

“... ‘tis the season.”

## Relax

What does it mean to relax? Despite hearing this term thousands of times during the course of our lives, very few people have deeply considered what it’s really about.

When you ask people ( which I have done many times ) what it means to relax, most will answer in a way that suggests that relaxing is something you plan to do later—you do it on vacation, in a hammock, when you retire, or when you get everything done. This implies, of course, that most other times ( the other 95% of your life ) should be spent nervous, agitated, rushed, and frenzied. Very few actually come out and say so, but this is the obvious implication. Could this explain why so many of us operate as if life were one big emergency? Most of us postpone relaxation until our “in basket” is empty. Of course it never is.

It’s useful to think of relaxation as a quality of heart that you can access on a regular basis rather than something reserved for some time later. You can relax now. It’s helpful to remember that relaxed people can still be superachievers and, in fact, that relaxation and creativity go hand in hand. When I’m feeling uptight, for example, I don’t even try to write. But when I feel relaxed, my writing flows quickly and easily.

Being more relaxed involves training yourself to respond differently to the dramas of life—turning your melodrama into a mellow~drama. It comes, in part, from reminding yourself over and over again (with loving kindness and patience) that you have a choice in how you respond to life. You can learn to relate to your thinking as well as your circumstances in new ways. With practice, making these choices will translate into a more relaxed self.

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:  
November 2006

SPIRITUAL QUEST	5:15 HAPPY HOUR
SIMPLY BIG	VISION FOR YOU
GARDEN VARIETY	STEP MONSTERS
HILLCREST	10 <sup>TH</sup> STEP GROUP
SPEAKEASY LADIES	D N S
CITY AT SEVEN	NOMADIC LUNCH
CAME TO BELIEVE	5:30 SOBRIETY HOUR
ACCEPTANCE GROUP	WEDS. FIRESIDE CHAT
IT'S IN THE BOOK	HOLLADAY GROUP
COME AS YOU ARE	YOUNG AND ALIVE
TOO EASY BEGINNERS	HONEY'S BREAKFAST
HAPPY DESTINY	UNITY LUNCH BUNCH
SHARING AND CARING.	LIVING IN SOBRIETY
ONE SMALL STEP	AN AA GROUP
OFF THE CUFF	NON SENSE
SUGAR HOUSE MEN'S	BOUNTIFUL COMMUNITY
HAPPY GROUP	MURRAY GROUP
	COTTONWOOD GROUP

**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 Office 80 West Louise Ave. (2860 So.). Salt Lake City, Utah, 84115

“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 received us back into its citizenship.”

**A.A. Comes of Age, pp. 232-233**

**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.  
80 West Louise Ave. (2860 So.)  
Salt Lake City, Utah 84115  
Central Office Board of Trustees(2006)

Chair	Denton T.
Co Chair	Ron.
Secretary	Camille
Treasurer	Ben B.
Trustee at Large	Caroline S.
Trustee at Large	John C.
Trustee at Large	Elizabeth A.

Central Office Staff & Volunteers

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)

### Upcoming Events

January 12th — 14th, 2007; **17TH ANNUAL RIVER ROUNDUP**, Riverside Resort Hotel & Casino  
Laughlin, Nevada

Registration forms online: [www.rcco-aa.org](http://www.rcco-aa.org)

February 9th — 11th; **56TH GREELEY A.A. STAMPEDE 2007**, Best Western Regency Hotel, Greeley, CO.

Contacts: Shelli R. @ 970.405.1904 or Mike R. @ 970.356.9489

February 17th; **AREA 69 COMMITTEE MEETING**, Alano Club, Roosevelt, UT.

Contacts: Nadine N. @ 435.724.4209 or the Alano Club @ 435.722.2595

February 23rd — 25th; **10TH ANNIVERSARY DIXIE WINTERFEST**, St George, UT.

Info: [www.dixiewinterfest.org](http://www.dixiewinterfest.org) or Mike @ 435.229.6572

### SCHEDULE INFORMATION

CITY AT SEVEN IS LOCATED AT 252 SOUTH 500 EAST. (THE REAR DOOR OF THE SALVATION ARMY)

**Wake up Call** is now meeting at 1361 Woodside Ave. (senior center, Park City) Monday through Friday at 7:00 am and on Saturdays and Sundays at 8:00 am.

**Stepping Stones** was left off the schedule. Sorry. This group's open meeting is in the Alano Club building at 5056 S. 300 W. in Murray at 8:00 pm.

**Fresh Air Serenity Seekers** at 5056 S. 300 W. now meets Monday thru Friday at 12:00 pm. This is an open meeting.

The **12 O'Clock High** that meets at noon in the Backstreet club at 567 S. 2600 W. in Bountiful will now meet at 12:00 pm Monday thru Friday. This is also an open meeting.

**Rocketing to the Fourth Dimension** is at 1458 E. Hollywood Avenue. This meeting starts at 9:00 pm on Saturdays. It's an open smoking meeting.

The **Copperton Group** meeting starting at 8:00 pm in St. Paul's at 410 Hillcrest Street has been cancelled.

**In The Solution**, a men's group in Layton, is a closed meeting at 7:00 pm in the Baptist Church at 1232 N. Hill Field Rd. Another new meeting in Layton meets in a church at 1074 N. Fairfield Rd.

**It's in the Book** meets on Thursdays at 7:00 pm. This is also a closed meeting.

CANDLELIGHT YOUNG and ALIVE - 5056 So. 300 W. - meets at 9:45 P.M., NOT A.M.

Here's another meeting starting on Thursday. **Sunlight of the Spirit** is a Big Book study held in a house at 1999 W. 5580 S at 7:00 pm. I can only assume that it's in SLC.

**An AA Group** meeting in the family shelter at 210 South 455 West will now start at 6:30 pm instead of 7:00 pm. The **Davis Group** needs to clarify the information about it's meeting. It meets in the Catholic Education Center [440 Constitution in Layton] at 8:00 pm. This is an open meeting.

**District 11 GSR** has a new address. It now meets at 567 W. 2600 S in Bountiful at 6:30 pm on the second Wednesday of the month.

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“We lose the fear of making decisions, great and small, as we realize that should our choice prove wrong we can, if we will, learn from the experience. Should our decision be the right one, we can thank God for giving us the courage and the grace that caused us so to act.”

**Letters, 1966**

taken from

As **Bill Sees It**, page 253

**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.

**Things we cannot change . . .**



November Central Office Fund-raiser  
Spaghetti Dinner and Speaker meeting  
Wednesday, November 8<sup>th</sup> 2006  
Salt Lake City, Utah

The first Central Office Fall Fund-raiser held Wednesday, November 8<sup>th</sup>, 2003 at St. Ambrose Catholic Church was a great success thanks to absolutely everybody. Whether you helped sell tickets, organized, volunteered to help cook and transport food, helped out with set up, serving, take down, clean up, or simply showing up for a delicious spaghetti dinner and fabulous speaker meeting, we couldn't have done it without you..

Thanks to:

Jan C. for steering the committee and making sure all our bases were covered.

Meg A. for inviting and hosting Father Tom W.

Fr. Tom for sharing with us.

Dan B. for donating the printing of the tickets.

Laurie K, Caroline S, Deborah J, Sunny L, Shelia P, Cathy B, Jim G, Chris G, and Elizabeth A. for pitching in and taking care of any details that needed tending to.

Rick O. for providing the sound system and recording the speaker meeting. Tapes and CD's are available for \$5.00 and \$7.00 respectively with a portion being donated to Central Office. Contact Rick O. at 801-364-2929 if interested in purchasing tapes or CD's of the speaker meeting..

Mike R. and The Haven residents for preparing, delivering and serving the delicious dinner.

John A. for the wonderful bread sticks.

Kitchen helpers who worked the entire dinner: Dirk B. and Bruce N. (Dirk also got off work early to help with delivering food from The Haven and setting up the stoves.)

Other volunteers: Raymond M. (helped with the buffet and in the kitchen.) Sherry W, Josette V. and Sharon B. (helped set up the beverages and garbage cans). These three also helped serve the food while the Renaissance Treatment Center residents were eating.

Renaissance Treatment Center residents in Park City for serving and helping with clean up, And Mark P. for organizing their service.

St. Ambrose Catholic Church who waived the insurance fee and paid for Humberto to sweep and mop the floors after the event and take out all the garbage which didn't fit in the dumpster.

Our members who donated great prizes for our drawing.

And best of all.... the well over 325 folks who showed up in support of our Central Office.

It was a wonderful evening and a grand time was had by all.  
[The budget report is continued on page six. . . .]

[ Spaghetti Dinner Budget Report ], from page five

Thank you. Thank You. Thank You to absolutely everyone!!!!!!!!!!!!!!!

<u>GRAND TOTAL:</u>	7448.33
<u>Expenses:</u>	30.00 For John A.(profit in breadsticks donated to Fellowship Hall)
	90.17 Jim G. for bottled water
	63.71 Elizabeth A.,for miscellaneous Costco/Walmart items.
<u>Total Expenses:</u>	183.88
<u>Total Funds Raised after Expenses:</u>	7264.45

Respectfully submitted,  
Elisabeth A.

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**BOARD OF TRUSTEES ELECTIONS**

Elections were held at the C.O. Reps Meeting for the Board of Trustees who will serve Central Office starting January 1st, 2007. The new trustees are:

Chairperson: ----- Jim G  
Co-chairperson: ----- Ron L.  
Treasurer: ----- Dave T.  
Secretary: ----- Suzanne B.  
Telephone Coordinator: ----- Camille D  
Trustees at Large: ----- Laurie C.  
----- Joe M.

We want to thank the outgoing Board of Trustees for all the hard work that was put in this year. We would not be in our new office without their efforts. The members of the outgoing Board of Trustees are:

Chairperson: ----- Denton T.  
Co-chairperson: ----- Ron L.  
Treasurer: ----- Ben B.  
Secretary: ----- Camille D.  
Telephone Coordinator: ----- Caroline S.  
Trustees at Large: ----- John C.  
----- Elizabeth A.

After Hours Transfer Phones for Central Office  
December 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 Sobriety Hour
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>	
**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. 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.	<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
			6:00pm-8:00am	974 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
			6:00pm-8:00am	**
	<b>Third Week</b>			
	2:00pm-6:00pm	**	9:00am-12:00pm	**
	6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
			6:00pm-8:00am	We Care 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	**	

