

# LIFELINE



Salt Lake  
City  
Central  
Office

OCTOBER 2023

## In This Issue:

- **My Name is Joyce**
- **Meeting Minutes**
- **Pamphlet of the Month**
- **Joke of the Month**
- **Financial Information**
- **Group Contributions**
- **Group Birthdays**
- **Meeting Updates**
- **Calendar of Events**
- **Everyone Knew**
- **Restoring that Old Clunker**
- **Looking for a Sponsor?**



## MY NAME IS JOYCE

The last few years I drank, I knew I had a problem with alcohol. What I didn't know then was that alcohol was the cause of my problems.

From the first time I drank, I exhibited symptoms of alcoholism, I now believe; but these were camouflaged in one way or another, and I had a fling of social—if somewhat sloppy—drinking for ten years before I found myself with a full-blown problem.

During these years, my main concern with drinking was a conscious effort to "hold my liquor." Toward this end, I developed a number of defenses. If I was the life of the party, people expected me to kick up my heels, didn't they? Drinking too much, behaving in a crazy way, boasting of monumental hangovers—this was the standard equipment of the party girl. When I added to this the modest success I was having with a career in fashion and television, I had no trouble disguising the truth.

I crossed the line into pathological drinking during my first marriage. I concealed my drinking and my bottles; I drank alone; I preferred wine, telling myself that I was no wino, since I selected only the finest pale dry cocktail sherry. I developed most of the standard diseases that go with compulsive and neurotic behavior. I had itis of every part of my gastrointestinal tract, postnasal drip, scalp and skin problems, weight loss, and a chronic bronchial condition. As I made the rounds of

physicians and later of hospitals, I also made the inevitable encounter with sedatives and amphetamines.

My husband spent thousands of dollars on psychiatric treatment for me, but I kept getting worse. I wouldn't cooperate with the psychiatrists. As a matter of fact, I directed all of my energies toward trying to convert these doctors into drinking buddies. I took to trailing them during blackouts and eventually kept appearing at group-therapy sessions so drunk and hostile that I had to be eased out.

Naturally, my marriage deteriorated to the point where my husband hated to come home; consequently, he rarely did. In a fit of arrogance, I divorced him and then discovered, to my horror, that things were worse than before. I had new companions: terror, loneliness, and despair. I became a bar drinker. When I wasn't draped over some bar stool, I was carrying the ubiquitous wine from room to room at home. I kept it on the edge of the bathtub when I bathed and beside the bed when I tried to sleep. Six months of this landed me in a locked psycho ward, in the wake of two suicide attempts.

Months of inpatient treatment did very little to rehabilitate me, because I still considered myself a nice girl whose psychiatrist didn't understand her. After I left the hospital, I became a periodic drinker and changed from wine to vodka.

Cont on pg. 3

## CENTRAL OFFICE Board of Trustees

Chair — Wade J. [board@saltlakeaa.org](mailto:board@saltlakeaa.org) .  
Co-Chair — Shannon M. [cochair@saltlakeaa.org](mailto:cochair@saltlakeaa.org)  
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Trustee (11) — Philip W. [trustee11@saltlakeaa.org](mailto:trustee11@saltlakeaa.org)  
Alt Trustee — Diane B.

## SEVENTH TRADITION Contribution Addresses

### General Service Office

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

### Area 69 Treasurer

PO Box 18134  
Kearns, UT 84118

### District 10 Treasurer

P.O. 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

P.O. Box 615  
Salt Lake City, UT 84110

### District 11 Treasurer

P.O. Box 461  
Bountiful, UT 84011

### District 13 Treasurer

P.O. Box 95383  
South Jordan, UT 84095

## CENTRAL OFFICE Standing Committee Chairs

Activities — Kim B. [activities@saltlakeaa.org](mailto:activities@saltlakeaa.org)  
Archives — Ben H. [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org)  
By-laws — OPEN [bylaws@saltlakeaa.org](mailto:bylaws@saltlakeaa.org)  
Literature — Jim S. [literature@saltlakeaa.org](mailto:literature@saltlakeaa.org)  
Coins — Kathy M. [coins@saltlakeaa.org](mailto:coins@saltlakeaa.org)  
Public Info — Allison S. [pi@saltlakeaa.org](mailto:pi@saltlakeaa.org)  
Cooperation with Professionals — Karmina B. [cpc@saltlakeaa.org](mailto:cpc@saltlakeaa.org)  
Corrections — Serena C. [corrections@saltlakeaa.org](mailto:corrections@saltlakeaa.org)  
Outreach — Open [outreach@saltlakeaa.org](mailto:outreach@saltlakeaa.org)  
Hotline — Max M. [hotline@saltlakeaa.org](mailto:hotline@saltlakeaa.org)  
Newsletter — Danny B. [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)  
Technology — 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)  
Volunteers — Bob C. [volunteer@saltlakeaa.org](mailto:volunteer@saltlakeaa.org)  
Website — Jeff P. [webservant@saltlakeaa.org](mailto:webservant@saltlakeaa.org)  
Immediate Past Chair — Brad M.

## DECLARATION OF UNITY

This we owe to A.A.'s future; To  
place our common welfare first; to  
keep our fellowship united. For on  
A.A. unity depend our lives and the  
lives of those to come.

# CENTRAL OFFICE MEETING MINUTES – SEPTEMBER

## Board of Trustees

**Chair: Wade J.** – Welcome, Moment of Silence, and Introductions

**CO-Chair: Shannon M.** – Reads the CO Preamble.

**Secretary: Jake S.** – AA Service Manual pg. 161 (Appendix S: General Service and Intergroup/Central Offices): In 1986, the first A.A.W.S./Intergroup/Central Office Seminar was held to discuss questions on literature distribution, pricing, and discounts, and to share ways to work together. Seminars are now held each year. Seminar history and information can be found at: [www.icoaa.org](http://www.icoaa.org). This year's ICOAA Seminar is being held Thursday-Sunday October 12-15 in Kentucky. Unanimous vote at last week's Board meeting to send and defray Wade. Will need to be decided at this meeting due to there being no time to take back to groups. Reps have Right of Decision per Concept 3. Cost would be about \$1150. Vote unanimous approving Wade to go.

**Treasurer: Mark C.** – Monthly Profit and Loss Statement, Group Contribution Sheet. Product sales were solid, all expenses were in budget. All money paid back from the fraud situation. Solid month with group donations. If your group isn't listed, please let him know and he will research it.

**Trustee: John S.** – District 2 needs donations, not in trouble doing well with service, Corrections is doing great with the prison, but District 2 does need contributions. Questions regarding whether this should be conveyed to non-District 2 meetings. Answer is that donations should go to your individual districts, just messaging that District 2 needs donations again and to reconsider group splits.

**Trustee: Sonya M.** – District 10 - Bridging the Gap and Treatment are both open positions needing to be filled. Finally got Corrections filled, which takes care of the jail. Going strong, lots of enthusiasm and finding ways for people to serve in different capacities.

**Trustee: Phillip W.** – District 11 - Nothing much to report, August meeting was lightly attended.

**Trustee: Alan B.** – District 13 is active and doing well. Meeting attendance is strong with the GSR's reporting.

– Mark your calendars! The Fall Assembly hosted by District 13 is coming together and the time is getting close. Flyers are on the table with the agenda and all the details. Saturday there will be a combined speaker meeting with Alanon. There will also be an ice cream social on Saturday Night that will be lots of fun for drunks like us. Date / Location: September 22-24th just 5 short miles east of Central Office at the Sons of Utah Pioneers building in Millcreek.

– There are several open chairs and positions in District 13. Come join us at the next District 13 GSR meeting on September 28th at Jim's Restaurant in Sandy.

– Contact me any time at "trustee13@saltlakeaa.org" Thank you all for your service.

**Alternate Trustee: OPEN**

**Immediate Past Chair: Brad M.** Not present, excused.

## Standing Committee Chairs

**Hotline Telephone: Max D.** – We are covering 95% of the phone 24/7. This is better than March when it was only 36%. People are requesting one or two hour shifts. This is feasible, but not ideal (as four hour shifts), just talk to him and he will work with you. There is a six month sobriety requirement. We have blocked five phone numbers due to Safety Concerns. Please let him know if they are calling from other numbers so we can alert proper law enforcement. Times available for service change all the time, but currently it's Monday 6 am - 10 pm, Saturday 12 am - 4 am, and the first and second Friday 5 pm - 12 am.

**12th Step Coordinator: Charlie C.** – 12 step list will be updated soon to take out to the groups. If someone calls CO, the office calls someone on the list to connect them with AA member to help them out. Sobriety Requirement question, there is none that are set.

**Activities: Kim B.** – Report on the central office picnic held in august. Pass out flyer for our next event - Chili Cookoff - October 7th.

**Newsletter: Danny B.** – Things are going smoothly, putting a checklist together on how to build the Lifeline, won't be here forever so it will be available for whomever takes over for him someday.

**Outreach: Jack H.** – Starting out still figuring things out, has started visiting groups. Please let him know if you'd like to help.

**Website: Jeff P.** - Traffic down, but still 5100 visitors. On Friday some Malware was discovered, looked like it was coming from saltlakeaa.org, was able to address quickly, had to purchase some software for \$120 a year to increase protection of the website. Unaware of the extent of the impact, or how many people are experiencing issues. A brief message will be at top of site on how to mitigate this if running into issue.

**By-Laws: Brad C.** – Gathering a committee to start in February.

**Volunteer: Bob C.** – Anyone is welcome to come check out a volunteer shift, standing invitation, and then make decision if they want to still move forward. Square went down for about 24 hours (our point of sale software), so we were only able to do cash for 24 hours.

**Literature: Jim S.** – We have placed an order for books and pamphlets. We should receive it next week. Additional orders needed contact me.

**Archives: Ben H.** – Need to place Archives event flyer at clubhouses. Please handout /pass around flyer at meetings. Working on Archive Game and prizes. If you want to help on the Archive event, I will be at Central Office the 1st and 2nd Tuesday of each month at 4 pm.



Cont on pg. 4

# CENTRAL OFFICE MEETING MINUTES – SEPTEMBER

Cont from pg. 3

## Standing Committee Chairs

**Pubic Information: Allison S.** – We did a couple of tables this last month, including Car Show at Wheeler Farm and the Suicide Prevention at AFSP walk. Ended up running out of three of the pamphlets. Three people asked for help and gave us contact information. There were corporations interested in them coming to talk about AA. Steps Treatment Center was also interested, as well as a radio station. Anyone interested in getting involved, please get with her.

**Accessibility: Charlie T** – New deaf lady coming to her first meeting on Thursday, couldn't come to the scheduled meetings, but able to find a group that would help that night.

**Corrections: Serena C.** – The new district 10 corrections chairperson is off to a great start! Betsy and I will be meeting later this week to go over some of the things she's working on. We've recently been discussing ideas for streamlining the application/volunteer processes at Metro Jail. Betsy has also joined a Bridging the Gap committee and seems to be making wonderful progress. More details on that next month.

**Cooperation with Professionals: Karmina B.** – Was able to speak with surgeon about postponed surgeries due to alcoholism and drug use, gave pamphlets and meeting schedules to give out, which they don't know how to handle besides to google it.

**Technology: Elan B.** – Excitement in world of tech, a lot broken but now fixed. Things just need to be transferred from old computer to new computer.

**Coins: Kathy M.** – Reorder went in today, going well having debit card on file. Is available by phone for any questions.

**New Business** – Sue explains QR code flyer is to be sent to your groups, where people can pass out to help people connect to Central Office services.

Wade encourages everyone to express their enthusiasm for service to get others interested.

Adjourn and Close with Responsibility Statement

Next CO Representative meeting will be held on 10/10/23 @ 6:30 pm.

" I Am Responsible. When Anyone,  
Anywhere, Reaches Out For Help,  
I Want The Hand Of A.A.  
Always To Be There. And For That:  
I Am Responsible."

Cont from pg. 1

## MY NAME IS JOYCE

Several times in the next year, I stopped drinking, improved, built up some false hope, started drinking again, and wound up worse than ever. I was experiencing the periods of brief recovery described in Chapter III of the Big Book. Finally, after a prolonged blackout, I was forced to my knees. I realized I was an alcoholic and contacted AA.

I will never forget the feeling of overwhelming relief when I was able to identify with the speakers at my first meeting. For the first time in years, I had real hope--a precious commodity for a downhill depressive. I needed it, for my first year in AA was rocky. I had a severe delayed withdrawal that put me back in the hospital. My health and nerves had taken quite a beating. I paid out more in doctor bills than I was able to earn.

Yet, with the guidance of the AA veterans, I was able to put together the program I still follow today. I keep it very simple, because that is the way it works best for me. The suggestion "Work on your number one problem, and everything else will be all right" has become the central concept of my life. I get to meetings regularly; I practice the Steps with joy and gratitude; I try to repay the love that has been given me by being of service when I can. I am never far from the literature of AA. In the books and the pamphlets, I discovered the guidelines that ultimately directed me off the dark toboggan ride of insanity. I have been restored to health, sanity, and purpose. I have a successful and happy marriage, to another sober AA, and have discovered for the first time the joy of finally being able to form a true relationship with another human being. I have mended some broken bridges through the practice of the Steps; others belong in the past and are better left alone.

AA has been a sort of spiritual cement. It has welded the broken and shattered pieces of my life together. Throughout the seven years since my last drink, I have found the same hope that I discovered at my first meeting, and I have many times felt that I would rather have hope than the things that I'm hoping for.

- Joyce H.

North Hollywood, CA

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## PAMPHLET OF THE MONTH

### A.A. for the Older Alcoholic

—Never too late

LARGE PRINT

This pamphlet will acquaint you with some men and women from a wide variety of backgrounds who have had equally diverse experiences with alcohol. What they have in common is that all of them came to grips with their alcoholism around the age of 60.

The turning point for the people whose stories appear in this pamphlet came when they finally decided to face the problem — looked at it squarely and became willing to do something about it.

The decision to ask for help was the all-important decision, one that nobody else could make. But once it was made, the hand of Alcoholics Anonymous was there, reaching out.

The men and women of A.A., of all ages, have accepted their alcoholism as the disease that it is, and, in doing so, have made themselves accessible to help, recovery, and the restoration of their lives. The way we help each other is by sharing our experience, strength and hope and by following a suggested program of recovery.

## JOKE OF THE MONTH

Beyond his years, a bald, wizened, little man was rocking in a chair on his porch, smiling happily.

A passerby, charmed by his smile, came up to him and said, I couldn't help noticing how happy you look. What's your secret for a long, happy life?

"Well, I smoke three packs of cigarettes a day," the old man said with a toothless grin. "I drink a case of whiskey a week, eat fast food and never exercise."

No way! How old are you?" "Twenty-six."

- Bob M.

Green Valley, AZ



This guy buys an old bottle at a yard sale. Upon polishing the bottle, a magical genie suddenly appears. The genie exclaims, "Thanks for letting me out of the bottle, I've been in there for a long time. I'll grant you one wish." 'I've always wanted to go to Hawaii, but I'm afraid to fly and I get sea sick, so build me a road. "That's too hard, got any other ideas?" replied the genie. OK, replied the guy, I can't control my drinking once I have the first drink and if I stop I can't stay stopped. I just want to be able to drink just like a normal person.

The genie replies, "Two lanes or four?"

- Anonymous



# FINANCIALS – AUGUST

| <u>Income Statement</u>         | 2023               | 2022               |
|---------------------------------|--------------------|--------------------|
| <b><u>Revenue</u></b>           |                    |                    |
| Group Contributions             | \$3,940.30         | \$7,809.00         |
| Contributions - Other           | \$865.27           | \$ -               |
| Purple Can Contributions        | \$637.14           | \$ -               |
| Sales of Product Income         | \$8,336.69         | \$6,461.50         |
| <b>Total Income:</b>            | <b>\$13,779.40</b> | <b>\$14,509.18</b> |
| <b>Total Cost of Goods Sold</b> | <b>\$6,162.53</b>  | <b>\$5,709.95</b>  |
| <b>GROSS PROFIT</b>             | <b>\$7,616.87</b>  | <b>\$8,799.23</b>  |
| <b><u>Expenses</u></b>          |                    |                    |
| Accountant                      | \$630.00           | \$ -               |
| Bank Charges & Interest         | \$206.28           | \$ -               |
| Activities                      | \$476.23           |                    |
| Lifeline/Newsletter             | \$67.76            |                    |
| Public Information              | \$49.50            |                    |
| Cash Over Short                 | \$(39.17)          | \$ -               |
| Office Supplies, Snacks & Water | \$284.47           | \$ -               |
| Literature Handouts             | \$275.00           |                    |
| Phone & Internet                | \$243.90           | \$ -               |
| Postage and Delivery            | \$10.70            | \$ -               |
| Printing, Paper & Reproduction  | \$437.68           | \$ -               |
| Rent                            | \$1,500.00         | \$ -               |
| Building Repairs                | \$12.93            |                    |
| Security Alarm                  | \$74.85            |                    |
| Software & Hardware             | \$392.19           | \$ -               |
| Utilities                       | \$445.37           | \$ -               |
| <b>Total Expenses:</b>          | <b>\$4,792.69</b>  | <b>\$3,539.39</b>  |
| <b>NET OPERATING INCOME</b>     | <b>\$2,824.18</b>  | <b>\$ -</b>        |
| Interest Income                 | \$37.27            | \$ -               |
| Other Expenses/Fraud            | \$(8,523.13)       |                    |
| <b>Net Income:</b>              | <b>\$11,384.58</b> | <b>\$5,259.84</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, or \$24,000 for 6 months.

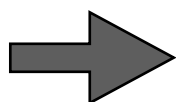
**Thank you everyone for your donations!! We appreciate you!**

## GROUP CONTRIBUTIONS – AUGUST

|                         |            |
|-------------------------|------------|
| 7th Up Group            | \$185.00   |
| Acceptance Group        | \$64.00    |
| A Vision for You        | \$34.10    |
| An AA Group             | \$201.60   |
| Chapter 5               | \$150.00   |
| Early Beginnings        | \$90.00    |
| GOD Great Outdoor       | \$1,000.00 |
| Happy Group             | \$111.00   |
| Hope on 90th            | \$200.00   |
| Magna Friendly Bunch    | \$250.00   |
| Midvale Bunch           | \$192.25   |
| Murray Group            | \$50.00    |
| Non Smoke Sober Hour    | \$450.00   |
| Old Timers Speaker      | \$115.70   |
| Primary Purpose         | \$120.00   |
| Rule 62                 | \$102.50   |
| Salt Lake Men's E Group | \$350.00   |
| Sharing and Caring      | \$388.00   |
| South Valley Bunch      | \$120.00   |
| Sugarhouse Step Study   | \$200.00   |
| Top of the Morning      | \$409.93   |
| Monthly Total:          | \$4,784.00 |

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

**Donate here**



### HOUR OF HOPE

#### Utah State Prison

Paco T. – 30 Days  
 Alex B. – 30 Days  
 Robbie T. – 90 Days  
 Jose L. – 1 Year  
 Ronnie N. – 4 Years  
 Kile K. – 9 Years  
 Bob V. – 17 Years

### PRIMARY PURPOSE

Collin W. – 11 Years  
 Suzanne B. – 10 Years  
 Jeremy C. – 10 Years  
 Keith M. – 2 Years

### THUNDERHEART

Andrew C. – 14 Years  
 Andrew L. – 4 Years  
 Blake B. – 12 Years  
 Calvin R. – 10 Years  
 Phillip B. – 2 Years  
 Spencer T. – 4 Years

### AND TO ALL WHO WE MISSED !

Submit picture or scan group birthdays to:  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org). Or drop off at C.O.  
 80 West Louise Ave (2860 S.)

A sober birthday is a day you can remember all the hard work you have done to maintain your sobriety. It also celebrates all of the people that got you to this point in your recovery. Taking a day to celebrate your sobriety is a happy occasion allowing us to reflect on "what our life was like then, and what our life is like today"



## MEETING UPDATE AND EVENTS

### Meeting Update

#### The Unity Lunch Bunch

Unity Lunch Bunch has moved from Central City Rec Center to Fellowship Hall 2060 S Windsor St., Salt Lake City – Weekday Noon meetings.

#### The New Way Group

Huntsman Mental Health Institute (formerly UNI)  
501 Chipeta Way, 2nd Floor (cafe), Salt Lake City  
**New Time: Sundays at 10:00 am - 11:00 am**

#### Out from Under Book Study

Fellowship Hall 2060 S Windsor St.  
Salt Lake City, UT 84105  
Monday & Friday Time 2 pm - 3 pm

### Salt Lake CENTRAL OFFICE AWARDS



Best Overall  
Most Original  
Most Unique

#### POT LUCK

Bring:  
Side Dishes  
Desserts  
Beverages  
...and  
Friends

Location: St. Vincent DePaul-1385  
Spring Lane/5100 So.

Date: Saturday October 7th -  
Time 5:30-8:30 PM

Entertainment 7:00 PM

### Fellowship Hall Presents CLEAN AND SOBER KARAOKE

with DJ Phil N Clean

**FIRST SATURDAY OF EVERY MONTH  
FROM 9 PM TO 12 AM**

Everyone is invited to come to have good clean and sober time!  
**FREE to enter! \$5 Donations appreciated!**  
All donations go directly to the club!

\*Children are welcome but MUST be supervised!

**Fellowship Hall 2060 South Windsor Street, SLC**

### We Will Not Regret The Past



**CENTRAL OFFICE**

**80 LOUISE AVE**

**SALT LAKE CITY,  
UT 84115**

**801-484-7871**

**ARCHIVES EVENT**

**OCTOBER 28 2023**

**5 PM — 8 PM**

**THREE PANELIST**

**SPEAKERS**

**ARCHIVE GAME**

**REFRESHMENTS**





# EVERYONE KNEW

The Dean of Students at the University of Maine knew. After numerous antics on campus, the final straw was parking a VW bug in the lobby of Purington Hall women's dormitory. He politely told me to complete my education at another institution of learning or be sent to an institution of incarceration.

My fiancé knew. In 1972, I was engaged to a woman from Queens, New York. For my birthday, instead of getting me a card she got me a Hallmark booklet titled "Shakespeare on Drinking." I thought it was a cute book and often comical. Then I came to a page that hit me where I lived. It was a man drinking from a beer mug that was taller than he was. At that moment, I knew that she knew I was an alcoholic. On that page, it referenced Shakespeare's play "King Henry the Sixth", Part 2, Act 4, Scene II, where it says, "I will make it a felony to drink small beer." She gave me an ultimatum and I would later give her the "heave-ho."

My brother knew. From 1970 till his death in 1993, my brother knew I was an alcoholic. During that period he would call me every Saturday at 1 pm. Once I got sober in 1978, our conversations changed. He'd call me, and while we were talking, he'd pass out. Knowing I was an alcoholic and knowing I was sober, he began asking me how I managed not to drink. I told him I had joined AA. From 2,300 miles away, there was very little I could do to help him, so I sent him a meeting list for Salem, New Hampshire. He managed to get four years of sobriety before he died.

My parents knew. In 1978, when I got sober, I wanted to make amends with my family immediately. I called my parents. I had both my mother and father on the call at the same time. I announced that I was an alcoholic. Both parents said they knew. I asked how they knew and my mother began giving me her version of my Fifth Step, listing my indiscretions as they had been observed over the years. Then I announced that I was sober. I can still remember the sound of my Dad's stern cold voice saying, "That's another one of

your lies!" They knew I was an alcoholic but didn't believe I was sober. They probably didn't believe me because I had told them I was sober in the past, only to extract money from them.

My commanding officer knew. In 1976, my commanding officer called me into his office to inform me that I was being enrolled in a treatment center. As it turns out, my previous commander had written my current commander outlining my drunken antics at my last duty station. After observing me for a while, he quickly diagnosed me as an alcoholic. What was so clear to him still eluded me.

My friends knew. In the later years of my drinking, all of my drinking buddies had nicknames. There was Bill aka "Wild Bill," Doug aka "Under Dog" and Paul aka "Louie the Snake." They simply referred to me as "Skid." I liked the nickname. It was short, one syllable and easy to say. I would later find out they called me "Skid" as a shortened reference to "Skid Row." Even the drunks knew I was an alcoholic.

The only person who didn't know I was an alcoholic was me. I was incensed that no one had the courtesy to tell me. And yet, one by one, each person close to me said they tried to tell me many times. I just wasn't listening. Today I know. I attend meetings so I don't forget.

- Anonymc

Click on this QR code to  
subscribe to a digital version  
of Lifeline



To subscribe to a printed  
version, send an email to  
[lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)

# RESTORING THAT OLD CLUNKER

Step 1: I had an "old clunker" parked in the driveway. I had just about given up on it, but decided to make a whole-hearted attempt to restore it.

Step 2: I couldn't fix it, but I came to believe someone could.

Step 3: I turned the car over to the Mechanic.

Step 4: I took an inventory of all that was wrong with the "old clunker."



Step 5: I shared the inventory with the Mechanic and someone else who was already being helped by the Mechanic.

Step 6: I helped take off the old parts.

Step 7: I let the Mechanic handle the rest.

Step 8: We made a list of all the parts that were defective, and became willing to replace them all.

Step 9: I admitted I hadn't checked the oil and fluids properly, or fixed the other things that were going wrong. It was my responsibility to take care of the car, and I had not. I wanted to help, but being unfamiliar with the process, I allowed the Mechanic to fix the things I couldn't and asked him to help me fix the things I could. The car turned out beautifully!

Step 10: I checked the oil, fluids, tires, etc. more regularly, and when I didn't the engine didn't hummmmm.

Step 11: I called on the Mechanic to help maintain the car, and asking Him to fix it whenever there was trouble.

Step 12: That Mechanic and I had become such close friends, we decided to take a trip across the country and stopped to help all that needed it along the way.

- Anonymous



## FREEDOM TO LIVE

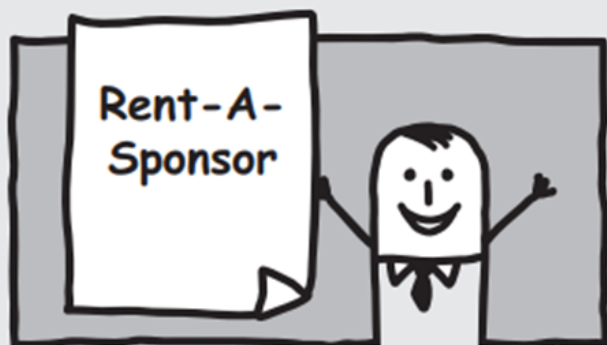
In many cases, people who've become aware of their mortality find that they've gained the freedom to live. They are seized with an appreciation for the present: every day is my best day; this is my life; I'm not going to have this moment again. They spend more time with the things and people they love and less time on people and pastimes that don't offer love or joy.

This seems like such a simple thought —shouldn't we all spend our lives that way? But we tend not to make those kinds of choices until someone says,

"You have twelve months to live."

-Bernie Siegel

# LOOKING FOR A SPONSOR?



**Are you tired of being told like it is?  
Still looking for that easier, softer way?**

**Had enough of that same old  
time-tested direction?**

**No Reading! No Writing! No Deadlines!**

## **Standard Features include:**

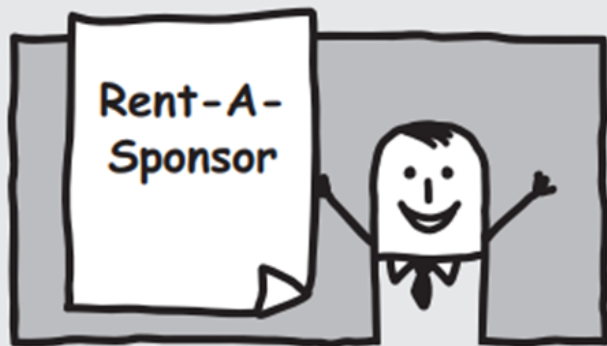
- *Listening to your sniveling without constant reference to the Big Book or the steps!*
- *Co-signing your excuses and rationalizations!*
- *Work only the steps you want, in the order you choose!*
- *Learn the secret of giving it away before you even have it!*
- *Why "walk the walk" when you can just "talk the talk?"*
- *Remember, it is better to look good than to feel good!*
- *Why save your ass at the cost of losing your face?*

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On a serious note, having an AA Sponsor is invaluable, if you're serious about your sobriety. When selecting a sponsor, look for experience strength and hope.

Look for a sponsor who is available to support you. Other important qualities of a sponsor may include:

- Giving honest feedback
- Respecting confidentiality
- Having a positive attitude
- Having integrity
- Having and sharing experiences that speak to your own experience
- Offering encouragement, attention, and advice
- Being good at asking the right questions for problem solving
- Helpful at suggesting setting healthy goals

You might want to seek a sponsor who seems to be using the AA program successfully in everyday life. There are no specific rules, but a good sponsor probably should be a year or more away from the last drink — and should seem to be enjoying sobriety..

No matter your stage of recovery, encouragement and guidance from people who have successfully maintained sobriety over time is beneficial.

An AA sponsor understands the challenges and potential consequences of alcohol misuse and has accomplished the goal of getting sober.

An AA sponsor helps with the following:

- Encourages sponsees to work the program of AA.
- Walking you through the 12 steps
- Engaging in AA activity
- Providing support through regular contact
- Carrying the message of AA by sharing their experience, strength and hope.

If this sounds overwhelming, remember you can change sponsors if you find the relationship is no longer serving your recovery. You may decide to change sponsors if you find you do not communicate well, or your schedules make it difficult to reach one another. Most important is to find a sponsor who you feel comfortable with and that you can easily communicate with.

- Anonymous

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