

The No Booze News

Alcoholics Anonymous Utah Valley Central Office

May 2017

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.

5th Step Prayer

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at laws. 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

A Call for meeting Spotlight Articles

Take the opportunity to create a written record of our meeting groups history. The old timers in this area aren't getting any younger. Bring this up in your group conscience meetings! Other groups have found this an enjoyable task, and discovered it also helps new members feel a part of AA history in the making. Your group will be featured in the No Booze News- Tell us how your group started and what happened and what it is like now.

Contact Suzanne R, Editor, at:
SuzanneRichmond22@gmail.com

Humility...

*Is not thinking less of yourself but
thinking of yourself, less.*

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
Office Manager: Mitch aa@utahvalleyaa.org
Chairman Jill: chairman@utahvalleyaa.org

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

Check out Central Office Website:

www.utahvalleyAA.org

Central Office Meetings;

When: 3rd Wednesday of the month

Time: 6:30pm

Place: St. Mary's Church

District Office Meetings

When: 1st Wednesday of the month

Time: 6:30pm

Place: St. Mary's Church

Upcoming Events:

Utah Valley Central Office 4th Utah Annual Springfest Campout

T-shirt orders need to be in by May 7th

June 9th, 10th and 11th

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. T-shirts need to be ordered by May 7th.

Contact Brent R at (801)318-5472

UCYPAA

**There will be a Bingo night May 6th 6pm-10pm
Camelot Village Clubhouse; 1763 cadbury lane,
Springville, Ut. 84663**

Date; June 23rd-25th

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)

True Confessions

I confess that I am one of those strange creatures sometimes referred to as “service junkies”. I have always believed what my friend Pat J. said to me early in my sobriety:

“Anything I try more than once and like, I am addicted to.”

I have at various times during my sobriety been over committed to jobs, relationships, food, exercise, television viewing, surfing the web, painting, needlework, etc. some of these obsessive behaviors have been more or less healthy or damaging. The one thing they have in common is that I overdo them, and ultimately they cause me to neglect other areas of my life.

The difference between these activities and the service done in A.A. is that service has never been harmful to me- physically, mentally or emotionally-and has always resulted in spiritual growth. This has been true about H&I commitments, group service, general service, central office service and simply the service provided from one alcoholic to another in staying sober and sharing our experience, strength and hope.

Service for the most part has been a pleasure in A.A., although there have been difficult times walking through differences, accepting that the group conscience is sometimes different from my opinion, and accepting the fact that I am not always the person best qualified to do the job. The times which were most difficult seem to have resulted ultimately in the most personal growth.

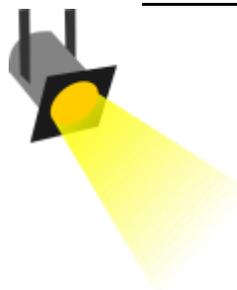
I have a hard time understand A.A. members who not only refuse to be a part of the service structure but seem to delight in discouraging others from fully participating in the service which has been such an essential part of my A.A. experience. I have come to believe those of us who enjoy service, and gain so much from being involved in service, have a responsibility to share that more often and more enthusiastically.

Therefore, I cheerfully confess that I love A.A. service-

And will share it with anyone I can, with or without encouragement, because I am certain service is a major reason I have been able to stay sober and learn to have a life worth living.

Mickey H.

Spotlight Meeting Sisters in Sobriety



The Sisters in Sobriety

Group meets on Monday @ 7pm. In the Grace Baptist Church 239 South main, Springville, Ut. Our group is a closed women’s, topic discussion meeting. Our group first started in approx. 1994 in the Veterans Memorial Building in Spanish Fork. Some of the original starting members still attend today. We usually have between 10-20 women attend on a regular basis. Because the group is small we have a very special opportunity to get to know the members of our group and share our lives on an ongoing basis. Many women find it easier to share openly in a closed women’s meeting, without the distractions frequently encountered with the opposite sex.

These distractions sometimes involve mutual attraction, but also may have to do with personal issues and/or problems, or with relationships used as a fix. Speaker meetings are on the 2nd week. We have a strong service oriented group and many of the women have made quilts, baking goods etc. for many of the groups or special AA events held in our valley. We welcome newcomers to the fellowship and/or to our group.

Please join us in the Fellowship of the Spirit!

Face the Dawn

*Dear Father of Heaven, will you
please light my way?
For I fear tomorrow,
Which will soon be today.
I can't explain the process, of how
one gets so low.*

*So I turn to you now,
Please show me which way to go.
It is said that in the depths of life.
One can only rise above.*

*So I reach upward for your arms
Lord,*

*Embrace me with they love.
For I'm afraid of changing,
With time comes change its true.
Please grant me time to change
Lord, it's something I must do.*

*I ask you for your strength now, I
am too weak to walk alone.*

*I must continue on this journey.
A righteous path will lead me
home.*

*My soul has become weary,
But I will bravely travel on.
I will search within to find the
courage,*

*and I know I'll face the dawn.
By Ruthie M.*

Higher Power

If I was honest with myself, I sorta figured the solution to my alcoholism was going to be thru Divine Interruption of some kind, Other Worldly. I had tried everything in this world and I was a miserable failure, couldn't stop the misery. I mean I'm a periodic-drunk so periodically I would be sober, right? Why didn't I stay that way? Because I could only stay sober until I got too thirsty and would again "seek out the comfort afforded almost at once by taking a few drinks. "then, with renewed hope, I'd lie myself into another debauchery and drink until I wasn't thirsty anymore. Back and forth it went again, and again, and again/ stark raving sober, or crazy drunk, it all becomes the same, I'm just ending up in different places. There is no peace or comfort, no hope for me. This is crushing! That's a good word for it, it just crushes me, death would be a step up from this hell. (fade too black) But the Universe is setting me up and it's coming with a plan. "This is it Dennis, this is the end of your rope, you are defeated and to my inner most self I see what I am and I know I can't do anything about it. Until one day...I crawl into A.A. in Ogden Utah. IN my first hour with you people I am convinced, I'm grateful to find you. And I know you're telling me the truth, truth has a certain ring to it. There becomes a closeness to God, unexpected, undeniable. A.A. is more than the sum of its' parts because after I add up all the physical things; the literature , the Book, the meeting places, the people, there remains something amazing, powerful, something higher. This 'something' shows up at my first meeting and hasn't missed one since. I'm being awakened to the Spiritual. At first I believe that they believe and at the meetings I listen, listen, listen and listen some more. One night I discover they are all saying the same thing. We all know that 'Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall, and all the King's horses and all the King's men couldn't put Humpty back together again' They should've asked the KING! And this is it! "ASK THE KING, dummy. And so I did, and so I do. And so can you. The Beginning. Amen. By Dennis M

District Three News

I recently was asked "What is the District? What do they do? And I realized that the person asking had no idea of the service structure of Alcoholics Anonymous outside of his Home Group. This I not because the individual member wasn't interested or concerned about A.A. as a whole but because no one had explained to him just how his group fit into the structure of Alcoholics Anonymous. I remember as a new comer in A.A. I had no idea what people were talking about during the business portion of the meetings, and I was afraid to ask. So, for those members who may not yet be aware of how A.A. works, the following is a very simplified explanation of what District Three is and what it does.

District Three is composed of General Service Representatives from all of the AA. Groups in Utah Valley The main function of the District is to carry the combined Group Conscience of these groups to the Districts in Utah. At the Area, a Delegate is chosen every two years and that Delegate represents all of us at the General Service Conference in New York. The second function of the District is to bring information back to the groups regarding what was done at the General Service Conference.

In addition, District Three, like many Districts, performs other functions on behalf of the groups it represents. At the District Meetings coordinators are chosen to handle Public Information, Cooperation with Professional Community, Treatment and Corrections, Bridging the Gap, Archives and Grapevine. District Committee Members are elected from among the General Service Representatives to help coordinate activities and represent the District at the Area Assemblies.

The goal of District Three is to accurately represent the group conscience of all the A.A. groups in the Utah Valley and to provide the services those groups want. This is only possible if all of the groups send General Service Representatives to the District meetings and tell these representatives just what it is they want the District to do on their behalf.

Message from:

District Three Committee Member

Last week in my home group, we read the Big Book story "another Chance." The author wrote the story while attending an A.A. convention. She commented that her home group seems to sit in one place while there is so much work to be done in our fellowship. I see similarities in current challenges within District Three.

An old timer from another group said he's done that District "bull" with a dismissive wave of his hand. I was angry at first, thinking it's attitudes like that from older members that shape opinions of new alcoholics who might otherwise be of great service to our District.

I sat with my anger for a few days, working my resentment through the steps.

Over the weekend I attended the Are Preconference Assembly, where about 15A.A. s from our district showed up, when usually there's maybe three of us. I sat at the GSR roundtable Sunday morning with about 30 people, when there's usually maybe two or three. Our Area Registrar Devin C. asked the group how many had heard these assemblies are dry, boring and a waste of time. Several hands went up. Then he asked how many would say that's been their experience? Not one hand raised.

Devin said something that soothed my resentment. Whatever that old timer experienced in general service shaped the opinion he shared at my home group. It has not been my experience.

District service has rejuvenated my recovery. It has revealed character defects I didn't know I have, which had driven me deeper into my step work and strengthened my connection with my Higher Power. Full circle, that power is changing me and I hope that makes me a better servant to my fellowship.

District is far more than just the people who sit on the committee. Every member of our local fellowship is part of District. There is much work to do. And We can hold on to old ideas that District is dry and boring, or WE can encourage newer members to have their own experience.

Thanks for letting me serve, Chris H. DCM
Chris H. DCM