



# lifeline



## We Are The Lucky Ones

In August I was able to spend some time in Eastern Europe. I had a chance to attend several English speaking A. A. meetings while there. One was in Zagreb, Croatia. It was a holiday week in that country and I was told that most of the regular members were out of town, so it was a small meeting. I said I was glad that the meeting was still being held and indeed felt lucky that it was. And I added that I felt that we were the lucky ones! There was another American at the meeting. He said that his Croatian wife and he had just moved there a couple of weeks before. This was the first meeting he had been able to attend since moving. He told me that the comment 'we are the lucky ones' held a lot of significance to him. He said that about nine years before during his early attempts at sobriety that he had really struggled. He had tried a few A. A. meetings thinking that it would likely be his last. As soon as the meeting ended he bolted to his car in the parking lot. Someone tapped on his car window. He thought, "Good grief! Did they chase me out here?" He rolled down the window and a man smiled and said, "We are the lucky ones." He answered, "I'm miserable. How can we be the lucky ones?" Later he recalled thinking, 'I want to be one of the lucky ones!' Those were his first words to the man who became his sponsor for the next nine years. He said that he felt adrift with his recent move. He

had spoken with his sponsor by phone once since being there, and was looking to get settled into A. A. in Croatia. He said he was grateful to see another American in recovery. We talked for a while about how good it was to be able to be sober. That meeting meant a lot to me. I really believe that we are the lucky ones!

- Jeff W.

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## Finding Hope In A.A.

I started drinking when I was fourteen. Like with many A.A.s it started out as taboo recreation, however, early on I was an excessive drinker. I didn't stop at just enough to catch a buzz. I consumed alcohol until there was none left. I didn't see it as a problem at the time. I thought everyone drank like I did. Even as an adult, when celebrating, the goal was oblivion. I often went to parties without a contribution, and my hosts and friends quickly became tired of the rate at which I consumed alcohol. In my mid 20s I had alienated the grand majority of the people I associated with. My nights were spent at work, and my working hours were

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## CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALT LAKEAA.ORG

**Chair** — Doug R.

**Co-Chair** — Julian G.

**Secretary** — Rob C.

**Treasurer** — Lorraine R.

**Trustee** — Evan J.

**Trustee** — Kevin D.

**Trustee** — Bob C.

**Alt Trustee** — Bob G.

**Alt Trustee** — Chris L.

## CENTRAL OFFICE STANDING COMMITTEE CHAIRS

**Activities** — Suzi L.

activities@saltlakeaa.org

**Archives** — Laura C.

archives@saltlakeaa.org

**By-laws** — John F.

**Coins** — Mike O.

**Cooperation with the  
Professional  
Community** — Ben S.

cpc@saltlakeaa.org

**Corrections** — Mark S.

corrections@saltlakeaa.org

**Hotline** — John J.

hotline@saltlakeaa.org

**Literature** — Charlie T.

literature@saltlakeaa.org

**Lifeline Newsletter** —

Shurone H.

lifeline@saltlakeaa.org

**Outreach** — Rob C.

outreach@saltlakeaa.org

**Public Information** —

Melissa E.

pi@saltlakeaa.org

**Technical Support** —

Jonathan H.

it@saltlakeaa.org

**Treatment** — Rusty J.

treatment@saltlakeaa.org

**Twelfth Step** — Skip M.

12step@saltlakeaa.org

**Volunteer** — Jim C.

volunteer@saltlakeaa.org

**Website** — Doug R.

webservant@saltlakeaa.org



## 7TH TRADITION CONTRIBUTION ADDRESSES

### A.A. World Services

Box 459 Grand Central Station  
New York, NY 10163

<https://ctb.aaws.org/Login.aspx>

### Area 69 Treasurer

PO Box 6044 Clearfield, UT 84089  
<http://utah.aa.org/contributions.php>

### District 10 Treasurer

PO Box 57271  
Murray, UT 84157

### Salt Lake Central Office

80 West Louise Ave.  
Salt Lake City, UT 84115

### District 2 Treasurer

PO Box 615  
Salt Lake City, UT 84110

### District 11 Treasurer

1805 N 1450 W  
Layton, Utah 84041



"WE ARE SELF  
SUPPORTING  
THROUGH OUR  
OWN  
CONTRIBUTIONS..."

## PAMPHLET OF THE MONTH



"In A.A., sponsor and sponsored meet as equals just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting

to attain or maintain sobriety through A. A."

"Even if we have many dry years behind us, we can often benefit by asking an A.A. friend to be our sponsor. We may have been feeling discontentment or real emotional pain because we forgot that the A.A. program offers a whole new way of life, not just freedom from alcohol. With a sponsor's help, we can use the program to the fullest, change our attitudes, and, in the process, come to enjoy our sobriety."

"Nearly all members who work with newcomers look upon the A.A. program in terms of their own experience. They tell the new person that no one speaks for A.A. and that every member is perfectly free to arrive at an individual understanding of the program."

## MEETING UPDATES

### New Meetings:

- Back Alley A.A. Beginners Meeting** - Tue @ 7:00 - 5689 S. Redwood Rd. ste. 30. Alpine Center - S.E. entrance downstairs
- Hope** - Saturday @ 8:00pm 8029 S. 700 E. (Inspirio Recovery)
- Practice These Principles** - Friday @ 7:00AM, Unitarian Church 569 S. 1300 E. SLC
- Carpet Slippers** - Sunday @ 7:00, Fit to Recover - 789 W. 1390 S.
- Draper Lunchtime Step Study** - Monday @ 12:00, 1194 E. Draper Parkway - Wasatch Grind and Pulp
- No Laurels - (Women's Meeting)** Monday @ 7pm, 1st Unitarian Church - 569 S. 1300 E., Salt Lake City. Enter through SW door.
- Six in the City** - Saturday @ 6pm, Palmer Ct. 999 S. Main St. SLC
- We Admitted We Were Powerless** - Sat @7pm, Elevation Church: 375 S State Street, Ste B, Clearfield
- Sacred Healing** - Mondays @ 5pm, Urban Indian Center - 1230 W 1300 S, Salt Lake City

### Meeting Updates:

- ESP**- Changed to Thursday @ 6:00 - 1340 Kings Row Dr. Vincent DePaul Church (Closed)
- Alpha Alpha** - This is a Big Book meeting @5:30 Tue. (Closed)
- 7th East Group** - M-F 12:00-1:00 (was 11:30-12:30) 7th st. Treatment Center - 2487 S. 700 E.
- Garden Variety** - Sunday 9:30-10:30
- Homeless Warriors** - Mon, Fri from 6:30-7:30 475 W. 100 S.
- Our Primary Purpose** Sundays @ 7:00pm @ rotating private residences; call for location (208) 241-3945.
- Magna Friendly Bunch** Everyday @ 7:00pm @ Alano West Club - 9087 West 2700 South, Magna. *(The time changed)*

### Canceled Meetings:

- Lighten Up Group** - Tue@8:00pm lighthouse recovery center
- Free Rider Group** - Tue @6:30pm Alano West
- Free Rider Group** - Fri @7:00 Red Eye Coffee
- Our Primary Purpose** - Sun @7:00pm
- Draper Lunchtime Step Study** - Mon @ 12:00
- Gay Men Stagg Big Book Study**
- Experience Strength & Hope** Tuesday @ 7:00 pm @ Red Church (Creekside Christian Fellowship):
- GQ Women's Meeting** Mondays in Salt Lake.
- Keep It Simple** Wednesday @ 8:00 pm.



# CALENDAR OF EVENTS



## November 2017

- Fall Workshop - District 7: Nov 4th-5th @ the Ramada Inn 1575 W. 200 N. Cedar City, UT
- Thanksgiving Dinner at Fellowship Hall - November 23rd
- Thanksgiving Dinner at the Alano Club - November 23rd @12:00pm

## December 2017

- Area 69 Committee Meeting (Area Inventory): Sat Dec 2nd 9am-5pm @Sons of Utah Pioneers Center: 3302 E Louise Ave in Salt Lake

\*Please send events to the lifeline at [lifeline@saltlakeaa.org](mailto:lifeline@saltlakeaa.org)



### Missing Grapevines List:

Our A. A. Archives chair Laura is attempting to compile a complete list of published Grapevines, so if you have any that are on this list, let her know at [archives@saltlakeaa.org](mailto:archives@saltlakeaa.org). You can also call Central Office and let them know if you have any of these @ 801-484-7871 Thanks!

1953: Jan, Feb, Mar, Apr, May, June, July, Aug, Sept, and Dec.

1954: May, Nov, and Dec.

1955: Jan, April.

1956: Jan

1957: Apr, June, July, Sept, Oct, Nov, Dec.

1958: Jan, Mar, Apr, May, June, July, Aug.

1959: Feb, Apr, June, Aug, Oct.

1960: May, June, July, Nov, Dec.

1961: All 12 months missing.

1962: Nov.

1963: Nov.

1964: Feb, Apr, and Oct.

1965: May, June, July, Aug, Oct, and Nov.

1966: June, July, Oct, and Dec.

1967: July and Oct. 1968: Mar, June, Oct, Nov, and Dec.

1969: All 12 months needed.

1970: July and Nov.

1990: July and Oct.

2000: Jan, Feb, Apr, May, June, July, and Dec.

## Lived Experience: An Interview

Chocolate or vanilla?

Coffee. Decaf coffee over ice that isn't wet.

Chicken or beef?

Bacon, bacon. More bacon. With bacon sauce.

*Talk to me about your first high or your first alcoholic high. What were you trying to cover up?*

The first time I remember getting high was out front of Ripple's drive-in in Edgemont. We moved to Orem from Salt Lake City where all my family lived, and my mom put us into Catholic school in Provo virtually ensuring us pariah status among the Mormon children. In our Orem rental house, we lived in a sane family oriented neighborhood with lots of kids to play with who all went to public school. I stepped on my first bee and I dropped a rock on my big toe, losing the nail. I also knocked the wind out of my lungs when I fell off my bike jumping moguls. Normal childhood stuff. I could handle my Mother and Father because I had friends to confide in. When we moved to our house in Provo, it was on top of a mountain with a paved road and a propane tank. Limited access. My parents dream home. They purchased the acreage so they could run around naked outside without any neighbors watching. It was the 60's. I needed friends and I got on my bike every day to ride around and find them. Summers were the loneliest time for me. I hooked up with some local kids down the street from the ward house. We'd been to primary and they wanted to go to Ripple's for Lime Rickey's. The purpose of the adventure (although unspoken) was to find a way to ease our collective, pre-teen angst and raging hormones. We went into the market next door and bought some airplane glue. We took turns sniffing it. This is what I affectionately call the valium effect. Certainly, alcohol followed afterward. It was easy to get my hands on and affordable. I was trying to cover up the fact that my family was insane; that every day I went home not knowing if I would either be body slammed to the floor (by my father) or serenaded by him with his sultry voice and guitar or staring into a circle of my 3 immediate family members

who were screaming at each other .. I never knew what to expect. Getting high was a discovery of immense proportion because this was a way to make all feeling disappear. No feeling, no thinking, no pain. This became my formula for survival.

*What happened to you?*

Traumatic experience. I was date raped on my 18th birthday. I became pregnant. I graduated from High School. I moved away from home. My parents found out that I was pregnant. They came to where I lived and grabbed me; one wrist, one arm, one parent; other wrist, other arm, other parent. Threw me into the back seat of a car and told me to lie still all the way to California. I disassociated into two people that day, both named Kathy .. or maybe it was DID. We'll never know for sure. They traded my baby for the payment of a hospital bill. I had the money to pay the bill, but they wouldn't let me pay it. We drove home like nothing ever happened. I was forbidden to talk about it with anyone. My afterwards plan was to drink until I killed off all my brain cells. Turns out killing off your body and brain is more difficult than one can imagine.

*What stopped you?*

It took decades of alcohol abuse and severe loss to have any impact on my awareness. I had no healthy relationships, no self-worth, no money, and no spiritual connection what-so-ever. I'd been in and out of several psychiatric hospitals to address everything but the alcohol. I'd been diagnosed with several mental health disorders, but I always kept my usage hidden as I couldn't face the possibility of losing the one tangible item that meant the most to me always: booze. I finally stopped because I was going to die. I didn't want to die, I just wanted to be dead. Only an alcoholic knows what that feels like. In April of 2009, my daughter told me she was engaged to be married and I could not allow her to walk down the aisle with a broken, disheveled, drunken mother at her side. She was more important than the booze. She was the one person I loved more than the booze. I didn't love myself, but I knew that I had to learn to live a life with the absence of alcohol, or risk losing her forever.

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# CENTRAL OFFICE SEPTEMBER 2017 FINANCIALS

## Income Statement

	<u>2017</u>	<u>2016</u>
<b>Revenue</b>		
Group Contributions	\$ 2,095.78	\$ 3,440.83
Copy/Newsletter donations	\$ 172.00	\$ 105.94
Individual Contributions	\$ 13.50	\$ 11.05
Sales - Literature	\$ 9,052.67	\$ 6,617.61
Sales - Coins	\$ 1,881.50	\$ 2,644.50
Event Income	\$ -	\$ -
Total Revenue:	<b>\$ 13,215.45</b>	<b>\$ 12,819.93</b>
COGS - Literature	\$ 9,996.03	\$ 6,669.41
COGS - Coins	\$ 1,036.63	\$ 1,489.95
Total COGS	<b>\$ 11,032.66</b>	<b>\$ 8,159.36</b>
Gross Profit	<b>\$ 2,182.79</b>	<b>\$ 4,660.57</b>
Operating Expenses	\$ 3,129.75	\$ 4,949.40
Other Expenses:	\$ -	
Total Expenses	\$ 3,129.75	\$ 4,949.40
<b>Net Income:</b>	<b>\$ (946.96)</b>	<b>\$ (288.83)</b>

## Bank Accounts

Checking & Petty Cash	\$ 14,551.41	\$ 31,667.75
Accounts Payable Due	\$ (7,956.68)	\$ (16,372.06)
Money Market - PR	\$ 24,211.50	\$ 24,178.17
Total	<b>\$ 30,806.23</b>	<b>\$ 39,473.86</b>

PLEASE NOTE THAT ACCORDING TO THE CENTRAL OFFICE BYLAWS IT IS REQUIRED TO HAVE 6 MOS OVERHEAD IN THE PRUDENT RESERVE. AVERAGE MONTHLY COSTS ARE \$4000/MO, \$24,000 FOR 6 MOS.

A DETAIL OF GROUP CONTRIBUTIONS IS AVAILABLE AND WILL BE HANDED OUT QUARTERLY.



# CENTRAL OFFICE REPRESENTATIVES MEETING MINUTES

## TUESDAY OCTOBER 1, 2017 – 6:30PM

6:30 – 6:45 - Reports Board of Directors

Chair: Doug R - Warranties, statement of purpose, welcome new CO Reps

Co-Chair: Julian G - Nothing new to report. Wants to welcome all new central office reps!!

Secretary: Rob C - Nothing to report except to keep smiling!!

Treasurer: Lorraine R - Sep 2017 contributions mentioned, down 20% from last year in Sept 2016  
"Please Address To Central Office Rep Groups"

Trustee: Kevin D - (District 11 liaison) Excused

Alt Trustee: Bob G. - Excused

Trustee: Bob C - (District 2 liaison) Went to meeting

Trustee: Evan J - (District 10 liaison) Attended meeting, also attended the fall assembly. Area 69 Event Dec 2

Alt Trustee: Chris L. "Was Elected As New Chair"

6:45-7:25 - Reports Committee Chairs

Activities: Suzy L - Excellent turn out of the annual chili cook off "Special thanks to Rusty, Joel, Rich, Rob, Shurone And Paul for helping set up as well Judge the wonderful event. "If anyone has any AA Related event ideas that are thought of for the fall and winter months please contact Suzy"

Archives: Laura - Does not have anything to report  
"Still in search of grapevines for archives"

By-Laws: Jon F. - Nothing changed and has nothing new to report

Coins: Mike O - We received our latest order of aluminum, bronze, and tri-plate chips on 10/10/17. We look forward to sharing the upcoming holiday season with all of our friends in District 2, 10, and 11. Thanks for the opportunity to serve.

Cooperation with Professionals: Ben S. - Excused

Newsletter: Shurone - Excused. Accepting articles

Corrections: Mark - Not much to report. Supporting District 2, 11 and 10.

Hotline: John J - All Is Going Well And Up And Running!!

Literature: Charlie T - Pamphlet of the month

"Questions And Answers On Sponsorship" Help the treasurer sell literature Oct 20-22 at the Hotel Ramada by the airport. Please contact Charlie or Central Office for further details and information. Your support is needed Thank You..

Outreach: Rob C. NEW ELECTED "Josh S." Rob Turned over this position to Josh S. Rob will still be part of Josh S. committee by helping Josh spread the message about Central Office to all meetings in District 2, 11 and 10.

Public Information: Mellissa E - Project homeless connect went very well. Big thanks to Skip M. for helping out with this wonderful event in helping spread the message of hope and love.

Tech Committee: Jonathan H - Nothing to report.

Treatment: Rusty J - Very active taking lots of meetings into treatment centers. please find out what treatment centers are attending your local meetings and please inform Central Office in regards. Thank You.

12th Step: Skip M.-Will give rides to meetings if anyone needs help in regards. The list is updated and Skip would like to Thank Everyone on that list for all your support..

Volunteers: Jim C - Many of our volunteers enjoyed being part of the super-successful chili cook-off. Would like to invite anyone interested in serving central office as a volunteer to please drop in anytime. Week Days 10-Am-5-Pm Saturday 10-Am-2-Pm.. Much Appreciated!!

Webervant: Doug R - Visits 6,536 For September which 39.49% of them visits were New People. 61.33% of the visits were from mobile devices.

7:25 - 7:30 - Old Business

Board Member elections - Qualifications and duties will be read

Alternate Trustee - Newly Elected "Chris L."

7:30 - Adjourn and Close with the Serenity Prayer

Next Central Office Representative meeting will be held on Tuesday, November 14th, 2017.

## Share With Us!

Do you have a riveting recovery story that you would like to share with the readers of the lifeline? Perhaps you have composed poems about recovery that are begging to be heard, or you have a piece of artwork to share. We all have amazing experience, and valuable knowledge to share with each other, and the lifeline provides another great way to do that. Last month we added 33 new recovery centers to our mailing list, so our Central Office publication reaches more people than ever now. You never know how or who your story or insight might impact by sharing, so we encourage everyone to contribute!



Hour Of Hope Meeting  
Wasatch Facility -Utah State Prison:

**Leopolo - 9 Mo**  
**Brian - 3 Yrs**  
**Sam - 10 Yrs**

Nomadic Lunch Bunch

**Scott P - 5 years**  
**Steve L - 20 years**  
**Ron K - 29 years**

## JOKE OF THE MONTH



A very sick wino was sitting in the day room of a detox facility waiting for the AA meeting to start. In popped a newcomer, about 18, eyes as big as saucers and he sat down at the table, too. This kid was tweaking on some strong dope, mind you, and his hair was standing straight up like a fro with bright colors: yellow, red, blue, orange. The wino just stared at him!

The nervous kid looked away, but could feel the wino's stare burning into the back of his head. He turned around to check and the wino kept staring at him. After several episodes of this, the kid couldn't take it anymore. He jumped up and screamed, "Dangit old man, haven't you ever got drunk and done something wild?"

The old wino calmly said, "Sure, kid. I got drunk and had sex with a parrot. I was just wondering if you were my kid?"



spent consuming the most inexpensive, yet most potent alcohol. In my final months before incarceration I can't recall many sober days. Eventually my alcoholism bled into work hours as well. I know it is cliché, but prison literally saved my life. But even behind chain link and razor wire I found ways to numb out reality, including home brewed hooch.

At last, after a UA scare, something snapped in me and I knew I had to do something different or I would die in prison. A friend recommended A.A. I was familiar with twelve step groups, so I gave it a shot. But this isn't a Cinderella story. I only have six months of total sobriety, but it has been the most rewarding six months of the last decade. I have my higher power and fellow A.A.s to thank for this blessing. I still crave using when things get tough, but I only have to be sober today. I let tomorrow take care of itself.

**LIVED EXPERIENCE: An Interview***...cont from page 9*

*Talk to me about the lies you told yourself about getting drunk.*

I lied to myself about everything. You could not tell the truth in my family. It fell upon me to tell a story of believable proportions to extricate myself from the fighting, which involved my mom, dad and sibling. I learned to lie, exaggerate and embellish just enough to keep my dad from beating me up or chasing me off the balcony in one of his daily rages. If he believed my story, I was off the hook for whatever infraction he was going to attack me for. If he didn't believe me, I could wear him down with my bullshit. It had to be a win for me because I lived every day with the fear that I would not live. The lies served as a protection from him, her and my community. And with that lie strategy firmly entrenched into my thinking, I could substance abuse with impunity.

*How do you know when your Higher power is live streaming through you?*

I know that God is live streaming through me when I have enormous peace just before an extremely difficult task or when I must make a hard decision. I become awash in peaceful feeling, like a sonic bath; invisible guidance. Life has real challenges which must be faced soberly. I also know that there are helping hands with me always. I feel energies intensely, and I try to stay alert for these guides. I know that I know some things which I can't explain, and I look for proof in the form of intuition, just to secure my confidence that I am indeed downloading

from source. There is no difficulty with the size of a miracle and they happen every day, everywhere. You can hear them, you can see them, you can feel them. Most recently, I had one come through me as a violent chill; it was painful. And I knew in that moment that I was to be part of something, probably awful but necessary for the universe to get its work done. Then, awash in peace. The valium effect; but instead, this little valium is from God.

*Do you have any parting advice to pass on to your future self?*

It is okay to be an alcoholic. It's rather cool. Just keep on truckin', baby .. don't pick up no matter what. No matter what. I would tell myself to remember the day that my liver stopped hurting, because I remember that day and it did stop hurting! And other healing milestones. There are no stupid questions and no shameful events; just missed opportunities to change and to grow. They do circle back, the opportunities, so pay attention for a chance to learn an additional lesson. And stay connected to your like-minded peeps in recovery. That's what the Fellowship is for.

Kathy B.



## AA BEHIND BARS: FINDING HOPE FOR A NEW LIFE

My name is Sean. I am writing from the Utah State Prison and am in the Conquest Drug Program and am getting ready to graduate the program in a couple of weeks and then be released shortly after that. I am from Ogden UT and have tried doing parole there in the past and as it turns out it's just not a good place for this alcoholic/addict. When I violated my parole Aug 19, 2016 I figured I would do my violation and go right back to doing what I do again. I started going to AA and working with some great people who bring us hope each week. After a few months things started changing in my heart and mind. I started to want what these people had. Fast forward to today a year later and I have a solid plan. When I leave this place in a short time, I am going to a sober living in SLC. I know exactly what meeting I will attend the Tuesday I get out, and look forward to a Sunday morning meeting that Craig,

Kristen and Pine have told me so much about. I cannot thank these three enough. They have given me hope, they have treated me with nothing but respect, and all three I consider among my closest friends today. If you are feeling hopeless go to a meeting and find someone who has what you want, ask them how you can get it. If you are doing good and are wondering how you can give back please consider coming out to the prison to chair meetings. I can only imagine what my plans might have been when I leave here if I hadn't met these three heroes a year ago. Now with their help I feel like I am in a much better place today and know I can make it out there sober and clean one day at a time, and I can't wait to meet everyone at the Sunday morning meeting.

Respectfully, Sean



I started my addiction at the age of ten years old. Drinking was a common thing in my household, and from age ten my usage increased and by junior high I was drinking almost a fifth a day. By high school it was black velvet and marijuana, cocaine and pain killers, and after high school it was one big party along with jail, prison, and countless bad relationships. A repeat cycle that never produced any good. Then in the spring of 2009 I was introduced to methadone and absolute vodka bombs and I continued on that path until November 2012. I moved out here to Salt Lake City Utah where I gave up the methadone and became a liter of whiskey every two days, and that only increased with time, like before I found myself in a loveless marriage. Me loving her and her loving her affairs which led me into total relapse of meth, liquor, heroin and once again

to prison. I served twelve months and was released in January 2017, but while in prison I never wanted to seek out help or deal with the fact that my marriage was over, so in June of 2017 I found myself in R&O out here in Draper thanking God I was caught. For the first time in my life I was glad I was in prison, I was off the street and ready to face my addiction head on. It's not easy to admit that you're powerless over a substance, but sometimes we all must face the truth, and this time I'm facing the truth. I'm not only an alcoholic, but an addict, but I'm dealing with my issues and my addiction one day at a time thanking God for one more chance at life and to be sober. I'd like to thank a man I'll call Mr. P for giving this old Michigan boy a little inspiration and hope. If Mr. P can do it so can I.

Thank you, Anonymous

## *What You Believe*

What if all of life weren't such a fragile thing-  
And all of time spent kept locked on loop eternally,  
But all the while still perceived equally as fleeting  
As the first flash of eyelashes batting softly back to sleep,  
And that first dream that lasted light-years-  
But woke to know no longer than a gleam-  
In the eyes of someone dying,  
Who must first close their eyes to see.  
And all your enemies and loved ones flew like angels overhead,  
To watch over you in all you do  
As if they all were dead.  
But there'd be no sorrow, piercing grief or remorseful  
pounding thoughts-  
If you knew that truly they were all much better off.  
So you're stuck down here alone and wand'ring  
endlessly around.  
Cause this earth may have a lot of land,  
*But you still can't find common ground.*  
What if all of life weren't balanced-  
If we had good without the bad.  
Don't you think life would be futile  
If monotony is all we had?  
If no sorrow became apathy, no anger became boring,  
Then we'd all be trapped right back to the other side  
which they all tried to hide from in the beginning.  
What if all the animals and plants retook the earth.  
And all the oceans rose up to swallow all that we  
considered "worth."  
If the mountains shook the ground and lava turned  
us to ash- we burned.  
Our embers became forgotten,  
Like our screams were never heard.

What if the sun and moon were the only gods that  
we lived by-

And we all worshiped this world as a gift from the  
sky.

Cause we all are breathing the same air,

Drinking water from different tides.

But the same sun will rise tomorrow,

The same moon will shine tonight.

We're all spinning around aimlessly-

While all staying in the same spot.

*And there's nothing in this universe I can control except  
my **thoughts**.*

We all continue living, dying, creating and some  
destroy.

If we all lived in a perfect world-

Then none would ever know joy.

If we want the world to heal

We must first stop inflicting hurt.

And you can learn to live and love

Through every truth you've heard.

If everybody cared, we'd be the change we want to  
see.

Existence is an endless question-

Infinite mystery...

*It can only be what you make it,*

**It can only be what you believe.**

*-Sade L. Alcoholic*

# POETS' CORNER



**Central Office of Salt Lake Incorporated**  
**80 West Louise Avenue**  
**Salt Lake City, Utah 84115**



**SALT LAKE CENTRAL OFFICE**

801.484.7871

80 West Louise Avenue (2850 S)  
Salt Lake City, Utah 84115

**HOURS:**

Monday-Friday: 10-5

Saturday: 10-2

**CALL FOR HOLIDAY HOURS**