


The No Booze News

February 2020

Step 2: We came to be aware that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Utah Valley Central Office: NEW LOCATION 758 South 400 East in Orem, Utah. FYI go to the west side of the bldg and look for the gray door with a small yellow  sticker on the door *New Hours*** Mon, Wed, Thur 11am-3pm, Friday is a volunteer. 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

Website: www.utahvalleyAA.org

Office Manager: Robin aa@utahvalleyaa.org

Chairman: Jill chairman@utahvalleyaa.org

Central Office now accepts credit and debit cards

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)

Meeting Changes *if you know of any meeting changes please notify **Robin** 801-375-8620 or aa@utahvalleyaa.org ASAP

The Tuesday-Thursday Lunch Bunch that meets at La Dolce Vita Restaurant at noon will be moving back to 575 East University in Orem (Los Hermanos Restaurant) starting Tuesday August 6, 2019. They will still meet @ noon on Tuesdays and Thursdays.

NEW MEETING on Tuesday night in AF-Professionals in Recovery meets from 8pm to 9pm @ 74 South 360 East, AF.

NEW MEETING Monday 6:15pm Library at St. Mary's 50 West 200 North, Provo

Get into service and save your life!

Central Office:

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

Secretary for the monthly meeting (suggested 2 years of sobriety) this is a once a month meeting in Orem and requires 2-3 hours a month to type the meeting minutes.

Chair, Co-Chair and 4 Board of Trustees (suggested 5 years of sobriety)

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)

Upcoming Events

Area 69 District 3 Committee Meeting Saturday February 22, 2020 High Chaparral building in Spanish Fork needs help with hospitality committee, food, etc. Please contact Lisa B 214-437-2683 or District3GSC@gmail.com to help

The 2020 International Convention Registration forms are now available. You may send the forms in by snail mail or fax with full payment. You can also register online at www.aa.org

We need your help! Contributions from your groups keep District 3 and Central Office running. Please send 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>

When I walked into these rooms I had no idea what to expect. What I got was complete strangers that seemed to care. People who knew my pain and understood my fear and knew how to get through it all and do it sober. I was taught how to take care of the little day to day activities I forgot how to do. I was told to get into service and think of someone else for a change. It worked, and then I found out I liked it. I learned how this most unorganized organization worked. I found that situations that I used to be uncomfortable in I was pretty good at. I had talents I had hidden away in a bottle, that were now loosed. My world opened up and continues to do so.

Then a couple of miracles happened. I had lost the desire for alcohol, and I had witnessed others lose that desire, people that I had sponsored. What had I said to them? I had said nothing, I realized that something (a higher power) was talking through me just as my sponsor told me it would. I did get to see the light come on in others.

I have found when times get tough and... I have had a few crisis of faith even in sobriety, Serving someone else or the fellowship not only gets me through but strengthens my spiritual foothold.

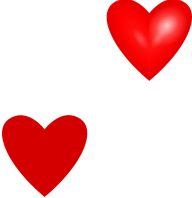

I now realize to keep my sobriety that I have made a covenant with the fellowship, and taken on the responsibility to help the still suffering alcoholic; because sometimes the still suffering alcoholic is me.

~Jill H.



February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Jordan D 5 yrs
2 	3	4 Dennis M 7 yrs	5	6 Nate F 6 yrs	7 Dena P 2 yrs	8 Sueann H 9 yrs Charlotte C 5 yrs
9 Josh F 2 yrs Dallas Z 1 yr	10 Suzanne R 4 yrs	11	12	13	14 Mike H 9 yrs ♥HAPPY <i>Valentine's</i> DAY♥	15
16 Rob A 21 yrs Brooke F 12 yrs	17 Matthew B 5 yrs	18 Bob 11 yrs Linda C 7 yrs	19	20 Gary C 20 yrs Shannon B 7 yrs	21 Melissa R 5 yrs	22
23	24 Burke B 1 yr	25	26	27	28	29 Rachel C 4 yrs



143 Years of Sobriety

Text Jade 435-764-2381 or Tara 801-310-4131 to add or update your birthday