
LIFELINE



Salt Lake City
Central Office
Newsletter

May 2007

CHARMING IS THE WORD FOR ALCOHOLICS

BY FULTON OURSLER (Date unknown)

Down at the very bottom of the social scale of AA society are the pariahs, the untouchables and the outcasts, all underprivileged and all known by one excoriating epithet - relatives. I am **a relative**. I know my place. I am not complaining. But I hope no one will mind if I venture the plaintive confession that there are times, oh many times, when I wish I had been an alcoholic. By that I mean that I wish I were an AA. The reason is that I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist it has been my fortune to meet many of the people who are considered charming. I number among my friends stars and lesser lights of stage and cinema; writers are my daily diet; I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with kings and ministers and ambassadors; and I say, after that catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated.

I asked myself why I consider so charming these alcoholic caterpillars who have found their butterfly wings in the Alcoholics Anonymous. There are more reasons than one, but I can name a few. The AA people are what they are, and they were what they were, because they are sensitive, imaginative, possessed of a sense of humor and an awareness of universal truth. They are sensitive, which means they are hurt easily, and this has helped them become alcoholics. But when they have found their restoration, they are still as sensitive as ever; responsive to beauty and to truth and eager about the intangible glories of this life. That makes them charming companions. And they are possessed of a sense of universal truth that is often a new thing in their hearts. The fact that this at-one-ment with God's universe had never been awakened in them is sometimes the reason why they drank. The fact that it was at last awakened is almost always the reason why they were restored to the good and simple ways of life. Stand with them when the meeting is over and listen as they say the "Our Father". They have found a Power greater than themselves which they diligently serve. And that gives a charm that never was elsewhere on land or sea; this makes you know that God Himself is really charming, because the AA people reflect His mercy and His forgiveness. They are imaginative and that helped to make them alcoholics. Some of them drank to flog their imagination to greater efforts. Others guzzled only to black out unendurable visions that rose in their imaginations. But when they have found their restoration, their imagination is responsive to new incantations, and their talks abound with color and light and that makes them charming companions too. They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced- 2 -to take seriously the little and mean things of life that made them seek escape in a bottle. But when they have found their restoration, their sense of humor finds a blessed freedom and they are able to reach a god-like state where they can laugh at themselves, the very height of self-conquest. Go to meetings and listen to their laughter. At what are they laughing? At ghoulis memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with by candlelight.

**CENTRAL OFFICE
STATEMENT OF PURPOSE**

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

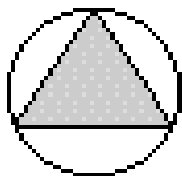
- To carry the A.A. message and help those individuals who suffer from alcoholism;
- to maintain a 24-hour Twelve-Step phone service;
- to answer phone inquiries as needed;
- to compile, update and print meeting lists;
- to maintain A.A.-approved literature for sale to members and the public;
- and to 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:**

April 2007

| | |
|-----------------------------|----------------------|
| HILLCREST | WE CARE |
| CAME TO BELIEVE | GREATER KEARNS |
| ACCEPTANCE GROUP | A NEW LIFE |
| HAPPY GROUP | SHARING AND CARING |
| VISION FOR YOU | CLOSED GROUP |
| 10 th STEP GROUP | NO NONSENSE |
| AN AA GROUP | SUGARHOUSE MEN'S |
| MURRAY GROUP | YOUNG AND ALIVE |
| SERENITY VIEW | 5:30 SERENITY HOUR |
| OFF THE CUFF | HAPPY DESTINY |
| APPLYING THE PRINCIPLES | NO RULES |
| BIG UGLIES | SPEAKERS SO. GROUP |
| COTTONWOOD | GRANGER GROUP |
| SPIRITUAL QUEST | EARLY FRIENDSHIP |
| SIMPLY BIG | WENDOVER GROUP 1 |
| NOMADIC LUNCH | BOUNTIFUL COMMUNITY |
| VALLEY VIEW | DRAPER FIRESIDE CHAT |
| 974 GROUP | TOOELE BEGINNERS |
| CITY AT SEVEN | UNITY LUNCH |
| COME AS YOU ARE | FLYING HIGH |
| MIDVALE LUNCH | AFTERNOONERS |
| MAGNA FRIENDLY | IT'S IN THE BOOK |



“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 recieved 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 Avenue

Salt Lake City, Utah 84115

Central Office Board of Trustees(2006)

| | |
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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)

SCHEDULE INFORMATION

**THESE ARE AA MEETINGS HELD IN TREATMENT
CENTERS THROUGHOUT THE
SALT LAKE VALLEY.**

THEY REALLY NEED YOUR SUPPORT.

VOICES OF ANGELS; 697 W. 4170 S., Friday @
7:00 pm.

HIGHLAND RIDGE; 175 W. 7200 S. Mon. @
8:30 pm and Thurs. @ 8:45 pm.

HIGHLANDERS; 8072 Highland Dr, Wed. @ 8:00
pm.

WHIPPER SNAPPERS; 5770 S. 1500 W., bldg. D,
Fri @ 5:30 pm.

WOMEN'S BIG BOOK MEETING; 175 W. 7200
S., Mon. @ 7:00 pm.

ONE SMALL STEP; 5770 S. 1500 W., bldg. D,
Mon. @ 8:00 pm.

Upcoming Events

May 4th—6th; **Seventh Annual Fellowship of the Spirit
West Conference**, Big Bear Lake, CA

register online @ www.fotswest.com, or call 301.379. 9456

May 11th — 13th; **Spring Cleaning**, The Lodge at The Mountain Village, Park City, UT. Bill J., 604.0511 or Ben B., 694-4088

May 25th—27th; **U.C.Y.P.A.A. UTAH VALLEY 2007**, Courtyard Marriott, Provo, UT. Marriott's address and phone number are: 1600 N. Freedom Blvd.[200 West]; landline @ 801.373.2222

June 1st — 3rd; **Flagstaff 2007 Roundup**, Ft. Tuthill Fairgrounds, Flagstaff, AZ. Questions? 928.853.7192

June 8th — 10th; **The 5th Annual Roundup**, Pahrump, NV. Questions? AA, Kay T. @ 775.751.9212, Al-Anon, Laura H. @ 775.537.1827

July 13th — 15th; **25th Annual Great Outdoors Campout**, Defa's Ranch, UT. Pinky at 801.288.6836 or smilewithme38@hotmail.com

August 26th; **Central Office Picnic**, Murray Park, Pavilion 5 Murray, UT

CORRECTIONS AND CHANGES TO THE APRIL, MAY AND JUNE SCHEDULE**NEW MEETING:**

Voice of Angels is meeting held on Friday night at 697 West 4170 S. at the VOA Women and Childrens Detox. This open AA women's meeting begins at 7:00 pm. It can really use your help, ladies.

The **Northern Lights Group** meets at the Veterans Administration Hospital on Fridays at 7:00 pm to 8:00pm. Bldg 3, room GA05, ground floor. If you're unfamiliar with the VA call Laura J. @ 638.1513 or Del C. @ 631.6340 for directions. This is an open meeting.

New Way is a new meeting on Thursdays at 501 Chipeta Way (UNI, cafeteria) at 8:00 pm.

The **Wednesday Rebels** is a new meeting at 235 Rio Grande (455 W., Bishop Weigand Center) at 1:00 pm. This is also an open meeting.

LOCATION AND TIME CHANGE:

Fresh Start (newcomer) has moved from Dennys at 2222 W 3500 S to the Alano Club 5056 S 300 W. The meeting is open and starts at 7:15 pm on Saturdays.

LOCATION CHANGE:

Midvale Lunch is now meeting at the Last Outpost Cafe at 7711 S State at 12:00 pm M,T,W,Th,F. This is an open meeting.

CANCELLED MEETING:

Keep it Simple on Sundays at 2222 W 3500 S (Denny's) at 10:00 am has been cancelled.

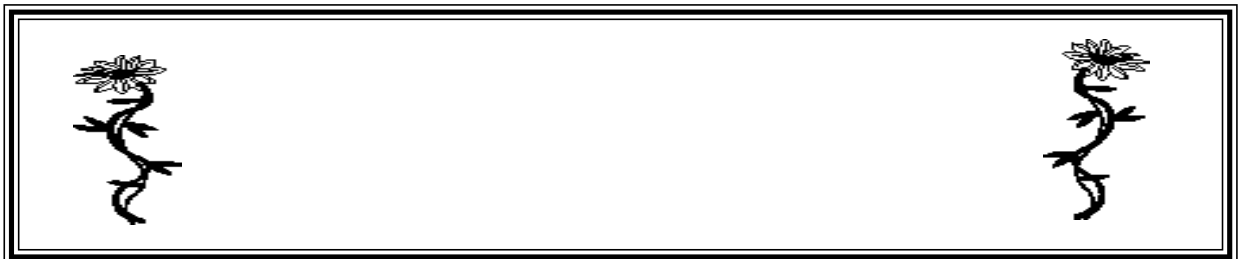
CONGRATULATIONS TO OUR BIRTHDAYS!



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.

“We are not cured of our alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

Alcoholics Anonymous, page 85



THINK ABOUT IT.

Sometimes when you're feeling important,
Sometimes when your ego's in bloom,
Sometimes when you take it for granted
You're the best qualified in the room.

Sometimes, when you feel that your going
Would leave an unfilled hole,
Just follow this simple instruction,
and see how it humbles your soul:

Take a bucket and fill it with water,
Put your hand in it up to the wrist,
Pull it out and the hole that's remaining
Is a measure of how you'll be missed.

You may splash all you please when you enter,
You can stir up the water galore,
But stop, and you'll find in a minute
That it looks quite the same as before.

The moral of this quaint example
Is to do just the best that you can;
Be proud of yourself, but remember,
There is no indispensable woman.

What a Day!

A man gets yelled at by his boss.
He leaves the office,
gets in his car,
rides the bumper
of the car in front of him
until its driver gives him a
visual estimate of
his I.Q.

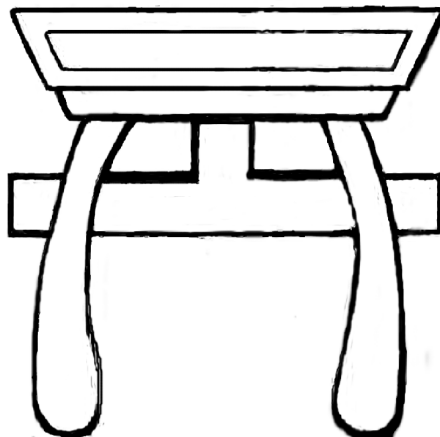
Then our disgruntled character
yells some unprintable words,
takes off down a side street,
and ends up in his own driveway.

The end?

Not on your life!
He enters the house,
yelling at his wife,
who yells at the dog
who bites the cat
who snarls at her kitten
who takes a dump
on the kitchen floor.

Now
shall we
call the boss
to come clean it up?

The above contributions were composed by that most prolific of writers,
Anonymous. P.S.



A Japanese *torii*, a gate signifying that one is
entering sacred ground.

An Easier Softer Way, AA in 1988?

1. We admitted that we had problems — that our lives had gotten a little messed up.
2. Came to believe that positive thinking could lick these problems.
3. Made a decision to turn our lives around through willpower and better self-understanding.
4. Made a searching and fearless psychological inventory of ourselves, but not in writing.
5. Admitted to ourselves and another human being that we had a few hang ups.
6. Were entirely ready to try harder to straighten out these defects of character.
7. Huddled together with orders to remove our shortcomings.
8. Made a list of all persons we had harmed, but pretty much let it go at that.
9. Made direct amends to such people wherever possible, except when to do so would injure them, others or ourselves.
10. Continued to take personal inventory and if we were wrong, made amends when we got around to it.
11. Sought through care and medication to improve our self-awareness.
12. Having had a psychic awakening as the result of these steps, we tried to carry a message to others, and to practice these principles in all our affairs.
13. Tried to have affairs with every newcomer, before anyone else got to them first.

Lucretius L. Loudmouth Burn
The Big Book Group

IN CASE YOU DIDN'T KNOW ...

"Alcoholics Anonymous is a fellowship" designed and administered by a bunch of ex-drunks whose only qualification for membership-is that they can't hold their liquor and don't want to learn how. It has no rules, dues or fees...no nothing that any sensible organization seems to require. At meetings the speakers start on one subject and end up talking about something. entirely different, concluding by saying, "I don't really know anything about the program except that it works."

The groups are always broke, but always seem to have money; they are always losing members, but always seem to grow; they claim AA is a selfish program, but always seem to be doing things for others. Every group passes laws, rules, edicts and pronouncements which everybody blithely ignores. Members who disagree with anything are privileged to walk out in a huff - - quitting forever - - only to return as though nothing had happened, and to be greeted accordingly.

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IT'S SMART TO STAY SOBER – Author and date unknown

May 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|--|
| 29 9-12p Brian S 12-6p An AA Grp 7-9p 974 Grp | 30 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 1 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 2 5:30-10:30p Frsh Air Smly 11-11:55p Monica | 3 12-1a Monica 5:30-11:55p Michael S | 4 6:30-11p Grt Krns | 5 2-7p open 7-11:55p open |
| 6 9-12p Brian S 12-6p An AA Grp 7-9p 974 Grp | 7 5:30-10:30p NNS 11-11:55p Monica | 8 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 9 5:30-10:30p Frsh Air Smly 11-11:55p Monica | 10 12-1a Monica 6:30-11p Hillcrest | 11 6:30-11p Bsc Yng Ppl | 12 3-7p Ill n the Book 7-11:55p open |
| 13 9-12p Brian S 12-6p An AA Grp 5-11:55p open | 14 5:30-10:30p NNS 11-11:55p Monica | 15 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 16 5:30-10:30p Frsh Air Smly 11-11:55p Monica | 17 12-1a Monica 5:30-11:55p open | 18 6:30-11p No Sink Sbry Hr | 19 2-7p open 7-11:55p open |
| 20 9-12p Brian S 12-6p An AA Grp 5-11:55p open | 21 5:30-10:30p NNS 11-11:55p Monica | 22 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 23 5:30-10:30p Frsh Air Smly 11-11:55p Monica | 24 12-1a Monica 5:30-11:55p Dave S | 25 12-9:30a Dave S 8-10p Honey's | 26 2-7p open 7-11p Grapevine |
| 27 9-12p Brian S 12-6p An AA Grp 5-11:55p open | 28 5:30-10:30p NNS 11-11:55p Monica | 29 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 30 5:30-10:30p Frsh Air Smly 11-11:55p Monica | 31 12-1a Monica 5:30-11:55p Dave S | 1 2-7p open 7-11:55p open | 2 2-7p open 7-11:55p open |
| 3 9-12p Brian S 12-6p An AA Grp 5-11:55p open | 4 5:30-10:30p NNS 11-11:55p Monica | 5 12-1a Monica 5:30-10p 10th Step 10-11:55p open | 6 5:30-10:30p Frsh Air Smly 11-11:55p Monica | 7 12-1a Monica 5:30-11:55p Dave S | 8 2-7p open 7-11:55p open | 9 2-7p open 7-11:55p open |

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CENTRAL OFFICE OF SALT LAKE CITY, INC.

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