



The No Booze News

January 2020

Step 1: We admitted we were powerless over alcohol and that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal progress depends upon A. A. unity.

Concept 1: Final responsibility and ultimate authority for A. A. world services should always reside in the collective conscience of our whole fellowship.

Utah Valley Central Office: NEW LOCATION 758 South 400 East in Orem, Utah. The hours will remain 2pm to 7 pm Monday thru Friday for the Manager and 9am to 1 pm for the volunteers Monday thru Saturday. *Watch for new hours in January*****

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 (requires 2 years of sobriety)

Volunteers are needed at Central Office on Monday thru Friday from 9 am to 1pm. If you would like to volunteer call the office and speak with the Office Manager Monday thru Friday 2pm to 7pm. 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

Upcoming Events

Utah County Christmas Party December 20, 2019 6-9pm Potluck bring a side to share and meet our **new Central Office Manager Robin**

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>

A New Year With Lots of Change

With a New Year being rung in there tends to be a lot of change. I personally do not care for change, not even when it's good or exciting. I like things to stay the same. Unfortunately for me I'm not in charge of the world. In fact I'm really not in charge of much. The older I get the more I realize how little I control. That realization tends to help me release the control I'm clinging to. I truly love Step 1 - We admitted we were powerless over alcohol and that our lives had become unmanageable. Don't get me wrong it's taken several years to grow to love this step. I still cringe a little at my life being unmanageable. I mean seriously who wants to admit to that? However through working the steps I am able to see areas where my life still is unmanageable. For example I love to shop! A LOT! Overspending and buying tons of stuff is not a sign that I'm in control of my life. Luckily my sponsor points these things out to me. And since she's not related to me and has similar experiences to me I am able to listen, sometimes. So rather than my life going to hell when I let go of my white knuckled grasp, my life gets better. Every day that I try to give it to a God of my understanding I notice change. I notice my debt getting smaller. I notice my kids wanting to spend time with me. I notice my husband wanting to be in the same room as me. Life keeps getting better and for that I am truly grateful.

This year there are some big changes happening in Utah County. And no I'm not talking about the ever present road construction. Our Central Office Manager Mitch is moving out of state to better his own life and health. Thank you so much for your tireless hours of service Mitch. We owe you a great deal and we will all miss you.

Please join me in welcoming Robin as the new Central Office Manager. If you'd like to be one of the first to welcome her, she will be at the Utah County Christmas Party December 20th. Please be kind and patient as she gets to know her new role. Put yourself in her shoes and remember that change is scary for all of us. Start the new year by putting some good vibes into the world. May you all have a safe and happy holiday season. And most of all, may you stay sober. You are an important part of our A. A. family. We need you.