

Oxymoron's

1. Is it good if a vacuum really sucks?
2. Why is the third hand on a watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "take me out to the ball game" when we're already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expect the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "oversee" and "overlook" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where does the audience sit?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read alright?
20. Why is bra singular and panties plural?
21. Why do you press harder on the button of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in suitcases?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?

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)

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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:

July 2009

A VISION FOR YOU	AS BILL SEES IT
GRAPEVINE	TENTH STEP GROUP
LIVING IN SOBRIETY	BASIC YOUNG PEOPLE
AWAY OUT	LIVE AND LET LIVE
A CLOSED MEETING	BOUNTIFUL COMMUNITY
AN A.A. GROUP	BOG IRISH
LADIES SPEAKEASY	MAGNA FRIENDLY
DRAPER GROUP	NOMADIC LUNCH
HAPPY DESTINY	FOOTHILL
SPIRITUAL QUEST	EARLY FRIENDSHIP
HOLLIDAY	NEW WAY
SERENITY VIEW	COME AS YOU ARE
NO NONSENSE	WE CARE
SUNDAY MORNING -	HIGHLAND BIG BOOK
BREAKFAST	HILLCREST

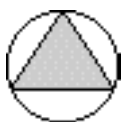
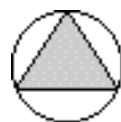
Is Your Group Represented?

The next C.O. Reps Meeting is the second Tuesday of the month at 6:30 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,**

August 15th — 16th; **Pre-Assembly Workshop**, Logan, UT.

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

Pavilion#5, Murray, UT.

September 3rd — 6th; **Great Outdoor Beaver Meeting**, Beaver UT.

September 11th — 13th; **Women's Big Book 09**, Trefoil Girl Scout Camp

Questions? Jessica P @ 801.580.7464

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? Coe P @ 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.

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

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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.

[continued on page six]

Ask Bill W....

37Q - What is AA's relationship with the community?

37A - Now that our methods and results are better known we are receiving splendid cooperation everywhere from clergymen, doctors, employers, editors - in fact, from whole communities. While there is still a well-understood reluctance on the part of city and private hospitals to admit alcoholic patients, we are pleased to report a great improvement in this direction. But we are still very far, in most places, from having anything like adequate hospital accommodations.

Over and above this traditional activity, we may give some counsel to those who work upon various aspects of the total problem. It may be possible that our experience fits us for a special task. Writing of Alcoholics Anonymous, Dr. Harry Emerson Fosdick once said: "Gothic Cathedral windows are not the sole thing which can be seen from within. Alcoholism is another. All outside views are clouded and unsure." Thus, with our inside view - one best seen by those drinkers who have suffered from alcoholism - we would help those working on alcohol problems who have not had our first hand experience.

While we members of Alcoholics Anonymous are not scientists, our special insight may help science; while we are of all religions and sometimes none, we can assist clergymen; although not educators, we shall, perhaps, aid in clearing away unsure views; not penologists, we do help in prison work; not a business or organization, we nevertheless advise employers; not sociologists, we constantly serve families, friends and communities; not prosecutors or judges, we try to promote understanding and justice; emphatically not doctors, we do minister to the sick. Taking no side on controversial questions, we may sometimes mediate fruitless antagonism, which have so often blocked effective cooperation among those who would solve the riddle of the alcoholic.

These are the activities and aspirations of thousands of the members of Alcoholics Anonymous. While our organization as a whole has but one aim - to help the alcoholic who wishes to recover - there are a few of us, indeed, who as individuals do not wish to meet some of the broader responsibilities for which we may be especially fitted. (Quart. J. Stud. Alc., Vol.6, Sept., 1945). .

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.



1865 - Bill W's grandparents William C Wilson and Helen Barrows were married. (RAA 136)

1870 - Bill W's father, Gilman (Gilly) Barrows Wilson, and mother, Emily Griffith, were born. (BW-RT 12)



What Pink Cloud?

As a newcomer in A.A., I heard people talk about being on a “pink cloud.” Pink cloud? What was that? All my clouds were dark and gloomy.

After I crashed in August 2000 and found myself at Vista, I knew I could no longer use wine, Southern Comfort, or Polish vodka to deal with life. No more benzodiazepines either. Another withdrawal would kill me. I had to stay clean and sober, no matter how much I hated it.

Early in the program, I slipped into a depression. I told my sponsor I couldn’t get out of bed. She said go to meetings whenever you can and don’t drink. So I’d head for a meeting at the Triangle Club, then run back home and hide until I got the courage to go to another meeting. Sometimes I made three meetings in a day, sometimes only one.

My doctor, who knew about my alcoholism, prescribed an antidepressant to help me through early sobriety. After awhile I was able to share in meetings and even phone other alcoholics occasionally. I started working the Steps with my sponsor. Basically, I learned to follow directions.

The dark clouds went away as the program taught me to live in the moment, not the past or the future. By staying in the present, I discovered highs that don’t come from alcohol or drugs. I sometimes find myself on a high listening to acoustic guitar music, kayaking or gazing at the night sky. Just sitting quietly on my back porch with my dog and cats can make me high. My “pink cloud” experiences come without warning, filling me with joy and gratitude.

To the newcomer who’s depressed or misses the relief of booze and drugs, my advice is — hang in there. Trust in the program. If you go to meetings, work the Steps, and follow directions, you’ll be eligible for better highs than you ever got from drinking and using.

Barb C., Eye Opener Group
from the *New Reporter*, January 2009

Donations may be sent to the following addresses.

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

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

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

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

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

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

A Letter to Mr. Alcohol

Hey, Mr. Alcohol,

I want to let you know how much I despise you because you took possession of my life.

I started using you socially, I would stop for a few beers with the girls on payday every week. I started driving under your influence. It is a wonder I didn't kill someone or myself. I was lucky! I started taking you everywhere I went so I wouldn't miss you so I could find an excuse to use you. I didn't think you had that much of an effect on me. I thought I kept you hidden very well. I felt I could maintain my life. I was in denial!!!

How ignorant I was! I've had a lot of traumas in my life and you were there for me to pop the top. Then you came for breakfast, lunch, dinner and my in-between meal snacks. I treated you like my best friend. Then, I came to the understanding that everyone was against me because of you. **THAT'S WHEN I LOST ME!!!**

Mr. Alcohol, you had complete control over my life! Now they tell me that I have a disease called alcoholism and there is no cure. Because of my addiction, I lost my family, home, job sanity, and most of all, I lost my self-respect. When I went places and you weren't available, I felt that I didn't fit in without you, Mr. Alcohol, so I would isolate or make up some excuse to leave so I could spend my time with you.

I thought something was wrong with people who didn't use you, Mr. Alcohol. You had control over me. I was powerless and no one understood.

My daughter had enough of the influence and deception and my destructiveness that came with you so she left to go live with her father. My son was ashamed to be around me. Mr. Alcohol, you still came between my family and me. When they saw me under your influence, they got to the point they didn't want to be around me.

I also put myself in dangerous situations. Because of you, I've been raped, attacked, beat up with a ball bat and found the one I loved dead from an overdose. Failure after failure, I owe to you. My principles began to fade. Hear me now, I don't want you in my life anymore.

People don't understand that alcoholism is a disease that is so devastating and needs lifelong treatment. I wish people could see that we suffer an agonizing disease. Maybe this could change their attitudes and help someone get help. For people who live with this disease, there is help out there if you want it bad enough.

A recovering alcoholic, Tina C., Monterey, TN.
from the *New Reporter*, January, 2009

[Changes, from page three]

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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.

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.

Serenity Happy Hour was meeting at the Davis Behavioral Campus (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.

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).

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).-Open

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

CANCELED:

From Jack to Java held at 675 W. 10600 s.(coffee shop) cancelled on Saturdays only at 8:00 pm.

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

Aug 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12am – 10am Troy J. 2pm – 6pm Andrea 6pm – 9pm Vision For You 9pm – 12am Kristin
2 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. 11pm – 12am Randy	3 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	4 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	5 12am – 930am Summer 530p – 7pm Afternooners 7pm – 12am Todd K.	6 12am – 7am Todd K. 7am – 930am Karrie <u>530pm – 630pm OPEN</u> 630pm – 10pm Hillcrest <u>10pm – 12am OPEN</u>	7 <u>12am – 7am OPEN</u> 7am – 930am Andrea <u>530pm – 630pm OPEN</u> 630pm – 12am Basic Y.P.	8 12am – 10am Troy J. <u>2pm – 3pm OPEN</u> 3pm – 7pm Its In The Book <u>7pm – 12am OPEN</u>
9 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 11pm Melissa B. 11pm – 12am Randy	10 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	11 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	12 12am – 930am Summer 530p – 7pm Afternooners 7pm – 12am Todd K.	13 12am – 7am Todd K. 7am – 930am Karrie 530pm – 12am Bonnie	14 <u>12am – 7am OPEN</u> 7am – 930am Andrea <u>530pm – 630pm OPEN</u> 630pm – 12am Non Smoking Sobriety Hour	15 12am – 10am Troy J. 2pm – 7pm Unity Lunch B 7pm – 12am MagnaFrdly
16 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	17 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	18 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	19 12am – 930am Summer 530p – 7pm Afternooners 7pm – 12am Todd K.	20 12am – 7am Todd K. 7am – 930am Karrie 530pm – 12am Marc K.	21 12am – 7am Marc K. 7am – 930am Andrea 530pm – 10pm Chad 10pm – 12am Troy J.	22 12am – 10am Troy J. 2pm – 6pm Billy S. 6pm – 10pm Grapevine <u>10pm – 12am OPEN</u>
23 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	24 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	25 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	26 12am – 930am Summer 530p – 7pm Afternooners 7pm – 12am Todd K.	27 12am – 7am Todd K. 7am – 930am Karrie 530pm – 12am Dave S.	28 12am – 7am Valerie <u>7am – 930am OPEN</u> 530pm – 12am Honeys Breakfast Bunch	29 12am – 10am Troy J. 2pm – 6pm Bill J. 6pm – 9pm Kathy L. 9pm – 12am Kristin
30 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	31 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.		<div> <p>CENTRAL OFFICE REGULAR BUSINESS HOURS MON – FRI 930AM – 530PM SATURDAY 10AM – 2PM</p> </div>		<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>	