

THE NO BOOZE NEWS



Alcoholics Anonymous - Utah Valley Central Office March 2018

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

Tradition 3 - The only requirement for A.A. membership is a desire to stop drinking.

Concept 3 - "We serve by acting on our conscience through our "Right of Decision" and we trust others when they exercise their 'Right of Decision.'"

Third Step Prayer

God, I offer myself to Thee - To build with me and to do with me as Thou 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!

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

Office Manager: - Mitch aa@utahvalleyaa.org

Chairman Jill - chairman@utahvalleyaa.org

Central office now accepts credit and debit cards.

Central Office Meetings

When: 3rd Wednesday of the month

Time: 6:30pm

District Office Meetings

When: 1st 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How many of us have wanted to go to a meeting and it is no longer active or at another location?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

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.

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

21st 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 Ternerment,
Hikes at Zions National Park, Work Shops, Bingo

District 3 Spring Cleaning Workshop March 24 2018

496 W 1400 N Orem

1:30 Lunch

2:00 Workshop

5:30 Special Speaker

Area 69 Pre- Conference Assembly April 5,6 and 7th

Elks Lodge

1000 S University Ave Provo

8:00 am Registration

9:00 – 5:00 General Session

With lunch served 12:00 – 1:00

Please send registrations to
2018 Pre-Conference Assembly
P.O Box 1021
Spanish Fork Utah 84660



Meeting changes

Pleasant Grove Group now meets:

“The Clink” has found a new home it is located at 35 So Main PG Please refer to the meeting schedule for times and days

Sober @ Sunrise:

Saturday @ 9AM 496 W 1400 No Orem instead of 130 N 400 E Orem

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
utahcountynobozenews@gmail.com

Tradition 3 in its long form states:

Our membership ought to include all who from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation. This tradition though it shouldn't be often is, very controversial. Before I delve into that, I would like to reprint a story from the Grapevine book published in 2015, titled "Our Twelve Traditions".

Where I Belong

For as far back as I can remember, I never believed I belonged anyplace. When I was growing up I didn't feel I belonged in my family, in the little town that I lived in, in the church I attended, or in the schools where I was educated. I was never chosen for a team or for membership in any group.

My name is Mickey and I'm an alcoholic. When I make this simple statement in a AA meeting, I seldom think about what a profound truth it expresses. I'm saying I belong, and I'm choosing to be a part of the Fellowship. Thanks to tradition three, I'm the only person in that AA meeting who can make that choice. Only I can know if, in my innermost self, I have a desire to stop drinking. And because this desire is the only requirement for membership in AA. I'm the only person who can say whether I meet that membership criterion.

When I first became aware of tradition three, I realized it made it possible for me to stay in AA. No one had to approve my application-In fact there was no application. It didn't matter whether others believed I was an alcoholic or had a desire to stop drinking. They may have had an opinion, but only I had the inner knowledge. It was unimportant if I had other problems or other abilities, these things might be significant to me, but they had no bearing on my membership in Alcoholics Anonymous. And the things which might affect my ability to belong to other organizations- age, sex, race, religion, marital status, profession, etc. – had no value here. In fact I didn't even need to reveal these things to be accepted in AA.

It was only much latter I began to glimpse the reverse side of this coin – that being accepted with no conditions other than a desire to stop drinking imposed upon me the responsibility of accepting others equally. I saw that having no requirements placed upon us gave each of us the freedom to become what our Higher Power intended, without artificial restrictions.

In developing the ability to freely accept other alcoholics, I've discovered that the similarities that bind us and make us a part of this Fellowship mean far more than all the superficial differences that always kept me from that feeling of belonging. Today I thank my Higher Power that I finally know where I belong. I belong in Alcoholics anonymous.

Mickey H.

Springville, Utah

This story should help us understand the importance of acceptance of any newcomer with a desire to stop drinking. Newcomers will come in rowdy, late and inattentive, before you jump them remember back to when you were new. Many of us were rowdy late and inattentive. How did you learn? The people already here taught me all I know about sobriety and how to behave.

Think about creating a service position in your group to have one or two members take newcomers aside (discreetly). Answer any questions they may have. Share a little personal experience. Assure them they only need a desire to stop drinking to belong. Remind them that we all have other desires and problems but, in AA meetings the desire to quit drinking or how our life has changed since we quit and how we did it, is the only one we talk about.

A little love and tolerance can work miracles not only for the newcomer but the old timer and everyone in between.

Jill H

March 2018



121 Years of Sobriety

March 24 2018
 Spring Cleaning Work Shop
 1:30
 496 W 1400 N Orem

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|--------|-----------------------------------|-----------|--------------------------------------|---|--|
| | | | | 1 | 2 | 3 Gina D 2 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 Nicole Neal W 18 5 | 14 | 15 Mike W Amberlie B 3 5 | 16 Tiffany B 5 | 17 Tony A 20 |
| 18 Gail S Jamie N 32 5 | 19 | 20 | 21 | 22 | 23 Brent R Robb S Kimberly 16 2 9 | 24   |
| 25 | 26 | 27 JD G 13 | 28 | 29 Andy S 4 | 30 | 31 |