

# The No Booze News

December 2020

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**Step 12:** Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

**Tradition 12:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

**Concept 12:** The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

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**Utah Valley Central Office: 758 South 400 East in Orem, Utah. ENTER AROUND THE BACK OF THE BUILDING. WE ARE RIGHT ACROSS THE STREET FROM ZURCHERS ON 800 E, TURN NORTH AT ALPINE CREDIT UNION, TAKE 2ND RIGHT PARK BY THE STAIRS LOOK FOR THE AA EMBLEM IN THE WINDOW**



**\*\*\*New Hours\*\*\* Mon 11am - 3pm and Wed and Thur 11am-2pm Friday and Saturday are volunteers. Please call during regular office hours if you need to pick up chips or books after hours.**

**Mailing address P.O. Box 971371, Orem, UT 84097**

Phone number: 801-375-8620 OR 801-347-7101

Website: [www.utahvalleyAA.org](http://www.utahvalleyAA.org)

Office Manager: Robin [aa@utahvalleyaa.org](mailto:aa@utahvalleyaa.org)

Chairman: Mikey [chairman@utahvalleyaa.org](mailto:chairman@utahvalleyaa.org)

Central Office now accepts credit and debit cards

**Central Office DONATIONS**

**MAIL: Check or Money Order to: PO Box 971371 Orem, UT 84058**

**Accepting check or credit card over the phone: Office 801-375-8620 or 801-347-7101**

[Come on down to Central Office and see all the new books and specialty coins \(some as low as \\$3\)](#)

Central office is now carrying the **Back to Basics** book!

We also have: *Living Sober, Came to Believe, I Am Responsible: The hand of AA,Voices of Long-Term Sobriety & Spiritual Awakenings Journey of the Spirit*

*Of course we have a complete selection of Big Books, 12x12's, As Bill Sees It &many more!*

*We have a complete selection of all alumunium, bronze, specialty tri-plates and some gold birthday chips!*

Central Office cannot be open additional hours without volunteers **We rely on volunteers 70% of the time**

**SERVICE KEEPS YOU SOBER!** CONSIDER VOLUNTEERING AT CENTRAL OFFICE

Please, always call before coming down! 801-375-8620

**Central Office Meetings:** 3rd Wednesday of the month 6:30pm at St. Mary's in Provo

**District Office Meetings:** 1st Wednesday of the month 6:30pm at St. Mary's in Provo

Contact Ricky 385-375-4692 for all your **Home and Hospital Meeting** needs

**AA Hotline** 801-857-7294 Call **BEFORE** you pick up a drink (for all other problems please see the Central Office Website)

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**Meeting Changes** \*if you know of any meeting changes please notify **Robin** 801-375-8620 or [aa@utahvalleyaa.org](mailto:aa@utahvalleyaa.org) ASAP \*\*\* **Please refer to [utahaa.org](http://utahaa.org) for up to date changes** \*\*\*

**The Paddle Board meeting on Sunday morning at 9:00 am**,will no longer be, this meeting will start up again, next spring,when the weather gets toasty! Look for flyers, coming next year, in the Springtime

**Also the Young at Heart Meeting** have been cancelled due to lack of participation this meeting was held on Sunday night at Lion's park @ 7pm

**The Tuesday 7:30 High Chaparral meeting** will be changing locations now through the month of December. Meetings will be held at the **High Chaparral (3300 E. Powerhouse Rd. Spanish Fork)** on **October 13, 27...November 3, 10, 24...December 1, 15, 22 and 29th**. They will be at the **Memorial**

**Building (380 N. Main Street Spanish Fork) on October 20 and November 17. There will not be a meeting on December 8 having no meeting rooms available.**

**There is a huge desire to keep the Young at Heart meeting going. We need a location and support. Most of you know Tony A (Mikey's dad). This was a group he started and was his home group. Mikey would really like to keep it going in Tony's honor. Any help or suggestions would be appreciated. Contact Robin 801-375-8620 or Mikey 801-687-0811**

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### **Central Office:**

H&I needs help taking meetings Tuesdays at 6:30pm to a member in Springville contact Ricky 385-375-4692

Volunteers are needed at Central Office on Monday thru Saturday. If you would like to volunteer call the office and speak with the Office Manager Monday, Wednesday or Thursday 11am - 3pm. Let's continue to have the Central Office that has the most available office hours in the Great State of Utah. Contact Central Office for more info

**District:** CPC Contact Lisa for more info 214-437-2683 (This role has lots of help from area CPC)

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**\*\*\*Upcoming Events\*\*\* Please refer to [utahaa.org](http://utahaa.org) for up to date changes \*\*\***

**GSO Virtual Conference December 19th** Registration opens November 20th [www.aa.org](http://www.aa.org) All members invited

**57th International Women's Conference** Feb 18 - 21st email [logisticsiwc2021@gmail.com](mailto:logisticsiwc2021@gmail.com) for more info on this virtual event

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**We desperately need your help! Contributions from your groups keep District 3 and Central Office running. Please continue sending your group's donations to:**

**District 3 - P.O. Box 50433, Provo, UT 84605**

**Central Office - P.O. Box 971371, Orem, UT 84097 OR online at**

**<http://www.utahvalleyaa.org/home/contact/thankyou>**

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### **Birthdays**

Jane B. 12/6/11

Mary T. 12/24/15

Brian O. 12/27/2014

Jane B. 12/6/2011

Terry F. 12/14/2014

\*\*\*To add birthdays please email the name and sobriety date to [utahcountynoboosenews@gmail.com](mailto:utahcountynoboosenews@gmail.com) Emails **MUST** be received by the 1st of the month prior to the birthday. For example a February birthday must be received by January 1st to be included in the February newsletter.

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## Grapevine Joke

### A Traveler Afoot In The Mountains

Came upon a terrifying scene. In front of a lonely mountain cabin, a man was in deadly combat with a huge bear, while his wife sat on a stump nearby with a rifle across her knees.

“Why don’t you shoot that beast?” cried the traveler.

“I will if I have to,” she replied tersely. “But he’s a drunken bum and I’m hopin’ the bear will save me the trouble.”

(From the January 1974 Grapevine)

## The Laugh’s On Me

I was having a problem at work: I was becoming increasingly frustrated and upset by people who were making unfair demands upon my time and attention. But I couldn’t find a way to deal with it.

One morning, I began my morning prayers and got to the line from the Seventh Step prayer that says, “I pray that you remove every single defect of character which stands in the way of my usefulness to you and my fellows.” Out of my mouth, instead, came these words: “I pray that you remove every single defective character who stands in my way.”

Hearing my own true thoughts so bluntly announced in this way - and in the middle of a prayer no less! - made me suddenly laugh aloud. It relieved all the tension I’d allowed to build up inside me. This slip of the tongue was a gift from my Higher Power, showing me gently and humorously that my real problem is me.

When I was drinking, I never imagined that it could feel so good to laugh at myself. Now, about two years after that first bungled prayer, I continue to use it as a tool - kind of an inside joke between me and my Higher Power. I like to think that we laugh together over my humanity. It also reminds me that all of those “defective characters who stand in my way” are his children, too, and probably not as bad as I make them out to be.

If sobriety were miserable, I wouldn’t want it. I thank my Higher Power for Alcoholics Anonymous, which has given me so many moments of feeling “happy, joyous, and free.”

(Anonymous Elburn, Illinois November 1998 Grapevine)

To share your experience, strength and hope please email your story to [utahcountynoboosenews@gmail.com](mailto:utahcountynoboosenews@gmail.com)