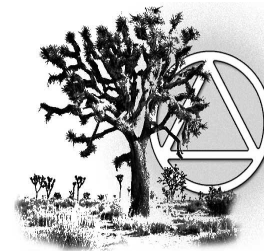


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Apple Valley, CA 92307  
Telephone: 760-242-9292; Email: vvigco\_aa@yahoo.com;  
Web site: www.victorvalleyaa.org



## I Am Responsible

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

## Another Sober Year Is Coming to an End

I was told early on in sobriety that one need not thank people for their service; that being of service had its own intrinsic reward – being useful, getting out of one’s self, doing for others. That being said, here is a list of people who, for the past year, have served you at your Central Office.

Also on this list are the names of those who answered the phones after business hours from their own phones. These are the A.A. members who direct the new ones to your meetings and groups. Plus there is a long list of men and women on the Twelve Step list. These are the members that get called at all hours of the day and night to respond to the still suffering alcoholic reaching out for help.

Working behind the scenes we have the Intergroup Board of Directors and the Intergroup Representatives; the members who meet monthly and make the decisions that affect the entire District 19.

Thanks, too, to the Service Committee members who donate their time and resources to raise money for Central Office.

At this time I want to thank the groups, meetings, and the individual members who have given monetary support to Central Office. As you may remember, it was just a couple of short years ago we were close to having to shut our doors. But all of you have stepped up and have gotten our bank accounts in the right direction. We haven’t hit our six month prudent reserve, yet, but with your continued support we will make it. Your efforts have proven that spirituality and money do mix; not only to those who have pledged to the Put Your Money Where Your Mouth Is and Faithful Fivers, but also in the Seventh Tradition.

Thank you for allowing me to be of service for another year. It has been an honor and a privilege.

Merry Christmas and a may each of you have a Happy, Sober, and Prosperous New Year!

In sobriety,

Craig B.  
Office Manager



### Office Volunteers

Mike E.  
Sam D.  
Bill P.  
Bob R.  
Spencer O.  
Ron M.  
Steve W.  
Don O.  
Rick M.  
Cliff S.  
Julie D.  
Leslie F.  
Melody S  
Karen G.



### Call Forwarding

Wayne S.  
Kathy G.  
Wayne U.  
Susan B.  
Claire E.  
Jeff A.  
Laura J.  
Chad F.  
Joey R.  
Randi O.  
Linda C.  
Jerry B.  
Randy W.  
Patrick C.

Jeff L.  
Josh H.



**THANK YOU  
FOR THE CALL!**

### Board of Directors

Doug H. Chairman  
Helen M. Co-Chairman  
Chad F. Treasurer  
Ted B. Secretary  
Bill P. Assoc. Member  
Betty B. Newsletter Editor  
Joey R. Ways and Means



# Peace of Mind and a Quiet Heart

In my early days of sobriety, in a small group in Los Angeles, CA, I was hearing a lot of words that were unfamiliar to me, and I didn't pay much attention to them at the time since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital [and legal responsibilities], and economic problems. Words like love, patience, spirituality, and forgiveness were foreign to me, and I didn't see how they mattered when all I wanted to do was quit drinking. I stayed close to that group and they started calling me **the fortunate one**. At the age of 28, I was the youngest one in that group, and that stayed that way for quite a while as drug problems hadn't evolved enough at the time (1969) to affect the influx of younger members. I felt like the elders of that group took a special interest in me and that endeared me to them in a special way.

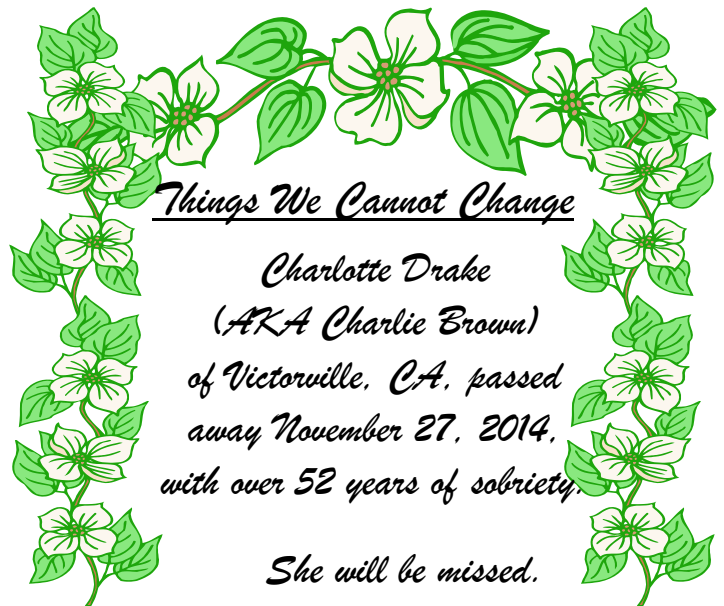
I was always listening for the magic word that would inspire me and give me a purpose in life, and one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of **an old farmer named Harlan**. As he talked about all of the trials and tribulations in the past that he had endured, he explained how he had stumbled into A.A. and that all the answers were there, but he didn't understand it until he had a goal to reach for. The next words that came out of his mouth changed my life forever. He said, "ALL I WANT FROM LIFE IS PEACE OF MIND AND A QUIET HEART." The next thought that came to me was, *what more could a person want?* To this day I still quote Harlan and credit him with the inspiration. He passed away in 2007 being sober for 51 years.

I have been through the Big Book and the 12 X 12 many times and have made a slow but purposeful attempt to rid my mind of all the tormenting memories and regrets of the past. As I processed each and every one of them the more I realize that **peace of mind** is the natural result of living by these principles. Clearing the wreckage of the past, and changing those behaviors that caused it, and practicing unselfish behaviors, with the help of seasoned veterans like Harlan, I move closer to the promise: **We will comprehend the word serenity and we will know peace.**

My books are marked and hi-lighted over the years as I evolved through the Step study meetings or checked out the references to the Big Book in the *Daily Reflections*. I have been focusing on the word **peace** and underlining it, and it is amazing how often it is linked to other words that seem to get more attention. **Peace of mind encompasses the spirit of recovery in Alcoholics Anonymous** and I will be forever grateful that God saw fit to lead me to this wonderful program. **Harlan, rest in peace. And thank you for the inspiration.**

Submitted by,

Rick R., Poway, CA



## *Things We Cannot Change*

*Charlotte Drake  
(AKA Charlie Brown)  
of Victorville, CA, passed  
away November 27, 2014,  
with over 52 years of sobriety.*

*She will be missed.*

## No Longer Chained to the Bottle

My first drunk was an adventure with an old best friend and a new best friend. In my early teen years, a friend and I managed to get a bottle and decided to get good and drunk. In my childhood I'd had a bit of alcohol here and there; a sip of an adult's beer, a taste of wine at the dinner table; but, it was never enough to feel the effect I would later seek. That first real intoxication came to me when we were about halfway through the bottle. I still remember that feeling today. Our book says that we drink essentially because we like the effect produced, and I surely did. I "had arrived." I found that as the liquor really hit me, my worries, fears, and self-conscious nature drifted away. Alcohol gave me a freedom, or so I thought. In this case, the definition of freedom could "not being imprisoned or enslaved."

Looking back on it now, alcohol freed me from the anxiety and fear that were my constant companions. I had a decent upbringing, fairly stable home and good parents; yet, I was always uneasy. I always had that feeling of being less than, being basically defective, and being the outsider wherever I went. Now, I can also recognize those feelings as my restlessness, irritability and discontentment. Alcohol, though, took me away from all of that unexplainable internal chaos. Not surprisingly, the second half of that bottle only confirmed it. I had found what I was missing—my new best friend—alcohol.

I didn't drink every single day after that, and I didn't land in jail every time I drank after that day; but, I drank as much as I could at every chance I could. So by my sixteenth birthday, family and friends were starting to see the consequences of my drinking; caught running naked at midnight; waking up in my own vomit; unable to wake up and go to school; and, problem drinking. Looking back, I think I shouldn't have ignored the times my father had to take me outside and hose me off to wake me and clean me. At the time, it just seemed a small price to pay for the powerful boost alcohol gave me.

*(Continued on page 3)*

(Continued from page 2)

Soon enough, nearly every time I drank there were awful consequences. Family pressure and the threat of getting kicked out of my parents' home did straighten me up for a while. Eventually, I learned to control my drinking and plan times to drink so I wouldn't get into as much trouble as before. Around the same time, I found a girlfriend and we eventually started a family. A new baby, a wife, and a job kept me out of the bottle and out of trouble for a long time. Well, mostly out of the bottle. There were years when I turned to drugs to stay off alcohol, only to use alcohol to get back off drugs; but always, I returned to alcohol.

Even when things were "okay," I was still trying to control and to maintain normalcy. Over the course of 25 years of drinking, I had moments of clarity where I could see the problem. Back then, I thought the problem was the alcohol and I couldn't get away from it. I was chained to it. My moments of clarity were never followed by action, however. I was stuck in an alcoholic pit. My last five years of drinking were daily, miserable, maintenance drinking. Gone were the days of laughter, wine, and song. All that was left was waking up promising I would never take another drop—only to lose all willpower and good intentions by five o'clock. If I wasn't drinking, I was obsessing, fixating and planning on my next drink. I was a slave to my mental obsession when I wasn't drinking and chained to alcohol by my physical allergy once I did start to drink. Days, weeks and years went by enslaved to my alcoholism.

When my entire family performed an intervention on me, it was like God [was] stepping into my life and giving me a chance at freedom. Fear and depression had made me willing enough to walk into A.A. and see a solution to my living problems. I immediately saw a fellowship of people who talked of my same fears, despair, and hopelessness. They spoke of a solution and a new way of life achieved by following suggestions and by working our Twelve Steps. I was just desperate enough to do the actions which I know as the program of recovery found in our book, *Alcoholics Anonymous*.

Today, I know that the freedom and power which I thought alcohol gave to me was just a delusion, because I was still enslaved by alcohol. In A.A. I found a power that could keep me sober and give me a life worth living. I have found another kind of freedom here. This freedom was more in line with the definition as "the power or right to act, speak, or think as one wants without hindrance or restraint." I'm now free to live my life as my Higher Power would have me live it. Every day I am living in the ideas of my Third Step Prayer: Happy, Joyous and Free.

By Shawn M.

Via, *The San Diego A.A. Coordinator*, July 2014

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*Spiritual work isn't another thing you HAVE to do in your life; it IS your life.*

*Kathy F., Hesperia, CA*

## Minutes of the Intergroup Meeting 15 November 14

The meeting was opened at 9:32 a.m. by Doug H., who led us in the Serenity Prayer. Carl O. read the Twelve Traditions. In attendance were Doug H., Becky B., Chad F., Betty B., Craig B., Helen M., Carl O., Ted B., and Joey R. Ted B. read the minutes of the previous meeting. With one correction, the minutes were approved.

**Treasurer's Report:** Chad F. gave the report. As of Oct. 31, 2014, there was a balance of \$13,786.98 in savings, \$7,118.41 in the C.D., and \$5,427.79 in checking. Income for the month was \$3,150.61, with total expenses being \$3,673.53. October income before literature was a negative <522.92>. October literature sales were \$1,527.07 with purchases being \$1,526.88. Total literature was \$0.19. The net October income was negative <522.73>. In October 14 people contributed \$492.00 to P.Y.M.W.Y.M.I. The Treasurer's Report was accepted.

**Ways and Means Report:** Joey R. gave the report. Joey was looking to see if [seed money was] available to host a New Year's Eve meeting/dinner/speaker meeting/dance at the Alano Club. She was looking for about \$500.00. She will get in touch with Les at the club today (Nov. 15) to see if the club is available for New Year's Eve. Intergroup has approved the funds if the club is available.

**Office Manager's Report:** Craig B. reported that there were 103 visitors to the office in October. There were 151 information calls and one 12-Step call. There were 114 call forwarding calls and two 12-Step calls. The totals were 265 information calls and three 12-Step calls. At this time all office and call forwarding positions are filled. There is a need for people the Twelve Step list, especially in Barstow. With regards to the Phone Meeting list, Craig is going to ask Jim F. to put it on the webpage. That way the office volunteers can refer people to the web instead of looking up the list for people who call in. The office is over its literature budget for 2014. However, there has been a rush on A.A. history books. Only a few are left. . . Craig will get in touch with Colton Central Office to see if they have any [books left from before the price increase took effect.] If not, he will go ahead and order some for G.S.O. The [December Intergroup meeting will be dark]. The Office Manager's Report was accepted.

**Old Business:** Betty B. wished to make changes to her [nominations for the Board of Directors election that will be held in January]. She is now nominating Bill P. as Secretary and Carl O. as Associate Member.

**New Business:** Carl O. reported that the H.U.G. Thanksgiving Marathon/Potluck will be from 7:00 a.m. to 8:00 p.m. Nov. 27—29. Also, the H.U.G. Candlelight Meeting has been snuffed.

**The next Intergroup Meeting will be January 17, 2015 at 9:30 a.m. at Central Office.**

Helen M. motioned to adjourn the meeting. The meeting adjourned at 10:11 a.m.

Respectfully submitted,

Ted B., Secretary

## Central Office Holiday Hours

Christmas Eve – Wednesday, December 24, 2014, we will be open from 9:00 a.m.—12:00 p.m.

Christmas Day—**CLOSED**

On New Year's Eve, Wednesday, December 31, 2014, the office will be open from 9:00 a.m.—12:00 p.m.

New Year's Day—**CLOSED**

Merry Christmas and another Grateful Sober New Year!

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### Directory Corrections/Changes

SUNDAY

**Delete:**

Lucerne Valley, 8:00 a.m. Attitude Adjustment (LV)

**Time Change:**

(V1) 12:30 p.m. changes to 12:00 p.m.

MONDAY

**Location:**

Barstow, 7:00 p.m. Primary Purpose is supposed to be (B1), not AB1

TUESDAY

**Delete:**

Victorville, 10:00 a.m. Longtimers' Meeting (V4)

THURSDAY:

7:00 p.m. Big Book Study in Phelan, enter on Smoketree

FRIDAY:

Hesperia 10:00 a.m. is now a Topic Meeting

SATURDAY:

**Delete:**

Hesperia, 9:00 p.m. Candlelight Meeting

**Correction:**

Victorville, 10:00 a.m., El Evado "Holy Innocent," not Innocence

**New Address:**

Wrightwood, 7:00 p.m. Candlelight Meeting, 975 Lark Rd., Our Lady of the Snow church

## Central Office Activities

| <u>OFFICE</u>          | <u>NOVEMBER</u> | <u>Y.T.D.</u> |
|------------------------|-----------------|---------------|
| Visitors               | 108             | 942           |
| Info. Calls            | 267             | 2,243         |
| 12 Step Calls          | 2               | 12            |
| <u>Call Forwarding</u> |                 |               |
| Info. Calls            | 108             | 987           |
| 12 Step Calls          | 1               | 19            |
| <u>Totals</u>          |                 |               |
| Info Calls             | 375             | 2,251         |
| 12 Step Calls          | 1               | 29            |

### Upcoming Events

**There will be no Intergroup Meeting in December, 2014**

**December 31, 2014**

**New Year's Eve Speaker Meeting and Dance, Victor Valley Alano Club, 11085 Central Rd, Apple Valley, CA. The Speaker Meeting will begin at 8:00 p.m. with Jeff L. of Hesperia, with the dance to follow shortly after. Tickets are \$10.00 at the door with all proceeds going to Central Office.**

**April 10—11, 2015**

**Ride for Recover, from Barstow to Beatty, NV. More information will be forthcoming.**

**June 12—14, 2015**

**The High Desert Sunshine of the Spirit Convention will be held at the Ambassador Hotel in Victorville, CA. This is a new date for the convention so plan on attending and supporting it. More information will be available in the coming months.**

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### And Finally . . .

On New Year's Eve, I stood at the local pub and said that it was time to get ready. At the stroke of midnight, I wanted every man to be standing next to the person who made his life worth living.

Well, the bartender was almost crushed to death!

~~~~~  
And now, a special prayer request:

*Dear God,*

*My prayer for 2015 is for a fat bank account and a thin body.  
And please don't mix these up like you did last year.*

*Amen!*

Submitted by, Bill P., Victorville, CA