


The No Booze News

March 2020

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Concept 3: To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

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 the  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)

*****Newsletter Stories: utahcountynobozenews@gmail.com or call or text Jade 435-764-2381 or Tara 801-310-4131*****

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.

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 475 South Main Street, Spanish Fork needs help with hospitality committee, food, etc. Please contact Lisa B 214-437-2683 or District3GSC@gmail.com to help

Spaghetti Dinner and a Speaker Traci W. Saturday, Feb. 22nd, 6pm High Chaparral building Spanish Fork, Utah Enjoy Dinner sprinkled with... Experience, Strength Hope Suggested Donation \$5

Pre-Conference Assembly April 3-5th Ogden Alano Club 684 24th St., Ogden, U.T. 84401 More info to come

12th ANNUAL Spring Fling Convention "A High Road to a New Freedom" April 24 - 26, 2020 Hilton St. Louis Airport 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

2020 Post-Conference Assembly May 15th - 17th, 2020 Hosted by District 5 Greenwell Inn & Convention Center 655 East Main, Street PriSpaghetti ce Utah If you have any questions please contact: Laney (435) 630-1241 Brent (435) 630-8943 Mike (435) 630-9047 Scott (435) 650-7912

District Events

Feb 22	Area Committee Mtg	D3	Spanish Fork
Mar 4	District Meeting		St Mary's
March 6-8	PRAASA	Area 3	Tucson, AZ
March xx	Dist 3 Workshop	District 3	?
Apr 1	District Meeting		St Mary's
Apr 3-5	Area Pre-Conf Assembly	D1	Ogden
April 19-25	General Service Conf	AAWS	New York
May 6	District Meeting		St Mary's
May 22-24	Area Post Conf Assembly	D5	Price
June 3	District Meeting		St Mary's

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>

Why Me? Why go to PRAASA?

Remember when the group elected you General Service Representative and the first words out of your mouth were "Why Me?" This is why:

"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics."

Remember the introductory sentence to Chapter 7? The Pacific Regional Alcoholics Anonymous Service Assembly is one way that you can accomplish this suggestion. The next reaction is: PRAASA was not even around when they wrote that sentence; that is not what they meant! Maybe not, but they did say, "Rarely have we seen a person fail who has thoroughly followed our path."

As a General Service Representative, you are privileged to carry the message of Alcoholics Anonymous to the still suffering alcoholic of your home group, and other groups as you visit them. You get to learn more - invite your home group members to attend -about Alcoholics Anonymous and right in your own backyard. This is also a great opportunity to get your home group geared up to support the General Service Representative position so you and those who follow are also fully supported as needed to allow full participation as a General Service Representative.

The most important reason, though, is to fulfill the first of "Twelve Concepts of World Service":

The Final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

This means you take your group concerns to other groups in the District., Area, and A. A. as a whole as well as bring back other group concerns from the same. To help you accomplish a portion of your task in service to your homegroup,

Alcoholics Anonymous would like to invite you to Irvine, CA, March 1- 3, 2019, to attend the next PRAASA. The event occurs annually around the 15 Delegate Areas of Alcoholics Anonymous, from Alaska and Hawaii east to Arizona and Utah.

In 2018, over 1,500 members of Alcoholics Anonymous attended PRAASA in Sparks, NV. We listened to presentations that mirrored the General Service Conference agenda of 2018. We also had roundtable discussions-opportunities to share our experience, strength and hope - centered on the service positions of Alcoholics Anonymous that start in the Home Group and continue through Alcoholics Anonymous World Service. PRAASA 2019 will be no different in the enthusiasm and intensity with which we will meet - and we will stay sober too.

If your group members are not sure about attending but would be willing to be of service, we will be needing people to volunteer to help meet and greet our visitors, on site registration, and other needs as they arise so you, their Home Group General Service Representative, can get the full benefit of attending. It would be a privilege to hear from you and your home group members.



In Warmest Love and Service,

PRAASA Committee, Mid-Southern CA Arca 09 rev. 01/10/2019



March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Gina D 4 yrs	4	5	6 William E 7 yrs	7
8	9	10	11	12	13 Nicole M 20 yrs	14
15 Amberlie B 7 yrs Mike W 5 yrs	16 Tiffany B 7 yrs Shawn B 3 yrs	17 	18 Gail S 34 yrs Jamie N 7 yrs	19	20	21 Bob 14 yrs
22	23 Brent R 18 yrs Robb S 4 yrs Kenley M 1 yr	24	25 Becky F 8 yrs	26	27 JD G 15 yrs	28 Carol M 33 yrs
29 Andy S 6 yrs	30	31				



193 Years of Sobriety

Birthday Correction Congrats to Zach Feb 26th with 1 year

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