

## Tell Three People (Today) How Much You Love Them

Author Stephen Devine asks the question, “If you had an hour to live and could only make one phone call – who would you call, what would you say, and why are you waiting?” What a powerful message.

Who knows what we are waiting for? Perhaps we want to believe we will live forever, or that “someday” we will get around to telling the people we love how much we love them.

Whatever the reason, most of us simply wait too long.

As fate would have it, I’m writing this strategy on my grandmother’s birthday. Later today, my father and I are driving out to visit her grave site. She died almost two years ago. Before she passed away, it became obvious how important it was to her to let her family know how much she loved us all. It was a good reminder that there is no good reason to wait. Now is the time to let people know how much you care.

Ideally, we can tell someone in person or over the phone. I wonder how many people have been on the receiving end of a phone call where the caller says, “I just called to tell you how much I love you!” You may be surprised that nothing in the world means so much to a person. How would you like to receive the same message?

If you’re too shy to make such a phone call, write a heartfelt letter instead. Either way, you may find that you get used to it, letting people know how much you love them will become a regular part of your life. It probably won’t shock you to know that, if it does, you’ll probably receive more love as a result.

(Don’t sweat the small stuff)

Art Buchwald, the American writer once said:

“I don’t think yesterday was ever better than today. That’s why I keep advising my friends to wait ten years before admitting that today was ‘great’.”

Good advice, indeed. As are these words: “If you are hung up on nostalgia, you should just pretend that today really is yesterday – then go out and have a wonderful time!”

I walked out into the garden one morning and heard a bird singing its song of praise for another day. But try as I might, I couldn’t see it, well hidden in a leafy branch. It reminded me of a proverb from China: “Keep a leafy branch in your heart and the singing bird will Come.”

Not long ago that leafy branch” had been bare, with no sign of life, completely inhospitable to any bird. But in a short time the branch was in full leaf, providing shelter.

In a broader context, this proverb encourages us to remember that better times will come again, no matter how difficult our present circumstances may be.

(THE FRIENDSHIP BOOK)

Become A Better Listener

[Continued on page 5]

**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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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.

“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

## Suiting up and Showing Up

Groups Represented At the  
Central Office Reps Meeting for:November 2008

SPIRITUAL QUEST

WOMEN IN SOBRIETY

SERENITY VIEW

BASIC YOUNG PEOPLE

12 O' CLOCK HIGH

MIDVALE LUNCH BUNCH

BOUNTIFUL COMMUNITY

HILLCREST GROUP

CLOSED GROUP OF A.A.

HAPPY DESTINY

COME AS YOU ARE

GARDEN VARIETY

not accurate list. Sorry!

## 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. (2860 South)

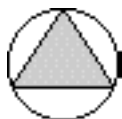


Please visit our website for meeting information.

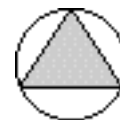
[www.saltlakeaa.org](http://www.saltlakeaa.org)

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.

**Upcoming Events,**

and Schedule Changes



December 6th, 2008; **Pass the Gavel (Area 69)**, Hurricane,  
Utah

December 13th, 2008; **Honoring Utah's Old Timers**, 5056 S. 300 W.,  
Salt Lake City, UT. 7:00 pm to 9:00 pm

January 8th — 11th, 2009; **19th Annual River Roundup**, Laughlin, NV.  
River Cities Intergroup @ [www.rcco-aa.org](http://www.rcco-aa.org)

February 12th — 15th, 2009; **45th International Women's Conference**, Salt Lake City,  
UT.

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**Changes in the September thru December  
2008 Schedule****NEW MEETINGS:**

**From Jack to Java** meets in the coffee shop at 675 West 10600 South daily at 3:00 pm. Open.

**Salt Lake Hispanic Group** meets at 1020 North 1400 West daily at 7:30 pm. An open, Spanish meeting.

**The Jaywalker's Roundtable** is meeting in Mary Grace Manor located at 19 W. Gregson Ave. (3050 South). This open meeting starts at 7:00 pm. on Wednesdays.

**CANCELED MEETING:**

**Salt Lake Espanol** that met daily at 1169 Glendale Plaza @ 7:30 pm. has been canceled.

**DAY CHANGE:**

**To Cease Fighting**, a big book study, now meets in the church (side door) at 1580 Vine street on *Thursday* instead of Wednesday.

**LOCATION CHANGE:**

The **Park City Group**, a birthday meeting, will now meet at St. Mary's Chapel located at 121 Park Avenue in Park City on Sunday at 6:00 pm. This open meeting used to be held at Valley Mental Health (1753 Sidewinder).

**Location Changes:**

The **Unity Lunch Bunch** has moved from the Community Center at 615 South 300 East to the Baptist church at 777 South 1300 East. It will meet there on Monday — Friday at 12:00 noon. Enter at the rear door. It is an open meeting.

The **5:15 Happy Hour** is also moving to the Baptist Church located at 777 South 1300 East. Starting December 1st, it will meet there on Monday — Friday at 5:15 pm. An open meeting.

**CONGRATULATIONS TO OUR BIRTHDAYS!**

LET GO...

to "let go" does not mean to stop caring, it means I can't do it for someone else

to "let go" is not to cut myself off, it's the realization I can't control another

to "let go" is not to enable, but to allow learning from natural consequences

to "let go" is to admit powerlessness, which means the outcome is not in my hands

to "let go" is not to try to change or blame another, it's to make the most of myself

to "let go" is not to care for, but to care about

to "let go" is not to fix, but to be supportive

to "let go" is not to judge, but to allow another to be a human being

to "let go" is not to be in the middle arranging all the outcomes but to allow others to affect their destinies

to "let go" is not to be protective, it's to permit another to face reality

to "let go" is not to deny, but to accept

to "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them

to "let go" is not to adjust everything to my desires but to take each day as it comes, and cherish myself in it

to "let go" is not to criticize and-regulate anybody but to try to become what I dream I can be

to "let go" is not to regret the past, but to grow and live for the future

to "let go" is to fear less, and love more

Author unknown

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.



Ray O'Keefe – 12 Steps Concepts as originally written by our founders,  
1979 – W. Ontario London Convention – 10/13/79.

There is a Terrible Wasting of the Spirit  
There is a time for all of us and a time for each of us. A  
Line somewhere beyond which we are simply not permitted to go.  
There is a point somewhere below which we are simply not  
permitted to sink. There is a level of pain somewhere beyond which  
no human is required to endure. We don't know where this line is.  
And we come to it in our own way. For some it maybe death

The line is there somewhere....



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[Blipverts, from page one]

I grew up believing I was a good listener. And although I have become a better listener than I was ten years ago. I have to admit I's still an *adequate* listener.

Effective listening is more than simply avoiding the bad habit of interrupting others while they are speaking or finishing their sentences. It is being content to listen to the *entire* thought of someone rather than waiting impatiently for your chance to respond.

In some ways, the way we fail to listen is symbolic of the way we live. We often treat communication as if it were a race. It's almost like our goal is to have no time gaps between the conclusion of the sentence of the person we are speaking with and the beginning of our own. My wife and I were recently at a café having lunch, eavesdropping on the conversations around us. It seemed like no one was really listening to one another. I asked my wife if I still did the same thing. With a smile on her face she said, "Only sometimes."

Slow down your responses and become a better listener aids you in becoming a more peaceful person. It takes pressure from you. If you think about it, you'll notice that it takes an enormous amount of energy and is very stressful to be sitting at the edge of your seat trying to guess what the person in front of you (or on the telephone) is going to say so you can fire back your response. But as you wait for the person you are communicating to finish, as you simply listen more intently to what is being said, you'll notice the pressure you feel is off. You'll immediately feel more relaxed, and so will the people you are talking to. They will feel safe in slowing down their own responses because they won't feel in competition with you for "airtime"! Not only becoming a better listener make you a more patient person, it will also enhance the qualities of your relationships. Everyone loves to talk to someone who truly listens to what they are saying. (Don't sweat the small stuff)

### Step 5 — Remove Our Shame

I had been sober in A.A. for two years when I went to a meeting and admitted I felt ashamed of being an alcoholic. The feedback I got was very extensive and helpful, and something one fellow said to me really clicked. "It seems to me as if you're ready for step 5," he said.

I was between sponsors at the time, so I asked a woman who attended one of my regular meetings if she would hear my Fifth step. Using all I had learned about Step 4 in the meetings, I set about writing my inventory.

Searching and fearless it was, as I preceded to write pages that unearthed memories I'd long buried. And along with my past history, I realized I wanted to be rid of a resentment against someone I had been carrying since getting sober. I had tried to pray for the person and to let go of the resentment, but every day my anger toward this person still simmered. I knew I was finally ready to be rid of the resentment when I admitted it was hindering my progress toward my sobriety and peace.

When I finished my Step four writing, a friend suggested that I not let too much time go by between writing my inventory and sharing it.

So one cold February day in 1990, I sat at her table and read my inventory.

Before I started, however, she offered some important guidance: "Remember that our Higher Power is also here listening." and "You can trust that nothing you say will leave this room."

The second statement was especially helpful because if anything was an exercise in trust for me, it was this experience.

As I read my inventory, I'm sure she'd be shocked or judgemental. What a relief to encounter understanding and acceptance. I felt my shame melt away.

When I finished, she said, "The things you've talked about today are over and no longer a part of you. If you do another Step four and five, it won't be on what you've addressed now, for that's gone."

I left her home that day feeling relieved of a huge burden and also cleansed.

Several days later, I realized I hadn't once thought of the person I'd resented so much. This was a miracle.

Through Step five, God had removed my shame about being an alcoholic as well as the resentment I'd harbored for so long.

And that freedom still exists, years later.

Teresa P. Syracuse, New York

## Sinking Down The Pour

I had twelve bottles of whiskey in the house, and my wife told me to empty the contents of each bottle in the sink, or else; so I proceeded with the unpleasant task. I withdrew the cork from the first bottle and poured the contents down the sink, with the exception of one glass, which I drank. I withdrew the cork from the second bottle and did likewise, with the exception one glass, which I drank. I withdrew the cork from the third bottle and poured the whiskey down the sink, with the exception of one glass, which I drank.

I pulled the cork from the fourth sink and poured the bottle down the glass, which I drank. I pulled the bottle from the cork of the next and drank the sink out of it, and threw the rest down the glass. I took the sink out of the glass, bottled the drink, and drank the pour.

When I had everything emptied, I steadied the house with one hand, and with the other four hands, I counted the bottles, corks, glasses, and sink, and as the house came by, I counted them again. I finally had all the houses in one bottle, which I drank.

I'm not so think as you might drunk, but I fool so feelish that the drunker I stand here the longer I get.

Nov. 1963 Grapevine

# December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30-10:30 NNS 11-12a Jeff R	2 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a Vivian	3 5:30-7p Afternooners 7-12a Todd K	4 12-7a Todd K 5:30-12a Denise G	5 12-7a Denise G 7-9:30a Andrea 6-12a Grtr Krns	6 2-6p Andrea 6-12a Darlene B
7 <b>9-12 pm OPEN</b> 12-6p An AA Grp 7-9p 974 Grp 9-11p Dave W	8 5:30-10:30 NNS 11-12a Jeff R	9 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a Vivian	10 5:30-7p Afternooners 7-12a Todd K	11 12-7a Todd K 6:30-10p Hillcrest	12 7-9:30a Andrea 6:30-12a Basic Young Peoples	13 3-7p Its in The Book 7-12a Darlene B
14 <b>9-12 pm OPEN</b> 12-6p An AA Grp 6-11p Melissa B	15 5:30-10:30 NNS 11-12a Jeff R	16 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a Vivian	17 5:30-7p Afternooners 7-12a Todd K	18 12-7a Todd K <b>5:30-12a Open</b>	19 7-9:30a Andrea 6:30-12a Non Smoking Sbrty Hr	20 <b>2-7p OPEN</b> 7-12a Magna Friendly Bunch
21 <b>9-12 pm OPEN</b> 12-6p An AA Grp <b>6-8p OPEN</b> 8-11p Dave W	22 5:30-10:30 NNS 11-12a Jeff R	23 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a Vivian	24 5:30-7p Afternooners 7-12a Todd K	25 12-7a Todd K 5:30-12a Dave S	26 7-9:30a Andrea 5-10p Honey's Breakfast Bunch	27 2-6p Billy S. 6-10p Grapevine <b>10-12a OPEN</b>
28 <b>9-12 pm OPEN</b> 12-6p An AA Grp <b>6-8p OPEN</b> 8-11p Dave W	29 5:30-10:30 NNS 11-12a Jeff R	30 12-9:30a Jeff R 5:30-10p 10 <sup>th</sup> Step 10-12a Vivian	31 5:30-7p Afternooners 7-12a Todd K			