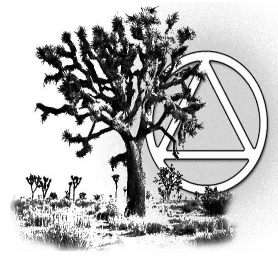


NEWSLETTER for the Fellowship

JUNE 2015

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I Am Responsible

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



On Mother's Day, May 12, 1935, two men facing rock bottom meet for the first time. And so begins the relationship that would lead to the founding of Alcoholics Anonymous and the birth of a global movement for recovery. It was on that Mother's Day that one conversation, Bill and Bob discovered the first signs of hope for their own recovery and a direction for others to heal themselves with the help of others.

Via the Internet

Some Sins of Omission

Many of us in A.A., including myself, are content with our own sobriety, which we take more or less for granted. Having in the beginning worked fairly hard to achieve happy sobriety, we are now after years of membership in A.A. sitting back and doing the minimum to ensure its continuance – viz. only attending meetings and just waiting for some other unfortunate drunk to come to us for help.

This was brought home to me very forcibly the other day when a nonalcoholic friend of mine asked me, "How is it that A.A. isn't getting more alcoholics into its ranks?" Without examining his query, I explained that we don't go round pulling alcoholics out of pubs and dragging them in off the streets to our meetings. A.A. is for the person who wants to do something constructive about his drinking problem. I let it go at that.

When I got home, I thought a little more about my friend's query, for he had been disappointed that A.A., with the backing of the churches and the medical profession, still didn't show the results he thought it should. Now I know that the fault doesn't lie with the churches or the doctors. God didn't give them the gift of helping the sick alcoholic; he gave it to the alcoholic himself. And all he asked in return was that we carry the message of hope to our sick brothers and sisters, and thereby strengthen ourselves.

(Continued on page 2)

The Acid Test

Each of our Steps takes a certain amount of thoroughness. But for most of the Steps, it seems we will be working on them for the rest of our lives as they involve practicing principles that we have incorporated into our day to day living experiences. And after the Ninth Step has been given due diligence, we can go on to the Tenth Step. This is not the time to rest on our laurels. Having put a little time between us and our last drink required a lot of effort, and it would be a shame to lose interest in the growing process at this time. My ego is always ready to move right into those empty spaces in my growing process.

My approach to Step Ten was confusing at first, as I thought I was going to be running around with a clipboard for the rest of my life. And I didn't like the idea of credit and debit lists and penciling out things, but I tried it for awhile. I still didn't like it. I couldn't see monitoring myself on every face to face verbal transaction and running around apologizing to everyone that I may have made a mistake with.

What I discovered was the Tenth Step is a framework for the upkeep and maintenance of all of the previous nine Steps. As I incorporated those principles into my value system it made me aware of my mistakes. [It] became easier and easier for me simply because the more I live by unselfish

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We have taken this gift and have found that it works for us. But have we completed the bargain? Are we carrying the message or just sitting back and enjoying this new way of life ourselves? What God has given, He can take away. Let us do for others what was done for us.

Via, *The A.A. Grapevine*, August 1953

Submitted by,
Ron M., Victorville, CA

Acid Test

(Continued from page 1)

proven principles, the less mistakes I make, and the easier it became to right that mistake on the spot. When I first heard the term “cash register honest,” it meant more to me than just being honest with a cashier. It meant that I had to stop taking advantage of everyone. That’s a principle to live by.

Since I started on this journey, I have wanted to be free of all the sick feelings I had about myself and couldn’t find anything in the Big Book or the 12 x 12 that I could sink my teeth into. The one thing that came close was the term: *sins of omission*, but that was too direct. I was looking for a broader term that would have covered the things that I was unaware of. All my life, under a mountain of misdeeds and inappropriate behavior was the word **NEGLET**. I may be wrong, but I don’t think I ever saw it addressed as all of the other major defects are, but it was major for me. I discovered it in the process of doing the Tenth Step.

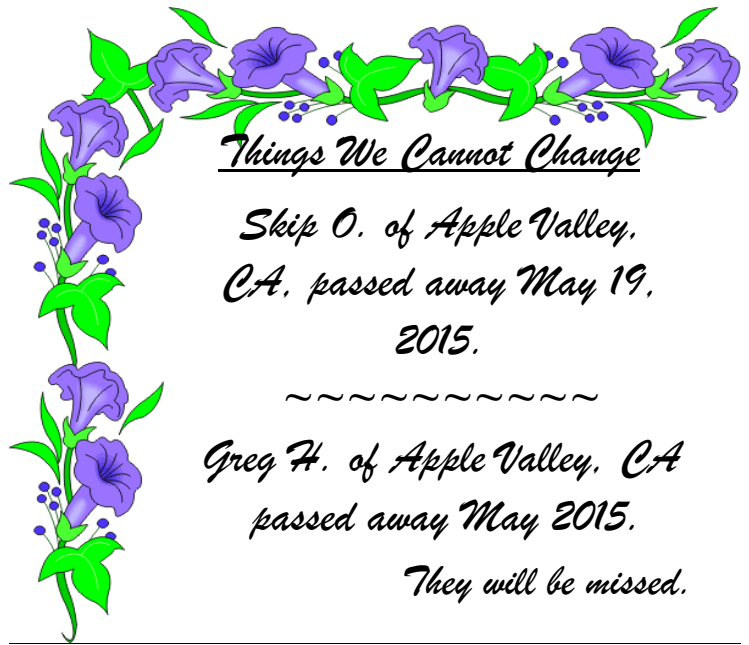
In order to set the tone for my day to day activities, I start by making my bed when I get up in the morning. By doing this, I am making a statement that I won’t be neglectful, irresponsible, lazy, etc. If I am at the market, I’ll find a stray cart and return it to the rack just to make up for all the times I pushed a cart into the flowerbed and fled. You may have your own way of giving back to make it right. These things cost us nothing, but if I’m willing to do them, it’s a cinch I won’t be ripping anyone off today. It helps to have a clear conscience. And it may be what a good role model should be doing. I want to be quick to address my mistakes; for we know that nobody’s perfect. I don’t want to miss the spiritual boat. And I hope I meet the acid test.

Rick R., Poway, CA

Chains of Events a Reality

I’m guessing you don’t spend a lot of time thinking about chains, or more specifically, chains of events. For better or worse, this phenomena permeates everybody’s life.

Chains of events, whether in a business strategy, immunology,



Things We Cannot Change

*Skip O. of Apple Valley,
CA. passed away May 19,
2015.*

~~~~~

*Greg H. of Apple Valley, CA  
passed away May 2015.*

*They will be missed.*

nuclear fission or destructive lifestyles, are a reality. In my opinion, life itself is all about a chain of events unfolding. Each event begets a reaction – sometimes yielding the intended consequences and at other times and unmitigated disaster.

Nobody knows better than a recovering alcoholic how one bad decision leads to another as well as the carnage it wreaks on individuals, careers, families and health. Further to this point, it is by habituation to flawed thinking before surrendering to the idea that we are addicted to alcohol that prolongs our miser. Courts and jails are filled with endless examples of how a poor decision chain manifests itself in the life of an alcoholic.

When I look at the Twelve Steps of Alcoholics Anonymous, I see a brilliant example of chain theory resurrecting seemingly hopeless lives. Once lost, these same people find a path leading to spiritual and ethical renewal. Brilliantly conceived and unmistakably inspired by a higher power, these Steps have been redeeming lives for nearly four generations.

As I see it, the Steps are a chain of redemption, a process with inter-linked events having clear start and end points. They are not some random collection of handy hints for successful living. Effective processes are, by necessity, orderly and not without some rigor involved. That is as it should be inasmuch as it is the weak link that causes the chain to fail.

A notable characteristic of chain theory is that it has no bias – it works for good or for ill. It is color blind, had no intellectual prerequisites, cares nothing about social class, sexuality, gender or place of birth. It works with the material it is given. Keep doing what you have been doing and you get the same general results, good or bad.

By working the Steps honestly and then after some time in sobriety, new and healthy thinking patterns replace the habitual chains that bind us to self destruction. Ingrained thinking patterns die hard, so I practice vigilance by attending discussion meetings and a regular book study. This alcoholic does not

want to go back to where he came from.

We all know life's journey can be stressful; there is no free ride. In my experience, the trying events have a way of testing my thinking from time to time. The more fit my attitude and spiritual condition, the less likely I am to fall into old habits.

Christina, a very nice lady I have come to know, shared a bit of wisdom on chain theory that I'd like to pass on.

"Watch your thoughts, they become your words.

"Watch your words, they become actions.

"Watch your actions, they become habits.

"Watch your habits, they become your character.

"Watch your character, it becomes your destiny.

~Author Unknown

Character becoming your destiny is a bit of wisdom we could all embrace! We are creatures of habit – good and bad. We need to be careful about what we nurture. A casual glance at the tabloids near the check-out stand of the grocery store informs us of the rich and famous whose destructive patterns are tearing apart their lives.

Spectacular moral and ethical failures sell in all forms of media.

Occasionally we learn of some person whose constructive thinking freed them of the bondage of poverty, dysfunctional families, physical handicaps, etc. to achieve remarkable feats.

It is refreshing and inspiring to recognize that ordinary people like ourselves can face adversity and emerge victorious. It is not beyond the realm of possibility that we can even exceed our dreams.

The common denominator in the healthy and the destructive chains is that the sequence of events follows the same path. Thoughts that begin in the mind, and that are nurtured, translate into actions and habits that shape one's destiny.

If we take the time to identify and jettison the flawed thoughts that beleaguer us, we can create a new pattern for living that frees us of the bondage of the past.

Thinking about our thinking is a much underrated pastime.

Dick C., Anaheim, CA

Via, *Anonymous Times*, Orange County, CA

*This in **NOT** the way to work Step 9*

*"... I assume full responsibility for my actions, except the ones that are someone else's fault."*

## Intergroup Minutes May 16, 2015

The meeting was called to order by Helen M. at 9:30 a.m. who led us in the Serenity Prayer. In attendance were Helen M., Ted B., Chad F., Bill P., and Carl O., and Doug H. Bill P. read the minutes of the last meeting. The minutes were accepted.

**Treasurer's Report** Chad F. read the Treasurer's Report. As of April 30, 2015, there was a balance of \$17,637.62 in savings, \$7,122.84 in the C.D., and \$5,296.57 in checking. [Total income for April was \$5,653.80. The expenses before literature were \$4,596.06. Literature sales were \$1926.08 with purchases of \$2,715.75, which gave us a net income of \$268.09]. The report was accepted.

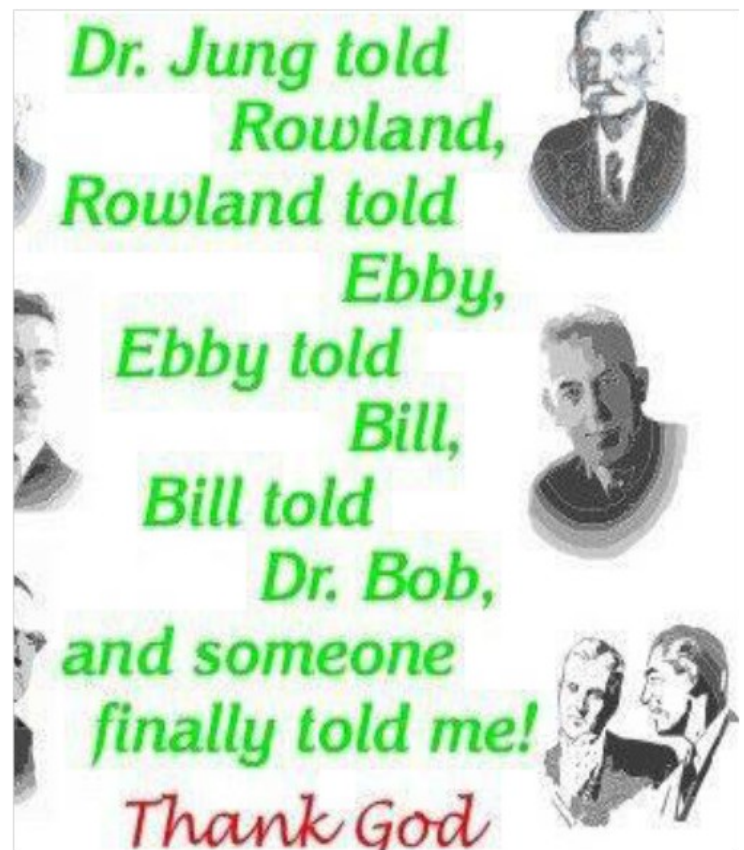
**Office Manager's Report:** [Bill P. gave the report in Craig B.'s absence]. Central Office had 81 visitors, 178 information calls, and no 12 Step calls. Call forwarding had 123 information calls and four 12 Step calls. Totals were 301 information calls and 4 12 Step calls. Bill P. also stated that we had a break in on Wednesday, May 6<sup>th</sup>. Nothing was stolen but we sustained approximately \$650.00 in damages.

**[The next Intergroup Meeting will be June 20, 2015 at 9:30 a.m. at Central Office].**

The meeting adjourned at 10:00 a.m.

Respectfully submitted,

Bill P., Secretary





## More AAisms for 2014 from Ed L.

"I came in here building castles in the sky, then trying to move into them." ~Pedro to the Attitude Adjustment meeting in Quartz Hill, CA, 26 Jan. 2014

"Love and tolerance go together like peanut butter and jelly." ~Ed L. to the Sunday Morning Group in Wrightwood, CA, 2 Feb. 2014

"Sooner or later we're going to run out of pink cloud, and we'd better have a pink parachute." ~Robert to the Barstow Group, Barstow, CA, 11 Feb. 2014

"Say what you mean but don't say it mean." ~Sid to the Sunset Group in Joshua Tree, CA, 12 Feb. 2014

"It's as simple as this: Don't drink. Don't get angry." ~Mark to the Sunset Group in Joshua Tree, CA, 12 Feb. 2014

"If you can't do it with love, you shouldn't be doing it." ~Tiffany G. to the Sunday Morning Group in Wrightwood, CA, 16 Feb. 2014

"N-U-T-S: Not using the Steps." ~Jack to the Sunday Morning Group, Wrightwood, CA, 16 Feb. 2014

"Remember the next time you get down on organized religion: They've had more than 2,000 years to screw up. We in

### Upcoming Events

**Intergroup meets the third Saturday of each month at Central Office at 9:30 a.m. Please have your Intergroup Reps. plan on attending.**

**June 27, 2015**

**Bar-B-Q/Potluck and Speaker Meeting at Norman Smith Park, Yermo, CA (Yermo Rd and McCormick); Bar-B-Q will begin at 4:30 p.m. with the Speaker Meeting to follow. For more information call Yermo Larry at 760-217-1963.**

**July 2—5, 2015**

**"80 Years – Happy, Joyous and Free"**

**2015 International Convention of Alcoholics Anonymous in Atlanta, GA. For all the information visit [www.aa.org](http://www.aa.org).**

**September 19, 2015**

**H & I Roundup at Horsemen's Center in Apple Valley, CA. More information will be forthcoming.**

A.A. have had only 78 years." ~Ed L. to the Joshua Tree Fellowship Hall in Joshua Tree, CA, 17 Feb. 2014

"Celebrating other peoples' successes is an antidote to envy." ~Ed L. to the Sunset Group in Joshua Tree, CA, 18 Feb. 2014

"It is not wise to be obsessively enamored with one's own (so-called) wisdom." ~Ed L. to Sunset Group in Joshua Tree, CA, 18 Feb. 2014

"Intelligence doesn't get in the way of my Program: thinking I'm intelligent does." ~Tiffany G. to Sunday Morning Group in Wrightwood, CA, 2 March 2014

"When I got here, I thought 'taking a trip, not taking a trip' was about acid." ~Earl to Alano Club, Yucca Valley, CA, 4 March 2014

Ed L., Wrightwood, CA

## And Finally . . .



*The two articles about Mother's Day are a month behind, I know. I really forgot all about Mother's Day until I was in Florida last month and my children gave me my gifts. Whoops!*