
LIFELINE



Salt Lake City
Central Office
Newsletter

December 2009

THE NIGHT BEFORE SOBRIETY

Twass the night before Sobriety, when all through the house, not a creature was stirring, not even a mouse; the booze was hidden in the chimney with care, in hope that my buzz would soon be there.

The children were nestled all snug in their beds, while visions of disaster danced in their heads; and mom in her 'kerchif and I with my drink, dad just settled down to heave in the sink.

When out on the lawn there arose such a clatter, I sprang from the kitchen to see what was the matter. Away from the window I stumbled like a flash, tore open the shutters and threw up the sash.

The moon on the breast of the new fallen snow gave the luster of mid-day to objects below, when what to my wondering eyes should appear, but a miniature elephant, and eight pink reindeer.

With a little old driver, as lively as sin, I knew in a moment it must be the gin. More rapid than eagles his coursers they came, and he whistled, and shouted, and called them by name;

Now, Bill W.! Now, Bob S.! Now, Bill D. and Ernie G! On, Bruce M.! On Julian O.! On Ed B.! And Ethyl M.! To the top of the porch! To the top of the wall! Now 12 step away! 12 step away! 12 step away all!

As dry heaves that before the wild hurricane flew, when they meet with a drunk, mount to the sky, so up to the house-top the coursers they flew, with a sleigh full of pamphlets, and St. Sponsor too.

And then, in a twinkling, I heard on the roof, the laughing and talking of each little stepper. As I drank down my martini and was turning around, down the chimney St. Sponsor came with a bound.

He was dressed all in fur, from his head to his foot, and his clothes were all tarnished with ashes and soot; a bundle of pamphlets he had flung on his back, and he looked like a peddler just opening his pack.

His eyes – how they twinkled! His dimples – how merry! I looked through my fog and saw a nose like a cherry! His droll little mouth let out a merry yelp, and he asked me; “Did you call A.A. for help?”

The stump of a pipe he held tight in his teeth, and the smoke, it encircled his head like a wreath; he had a broad face and he held a blue book, when he laughed, it bounced on his belly and shook.

He was chubby and plump, a right jolly old elf, and I laughed when I saw him, in spite of myself; a wink of his eye and a twist of his head, soon gave me to know I had nothing to dread.

He spoke not a word while opening Chapter Five, then turned with a jerk, he said to me: “This Is How It Works!, and that ain’t no jive.”

He sprang to his sleigh, to his team gave a whistle, and away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight, “HAPPY SOBRIETY TO ALL, AND TO ALL A GOOD NIGHT!”

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 (2009)

Chair

Co Chair

Secretary

Treasurer

Trustee at Large

Trustee at Large

Trustee at Large

Alternate Trustee-at-Large

Alternat Trustee- at-Large

Joe M.

Troy J.

David D.

John B.

Bill J.

Jim C.

Diane S.

Rob J.

Nancy R.

Suiting up and Showing Up

**Groups Represented At the
Central Office Reps Meeting for:**

November 2009

GARDEN VARIETY

COME AS YOU ARE

ACCEPTANCE GROUP

JACK TO JAVA

5:15 HAPPY HOUR

YOUNG PEOPLE'S MEETING

HAPPY HOUR

BACKSTREET CLUB-

EYE OPENER

10TH STEP GROUP

ROUND TABLE

AFTERNOONER

MAGNA FRIENDLY

BIG UGLIES

AS BILL SEES IT

WE CARE

974 CLUB

HAPPY DESTINY

SUNDAY MORNING-

BREAKFAST

HOLLIDAY GROUP

SUGERHOUSE MEN'S

NEW LIFE

SPIRITUAL QUEST

STARTING THE DAY

RICHARDS STREET LUNCH

AN A.A. GROUP

BASIC YOUNG PEOPLE'S

Central Office Staff & Volunteers

Central Office Manager

Administrative Assistant

Employees

Ron K.

Tonuah N.

Sandy A.

Lifeline Editors

Schedules

Telephone Coordinator

Paul & Martia S.

Marcia

Bill J.

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**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.

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.

"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



Upcoming Events,
MERRY CHRISTMAS,
and a
sober, safe and prosperous 2010



January 7th — 10th, 2010; **20th Annual River Roundup**, Laughlin, NV.

More info: Central Office of Salt Lake,
801.484.7871

February, 11th— 14th, 2010; **46th Annual International Women's Conference**, Orlando, FL.

<http://www.internationalwomensconference.org>

July, 1st — 4th, 2010; **International Convention**, San Antonio, TX.

—**Central Office** now has the latest books published by the AA Grapevine. The “Beginners Book” and “Voices of Long Term Sobriety”

(FROM THE EDITOR) *What is it with coffee?*

“Coffee is the world’s second largest item of international commerce. (Petroleum is first.)” I.A.

An Addendum:

It has been a privilege to serve as one of the editors of this newsletter for the past years. It is my deepest hope that my work with this paper has complemented someone’s sobriety as it has mine. Thank you.



—Rock Art—

THE OLD and NEW PREAMBLES The Wilmington Preamble

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a Power greater than ourselves. We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of that Power may be.

In order to form a habit of depending upon and referring all we do to that Power, we must at first apply ourselves with some diligence. By often repeating these acts, they become habitual and the help rendered becomes natural to us.

We have all come to know that as alcoholics we are suffering from a serious illness for which medicine has no cure. Our condition may be the result of an allergy which makes us different from other people. It has never been by any treatment with which we are familiar, permanently cured. The only relief we have to offer is absolute abstinence, the second meaning of A. A.

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover. An Alcoholics Anonymous is an alcoholic who through application and adherence to the A. A. program has forsworn the use of any and all alcoholic beverage in any form. The moment he takes so much as one drop of beer, wine, spirits or any other alcoholic beverage he automatically loses all status as a member of Alcoholics Anonymous. A.A. is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it. We have a way out on which we can absolutely agree and on which we can join in harmonious action.

Rarely have we seen a person fail who has thoroughly followed our program. Those who do not recover are people who will not or simply cannot give themselves to this simple program. Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover. There is a vast amount of fun in the A.A. fellowship. Some people might be shocked at our seeming worldliness and levity, but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem. To drink is to die. Faith must work twenty-four hours a day in and through us or we perish. In order to set our tone for this meeting I ask that we bow our heads in a few moments of silent prayer and meditation.

I wish to remind you that whatever is said at this meeting expresses our own individual opinion as of today and as of up to this moment. We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit. In fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A. A. Big Book.

If you don't have a Big Book, it's time you bought you one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be an A.A.

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.



Dr Bob graduated from Dartmouth College. During his school years, drinking was a major activity. In the eyes of the drinking fraternity, he was "summa cum laude." The school itself had a reputation as "the drinkingest of the Ivy League schools." (CH 2, DBGO 22, 348, NG 30, RAA 172, GB 34) After graduation, Bob went through three years of drifting and selling heavy hardware in Boston, Chicago and Montreal. (GB 35)



Morning prayer

Waking in the morning, I see the blue sky.
I join my hands in thanks for the many wonders of life;
for having twenty-four brand new hours.
The sun is rising on the forest
and so is my awareness.

I walk across the field of sunflowers.
Tens of thousands of flowers waving at me.
My awareness is like the sunflower;
My hands are sowing seeds for the next harvest.
My ear is hearing the sound of the rising tide
on the magnificent sky.
I see clouds approaching with joy from many directions,
I can see the fragrant Lotus ponds of my homeland,
I can see coconut trees along the river,
I can see rice fields stretch their shoulders,
laughing at the sun and the rain.
Mother Earth has given me coriander, basilicum and celery.
Tomorrow, the hills and mountains of the country
will be green again.
Tomorrow, the buds of life will grow quickly;
the folk poetry will be as sweet as the songs of the children.
The whole family of humans will sing together with me in my work.

Thich Nhat Hanh
Earth Prayers from Around the World

— an anonymous contribution—
(I kind of like it. *ed.*)

“Mental and emotional difficulties are sometimes very hard to take while we are trying to maintain sobriety. Yet we do see, in the long run, that transcendence over such problems is the real test of the A.A. way of living. Adversity gives us more opportunity to grow than does comfort or success.”

As Bill Sees It, page 234
2. LETTER, 1964

PASS IT ON. . . .

Boxing Day,
December 26th

Accepting Success or Failure

Furthermore, how shall we come to terms with seeming failure or success? Can we accept and adjust to either without despair or pride? Can we accept poverty, sickness, loneliness and bereavement with courage and serenity? Can we steadfastly content ourselves with the humbler yet sometimes more durable satisfactions when the brighter, more glittering achievements are denied us?

TWELVE STEPS AND TWELVE TRADITIONS, p. 112

After I found A.A. and stopped drinking, it took a while before I understood why the First Step contained two parts: my powerlessness over alcohol, and my life's unmanageability. In the same way, I believed for a long time that, in order to be in tune with the Twelve Steps, it was enough for me "to carry this message to alcoholics." That was rushing things. I was forgetting that there were a total of Twelve Steps and that the Twelfth Step also had more than one part. Eventually I learned that it was necessary for me to "practice these principles" in all areas of my life. In working all the Steps thoroughly, I not only stay sober and help someone else to achieve sobriety, but also I transform my difficulty with living into a joy of living.

DAILY REFLECTIONS, December 26th, page 369

SHARING

A. A. World Services
Box 459
Grand Central Station
New York, NY. 10163

Central Office of Salt Lake City
80 West Louise Ave.
Salt Lake City, Ut. 84115

Treasurer, Area 69
P.O. Box 40
Washington, UT. 84780-0040

Treasurer, District 11
1065 North 400 West
Bountiful, UT. 84140

Treasurer, District 10
P.O. Box 57271
Murray, UT. 84157

Treasurer, District 2
P.O. Box 615
Salt Lake City, UT.
84110

AFTER-HOURS AA SLC CENTRAL OFFICE PHONE VOLUNTEER CALENDAR

CENTRAL OFFICE BUSINESS HOURS
MON – FRI 930AM – 530PM
SATURDAY 10AM – 2PM