

THE NO BOOZE NEWS



Alcoholics Anonymous - Utah Valley Central Office May 2018

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.

Concept 5

Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered

Fifth Step Prayer

Higher Power, thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe

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How many of us have wanted to go to a meeting and it is no longer active or at another location?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 Is the Purpose of This Step?

This step helps ease the anxiety, depression and irritability of hiding the worst parts of you. You are able to rid yourself of isolation and loneliness.

Step 5 of Alcoholics Anonymous teaches you that you can be forgiven for your shortcomings and also forgive others who have hurt you.

You'll feel a huge weight lifted once you confide in another.

- Reveal your most distressing and tormenting memories to another person—most likely your sponsor.
- Be as honest as possible with that person and look at who you are and who you would like to become.
- Be vulnerable and don't hold back.
- Accept advice from that person with an open mind.

What Are Some Tips for Completing Step 5?

- Let go of reservations; don't worry about being judged for what you've done.
- Remember that AA is a safe and supportive environment and that everyone has stories they aren't proud of.
- Choose someone you are comfortable sharing with.

What Are Some Myths About This Step?

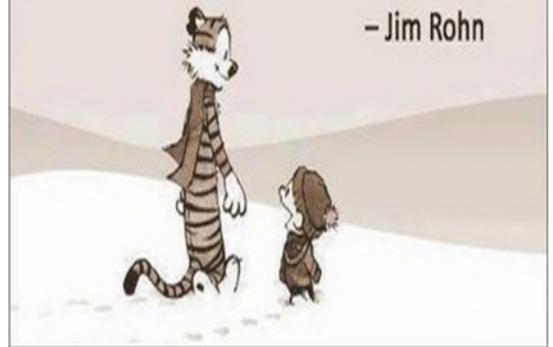
- It's not necessary to share your defects with another person—it's enough that your higher power knows. It's very important to reveal your upsetting memories to another person, so you can receive feedback and advice. You'll feel a huge weight lifted once you confide in another. This will allow you to move on to Step 6 with humility.

The greatest gift you can give to somebody is
your own personal development.

I used to say, 'If you will take care of me,
I will take care of you.'

Now I say, 'I will take care of me for you,
if you will take care of you for me.'

– Jim Rohn



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**

Emotions

F	E	A	R	T	U	S	D	N	E	I	R	F	R
E	E	H	E	L	P	C	R	Y	I	N	G	L	D
H	U	R	T	K	I	N	D	N	E	S	S	E	S
S	P	E	U	P	S	E	T	E	G	D	U	R	G
S	S	E	E	N	C	S	E	E	R	E	G	N	A
E	E	N	N	R	C	A	R	I	N	G	I	T	O
R	C	B	I	T	T	E	R	N	E	S	S	T	E
T	T	O	T	C	O	N	F	U	S	I	O	N	I
S	N	O	I	S	S	E	R	P	E	D	I	O	N
E	P	N	M	N	H	A	P	P	I	N	E	S	S
E	N	A	E	L	O	V	E	H	A	C	T	M	A
S	E	I	T	T	H	A	N	K	Y	O	U	O	I
G	N	I	D	N	A	T	S	R	E	D	N	U	E
F	S	S	E	N	D	A	S	I	N	C	U	R	V

DEPRESSION
 FEAR
 BITTERNESS
 UNDERSTANDING
 HURT
 ANGER
 UPSET
 SADNESS
 HAPPINESS
 CONFUSION
 STRESS
 CARING
 FRIENDS
 GRUDGE
 HELP
 THANK YOU
 LOVE
 KINDNESS
 TIME
 CRYING

Play this puzzle online at : <https://thewordsearch.com/puzzle/38300/>



—Courtesy of the NASHVILLE BANNER

MAY 2018



257 Years of Sobriety



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DAVE N 29	2	3	4 MIKEY B 2	5 JEFF B 14
6	7 JESSICA 6	8	9	10 LORI MC 9	11 ERIN 10	12
13	14 JOHN L 4	15 DAWN V 28	16	17 JASON S 16	18 DAVE G 10	19
20 BOB H 15	21	22	23	24 CLARK 14	25	26 LYNN B 19
27 JEFF R 16 JODY B 16	28 CHRIS C 15	29 JORDAN V 5	30 CHUCK 14 JOY D 10	31 JULIE 5		