

Victor Valley Intergroup, Central Office, Inc.
18888 Highway 18, Suite 107
Apple Valley, CA 92307
Telephone: 760-242-9292; Email: vvigco_aa@yahoo.com;
Web site: www.victorvalleyaa.org



Step One

Step One

We Admitted We Were Powerless Over Alcohol—That Our Lives Had Become Unmanageable.

We all have to start somewhere. Those who came before us, the pioneers that battle tested these Twelve Steps, postulated that this was where we were to make our start. It is here, in the First Step where perfection is essential. Without accomplishing this Step, in its entirety, we are doomed to find ourselves back in the bottle. Many of our number have faltered in Steps 4, 5, or 6 because they did not complete Step One with absolute perfection. But what does it mean to do it with perfection and why? Isn't this a program of "progress, not perfection" as outlined in Chapter 5? The answer to the latter is: *yes, except for Step One*. The answer to the former is a rather sticky wicket.

When we find ourselves at what the book describes as our "jumping off place," we have two options:

1. Continue our drinking unto death.
2. Decide to change and seek aid.

Even if we are compelled to attend meetings by a third party (spouse, judge, employer, etc...) we are still faced with these two options. Option one is self-explanatory. Option two is the first part of Step One, admitting we are powerless over alcohol. What does this admission really mean? It means that we are completely enslaved by the effect alcohol has on our system. It not only affects our physical state, manifested through various debilitating symptoms; but also warps our minds. If we are willing to admit that we have indeed abdicated our reason and control to alcohol, then we can begin to address part two: that our lives had become unmanageable. Many of us have come through the doors of A.A. with a good grasp that we could no longer handle our liquor. But, how long did it take for us to admit that we could not manage our own lives? The implication of this part of Step one is frightening. It strikes at the heart of who we are. After

(Continued on page 2)

Tradition One

"Our common welfare should come first; personal recovery depends upon A.A. unity."

Our A.A. experience has taught us that:

One—Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

via, Twelve Steps and Twelve Traditions

Intergroup Minutes December 18, 2010

Kara O. opened the meeting at 9:32 a.m. with the Serenity Prayer. Les W. read the Twelve Traditions. Wayne U. read the 8/21/2010 minutes. Sam D. motioned to accept, Betty B. seconded the motion.

Treasures Report: Sheldon S. gave the report. Wayne U. motioned to accept the report, Helen M. seconded the motion. See newsletter for full report.

Office Manager's Report: There were 91 visits to Central Office with 198 information calls, resulting in one 12 Step call. Call forwarding received 202 calls with three 12 Step calls. Craig asked that the representatives take to their groups, what they would think about Central Office having the capability of using credit cards.

Ways and Means: Ride to Recovery scheduled for 2 weeks after the High Desert Convention. To get involved or for more information call 760-985-3462.

Public Information: Radio announcements are still going, as well as newspaper article.

Old Business: A new shift has opened at Central Office for Thursday mornings and Friday afternoons. If interested, please call Craig B. Fort Irwin has a new

(Continued on page 2)

*Step One**(Continued from page 1)*

all, if it were not for the booze, everything would work out. Unfortunately, that was not the experience of the first 100. They knew that alcohol was only a conduit for our self-destruction. The real problem was us, as human beings, on a fundamental level. We had twisted ourselves beyond recognition into slaves of the drink and the only way out, was through the crucible. But we had to first realize that we could not manage our own lives. We had lost complete control and, we had to accept this fact completely. Again, the implication is frightening: if we could not manage our lives, then who would? This question immediately presents us with the naked awareness that we are cornered by first order logic: if I am powerless over alcohol, then I cannot control myself; if I cannot control myself, then I cannot effectively manage my life; if I cannot manage my life, then I am helpless. The conclusion is humbling” we must surrender our lives to the management of someone else.

If we are ready to perfectly admit that we cannot control our drinking, therefore we cannot control our lives. Then we are ready to take another step!

Respectably submitted,

James J., Apple Valley, CA

*Minutes**(Continued from page 1)*

meeting on the 1st and 3rd Saturdays of the month at 5:00 p.m. Sam D. was elected as Chairman, Matt N. was nominated for Co-Chairman [though he] might possibly not accept. Tabled until next meeting. Doug H. was elected as Associate Member.

New Business: H.U.G. will hold marathon meetings through the holidays. New Year’s dance at the Alano Club. Hispanic Intergroup meets 2nd and 4th Sundays every month at 12036 Bartlett Ave., Adelanto.

Birthdays: Wayne U. with 8 years on Nov. 4, Marie with 8 years on Nov. 24. CONGRATULATIONS!

The next Intergroup meeting will be February 19, 2011 at 9:30 a.m.

Wayne U. motioned to adjourn the meeting, Doug 2nd. Les w. prayed us out at 10:28 a.m.

Respectfully submitted,
Wayne U., Secretary

Attendees: Betty B., Children of Chaos/Newsletter; Kara O., Chairman; Sheldon S., Treasurer; Lew W., G.S.R. Liaison; Doug H., HUG; Maria, Hispanic Intergroup; Wayne U., Secretary; Craig B., Office Manager; Helen M., Public Information; Sam D., Co-Chairman.

Sharing

About a year ago while attending a small gathering of an anonymous religious group, someone shared about the “wagon wheel of organized religion.” In the analogy, God is at the center – the hub of the wheel. Where each wooden spoke intersects the periphery, organized religion and sectarian wisdoms occupy their space, equidistant from each other. There is a spot for every group: the Christian who reveres on God as a triumvirate; the Buddhist who has no god; the Hindu who has a plethora of gods; and the Taoist who experiences god in the flow of Tao. Even the atheist has his place, with his back firmly turned towards God.

Collectively, each of these belief systems occupies its space around the rim of the wheel. Organized religion works fine when the focus is one the hub, God at the center. Where we get into trouble is when we start looking left and right at the differences; where she insists he must be dunked and he insists she must be sprinkled.

Several months later, the A.A.-applicable part of this analogy hit me. With a few exceptions, most A.A. meetings I’ve attended are situated in circles. Though not

a requirement for membership, many of us believe that God is at the center of each circle. In fact, my friend, Doug, said that God attended the very first meeting of A.A. and liked it so much, He hasn’t missed one since! So long as we remain focused on God at the center, we are fine; it’s when we start looking left and right, particularly at the differences, that we invite resentments and all manner of difficulty.

Our First Tradition says that personal recovery depends upon A.A. unity. If the wheel of Alcoholics Anonymous is to continue to turn and carry the message of recovery, it is important that we respect everyone sitting in the circle, even when we disagree with their opinions and perspectives. And, when we can’t respect them, we need to remember that they are just as welcome now as we were welcomed then. A circle requires its every link.

Ed L., Wrightwood, CA

27th Annual Sunshine of the Spirit High Desert A.A. Convention With Alanon Participation

March 11—13, 2011 at the
Ambassador Hotel, Victorville, CA

Early Registration Form from the Newsletter

Registrant A Information

Name: _____ Name Tag to Read: _____

Address: _____ City: _____ State: __ Zip: _____

Phone: _____ Group: _____

Type of registrant: ___ A.A. ___ Alanon ___ Alateen ___ Guest (Mark appropriate space)

~~~~~

### Registrant B Information

Name: \_\_\_\_\_ Name Tag to Read: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Group: \_\_\_\_\_

Type of registrant: \_\_\_ A.A. \_\_\_ Alanon \_\_\_ Alateen \_\_\_ Guest (Mark appropriate space)

~~~~~

				<u>AMOUNT</u>
Registration	\$15.00	_____	X_____	= \$_____
Alateen Registration	\$ 7.00	_____	X_____	= \$_____
Friday Entertainment	\$10.00	_____	X_____	= \$_____
Alanon Luncheon	\$32.00	_____	X_____	= \$_____
___ Vegetarian				
Saturday Banquet/Dance	\$35.00	_____	X_____	= \$_____
___ Vegetarian				
Saturday Dance Over 18	\$ 5.00	_____	X_____	= \$_____
Golf Tournament	\$50.00	_____	X_____	= \$_____
			<u>TOTAL</u>	\$_____

You may also register online at www.highdesertconvention.com

Registration \$17.00 after February 27, 2011

Make checks payable to:

Victor Valley Convention Committee

Mail to: P.O. Box 1894, Apple Valley, CA 92307

For more information call Matt N. at 760-267-0512 or Jeff L. at 760-596-8846

For more Alanon information call Loreina C. at 760-559-1881

In Memory Of:

Bill F.
by Lois F. 100.00

Epi P.
by Anonymous 25.00

Faithful Fivers

Bob O.	26.00	Bill P.	10.00
Pete P.	25.00	Mike E.	10.00
Wayne S.	25.00	John B.	10.00
Wayne U.	20.00	Craig B.	5.00
Brown S.	15.00	Betty B.	5.00

Central Office Activities

	<u>December</u>	Y.T.D
Visitors	96	1,039
Info Calls	245	2,187
12 Step Calls	3	13

CALL FORWARDING

Info Calls	192	1,829
12 Step Calls	3	23

TOTALS

Info Calls	437	4,033
12 Step Calls	6	36

Now at Central Office

New from the A.A. *Grapevine*
Spiritual Awakenings II
Only \$10.95.

PLUS,

we are resupplied with more *Grapevine*
books. Come in and check them out
and drive one home!

F.Y.I.

Central Office is now selling Big Book Covers! And don't forget we also have fancy chips, medallions and jewelry. If we don't have it in stock, we can special order it for you—pre-paid, of course.

Back to Basics Speaker Meeting

Church of the Nazarene, Hesperia
Saturdays at 7:00 p.m.

UPCOMING SPEAKERS

January 22	February 12
Mark H. Yucaipa	Regina B. Beaumont
January 29	February 19
Karen C. Glendora	Sue S. Palm Desert
February 5	February 26
Dan S. Beijing	Peter G. Sherman Oaks

And Finally . . .

What a Real Woman Does

A real woman is a man's best friend.

She will never stand him up and never let him down.

She will reassure him when he feels insecure and comfort him after a bad day.

She will never stand him up and never let him down.

She will reassure him when he feels insecure and comfort him after a bad day.

She will inspire him to do things he never thought he could do; to live without fear and forget regret.

She will enable him to express his deepest emotions and give in to his most intimate desires.

She will make sure he always feels as though he's the most handsome man in the room and will enable him to be the most confident, sexy, seductive, and invincible. . . .

No! Wait!

Sorry, I'm thinking of scotch. That's what scotch does. Never mind.

Via, the *Internet*