

The No Booze News

Alcoholics Anonymous

March 2017

Tradition 3-

The only requirement for AA membership is a desire to stop drinking.

Step 3-

Made a decision to turn our will and our lives over to the care of God as we understood Him.

3rd Step Prayer-

God I offer myself to Thee

To build with me and to do with me as though wilt.

Relieve me of the bondage of self, That I may better do thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life.

May I do Thy Will Always!

Check out Central Office Website:

www.utahvalleyAA.org

Central Office Meetings;

When: 3rd Wednesday of the month

Time: 6:30pm

Place: St. Mary's Church

District Office Meetings

When: 1st Wednesday of the month

Time: 6:30pm

Place: St. Mary's Church

Address for St. Mary's Church
50 West 200 North, Provo Ut.84601

Home and Hospital Meetings

Did you know that you or anyone you know that is homebound or in the hospital can have a meeting brought to you?

Jayson S is the guy!

To set up a meeting (801)0735-4627

Submit Stories;

Suzannerichmond22@gmail.com

Get into Service!!!

Central Office is looking for Volunteers.
If interested Call Mitch (801)375-86220

The Central office 12 Step call list is in need of men and women willing to have their number put on the answering machine for when the suffering alcoholic calls they can make a lifesaving connection Please let Central office know... (801)975-8620
YuVonka (801)300-8751

Utah Valley Central Office

742 North 500 West #103, Provo, UT 84601

Phone 9801)375-8620

New website: www.utahvalleyAA.org

Office Manager: Mitch aa@utahvalleyaa.org

Chairman Jill: chairman@utahvalleyaa.org

Office hours; Monday-Friday 9am-11:30am
And 1:30-4pm

Due to price increase on supplies there will be a small price increase on supplies at Central Office.

Upcoming Events:

Utah Valley Central Office 4th Annual Springfest
Campout

June 9th, 10th and 11th

Hobble Creek Canyon-Balsam Campground

Volunteers needed

Contact Brent R at (801)318-5472

UCYPAA

Date; June 23rd-25th

Where: Valley Camp

5325 North Fork Rd. Eden, Ut. 84310

There will be onsite camping included in the registration

Pre-Registration \$15 until 3/1/17

(registration at event \$30)

(1mile up the road you will be able to park trailers)

6:00 PM Wednesday evening meeting in Pleasant Grove Needs our support-please attend if you can.

41 East 200 South, Pleasant Grove

Opinions On Sponsorship

From the Archives:

Recently in a meeting a newcomer asked for advice on how to get a sponsor. Many people offered their opinion and some good suggestions were made. Other's offered "nuts and bolts" information on how to get a sponsor or what a sponsor/sponsee relationship is in their mind.

One person in the meeting suggested that in AA we have a "major problem" with people being sponsored by others in the program that don't have enough time to be sponsoring. The impression I got was that this friend in the program thought that someone needed years in the program to sponsor. I didn't share in the meeting but discussed the issue afterwards with some other friends in the program. Because of, I have some different points of view. One friend suggested that I share in the No Booze News. That is why I am writing.

I am an AA who began sponsoring before I picked up my one-year chip. When first asked I felt that I wasn't ready, but indicated that I would pray on it and talk to my sponsor. My sponsor told me that I had worked the Steps and that in his opinion I was ready. He urged me to go ahead and say yes. He indicated that sponsoring brings an AA member to a whole new level of awareness about the program. After praying on my sponsor's advice, I said yes.

What I discovered was that sponsoring was a huge benefit to my program and seemed to work well for my sponsee who is still sober today. I thought that I had a pretty good idea of how the program worked. However, when I started trying to explain AA principles to a new person, and to help them work the steps, I realized how little I did know and how much more I needed to learn. I was willing to settle for "enough sobriety" to probably keep me sober. However, I sure didn't want to screw up someone else's chance at recovery.

My sponsor told me that he would always be there for advice. He told me that no sponsor has all the answers, but if I didn't know an answer I shouldn't feel that I had to come up with one on the spot. He told me that I must never break a confidence, although he told me that I could ask my sponsee whether he minded if I ran a particular question past my sponsor.

Of course, he also suggested that I frequently pray and meditate about the guidance I gave my sponsee.

Sponsoring fairly early in sobriety got me into the AA literature like I had never been before. I also did a better job "walking the walk" by trying to be a good example of service and by trying to control my more glaring character defects.

I also believe that my first sponsees were benefitted by having a sponsor that was new to sponsorship. I have since sponsored many members of the program.

I always try to do my best with each and every one. However, my first sponsees found me more available. I now, intentionally limit the number of people that I will sponsor at any one time so that I am more available. At one point it stroked my ego that I had so many sponsees. However, when I over-loaded myself and ended up neglecting some who had trusted me, I knew that this was not god's will.

Different types of sponsorship work for different types of recovering alcoholics. Some refer to sponsees as 'high-maintenance' or low-maintenance".

I'm not sur that this is a fair characterization, but I do know that someone who needs a lot of time talking to a sponsor may do better with a sponsor who has few or no other sponsee's.

I am also reminded that AA never would have thrived and survived had there been a minimum sobriety requirement for sponsorship. Bill always had Ebby T. as his sponsor. Ebby was Bill's old drinking buddy that got sober when he "got religion" and carried the message to Bill. Ebby had only a few months' sobriety on that fateful day in AA history. Likewise, Bill had only a few months sober when he first carried the message to Dr. Bob. Neither Bill nor Bob had reached their one-year mark when they carried the message to AA number three approximately 5 years after Ebby carried the message to Bill. There were 100 or so recovering alcoholics, most of whom were helped along the path by a good friend in the program with just a little more time than them. Certainly, not everyone is ready to sponsor early in sobriety. However, I also think that there are a lot of fairly young AA's that do a wonderful job sponsoring their first few sponsees. I guess if anyone is thinking about getting started into sponsorship, or contemplating asking someone to sponsor them that has not been that long into the program, I suggest you give it a little prayer and meditation. Such a relationship might just work out great!

Anonymous, Utah County

Please submit stories, poems, songs. A.A. related to-
Suzannerichmond22@gmail.com

Don't Miss Recovery By A Few Inches

From the Archives:

I almost missed the miracle of this program by 18 inches. That is the distance between my head and my heart.

When I came to AA it reminded me of school. The meetings seemed like classes. The Big Book was our text book. My sponsor was my tutor. I thought that my "superior intellect" would give me a boost and help me figure out the recovery thing.

I realize now that God gave me brains to use for a reason. However, that reason is not to replace God. Self-sufficiency had landed me in A.A. as a broken person with a broken thinker. I had reached a bottom that I could not "think" myself out of. I was grateful to have it pointed out to me that there is no chapter in the Big Book called "into Thinking" there is, however, a chapter called "into Action". Also, there is no chapter in the book called "Why It Works". There is chapter called "How It Works".

Once I started doing the action, life got better. While I was struggling to find faith through intellectual exercise, AI could feel the presence of my Higher Power in my heart when I started taking the actions to change me, and to serve others.

Anonymous in Orem

Heard In The Rooms

"If God leads you to it, God will see you through it."

"Humility means you're available."

*"You have to be strong to be able to
"let go, let God'."*

*"I may not know yet who I am, but I
know who I'm not."*

**"I CAN STOP DRINKING, BUT I CAN'T CONTROL
MY DRINKING."**

Words Of Inspiration