

# The No Booze News

**Alcoholics Anonymous**

**April 2017**

## **Tradition 4**

Each Group should be autonomous except in matters affecting other groups or AA as a whole.

## **Step 4**

Made a searching and fearless moral inventory of ourselves.

## **4th Step Prayer-**

### **When in Doubt:**

"I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as he would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure."

### **When I am disturbed by the conduct (symptoms) of others:**

This is a sick man; how can I be helpful to him? God save me from being angry. Thy will be done." God help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. This is a sick person; how can I be helpful to him? God save me from being angry. Thy will be done.

### **When I am afraid:**

"We ask him to remove our fear and direct our attention to what He would have us be."  
God, relieve me of this fear and direct my attention to what would have me be. Amen.

### **When I am aware of my own defects and seeking Gods Help to change;**

"We ask God to mold our ideals and help us to live up to them... we ask God what we should do about each specific matter."  
God mold my ideas in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right. Amen

## **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! (385) 375-4692

## **Get into Service!!!**

Central Office is looking for Volunteers.  
If interested Call Mitch (801)375-86220

The Central office 12 Step call list is in need of men and women willing to have their number put on the machine answering for when the suffering alcoholic calls they can make a lifesaving connection  
Please let Central office know... (801)975-8620  
YuVonka (801)300-8751

### **Utah Valley Central Office**

742 North 500 West #103, Provo, UT 84601  
Phone (801)375-8620  
New 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)

Office hours; Monday-Friday 9am-11:30am  
And 1:30-4pm

Due to price increase on supplies there will be a small price increase on supplies at Central Office.

### **Check out Central Office Website:**

**www.utahvalleyAA.org**

#### Central Office Meetings;

When: 3<sup>rd</sup> Wednesday of the month  
Time: 6:30pm  
Place: St. Mary's Church

#### District Office Meetings

When: 1<sup>st</sup> Wednesday of the month  
Time: 6:30pm  
Place: St. Mary's Church

## **Upcoming Events:**

### **Valley Central Office 4<sup>th</sup> Utah Annual Springfest Campout**

June 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup>

Hobble Creek Canyon-Balsam Campground

Registration Friday- noon – 6pm

\$10.00 includes dinner Friday and Sat. (kids free)

Bring a salad for Friday, a side dish for Sat. and breakfast food for Sunday to share with everyone.

Volunteers needed

Contact Brent R at (801)318-5472

### **UCYPAA**

Date; June 23<sup>rd</sup>-25<sup>th</sup>

Where: Valley Camp

5325 North Fork Rd. Eden, UT 84310

There will be onsite camping included in the registration

Pre-Registration \$15 until 3/1/17

(registration at event \$30)

(1mile up the road you will be able to park trailers)

# The Spiritual Side

From the archives

Within the first 30 days in A.A. a friend came up to me at work and said, "you've changed, what's happened to you? Did you get religion?" "No", I said, "rather I am being introduced to a spiritual way of life" "Spiritual, religious, all the same thing isn't it?"

He asked. I didn't know how to answer him back then, but have since experienced this:

Religion is people telling me how to rightly relate myself to 'god, in effect how to "get right with God". Spirituality is my Father teaching me how to rightly relate myself to people. I didn't know it till now but I've always been acceptable to my loving Father. All I ever needed was to realize this and then to go out there and act according to this realization. Now, how do I know of this love and acceptance from Him?

Because once upon a time He did the most kind and loving thing you can do for somebody like me, He let me be sober. The love expressed in that is overwhelming to me. And how do I act in accordance with this love? So many, many, many times I have been given the answer, and so many, many times I did not listen. "Freely have I been given, so freely must I give; love all others as I have been loved." In accordance with the love I have found, I love.

If spirituality is this: Through prayer, meditation, ego-deflation, etc. my Father teaches me how to rightly relate myself to others then there is nothing but this 'spirit' in A.A. and A.A. is nearly perfect in its suggestions on how to relate to this world of ours. What is left of the program after I remove these suggestions? I wouldn't know how to survive on what remains. Is spirituality a "side", Or is it a foundation?

"All that I've seen lets me believe in all that I haven't seen. "I wasn't in A.A. 3 days before I'd seen enough to allow me to believe. By believing and acting on that belief, those A.A. people gave me the strength to do likewise. I felt quickly the vast difference between what they said they had once been and what they were like now, and the explanation most often given to account for this change was the

acceptance of something beyond themselves. I was humbled enough at this point by living my life, my way to accept this explanation. I guess I was ready to listen and willing to act accordingly. Not in my time or my way, but His.

May I ever know this to be a God-inspired world and if I will but love and serve, then I will experience the supreme beauty of His inspiration. You see, He doesn't have anyone to talk to about His thoughts, or His good ideas, but He does have a whole bunch of kids, and that's who He shares His experience, His strength and His hope with. By being a loving, serving member of the family I become close to Him and He to me. The circle completes itself- what I have is what I have given away.

A.A. says so lovingly to me, "come to us, stay close, let us help so that together we can do that which apart will never be-let us be there as is your need and again for you to give back so you can keep what you find. "My Father says so lovingly to me, "come to me Dennis, stay close, I am here always, let me help you so that together (your willingness, My will), we can do that which you alone cannot and let me be there as is your need and again for you to give back so you can keep what you find-and by our partnership you will have My love which has always been My desire." The difference, that change occurring in me is simply that now this is also my desire. And I have Him instantly as I lose me! This then is what I have won through defeat, it is my victory after surrender- I give away the dubious pleasures of self-pity, self-righteousness, and resentments and this is my reward.

As I ran so persistently to my grave, I happened to pause here for a cup of coffee and a chat and in that opportunity my Dad gathered me up into His arms and said, "no more Dennis, you have had enough, you need never again return to hell: come, take My hand, this is the road you seek. "Nightly, as I look up in prayer I see reflected in His eyes the many who travel the same road- it is the happy road of our destiny!! No one person deserves what I am given, yet it is mine, constantly it is mine-it is yours too.

Sincerely, Dennis M.  
Provo, UT

## Lessons From My Sponsor... Heard in The Rooms

*I always know to come up with a new plan when my sponsor says,*

*“let me know how that works out for you”.*

*I think my sponsor has Alzheimer's. When I did my fifth step I told him the most awful things and he has never brought any of them up again.*

*My sponsor pointed out that there is no chapter in the Big Book called “Why it Works”, just the chapter called “How it Works”. He also told me that there is no chapter called “Into Thinking”, but there is a chapter called “into Action”.*

MY HIGHER POWER IS ALL-LOVING AND ALL-FORGIVING. SOMETIMES I THINK HE PICKED MY SPONSOR SO I COULD GET A SECOND OPINION.

*They told me to pick a sponsor who had what I wanted. The trouble is I don't see how reading the Big Book and working the steps is going to get me his girlfriend.*

I asked someone to be my new sponsor. He suggested that this time, instead of changing sponsors, I change me.

*I asked my sponsor if I had to give up sex for my first year in sobriety. I was happy when he said that I could have all the sex I wanted. I wasn't so happy when he then said “after a year you can start having it with other people”.*

Collected by John G

Please submit stories, poems or any related AA material to:

[SuzanneRichmond22@gmail.com](mailto:SuzanneRichmond22@gmail.com)

Text 801-735-7874

### Group Spotlight: Provo #1

The Provo #1 Group (Monday nights, 8 pm, Provo Community Church 200 N. Univ. Ave.) is a generous portion of AA history, helping the alcoholic of the twenty-first century get sober and stay sober.

This first group was first founded on December 2, 1946 and still goes strong today carrying the AA message.

A visit to Provo #1 will bring back nostalgia for the good old days of AA. The group meets in the same room of the same church where they have met for decades. Unlike most discussion meetings today, this group still utilizes the podium. The group also still serves coffee in ceramic coffee mugs, some of which look older than the old timers in the room. Without much begging, you can probably take a one-month commitment cleaning coffee cups, a service commitment that is now almost extinct in the day of Styrofoam cups.

Another great part of being a regular at Provo #1 is seeing so many out of town visitors drop by to share how they first got sober in this meeting. Many people have found a new life during the 70 years this group has been carrying the message, and it's great to hear these people share their experience and hop back at the old stomping ground.

From all this nostalgia you should not get the impression that Provo #1 is a group of old folks only. While the old timers are loved, this is a vibrant group with plenty of new comers needing to hear the message.

If you've never been to this meeting or if you haven't been back in a while, drop in for a meeting where history was made, and still is being made today.