>\$6,264.85</b>	<b>\$8,167.59</b>
<b>GROSS PROFIT</b>	<b>\$4,792.87</b>	<b>\$3,019.58</b>
<b><u>Expenses</u></b>		
Accountant	\$630.00	\$ -
<b>Bank Charges &amp; Interest</b>	<b>\$161.81</b>	<b>\$ -</b>
Cash Over Short	\$-218.30	\$ -
Phone & Internet	\$450.71	\$ -
Printing and Reproduction	\$380.30	\$ -
Rent	\$1,500.00	\$ -
Software and Hardware	\$440.77	\$ -
Utilities - Electrical	\$244.91	\$ -
Website	\$307.95	\$ -
<b>Total Expenses:</b>	<b>\$3,898.15</b>	<b>\$3,929.19</b>
<b>NET OPERATING INCOME</b>	<b>\$893.92</b>	<b>\$ -</b>
Interest Income	\$24.44	\$ -
<b>Net Income:</b>	<b>\$918.36</b>	<b>\$(909.61)</b>

**Please Note:** According to the Central Office Bylaws it is required to have 6 months overhead in the prudent reserve. Average monthly costs are 4,000 per month, 24,000 for six months.

**Thank you everyone for your donations!! We appreciate you!**



## Group Contributions - September

Balkens BB Study -	\$111.00
By the Book -	\$101.75
Early Beginner's	\$160.00
Garden Variety	\$138.00
Hillcrest Group	\$50.00
Magna Friendly Brunch	\$250.00
Midvale Brunch	\$364.54
Old Timers Speaker	\$171.00
One More Saturday Night	\$100.00
Primary Purpose	\$80.00
South Davis	\$25.00
South Valley Lunch	\$171.00
Top of Morning	\$394.00
Unknown	\$37.50
Monthly Total:	\$2,153.79

Thank you so much for all the groups and individuals who donated this month.

"Sometime's 'ME' Time is all the time you need" The inner world is what creates the outer world so spend time asking your body and soul what you need most when no one else is around. There you find peace in "YOU."

-James M.

# HAPPY BIRTHDAY



### UNITY LUNCH BUNCH

Christy - 30 Days

Shan T - 9 Months

Max D - 9 Months

Erin B - 18 Months

### RISE AND GRIND

Paul C - 6 Months

Kaley M - 6 Months

Andy B - 35 Years

John N - 18 Years

### AND TO ALL WHO WE MISSED !

Submit picture or scan group birthdays to:  
lifeline@saltlakeaa.org. or text or drop off at  
C.O. - 80 West Louise Ave (2860 S.) Thanks!

and in his way when he moved around me.

When he came back sometime in the middle of the night. He said two o'clock. I looked at the phone he let me use and it said four o'clock. The next day I saw thirty pictures on his phone of him with a very pretty women and they looked really chummy. I asked and he wondered where all the other pictures went. I did too. And didn't care. I stopped caring a long time ago. I went on this trip for my stepdaughter. That was all. To get her doggy, Luna, and help her get back home as i have mental issues and I'm from the U.S. I felt that was the only reason I was invited on an expensive trip.

My dad asked me once, "Didn't we teach you better than this?" When I was dating a guy before him that was physically abusive not just mentally abusive like my husband. Even when I went to my family for help they just couldn't see it. No one could. Not even his own family. Unless they were just pretending for the citizenship avenue. For they've talked about violent relationships of his in the past before. That's when I should've ran. His cousin and best friend got deported back to Spain for such behavior.

Well his daughter's dog couldn't go with us yet. The airport said, "No." His city wasn't safe for me and I had no way of getting around town safely. For once, he gave me the password to one of his many phones and I didn't violate his privacy on my way back to good ole SLC. I was loyal as he always wanted me to be.

Yet, some girl wouldn't leave him alone. For five years he's been sexting the same hot girl. Before and the whole time we were married. That night when I stayed home and he met up with her, he had asked her to have sex with her. Plus he was talking to another girl about the details of their um', you know, intimate life.

I told my Dad "Prove you taught me better and get

this guy out of my house. I'm sick of him. He says three words to me and who loves hearing me cry all night, like I did often as a bullied teen and pre-teen.

"I just don't want to be in trouble with the eviction laws."

"Well leave that to me."

"Ok, well you can do it. It's not even your house yet." He means when he passes, as he's 72. Hopefully he never does. Or my Mom, who is the same age. Divorce is a bad word in my family. They met at 15 and have had like almost the perfect marriage.

With adrenaline and anger coursing through my veins, I was punished by him badly for having relations during our separation, in different houses. He never forgave me or took me anywhere nice after that, until now. I grabbed the curved 70 inch TV, with my five foot nothing, overweight and in desperate need of a gym, I carried it from his room to mine.

When he found out. His first words were, "Are you still going to sponsor me. (and my daughter)?"

"Yes, if Honey is ok with it." I was, if my stepdaughter would benefit.

I was never prouder of myself. I had gotten used to forgiveness. But I wasn't going to forget any time soon. Getting sober off pot. Getting sober of toxic relationships. And getting sober off alcohol. So I will stand and get my chip. If not today. Some day. The best revenge, besides getting my own house back. was being safe and happy in my own house. I stood up for myself. I got rid of my bad boy drama. This time for good.

Light returned to my face and my life. Sovereignty and personal freedom were mine to claim more and more every day as my PTSD intense treatment enriched my life.

- Anonymous



*Happy Thanksgiving!*

## **Thanksgiving Dinners**

Will be held at:

**Fellowship Hall - 2060 Windsor St.**

**Alano Club -5056 S 300 W**

## **Video Project 2022!**

How would you carry the message to the “young” alcoholic who has yet to come to A.A.?

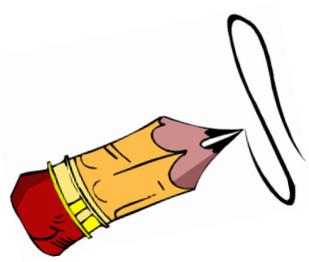
We want video submissions from A.A. members. WHY? To carry A.A.’s message to young people in high school, college settings, or any setting. Share your experience!

Submissions should be 2-3 minutes in length and reflect and adhere to the 12 Traditions of A.A. While filming A.A. members can't be identifiable.

Deadline for submissions: Nov. 7, 2022

More information:

[aa.org/young-peoples-video-project](http://aa.org/young-peoples-video-project)



## **LIFELINE SUBMISSIONS**

**We are looking for ARTICLES, POETRY, ARTWORK and any other contributions for the lifeline.**

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

# Alcoholism & Modernity

Bill & Bob introduced an awareness of body-mind connection insofar as the phenomenon of craving and the mental obsession. In the 83 years since the Big Book's first publication, little headway has been made in the quest to understand the disease of alcoholism. The founders uncovered the taboos of alcoholism, delineated its expression and provided a design for living for the recovered alcoholic.

On the heels of the Great Depression and in precursor to World War II, the founders, guided by faith and physics, envisioned the creation of a worldwide fellowship of recovered alcoholics. As dawn rose in the field of atomic energy resources and weaponry and as Europe unraveled into chaos, the founders of our program set forth their collective efforts to save humanity, starting with alcoholics with the desire not to drink.

All the work they did was in preparation for this moment in time, would you believe? As we stand at the precipice of nuclear war and thick in credence divides, our worldwide fellowship is obliged to stand. For what is the benefit of a new life, gifted to us through this program if life is extinguished all together?

In 'Modernity' efforts were made to explain opposite positioning in mirrors (L-R, R-L) and the manifestation of hypocrisy as a result. Mirrors and hypocrisy are now an inherent part of our existence. Mirrors cannot be done away with. Hypocrisy can be eliminated in no uncertain terms. Let us begin.

When a baby first looks in a mirror he becomes happy and excited to perhaps meet a new playmate. There comes a point where he understands that his reflection is him yet not himself. At this point a gradual transformation in a blend of his subconscious and consciousness forms his belief that he can exist outside of his body and furthermore is in control of his body. With or without an actual mirror in hand, we

see ourselves in third-party fashion. For the alcoholic, the allergy of the body- the phenomenon of crave-triggers expression due to a prior selection of false presumptions (see 'Modernity') and selecting non-choices. In other words, before the active alcoholic is in the physical presence of liquor he/she doesn't have the ability to not drink. Drinking was a non-choice many steps back and furthermore, the 'he' who exists outside the body, the self who stands as third party, has the disease of perception.

Alcoholism is defined through a pattern of thinking. Whatever image an alcoholic does or does not want to portray in the present time, the obsessive thoughts which drive one to the act of taking a drink sets crave in motion. The phenomenon of crave preempts reflection, thoughts, feelings, and emotions as outlined in 'Modernity.' The automatic, immediate and direct link from basic instincts gone awry to mental obsession is another abnormality beyond the phenomenon of crave.

As if a refined, ubiquitous spade, the spiritual awakening delves back into the unconscious/conscious and restructures the mental form of existence. A true spiritual awakening begins on our outer physical core and bypasses the web of choices and options. When the compulsion to drink has been lifted, it is as if the detrimental thoughts, emotions and mind pattern have been surgically removed and the alcoholic is recovered.

Just as the disease embodies a direct, forged path from character defection to the consumption of alcohol, a spiritual awakening exploits this direct path, taking it in a spherically reverse direction. This deconstruction explains why alcoholics are so grateful to be alcoholics, for they may never find a path from physical action to intuition without the forged path already in place.

-Paula M.

## POSITIVELY NEGATIVE

- We drank for happiness and became unhappy.
- We drank for joy and became miserable.
- We drank to be outgoing and became self-centered.
- We drank for sociability and became argumentative.
- We drank for sophistication and became crude and obnoxious.
- We drank for friendship and made enemies.
- We drank for sleep and awakened without rest.
- We drank for strength and felt weak.
- We drank for sex drive and lost our potency.
- We drank for relaxation and got the shakes.
- We drank for confidence and became doubtful.
- We drank for warmth and lost our cool.
- We drank for coolness and lost our warmth.
- We drank for freedom and became slaves.
- We drank for power and were powerless.
- We drank to soften sorrow and wallowed in self-pity.
- We drank medicinally and acquired health problems.
- We drank because the job called for it and lost the job.
- We drank to make conversation and slurred our words.
- We drank to feel heavenly and knew hell.
- We drank to forget and were haunted.
- We drank to erase problems and saw them multiply.
- We drank to cope with life and invited death or worse.

*AA Grapevine 1973*

## *In Loving Memory*

Keith A. Briley (57) devoted father, adored papa and dearest friend took the hand of his higher power the evening of September 20th, 2022 peacefully in his sleep while at his home in Holladay, Utah.

Keith is survived by his daughter Jessica Briley (29) (Dane Andersen), his beautiful granddaughter Eyela (10) and his son Dylan Briley (25)

Keith is preceded in death by his parents Florence and Richard Briley, and his sister Karen Briley.



<https://memorialutah.com/obituaries/keith-a-briley/>

**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