

Letting go of Expectations

Whether we know it or not, we all hold certain expectations. We all have ideas of the way things in our lives are supposed to happen. We have expectations of ourselves and those around us.

But what happens to us when these ideas or expectations don't turn out as we hoped? What happens to us when those around us don't do what we need, want, or expect them to do, or things just go the wrong way?

Remember the Serenity Prayer, "God grant me thee serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." But how do you know what these things are?

In this life, there are two types of expectations, realistic and unrealistic.

Realistic expectations are based upon past performance or what has generally happened in the past with a certain circumstance. For example, John is always on time. When I have a tight deadline and need a ride, I'll call John because based upon my past experience with him he is always on time and I'll get where I need to go on time. On the other hand, Jane is always late. So when I have a tight deadline and need a ride, I won't call Jane because chances are that she'll be late and I'll miss my appointment.

Unrealistic expectations are based upon what we need to happen in order to feel good. What I need you to do or be so I can feel good. Remember Jane? I can expect Jane to be on time. Then when she isn't, I can get angry and make her feel guilty in an effort to get her to do what I need so that I will be okay. Or I may get mad at myself saying "what's wrong with me, why can't I pick more punctual friends?"

I know what is happening, and I acknowledge that I can't change it. Acceptance has nothing to do with liking, wanting, enjoying, condoning, understanding, promoting, approving of or agreeing with what you don't like.

On the other hand resistance is defined as "maintaining the need to control what I can't or won't change." I can't change the fact that Jane is always late, but I maintain my need to change her by getting angry at her or myself.

Examples of things that you cannot change.

1. The behavior of others.
 2. Present emotional experience.
 3. Past painful experiences. What I've done to others. What others have done to me. What I've done to myself.
- Loss or change. Change and loss in this life is inevitable.

[continued on page five]

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.”

Suiting up and Showing Up

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

June 2009

- | | |
|--------------------|--------------------|
| GARDEN VARIETY | MIDVALE LUNCH |
| NEW LIFE | SPIRITUAL QUEST |
| UNITY LUNCH | UNI |
| A VISION FOR YOU | HOLLIDAY |
| GRAPEVINE | FOOTHILL |
| FLYN' HIGH | SERENITY VIEW |
| LIVING IN SOBRIETY | NONONSENSE |
| AWAY OUT | SUNDAY MORNING- |
| PRIMARY PURPOSE | BREAKFAST |
| A CLOSED MEETING | AS BILL SEES IT |
| ANA.A. GROUP | HILLCREST |
| LADIES SPEAKEASY | TENTH STEP GROUP |
| ONE SMALL STEP | BASIC YOUNG PEOPLE |
| DRAPER GROUP | LIVE AND LET LIVE |
| HAPPY DESTINY | 12: O-CLOCK HIGH |
| HAPPY HOUR | 974 GROUP |
| BACKSTREET BOYS | COME AS YOU ARE |

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

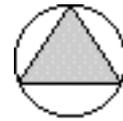
To reduce our costs, Central Office would like to update our mailing list for the **LIFELINE**. If you have moved please contact C.O. at 484-7871
Thank you.

“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. . . .”

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



Upcoming Events,



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

godcampout@yahoo.com

Tom I. - Aberdeen, NC - Sunday, 7/19/09-2-5pm - Mary Grace Manor 3050 So. Gregson Ave. (19 W.)

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

Questions? Jessica P @ 801.580.7464

September 18th — 20th; **Area 69 Fall Assembly**, Kaysville, UT.

Questions? Coop @ 801.773.0619

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; **35th Annual Woman-to-Woman Conference**, San Diego, CA

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.

Schedule Notices:

A time change. The **5:15 Happy Hour** meeting at 777 S 1300 E, in the rear of the Baptist Church, now starts @ 6:15 p.m., Mondays through Fridays. Open

The **Early Bird Special** and **New Beginnings** groups have merged to form a new group, **Early Beginnings**. It meets in the club at 5056 S. 300 W. daily at 6:30am daily. An open meeting.

One Small Step is now meeting at 1225 East Fort Union Blvd. in Suite 315 of the Brown Office Building on Mondays at 8:00 p.m. This meeting was being held at 5770 South 1500 West.

The Grantsville Good News meets at 151 Plum Street in Grantsville on Tuesdays and Fridays at 7:00 p.m.

A new meeting. **999 Group** meets at 999 S. Main (rear of north buildings) at 8:30 p.m. on Tuesdays. Open.

ANNOUNCEMENT:

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

Ask Bill W....

41Q - If an alcoholic comes to an A.A. meeting under the influence of alcohol, how do you treat him or handle him during the meeting?

41A - Groups will usually run amuck on that sort of question. At first we are likely to say that we are going to be supermen and save every drunk in town. The fact is that a great many of them just don't want to stop. They come, but they interfere very greatly with the meeting. Then, being still rather intolerant, the group will swing way over in the other direction and say, "No drunks around these meetings." We get forcible and put them out of the meeting, saying, "You're welcome here if your sober." But the general rule in most places is that if a person comes for the first or second time and can sit quietly in the meeting, without creating an uproar, nobody bothers him. On the other hand, if he's a chronic "slipper" and interferes with the meetings, we lead him out gently, or maybe not so gently, on the theory that one man cannot be permitted to hold up the recovery of others. The theory is "the greatest good for the greatest number." (Yale Summer School of Alcohol Studies, June 1945)

33Q - What is the success rate of Alcoholics Anonymous?

33A - Of those sincerely willing to stop drinking about 50 per cent have done so at once, 25 per cent after a few relapses and most of the remainder have improved. (N.Y. State J. Med., Vol. 44, Aug., 1944)

30Q - Are alcoholics neurotic?

30A - It is possible that about half our members, had they not been drinkers, would have appeared in ordinary life to be normal people. The other half would have appeared as more or less pronounced neurotics (N.Y. State J. Med., Vol.44, Aug.1944)

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.



“When we look back, we realize that the things which came to us when we put ourselves in God’s hands were better than anything we could have planned.” — Bill W. —

An Important Date in AA History:

May 31 - 1938 - Bill and other AA's began writing the Big Book.



(“Expectations. . .” from page one)

The only thing we can change for certainty is ourselves. We can only change how we will respond to unrealistic expectations or unwanted realities. We can either except the situation and feel good or resist and feel bad.

“The wisdom to know the difference.”

We practice wisdom when we understand the difference between realistic and unrealistic expectations. Being able to distinguish between expectations comes by knowing and understanding that we have choices of how we can react to every situation. We are wise when we take responsibility for our actions and don’t place the blame for our feelings upon outside influences.

Reprinted from: *In Focus*

Art Buchwald, the American writer once said:

“I don’t think yesterday was ever better than today. That’s why I keep advising my friends to wait ten years before admitting that today was ‘great’.”

Good advice, indeed, as are these words: “If you are hung up on nostalgia, you should just pretend that today really is yesterday – then go out and have a wonderful time!”

I walked out into the garden one morning and heard a bird singing it’s song of praise for another day, but, try as I might, I couldn’t see it well hidden in a leafy branch. It reminded me of a proverb from China: “Keep a leafy branch in your heart and the singing bird will come.”

Not long ago that “leafy branch” had been bare, with no sign of life, completely inhospitable to any bird. But in a short time the branch was in full leaf, providing shelter.

In a broader context, this proverb encourages us to remember that better times will come again, no matter how difficult our present circumstances may be.

(The Friendship Book)

(Don’t sweat the small stuff)

Become A Better Listener

I grew up believing I was a good listener. And although I have become a better listener than I was ten years ago. I have to admit I’m still an *adequate* listener.

Effective listening is more than simply avoiding the bad habit of interrupting others while they are speaking or finishing their sentences. It is being content to listen to the *entire* thought of someone rather than waiting impatiently for your chance to respond.

In some ways, the way we fail to listen is symbolic of the way we live. We often treat communication as if it were a race. It’s almost like our goal is to have no time gaps between the conclusion of the sentence of the person we are speaking with and the beginning of our own. My wife and I were recently at a café having lunch, eavesdropping on the conversations around us. It seemed like no one was really listening to one another. I asked my wife if I still did the same thing. With a smile on her face she said, “Only sometimes.”

Slowing down your responses and becoming a better listener aids you in becoming a more peaceful person. It takes pressure from you. If you think about it, you’ll notice that it takes an enormous amount of energy and is very stressful to be sitting at the edge of your seat trying to guess what the person in front of you (or on the telephone) is going to say so you can fire back your response. But as you wait for the person with whom you are communicating to finish, as you simply listen more intently to what is being said, you’ll notice the pressure you feel is off. You’ll immediately feel more relaxed, and so will the people you are talking to. They will feel safe in slowing down their own responses because they won’t feel in competition with you for “airtime”! Not only does becoming a better listener make you a more patient person, it will also enhance the qualities of your relationships. Everyone loves to talk to someone who truly listens to what they are saying.

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 wonder 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 though 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, this month, this 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.

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 —

AFTER-HOURS AA SLC CENTRAL OFFICE
PHONE VOLUNTEER CALENDAR

July 2009

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