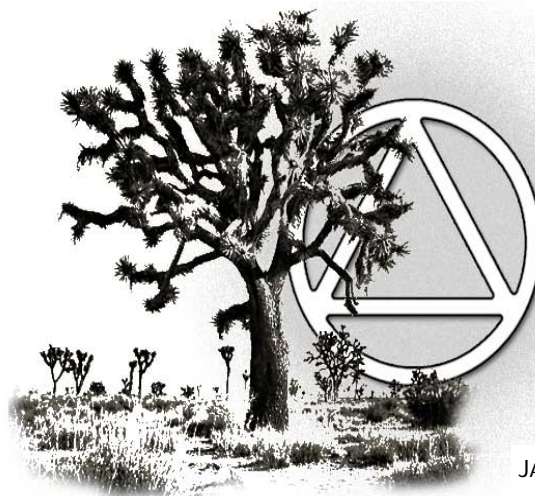


# INTO ACTION

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JANUARY 2009

## *Blog...What's a Blog?*

Glad you asked. Blog is short for “web log.”

“Huh?”

Basically a blog is an online column of opinion published for public or private consumption. The point of most blogs is to disseminate information into a public realm commonly called “The Blogosphere.” (And no—the Blogosphere is NOT a disgraced Illinois governor...)

Okay, I know what you’re thinking: “WTF?”

Think of it this way, a blog is like a letter to a newspaper editor published on the web. Some common applications are: business marketing, social networking, and adventure diaries. Blogs are widely used because they are free and easy to set up. Anyone can blog and they do not require extensive computer experience. Blogging is a terrific way to get a lot of information to a lot of people. And, it’s a lot of fun. Where else can you openly publish your views for all the world to see in a matter of minutes?

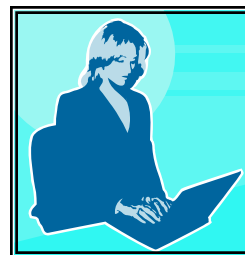
So, why am I telling you this? Because the Victor Valley AA community has a blog and you can be a part of it! Simply visit [www.victorvalleyaa.org](http://www.victorvalleyaa.org) and click on the “BLOG” button located at the right side of the menu bar. The blog is called Serenity 101.

### *To Start Blogging...*

When you get there, you will be able to read the most recent post. Posts are sorted in reverse chronological order so the most recent is always first. Once you read

the post, please feel free to leave a comment. To do this, simply click on the “Comments” link at the bottom of each post and a form will appear. Fill it out and press “Submit.” Your comment will not appear right away as it goes through a filter editor (me) that checks for abusive content. Your comment will usually post within 24 hours, so check often. You may leave as many comments as you wish and please do not feel you must agree with what’s written in the blog. Dissenting views are always encouraged and will be published!

This is an excellent forum for you to voice your concerns and opinions concerning the program of Alcoholics Anonymous in the Victor Valley. Blogging is easy, fast, and lends itself to stream-of-consciousness writing styles. The point is: Just Do It! Now go on and get blogging!





## Minutes of the Victor Valley Intergroup Meeting- December 20, 2008

The meeting was called to order at 9:32AM by Kara O. who led the Serenity Prayer.

Wayne U. read the 12 traditions.

Carroll E. read the minutes from the October 18, 2008 meeting. Treasurer Sheldon S. read the financial report summary as of November 30, 2008. He stats that group donations for the month of November were \$780.56. There is a balance of approximately \$600 left in the savings account. (See newsletter).

Wayne U.-Ways and Means committee- states the Founders Day Picnic will be on Saturday this year. There has been no confirmed date yet.

Sam D. (filling in for Craig) gave the Office Managers report. Sam states that there were 83 visitors, 180 information calls, 2 12 steps calls. Call forwarding there were 208 information calls, 2 12 calls for a total of 388 Info/4 12 Step calls. (see newsletter for Year-to-date totals). There are open office shifts available on Wednesday 1-4PM and Thursday 1-4PM. A BIG THANK YOU to our sheriffs department for helping track down our radio that was stolen when the door had been left open. The sheriff caught the perpetrator. Upcoming events: New Year Eve dance, women's banquet and convention.

Kars O. asked if there was any old business: Sheldon S. stated that there were still AA books on sale. James J., the "Public Information Guy," spoke with Bill at KFROG and had an on-air radio interview with "Steveirino" to speak about Alcoholics Anonymous. James also has an appointment with Dwight at Y102 this week. On our Intergroup website at victorvalleyaa.org there is a Blog page "Serenity 101." James also needs volunteers to carry messages for public service announcements and also input for the newsletter. Please contact James @ bugs62702@yahoo.com.

New business: Matt N. noted meeting changes for "We Are Not A Glum Lot"; the Monday night meeting will be a Book study at 7:30PM and the Thursday night meeting will be Open Participation at 7:30PM pm on Molina Dr. in Victorville at the Trinity Lutheran church.

Announcements: Wayne U. had his 6<sup>th</sup> birthday on November 4<sup>th</sup>. Kara O. announced the Sobriety dance on New Years Eve from 9PM-1AM at the alano club. The charge is \$5 at the door. This is a fundraiser for the Convention.

James J. wanted it documented that this was a short meeting because Betty was not here! Kara actually said it (we miss you, Betty, can ya tell??)

At 9:55AM Wayne U. called a motion to adjourn, Matt N. seconded the motion. Becky B. prayed us out at 10:00a.m.

Submitted by, Carroll E filling in for Betty B.

## "The first one will get you!"

### REMEMBER ME

HELLO Just in case you forgot me, I am your disease:

I hate meetings.... I hate Higher Powers... I hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering.

Allow me to introduce myself, I am the disease of addiction. I am cunning, baffling, and powerful. That's Me. I have killed millions and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, haven't I? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me?

I was there, I love to make you hurt. I love to make you cry. Better yet, I love to make you so numb you can neither hurt nor cry.

When you can't feel anything at all...this is true gratification. And all that I ask from you is long term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things, and I was the only one who would agree with you. Together we were able to destroy all the good things in your life. People don't take me seriously. They take strokes seriously, heart attacks, even diabetes, they take seriously. FOOLS. Without my help these things would not be possible. I am such a hated disease, and yet I do not come uninvited. You choose to have me. So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a twelve step program. Your program, Your meeting, Your Higher Power. All of these things weaken me, and I cant function in the matter I am accustom. Now I must lie here quietly. You don't see me but I am growing bigger than ever. When you only exist, I may live. When you live I may only exist. But I am here...

And until we meet again, If we meet again, I wish you death and suffering!

With permission the Post January 2009

## 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 One: Our common welfare should come first; personal recovery depends upon AA unity.**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

## Subjects to Contemplate:

1. Describe your current conception of God. Contrast this with your previous conception of God.
2. What was your "*bottom*?"
3. Describe your thoughts and feelings when you "*stood at the turning point*."
4. Describe what life will be like on your 10th birthday.
5. In your opinion what are the 10 most important things a newcomer should do?
6. How do we, as practicing members, have relationships?
7. What does it mean to you that we "*practice these principles in all our affairs*?"
8. What are "*the principles*" that the Book talks about?
9. Discuss why you think that it is recommended that no major life changes or changes in relationships be made within the 1<sup>st</sup> year?
10. What are you grateful for? Make a gratitude list.
11. What does it mean to have "*an attitude of gratitude*?"
12. When would you recommend that someone contact their sponsor?
13. *Pain is the touchstone of growth.* God doesn't give us any more than we can handle, but he doesn't give us any less. What does this mean and why is it important?
14. What is the difference between religion and spirituality? What does the Book say about religion?

(Contemplate Continued on page 5)

## **Faithful Fivers**

Anonymous Spence O. Sam D.  
 Craig B. Wayne S. Betty B.  
 Sam D Kathy G. 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\_\_\_\_\_

(Contemplate Continued from page 4)

15. What does it mean to be a Man? Woman?
16. What does it mean to "live in the solution." How do you get out of the problem?
17. Who are the most important people in your life? How do you let them know?
18. What does it mean to "stay current?" And why is it suggested?
19. What does the phase "suit-up and show-up" mean to you? Why is it important?
20. In your opinion, what is the difference between joy and excitement?
21. Put in writing the 7 most wonderful things about you!

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

## **HEARD AT A MEETING**

"There will come times when faith seems to fail you, which will be the times it's most important to you."

"If nothing changes, something's wrong. The *Fellowship* won't change you like the *Program* will."

"As God continues to work on me, I'm less character (the noun) and more character (the adjective)."

"You AA guys wouldn't let me do it cold turkey. You slopped on the gravy, mashed potatoes, and stuffing, too!"

"Ask yourself the next time you get defensive: What am I defending? Chances are, if you're honest, pride and ego will be revealed."

"Don't judge success by what you get *back*. You Judge success by what you get *through*."

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