

NEWSLETTER for the Fellowship

JULY 2016

Victor Valley Intergroup, Central Office, Inc.
18888 Highway 18, Suite 107
Apple Valley, CA 92307
Telephone: 760-242-9292
Email: newsletterforthefellowship@yahoo.com
Website: <http://www.victorvalleyaa.org/>



“No personal calamity is so crushing that something true and great can't be made of it.”

— *Bill Wilson.*

Step Seven

“Humbly asked Him to remove our shortcomings.”

Our Twelve and Twelve book suggests to us that we pause to consider what humility is and what the practice of it can mean to us. It goes on to say that, "Indeed, the attainment of greater humility is the foundation principle of each of A. A.'s Twelve Steps." The book also explains something that I have found to very true in my own path to, not only sobriety, but true happiness in sobriety. "...that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance to become truly happy."

I have found that the more humbly centered I have become in my sobriety the better able I am to deal with, what would have been in my non-sober state, crises. Our book adds that without humility we, "...cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency." I agree with the book's assessment of the word "humility". It has gotten a bad rap in our society. Many perceive it as a sign of weakness. Even a lack of conviction and/or character. It seems that humilities opposite, "pride" (which is number one on the list of the Seven Deadly Sins, see pg. 48) is at many times a much more highly valued attribute. "Not only is the idea (of humility) misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life."

The book further discusses how man has tried for years to become the master of his destinies. To rule over nature and control his environment. The thought seems to go that once we are able to control our world and remove all material want, bliss will be ours. "Solely by their own intelligence and labor, men will have shaped their own destiny. "Material achievement and a belief that we need to satisfy our basic natural desires, have been for many, the main object of life. But we are sure that no class of people in the

world ever made a worse mess of trying to live by this formula than alcoholics."

"In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living." It goes on to say that we often have confused the ends with the means. "Instead of regarding the satisfaction of our material desires as the means by which we could live and function as human beings, we had taken these satisfactions to be the final end and the aim of life."

This was certainly true for me. How many times did I think I was drinking to live? It wasn't until I joined A. A. that I realized that I could live a much better life without drinking. Alcohol was my means to happiness and it became my reason for being. Alcohol gave me peace in the beginning. But, as I drank more and more the price I had to pay for what I thought was "my peace" was higher and higher. For me it was like a dance with the devil. Or, as I heard Bob D. say on a speaker tape, drinking is like dancing with a gorilla. You are not done dancing until the gorilla says you are done.

"But whenever we had to choose between character and comfort, the character-building was lost in the dust of our chase after what we thought was happiness. Seldom did we look at character-building as something desirable in itself, something we would like to strive for whether our instinctual needs were met or not. We never thought of making honesty, tolerance, and true love of man and God the daily basis of living."

For me, it has only been through my working, humbly, with the program of Alcoholics Anonymous and a power greater than myself, that I call God, that I have been able to find a much more stable and sustainable peace.

*Submitted by Scott J.
Apple Valley, CA*

Alcoholism in the Simplest Terms

Many of us, in alcoholics anonymous, have lost our families, our jobs, our friends, and even our health before we were desperate enough to deal with our problem. WHY? Asks the normal person, would anybody put the bottle before his wife, his children, his career and just about everything else in his life. Well, the alcoholics who have recovered from this malady, and have been restored to a somewhat normal life, often understand how the practicing alcoholic could do such a thing in the face of everything he has to lose, mainly because they have all been through the same, or similar ordeals to some degree or another. They also know that, until this man has reached his bottom, it's unlikely that anything will get in the way of his drinking. The delusion (FAULTY PERCEPTION) is still there. To him the thought of living without alcohol is terrifying. Try to look at it this way:

On a scale of **1** to **10** the **normal** person awakens each morning at an emotional level of **8**. The **alcoholic** awakens at a level of **2**. Neither knows the emotional level of the other. The normal one doesn't understand why the alcoholic is so silent/depressed/disgruntled/unhappy, etc. everything seems fine to him. What's the problem? The alcoholic, on the other hand (being at a **2**) can't understand why the normal guy is so upbeat, after all, the world is a cold and hostile place to him. There's wars, the economy, sickness, responsibilities, financial problems, not much to look forward to. What's the use? He feels he is looking up from the bottom of a deep pit. (**2**)

When the alcoholic is in that pit and takes a drink he goes from a **2** to an **8 1/2** and halfway through his second drink he feels normal and everything is right with the world, no problem here! On the other hand, when a normal drinker takes a drink, he goes from an **8** to an **8 1/2**, it's nice but he wouldn't give up his life for it, and the next day, he's back to work. This is normal. The emotional level of an alcoholic will always return to a **2** and he continues to get progressively worse until he loses more than he was willing to lose. That is when he begins to realize that he will probably never be able to drink successfully, and if he is ready to ask for help, he has a chance to salvage his life.

The answers for me were in the AA program where I had a profound **change of perception**, or a (**Spiritual awakening**) if you like. The delusion that I could drink like a normal person was smashed. I know that if I neglect the evidence that I've experienced before and after I came to AA, I risk doing irreparable damage to myself and others, and worse than that, I risk **wasting the only life I get to live**, to a chemical that is closer to gasoline or lighter fluid than to the romantic way I used to perceive it. What a tragic thing that would be when the solution was laid at my feet. All I had to do was surrender.

As the result of following this path, I am at an **8** almost every

day of my life. A bad day for me is a **7**. If I stop growing spiritually, I would start to go back down the scale again and as I approach a **5** or a **4**, a drink might start looking good to me and it would be only a matter of time before I'd be back at the old game again. Knowing this, I am vigilante about my priorities and I stay in the safe (spiritual) zone. That is so much better than the alternative.

*Submitted by Rick R.
Poway, CA*

Upcoming Events

13th Annual Mountain AA Conference With Al-Anon Participation

A Search for Serenity

Friday, August 19th (6pm to 9pm)
Saturday, August 20th (7am to 10pm)
Sunday, August 21st (9am to 12pm)

Hospitality, Delicious Gourmet Luncheon, Five Main AA Speakers, Saturday Night Ice Cream Social, 12 Step Yoga, AA Marathon Meetings and much more!

Register here:

www.MountainAAConference.com

H&I Round-Up

Saturday, September 24th
Victor Valley Alano Club

Chili cook-off, horseless rodeo,
50/50 drawing, and speaker Scott R. from Orange, CA.

11am—Event begins
1pm—Speaker

Chili & Cornbread—\$4

Winner of the chili cook-off determined by the chili that brings in the most votes (\$1 = 1 vote)

For more info call Melody at 760 596 2476

The Celebration with Love in Lucerne Valley

October 8th and 9th
(Saturday and Sunday)

Senior Center (Right behind the library on Allen Way)

Breakfast will be served on both days at 8am (\$5.00 donation). Lunch will be served at noon (\$7.00 donation). Saturday evening at 8:45 we will have a FREE ice cream social and Sunday evening there will be a potluck at 5pm. There will be several great speakers and a 50/50 drawing.

For more information call Melody at 760 596 2476

FINANCIAL SUMMARY AS OF JUNE 30, 2016

Savings	\$ 500.42	\$ 18,024.49
C.D.	\$ 2.55	\$ 10,002.55
Cash in Union Checking		\$ 6,434.69

INCOME	JUNE	Y.T.D.
Group Donations	\$ 725.19	\$ 6,536.31
Birthdays	\$ 61.00	\$ 206.00
Memorials	\$ -	\$ 23.00
P.Y.M.W.Y.M.I. (12 members)	\$ 317.00	\$ 2,990.00
Newsletter	\$ -	\$ 10.00
Chips and Medallions	\$ 683.80	\$ 4,016.10
Coffee Kitty	\$ 19.00	\$ 138.10
Buck of the Month	\$ -	\$ 27.20
Ride for Recovery	\$ -	\$ 4,639.50
AA Mountain Conference	\$ -	\$ 300.00
Faithful Fivers	\$ -	\$ 20.00
2016 Convention	\$ 655.00	\$ 655.00
Intergroup 7th Tradition	\$ 18.00	\$ 112.00
INCOME FOR THE MONTH	\$ 2,478.99	\$ 19,673.21

EXPENSES		Y.T.D.
Rent	\$ 360.00	\$ 2,160.00
C.A.M. Charges	\$ 116.67	\$ 759.51
Utilities	\$ 65.33	\$ 427.70
Manager Salary	\$ 1,027.28	\$ 6,163.68
Charter	\$ 109.62	\$ 561.14
Printing	\$ 52.22	\$ 354.06
Security/Maintenance/Office	\$ 208.27	\$ 1,395.83
Chips and Medallions	\$ 1,038.70	\$ 2,834.14
Payroll Tax State (EDD)	\$ -	\$ 233.37
Board of Equalization (sales tax)	\$ -	\$ 882.00
Atty. Gen. of California	\$ -	\$ 25.00
Franchise Tax Board	\$ 25.00	\$ 35.00
Federal Payroll Tax	\$ -	\$ 2,162.58
Freedom Financial (tax prep)	\$ -	\$ 155.00
Credit Card Fee	\$ 20.31	\$ 161.94
Alarm	\$ 96.00	\$ 192.00
Ride For Recovery	\$ -	\$ 635.00
Stamps	\$ -	\$ 196.00
TOTAL EXPENSES	\$ 3,119.40	\$ 19,333.95

INCOME BEFORE LITERATURE	\$ (640.41)	\$ 339.26
LITERATURE		
Sales	\$ 1,144.72	\$ 6,712.04
Purchases	\$ -	\$ 3,334.20
Total Literature	\$ 1,144.72	\$ 3,377.84
NET INCOME	\$ 504.31	\$ 3,717.10

APPLE VALLEY		
Anonymous Group	\$ 116.74	\$ 854.22
Keep it Simple	\$ -	\$ 121.00
Sunday Coffee Kitty	\$ -	\$ 42.00
There is a Solution	\$ -	\$ 222.00

Mon. 5 p.m. Open Participation	\$ -	\$ 45.00
Wed. Womens Participation	\$ -	\$ 110.00
How It Works	\$ 21.32	\$ 310.32
Simple Changes	\$ -	\$ 75.00
Children of Chaos	\$ 27.00	\$ 352.07
Questions & Answers	\$ -	\$ 30.00
Front & Center	\$ 74.13	\$ 594.78
Saturday Speaker Meeting	\$ -	\$ 250.00
T.G.I.F.	\$ -	\$ 55.82
Friday Nite Lites	\$ -	\$ 130.00
Monday Back to Basics	\$ -	\$ 105.00
Cedar Street Big Book	\$ -	\$ 40.00
Original Big Book	\$ -	\$ 54.15
Womens 12 X 12/ Big Bk.	\$ -	\$ 102.00
Primary Purpose	\$ -	\$ 60.00

Barstow		
Los Coyotes Mens Group	\$ 100.00	\$ 384.00
Friday Nite Live	\$ 300.00	\$ 800.00
Happy Hour- Vets Home	\$ 50.00	\$ 50.00
Our Primary Purpose	\$ 75.00	\$ 75.00

Ft. Irwin		
New Horizons II	\$ 30.00	\$ 52.95

HESPERIA		
Back to Basics	\$ 41.00	\$ 941.00

LUCERNE VALLEY		
The Place	\$ -	\$ 20.00

Newberry Springs		
Thurs. Big Book Study	\$ -	\$ 100.00
Sat Breakfast Club	\$ -	\$ 90.00

Phelan		
Thurs. Big Book	\$ -	\$ 30.00

Silver Lakes		
No Valid Complaints	\$ 50.00	\$ 130.00
4th Dimension Big Book	\$ 50.00	\$ 50.00
Sat. Night Serenity	\$ 90.00	\$ 90.00

VICTORVILLE		
Friday Speaker Meeting	\$ -	\$ 80.00
Little House	\$ -	\$ 40.00
As Bill sees it	\$ -	\$ 160.00
Tumbleweed Group	\$ -	\$ 10.00

Wrightwood		
Wed. Mens Stag	\$ -	\$ 60.00
9a.m. Open Participation	\$ -	\$ 60.00

Happy Birthday to:	
Kathy G	34
Craig B	27

Intergroup Minutes

July 16th, 2016

The meeting was called to order by Helen M. at 9:30 AM who led us in the serenity prayer. The 12 Traditions were read by Betty B. Present were Helen M., Bill P., Betty B. Craig B., Carl O., Ted and Julia W.

Treasurer's Report: Treasurers report was read by Carl O. As of 6-31-16 we had \$18,024.49 in savings, \$10,002.55 in CDs and \$6,434.69 in checking. We had a total income of \$2,478.99. Expenses were a total of \$3,119.40. Income before literature was \$640.41 with a net income \$504.31.

Office Manager's Report: Craig B. delivered the Office Manager's Report for June. Central Office had 94 visitors, 144 information calls, 1 12-step calls. Call-forwarding 123 information calls and 1 12-step calls. Totals were 267 information and 2 12 step calls.

Craig B. mentioned that there will be 2 openings for call forwarding coming up soon, anyone interested should contact the Central Office. Craig also stated that in June that out of 216 groups in the high desert area only 14 donated to Central Office.

Newsletter Report: News letter report. Julia reported we now have 74 email subscriptions and 33 mail subscriptions. People can subscribe for email sub by emailing the central office. If anyone wants a mail subscription they may call the Central Office, There will be a \$10.00 fee for regular mail. Craig B. stated that if we could have addresses for the groups we could send them copies. Betty B. suggested we get City and State for local articles.

Old Business: Craig is still looking for someone for Ways and Means Committee Chairperson. The duties and responsibilities of the Ways and Means Chairperson are as follows:

- (1) Responsible for the management of intergroup special events like picnics, workshops, etc.
- (2) Appoint committee members to assist in his/her area of responsibility
- (3) Coordinate finances for events with the Treasurer
- (4) Prepare written reports for historical purposes to be entered in Central Office Files. We are also looking for someone to chair the Founder's Day Picnic.

New Business: Due to vacations the Intergroup meeting will dark in August. The next meeting will be Sept 17th.

CENTRAL OFFICE STATISTICS			
	June	Y.T.D.	
Visitors	94	600	
Information Calls	144	948	
12-Step Calls	1	6	
CALL FORWARDNG			
Information Calls	123	675	
12 Step Calls	1	14	
TOTALS			
Information Calls	267	1623	
12 Step Calls	2	20	

Happy Birthday to Kathy G. 34 yrs, Craig B. 27 yrs and Julia 1yr. Congratulations to you all.

Meeting was adjourned at 10:00 a.m.

Respectfully submitted,
Bill P., Secretary.

Important Reminder!

If sending checks to the Central Office, please make all checks payable to:

“Victor Valley Intergroup, Central Office”

“It is plain that a life which includes deep resentment leads only to futility and unhappiness.

To the precise extent that we permit these, do we squander the hours that might have been worth while.”

— *Big Book, Chapter 5*

If you would like to receive or send news to the newsletter, please contact us here:
newsletterforthefellowship@yahoo.com