
LIFELINE



Salt Lake City
Central Office
Newsletter

January 2009

Parachutes

Charles Plumb was a U.S. Navy jet pilot in Viet Nam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience!

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, “You’re Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!”

“How in the world did you know that?” asked Plumb.

“I packed your parachute,” the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, “I guess it worked.” Plumb assured him, “it sure did. If your chute hadn’t worked, I wouldn’t be here today.”

Plumb couldn’t sleep that night, thinking about that man. Plumb says, “I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell bottom trousers. I wondered how many times I might have seen him and not even said ‘Good morning, how are you?’ Or anything, you see, because I was a fighter pilot and he was ‘just a sailor.’ Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn’t know.

Now, Plumb asks his audience, “Who’s packing your parachute?” Everyone has someone who provides what they need through the day. He also points out that he needed many kinds of parachutes. When he was shot down over enemy territory – he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say “hello, please, or thank you”; congratulate someone on something wonderful that has happened to them; give a compliment, or just do something nice for no reason. As you go through the week, the month, the year, recognize people who pack your parachute.

I am sending this as my way of thanking you for your part in packing my parachute. And I hope you send it on to those who have helped pack yours.

continued on page 5.

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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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:**

December 2008

SPIRITUAL QUEST

SERENITY VIEW

CLOSED GROUP OF A.A.

COME AS YOU ARE

BASIC YOUNG PEOPLE

MIDVALE LUNCH BUNCH

HILLCREST GROUP

HAPPY DESTINY

GARDEN VARIETY

OFF THE CUFF

GRAPEVINE GROUP

DRAPER FIRESIDE

974 GROUP

CANDLELIGHT;

YOUNG & ALIVE

FLYIN' HIGH

NON NONSENSE

UNITY LUNCH BUNCH

LIVING IN SOBRIETY

AFTERNOONERS

BIGUGLIES

CAME TO BELIEVE

BOGIRISH

FOOTHILL

FRESH AIR

HIGHLAND GROUP

SOBER SISTERS

ONE SMALL STEP

WE CARE

GRANGER GROUP

NON-SMOKING 5:30

RICHARD'S STREET

10TH STEP GROUP

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.

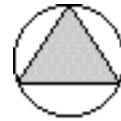
www.saltlakeaa.org

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



January 8th — 11th, 2009; **19th Annual River Roundup,**
Laughlin, NV.

River Cities Intergroup @ www.rcco-aa.org

February 12th — 15th, 2009; **45th International Women's Conference,** Salt Lake City,
UT.

**Changes in the September thru December
2008 Schedule**

NEW MEETINGS:

From Jack to Java meets in the coffee shop at 675 West 10600 South daily at 3:00 pm. Open.

Salt Lake Hispanic Group meets at 1020 North 1400 West daily at 7:30 pm. An open, Spanish meeting.

The Jaywalker's Roundtable is meeting in Mary Grace Manor located at 19 W. Gregson Ave. (3050 South). This open meeting starts at 7:00 pm. on Wednesdays.

CANCELED MEETING:

Salt Lake Espanol that met daily at 1169 Glendale Plaza @ 7:30 pm. has been canceled.

DAY CHANGE:

To Cease Fighting, a big book study, now meets in the church (side door) at 1580 Vine street on *Thursday* instead of Wednesday.

LOCATION CHANGE:

The **Park City Group**, a birthday meeting, will now meet at St. Mary's Chapel located at 121 Park Avenue in Park City on Sunday at 6:00 pm. This open meeting used to be held at Valley Mental Health (1753 Sidewinder).

Location Changes:

The **Unity Lunch Bunch** has moved from the Community Center at 615 South 300 East to the Baptist church at 777 South 1300 East. It will meet there on Monday — Friday at 12:00 noon. Enter at the rear door. It is an open meeting.

The **5:15 Happy Hour** is also moving to the Baptist Church located at 777 South 1300 East. Starting December 1st, it will meet there on Monday — Friday at 5:15 pm. An open meeting.

October 20, 1970

Dear Friends:

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as fellowship and most vital to our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival: the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. Tie cannot, nor should we, turn back the clock. However, I deeply believe that the principal of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace.

And so -- once more I salute you in that spirit and again I thank you for your lives. May God bless us all now, and forever.

Bill

(Bill's message on his 36th Anniversary - October 10th, 1970)

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.



WINDOW OF OPPORTUNITY

"One definition of a bottom is the point when the last thing you lost or the next thing you are about to lose is more important to you than booze. That point is different for everyone, and some of us die before we get there."

STORY (17) - pg. 425 - BIG BOOK OF AA



Sometimes, we wonder why friends keep forwarding jokes to us without writing a word. Maybe this could explain it: when you are very busy, but still want to keep in touch, guess what you do – you forward jokes. And to let you know that you are still remembered, you are still important, you are still loved, you are still cared for, guess what you get? A forwarded joke.

So, my friend, next time you get a joke, don't think you've just been sent just another forwarded joke, but that you've been thought of today and your friend on the other end of your computer just wanted to send you a smile - - - just helping you pack your parachute...

Have a great day and stay in touch.

—anonymous—

Before it Starts!

A man comes home from an exhausting day at work, plops
down on the couch in front of the television, and tells his wife,
“Get me a beer before it starts.”

The wife sighs and gets him a beer.

Fifteen minutes later, the man says, “Get me another beer before
it starts.”

She looks cross, but fetches another beer and slams it down
next to him.

He finishes that beer and a few minutes later says, “Quick, get
me another beer, it's going to start any minute.”

The wife is furious. She yells at him, “Is that all you're going to
do tonight? Drink beer and sit in front of that TV? You're
nothing but a lazy, drunken, fat slob, and futhermore. . . .”

The man sighs and says, “It's started. . . .”

More *Pass it On* from the *New Reporter*—

A few excerpts from church bulletin messages:

—The ladies of the church have cast-off clothing of every kind and they may be seen in the church basement Friday.

—Pastor is on vacation. Massages can be given to the church secretary.

—Don't let worry kill you. Let the Church help.

—The senior choir invites any member of the congregation who enjoys sinning to join the choir.

In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom and my despondency. I will leave all these things buried and go forward, in this new year, into a new life.

—*The New Reporter*—

The New Year's Offering, Today and Tomorrow

Now we come to the all-important attribute of vision. Vision is, I think, the ability to make good estimates, both for the immediate and for the more distant future. Some might feel this sort of striving to be a sort of heresy, because we AAs are constantly telling ourselves, "One day at a time." But that valuable principle really refers to our mental and emotional lives and means chiefly that we are not foolishly to repine over the past nor wishfully to day-dream about the future.

As individuals and as a Fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a fatuous idea of Providence. God's real Providence has endowed us human beings with a considerable capacity for foresight, and He evidently expects us to use it. Therefore, we must distinguish between wishful fantasy about a happy tomorrow and the present use of our powers of thoughtful estimate. This can spell the difference between future progress and unforeseen woe.

Vision is therefore the very essence of prudence, an essential virtue if there ever was one. Of course, we shall often miscalculate the future in whole or in part, but that is better than to refuse to think at all.

Bill W.
Twelve Concepts for World Service,
Concept IX, "Leadership in AA: Ever a
Vital Need", pages 40-41

January 2009

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