
LIFELINE



Salt Lake City
Central Office
Newsletter

May 2009

A thought for the day:

There is a religion in everything.

A calm and holy religion.

In the unbreathing things of nature.

It is a meek and blessed influence,

Stealing in as it were unaware upon the heart;

It comes quickly, and without excitement;

It has no terror, no gloom;

It does not rouse up the passions;

It is untrammelled by creeds;

It is written on the arched sky;

It looks out from every star;

It is on the sailing cloud and in the invisible wind;

It is among the hills and valleys of the earth;

Where the shrubless mountain-top pierces the thin atmosphere
or eternal winter;

Or where the mighty forest fluctuates before the strong wind,

With its dark waves of green foliage;

It is spread out like a legible language upon the broad face
of an unsleeping ocean;

It is the poetry of Nature;

It is what uplifts the spirit within us;

And which opens to our imagination a world of spiritual beauty
and holiness.

Earth Prayers: a collection by John
Rushkin, page 56

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:**

April 2008

10TH STEP GROUP
GARDEN VARIETY
SUGARHOUSE MEN'S
CAME TO BELIEVE
COME AS YOU ARE
SERENITY VIEW
ACCEPTANCE GROUP
BOG IRISH
EARLY FRIENDSHIP
NEW LIFE
UNITY LUNCH
AFTERNOONERS
EYE OPENER
WE CARE
BASIC YOUNG PEOPLE'S

LIVE & LET LIVE
HAPPY DESTINY
MIDVALE LUNCH
NO NONSENSE
A VISION FOR YOU
HILLCREST
STEPPING UP
GRAPEVINE
COMMUNITY CHURCH
FLYN' HIGH
BIGUGLIES
LIVING IN SOBRIETY
SUNDAY BREAKFAST
STONEWALL
COOL SOBER

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)

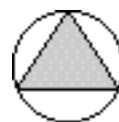
Please visit our website for meeting information.
www.saltlakeaa.org

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. . . ."

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

**Upcoming Events,**

May 15th — 17th; **Area 69 Post Conference Assembly**, Park City, UT.

Info: 801.916.9966

May 22nd — 24th; **Spring Fling Convention**, St Louis, MO.

Info: John S. 314.413.5939 or, shomaker1@aol.com

June 2nd — 5th; **Seniors in Sobriety Conference**, Vancouver, WA.

<http://www.seniorsinsobriety.org>

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

Questions: katiemurphy86@yahoo.com, or, lwmhuntaz@commspeed.net

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

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

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 Changes,

(just one)

Grantsville Good News had been meeting at 151 So. Cooley Street in Grantsville on Tuesdays at 7:00 p.m. This open meeting has moved to 151 West Plum. Fridays, 7:00 p.m.

ASK BILL W....

1Q - How do you justify calling alcoholism an illness, and not a moral responsibility? (The Disease Concept)

1A - Early in A.A.'s history, very natural questions arose among theologians. There was a Mr. Henry Link who had written "The Return to Religion (Macmillan Co., 1937). One day I received a call from him. He stated that he strongly objected to the A.A. position that alcoholism was an illness. This concept, he felt, removed moral responsibility from alcoholics. He had been voicing this complaint about psychiatrists in the American Mercury. And now, he stated, he was about to lambaste A.A. too. Of course, I made haste to point out that we A. A.'s did not use the concept of sickness to absolve our members from moral responsibility. On the contrary, we used the fact of fatal illness to clamp the heaviest kind of moral responsibility on to the sufferer. The further point was made that in his early days of drinking the alcoholic often was no doubt guilty of irresponsibility and gluttony. But once the time of compulsive drinking, veritable lunacy had arrived and he couldn't very well be held accountable for his conduct. He then had a lunacy which condemned him to drink, in spite of all he could do; he had developed a bodily sensitivity to alcohol that guaranteed his final madness and death. When this state of affairs was pointed out to him, he was placed immediately under the heaviest kind of pressure to accept A.A.'s moral and spiritual program of regeneration - namely, our Twelve Steps. Fortunately, Mr. Link was satisfied with this view of the use that we were making of the alcoholic's illness. I am glad to report that nearly all theologians who have since thought about this matter have also agreed with that early position. While it is most obvious that free will in the matter of alcohol has virtually disappeared in most cases, we A.A. 's do point out that plenty of free will is left in other areas, It certainly takes a large amount of willingness, and a great exertion of the will to accept and practice the A.A. program. It is by this very exertion of the will that the alcoholic corresponds with the grace by which his drinking obsession can be expelled. (N.C.C.A. 'Blue Book', Vol.12, 1960)

27Q - Why shouldn't the General Service Conference be a government for Alcoholics Anonymous?

27A - Each A.A. Group is autonomous; our only "authority" is a Higher Power. Practically speaking, no A.A. Group will stand for a personal government anyhow; we're built that way. Though the Conference will guide A.A. Headquarters, it must never assume to govern A.A. as a whole. While it can publicly deplore misuse of the A.A. name or departures from Tradition, it ought never attempt punishment or legal restraint of non-conformists - in A.A. or out. That is the road to public controversy and internal disruption. The Conference will give us an example and a guide, but not government. A personal government is something, God willing, that Alcoholics Anonymous will never have. We shall authorize servants to act for us, but not rulers. (Third Legacy Pamphlet, October 1950)

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 - 1852**

The term Skid Row derived from a section of Seattle, WA. A sawmill built in Pioneer Square near Puget Sound used skids (tracks of peeled logs) to get the timber to the mill. The area became home to vagrants and destitute alcoholics. It was known first as "Skid Road" and later as "Skid Row." (SD 72)



THE FIVE STAGES OF DRUNKENNESS**Stage # 1 – Smart**

This is when you suddenly become an expert on every subject. You know all and greatly wish to express this knowledge to anyone who will listen. At this stage you are also always right. And of course the person you are talking with is very wrong. You will talk for hours trying to convince someone that you are right. This makes for an interesting argument when both parties are “smart”. Two people talking, in fact, arguing about a subject neither one really knows anything about, but are convinced that they are the complete authority on the subject makes for great entertainment for those who get the opportunity to listen in.

Stage # 2 – Handsome/Pretty

This is when you are convinced that you are the best looking person in the entire room and everyone is looking at you. You begin to wink at perfect strangers and ask them to dance because of course they have been admiring you the whole evening. You are the center of attention, and all eyes are directed at you because you are the most beautiful thing on the face of the earth. Now keep in mind that you are still smart, so you can talk to this person who has been admiring you about any and all subjects under the sun.

Stage # 3 – Rich

This is when you suddenly become the richest person in the world. You can buy drinks for the entire bar and put it on your bill because you surely have an armored car full of your money parked behind the bar. You can also make bets at this stage. Now, of course, you still know all, so you will always win all your bets. And you have no concern for how much money you bet because you have all the money in the world. You will also begin to buy drinks for all the people in the bar who are admiring you because you are now the smartest, prettiest, and richest person on the face of the earth.

Stage # 4 – Bulletproof

You can now pick fights with the people you have been betting money against because you cannot be hurt by anything. At this point you will go up to the boyfriend of the woman who had been admiring your beautiful self all evening and challenge him to a battle of wits for money. You have no worry about losing this battle of wits because you know all, have all the money to cover this bet, and you obviously will win a fight that might erupt if he loses.

Stage # 5 – Invisible

This is the final stage of drunkenness. At this point you can do absolutely anything because no one can see you. You can get up and dance on a table, you can strip down to your underwear, to impress the people who have been admiring you all evening, because the rest of the people in the room cannot see you. You are invisible to the people whom you have picked a fight with earlier in the evening. You can walk through the streets singing at the top of your lungs (because of course you are still smart and know the tune perfectly) and no one will think anything of it because they can't see you. All your social inhibitions are gone. You can do anything, because no one will know. And you certainly won't remember.

—anonymous—

The balmy days of May are upon us, and with them comes the need for spring cleaning. May is the fifth month of the Gregorian calendar and is symbolic of re-birth.

As alcoholics we should realize the significance of the number five in our Steps and Traditions, the ones that renew our purpose in life. Get out and smell the potpourri. —ed. —

In the Sunlight at Last

When the thought was expressed that there might be a God personal to me, I didn't like the idea. So my friend Ebby made what then seemed a novel suggestion. He said, "Why don't you choose your own conception of God?"

That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.

Alcoholics Anonymous,
page 12

Circle and Triangle

Above us, at the International Convention at St. Louis in 1955, floated a banner on which was inscribed the then new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies: Recovery, Unity, and Service.

It is perhaps no accident that the priests and seers of antiquity regard this symbol as a means of warding off spirits of evil.

A.A. Comes of Age, page 139

Talking about warding off spirits. . . .

- Eduard Morike wrote that the amethyst, "quickly drives the heavy fog of wine from the head. The purple gemstone is also supposed to protect one from black magic and poison. The color purple is associated with atonement.
- Amethyst is also ascribed to bringing "good reason."
- Curiously, the ancient Greeks and Romans made drinking goblets from amethyst, believing it would protect them from drunkenness.

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

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>12am – 930am OPEN</u> 530p – 7pm Afternooners 7pm – 12am Todd K.	2 12am – 7am Todd K. <u>7am – 930am OPEN</u> <u>530pm – 12am OPEN</u>	1 12am – 7am Valerie <u>7am – 930am OPEN</u> <u>6pm – 12am OPEN</u>	2 12am – 10am Troy J. 2pm – 6pm Andrea <u>6pm – 12am OPEN</u>
3 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. 11pm – 12am Randy	4 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	5 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	6 <u>12am – 930am OPEN</u> 530p – 7pm Afternooners 7pm – 12am Todd K.	7 12am – 7am Todd K. <u>530pm – 630pm OPEN</u> 630pm – 10pm Hillcrest <u>10pm – 12am OPEN</u>	8 <u>12am – 7am OPEN</u> 7am – 930am Andrea <u>530pm – 630pm OPEN</u> 630pm – 12am Basic Y.P.	9 12am – 10am Troy J. <u>2pm – 3pm OPEN</u> 3pm – 7pm Its In The Book <u>7pm – 12am OPEN</u>
10 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 11pm Melissa B. 11pm – 12am Randy	11 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	12 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	13 <u>12am – 930am OPEN</u> 530p – 7pm Afternooners 7pm – 12am Todd K.	14 12am – 7am Todd K. <u>7am – 930am OPEN</u> <u>530pm – 12am OPEN</u>	15 <u>12am – 7am OPEN</u> 7am – 930am Andrea <u>530pm – 630pm OPEN</u> 630pm – 12am Non Smoking Sobriety Hour	16 12am – 10am Troy J. 2pm – 7pm Unity Lunch B 7pm – 12am Magna Friendly Bunch
17 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	18 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R.	19 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	20 <u>12am – 930am OPEN</u> 530p – 7pm Afternooners 7pm – 12am Todd K.	21 12am – 7am Todd K. <u>7am – 930am OPEN</u> 530pm – 12am Dave S.	22 <u>12am – 7am OPEN</u> 7am – 930am Andrea 530pm – 10pm Honey's Breakfast Bunch 10pm – 12am Troy J.	23 12am – 10am Troy J. 2pm – 6pm Billy S. 6pm – 10pm Grapevine <u>10pm – 12am OPEN</u>
24 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 8pm Chris M. 8pm – 11pm Dave W. 11pm – 12am Randy	25 12am – 930am Deanna 530p – 1030p No Nonsense 11pm – 12am Jeff R. <i>If you would like to help us out by filling in one of the open times, please contact our Vol. Phone Coordinator Bill J. @ 801.604.0511 or billj5403@yahoo.com!</i>	26 12am – 930am Jeff R. 530p – 10p 10 th Step Grp 10pm – 12am Vivian	27 <u>12am – 930am OPEN</u> 530p – 7pm Afternooners 7pm – 12am Todd K.	28 12am – 7am Todd K. <u>7am – 930am OPEN</u> <u>530pm – 12am OPEN</u>	29 12am – 7am Valerie <u>7am – 930am OPEN</u> <u>6pm – 12am OPEN</u>	30 12am – 10am Troy J. 2pm – 6pm Andrea <u>6pm – 12am OPEN</u>
31 12am – 7am A.J. 7am – 12pm Bill J. 12pm – 6pm An AA Group 6pm – 9pm 974 Group 9pm – 11pm Dave W. 11pm – 12am Randy				<div> CENTRAL OFFICE REGULAR BUSINESS HOURS MON – FRI 930AM – 530PM SATURDAY 10AM – 2PM </div>		