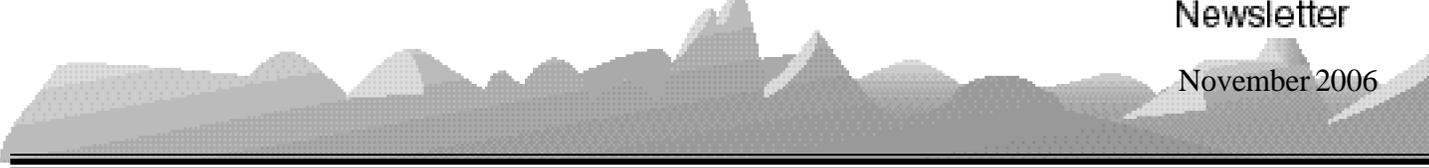

LIFELINE



Salt Lake City
Central Office
Newsletter

November 2006

Pass it on. . . .

A Week in the Life of the Office

By I.G.Office

Hi there! Let me introduce myself, for the many of you have never met me. My name is L.G. Office, and I am your servant. That's right. . . you have a servant. My entire existence is to provide you with everything you need on your road to happy destiny.

I am getting up there in middle age, on April 5, 1954 I was born when the Intergroup Council decided to bring me into existence. I started out very small, living on High Street and Bill S. was my first manager. Later, I wasn't large enough to take of you all and moved to 775 N. Main St.

But then, somewhat like today, many of you did not understand what I did. In 1960, the board asked *The Intergroup News* to dedicate two pages to explaining what I did and what my purpose was!

In 1962, it was decided that the Groups would run me on Saturdays but that experiment didn't last very long. You just can't demand that volunteers show up. Yet the calls kept coming, in fact I added a second phone line that year. In 1972 we tried the Saturday deal again, but it only lasted a month that time.

In 1979, we started sending out the lead sheets, letting everyone know who was speaking at what meetings. In 1984, you thought about buying a home for me, and even wrote my Great Uncle, G.S. Office for advice. Fortunately, you all realized that was a bad idea, and I moved into my new rented home on North Main St.

In 1995, the Archives opened and really made me happy. Now, more people from all over the world came to visit me.

But with all the changes over the years, some things remain the same. My mission remains to carry the message to the alcoholic who still suffers. . . I still exist to serve the Akron area groups and members.

My friend Joyce H. kept track of everything that happened in only a week, and it was amazing when it was all added up. The phone rang all the time. Many times she and Rob S. were both on the phone while visitors (were) browsing literature or taking the Archives tour.

We took more than 30 calls from from groups reporting their leads for the next month. More than 50 people called requesting meeting information; directions, what meetings were available, etc. Ten orders were called in for shipment of literature. Did you know that I ship AA literature all over the world? And not just the historic pamphlets or the Akron pamphlets, but even conference approved literature and Big Books. People just want things from Akron with our "Birthplace of AA" stamp.

[continued on page 5]

**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:
September 2006**

SPIRITUAL QUEST
SIMPLY BIG
GARDEN VARIETY
HOLLADAY GROUP
HILLCREST
MAGNA FRIENDLY
SPEAKEASY LADIES
CITY AT SEVEN
HIGH AND DRY
CAME TO BELIEVE
ACCEPTANCE GROUP
IT'S IN THE BOOK
BASIC YOUNG PEOPLES
5:30 NON-SMOKING
EARLY FRIENDSHIP
COME AS YOU ARE
TOOELE BEGINNERS
HAPPY DESTINY

SHARING AND CARING.
BIG UGLIES
ONE SMALL STEP
OFF THE CUFF
SUGARHOUSE MEN'S
BOG IRISH
AFTERNOONERS
HAPPY GROUP
SOUTH DAVIS
HONEY'S WEEKEND
5:15 HAPPY HOUR
UP GROUP
LIVING IN SOBRIETY
VISION FOR YOU
OLD FASHION AA
STONEWALL GROUP
WELCOME HOME
STEP MONSTERS
MIDVALE LUNCH

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	Ron.
Secretary	Camille
Treasurer	Ben B.
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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

November 4th — 5th; **Area 69 Fall Workshop**, Holiday Inn Salt Lake City, UT

November 8th; **Spaghetti Dinner & Speaker's Meeting**,

St. Ambrose Catholic Church, 1975 S. 2300 E., SLC, UT.

Dinner at 6:00 pm; Speaker's meeting at 8:30 pm.

Contact: Jan @ 801-440-6187 or C.O., 484-7871

November 23rd—26th; **Las Vegas Roundup**, Las Vegas, NV

register online at: www.lasvegasroundup.com

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 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.

Copperton City has a new meeting on Mondays. The **Copperton Group** meeting starts at 8:00 pm in St. Paul's at 410 Hillcrest Street.

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.

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 (the Backstreet Club) at 6:30 pm on the second Wednesday of the month.

Our featured presentation;

Slipping

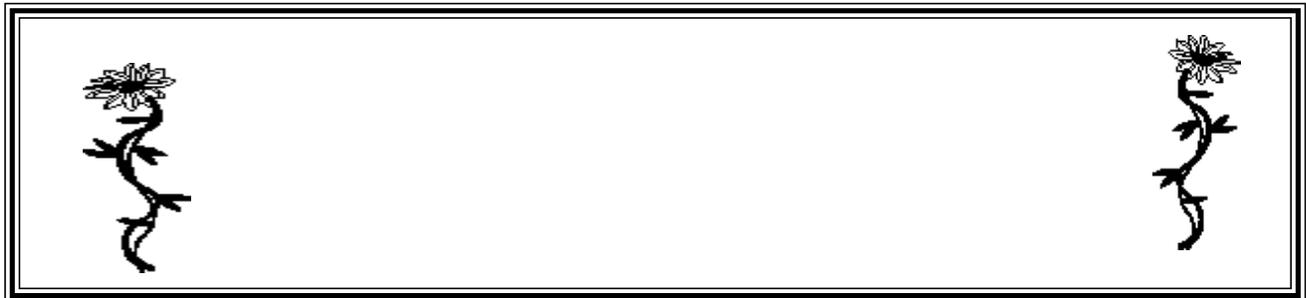
by John R.

[Please turn to page six. . .]

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.



A Week In the Life.. . .

Twenty-three calls were fielded for information on the upcoming Intergroup Seminar and over 100 for all kinds of things. . . .who's leading at a particular meetings, giving new secretary information, giving new treasurer information, wanting directions to our office, wanting directions to a meeting, what our hours are, where we are located, my friend I.G. Canton's phone number, my Cousin Albert Anon's phone number, directions to Dr. Bob's house and other historic sites . . . the whole spectrum. We had 9 people hang up. . .maybe cold feet?

The sad thing is we only had two Twelfth Step calls. My friend Jay wrote about that last month in *The Intergroup News*. I remember when we took may calls every week from desperate alcoholics seeking help.

I also had many people visit me during the week. Twelve volunteers came in to help Joyce and Rob and did all kinds of jobs. . . .stocked literature and books, stuffed flyers (did you know that on the average week we send 350 groups an average of 8 flyers. . . do the math and that is almost 3,000 pieces of paper that have to be collated and stuffed).

Twenty "earth people" came in to get the Akron Historic passports stamped. Now there are more folk who know where they or their family and friends can seek help if they ever have a problem with alcohol. We had 158 visitors, some from overseas, many from all over the United States. A woman called asking how she could get a sponsor for her son. His attorney said he needed a sponsor. She couldn't understand why he needed to find a sponsor himself. She was adamant about finding the sponsor for him. She concluded the conversation by telling me she was going to tell the attorney everything I said. Sounds like a budding member of the AA Police! (*Watch for King G.'s article on the AA Police coming in November*).

We had several calls about how the Program works: do we have counselors, do we appoint sponsors, can they go to more than one meeting, do the meetings sign court papers? Someone wanted to know if we would print a 100 page document form a disc for him. Several people called to see if any help was needed in the office. I talked to several people on the board about a variety of things.

A woman in California had heard that her sister and brother-in-law were drinking and out of control here in Akron. Wanted us to take care of them. I explained they needed to seek help for themselves.

A woman came in and said she needed to have someone call her brother because he needed to get in the Program. When asked if he wanted help she said that he was in the car out front and they had just come from his attorney's office and the attorney said he needed help, so her brother wanted help. I should have sent her to my Cousin Al.

A guy called and said he needed help. He was drunk and an emotional (anyway he sounded like he was). I got his name and phone . I left a message for several men on the Twelfth Step call list in his area. He called back two more times before someone returned my call and I gave them the information. Sad that it took so long.

So, another week in my life ends. I want to thank all the groups and members who make contributions to help me keep going. I hope this story helps all of my friends better realize know everything I do.

As Mae West used to say: "Come up and see me sometime."

Akron InterGroup News, #624; Oct. 2006

Slipping

by John R.

It was not until I came to AA that I learned that slipping was something other than an encounter with a banana peel or something equivalent. At first I noticed that this business of stopping drinking was difficult for some people. I slipped two days in a row. I came to my first meeting fortified with three quarts of beer which doesn't count. The next day I preceded the meeting with two quarts of beer. The following day, October 15, disappeared. I thought that this might be my last beer for a long, long time.

At first, my contact with people who couldn't keep the plug in the jug reminded me that I had tried to do the same thing after each bad experience. I began to ask the victims what started them off again. Without exception, it was "I quit attending meetings." I also thought that if I slipped, I could simply start all over again as I had seen others do. About five years into the program, it dawned on me that I might have only one chance and I had better treasure it.

Some people are convinced there is no such thing as a slip. They think that every slip is preplanned. I have never heard of anybody being held down by two "friends" while a third one pours a drink of choice down the slipper's throat. There are drinks at parties that are not identified as fortified or not, but a mistaken imbibment is not a slip unless the victim decides to try another one. Often, there are slips of only one drink which is just enough to reschedule the sobriety date. But there are many others which are followed by years of 'fun' before there is a new start of sobriety.

One thing that I am convinced about is the second and subsequent attempts to make the program get progressively tougher. This comes from watching people struggle. I am also convinced that those who have the most difficult time also treasure their sobriety very highly.

For me, AA is a way of life where I try to make some contact with another member everyday. I treasure the sobriety more than anything else. The thought of raising my hand as a newcomer for those first 30 days is not an attraction to drive me to drink. It reinforces the idea of not taking that first one which I am convinced would be a disaster. I really do not get concerned whether a slip is planned or not, just so that it does not happen to a 'nice' person such as me — and I hope it doesn't happen to you either.

Anonymous Times, page 5
July 1, 1998

After Hours Transfer Phones for Central Office
November 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

	Saturday	Sunday
<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. 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>	First Week	
	2:00pm-6:30pm	John T.
	6:00pm-10:00pm	**
	Second Week	
	2:00pm-6:00pm	It's In the Book
	6:00pm-10:00pm	**
	Third Week	
	2:00pm-6:00pm	**
	6:00pm-10:00pm	**
	Last Week	
	2:00pm-6:00pm	Dave P.
	6:00pm-10:00pm	**

Return Service Requested

SALT LAKE CITY, UTAH 84115-305

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CENTRAL OFFICE OF SALT LAKE CITY, INC.

PERMIT 1970

SALT LAKE CITY, UTAH

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