

# THE NO BOOZE NEWS



Alcoholics Anonymous - Utah Valley Central Office February 2018

Step 2-Came to believe 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 - "We develop discipline in order to serve the group conscience by obeying it as a trusted servant. We do what god delegates to us through the group."

## *Second Step Prayer*

*Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing*

## **Utah Valley Central Office**

742 North 500 West #103, Provo, Ut. 84601

Phone (801) 375-8620

Monday -Friday

9am-11:30am

1:30pm-4pm

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

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

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

Central office now accepts credit and debit cards.

## **Central Office Meetings**

When: 3<sup>rd</sup> Wednesday of the month

Time: 6:30pm

## **District Office Meetings**

When: 1<sup>st</sup> Wednesday of the month

Time: 6:30pm

## **Place Provo for both meetings- St. Mary's Church**

**How many of us have wanted to go to a meeting and it is no longer active or at another location? We need your help keeping a current meeting schedule.**

**If you are aware of a meeting that has been canceled or has moved, please contact Mitch at 801-375-8620 or E-Mail [aa@utahvalleyaa.org](mailto:aa@utahvalleyaa.org)**

## **Home and Hospital Meetings**

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

**Ricky is your guy! Call 385-375-4692**

**AA Hotline Now Available: Call if you need help with your drinking problem! (don't call for rides, etc. - this number is for helping you Not Drink!) **801-857-7294****

## **Calling all Sponsors**

**In order to be thorough and include everyone in the Birthday Calendar I would ask all you kind and giving people to give once more and E-mail a list of all your Sponsee's names and birthdays to [utahcountynoboozenews@gmail.com](mailto:utahcountynoboozenews@gmail.com).**

## **Unity**

**In an effort to support unity between groups, and groups and Central Office, please let us know if your group is sponsoring any events and you would like help getting the word out. Also, if your group would like to sponsor an event.**

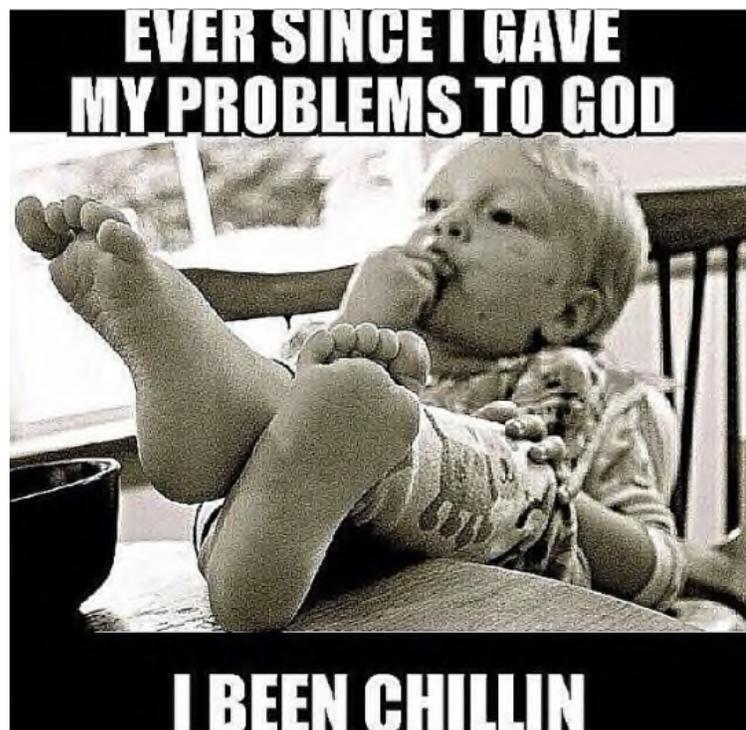
## What's Happening Around AA

**21<sup>st</sup> Anniversary  
Dixie Winterfest 2018**

**February 23-25 St George Utah**

**Darcy H 435-231-2188  
dixieaaoffice@gmail.com  
<http://www.dixiewinterfest.org/index.php/user>**

**Speakers, Ala-Teen Speaker, Al Anon Speaker,  
Entertainment and Skit, Breakfast, Golf Tournament,  
Hikes at Zions National Park, Work Shops, Bingo**



### *Meeting changes*

Pleasant Grove Group now meets:

Sunday @ 6PM-35-S Main St. PG.  
(Entrance northeast stairway)

Wed @ 6PM-35 S Main St. PG (Entrance  
northeast stairway)

Sat @ 8PM-35-S Main St. PG. (Entrance  
northeast stairway)

Young People's Group meets:  
Monday @ 8PM-35-S Main St. PG.  
(Entrance northeast stairway) instead of  
Saturday

Friends of Dr. Bob Group has changed  
location. They still meet on Wednesday night  
@ 8 PM and their new location is 245 South  
200 East in Springville (Presbyterian  
Church)

### *No longer active*

Women's Big Book-533 W 1900 North in  
Spanish Fork

11th Step Study/Meditation Meeting @ 496  
W 1400 North, Orem (Palace)

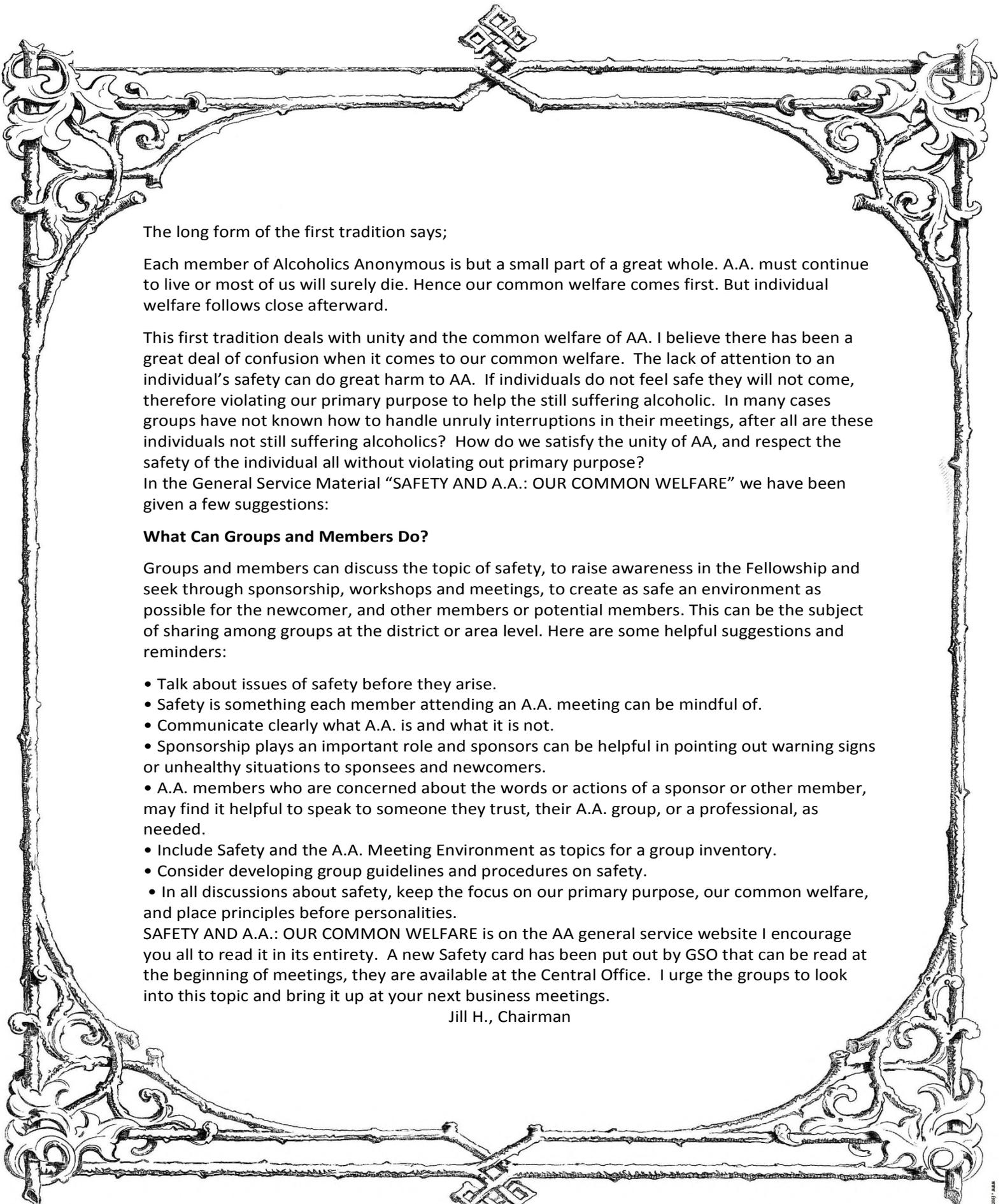
### Get into Service

**Central Office is looking for  
Volunteers  
If interested Call Mitch  
(801) 375-8620**

**The Central office 12 step call list is in  
need of men and women willing to  
make 12 step calls, so the suffering  
alcoholic can make a lifesaving  
connection. Please contact Mitch at  
Central Office  
(801)801-375-8620**

**Hot line volunteers needed to answer  
the phone when the suffering  
alcoholic makes that call.  
Please contact Central Office  
(801)-375-8620**

**No Booze News is always looking for  
stories and suggestions.  
Please E-Mail Ideas to  
[utahcountynoboosenews@gmail.com](mailto:utahcountynoboosenews@gmail.com)**



The long form of the first tradition says;

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

This first tradition deals with unity and the common welfare of AA. I believe there has been a great deal of confusion when it comes to our common welfare. The lack of attention to an individual's safety can do great harm to AA. If individuals do not feel safe they will not come, therefore violating our primary purpose to help the still suffering alcoholic. In many cases groups have not known how to handle unruly interruptions in their meetings, after all are these individuals not still suffering alcoholics? How do we satisfy the unity of AA, and respect the safety of the individual all without violating our primary purpose?

In the General Service Material "SAFETY AND A.A.: OUR COMMON WELFARE" we have been given a few suggestions:

#### **What Can Groups and Members Do?**

Groups and members can discuss the topic of safety, to raise awareness in the Fellowship and seek through sponsorship, workshops and meetings, to create as safe an environment as possible for the newcomer, and other members or potential members. This can be the subject of sharing among groups at the district or area level. Here are some helpful suggestions and reminders:

- Talk about issues of safety before they arise.
- Safety is something each member attending an A.A. meeting can be mindful of.
- Communicate clearly what A.A. is and what it is not.
- Sponsorship plays an important role and sponsors can be helpful in pointing out warning signs or unhealthy situations to sponsees and newcomers.
- A.A. members who are concerned about the words or actions of a sponsor or other member, may find it helpful to speak to someone they trust, their A.A. group, or a professional, as needed.
- Include Safety and the A.A. Meeting Environment as topics for a group inventory.
- Consider developing group guidelines and procedures on safety.
  - In all discussions about safety, keep the focus on our primary purpose, our common welfare, and place principles before personalities.

SAFETY AND A.A.: OUR COMMON WELFARE is on the AA general service website I encourage you all to read it in its entirety. A new Safety card has been put out by GSO that can be read at the beginning of meetings, they are available at the Central Office. I urge the groups to look into this topic and bring it up at your next business meetings.

Jill H., Chairman

# February 2018



## *104 Years of Sobriety*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Jordan D 3	2	3
4 Dennis M 5	5	6 Nate F 4	7	8 SueAnn H 7 Charlette C 3	9	10
11	12	13	14 Mike H 7	15	16 Brooke F 10 Rob A 19	17 Mathew 3
18 Linda C 5 Bo B 9	19	20 Gary C 18 Shannon B 5	21 Melissa R 3	22 Susie V 3	23  Dixie Winter Fest	24
25 	26	27	28			