
LIFELINE



Salt Lake City
Central Office
Newsletter

September 2007

Letter

I have thought about and attempted to start this letter for some time. I have hesitated because I have had a hard time finding the right tone or mood for these complaints.

Alcoholics Anonymous and my relationship to AA is deeply rewarding, happy and important. AA is the fountainhead of everything in my life that remains dear. The meetings, however, continue to be more cultish and downright immature. I am confident and grateful that my sobriety does not depend on the sanity of meetings.

The usual readings and litany at the beginning of meetings have turned into a weird chanting circus. Somehow this has the feeling of a cult. These chanting “rites” have snuck in and increased over the years. I would not be surprised if next there were tambourines and maybe later the handling of snakes to prove ultimate devotion. The serenity Prayer is a wonderful prayer and as a prayer the conclusion could be a simple “amen” as opposed to some team spirit chant (keep coming back.... etc.).

And the clapping... sometimes is completely inappropriate. After some talks the habitual clap is absurd and irrelevant to the speaker’s story. Clapping is probably a good idea when a child has his first few successful toilet experiences to show encouragement to that great task. Clapping is appropriate at the end of concerts or great performances. But an AA talk at best is not a performance but an expression of feelings and experiences. What is the point of clapping after the reading of the 12 Steps or the 5th chapter? Is it an acknowledgment that the person graduated from 3rd grade? I think it shows disrespect and is immature.

Must the Grapevine representative ask “What’s the Grapevine?” at every meeting? Almost all of us know what the Grapevine is, and the new people will figure it out in due time. It is pimping for literature sales and takes up meeting time with just another commercial sideshow.

The pink can is a noble idea. I wish that less was said about the can in the meetings as it asks for donations and adds even more commercialization. Frankly, I have often thought of instituting a purple can that could be used to build bigger jails.

The list of insanity goes on: The shouts out to the treatment centers, tracing sponsorship back to Bill or Bob, and calling anniversaries birthdays. I have been tempted to turn us into ASCAP for their royalties for singing the birthday song....

Oh well, I sound like the “director”(in the Big Book) who wants to adjust the lights and scenery. We have survived controversies regarding outside literature, smoking, drug addicts, I expect we can survive these new cult-like and immature behaviors. I will put up with these shenanigans, but when they bring out the Kool-Aid I’m heading for the door.

Clark P.

**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.

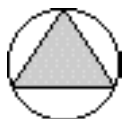
Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

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

August 2007

VISION FOR YOU
10th STEP GROUP
MURRAY GROUP
SPIRITUAL QUEST
SIMPLY BIG
OFF THE CUFF
HAPPY DESTINY
TOO EASY BEGINNERS
GARDEN VARIETY
PARK CITY STEP STUDY
VALLEY VIEW
HONEY'S BREAKFAST
BY THE BOOK
LIVING IN SOBRIETY
YOUNG AND ALIVE
HILLCREST GROUP

NO NONSENSE
APPLYING THE PRINCIPLES
AS BILL SEES IT
BOUNTIFUL COMMUNITY
BOG IRISH
NEW LIFE
MIDVALE LUNCH
SUGARHOUSE MEN'S
UP GROUP
SOBER SISTERS
UNITY LUNCH BUNCH
HOLLIDAY GROUP
BASIC YOUNG PEOPLE
EARLY FRIENDSHIP
SUNDAY BREAKFAST



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 Avenue
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.saltlakeaa.org

Is Your Group Represented?

The next C.O. Reps Meeting is the second Tuesday of the month at 7:00 P.M. at Central Office,
80 West Louise Ave. (2680 West)

“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

Sept. 7th — 9th; **Women's Big Book Retreat**, Camp Rodgers.

Call Patti L @ 801.541.9901

September 14th — 16th; **CC + H₂O, 15th Annual Men's Retreat**, Lava Hot Springs, ID.

Info.; James B., 801.301.1058, or; joheebbs@gmail.com

Sept. 21st — 23rd; **Area 69 Fall Assembly**, Park City, UT.

Info: 800. 548.8824 or www.bwlandmarkinn.com

A Service Announcement

Summer's ending and. AA Central Office still needs help with the phones.

Remember service work helps with your recovery.

Interested? Call Camille @ 916.0831 for night phones

or Sandy @ 484-7871 to help AT Central Office.

Central Office Fundraiser

Spaghetti Dinner and Speaker Meeting

Father Tom from Oakland, CA, will be speaking at St. Ambrose Church

on November 14th, 2007

Contact: Jan @ 801.440.6187

Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. Show him how they worked with you. Offer him friendship and fellowship.

Alcoholics Anonymous, page 95

SCHEDULE INFORMATION

CORRECTIONS AND CHANGES TO THE JULY, AUGUST, SEPTEMBER SCHEDULE

NEW MEETINGS:

Living Sober Study Group will meet in the home at 40 North 200 West in Tooele, UT at 7:00 pm on Friday.

A closed, non-smoking women's meeting, the **Butterfly Group**, (Tues, 7:00pm) has been cancelled. **Women &**

Mothers meets at the VOA Women's Detox

(687 West 4170 South) at 7:00 pm on Wednesday.

LOCATION AND TIME CHANGES:

The **Up Group** has moved to 4700 South 900 East. They meet in Anna's Cafe at 12pm. The **River to Recovery**

group that met at St. Mary's is now meeting at 745 East 300 South. Once again the **Women & Mothers** group meets

on Wednesday at 7:00 pm. The **Garden Variety** group that meets at Anna's Cafe (4700 South 900 East) will start at 9:30 am instead



of 10:00 am. The "Flying Blind By The Book" group has moved from 5056 So 300 W. to Anna's Restaurant @ 4700 So 900 E.

Thursdays @ noon.

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.

	<p>Things we cannot change . . .</p> <p>Too many unnecessary ones.</p>	
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Far from Innocent

(Grapevine, March 2003)

When I entered Alcoholics Anonymous I was twenty-one years old. Notice that I did not say “only twenty-one,” but twenty-one.” I have never heard people say they came in when they were “only forty-eight,” so why should I be any different? Being in AA for over a year now, I have noticed that people respond differently to young AA members than they do to older members of the Fellowship. At meetings, people will say, “It’s so nice to see you young people here tonight!” To this day, I have not heard that said about the older members or the old-timers. Why not? It’s good to see them too, right? It’s nice to see any alcoholic, of any age, on any given night.

Older members tell me how lucky I am that I didn’t have to go through what they did. How do they know what I went through? The circumstances and the duration of time might be different, but the emotional hell is the same or similar. The Big Book tells me that one does not have to drink long to be gravely affected, as is my own life experience. Eight years of drinking caused me to give away everything I had, physically and emotionally. My family would no longer speak with me, and by my own doing, I was forced to live on the street. Having no social or employable skills, I stole and panhandled to survive. More importantly, though, I lost my dignity, self-respect, and dreams of ever having a fulfilling life. Did I lose enough, or should I have lost more? The only thing I didn’t lose by coming so young is years of time. If I was so lucky to be here, why didn’t I win the lottery? Luck did not get me here, God did.

Why do people assume that a person is brand-new if he or she is young? A friend of mine, eighteen years old, has over three years sobriety, yet people constantly treat him as if he is new. In the beginning, the phrase “Keep Coming Back” was encouraging. Today it is insulting. If some says that to me, it is because they have stereotyped me. Maybe people are not “kids”; they are young adults. Many of us come from broken homes and shattered lives and have not been “kids” for many years. Do not judge us by our innocent appearance, for many of us are far from innocent. Do not condescend to us, because we are intelligent and you damage your attempt to be useful. Instead, love us as you would any other member in the family of Alcoholics Anonymous. What we lack in wisdom, we make up in enthusiasm and spirit. If I said I killed someone because I got behind the wheel intoxicated, would you take me seriously then? How old do you have to be to destroy somebody else’s life?

Young and old and everything in between, we are all in this together. Without the older generation, there would have been no one to carry the message to me. Saying thank-you would not be enough, but my appreciation can be shown by carrying the message to the next generation. We are definitely people who normally would not mix, but we are definitely not normal people. Despite our many differences, the harmony in which we get along and coexist is truly amazing.

Young alcoholics are real alcoholics and should not be treated with indifference, but with compassion and understanding. Do not pamper us or pinch our cheeks, because we are the same as you. Our suffering and sickness were no different than yours, so why should our recovery be?

Justin W., St. Petersburg, FL

After a night of hard drinking, a drunk pulls out his cell phone and calls the police to report a robbery in his car. “They’ve stolen the dashboard, the steering wheel, the brake pedal, even the accelerator!” he cries. But before the police can respond, they get another call, and the same voice comes on the line. “Never mind,” says the drunk. “I got into the back seat by mistake.”

Anthony F., via e-mail

Praying for Others

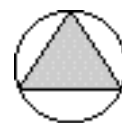
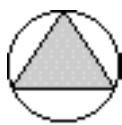
While praying sincerely, we still may fall into temptation. We form ideas as to what we think God's will is for other people. We say to ourselves, "This one ought to be cured of his fatal malady" or "That one ought to be relieved of his emotional pain, and we pray for these specific things.

Such prayers, of course, are fundamentally good acts, but often they are based upon a supposition that we know God's will for the person for whom we pray. This means that side by side with an earnest prayer there can be a certain amount of presumption and conceit in us.

It is A.A.'s experience that particularly in these cases we ought to pray that God's will, whatever it is, be done for others as well as for ourselves.

Twelve and Twelve, page 104

As Bill Sees It, page 206

**Antidote for Fear**

When our failings generate fear, we then have soul-sickness. This sickness, in turn, generates still more character defects.

Unreasonable fear that our instincts will not be satisfied drives us to covet the possessions of others, to lust for sex and power, to become angry when our instinctive demands are threatened, to be envious when the ambitions of others seem to be realized while ours are not. We eat, drink, and grab for more of everything than we need, fearing we shall never have enough. And, with genuine alarm at the prospect of work, we stay lazy. We loaf and procrastinate, or at best work grudgingly and under half steam.

These fears are the termites that ceaselessly devour the foundations of whatever sort of life we try to build.

Twelve and Twelve, p.49

As Bill Sees It, p.196

September 2007 Central Office Phone Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 2-6p John I 6-10:55p OPEN
2 9-12p Brian S. 12-6p An AA Grp 7-9p 974 Grp 9-11:55p Dave W	3 5:30-10:30p NNS 11-11:55p Jeff R	4 12-9:30a Jeff R 5:30-10p 10th Step 10-11:55p open	5 5:30-7p Afternoon... 7-11:55p Todd K	6 12-7a Todd K 5:30-11:55p Michael S	7 12-9:30a Natasha H 6-11p Grtr Krns	8 3-7p Its in the Book 7-11:55p OPEN
9 9-12p Brian S. 12-6p An AA Grp 6-11:55p Melissa B	10 5:30-10:30p NNS 11-11:55p Jeff R	11 12-9:30a Jeff R 5:30-10p 10th Step 10-11:55p open	12 5:30-7p Afternoon... 7-11:55p Todd K	13 12-7a Todd K 6:30-11:55p Hillcr...	14 12-9:30a Natasha H 6:30-11:30p Bsc Yg Ppl	15 2-7p OPEN 7-11:55p Mgna Frdly Bnch
16 9-12p Brian S. 12-6p An AA Grp 6-8p OPEN 8-11:55p Dave W	17 5:30-10:30p NNS 11-11:55p Jeff R	18 12-9:30a Jeff R 5:30-10p 10th Step 10-11:55p open	19 5:30-7p Afternoon... 7-11:55p Todd K	20 12-7a Todd K 5:30-11:55p John S	21 12-9:30a Natasha H 6:30-11p NonSmk S brty Hour	22 2-7p OPEN 7-11:55p Grpvn
23 9-12p Brian S. 12-6p An AA Grp 6-8p OPEN 8-11:55p Dave W	24 5:30-10:30p NNS 11-11:55p Jeff R	25 12-9:30a Jeff R 5:30-10p 10th Step 10-11:55p open	26 5:30-7p Afternoon... 7-11:55p Todd K	27 12-7a Todd K 5:30-11:55p Dave S	28 12-9:30a Dave S 5-10p Honey's	29 2-6p OPEN 6-11:55p Scott L
30 9-12p Brian S. 12-6p An AA Grp 6-8p OPEN 8-11:55p Dave W	1	2	3	4	5	6

