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# LIFELINE



Salt Lake City  
Central Office  
Newsletter

October 2007

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## LETTER

When I first came to A A, I thought my life as I knew it was over. I knew I was in for a dull life with very little to look forward to. Before that my days were spent either drinking, thinking about drinking, or recovering from a hang-over

When I finally surrendered to the disease and A A, I became more teachable and not so judgmental. I was amazed that these poor once hopeless alcoholics could actually have FUN! When I went to meetings, it was like a mini pep rally for sobriety and life.

People shared all kinds of sordid tales about the past and they laughed about it. . . . And everyone else did too. They clapped, they sang, they hugged, they prayed, and they stayed together.

The older members let me know that I needed to kill my ego or it would kill me. When I would complain about things in meetings, they used to say: "Get a sponsor!"

They told me to Lighten Up... I was not that important...and they laughed. They let me know that they had never seen anyone relapse and go to the liquor store singing zippity-doo-da. Most people went out because they were angry and took themselves and life too serious.

I was told that the program is the Steps, and I should take them very seriously, but even then my sponsor would be light-hearted and laugh at most of my ingenious plans, my complaints, and my worries.

To me, meeting are a way of celebrating sobriety...the most precious gift an alcoholic can receive. "Other people would be amazed to see our light-heartedness, but underneath it is deadly earnestness."

I love to be in meetings where there is a sense of light-heartedness. God knows we have seen the other side of life. "Why shouldn't we be happy? We have recovered from a seemingly hopeless disease."

I heard from Speakers like Clancy who used humor to get his message across. I heard from people like Father Martin who said: "When the laughter starts the healing begins."

The last time I took myself really serious, I was drunk and had a loaded .32 caliber gun to my head with the intention of going to that permanent good night. I never want to get that serious again.

So, as for me, I choose to clap and sing and hug and lighten up at meetings, and hopefully for the rest of that day. I try to see if I can help someone to smile, in and outside the rooms of A A. Life is too short to take yourself and others too seriously. We have a new employer that wants us to be happy, joyous and free.

BIG STEVE

**CENTRAL OFFICE  
STATEMENT OF PURPOSE**

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

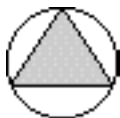
Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.

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

**September 2007**

UNITY LUNCH BUNCH  
MAGNA FRIENDLY GROUP  
NO NONSENSE  
NO RULES  
A NEW LIFE  
APPLYING THE PRINCIPLES  
VALLEY VIEW  
SUGARHOUSE MEN'S  
SIMPLY BIG  
MURRAY GROUP  
AS BILL SEES IT  
AN AA GROUP  
BOUNTIFUL COMMUNITY  
HAPPY GROUP  
CITY AT SEVEN  
12 O'CLOCK HIGH

A VISION FOR YOU  
SOBER SISTERS  
'INTERESTED AA'  
GREATER KEARNS  
HOLLIDAY GROUP  
EARLY FRIENDSHIP  
COME AS YOU ARE  
DRAPER FIRESIDE  
SPIRITUAL QUEST  
OFF THE CUFF  
HILLCREST GROUP



**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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Lifeline Editors	Paul and Martia S.
Schedules	Marcia
Telephone Coordinator	Camille D.

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](http://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**

#### **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

January 11—13, 2008; **18th Annual River Roundup**, Laughlin, NV.

visit the website: [www.rcco-aa.org](http://www.rcco-aa.org)

#### **A Service Announcement**

Everyone wants to play. AA Central Office still needs help with the phones.

Remember service work helps with your recovery.

Interested? Call Camille @ 916.0831

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**, has started a study of the Steps and the Traditions beginning Tuesday, June 12th at 7:30 pm. Please call JoAnne @ 860.9508 for the correct time and directions to 85 W. Sunset Ave, It's in senior housing so it's handicap accessible. **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.

**“Easy does it!”**

**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, etc. If you are interested, contact Central Office at 484-7871.

	<p><b>Things we cannot change . . .</b></p> <p>Too many unnecessary ones.</p>	
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**A Martian Report On A Curious Earth Cult**

Fellow members of the Martian Academy:

My report on the first Mars expedition to the planet Earth would not be complete without brief mention of the curious custom which centers around a substance which earth-people call alcohol. Although alcohol is unknown here on Mars (our planet life and atmosphere do not contain the necessary elements to manufacture it), it is consumed in many forms on Earth.

Alcohol is a colorless, volatile liquid. Since it causes a burning sensation on the tongue and in throat when imbibed, Earth people combine it with water and flavoring agents to make it potable. Also, it is often given a pleasing amber color, for aesthetic effect.

The ritual of alcohol-drinking is most difficult for a Martian to comprehend. We have nothing like it on our well-ordered planet. Earth-people of both sexes drink alcohol with intense fervor, gathering for the ceremony in dimly lit temples where they must raise their voices to be heard over the sound from automatic music machines.

The alcohol is dispensed by a Grand Mogul whose robe of authority consists of a white cloth tied about the waist and hanging freely to the knees. In larger halls he is assisted by handmaidens who wear similar white aprons.

The Mogul officiates at a mahogany backed with colored lights, ornaments and rows of glass containers of varying shapes, but all filled with the solution which he dispenses. An alcohol potion is prepared in small glasses by the Mogul and handed to the slavish subjects over the barricade. This evidently symbolizes his exclusive and elevated role.

In exchange for his quantity of alcohol, the drinker hands the Mogul one of the tokens of metal or paper which are prized so highly by Earth-people. The large number of these tokens which Earth-people exchange for drinks of alcohol is evidence of the importance which the drinking ritual plays in their lives.

One member of the MEF (Martian Exploratory Force) sampled the alcohol and reported decidedly unpleasant effects: dizziness, difficulty in speech articulation, cloudy memory, a lethargy in the limbs.

The Earth-men who were acting as our hosts insisted that the volunteer try additional samples. There were remarks about a bird (a type of Earth creature) flying on one wing. Our volunteer protested, but not wanting to be impolite, he allowed additional doses to be administered. What followed is outside the scope of this report; in brief, our poor companion had to be carried back to our spaceship to recover. He reported, upon regaining consciousness, that the experience was somewhat like the illness we often endure on Mars during the annual advance of the ice cap, when we have to resort to artificial foods .

We concluded that alcohol-drinking is bound up in some way with the Search for Truth and Happiness which is such an obsession with Earth-people. Some alcohol-drinkers are more devout and persevering in their search than others, and their ecstasy often reaches a trance-like state, at which time they fall to the ground unconscious. Others make their way forth from the hall, uttering incoherent prayers and propelling themselves erratically in machines known as automobiles.

The alcohol persuasion leads a few to a monastic way of life. They renounce family and friends, their vocation and all worldly pleasures to carry out their devotionals. Some of these retire from human company for days at a time, to perform secret rites which, we are told, alternate between lengthy trances and disordered wakefulness.

A word must be said about a small growing sect of comparatively recent origin, made up of those who have attained the rank of High Prophet of the alcohol cult. They evidently have found the answers which others have been seeking in drinking alcohol. The knowledge was gained through such suffering and hardship that it is coveted and passed on only to those whose similar experience has led them to the threshold of understanding. These chosen ones meet surreptitiously, refer to each other by first names only, and their membership in this sect is known only to other members.

(next page, please)

While each of them was at one time a dedicated practitioner of the alcohol-drinking ritual, they now joyfully shun alcohol on all occasions and devote much time in instructing novices in the secrets of the order.

They speak frequently of their search for Truth and Happiness, and under their new doctrine these treasures are found everywhere *except* alcohol. This radical belief is regarded as subversive by many Earth-people, so members of the sect go about in anonymity. Their anonymity is not perfect: we noted they wore expressions of serenity seldom observed on the faces of other Earth people, and they seemed to retain admirable composure at times when others were wringing their hands over the vexing problems of Earth life.

It is our recommendation that the Martian Academy undertake further study of the alcohol cult on Earth to learn to what extent it may be responsible for the chaotic social conditions on that unfortunate planet. When our next expedition is dispatched—carrying colonists and missionaries to teach the Martian way of life—we must be equipped with as much knowledge as possible to help us to get along peacefully with the Earth people . . . if, indeed, it is possible to get along peacefully at all with people of such peculiar habits.

R. Z., Council Bluff, IA.  
The Grapevine, June 1967

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“I have become a pupil of the A.A. movement rather than the teacher I once thought I was.”

As Bill Sees It, page 169

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### Only in Utah

From the country where drunk driving is considered a sport, comes this true story. Recently, a routine police patrol was parked outside a bar in Logan, Utah. After last call the officer noticed a man leaving the bar, who was obviously so intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes, with the officer quietly observing. After what seemed an eternity and trying his keys on five different vehicles, the man managed to find his car, which he fell in to. He sat there for a few minutes as a number of other patrons left the bar and drove off.

Finally he started the car, switched the wipers on and off (it was a fine dry summer night), flicked the blinkers on, then off a couple of times, honked the horn, and then switched on the lights. He moved the vehicle forward a few inches, reversed a little, and then remained still for a few more minutes as some more of the other patron vehicles left.

At last, the parking lot empty, he pulled out and started to drive slowly down the road. The police officer, having patiently waited all this time, now started up the patrol car, put on the flashing lights, and promptly pulled the man and out for a breathalyzer test. To his amazement, the breathalyzer indicated no evidence of the man having consumed any alcohol at all!

Dumbfounded, the officer said, “I’ll have to ask you to accompany me to the police station. This breathalyzer equipment must be broken.

“I doubt it”, said the truly proud man. “Tonight I’m the designated decoy.”

via e-mail

## October 2007 Central Office Phone Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 5:30-10:3p NNS 11-11:55p Jeff R	<b>2</b> 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-11:55p <i>OPEN</i>	<b>3</b> 5:30-7p Afternooners 7-11:55p Todd K 12-9:30a Natasha H	<b>4</b> 12-7a Todd K 5:30-11:55p Michael S	<b>5</b> 6-11p Greater Kearns	<b>6</b> 2-6p John I 6-10:55p <i>OPEN</i>
<b>7</b> 9-12p Brian S 12-6p An AA Group 7-9p 974 Group 9-11:55p Dave W	<b>8</b> 5:30-10:3p NNS 11-11:55p Jeff R	<b>9</b> 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-11:55p <i>OPEN</i>	<b>10</b> 5:30-7p Afternooners 7-11:55p Todd K 12-9:30a Natasha H	<b>11</b> 12-7a Todd K 6:30-11:55p Hillcrest	<b>12</b> 6:30-11:30 Bsc Yng P	<b>13</b> 3-7p It's In the Book 7-11:55p <i>OPEN</i>
<b>14</b> 9-12p Brian S 12-6p An AA Group 6-11:55p Melissa B	<b>15</b> 5:30-10:3p NNS 11-11:55p Jeff R	<b>16</b> 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-11:55p <i>OPEN</i>	<b>17</b> 5:30-7p Afternooners 7-11:55p Todd K 12-9:30a Natasha H	<b>18</b> 12-7a Todd K 5:30-11:55p John S	<b>19</b> 6:30-11p Nonsmk Sbr	<b>20</b> 2-7p <i>OPEN</i> 7-11:55p Magna Frd
<b>21</b> 9-12p Brian S 12-6p An AA Group 6-8p <i>OPEN</i> 8-11:55p Dave W	<b>22</b> 5:30-10:3p NNS 11-11:55p Jeff R	<b>23</b> 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-11:55p <i>OPEN</i>	<b>24</b> 5:30-7p Afternooners 7-11:55p Todd K 12-9:30a Natasha H	<b>25</b> 12-7a Todd K 5:30-11:55p Dave S	<b>26</b> 12-9:30a Dave S 5-10p Honey's Brkfst	<b>27</b> 2-7p <i>OPEN</i> 7-11:55p Grapevine
<b>28</b> 9-12p Brian S 12-6p An AA Group 6-8p <i>OPEN</i> 8-11:55p Dave W	<b>29</b> 9-12p Brian S 12-6p An AA Group 6-8p <i>OPEN</i> 8-11:55p Dave W	<b>30</b> 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-11:55p <i>OPEN</i>	<b>31</b> 5:30-7p Afternooners 7-11:55p Todd K 12-9:30a Natasha H			

