



AUGUST 2023

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HOW I COMPILED STEP EIGHT HONESTLY

The Big Book infers that we are to take stock honestly. (p.64). My sponsor took this direction seriously with me because I had almost slipped after five months sober. I was informed that my mind was not always honest and that I must appeal to God for help while writing my Step Eight inventory. I was reminded that Bill Wilson wrote about the “Great Reality deep within!” (p. 55), and that this would be my source to find the unvarnished truth, rather than my selective thinking. I have now come to believe that this was the same kind of alco-logical thinking that so often convinced me to take that first drink!

So, I prayed to God repeatedly—like a mantra. As I wrote, with God’s help, there appeared ever so many memories of people I had harmed. These included having my name appearing in the local newspaper, over and over, for public intoxication which had to embarrass my wonderful Christian parents. Also, my younger sister when she entered high

school because of the dismal reputation I left behind. I went on a two-week drinking binge during my senior year!

Reviewing this process, I began to realize how dishonest with myself I had been through all those drunken years. It is easy to suppress unpleasant memories, thus avoiding the accompanying guilt. Of course, without guilt, nothing changes!

I will be forever grateful to my sponsor for his direction and Big Book knowledge on this step. We are told not to regret the past nor wish to shut the door on it. (p. 83). I am still susceptible to guilt feelings to a certain degree, but not overwhelmingly. I have done what I can to make things right, also, we are told about amends we cannot make: “We don’t worry about them if we can honestly say we would right them if we could.”

Bob S.

Richmond, IN

CENTRAL OFFICE Board of Trustees

Chair — Wade J. board@saltlakeaa.org .
Co-Chair — Shannon M. cochair@saltlakeaa.org
Secretary — Jake S. secretary@saltlakeaa.org
Treasurer — Mark C. treasurer@saltlakeaa.org
Trustee (2) — John S. trustee02@saltlakeaa.org
Trustee (10) — Sonya M. trustee10@saltlakeaa.org
Trustee (13) — Alan B. trustee13@saltlakeaa.org
Trustee (11) — Philip W. trustee11@saltlakeaa.org
Alt Trustee — Diane B.

7th 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
Archives — Ben H. archives@saltlakeaa.org
By-laws — OPEN bylaws@saltlakeaa.org
Literature — Jim S. literature@saltlakeaa.org
Coins — Kathy M. coins@saltlakeaa.org
Public Info — Allison S. pi@saltlakeaa.org
Cooperation with Professionals — Karmina B. cpc@saltlakeaa.org
Corrections — Serena C. corrections@saltlakeaa.org
Outreach — Open outreach@saltlakeaa.org
Hotline — Max M. hotline@saltlakeaa.org
Newsletter — Danny B. lifeline@saltlakeaa.org
Technology — Elan B. it@saltlakeaa.org
Treatment & Accessibility — Charlie T. treatment@saltlakeaa.org
Twelfth Step — Charlie C. 12step@saltlakeaa.org
Volunteers — Bob C. volunteer@saltlakeaa.org
Website — Jeff P. 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.

C.O. MEETING MINUTES – JULY

Reports – Board of Trustees

Chair: Wade J. – Welcome and Introductions

CO-Chair: Shannon M. – Filled in for Chair at Board meeting, went smoothly.

Secretary: Jake S. – Thank you to the Standing Chairs and Board Members who gave me their reports and provided digital copies of handouts in advance.

Treasurer: Mark C. – Profit and Loss; b) Balance Sheet; c) Group Donations; d) Reconciliation Report. Not our best month. We were underwater by \$2600 during June. Books weren't selling as much and donations were down quite a bit compared to last year. Purple Can money was spent more in payouts than normal, which is a good thing. We re-upped our insurance company, so we won't see that bill again in the future. What is important to note is that the contributions were down, a number of groups that contributed last year didn't donate this year during month of June. Encourage some of the extra basket be given to Central Office. Checking account still in good shape. Rumor is that Central Office is flush with cash. This is not true. We have been spending money to take care of much needed improvements. We have been working down the literature in the back room, but now we are starting to buy books again at a high rate.

Trustee: John S. – Not present.

Trustee: Sonya M. – District 10 is from 2100 S to 7200 S and east to Park City. Please consider electing a GSR if you are in that area. Corrections Chair is unfilled, which is an essential position due to the jail. Very much needed, please pass this word along.

Trustee: Phillip W. - District 11 meeting was held June 14, 2023. Area 69 delegate David R. gave his post conference report which took most of the meeting. Regular business and reports were pushed to next month. Vacant treasurer position was filled by Matt D. Next District 11 meeting will be July 12, 2023, at 6:30 PM at Episcopal Church in Centerville, UT.

Trustee: Alan B. – Again, and as always, I would like kick off by thanking District 13 and all our great districts for your generous contributions to Central Office. We do not take it for granted and will spend it wisely.

1) District 13 is active and doing well. Attendance is strong and many groups are reporting strong turnout with a few down as summer is now in full swing.

2) District 13 is excited to host the Fall Assembly September 22-24 and is considering a combined AA and AI anon speaker meeting.

3) Mistakenly I have taken for granted that everyone that has been around AA here in the Salt Lake are knew about our great Central Office Lifeline Newsletter. I discovered many did not. I discussed and encouraged all GSRs and groups to submit stories, birthdays, upcoming events, jokes, and subscribe to the newsletter. I provided Lifelines for all attending and had some extra to take to their groups.

4) Energetic GSRs from both the Draper Group and The Big Book Bunch approached me after the meeting. They both had members in need of meetings for the deaf with interpreters. I showed them how to filter that in our Central Office Meeting guide. It was a great discussion. Feel free to contact me any time. My email is trustee13@saltlakeaa.org Thanks for your service!

Alternate Trustee: at Large: Diane B. – Was not asked by any of the trustees to help or cover this past month, happy to help as needed.

Alternate Trustee at Large : OPEN

Immediate Past Chair: Brad M. - G.O.D. Campout was amazing, Central Office was well represented.

Reports – Committee Chairs

Hotline: Max D. – Excused.

1. We still have a few spots left for the Hotline.
2. Reminder that the Hotline phones won't forward if they are answered by Central Office.
3. We are collecting information to direct callers to our 12-step program.
4. Please advertise the Hotline program in your group meetings.
5. Callers are getting used to the fact that we have volunteers answering the phone 24/7.

12th Step Coordinator: Charlie C. – Not present.

Activities: Kim B. - Central Office Picnic Sunday August 15th at Murray Park, Pavilion #5 from 11 am to 3 pm. Hot Dogs, Hamburgers, Veggie Burgers. Please bring a side dish and your sponsees and newcomers. Always looking for volunteers. We need 4 cooks and some people to help set up and tear down. We're going to rotate cooking, please let Kim know. Setup is at 9:30 am.

Newsletter: Danny B. – Things are going swimmingly for Lifeline. No issues to report. Thanks to our IT chair for sending out the current newsletter via email and our Volunteer chair for those monthly trips to the post office. Looking for stories of Experience, Strength, and Hope to be published. Please send to "lifeline@saltlakeaa.org".

Outreach – OPEN

Website: Jeff P. - Traffic for month of June was steady. Meeting page getting the most hits. Please update him of any meeting changes by using the request form.

By-Laws – Brad C. – Stands and qualifies himself. Nobody opposed. Congrats Brad! Thank you for being willing to be of service.

Volunteer: Bob C. – New volunteer, happy to have someone consistently interested to join. Board appreciation is Sunday the 16th from 10-12. Quarterly breakfasts to provide support to our volunteers, tell the Board their concerns and what we can help them with.

Literature: Jim S. – We have repriced much of the current inventory. Some books and pamphlets are still on back-order, this is due to GSO being behind on printing. We should receive it in two weeks. So far have not received any negative feedback.

Archives: Ben H. - I will be making a flyer for the Archives event before September. If you want to help, I will be at Central Office on 9/5 and 9/12 at 5:00 pm. Going on vacation in August, thank you for letting me be of service. Has a drop off box if you want to donate anything.

Public Information: Allison S. - Excused. Meeting with past public information chair to get some help running things.

Accessibility: Charlie T – Will now be advertising three meetings a week: Sunday Acceptance, Monday No Laurels, and Tuesday 5:30 Non-Smoking.

Corrections: Serena C. – Excused.

Cooperation with Professionals: Karmina B. – Not present.

Technology: Elan B. – Please standing chair and board members check your emails because that is where people are emailing standing chairs.

Coins: Kathy M. – Chips are doing well and reordered.

(Con't on page 4)

C.O. MEETING MINUTES – JULY (con't from page 3)

Old Business – The Spanish Community approached wanting to use a room here at Central Office. This is now the third month no-show from the Spanish language intergroup. At this point we will place this merger to rest, as there has not been any communication. Want to make known that the room will not be used for them until further notice. The Spanish community is more interested in having their own building and having freer rein for hours of operation. We will review it again if they show interest. We made it clear that they are a part of us and we welcome them. Inquiry as to whether the website has a Spanish Language option. We have some Spanish language meetings on the schedule but it is very outdated and has not received any info updates in awhile. Board will investigate whether we should have a Spanish language option for website.

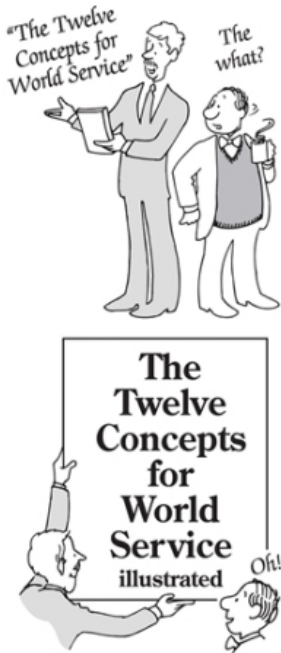
New Business – Genesis Book Store was shut down, was asked by the Alano Club if we could advertise it in the Lifeline. Brought up the Bylaw 2.1.11 regarding promotion of clubs.

Adjourn and Close with Responsibility Statement

Next CO Board meeting will be Tues 8-1-23 @ 6:30 pm

Next CO Representative meeting will be Tues 8-8-23 @ 6:30 pm

PAMPHLET OF THE MONTH



The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W., and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience.

The Twelve Concepts for World Service help to ensure that the various service entities remain responsive and responsible to the Fellowship they serve. In this version, brief, easy-to-read text and clever illustrations render these important principles clear and understandable.

JOKE OF THE MONTH



Two friends are walking their dogs together. One has a black lab, while the other has a minuscule chihuahua. They pass a bar and the lab owner says, "Let's get a beer". The chihuahua walker complains, "That would be great, but we can't take our dogs in there." The first responds, "Watch me". The lab owner strolls in with her dog and orders a beer. The bartender tells her "Sorry, you can't bring your dog in here." "He's my seeing

eye dog," the woman replies feigning offense. The bartender quickly apologizes and serves her the beer. The other woman follows, her chihuahua in tow, and orders a beer as well. Again the bartender says there are no dogs allowed in the bar. "He's... my seeing eye dog," the woman replies. "Yeah right," the bartender says, "A chihuahua? Give me a break". With a missing beat, the woman replies, "They gave me a chihuahua?!"

FINANCIALS – JUNE

<u>Income Statement</u>	2023	2022
<u>Revenue</u>		
Group Contributions	\$1,236.69	\$2,114.37
Contributions - Other	\$241.68	\$ 35.60
Purple Can Contributions	\$321.98	\$ -
Sales of Product Income	\$6,832.08	\$6,461.50
Total Income:	\$8,632.43	\$8,611.47
Total Cost of Goods Sold	\$5,075.30	\$5,195.57
GROSS PROFIT	\$3,557.13	\$3,415.17
<u>Expenses</u>		
Accountant	\$630.00	\$ -
Activities	\$229.32	\$ -
Bank Charges & Interest	\$136.42	\$ -
Cash Over Short	\$5.88	\$ -
Cleaning & Office Supplies	\$36.93	\$ -
Freight, Shipping & Postage	\$7.50	\$ -
Insurance	\$616.50	\$ -
Phone & Internet	\$243.90	\$ -
Postage and Delivery	\$245.00	\$ -
Printing, Paper & Reproduction	\$401.88	\$ -
Purple Can Expenses	\$1,050.00	\$ -
Rent	\$1,500.00	\$ -
Security Alarm	\$149.70	\$ -
Software & Hardware	\$519.75	\$ -
Subscriptions	\$19.99	\$ -
Utilities	\$371.52	\$ -
Website	\$23.99	\$ -
Total Expenses:	\$6,168.59	\$4,572.14
NET OPERATING INCOME	\$(2,611.46)	\$1,156.24
Interest Income	\$39.47	\$ -
Net Income:	\$(2,571.99)	\$1,156.24

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 – JUNE

5-15 Happy Group	206.42
Balkers BB Study	\$50.00
By the Book	\$172.25
Early Beginnings	\$56.00
Eye Opener	\$130.00
Fresh Air Serenity	\$75.00
Garden Variety	\$104.00
HillCrest Zoom	\$50.00
Magna Friendly Bunch	\$250.00
Park City Group	\$300.00
Primary Purpose	\$140.00
Tooele Beginners	\$25.00
Monthly Total:	\$1,558.67

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

The Seventh Tradition

"Every A.A group ought to be fully self-supporting, declining outside contributions."

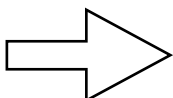
While contributions cover each group's rent and other expenses. The Seventh Tradition is essential at every level of A.A. service.

It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting.

Your contributions help ensure the future of our Fellowship worldwide.

Gratitude, expressed through contributions, reaches the still-suffering alcoholic.

Donate here



HOOR OF HOPE

Utah State Prison

Jason — 30 Days

Albert — 7 Years

PRIMARY PURPOSE

Lake C. — 27 Years

Tony M. — 44 Years

Skip Lamar - 48 Years

UNITY LUNCH BUNCH

Shan T — 18 Months

Dale K. — 7 Years

THUNDERHEART

Emilee — 2 Years

Dave Elliott — 3 Years

Greg J. — 6 Years

Leslie B. — 8 Years

Blake D. — 8 Years

Nichole H. — 4 Years

A VISION FOR YOU

Voy Anne D — 13 Years

Judy H. — 10 Years

Shelly L. — 4 Years

MIDVALE LUNCH BUNCH

Jason — 17 Years

AND TO ALL WHO WE MISSED !

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

MEETING UPDATE

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

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

The Lifeline Needs You! Articles

Be heard! Share your experience strength and hope in the Lifeline. 300-500 words, or a 1/2 page, single spaced.

Any topic related to Alcoholism - here are some ideas:

- Sponsorship
- higher power/ coming to believe
- service
- Your home group
- Emotional Sobriety
- Your Story

**" 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 !"**

CALENDAR OF EVENTS

MARK THIS ON YOUR CALENDAR

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

30th Annual - CC + H2O Conscious Contact and Water

Mens Spiritual Retreat

Food – Fun – Fellowship – Meetings – Recovery Workshop – Meditation
 Hot Pools – Tubing – Poker – Disc Golf – Connection – Spiritual Growth

The Spiritual Life Is Not a Theory. We Have to Live It

Workshop by Tom U. from Santa Fe, NM, with 37 years of sobriety

September 15th, 16th and 17th 2023

The Lava Hotel - 196 E Main St, Lava Hot Springs, ID 83246



Cost \$30 Early - \$40 day of – Please Pre-Register

Venmo: @chronicbeard Include name and phone number

Send Check; To: "CC + H2O" - 131 J St SLC, Ut 84103

If planning to stay at Conference Center, please call/text **Jeremy C. 801-916-9529**
 Limited Beds Available – First Come First Serve

- Queen \$200
- Twin \$75
- Bring Own Sleeping Bag and Pad \$25
- You can also reserve lodging at The Lava Hotel (208) 776 - 5800

Please bring a Big Book, a newcomer, and a swimming suit.

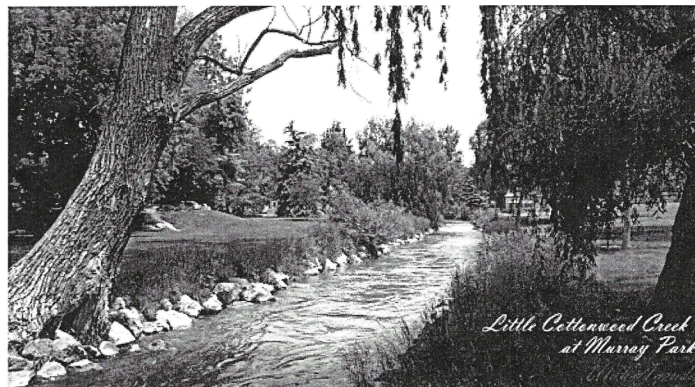
Questions? Call or Text *Christopher L.* 801-836-3373 or *Jeremy C.* 801-916-9529

Central Office Picnic

Sunday, August 13th

11:00 AM - 3:00 PM

Murray Park Pavilion #5



Central Office will supply hot dogs,
 hamburgers & veggie burgers
 Bring your family and a side dish to share
 with the group and your own beverage

2023 K.I.S.S. CAMP OUT AT ROCKPORT RESERVOIR

Come join your friends from Alano West at our Annual Camp Out. Enjoy the fine scenery and have a great time with friends and family.

Registration Fees*:

\$45.00 full weekend per family (Your spouse and children)

\$25.00 full weekend per single camper

\$10.00 per person Saturday only (Pays for food and parking, no overnight camping)

*Registration fees include camp site access for Friday and Saturday nights and access to Rockport Reservoir and their facilities. Showers are available for \$2.00 per person at Rockport State Park.

Weekend Highlights

- Fireside Meetings
- 50/50 Horseshoe Tournament
- Saturday Potluck Dinner**
- Saturday Drawing For Prizes----
- Grand Prize - Camp Chef and a TV
- Sunday Potluck Breakfast**

~~~~Please bring a prize for the drawing and a dish for Saturday and Sunday potluck~~~~  
 \*\*Food for the Dinner and Breakfast Potluck must be store bought and sealed. Plates, utensils and cups will be provided by the club

Make your payment before the campout at the club during scheduled meetings or pay at the campout. NO CHECKS ACCEPTED

**Alano West Club**  
 9087 W. 2700 S.  
 Magna UT 84044

**Casey P. 801-243-5139**  
**Dave V. 801-931-8518**  
**Ruth D. 801-759-2063**

**Hawthorn Group Camp Ground at Rockport Reservoir** in Wanship, Utah. Via I-80 East to Cheyenne Exit 155 for Ut-32 towards Wanship / Kamas, 4.2 miles to UT 302 Rock Port state Park. .

**Alano West Annual K.I.S.S. Camp Out Registration Form**  
 Event Date: Sept 1 - Sept 3 2022

NAME: \_\_\_\_\_  
 # of Family Members: \_\_\_\_\_ Date of Registration \_\_\_\_\_  
 Registration: Family Rate \$45.00 \_\_\_\_\_ Single Rate \$25.00 \_\_\_\_\_  
 Registration for Saturday Events Only (no overnight camping): \$10.00 \_\_\_\_\_  
 Total Amount paid: \_\_\_\_\_  
 Payment Received By: \_\_\_\_\_



## Maple Grove Camp Out

2023

August 11-13, 2023



### Maple Grove Campground

Exit 188 Scipio, UT take US-50 south for 15.1 miles. Turn west on Maple Grove Road, and turn left at the fork in the road (39.015783, -112-089783)

Registration: \$10 Individual, \$20 Family, Early Bird meeting Thursday, Kids Adult Raffle (Donations Accepted), Potluck Dinner Friday & Sunday: meat provided, bring a side or dessert to share, Meeting Friday & Saturday after dinner, AL-Anon meeting Saturday, Saturday & Sunday Breakfast, (Campout provides the food) Cash donations appreciated, Registration, meetings & group meals will all be located in group site A (Unless specified), Please provide your plates, utensils, Friends & Fellowship all weekend!

Registration opens Friday at Noon. Potluck is at 7:00 PM followed by AA meeting.

All campground & forest service rules will be followed. NO Dogs in the main area during meals. Groups sites A, B, & C are reserved for the campout, Thursday-Sunday. If you stay at any other site you must pay for it.

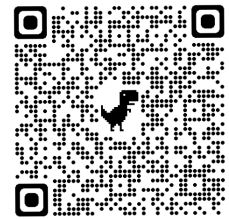
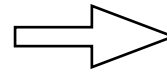


August 31 - Sept 3 2023

Location: 371 UT-153 Beaver, UT 84713

The complete Event Program for the Great Outdoor Beaver Meeting Campvention will be available on-site and posted at Registration. Scan QR code below for a general schedule of the activities that will take place.

Tickets and  
Registration



*Something's Cooking*  
at the *Women's Big Book Retreat*  
*September 22nd, 23rd, and 24th*  
*Where everything is real peachy!*



You'll want to  
save the date  
for these recipes!  
-Dawn Chamissit

You'll want to be  
seen at events  
serving these vittles!  
-Betty B. Gowin

You'll want to share  
these recipes with  
old friends!  
-I. M. Attendin



*Make this year a delicious year!*  
34th  
ANNUAL *WBBR*  
EDITION

*Attending is a piece of Cake!*

Registration: Mail your non-refundable check to:  
(Payable to "Women's Big Book Retreat")  
1042 E Ft. Union Blvd. #233  
Midvale, Utah 84047  
by Sept. 15th, 2023



or  
register and  
pay online at:  
newurecovery.org  
WBBR AA tab  
by Sept. 21st, 2023

Cost:  
\$100.00

Questions:  
call  
Sharon B. at  
801-706-9612



Make sure you try some of  
our recipes while you are there!



Get the  
word out...  
...and see  
ya there!

Email:  
WBBRgirls@gmail.com

# RELEASE FROM FEAR

The taking of Steps One, Two, and Three prepared me for the central meaning of AA - anonymity. Perhaps the core meaning of anonymity, as well as one of its great benefits, is freedom from fear, from the awful fear caused by human desire after it has fallen into the service of addiction. I have never ceased to marvel at the miracle of anonymity. This, I believe, is what really distinguishes AA and makes it an experience of great historical importance, as well as the precious instrument of my personal freedom.

When I am anonymous, I am never afraid. I am tense, anxious, ill at ease only when I am pretentious, controlling, and self-sufficient. Anonymity means that I do not make an issue of my pride, prestige, and self-importance. I can reach deeper into life's personal meaning without those barriers to truth. Also, to be anonymous means that I search for truth informally, as an individual, without being tied to any set of rules.

It is amusing to recall that we desperately tried to be "anonymous" in our active alcoholism. We tried to find another phony identity in our drinking sprees. But it was an "anonymity" shot through with fear and the dread of impending hangovers. Now, in sobriety, we are free, creative, and loving. The fear is gone.

The value of AA fellowship, besides its own joy, is found in this simple fact: Belonging to a group like AA, based on a shared defect, takes all the punch and power out of fear and anxiety. There is nothing to be afraid of. Our union, on the ground of our losses, is spiritual because it rises beyond the limitation of the human will. Through it, we discover what is means to be a person, rather than a personage.

To me, at present, life means recognition of the other person and myself, in our defects, in our hopes, in the new dimension of our anonymous therapy. In my earlier days on the program, I was trying to be a better person. That was a moral problem. I was also trying to get well. That was a health problem. Now, I feel I have embarked on an adventure in art. Now, I try to make life more beautiful, to be better disposed toward everyone I meet, and to better express how I feel. Now, creative living replaces the old, futile search for a cure.

Tragedy may strike in sobriety, as it does in the life of all human beings. But what gives me great joy these days is the insight that our sense of humor can provide. Humor is one of the skills of recognition. Look

at Step One. When I asked my boss, years ago, to allow my work week to be clustered around Wednesday and Thursday, I already knew that I was powerless over alcohol, that I was fitting my life around my addiction. I would drink from Thursday to Tuesday because I had to fit into the rigid tyranny of my drinking pattern. There was no choice. I recognize Step One because I took it before, without quite realizing it then as I do now.

Step Two? When, a thousand times in the past, I reached for that drink on borrowed money, shaking, fearful, and sick. I felt at depth that I was turning to a greater power to restore me to sanity. And in Step Three, I turned my will over to the care of a god as I understood it when I discovered that I just *had* to go on drinking, even though everything valuable in my life was saying "No." The power of addiction won.

Now, I want the same things out of life that I wanted in the early days of drinking. I want to be free to feel better, to love and be loved. I practice sobriety for the same good reasons that I drank. I'm still the same alcoholic, with the same hopes and ideals. But the colossal difference is that now I am not afraid, because I don't have to drink and I can go on growing till I die.

I took up drinking for what it could do for me. It used to be a means to an end. Then the means became the end itself, and I drank for the sake of drinking. We say we are alcoholics: the addiction remains. But we no longer need to drink, because we are no longer afraid. Anonymity is not a thing, not a possession to worry about. It is a way, an attitude, a technique, a medium. What we want is a way to be. As sober people, we want to illustrate anonymity in the way we express ourselves- freely, easily, informally, released from the tangles and angles of human desire.

I cannot carry the message if I am not anonymous, if I am not loving, if I am not sober. To be a sober alcoholic is to admit that, though unable to drink, I can be free and happy and loving, immersed in the anonymous love of AA. And that was all I even really wanted way back in the dream days of early drinking.

- D.A.S., Mt. Clemens, Mich

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# PRINCIPLES OF THE 12 STEP PROGRAM

STEP ONE – HONESTY

STEP TWO – HOPE

STEP THREE – FAITH

STEP FOUR – COURAGE

STEP FIVE – INTEGRITY

STEP SIX – WILLINGNESS

STEP SEVEN – HUMILITY

STEP EIGHT – BROTHERLY LOVE

STEP NINE – JUSTICE

STEP TEN – PERSEVERANCE

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