

# Lifeline

Central Office of  
Salt Lake  
Newsletter

Junly2006

## KEEP TRYING

*I am not judged by the number of times I fail, but by the number of times I succeed, and the number of times I succeed is in direct proportion to the number of times I fail and keep trying.*

*Do more then just read this. Study it. Sing it. Let it sink in. Let it change the way you look at any result that's not a success. I'd love for you to learn the jingle word for word. Work with the jingle and the five attitudes toward failure; burn them deep into your mind and your performance and income will leap forward.*

*Review the Five Attitudes Toward Failure now, and use them every time you take a risk or make a move that results in less then a win.*

- 1: I NEVER SEE FAILURE AS FAILURE, BUT ONLY AS A LEARNING EXPERIENCE.
- 2: I NEVER SEE FAILURE AS FAILURE, BUT ONLY AS THE NEGATIVE FEEDBACK I NEED TO CHANGE COURSE IN MY DIRECTION.
- 3: I NEVER SEE FAILURE AS FAILURE, BUT ONLY AS THE OPPORTUNITY TO DEVELOP MY SENSE OF HUMOR..
- 4: I NEVER SEE FAILURE AS FAILURE, BUT ONLY AS AN OPPORTUNITY TO PRACTICE MY TECHNIQUES AND PERFECT MY PERFORMANCE.
- 5: I NEVER SEE FAILURE AS FAILURE, BUT ONLY AS THE GAME I MUST PLAY TO WIN.

KEEP TRYING (KEEP TRYING)  
KEEP TRYING (KEEP TRYING)  
YOU WILL SUCCEED IF YOU KEEP TRYING  
KEEP TRYING (KEEP TRYING)  
KEEP TRYING (KEEP TRYING)  
YOU WILL SUCCEED IF YOU KEEP TRYING.

FOUND IN MY IN-BOX AT WORK LAST WINTER. MARTIA S.

CENTRAL OFFICE  
STATEMENT OF PURPOSE

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone service;
- to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A.-approved literature for sale to members and the public;
- and to print and distribute a newsletter.

Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

Suiting up and Showing Up  
Groups Represented At the  
Central Office Reps Meeting for:  
June 2006

MURRAY GROUP  
CITY AT SEVEN  
HAPPY DESTINY  
COME AS YOU ARE  
HIGH AND DRY  
OFF THE CUFF  
BIG UGLIES  
CHAPTER 5  
DNS  
5:30 SOBRIETY HOUR  
SPIRITUAL QUEST  
SIMPLY BIG  
GARDEN VARIETY  
FRESH AIR SERENITY SEEKERS  
NO NONSENSE  
GRAPEVINE  
10<sup>TH</sup> STEP B.B. STUDY  
GRANGER GROUP  
OLD FASHION A.A.

SHARING AND CARING  
SUNDAY BREAKFAST  
IT'S IN THE BOOK  
ACCEPTANCE GROUP  
HOLLADAY GROUP  
WEEKEND GET A.A.  
HAPPY GROUP  
SO. DAVIS RECOVERY  
APPLYING THE PRINCIPLES  
MIDVALE LUNCH BUNCH  
5:30 SOBRIETY - SMOKING  
FRIENDSHIP GROUP  
BOG IRISH  
CAME TO BELIEVE  
FOOTHILL GROUP  
HONEY'S - WEEKEND  
AN A.A. GROUP  
UNITY LUNCH BUNCH

**Is Your Group Represented?**

The next C.O. Reps Meeting is the second Tuesday of the month at 7:00 P.M. at the Central City Community Center, 615 South 300 East.

LIFELINE

THE MONTHLY NEWSLETTER OF  
CENTRAL OFFICE OF SALT LAKE CITY, INC.

We welcome your correspondence and will publish your material, space permitting, if it meets editorial criteria. *Share your experience, strength and hope with another alcoholic.* For a free subscription or to submit articles, suggestions or contributions, contact Central Office of Salt Lake City:

CENTRAL OFFICE OF SALT LAKE CITY, INC.  
2480 South Main Street, Suite 112  
Salt Lake City, Utah 84115  
Central Office Board of Trustees(2006)

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Central Office Manager	Ron K.
Employees	Sandy A.
	Jonnie S.
Lifeline Editors	Paul and Martia S.
Schedules	Marcia
Telephone Coordinator	Caroline S.

To reduce our costs, Central Office would like to update our mailing list for the LIFELINE. If you have moved please contact C.O. at 484-7871  
Thank you.

Please visit our website for meeting information.  
[www.saltlakeaa.org](http://www.saltlakeaa.org)

“Let us never be a closed corporation; let us never deny our experience, for whatever it may be worth, to the world around us. Let our individual members heed the call to every field of human endeavor. Let them carry the experience and spirit of A.A. into all these affairs, for whatever good they may accomplish. For not only has God saved us from alcoholism; the world has recieved us back into its citizenship.”  
A.A. Comes of Age, pp. 232-233

## Upcoming Events

August 11th-13th; **First Gem State Roundup**, Doubletree Riverside Hotel, Boise ID.

[www.gemstateroundup.org](http://www.gemstateroundup.org)

August 27th; **Central Office Picnic**, Murray Park Pavilion #5

Sept. 1st—3rd; **2006 Colorado State Convention**, Marriott Denver Tech Center, Denver, CO.

[2006convention@comcast.net](mailto:2006convention@comcast.net) or [state@al-anon-co.org](mailto:state@al-anon-co.org)

September 15th—17th; **CC + H<sub>2</sub>O Men's Spiritual Retreat**, Lava Hot Springs, Idaho

contacts: James B.; [joheeb@gmail.com](mailto:joheeb@gmail.com)

Paul L.; [plundslc@aol.com](mailto:plundslc@aol.com)

Rick N.; [rick\\_nance@netzero.net](mailto:rick_nance@netzero.net)

September 15th—17th; **Women's Big Book Retreat** (not an AA sanctioned event), YMCA Camp Roger

contact: Patti I.; 541.9901

Sept. 22—24; **Fall Assembly 2006 Area 69 Elections**, Red Hills Best Western, Kanab, UT.

info: 435.865.5890

A group of AA members will travel to Akron, Ohio during September 22nd-24th, 2006. The cost will be about \$500.00 for transportation and lodging.

Anyone interested, please contact Vickie at 521-2114.

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Central Office may still move. Stand by for details!

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THIS IS NOT A DRESS REHEARSAL, THIS IS  
REAL LIFE.

— anonymous —

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A small, questioning note from the editor.

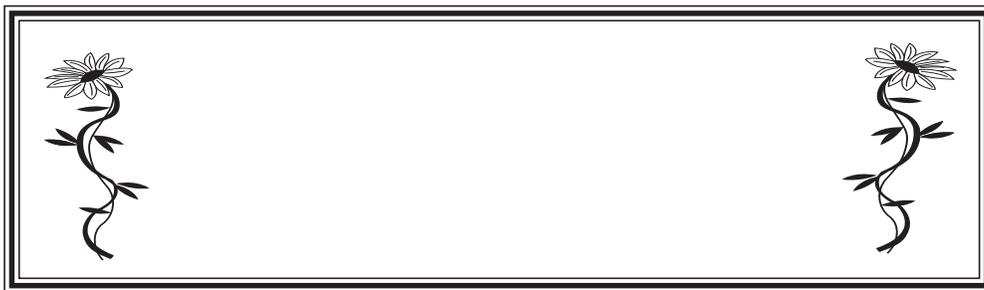
An opinion is like an asshole, we all have them and they all stink. The material presented in this newsletter is mostly from other group's newsletters and a big box of clippings from even older newsletters. Or selections from AA approved literature. There's nothing wrong with that. That these newsletters are read by people all over the globe via the Internet and contain stories, poems and other insights to the real lives they are living as sober AA's. The **Lifeline** presents an interesting insight as to the group conscience of the members of AASLC, by the minimal amount of input from it's members; Can they present themselves, what they were like?, 'what happened?' and 'what they are like now' through their stories, to the world?

I need contributions. This is not a 'me' program, it's a 'we' program, my brothers and sisters. Reach out with your story and try to reach that suffering alcoholic on the other side of the world with your not so unique story. Please.

CONGRATULATIONS TO OUR BIRTHDAYS!



Improve the quality of your sobriety and get out of yourself! Central Office needs volunteers for service work. We need people for 12-Step calls, stuffing envelopes, answering the telephone, et cetera. If you are interested contact Central Office at 484-7871.



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The **Washington Post** has published these winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words.

- 1: Coffee, n. The person upon who one coughs.
- 2: Flabbergasted, adj. Appalled by discovering how much weight one has gained.
- 3: Abdicate, v. To give up all hope of having a flat stomach.
- 4: Esplanade, v. To attempt an explanation while drunk.
- 5: Lymph, v. To walk with a lisp.
- 6: Gargoyle, n. Olive flavored mouthwash.
- 7: Flatulence, n. Emergency vehicle that picks up someone who has been run over by a steamroller.
- 8: Balderdash, n. A rapidly receding hairline.
- 9: Testicle, n. A humorous question on an exam.
- 10: Pokeman, n. A Rastafarian proctologist.
- 11: Oyster, n. A person who sprinkles his conversation with Yiddishisms.
- 12: Frisbeetarianism, n. The belief that, after death the soul flies up on the roof and gets stuck there.

Definition of Guts; arriving home late after a night out with the guys, being assaulted by your wife with a broom, and having the guts to ask:  
“Are you still cleaning, or are you flying somewhere?”

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### Tell three People (Today) How Much You Love Them

Author Stephen Devine asks the question, “If you had an hour to live and could only make one phone call – who would you call, what would you say, and why are you waiting?”

What a powerful message.

Who knows what we are waiting for? Perhaps we want to believe we will live forever, or that “someday” we will get around to telling the people we love how much we love them.

Whatever the reason, most of us simply wait too long.

As fate would have it, I’m writing this strategy on my grandmother’s birthday. Later today, my father and I are driving out to visit her grave site. She died almost two years ago. Before she passed away, it became obvious how important it was to her to let her family know how much she loved us all. It was a good reminder that there is no good reason to wait. Now is the time to let people know how much you care.

Ideally, we can tell someone in person or over the phone. I wonder how many people have been on the receiving end of a phone call where the caller says, “I just called to tell you how much I love you!” You may be surprised that nothing in the world means so much to a person. How would you like to receive the same message?

(continued on page six)

(continued from page five)

If you're too shy to make such a phone call, write a heartfelt letter instead. Either way, you may find that you get used to it, letting people know how much you love them will become a regular part of your life. It probably won't shock you to know that, if it does, you'll probably receive more love as a result.

(Don't sweat the small stuff)

Art Buchwald, the American writer once said:

"I don't think yesterday was ever better than today. That's why I keep advising my friends to wait ten years before admitting that today was 'great'."

Good advice, indeed. As are these words: "If you are hung up on nostalgia, you should just pretend that today really is yesterday – then go out and have a wonderful time!"

I walked out into the garden one morning and heard a bird singing its song of praise for another day. But try as I might, I couldn't see it, well hidden in a leafy branch. It reminded me of a proverb from China: "Keep a leafy branch in your heart and the singing bird will Come."

Not long ago that leafy branch had been bare, with no sign of life, completely inhospitable to any bird. But in a short time the branch was in full leaf, providing shelter.

In a broader context, this proverb encourages us to remember that better times will come again, no matter how difficult our present circumstances may be.

(The friendship book)

#### Become A Better Listener

I grew up believing I was a good listener. And although I have become a better listener than I was ten years ago. I have to admit I's still an *adequate* listener.

Effective listening is more than simply avoiding the bad habit of interrupting others while they are speaking or finishing their sentences. It is being content to listen to the *entire* thought of someone rather than waiting impatiently for your chance to respond.

In some ways, the way we fail to listen is symbolic of the way we live. We often treat communication as if it were a race. It's almost like our goal is to have no time gaps between the conclusion of the sentence of the person we are speaking with and the beginning of our own. My wife and I were recently at a café having lunch, eavesdropping on the conversations around us. It seemed like no one was really listening to one another. I asked my wife if I still did the same thing. With a smile on her face she said, "Only sometimes."

Slow down your responses and become a better listener aids you in becoming a more peaceful person. It takes pressure from you. If you think about it, you'll notice that it takes an enormous amount of energy and is very stressful to be sitting at the edge of your seat trying to guess what the person in front of you (or on the telephone) is going to say so you can fire back your response. But as you wait for the person you are communicating to finish, as you simply listen more intently to what is being said, you'll notice the pressure you feel is off. You'll immediately feel more relaxed, and so will the people you are talking to. They will feel safe in slowing down their own responses because they won't feel in competition with you for "airtime"! Not only becoming a better listener make you a more patient person, it will also enhance the qualities of your relationships. Everyone loves to talk to someone who truly listens to what they are saying.

(Don't sweat the small stuff)

After Hours Transfer Phones for Central Office  
July 2006

	M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
<b>First Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	Greater Kearns; 6-11
10:30pm-9:30am	**	10th Step Group	**	**	**
<b>Second Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Hillcrest Group; 6-10	Basic Young People's; 7-11
10:30pm-9:30am	**	10th Step Group	**	**	**
<b>Third Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	5:30 NonSmoking SobrietyHour
10:30pm-9:30am	**	10th Step Group	**	**	**
<b>Last Week</b> 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Dave S.	5:15 Happy Hour
10:30pm-9:30am	**	10th Step Group	**	Dave S.	5:15 Happy Hour 5:30 till 10:00pm
		<b>Saturday</b>		<b>Sunday</b>	
<p>**Time slots available for your group to answer the phones. Call Central Office during business hours to sign up for a time slot. The phone number is at the bottom of this page.</p> <p>C.O.'s hours are; Monday through Friday 9:30am - 2:30pm and 3:30pm to 5:30pm. Saturday's hours are 10:00am till 2:00pm.</p>		<b>First Week</b> 2:00pm-6:30pm	John T.	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
		<b>Second Week</b> 2:00pm-6:00pm	It's In the Book	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
		<b>Third Week</b> 2:00pm-6:00pm	**	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
		<b>Last Week</b> 2:00pm-6:00pm	Dave P.	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
				6:00pm-8:00am	**
				6:00pm-8:00am	974 Group
				6:00pm-8:00am	**
				6:00pm-8:00am	We Care Group

Return Service Requested

SALT LAKE CITY, UTAH 84115-305  
2480 SOUTH MAIN STREET, #112

CENTRAL OFFICE OF SALT LAKE CITY, INC.

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