

# INTO ACTION

YOUR A.A. HIGH DESERT MONTHLY NEWSLETTER



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JANUARY / FEBRUARY 2008

## Thank You Betty

This newsletter would not be complete without recognition and heartfelt "THANK YOU" to the previous editor: Betty B. She worked hard for many years to bring the High-Desert's AA community news, views, and cutting edge commentary. Betty is a fixture at the Children of Chaos meeting and has lived the AA example through service, sponsorship, and a commitment to the program.

unrepentant whining in open participation forums. Betty always had a copy of the newsletter handy for me and suggested I write an article or an occasional opinion piece (of course, I obliged). She was proud of her work on the newsletter, and justifiably so. She did a terrific job with little resources, scant content, and no thanks for a job well done. Well...here it is:

On a personal note, Betty was one of the first people I met upon moving to the High-Desert in 2004. I attended the Children of Chaos meeting and found not only excellent recovery, but also a warm camaraderie not present at many other meetings. I was entertained by her quick wit and sometimes acidic responses to

Thank you, Betty. From the bottom of our dusty, desert hearts...THANK YOU for years of dedicated service to our AA Community. You will be missed.

(So, Betty, how's about writing an article?)

~James J.

God grant me the  
Serenity  
to accept the things I  
cannot change...  
Courage to  
change the things I can  
and Wisdom to  
know the difference...

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## I am responsible...

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

I would like to be put on the Newsletter mailing list:

Also enclosed is a donation: \$ \_\_\_\_\_  
(please enclose a donation to support your newsletter).

Please make check or money order payable to:

Victor Valley Intergroup

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

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

City, State, Zip: \_\_\_\_\_

**Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.**

Hello my name is Andrew and I am an alcoholic.

I started drinking when I was in high school. I would drink until I would pass out or black out. I would ask my friends what I did and they would get upset with me. It got to the point where I stopped asking and just enjoyed my drinking. I figured that if I didn't remember my bad behavior; I couldn't be held accountable for it.

My wife would say things that most of us hear, like stop drinking so much, or not so much tonight. My justifications ranged from I only had a couple to I'm ok just

leave me alone. Until finally, I issued the Alcoholic's Ultimatum I drank before you met me and I will always drink if you don't like it then you can just leave. I continued to drink for a few more years. I didn't even put the beer in the fridge anymore because it was too far to walk.

One morning while sitting on the floor with empty beer cans

**“God please help me, I can't stop on my own and I don't know what to do anymore.”**

around me I prayed: “God, please help me, I cant stop on my own and I don't know what to do anymore.” It wasn't long after that my prayer was answered and I went into my rehab: County jail.

That is where I was able to get sober. When I got out, A.A. was there and thank God for that. If not for the grace of God I would not be here today. I can look back on that experience and see how I was so powerless over alcohol, and how unmanageable my life had become.

~Andrew A.

**Tradition 1: Our common welfare should come first; personal recovery depends upon A.A. unity.**

**“WITH OUT UNITY , THE HEART OF A.A. WOULD CEASE TO BEAT” 12 X12 Pg. 129**

How well put this tradition is. It took the founding members many years trials and tribulations to come up with our beloved A.A. Traditions. If not for our Traditions the Fellowship of AA would have surely died long ago. It is well understood that just as the steps lead the alcoholic to a spiritual awakening and freedom from alcohol; the Traditions lead our society to freedom from ourselves, and society at large. The First Tradition shows what our Fellowship is built upon. Humility is at the foundation of

our program and the Fellowship. This Tradition has been very influential in regards to personal sobriety and service to AA. Some of my experiences with this Tradition were the result of being of service to a home group. I came to AA not knowing how to stay on the wagon. Of my own power un-aided I cannot stay sober. The power within my home group showed me through their example how we

**OF MY OWN  
POWER  
UN-AIDED I  
CANNOT STAY  
SOBER**

could stay sober. The welfare of the newcomer, the group and AA as a whole came first in their hearts. The home group understands that personal recovery depends on the unity experienced in AA. I was made to feel and be a part of. However my Home group was not and is not responsible for my recovery today. For that I am responsible by working the Twelve Steps.

continued on page 6.

## DEATH VALLEY RIDE FOR RECOVERY II

Victor Valley Intergroup Central Office Presents: Death Valley Ride For Recovery II.

Speaker Meeting 7pm. On Friday Feb. 29, 2008 at 870 E. Williams St. Barstow CA. 7 Card poker run 7am. March 1st at 870 E. Williams St. Barstow CA. ends in Beatty NV. At the senior Citizen Center with an 8pm Speaker Meeting. Address 150 A Ave. south. Return ride to Barstow Sunday March 2nd. 8am.  
\$20.00 Early Registration \$25.00 Late Registration post mark after Feb. 20, 2008. Reg. will include one poker hand \$5.00 for each extra poker hand.

For more information contact Glen G. (760)953-1487 or Dave C. (760)221-6690

Mail Registration to: Victor Valley Intergroup  
Central Office Attn: Death Valley Ride for Recovery  
18888 outer hwy 18 suite 107 Apple valley CA. 92307  
Central Office 760 242-9292 Make Check or Money Order  
Payable to: Victor Valley Intergroup

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

NAME: \_\_\_\_\_

HOME GROUP: \_\_\_\_\_

POC. GLEN G. 760-953-1487 / DAVE C. 760-221-6690

## WE ARE NOT A GLUM LOT

### Priceless:

Marty wakes up at home with a huge hangover. He forces himself to open his eyes, and the first thing he sees is a couple of aspirins and a glass of water on the side table. He sits down and sees his clothing in front of him, all clean and pressed.

Marty looks around the room and sees that it's in perfect order, spotless, clean. So is the rest of the house. He takes the aspirins and notices a note on the table: "Honey, breakfast is on the stove, I left early to go shopping. Love You!" So he goes to the kitchen and sure enough, there IS a hot breakfast and the morning newspaper.

His son is also at the table, eating. Marty asks, "Son, what happened last night?" His son says, "Well Dad, you came home after 3 AM, drunk and delirious! Broke some furniture, puked in the hallway, and gave your-

self a black eye when you stumbled into the door!"

Confused, Marty asks, "So, why is everything in order and so clean, with breakfast on the table waiting for me?" His son replies, "Oh, that! Mom dragged you to the bedroom, and when she tried to take your pants off, you said,

"Lady, leave me alone.. I'm married!"

A nasty hangover - \$100.00

Broken furniture - \$200.00

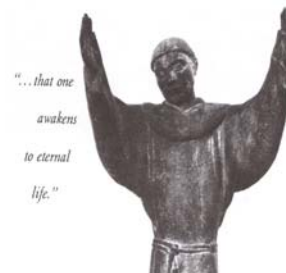
Saying the right thing  
"PRICELESS"

### Speaker meeting:

A sponsor and his newcomer are at a meeting when the newcomer suddenly collapses, goes into cardiac arrest and falls to the floor. The paramedics arrive, perform CPR and bring the newcomer back to life. "My GOD!" says the sponsor. "I thought we had lost you". The newcomer looks up and tells his sponsor, "I believe I was actually dead for a short time. I saw a bright light and felt myself basking in the light of my Higher Power. I'm sure it was Heaven. It was an amazing experience!"

"What was Heaven like?" asks the sponsor. The newcomer smiles and replies, "Well, I got good news, and I got bad news The good news is that in Heaven they have a huge speaker meeting every Thursday night. All the greatest AA speakers that have passed away speak there". "And the bad news?" asks the sponsor.

The newcomer looks his sponsor in the eyes and replies, "The bad news is that you're scheduled to be the speaker next week".



## UP COMING EVENTS

**Come join us for the 24<sup>th</sup> Annual Sunshine of the Spirit High Desert Convention with Al-Anon Participation** at the Hilton in Victorville, California march 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup>, 2008  
Pre registration available until February 22, 2008 For information call (760) 953-6640 or (760) 885-9195

Also register online at [www.highdesertconvention.org](http://www.highdesertconvention.org)

There will be an A.A. archive and historical display, golf tournament, marathon meetings, entertainment, and great speakers from all over.

### **H. & I. Roundup speaker meeting and dinner.**

Saturday February 2, 2008 Doors open at 5:00 pm. Dinner at 6:00pm. Guest speaker at 7:00 pm \$7.00 Adults \$4.00 kids  
Victor Valley Alano Club 11085 Central Rd. Apple Valley CA.  
South of Bear Valley Rd.

### **Death Valley Ride for Recovery II 7 Card Poker Run**

**See Page 3 for details.**

## Intergroup Minutes

Minutes Victor Valley Intergroup

15 Dec. 07

Ben B. called the meeting to order at 10:02 a.m. with the Serenity

Prayer. Doug read the Twelve Traditions followed by introductions.

Betty B. read the minutes from the October 07 meeting. Sheldon motioned to accept them as read, Sam D. seconded the motion and it was approved. Sheldon S. gave the Treasurer's Report. Please see the Financial Statement published in the newsletter. He thanked Sam D. for filling in for him in his absence. Glen G. motioned to accept the report, Kara O. seconded the motion and it was approved.

Craig B. gave the Office Manager's Report. For November there were a total of 66 visitors to the office. Be-

tween the office and call forwarding, there were a total of 389 information calls and 4 Twelve Step Calls. Grapevine books are on sale. There has been no information given to the office at this time regarding Christmas and New Year's events in the area. Let us know if your group is planning anything.

Old Business: Craig B. says the phone situation appears to have been handled. The last bill was only \$148.00 thanks to Sheldon S.'s talk with Verizon. Betty B. thanked Ed L. for all his newsletter contributions.

New Business: The Wednesday, 11:00 a.m. meeting at Fr. Irwin is cancelled as is the Saturday Breakfast Club Meeting in Victorville. Glen G. brought up the idea of having a "Ride to Death Valley – Ride for Recovery" the first weekend in March. Discussion ensued with

Glen explaining what a Poker Run is, who will receive any of the proceeds, etc. The ride would start in Barstow with a Speaker Meeting and end up in Beatty, NV. The Ways and Means Committee will let us know as more developments occur. Betty announced that January 2008 will be the last newsletter she does. Anyone interested in taking on the commitment is asked to contact either her or Craig B. for all the information. The Financial Statement and minutes of Intergroup will be available at the office, but they will not be mailed out anymore. As a whole, the Board of Directors dropped the ball as elections were to be held this month for Chairman and Secretary. Betty B. nominated Sam D. to be Secretary and Craig B. nominated Kara O. to serve as Chairman. Nominations will be continue at our next meeting (16 Feb. 08) as will the election. Sam D. motioned to table the discussion, Kara O. seconded the motion, but I cannot remember if it carried.

Announcements: Wayne had 5 years on 4 Nov. 07 and Ben B. got 12 years on 27 Nov. 07. Congratulations to Alcoholics Anonymous and to you both.. Bob O. announced that next year District will go back to presenting the Traditions Play in November, and hopefully the Workshop will be able to be held at the Victor Valley Alano Club on the 3rd Sunday in November, 2008. At 10:53 a.m., Chris C. motioned to adjourn the meeting, Betty B. seconded the motion and it was approved. Submitted by,

Betty B., Secretary

THE NEXT MEETING WILL BE SATURDAY, FEBRUARY 16, 2008, AT 10:00 A.M. AT CENTRAL OFFICE.

## We Want Your Story

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 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:

[www.vvigco\\_aa@yahoo.com](mailto:www.vvigco_aa@yahoo.com)

Please add your name to all stories.

## Birthday Club

### Join the Victor Valley Intergroup Central Office Birthday Club:

Many A.A. members celebrate their sobriety by sending a donation of one or two dollars for each year of sobriety to central office. If you would like to carry on this tradition, please come on down to central office and make a donation. All birthdays will be published the following month.

## Trivia Question

Big Book: But the difficulty is that few alcoholics have enough desire to stop while there is yet time.

12 and 12: We used our education to blow ourselves up into prideful balloons, though we were careful to hide this from others

Answers will be published the following month. Mail your answer to: Central Office  
18888 outer hwy. 18 suite 107 Apple Valley  
CA. 92307

Rx for Sobriety Smith & Wilson A.A.  
12 Steps practiced in all our affairs -- Pages 59-60  
Trust Higher Power & Clean House -- Page 98  
Share Experience, Strength and Hope  
Stay Active in Service  
One Day At A Time for the rest of our life  
A handshake, smile and hug as often as possible  
Recovery Guaranteed

*Dr. Bob S.*  
*Bill W.*

## Recovery puzzle

ADMITTED	UNMANAGEABLE	UNITY	NEWCOMER
POWERLESS	WELFARE	SOCIETY	FRIEND
ALCOHOL	RECOVERY	TWELVE	SPONSOR
LIVES	COMMON	STEPS	SPIRITUAL

R W G W N S L D L S D U  
 N E H V E O E Q O C N L  
 S L M V A T M C B M E A  
 W T I M T L I M A G I U  
 E L E I O E C N O P R T  
 L G M P T C A O U C F I  
 F D Q Y S G W Y H W I R  
 A E S S E L R E W O P I  
 R D Z A C V M Q N M L P  
 E Y B R E C O V E R Y S  
 R L J R O S N O P S M R  
 E T W E L V E U N I T Y

## Thank You Sadie

We're counting on each other to bring the message wherever we go, so that the meeting will hear it from someone. More or less, it has always been that way.

During the early years most of us spend some time in the dust-of-daily-living before we're willing to use the tools of the program to get out of it. So I don't worry if I hear someone caught up in his or her day. They can't change that yet. Our paths of recovery are wise. We have to personally discover that we need this program in order to live without alcohol. If they want what we have in A.A., they'll keep coming back.

When I was down the hill this summer I made it to my early-sobriety woman's meeting in Long Beach. There, *still*, was Sadie (I renamed her for this writing). Back then, Sadie, who had about 10 or 12 years, would let us all share and then we would call on her. I don't know whether anyone else looked forward to her sharing as much as I did. I hated it when

she led the meeting because "Leaders Lead" and she wouldn't share. But I could count on her to explain that we get better, "little by little". From Sadie I got stability and the since that time was on my side; I would, someday, be calm and content like Sadie.

**I wondered if the strange faces I now saw had any idea who they had in n there midst.**

This summer, in the same room, 30 or so years later, sat Sadie. Her hair was totally white now, and mine getting there. She was so quiet that I wondered if the strange faces I now saw had any idea who they had in n there midst.

I remember what I said, more or less, that roused her to give me some personal help. "but Sadie, look what he is doing to me now!" Sadie said, "we all have only so much free time (time spent not working on ourselves)." she neither remembered me, nor the truthful remark. That's okay, she went forth everywhere with me as one of my rocks on the program. We don't get to know when we help somebody.

By Sara L. Apple Valley

**Tradition 1.** Our common welfare should come first; personal recovery depends upon A.A. unity.

Continuation from page 2

My home group has a responsibility to teach others the application of the 12 Steps. Just as life and thinking changed so did dependence for personal recovery. In the beginning we depended on AA, and we had to. Not knowing GOD, we put people where HE is supposed to be. Today we depend on GOD for

**Today we depend on God for our personal recovery.**

our personal recovery. Our personal recovery shows in our unity. Drinking and self-centeredness got us here. Staying sober and learning a life of selflessness and service is what keeps us here. Basically for me, Tradition One is like this: Self-

ishly, my common welfare comes first and my personal recovery is dependent on what AA can do for me. What AA has taught me is this: Our common welfare should come first (not yours) and personal recovery does depend on AA unity. In other words: *how can we help you?*

~Nick M.



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