

# Lifeline

Central Office of  
Salt Lake  
Newsletter

June 2006

## On Cultivating Tolerance

By Dr. Bob

July, 1944

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior—which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wished to do anything that might act as a deterrent to the advancement of another—and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes, an open-mindedness that is vastly important—is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

*The Best of the Grapevine, pages 49-50*

**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:**

**May 2005**

MURRAY GROUP  
CITY AT SEVEN  
HAPPY DESTINY  
COME AS YOU ARE  
HIGH AND DRY  
OFF THE CUFF  
NOMADIC LUNCH  
CAMPUS GROUP  
BIGUGLIES  
CHAPTER 5  
DNS  
5:30 SOBRIETY HOUR  
SPIRITUAL QUEST  
SIMPLY BIG  
NEW WAY  
HIGHLAND GROUP  
GARDEN VARIETY  
FRESH AIR SERENITY  
SEEKERS  
WEEKEND GET A.A.  
A WAY OUT

NONSENSE  
EYEOPENER  
GRAPEVINE  
WOMEN IN SOBRIETY  
ELEVATOR'S BROKEN  
TOO EASY A.A.  
SPEAK EASY LADIES  
UNITY LUNCH  
CAME TO BELIEVE  
SERENITY VIEW  
10<sup>TH</sup> STEP B.B. STUDY  
B.Y.P.G.  
GRANGER GROUP  
OLD FASHION A.A.  
5:15 HAPPY HOUR  
LIVING IN SOBRIETY  
SUGARHOUSE GROUP  
SHARING AND CARING  
SUNDAY BREAKFAST  
IT'S IN THE BOOK

**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**

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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.saltlakeaaa.org***

### **Upcoming Events**

June 2nd—4th; **Flagstaff 2006 Roundup**, Fort Tuthill Fairgrounds, Flagstaff, AZ.

June 9th—11th; **Utah Rainbow Roundup**; Holiday Inn, Salt Lake City, UT.

[rainbowroundup.org](http://rainbowroundup.org)

June 17th; **Area 69 Annual BTG Workshop**, Greenwell Inn and Convention Center, Price, UT.

for info: Keith M; 435.259.6183

or [TF@UtahAA.org](mailto:TF@UtahAA.org).

July 4th—9th; **24th Great Outdoors Campout**, Defa's Ranch, UT.

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)

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

info: 435.865.5890

### **Meeting Info**

**Vida Para El Fururo** is no longer sanctioned by CO as an AA meeting because of misconduct.

**Fresh Air Serenity Seekers** at 12 pm at 5056 S 300 W, is not an AA meeting.

**An AA Group**(210 S 455W) on Sunday, in the Family Shelter Board Room, is now

meeting at 10:00 am instead of 7:30 pm.

**Nomadic Lunch Bunch** on Monday only will meeting at the park at 3800 So. between Main St. and West through the summer. The other Nomadic Lunch meetings will remain at the bowling alley.

**Greater Kearns**(4290 W. 5415 S.) is starting at 8:00pm instead of 8:30pm.

**Bare Beginnings** Tuesday meeting at 859 S. 800 E.(Newsong Church) will start at 7:00 pm

instead of 6:30 pm.

If you need **Happy Destiny's** schedule call Jim at 963-9032.

Thursday's **Serenity Group**(5056 S 300W.) at 8:30 pm, has changed from a closed meeting to an open meeting.

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.

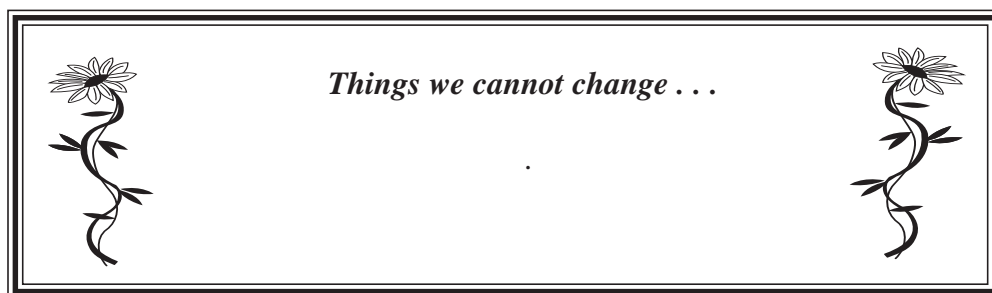
CONGRATULATIONS TO OUR BIRTHDAYS!



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.

“Mental and emotional difficulties are sometimes very hard to take while we are trying to maintain sobriety. Yet we do see, in the long run, that transcendence over such problems is the real test of the A.A. way of living. Adversity gives us more opportunity to grow than does comfort or success.”

LETTER, 1964  
*As Bill Sees It*, page 234



### Life is Meant to Be lived

When some of my foggy thinking began to clear in the early days of my sobriety, I realized how often I had drunk to escape the realities of life. As a result, I worked hard at facing my alcoholism head-on, practicing the Steps, and convincing myself that I was, at long last, on a journey of discovery. It exciting to think I could become a learning, growing, changing person, accepting my limitations, somehow finding the courage to seek a personal honesty for the first time. I naively assumed the escapist in me would just automatically disappear the moment I joined Alcoholics Anonymous. Now I realize how cunning, baffling and powerful are the old ways of thinking and behaving.

In fact, I allowed the old escape act to seep into my family life in matters that were the most important to me. At home, I refused to take an honest stand on issues or ask the questions that might have led to a deeper understanding of my loved ones, or my own role as wife, mother, or grandmother. What honesty I had was confined to the rooms of AA and talks with my sponsor. (Then I wondered why I struggled with depression so often.)

Very gradually I became a champion people-pleaser, a kind of emotional jellyfish who discovered that the silent martyr role at home was an “easier, softer way.” At work I avoided additional responsibilities and treated myself like a frail person to be protected from stress at all cost. I even gave some room in my head to the idea that I was now an AA old-timer and didn’t have the energy for very much Twelfth Step work.

I was at a dead halt — spiritually , mentally, and physically. Depression smothered my muffled thinking even more. Serious illness came along, and it took me awhile to understand what was happening. Thank God I never gave up on meetings, so my Higher Power finally got through to me. I realized I’d been playing the great escape act all this time.

I know now I have a lot of work to do. There are more amends to be made, letters to be sent, Twelfth Step work to be done , responsibilities to be assumed, and honest talks to be had with loved ones. Life is meant to be lived by facing the challenges it brings. Otherwise, I’m not living, just existing. God didn’t give me this gift of sobriety to sit in a rocking chair, imagining myself as some wise old woman who has arrived somewhere.

There is no easier, softer way. To bring the great escape act into sobriety is to travel with a companion that led me to despair long ago. The teaching I receive in Alcoholics Anonymous about courage and love helps me to continue to grapple with the challenges of life as they are given to me, one day at a time.

Louise A., Spring Hill, Florida  
*Best of the Grapevine*,  
Vol.III, pages 319-320

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A blonde woman was speeding down the road in her little red sports car and was pulled over by a Palmetto woman police officer who was also blonds. The blonde cop asked to see the blonde driver’s license. She dug through her purse and was getting progressively more agitated. “What does it look like?” she finally asked. The police woman replied “It’s square and has your picture on it.”

The driver finally found a square mirror in her purse, looked at it and handed it to the police woman. “Here it is,” she said. The blonde officer looked at the mirror, then handed it back saying, “Okay, you go. I didn’t realize you were a cop.”

The Hummer, Spring 2006

### **Twelve Ways to Tell the Difference Between Your Sponsor and Your Therapist**

1. Your sponsor isn't all that interested in the "reasons" you drank.
2. Your therapist thinks your root problem is your lack of self-esteem, negative self-image, and your poor self-concept. Your sponsor thinks your problem is a three letter word with no hyphens.
3. Your therapist wants you to pamper your "inner child." Your sponsor thinks it ought to be spanked.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to apologize to them!
6. The only time your sponsor uses the word "closure" is before the word "mouth."
7. Your sponsor thinks "boundaries" are things to take down not build up.
8. Your therapist wants you to love yourself first; your sponsor wants you to love others first.
9. Your therapist prescribes caretaking and medication. Your sponsor prescribes prayer making and meditation.
10. Your sponsor thinks "anger management skills" are numbered 1 through 12.
11. Now that you haven't had a drink in six months, your therapist thinks you should make a list of your goals and objectives for the next five years, starting with finishing up that college degree. Your sponsor thinks you start today by cleaning the coffeepots and helping him carry a heavy box of literature to the jail.
12. Your sponsor won't lose his license to practice if he talks about God.— From *The SunDry*

### **Magic Beer !!...**

A lady walks into a bar and sees a really good-looking guy sitting at the bar by himself. She goes over and asks him what he is drinking. "Magic Beer," he says.

She thinks he's a little crazy, so she walks around the bar, but after realizing that there is no one else worth talking to, goes back to the man sitting at the bar and says, "That isn't really Magic Beer, is it?"

"Yes, I'll show you."

He takes a drink of the beer, jumps out the window, flies around the building three times and come back in the window.

The lady can't believe it: "I bet you can't do that again."

He takes another drink of beer, jumps out the window, flies around the building three times and comes back in the window.

She so aazed that she says she wants a magic beer, so the guy says to the bartender, "Give her one of what I'm having."

She gets her drink, takes a gulp of the beer, jumps out the window, plummets 30 stories, breaks every bone in her body, and dies. The bartender looks up at the guy and says, "You know, Superman, you're a real asshole when you're drunk."

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An Al-anon and an AA member went on a camping trip together. Each had been active members of their programs for twenty-three years and were enjoying themselves tremendously.

Then night came, and they went to sleep in their own tent. About three in the morning, the Al-anon woke the alcoholic and asked, "What do you see?"

"Why, I see a sky full of brilliant stars and gorgeous moonlight," the alcoholic replied. "How great is our higher Power for creating such a beautiful night. What do you see?"

The Al-anon answered, "I see that somebody has stolen our tent."

Grapevine, 2004  
Joe M. Honolulu, HA



## After Hours Transfer Phones for Central Office

June 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>**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.</b> 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>Saturday</b>		<b>Sunday</b>	
		<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	**

June

CENTRAL OFFICE OF SALT LAKE CITY, INC.  
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