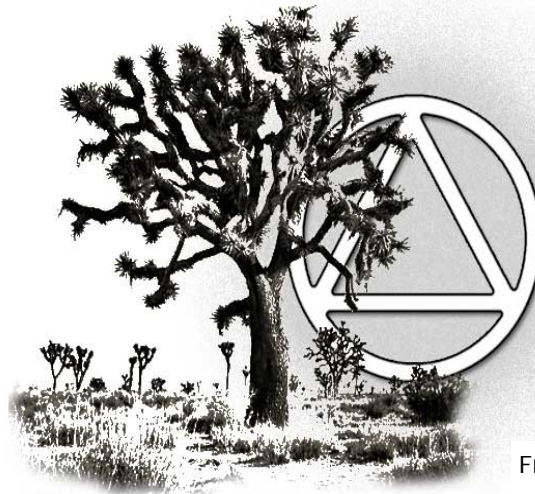


# INTO ACTION

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FEBURARY 2009

## *Worth Putting on the Refrigerator*

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it, the heavier it becomes."

He continued. "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest, before holding it again. When were refreshed, we can carry on with the burden. So before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you are carrying now, let them down for a moment if you can. Relax; pick them up later after you have rested. Life is short. Enjoy it!"

And then he shared some ways of dealing with the burdens of life;

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not always cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your soul purpose in life is simply to serve as a warning to others.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you wont have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are to much fun to only make once.
- You could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in a box.

*(Signing Continued on page 3)*



## Be On The Look Out!!!

The famous “Intergroup Con Man” is in St. Paul! There is a guy who goes from town to town, calling Intergroups/Central Offices, asking for a 12—step call, and then he tries to get money from the A.A. volunteers who go to meet him.

Because of e-mails from everyone else, we recognized the guy before we sent anyone to meet him, but we sent two guy’s just in case we were wrong. After meeting with him, our volunteers shared that he really is a down-and-out, medically ailing old guy, and is able to “talk program,” but he’s definitely fishy.

For instance, during the course of the meeting he changed from one name to another - both likely false. He called himself “John Taylor” then “Robert Williams.”

Instead of a story about his wife recently being killed, this time he claimed to have been just released from the hospital after a heart attack. He also claimed to be an over the road trucker (as he has before,) and to be a Viet Nam veteran.

We’re going to call all of our weekend night owls (phone Volunteers) just in case he does a repeat performance.

Also he has been in the Santa Barbara area recently. So be aware.

Submitted by Craig B.

Intergroup/Central Office Manager



*(Signing Continued from page 1)*

\*\*\*\*\* THIS ONE IS TRULY WONDERFUL \*\*\*\*\*

- A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought of you today. I will.

Submitted by Betty B

Apple Valley CA.

## How’s your spirituality ?

...an old timer used to ask me when I was newly sober. Part of my sponsor suggested service work was coffee. One day, while making a pot before a meeting, John came up behind me and bellowed “How’s your spirituality today ?” As I turned to answer, he would mix himself a cup of Joe and wander off...not really waiting for an answer.

The thing is that, he did this nearly every day. “So,” he clapped me on the back. “How’s your spirituality today kid?” And if I did answer, he sure did not seem too concerned. I just chalked it up to another eccentric drunk making a token effort with the new guy.

“So how’s your spirituality?” he asked dumping powered creamer into his coffee. As he wandered off stirring. I sat thinking about this question. How was my spirituality? Do I have an honest answer? What is my relationship to my Higher Power? Have I done anything today to maintain my conscience contact with Him?

It was then I realized that John could really care less. His point is that I think about my own spiritual condition. He was not asking me for him to know; he was asking me for me to know. Man, those old timers sure know a little something about staying sober...

So how’s your spirituality...?

By James J. Apple Valley CA.

Reprinted from Serenity 101

Located at [www.victorvalleyaa.org](http://www.victorvalleyaa.org) blog

**Service Material from the General Service Office**  
**TRADITIONS CHECKLIST**  
**from the A.A. Grapevine**

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

**Practice These Principles....**

**Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? New-comers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

**HELP  
WANTED**

Your Central Office has the following days open for you to be of service.

Thursday- 1:00 pm—4:00 pm

Friday- 1:00 Pm—4:00 pm

Also call forwarding could use alternates on the list.

Please pass the word. For more information contact Craig B. at (760) 242-9292

**Service Material from the General Service Office**  
**CONCEPTS CHECKLIST**

**A service piece for home groups, districts, areas**

Some of these discussion points were originally developed by an A.A. group and further developed by the trustees' Literature Committee to be distributed by the General Service Office. While this checklist is intended as a starting point for discussion by groups, districts or areas, individual A.A. members may find it useful along with our cofounder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience. Additional information about the Concepts can be found in The A.A. Service Manual/Twelve Concepts for World Service and "The Twelve Concepts Illustrated" pamphlet. (The Concepts stated here are in the short form.)

**Concept I: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.**

- \*Does our group have a general service representative (G.S.R.?) Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- \*Do we hold regular group conscience meetings encouraging everyone to participate?
- \*Do we pass that conscience on to the district, area, or the local intergroup meetings?
- \*Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- \*Where do we fit in the upside-down triangle of A.A.?
- \*Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

**Concept II: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.**

- Do we have an understanding of the history of the General Service Conference (the "Conference")?
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider Seventh Tradition responsibilities?

## **Faithful Fivers**

Allen T. Spence O. Wayne U. Craig B.  
 Pete P. Wayne S. Bob O. Betty B.  
 Sam D. Kathy G. Kimberly C. Sheldon S.

Make sure your name is here NEXT month!

### **What are Faithful Fivers**

They are A.A. members who pledge at least \$5.00 each month toward the support of there local Central Office to “carry the message”. “Many of us have spent more than \$5.00 on alcohol during our drinking days.”

I agree to pledge.

Here is my contribution of \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

### **Letting Go Of Old Ideas**

Recently gratitude has taken on a different meaning. The whole concept of gratitude depends upon receiving a gift. We are grateful for the gift, and express our gratitude through actions toward others. But what does it mean to receive a gift. For me, a gift is something I receive through no merit of my own. For something to be a gift, it must be freely given with no strings attached. Things that I earn or deserve cannot be gifts.

It is in the since that I call sobriety a gift. There were many times that I said, “This is my last drink.” But it was not. Finally a time came when I gave up. And in my defeat, found that I no longer had the compulsion to drink. This freedom was not of my doing, it was nothing that I had earned or deserved. I can only view it as a gift.

Now when I review my gratitude list, I see that it consist of things that were not brought about by my efforts. time and again I discovered that when I stop trying to force things my way, the natural outcome turns out wonderful. When I stay cut of the way, my whole life unfolds like a gift. All I need to do is rely on the gift giver- my Higher Power.

~Jim B. San Jose, California

Via, Grapevine new Beginners’ Book “Getting and Staying Sober in A.A.” This book is for everybody. On sale now at your Central Office

We here at *INTO ACTION* would love to hear from you about your experience, strength, and hope. Maybe something that’s happened in recovery or an experience that has happened to you that shows how the program is working in your life. It’s an effective way to help other members who may be inspired by your story. It’s like a local meeting in print, any time you want to read it. It’s just another way of being of service.

E-mail your story to: [vvigco\\_aa@yahoo.com](mailto:vvigco_aa@yahoo.com)

Please add your name and phone # to all stories for we reserve the right to edit for content and/or clarity

## **Come Join us for the 25th Annual Sunshine of the Spirit**

**High Desert Convention with  
 Al-Anon Participation  
 at the Hilton Garden Inn**

**Victorville, California**

**March 13th 14th & 15th, 2009**

Website info: [www.victorvalleyaa.org](http://www.victorvalleyaa.org)  
 or [www.highdesertconvention.com](http://www.highdesertconvention.com)

## **3rs Annual DEATH VALLEY Ride For Recovery**

**March 21st**

For information contact

Chairperson: Bill P. (760) 243-6219

Registration: Sam D. (760) 953-4241

Central Office (760) 242-9292