

---

---

# LIFELINE



Salt Lake City  
Central Office  
Newsletter

October 2008

---

---

## **“Hi! My name is Dorothy from Kansas, and I’m an Alcoholic.”**

“The Wizard of OZ” can be seen as a recovery story. Everything begins in a dull, black and white world: the dust bowl and the Depression. Dorothy comes from a broken family. Her aunt and silent uncle took her in, but she doesn’t feel she really belongs. She sees no way out except fantasy: “Somewhere, Over the Rainbow.” Her life literally becomes a tornado. The room spins around as she lies in bed having a nightmare. (How many of us have had that experience?) Then Dorothy crashes – bottoms out.

When Dorothy hits bottom and comes to her senses, she opens the ruined farm house door. Suddenly life is in color! Her house fell on The Wicked Witch of the East who, as I will explain below, represents alcohol. Now Dorothy is sober, But A.A. isn’t about not drinking; it’s about living successfully without alcohol. The rest of the movie is her trudging the road of happy destiny and dealing with the other Wicked Witch who represents the “ism.”

When Dorothy steps fearfully out of her old house, there’s her sponsor, Glenda, the Good Witch. Glenda presents her with a special “tool of the program” to keep her safe: the ruby slippers. These slippers came from the feet of the dead Witch of the East and they symbolize alcoholism. Why? Because Glenda insists that Dorothy must keep these slippers with her at all times if she wants to remain safe. It’s Step One, the only step that we must keep close to us all the time as a vivid reminder that we are powerless over alcohol. The slippers are indeed vivid, but they are practical too. They enable her to work the program. Dorothy can take a Step wearing her Slippers! They are red and shiny, representing blood/death and the allure of oblivion. Alcohol looks exciting, but it kills.

The Munchkins greet their newcomer and give her courage. Sorry to tell you, but that’s our fellowship - - the Munchkins. They and Glenda urge Dorothy to work/walk the Steps in her red slippers: “Follow the Yellow Brick Road! Follow the Yellow Brick Road!”

She skips off on a “pink cloud” of early recovery. Along the way, she has to deal with character issues. She gets the capacity to love (The Tin Woodman, “If I only had a heart”), clear thinking (The Scarecrow, “If I only had a brain”), and courage (The Cowardly Lion, “If I only had the nerve”).

They follow the Yellow Brick Road for a while, but when they see their destination, emotional sobriety, far away in the distance, they turn off the road...and into a poppy field! (How obvious can you

[continued on page five. . . ]

# 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(2008)

Chair  
Co Chair  
Secretary  
Treasurer  
Trustee at Large  
Trustee at Large  
Trustee at Large  
Website Co-ordinator  
Alternat Trustees at Large

Elizabeth A.  
Joe M.  
Craig B.  
Ben B.  
Camille  
Larry F  
Tim F.  
David B.  
John B. and Bill L.

Central Office Staff & Volunteers

Central Office Manager  
Employees

Ron K.  
Sandy A.  
Jonnie S.  
Paul and Martia S.  
Marcia  
Camille D.

Lifeline Editors  
Schedules  
Telephone Coordinator

## 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:

September 2008

A CLOSED GROUP  
YOUNG AND ALIVE  
BIG UGLIES  
CAME TO BELIEVE  
OFF THE CUFF  
HILLCREST GROUP  
10<sup>TH</sup> STEP GROUP  
974 GROUP  
UNITY LUNCH  
GARDEN VARIETY  
CANDLELIGHT YOUNG  
AND ALIVE  
BOUNTIFUL COMMUNITY  
SPIRITUAL QUEST  
A WAY OUT  
SERENITY VIEW

COME AS YOU ARE  
12 O'CLOCK HIGH  
EYE OPENER  
AS BILL SEES IT  
WE CARE  
FOOTHILL GROUP  
HOLIDAY GROUP  
LIVING IN SOBRIETY  
OLD FASHION A.A.  
A NEW LIFE  
SUNDAY BRUNCH  
DRAPER FIRESIDE  
BASIC YOUNG PEOPLE  
A VISION FOR YOU  
SOBER SISTERS  
NO NONSENSE

## Is Your Group Represented? ---if not why not?

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.

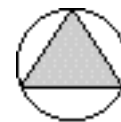
[www.saltlakeaa.org](http://www.saltlakeaa.org)

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



November 19th - CENTRAL OFFICE FALL FUNDRAISER

DINNER and SPEAKER MEETING

@ St. Ambrose Catholic Church - 1975 So. 2300 E.

7:00pm - Fr. Tom guest speaker

November 27th — 30th; **42nd Las Vegas Roundup**, Las Vegas, NV.

contact: [www.lasvegasroundup.org](http://www.lasvegasroundup.org)

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.

**New Meetings:**

The **Journey to Freedom** meeting is at 9160 South 300 West. (the office building next to Standard Plumbing in Sandy) It is an open meeting that starts at 7:30 p.m. on Tuesday.

The **Grantsville Good News** is meeting at 151 Cooley Street (the V.F.W.) in Grantsville on Tuesday at 7:00 p.m. This is an open meeting.

**The Jaywalker's Roundtable** is now meeting Wednesday's @ 7pm @ 3050 So. Gregson Ave., (19 W.)

**Special Events:**

The **Backstreet Club** in Bountiful is having their 5th Annual Cell to Well 9.5 mile/15 k walk-run September 13th, 2008. For more info about this event call the Backstreet Club @ 397-0450

*The value of a smile  
It costs nothing but creates much.  
It enriches those who receive it.  
It happens in a flash and the memory of it lasts sometimes forever.  
None are so rich that they cannot get along without it,  
And none so poor but are richer for its benefits.  
It creates happiness in the home,  
fosters good will in a business,  
and is the counter sign of friends.  
It is rest to the weary,  
daylight to the discouraged,  
sunshine to the sad,  
and nature's best antidote for trouble.  
Yet it cannot be bought, begged, borrowed or stolen,  
for it is something of no earthly good to anybody,  
till it is given away.*

Marjorie H. S.L.C. Utah

**CONGRATULATIONS TO OUR BIRTHDAYS!****~ AA INSIDE THE WALLS ~****When was the first time a Judge sent an alcoholic to our care rather than jail?**

Actually, it was before AA was even founded. In August, 1934, Rowland H and Cebra G persuaded a Vermont court judge to parole Ebby T into their custody. Ebby had first met Rowland only shortly before. In the fall, Rowland took Ebby to NYC where he sobered up with the help of the Oxford Group at the Calvary Mission.

Shortly after that, in late November, Ebby T, while staying at the Calvary Mission and working with the Oxford Group, heard about Bill's problems with drinking. Ebby visited Bill at 182 Clinton St and shared his recovery experience 'one alcoholic talking to another.' A few days later, Ebby returned with Shep C. They spoke to Bill about the Oxford Group.

On Dec. 7, Bill decided to investigate the Oxford Group Mission on 23rd St. He showed up drunk with a drinking companion found along the way (Alec the Finn). Bill kept interrupting the service wanting to speak. On the verge of being ejected, Ebby came by and fed Bill a plate of beans. Bill later joined the penitents and drunkenly "testified" at the meeting.

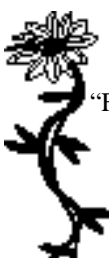

On Dec. 11, Bill (age 39) decided to go back to Towns Hospital and had his last drink (four bottles of beer purchased on the way). On Dec. 14, Ebby visited Bill at Towns Hospital and told him more about the Oxford Group principles. After Ebby left, Bill fell into a deep depression (his "deflation at depth") and had a profound spiritual experience after crying out "If there be a God, will he show himself." Dr. Silkworth later assured Bill he was not crazy and told him to hang on to what he had found. In a lighter vein, Bill and others would later refer to this as his "white flash" or "hot flash" experience.

**Here is the question...one of those "slender threads" of our history. If that judge says no and sends Ebby T. to jail, does Bill get sober?**

**Does Bill come to Akron and meet Bob? Are any of us sober?**  
(reprinted with permission of the Akron Intergroup News)



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><b>OVERHEARD AT MEETINGS...</b></p> <p>"Don't let life interfere with the life that AA gave you..."</p> <p>"First we must have faith in AA, then comes faith in a Higher Power..."</p> <p>"AA takes us from total despair to total victory from this disease"</p> <p>"I never knew the process for anything before coming to AA. Now I have a formula for living"</p>	
---	--	---

get?) There they fall asleep, of course, and are only awakened by rain, which is water, the sober drink, the anti-symbol of alcohol and drugs. So they go back to working the steps, "Follow the Yellow Brick Road!"

The "isim" doesn't disappear overnight. The Wicked Witch of the West is still at work, sending Winged Monkeys. They and the evil forest terrify Dorothy even with her new character/friends, but they finally arrive at the Emerald City. Here is one of the best Symbolic moments in the whole movie. Although Dorothy is sober and working the steps, she is still living in a dream world - - like many of us who, while sober, have made immature mistakes in relationships and jobs. Our immaturity is the lingering notion or "old idea" that there can be a quick fix. Dorothy's desire was to return home, but she wanted a magical solution, so she placed her hope in a fraud. The Wizard represents delusion: "Pay no attention to the man behind the curtain." Sadly, Dorothy pays no attention; she does not see through her old magical thinking. Thus she accepts the Wizard's seemingly impossible task: "Bring me the broomstick of the Wicked Witch of the West!"

Using all the strength of her character/friends, sure enough, she does obtain the broomstick. The way she gets it is important. Does Dorothy stab the Wicked Witch of the West with a spear taken from a Winged Monkey, or throw her over the battlements of her castle to her death, or have the Lion tear her to bits? No! Dorothy tosses a bucket of WATER on her, the only thing the "ism" can't stand, the sober drink, the symbolic opposite of alcohol.

So everything seems to have turned out fine, except that Dorothy still believes in the Wizard. Of course he flies away in his balloon without her, and Dorothy feels lost. Just then, her old sponsor, Glenda, appears again to straighten her out. "But, my dear, you've always had the power to go home!" Or, as Bill Wilson and friends wrote in the Big Book, "We found the Great Reality deep down within us. In the last analysis it is only there that He may be found." (P.55) No more illusions of external, magical quick fixes.

Dorothy found emotional sobriety. She clicked the heels of her ruby red slippers together, reminding herself yet again of Step One, and there she is: "There's no place like home." At home, all her anxiety is gone: she's found serenity. Dorothy is back in her real home, with her real aunt and uncle who were really worried about her, with her real friends, and now, finally, she does belong: "There's no place like your home group."

Contributed by an anonymous person.

---

---

### Rule 69

"It was proposed in the Rhode Island legislature in the 1970's that there be enacted a \$2 tax on every act of sexual intercourse."

—Asimov's Book of Facts—

---

**Food for Thought Department**

It's Halloween again, Samhain, All Saint's Day or whatever you wish to call it. It's time for trick or treat and lots of fun times. We're all adults so there's going to be parties, strange relationships, drugs, alcohol and temptation, at least for the newcomers. It's also a time to change our perceptions.

Halloween is when we change from our normal every day personality to one we try to disquise or present what we understand to be our inner being. We can use this time for change based on what we see between us and our continuing on the road to happy destiny.

But it's part of reality and, in all the turmoil, there is a solution.

Sometimes life presents a lesson for those willing to see it. Are we willing to accept change in our lives while maintaining our emotional sobriety? Can we see what is being presented to us, that what we had pre-concieved as what was correct, could possibly be slightly off-center.

All Saint's Day, especially this year, should be a time to re-examine our Fourth Step, and see what we would really like to change within ourselves.

—anonymous—

**Victory in Defeat**

Convinced I never could belong, and vowing I'd never settle for any second-rate status, I felt I simply had to dominate in everything I chose to do: work or play. As this attractive formula for the good life began to succeed, according to my then specifications of success, I became deliriously happy.

But when an undertaking occasionally did fail, I was filled with resentment and depression that could be cured only by the next triumph. Very early, therefore, I came to value everything in terms of victory or defeat — "all or nothing." The only satisfaction I knew was to win.

<< << << >> >> >>

Only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

God-Given Instincts

As Bill Sees It, page 135

Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, there would be no society.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives.

As Bill Sees It, pg 142

# October 2008

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