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# LIFELINE



Salt Lake City  
Central Office  
Newsletter

June 2009

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A Program of Action  
March 1989

Countless numbers of people have told me they recite the Serenity prayer as a tool for engendering an attitude of turning it over. I now regard the statements in that prayer, except for the part about asking it to be a grant from God, as a description of a completely sensible way to approach life. Even atheists can learn to recognize the futility of nonacceptance, the value of risking changes, and the way to tell the difference between things we can affect and those we can't. When I begin to worry about things I can do nothing about, I tell myself to "accept what you can't change." Often I have used the ideas in the Serenity Prayer as a trigger for relinquishing my need to control and as a reminder to take action when some discontentment can be remedied.

I find I actually do very little that is different from the actions of those who believe in God. I just think about the actions in a different way. The words of the Serenity Prayer are a concise way to tell myself to do what makes sense because sane and sensible action has a track record of success. When I make a decision to quit trying to control, I do not expect anyone or anything will oversee events and take care of me. I make the decision because it is the reasonable action to take. I get relief from anxieties and fears the same way believers do—I stop concentrating on what dismays me and direct my attention to activities that are productive.

J.L.  
El Granada, CA  
*Spiritual Awakenings*, pg 205

**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.**

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**Central Office Manager****Administrative Assistant****Employees****Ron K.****Tonuah N.****Sandy A.****Lifeline Editors****Schedules****Telephone Coordinator****Paul & Martia S.****Marcia****Bill J.****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.”

**Suiting up and Showing Up**

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

**May 2008**10<sup>TH</sup> STEP GROUP

GARDEN VARIETY

SUGARHOUSE MEN'S

ACCEPTANCE GROUP

EARLY FRIENDSHIP

NEW LIFE

UNITY LUNCH

AFTERNOONERS

A VISION FOR YOU

GRAPEVINE

FLYN' HIGH

BIG UGLIES

LIVING IN SOBRIETY

SUNDAY BREAKFAST

STONEWALL

MAGNA FRIENDLY-  
BUNCH

AWAY OUT

PRIMARY PURPOSE

ONE SMALL STEP

BOUNTIFUL

COMMUNITY

HOLLIDAY

A CLOSED MEETING

AN A.A. 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](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.

“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. . . .”

**A.A. Comes of Age, pp. 232-233**

**Upcoming Events,**

June 26th — 28th; **ASCYPAA**, Prescott, AZ.

Questions: [katiemurphy86@yahoo.com](mailto:katiemurphy86@yahoo.com), or, [lwmhuntaz@commspeed.net](mailto:lwmhuntaz@commspeed.net)

July 10th — 12th; **27th Annual Great Outdoor Campout**, Defa's Ranch, UT.

[godcampout@yahoo.com](mailto:godcampout@yahoo.com)

August 7th — 9th; **Maple Grove Campout**, Maple Grove, UT.

Ralph or Patsy @ 801.597.0276 or 801.598.0732

August 23rd; Sunday afternoon in Murray Park at the **Central Office Picnic**

Pavilion#5, Murray, UT.

September 18th — 20th; **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](http://www.womwntowomansandiego.com)

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.

**NEW MEETING:**

**One Small Step** is now meeting at 1225 East Fort Union Blvd. in Suite 300 on Mondays at 8:30 p.m. This meeting was being held at 5770 South 1500 West.

**ANNOUNCEMENT:**

The *Lifeline* is seeking new editor (s) as of the first of the year.

**How influential was Herbert Spencer on Bill Wilson?**

Was he mentioned in the appendix II just to prompt open-mindedness or was his work more thoroughly studied?

Art Sheehan answered:

In March 1941, the wording of Step 12 was changed in the 2nd printing of the 1st edition Big Book. The term "spiritual experience" was changed to "spiritual awakening" and the term "as the result of these steps" was changed to "as the result of those steps." Along with the wording changes to Step 12, the appendix, "Spiritual Experience" was added (it was appendix I then, not appendix II).

The Big Book revisions were done because many members thought that they had to have a sudden and spectacular spiritual experience similar to the one Bill had in Towns Hospital. The appendix emphasized that most spiritual experiences were of the type that the psychologist William James called the "educational variety."

The initial version of the "Spiritual Experience" appendix did not contain the quotation attributed to Spencer. It was not added to the appendix until mid-1955 when the 2nd edition Big Book was published. The 2nd printing of the 2nd edition Big Book changed Step 12 again, to restore the term "those steps" back to "these steps." The quotation attributed to Spencer originally appeared in a 1st edition Big Book story titled "An Artist's Concept" by Ray C (who also designed the 1st edition Big Book's dust jacket). Ray C's story was not carried over to the 2nd edition Big Book and the quotation was added to the appendix.

The Spencer quote might not be an accurate attribution. So far, no written work by Spencer can be positively confirmed as containing the quotation (a few works have been cited but not verified). I doubt that, other than the attributed quotation, Spencer had much, if any, influence on Bill W at all. The quotation superbly adds emphasis to the last sentences of the appendix that "Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable." Cheers, Arthur

PS - By the way, Spencer is credited with originating the term "survival of the fittest."

**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 – 1879**

Aug 8, Robert Holbrook Smith (Dr. Bob) was born in St Johnsbury, VT. to Judge and Mrs. Walter Perrin Smith. Note: Bob had a much older foster sister, Amanda [Northrup], who became a history professor at Hunter College, NY. (DBGO 9, 12, 14, CH 2, NG 29-30)



*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.

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**Beneath the Surface**

Some will object to many of the questions that should be answered in a moral inventory, because they think their own character defects have not been so glaring. To these, it can be suggested that a conscientious examination is likely to reveal the very defect the objectionable questions are concerned with.

Because our surface record hasn't looked too bad, we have frequently been abashed to find that this is so, simply because we have buried these selfsame defects deep down in us under thick layers of self-justification. Those were the defects that finally ambushed us into alcoholism and misery.

As Bill Sees It, pg. 258

## SERVICE IN ALCOHOLICS ANONYMOUS

I have been a member of Alcoholics Anonymous since September 13<sup>th</sup> 1990. I have found that what kept me sober was doing service work in A.A. I was the kind of person who never considered my fellow man, but today, I have found that if I am doing something to help another alcoholic, I am thinking about someone other than myself.

When I first came into the program I was told to go to a meeting every day, and I did. I was told to introduce myself to two new-comers and give them my phone number, and I did. I was told to get involved, and I did. I found a home group and became an alternate GSR for that group.

Then I became the DCM for District 10 for two years. Later I ran for Corrections chair, and held that position for two years, but I attended prison meetings for six and a half years. That was a great position, and I would highly recommend it to anyone.

Today I have the greatest job; I work at A.A. Central Office and I have met some of the nicest people in Alcoholics Anonymous.

Service is truly what keeps me sober today, but most of all – living in today and not worrying about tomorrow. To the new-comers, there was an old-timer I truly loved who used to say, “Get *in* the wagon so you don’t fall out..”

Thank you for teaching me how to care.  
(Anonymous)

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‘Way up toward Point Barrow in Alaska, a couple of prospectors got themselves a cabin and a case of Scotch. The weather turned bitter- fifty below, and they got so drunk they let the fire go out. Barely escaping death by freezing, one of them woke up in time to rekindle the fire. He was prowling around outside for fuel, and he looked into an empty oil drum filled with frozen water. Down in the ice cake he saw a reddish-yellow object. When thawed out, it was seen to be an A.A. book. One of the pair read the book and sobered up. Legend has it that he became the founder of one of our farthest north groups.

*As Bill Sees It*, pg 245

## Middle of the Road

“In some sections of A.A., anonymity is carried to the point of real absurdity. Members are on such a poor basis of communication that they don’t even know each other’s last names or where each lives. It’s like the cell of an underground.

“In other sections, we see exactly the reverse. It is difficult to restrain A.A.’s from shouting too much before the whole public, by going on spectacular ‘lecture tours’ to play the big shot.

“However, I know that from these extremes we slowly pull ourselves onto a middle ground. Most lecture-giving members do not last too long, and the superanonymous people are apt to come out of hiding respecting their A.A. friends, business associates, and the like. I think the long-time trend is toward the middle of the road — which is probably where we should be.”

—A Letter—

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

# June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>2</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>3</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>4</b> 12am – 7am Todd K. 7am – 930am Karrie <u><b>530pm – 630pm OPEN</b></u> 630pm – 10pm Hillcrest <u><b>10pm – 12am OPEN</b></u>	<b>5</b> 12am – 7am Valerie <u><b>7am – 930am OPEN</b></u> 6pm – 12am Greater Kearns	<b>6</b> 12am – 10am Troy J. 2pm – 6pm Andrea 6pm – 9pm Vision For You 9pm – 12am Chad N.
<b>7</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. 11pm – 12am Randy	<b>8</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>9</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>10</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>11</b> 12am – 7am Todd K. 7am – 930am Karrie 530pm – 12am Bonnie	<b>12</b> <u><b>12am – 7am OPEN</b></u> 7am – 930am Andrea <u><b>530pm – 630pm OPEN</b></u> 630pm – 12am Basic Y.P.	<b>13</b> 12am – 10am Troy J. <u><b>2pm – 3pm OPEN</b></u> 3pm – 7pm Its In The Book 7pm – 9pm Womens 12x12
<b>14</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 11pm Melissa B. 11pm – 12am Randy	<b>15</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>16</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>17</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>18</b> 12am – 7am Todd K. 7am – 930am Karrie 530pm – 12am Dave S.	<b>19</b> <u><b>12am – 7am OPEN</b></u> 7am – 930am Andrea <u><b>530pm – 630pm OPEN</b></u> 630pm – 12am Non Smoking Sobriety Hour	<b>20</b> 12am – 10am Troy J. 2pm – 7pm Unity Lunch B 7pm – 12am MagnaFriendly Bunch
<b>21</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	<b>22</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>23</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<b>24</b> <u><b>12am – 930am OPEN</b></u> 530p – 7pm Afternooners 7pm – 12am Todd K.	<b>25</b> 12am – 7am Todd K. 7am – 930am Karrie 530pm – 12am Marc K.	<b>26</b> 12am – 7am Marc K. 7am – 930am Andrea 530pm – 10pm Honey's Breakfast Bunch 10pm – 12am Troy J.	<b>27</b> 12am – 10am Troy J. 2pm – 6pm Billy S. 6pm – 10pm Grapevine <u><b>10pm – 12am OPEN</b></u>
<b>28</b> 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	<b>29</b> 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	<b>30</b> 12am – 930am Jeff R. 530p – 10p 10 <sup>th</sup> Step Grp 10pm – 12am Vivian	<div> CENTRAL OFFICE  REGULAR BUSINESS HOURS  MON – FRI 930AM – 530PM  SATURDAY 10AM – 2PM </div>			<div> 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 </div>