



The No Booze News

Alcoholics Anonymous - Utah Valley Central Office

September 2017

Step 10-“Continued to take personal inventory and when we were wrong promptly admitted it.”

Traditions 10-“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

10th Step Prayer-My Higher Power, My daily prayer is to best serve you, I pray I may continue to grow in understanding & effectiveness; Help me to watch for selfishness, dishonesty, resentment and fear; Help me to be willing to have You remove them at once; I must be willing to discuss them with someone immediately; I will make amends quickly if I have harmed anyone; And then I will turn my thoughts toward helping someone else; Please help me to remember to practice love and tolerance of others. (84:2)

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

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.

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 have their number put on the machine answering for when the suffering alcoholic calls they can make a lifesaving connections.

The hotline also needs volunteers.

Please contact Central Office- 801-375-8620

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

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.

Responsibility

I got sober in this great valley a couple of years ago, in fact I'm coming up on a milestone in October. What a miracle!!!

There was a time in my early recovery when everything was perfect' no resentments, no hostility, no personality was too much for me. I was just happy to be sober. The Linford Plumbing building in Provo seemed like an oasis to my dreary eyes. Living sober met there every day at noon and a few nights a week.

Then the tough questions was asked, Am I an alcoholic?

Some people will tell you that they knew they were alcoholic long before they came into the program. Not me, I struggled with drug addiction mainly. At sixteen my drinking career came to a halt when drugs took over my life, so much so that I couldn't waste my time with just alcohol. Consequences became too much, I had to find relief somewhere.

A.A.is where I found it. I would just claim I was alcoholic, even though I wasn't convinced. All I knew was that it I better to be sober than to be loaded, and if I had to say I was an alien from Pluto, I would have said it. You people were helping me in a way no one had ever done.

But then there were some old timers who would say;

"Alcoholics Anonymous if for alcoholics only."

My heart sank to my feet when I heard that. Once again I felt like an intruder, my membership status was a charade. What happens when they find me out?

Am I welcome, Really?

Then the day came when I finally came to the conclusion that I was in fact an alcoholic.

I have a good friend who used to say "I caught alcoholism through my ears" That was in fact true for me too. I listened and heard my story told from people who claimed they were alcoholics. They looked just like me, they talked like me, and the way they felt was the way I felt too.

Looking back at my past I saw what the Big Book calls "countless vain attempts to prove I was a normal drinker" Drugging was just another vain attempt for me.

In all fairness, not all the old timers were bent on proving me out. Most were real loving, kind and tolerant through my "alcoholic/addict phase", giving me the time I needed to find out for myself what I am; a grateful alcoholic.

I sometimes pause and ask myself; am I giving that confused newcomer a chance to figure it out? Am I so caught up in making sure that the third tradition is upheld that I'm trampling the others? What right do I have to decide for another whether they're alcoholic or not? Is it not their call only? Do I remember my responsibility?

Thank you for giving me a chance to figure it out.

Thank you for telling me to keep coming back.

Thank you for loving me when I didn't have the capacity to love myself.

Thank you for showing me how to be responsible when all I knew how to do was create chaos and pain.

Thank you for being an alcoholic just like me.

Thank you,

When anyone anywhere reaches out for help I want the hand of A A to always be there. And for that I am

Quote Of The Month

"There is scarcely any form of trouble and misery which has not been overcome among us." Big Book-(page 15)

What's Happening, AA Utah Valley

Halloween Chili and Chowder Cook off & Costume Contest

Come Join us for a Wicked Good Time!
Saturday, October 28th, 2017
SIX pm.-NINE pm.
At St. Mary's Church
50 West 200 North, Provo

Please have your entries to St. Mary's by:
SIX O'CLOCK
Judging at: Seven O'CLOCK
Followed by Batty 50/50 drawing by
HALF PAST SEVEN
Sure to be around the corner is a Goulish
costume contest with judging at –
EIGHT O'CLOCK
Contact Tamara with any questions
801-995-2710

GRATITUDE DINNER-NOVEMBER 11TH

Provo Elks
\$25.00 for one \$45.00 for two
Catered dinner with auction and dance