

“GOD ARE YOU REAL?”

The man whispered, “God, speak to me.”
And a meadowlark sang.
The man did not hear.

So the man yelled, “God, speak to me.”
And the thunder rolled across the sky.
But the man did not hear.

The man looked around and said, “God, let me see you.”
And a star shown brightly.
But the man did not notice.

And the man shouted, “God, show me a miracle.”
And a life was born.
But the man did not know.

So the man cried out in despair,
“Touch me God, and let me know you are here.”
Whereupon, God reached down and touched the man.
But the man brushed the butterfly away

...AND WALKED AWAY UNKNOWNINGLY.

Anonymous

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

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

Suiting up and Showing Up

Groups Represented At the
Central Office Reps Meeting for:

September 2009

**SUGARHOUSE MEN'S
GARDEN VARIETY
COME AS YOU ARE
AN A A GROUP
DRAPER GROUP**

where was everyone? (The editors)

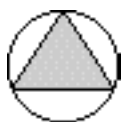
Is Your Group Represented?

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)

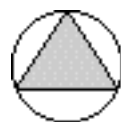
Please visit our website for meeting information.
www.saltlakeaa.org

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,
HAPPY HALLOWEEN!



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 September-October 2009 Schedule
and other stuff.**

NEW MEETING:

—**Higher Ground** is meeting at 796 South Mountain Road in Fruit Heights (Methodist Church) on Monday and Wednesday at 12:00 pm. An open meeting.

CANCELLED:

—**Nuts and Bolts** on Wednesday's at 8:00 pm at 1832 S 1300 E. (Westminster). Also cancelled, **Wednesday's Rebels** at 235 South Rio Grande. It was on Wednesdays, at 1:00 pm.

PUBLIC SERVICE STUFF:

—**Carrie, the message** is a "A PROM-THEMED COSTUME PARTY, SOBER DANCE, SOCIAL AND POTLUCK" being held on Saturday, October 17th from 8:00 pm till 11:00 pm. The address is the First Baptist Church located at 777 South 1300 East. There is a suggested donation because this is a fund-raising event for the 2010 Utah Rainbow Roundup

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

Announcement:

The **Lifeline** is seeking editors to take over as of January, 2010. I was asked to clarify this: The successful volunteer needs to be punctual and familiar with desktop publishing using the Adobe Pagemaker program and AA material. Good grammar and spelling a must. Six months sobriety required. Questions? darkstar69@peoplepc.com.

(FROM THE EDITOR)

What is it we poison?

"Dandelion root heads the list of excellent medicinal foods for the liver and related organs and glands."

Daniel B. Mowrey, Ph.D

The Scientific Validation of Herbal Medicine, page 178

36Q - What can ministers do to co-operate with A.A.?

36A - The approach to the alcoholic is everything. I think the preacher could do well if he does as we do. First find out all you can about the case, how the man reacts, whether he wants to get over his drinking or not. You see, it is very difficult to make an impression on a man who still wants to drink. At some point in their drinking career most alcoholics get punished enough so that they want to stop, but then it's far too late to do it alone.

Sometimes, if the alcoholic can be impressed with the fact that he is a sick man, or a potentially sick man, then, in effect, you raise the bottom up to him instead of allowing him to drop down those extra hard years to reach it. I don't know of any substitute for sympathy and understanding, as much as the outsider can have. No preaching, no moralizing, but the emphasis on the idea that the alcoholic is a sick man.

In other words, the minister might first say to the alcoholic, "Well, all my life I've misunderstood you people, I've taken you people to be immoral by choice and perverse and weak, but now I realize that even if there had been such factors, they really no longer count, now you're a sick man." You might win over the patient by not placing yourself up on a hilltop and looking down on him, but by getting down to some level of understanding that he gets, or partially gets. Then if you can present this thing as a fatal and progressive malady and you can present our group as a group of people who are not seeking to do anything against his will - we merely want to help if he wants to be helped - then sometimes you've laid the groundwork.

I think that clergymen can often do a great deal with the family. You see, we alcoholics are prone to talk too much about ourselves without sufficiently considering the collateral effects. For example, any family, wife and children, who have had to live with an alcoholic 10 or 15 years, are bound to be rather neurotic and distorted themselves. They just can't help it. After all when you expect the old gent to come home on a shutter every night, it's wearing. Children get a distorted point of view; so does the wife. Well, if they constantly hear it emphasized that this fellow is a terrible sinner, that he's a *rotter, that he's in disgrace, and all that sort of thing, you're not improving the condition of the family at all because, as they become persuaded of it, they get highly intolerant of the alcoholic and that merely generates more intolerance in him. Therefore, the gulf which must be bridged is widened, and that is why moralizing pushes people, who might have something to offer, further away from the alcoholic. You may say that it shouldn't be so, but it's one of those things that is so. (Yale Summer School of Alcohol Studies, June 1945).

- - a despicable person

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.



1896

Jan 2, Harry Morgan Tiebout was born in Brooklyn, NY. (HT vii)

Apr 29, Edwin (Ebby) Throckmorton T was born in Albany, NY. (EBBY 20)

1910 - Dr. Bob started internship at City Hospital. For two years, he had no problem with drinking. (DBGO 27)



DESIDERATA

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; listen to others, even the dull and ignorant, they, too, have their story.

Avoid loud and aggressive persons, they are vexatious to the spirit. If you compare yourself with others, you may become vain and bitter: for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortune of time. Exercise caution in your business affairs: for the world is full of trickery, but let this not blind you to what virtue is. Many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture the strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are borne of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful.. Strive to be happy.

PICNIC REPORT 2009

(as of 9-01-09)

Our annual picnic was held at Murray Park on Sunday, August 23rd. Between 400 and 450 people attended. The weather was perfect, after being 101 degrees on Saturday. It stopped raining before the start of the picnic and did not start again until the picnic was over. Looks like we were being taken care of. We had a good time!!!

We want to thank everyone who helped to make this event a success. Jim C. for being the chair-person. Rick and Donna O. for stepping up when Jim had a family emergency. Chad W. for providing ice-chests. Steve and Nicky C. and their kids for the children's activities. Andy B. for helping to transport supplies. Marc S. for cooking. Vic for the volleyball and setup help. Joe for soda sales. Tonuah for ticket sales. Diane S. for drawing chair-person. Cary for assistance with the drawing. All those who helped setup and clean up. Also those who participated. **THANK YOU!!!**

Income:	Soda and water sales:	\$285.00
	Food sales:	\$1526.00
	Donation jar:	\$97.00
	Drawing:	\$1924.00
	Total:	\$3832.00

Expenses:	Total:	\$1027.64
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Income after expenses:	\$2804.36
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“Only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.”

“Victory in Defeat”,
page 135, #2,
As Bill Sees It

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

Oct 2009

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Current Volunteer Openings:</p> <p>Wednesdays 530pm – Midnight (All except for the 1st Wed of each month)</p> <p>Thursdays- (All except for the 1st Thurs of each month) Midnight – 7am</p> <p>Thursdays- The 1st Thursday of each month One Hour 530pm – 630pm</p> <p>Thursdays- The 1st Thursday of each month Two Hours 10pm – Midnight</p>		<p>Fridays- The 2nd and 3rd Friday morning of each month Midnight – 7am</p> <p>Fridays- The 2nd Friday of each month One Hour 530pm – 630pm</p> <p>Saturdays- The 2nd Sat of each month Four Hours 2pm – 6pm</p> <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>		<p>1</p> <p>12am – 7am Todd K.</p> <p>7am – 930am Karrie</p> <p><u>530pm – 630pm OPEN</u></p> <p>630pm – 10pm Hillcrest</p> <p><u>10pm – 12am OPEN</u></p>	<p>2</p> <p>12am – 7am Valerie</p> <p><u>7am – 930am OPEN</u></p> <p>6pm – 12am Greater Kearns</p>	<p>3</p> <p>12am – 10am Troy J.</p> <p>2pm – 6pm Andrea</p> <p>6pm – 9pm Vision For You</p> <p>9pm – 12am Kristin</p>
<p>4</p> <p>12am – 7am A.J.</p> <p>7am – 12pm Bill J.</p> <p>12pm – 6pm An AA Group</p> <p>6pm – 9pm 974 Group</p> <p>9pm – 11pm Dave W.</p> <p>11pm – 12am Randy</p>	<p>5</p> <p>12am – 930am Deanna</p> <p>530p – 1030p No Nonsense</p> <p>11pm – 12am Jeff R.</p>	<p>6</p> <p>12am – 930am Jeff R.</p> <p>530p – 10p 10th Step Grp</p> <p>10pm – 12am Vivian</p>	<p>7</p> <p>12am – 930am Summer</p> <p><u>530p – 12am OPEN</u></p>	<p>8</p> <p><u>12am – 7am OPEN</u></p> <p>7am – 930am Karrie</p> <p>530pm – 12am Bonnie</p>	<p>9</p> <p><u>12am – 7am OPEN</u></p> <p>7am – 930am Andrea</p> <p>530pm – 630pm Adam</p> <p>630pm – 12am Basic Y.P.</p>	<p>10</p> <p>12am – 10am Troy J.</p> <p>2pm – 3pm Sue</p> <p>3pm – 7pm Its In The Book</p> <p>7pm – 9pm Womens</p> <p>12x12</p>
<p>11</p> <p>12am – 7am A.J.</p> <p>7am – 12pm Bill J.</p> <p>12pm – 6pm An AA Group</p> <p>6pm – 11pm Melissa B.</p> <p>11pm – 12am Randy</p>	<p>12</p> <p>12am – 930am Deanna</p> <p>530p – 1030p No Nonsense</p> <p>11pm – 12am Jeff R.</p>	<p>13</p> <p>12am – 930am Jeff R.</p> <p>530p – 10p 10th Step Grp</p> <p>10pm – 12am Vivian</p>	<p>14</p> <p>12am – 930am Summer</p> <p><u>530p – 12am OPEN</u></p>	<p>15</p> <p><u>12am – 7am OPEN</u></p> <p>7am – 930am Karrie</p> <p>530pm – 12am Marc K.</p>	<p>16</p> <p><u>12am – 7am OPEN</u></p> <p>7am – 930am Andrea</p> <p>530pm – 10pm Non Smoking</p> <p>Sobriety Hour</p> <p><u>10pm – 12am OPEN</u></p>	<p>17</p> <p>12am – 10am Troy J.</p> <p>2pm – 7pm Unity Lunch B</p> <p>7pm – 12am MagnaFriendly</p> <p>Bunch</p>
<p>18</p> <p>12am – 7am A.J.</p> <p>7am – 12pm Bill J.</p> <p>12pm – 6pm An AA Group</p> <p>6pm – 8pm Chris M.</p> <p>8pm – 11pm Dave W.</p> <p>11pm – 12am Randy</p>	<p>19</p> <p>12am – 930am Deanna</p> <p>530p – 1030p No Nonsense</p> <p>11pm – 12am Jeff R.</p>	<p>20</p> <p>12am – 930am Jeff R.</p> <p>530p – 10p 10th Step Grp</p> <p>10pm – 12am Vivian</p>	<p>21</p> <p>12am – 930am Summer</p> <p><u>530p – 12am OPEN</u></p>	<p>22</p> <p><u>12am – 7am OPEN</u></p> <p>7am – 930am Karrie</p> <p><u>530pm – 12am OPEN</u></p>	<p>23</p> <p>12am – 7am Marc K.</p> <p>7am – 930am Andrea</p> <p><u>530pm – 10pm OPEN</u></p> <p>10pm – 12am Troy J.</p>	<p>24</p> <p>12am – 10am Troy J.</p> <p><u>2pm – 12am OPEN</u></p>
<p>25</p> <p>12am – 7am A.J.</p> <p>7am – 12pm Bill J.</p> <p>12pm – 6pm An AA Group</p> <p>6pm – 8pm Chris M.</p> <p>8pm – 11pm Dave W.</p> <p>11m – 12am Randy</p>	<p>26</p> <p>12am – 930am Deanna</p> <p>530p – 1030p No Nonsense</p> <p>11pm – 12am Jeff R.</p>	<p>27</p> <p>12am – 930am Jeff R.</p> <p>530p – 10p 10th Step Grp</p> <p>10pm – 12am Vivian</p>	<p>28</p> <p>12am – 930am Summer</p> <p><u>530p – 12am OPEN</u></p>	<p>29</p> <p><u>12am – 7am OPEN</u></p> <p>7am – 930am Karrie</p> <p>530pm – 12am Dave S.</p>	<p>30</p> <p><u>12am – 7am OPEN</u></p> <p><u>7am – 930am OPEN</u></p> <p>530pm – 10pm Chad</p> <p>10pm – 12am Troy J.</p>	<p>31</p> <p>12am – 10am Troy J.</p> <p>6pm – 10pm Grapevine</p> <p>10pm – 12am Kristen</p>