

Mensa's Wacky Dictionary

1: Intaxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

2: Reintarnation: Coming back to life as a hillbilly.

3: Bozone (n): The substance surrounding stupid people that stops bright ideas from penetrating. The Bozone layer, unfortunately, shows little sign of breaking down in the near future.

4: Cashteration (n): The act of buying a house, which renders the subject financially impotent for an indefinite period.

5: Giraffiti: Vandalism spray-painted very, very high.

6: Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.

7: Inoculatte: To take coffee intravenously when you are running late.

8: Hipatitis: Terminal coolness.

9: Ostiopornosis: A degenerate disease. (this gets extra credit)

10: Karmageddon: It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

11: Decafalon (n): The grueling event of getting through the day consuming only things that are good for you.

12: Glibido: All talk and no action.

13: Dopeler Effect: The tendency of stupid ideas to seem smarter when they come at you radidly.

14: Arachnoleptic: Fit (n): The frantic dance performed just after you've accidentally walked through a spider web.

15: Beezlebug (n): Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.

16: Caterpallor (n): The color you turn after finding half a worm in the fruit you're eating.

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 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:**

August 2009

A VISION FOR YOU	KEEP IT SIMPLE
GRAPEVINE	SO. DAVIS
A CLOSED MEETING	NO NONSENSE
LADIES SPEAKEASY	UNITY LUNCH BUNCH
DRAPER GROUP	FROM JACK TO JAVA
HAPPY DESTINY	FRESH AIR SERENITY
HOLLADAY	NOT A GLUM LOT
AS BILL SEES IT	12 STEP MAMAS
TENTH STEP GROUP	FOOTHILL
BASIC YOUNG PEOPLE	AFTERNOONERS
MAGNA FRIENDLY	SHARING AND CARING
NOMADIC LUNCH	BIGUGLIES
WE CARE	MIDVALE LUNCH
HIGHLAND BIG BOOK	974 GROUP
HILLCREST GROUP	GARDEN VARIETY
STONEWALL GROUP	

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

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. . . .”



Upcoming Events,



September 18th — 20th; **CC+ H₂O, Men's Spiritual Retreat**, Lava Hot Springs, ID.

Contact: Phillip W. 801.918.5981, or, phileas@comcast.net.

September 25th — 27th; **Area 69 Fall Assembly**, Kaysville, UT.

Questions? Coop @ 801.773.0619

September 25th — 27th; **35th Annual Woman-to-Woman Conference**, San Diego, CA

www.womwntowomansandiego.com

October 9th — 11th; **Fellowship of the Spirit Utah**, Yarrow Resort, Park City, UT.

October 9th — 11th; **4th Hispanic Convention**, Red Lion Hotel, Salt Lake City, UT.

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.

Changes to the July, August, September, 2009 Schedule

NEW LOCATION — back at old time:

5:15 Happy Hour: was at 777 S. 1300 E. (church), M — F @ 6:15 pm., is now meeting at 160 W. Goltz Ave.(1080 S., church) at 5:15 pm. Open.

CORRECTIONS:

In the Solution(men's) reads; 1232 N. Hillfield Road, Tuesday, 7:00 pm. It should read 1332 N. Hillfield Road (Layton Hills Baptist Church).

NAME AND LOCATION CHANGES:

Sunlight of the Spirit was on Thursday at 7:00 pm. The group is now calling itself **In the Sunlight of the Spirit** and is meeting at 3681 S. 1950 W. Apt. # 32 on Fridays at 6:30 in the P.M.

Into Action reads 2015 Newcastle Drive (8600 S., church), Monday, 7:30 pm, C. It should read 2015 Newcastle Drive (8890 S., church, Rm. 1C).

Granger Group reads 3200 W. 4615 Friday 8:30 pm. It should read 4615 S. 3200 w. (church — east door.)

Serenity Happy Hour was meeting at the Davis Behavioral College (2250 N. 1700 W.) in Layton. This group is now meeting at St. Peter's Episcopal Church (1579 S. State) in Clearfield on Sunday, 10:00 am. Open.

Friday Night Closed Meeting was held in the church at 1204 E. 1495 S., in Clearfield on Fridays at 8:00 pm. This group is now called the **Stone of Sisyphus Group** and meets at St. Peter's (1579 S. State) in Clearfield.

Not a Glum Lot that meets on Thursday night at 7:00 pm.has changed it's format to a 12 and 12 study. A closed meeting.

Announcement: The **Lifeline** is seeking editors to take over as of January, 2010

32Q - Is Alcoholics Anonymous a new religion? A competitor of the Church?

32A - If these misgivings had real substance, they would be serious indeed. But, Alcoholics Anonymous cannot in the least be regarded as a new religion. Our Twelve Steps have no theological content, except that which speaks of "God as we understand Him." This means that each individual AA member may define God according to whatever faith or creed he may have. Therefore there isn't the slightest interference with the religious views of any of our membership. The rest of the Twelve Steps define moral attitudes and helpful practices, all of them precisely Christian in character. Therefore, as far as the steps go, the steps are good Christianity; indeed they are good Catholicism, something which Catholic writers have affirmed more than once.

Neither does AA exert the slightest religious authority over its members. No one is compelled to believe anything. No one is compelled to meet membership conditions. No one is obliged to pay anything. Therefore we have no system of authority, spiritual or temporal, that is comparable to or in the least competitive with the Church. At the center of our society we have a Board of Trustees. This body is accountable yearly to a Conference of elected Delegates. These Delegates represent the conscience and desire of AA as regards functional or service matters. Our Tradition contains an emphatic injunction that these Trustees may never constitute themselves as a government - they are to merely provide certain services that enable AA as a whole to function. The same principles apply at our group and area level.

Dr. Bob, my co-partner, had his own religious views. For whatever they may be worth, I have my own. But both of us have gone heavily on the record to the effect that these personal views and preferences can never under any conditions be injected into the AA program as a working part of it. AA is a sort of spiritual kindergarten, but that is all. Never should it be called a religion. (The 'Blue Book', Vol.12, 1960)

A - Alcoholics Anonymous is not a religious organization; there is no dogma. The one theological proposition is a "Power greater than one's self." Even this concept is forced on no one. The newcomer merely immerses himself in our society and tries the program as best he can. Left alone, he will surely report the onset of a transforming experience, call it what he may. Observers once thought A.A. could only appeal to the religiously susceptible. Yet our membership includes a former member of the American Atheist Society and about 20,000 others almost as tough. The dying can become remarkably open-minded. Of course we speak little of conversion nowadays because so many people really dread being God-bitten. But conversion, as broadly described by James, does seem to be our basic process; all other devices are but the foundation. When one alcoholic works with another, he but consolidates and sustains that essential experience.

(Amer. J. Psych., Vol. 106, 1949)

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.

**AA Timeline**

1888 - Summer, Dr Bob (turning 9) had his first drink from a jug of hard cider. (DBGO 13)

1895 - Nov 26th, Bill Wilson was born in East Dorset, VT in a room behind a bar in the Wilson House (formerly the Barrows House) a village hotel run by his grandmother. (BW-RT 15, CH 4, NG 10, PIO 13, 407, RAA 138)



‘Live and Let Live’

The old saying “Live and Let Live” seems so commonplace, it is easy to overlook it’s value. Of course, one reason it has been said over and over for years is that it has proved beneficial in so many ways.

We A.A.’s make some special uses of it to help us not drink. It particularly helps us cope with people who get on our nerves.

Reviewing once more a little of our drinking histories, many of us can see how very, very often our drinking problem appeared to be related to other people. Experimenting with beer and wine in our teen-age years seemed natural, since so many others were doing it, and we wanted their approval. Then came weddings and bar mitzbahs and christenings and holidays and football games and cocktail parties and business lunches. . . .and the list can go on and on. In all of these circumstances, we drank at least partly because everybody else was drinking and seemed to expect us to.

Those of us who began to drink alone, or to sneak a drink now and then, often did so to keep some other person or people from knowing how much, or how often, we drank. We rarely liked to hear anybody else talk about our drinking. If they did, we frequently told them the “reasons” for our drinking, as if we wanted to ward off criticism or complaints.

Some of us found ourselves argumentative or even belligerent toward other people after drinking. [When was there “after drinking?”-ed.-]Yet others of us felt we got along better with people after a drink or two—whether it was a social evening, a tense sale or job interview, or even making love.

Our drinking caused many of us to choose our friends according to how much they drank. We even changed friends when we felt we had “outgrown” their drinking styles. We preferred “real drinkers” to people who took just one or two. And we tried to avoid teetotalers.

Many of us were guilty and angry about the way our family reacted to our drinking. Some of us lost jobs because a boss or a colleague at work objected to our drinking. We wished people would mind their own business and leave us alone!

Often, we felt angry and fearful even toward people who had not criticized us. Our guilt made us extra sensitive to those around us, and we nursed grudges. Sometimes, we changed bars, changed jobs, or moved to new new neighborhoods just to get away from certain persons.

So a great number of people besides ourselves were, in one way or another, involved in our drinking to some degree.

When we first stopped drinking, it was a great relief to find that the people we met in A.A.—recovered alcoholics—seemed to be quite different. They reacted to us, not with criticism and suspicion, but with understanding and concern.

However, it is perfectly natural that we still encounter some people who get on our nerves, both within A.A. and outside it. We may find that our non-A.A. friends, co-workers, or family members still treat us as if we were drinking. (It may take them a little while to believe that we have *really* stopped. After all, they may have seen us stop many times in the past, only to start again.)

To begin to put the concept of “Live and Let Live” into practice, we must face this fact: There are people in A.A., and everywhere else, who sometimes say things we disagree with, or do things we don’t like. Learning to live with differences is essential to our comfort. It is exactly in those cases that we found it extremely helpful to say to ourselves, “Oh, well, ‘Live and Let Live.’”

[Next page, please.]

‘Live and Let Live’, continued.

In fact, in A.A., much emphasis is placed on learning how to tolerate other people’s behavior. However offensive or distasteful it may seem to us, it is certainly not worth drinking about. Our own recovery is too important. Alcoholism can and does kill, we recall.

We have learned it pays to make a very special effort to try to understand other people, especially anyone who rubs us the wrong way. For our recovery, it is more important to understand than to be understood. This is not very difficult if we bear in mind that the other A.A. members, too, are trying to understand, just as we are.

For that matter, we’ll meet some people in A.A. or elsewhere who won’t be exactly crazy about us, either. So all of us try to respect the rights of others to act as they choose (or must). We can then expect them to give us the same courtesy. In A.A., they generally do.

Usually, people who like each other—in a neighborhood, a company, a club, or A.A.—gravitate toward each other. When we spend time with people we like, we are less annoyed by those we don’t particularly care for.

As time goes on, we find we are not afraid to simply walk away from people who irritate us, instead of meekly letting them get under our skin, or instead of trying to straighten them out just so they’ll suit *us* better.

None of us can remember anyone’s forcing us to drink alcohol. No one ever tied us down and poured booze down our gullets. Just as no one *physically* compelled us to drink, now we try to make sure no one will *mentally* “drive us to drink,” either.

It is very easy to use other people’s actions as an alibi for drinking. We used to be experts at it. But in sobriety, we have learned a new technique: We never let ourselves get so resentful toward someone else that we allow that person to control our lives—especially to the extent of causing us to drink. We have found we have no desire to let any other person, run, or ruin, our lives.

An ancient sage said that none of us should criticize another until we have walked a mile in the other person’s boots. This wise advice can give us greater compassion for our fellow human beings. And putting it into practice makes us feel much better than being hung-over.

“Let Live”—yes. But some of us find just as much value in the first part of the slogan: “Live”!

When we have worked out ways to enjoy *our own* living fully, then we are content to let other people live any way they want. If our own lives are interesting and productive, we really have no impulse or desire to find fault with others or worry about the way they act.

Can you think right this minute of someone who really bothers you?

If you can, try something. Postpone thinking about him or her and whatever it is about the person that riles you. You can boil inside about it later if you want to. But for right now, why not put it off while you read the next paragraph?

Live! Be concerned with your own living. In our opinion, staying sober opens up the way to life and happiness. It is worth sacrificing many a grudge or argument. . . . Okay, so you didn’t manage to keep your mind completely off that other person. Let’s see whether the suggestion coming next will help.

Getting Active.

“Living Sober” pages 10-13

**AFTER-HOURS AA SLC CENTRAL OFFICE
PHONE VOLUNTEER CALENDAR**

Sept 2009

**CENTRAL OFFICE
REGULAR BUSINESS HOURS
MON – FRI 930AM – 530PM**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	2 12am – 930am Summer <u>530p – 7pm OPEN</u> 7pm – 12am Todd K.	3 12am – 7am Todd K. 7am – 930am Karrie <u>530pm – 630pm OPEN</u> 630pm – 10pm Hillcrest <u>10pm – 12am OPEN</u>	4 12am – 7am Valerie <u>7am – 930am OPEN</u> 6pm – 12am Greater Kearns	5 12am – 10am Troy J. 2pm – 6pm Andrea 6pm – 9pm Vision For You 9pm – 12am Kristin
6 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. 11pm – 12am Randy	7 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	8 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	9 12am – 930am Summer <u>530p – 12am OPEN</u>	10 <u>12am – 7am OPEN</u> 7am – 930am Karrie 530pm – 12am Bonnie	11 <u>12am – 7am OPEN</u> 7am – 930am Andrea <u>530pm – 630pm OPEN</u> 630pm – 12am Basic Y.P.	12 12am – 10am Troy J. <u>2pm – 3pm OPEN</u> 3pm – 7pm Its In The Book 7pm – 9pm Womens 12x12
13 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 11pm Melissa B. 11pm – 12am Randy	14 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	15 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	16 12am – 930am Summer <u>530p – 12am OPEN</u>	17 <u>12am – 7am OPEN</u> 7am – 930am Karrie 530pm – 12am Dave S.	18 <u>12am – 7am OPEN</u> 7am – 930am Andrea <u>530pm – 630pm OPEN</u> 630pm – 12am Non Smoking Sobriety Hour	19 12am – 10am Troy J. 2pm – 7pm Unity Lunch B 7pm – 12am MagnaFriendly Bunch
20 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	21 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	22 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	23 12am – 930am Summer <u>530p – 12am OPEN</u>	24 <u>12am – 7am OPEN</u> 7am – 930am Karrie 530pm – 12am Marc K.	25 12am – 7am Marc K. 7am – 930am Andrea 530pm – 10pm Chad 10pm – 12am Troy J.	26 12am – 10am Troy J. 2pm – 6pm Billy S. 6pm – 10pm Grapevine 10pm – 12am Kristin
27 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	28 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	29 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	30 12am – 930am Summer <u>530p – 12am OPEN</u>	<div> <p>IF YOU OR YOUR GROUP WOULD LIKE TO HELP OUT, PLEASE CONTACT BILL (OUR PHN COORD.) AT 801.604.0511 OR EMAIL: billj5403@yahoo.com</p> </div>		