



TO A KEEPER

One day someone's mother died.

And on that clear, cold morning, in the warmth of her bedroom, the daughter was struck with the pain of learning that sometimes there isn't any more.

No more hugs, no more lucky moments to celebrate together, no more phone calls just to chat, no more "just one minute."

Sometimes, what we care about most goes away ... never to return before we can say good-bye, say "I love you."

So when we have it ... it's best we love it ... and care for it and **fix it** when it's broken ... and take care of it when it's sick

It's true for marriage ... and friendships...

And children with bad report cards; and dogs with bad hips; and aging parents and grandparents. We keep them because it is worth it, because we cherish them.

Some things we keep – like a best friend who moves away or a classmate we grew up with. There are **just** things that make us happy no matter what.

Life is important, and so are the people we know and so, we keep them close! I

received this from someone who thought I was a 'KEEPER'.

Then I sent it to the people I think of in the same way.

Now it's your turn to send this to all those people who are "keepers" in your life.

Thank you for being a special part of my life!

YOUAREAKEEPER.

Received by e-mail

**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:**

Dec. 2005

MURRAY GROUP	NEW LIFE
BREAKFAST GROUP	WENDOVER GROUP
SPIRITUAL QUEST	ELEVATOR'S BROKEN
CITY AT SEVEN	WE CARE
HILLCREST GROUP	FRESH AIR
HAPPY DESTINY	OFF THE CUFF
NO NONSENSE	SPEAKEASY LADIES
TUESDAY BIG BOOK	NOMADIC LUNCH
HAPPY GROUP	IT'S IN THE BOOK
CAME TO BELIEVE	TENTH STEP GROUP
COME AS YOU ARE	UNI GROUP
STARTING THE DAY	BY THE BOOK
WOMEN STEPPING UP	CAMPUS GROUP
DEALERS CHOICE	AN A.A. GROUP
HIGH AND DRY	

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)

Chair	Denton T
Co Chair	Rob L.
Secretary	Camille
Treasurer	Stephanie O.
Trustee at Large	Caroline S.
Trustee at Large	John C.
Trustee at Large	Ben B.

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

"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

Upcoming Events

Feb 18th, 2006 Area 69 Committee Meeting: Black Hawk Arena - Salina, UT

Feb 24th - 26th 9th Annual Dixie Winterfest: Holiday Inn - St George, UT

Contact Mike @ 435-229-6572 or www.dixiewinterfest.org

March 17th -19th Pre-conference Assembly, District 1 - Ogden, Ut

April 21st -23rd Spring Cleaning With Bob D.: East Canyon Resort -SLC, UT

Contact #'s : 801-573-5641, 801-548-5122, 801-347-9863

UPDATES

Location Changes:

Acceptance (gay-lesbian) - from 309 E.100 S.to 361 N. 300 W.(multipurpose room)-Sun. 3:00pm-O-NS

Group II - from309E.100 S to 252 S. 500 E. (right rear door - Salvation Army)-O-NS Mon-8:00pm-ONS

Basic Young People- from309E.100 S to 777 S. 1300 E.(rear door - Baptist Church) Tues - 8:30pm-ONS

Right Stuff-from 309E.100 S.to 175 S. 700 E.(basement- Mt. Tabor Lutheran Church)Wed.-7:00pmO-NS

Friday Night Speakers from 309 E 100 S to 252 S 500 E (dining room Salvation Army) 7:30pm O-NS

Happy Destiny-Tues 8:00pm-rotating location -call Jim C. @ 963-9032

Cancelled Meetings

12 O-clock High- 567 W 2600 S - Backstreet Club-Bountiful-upstairs - Colonial Square - O-NS
was @ noon-daily - now-MTWTF

Bountiful Lunch Bunch 150 N 400 E - noon MWF- now cancelled

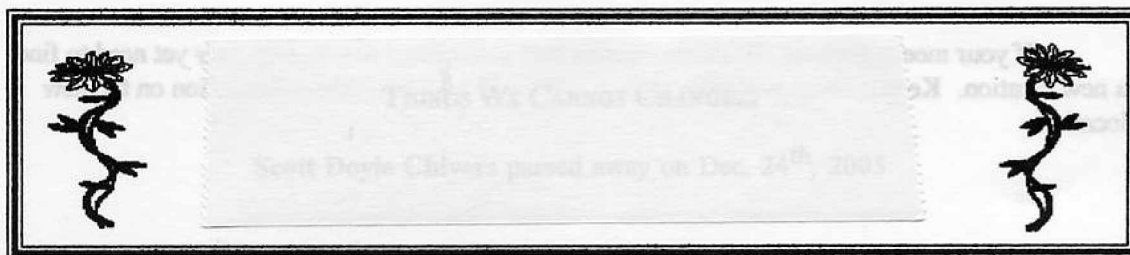
Time Changes

Castaways - 1784 Aaron Dr.- St Barnabas-Tooele- was Fri.-7:00pm-now 6:30pm O-NS

Don't Panic

If your meeting was at the Jubilee Center and is not listed above, they may yet need to find a new location. Keep calling us at **484-7871**. We will have the latest information on the new location.

CONGRATULATIONS TO OUR BIRTHDAYS!



NOTES FROM THE CENTRAL OFFICE BOARD MEETING

December 6th, 2005

Present—Denny, Ron, Ron L, Ben, Caroline, Suzanne, Rob and Camille.

We reviewed the Profit and Loss Statement and the Central Office Report. It was determined that \$18,935 was a three month prudent reserve.

We discussed the new bulk rate for World Services Literature for groups buying by the case. Ron will give them the books off of the shelf, unless it will deplete our supplies too much.

All three of the phones at Central Office are broken. We voted to have Ron get three new phones.

We discussed the Ad Hoc Outreach Committee to be formed at the Reps Meeting. Ben and Camille stepped up to head the Committee.

A NOTE TO TIME TRAVELERS (ed); We will have a Year End price reduction on specialty coins — limited to stock on hand. **No Special Orders** Sale lasts thru December 31st, 2005.

Ron's desk is probably a World War II surplus. It has a hideaway typewriter, and it's falling apart. He needs a new desk. Also, the Board needs input from the reps — The board would like up to \$2000 to put into making physical improvements to the off. It is in bad repair.

A Few Anonymous Tips for Living

CUDDLE WITH SOMEONE YOU LOVE ON SNOWY AFTERNOONS.

KEEP IN MIND THAT JUST BECAUSE A MAN OR WOMAN IS POOR OR EVEN HOMELESS DOESN'T MEAN THEY CAN'T BE A LOVING AND DEVOTED COMPANION.

CHOOSE YOUR LOYALTIES CAREFULLY, BUT ONCE YOU'VE CHOSEN THEM PUT YOUR HEART AND SOUL INTO THEM.

BECOME A PARAGON OF SANITY, SENSUALITY, AND CONTENTMENT.

NEVER BE TOO SMART FOR YOUR OWN GOOD.

BECOME SOMEONE'S FRIEND FOR LIFE.

RETAIN YOUR SENSE OF WONDER ABOUT ALL THINGS.

NO MATTER HOW OLD YOU ARE, NEVER BE AFRAID TO EXPRESS YOUR INNER CHILD.

BE THE FIRST ONE TO ACT LOVING OR REACH OUT

"So many of us hold on to little resentments that may have stemmed from an argument, a misunderstanding, the way we were raised, or some other painful event. Stubbornly, we wait for someone else to reach out to us—believing this is the only way we can forgive or rekindle a friendship or family relationship.

An acquaintance of mine, whose health isn't very good, recently told me that she hasn't spoken to her son in almost three years. "Why not?" I asked. She said that she and her son had a disagreement about his wife and she wouldn't speak to him again unless he called first. When I suggested that she be the one to reach out, she resisted initially and said, "I can't do that. He's the one who should apologize." She was literally willing to die before reaching out to her only son. After a little gentle encouragement, however, she did decide to be the first one to reach out. To her amazement, her son was grateful for her willingness to call and offered an apology of his own. As is usually the case when someone takes the chance and reaches out, everyone wins.

Whenever we hold on to our anger, we turn "small stuff" into really "big stuff" in our minds. We start to believe that our positions are more important than our happiness. They are not. If you want to be a more peaceful person you must understand that being right is almost never more important than allowing yourself to be happy. The way to be happy is to let go, and reach out. Let other people be right. This doesn't mean that you're wrong. Everything will be fine. You'll experience the peace of letting go, as well as the joy of letting others be "right," they will be less defensive and more loving towards you. They might even reach back. But, if for some reason they don't, that's okay too. You'll have the inner satisfaction of knowing that you have done your part to create a more loving world, and certainly you'll be more peaceful yourself."

Richard Carlson, PH.D

DONT SWEAT THE SMALL STUFF....

pages 43-44

PASS IT ON.

After Hours Transfer Phones for Central Office
February 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
First Week 5:30pm-10:30pm	No Nonsense	10th Step Group	Fresh Air Serenity	Skip	Greater Kearns; 6-11
10:30pm-9:30am	**	10th Step Group	**	**	**
Second Week 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	**	**	**
Third Week 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	**	**	**
Last Week 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
**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.		Saturday		Sunday	
		First Week 2:00pm-6:30pm	**	9:00am-12:00pm	**
		6:00pm-10:00pm	**	12:00-6:00pm	An AA Group
				6:00pm-8:00am	974 Group
		Second Week 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	**
		Third Week 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
		Last Week 2:00pm-6:00pm	Dave P.	9:00am-12:00pm	**
		6:00pm-10:00pm	John T.	12:00-6:00pm	An AA Group
				6:00pm-8:00am	**