

INTO ACTION



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The long timer's panel and my spiritual experience.

I recently attended a panel meeting at an Alano club in the high desert. I wanted to share my experience of what it was like what happened and what it is like now.

I know what's said here stays here, who we see here, and so on. So out of respect for our traditions, I won't mention any names or locations. I've only been in the high desert four years and I have attended a number of meetings at different locations.

I heard of this meeting through a friend and my only experience in panels was from H & I. I had never heard of a panel such as this. My sponsor taught me to always try to keep an open mind, so I thought I would go check it out. Man was I happy I did. There were five guys on the panel. They're combined years of sobriety, totaled over 200 years. It was a Q&A panel where we got to write down questions and ask them their experience and there

were some great questions asked: we got to hear what it was like, way back when.

The guys that were there had immense experience obviously. I've been to question-and-answer meetings, where the question most asked is, "they say don't get in a relationship for the first year". This was nothing like that. We got to hear a little bit about Akron a little bit about LA, a little bit about Colorado, and even the High Desert.

I felt like I was brand-new again, listening to every word, waiting to hear the secret but their answer was the same today as it was yesterday as it will be tomorrow. Chapter 7 was the secret. As I sat and listened to the questions and each of the members share their experience, I felt the presence of God in that room as I have on several occasions in various meetings. They seem somewhat different as it was. I was not only gaining experience. I was being given strength and hope that if I continued to do what I'd been doing for a couple of days now. I might have the privilege of sticking around a couple more days.

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The letters and opinions contained herein are views of individual members of the Victor Valley A.A. community. They do not reflect nor represent the views or beliefs of the Victor Valley Central Office, the "Into Action" newsletter, or Alcoholics Anonymous as a whole. They have been edited for content, grammatical errors, and space considerations. Letters are encouraged and every effort will be made to preserve the substance and tone of any letter submitted for publication.

Editorial Staff

TRIVIA QUESTION

WE WANT YOUR STORY

Where in the Big Book is it:

As God’s people we stand on our feet; we don’t crawl before anyone.

Where in the 12 x 12 is it:

“Perhaps you’re not an alcoholic after all. Why don’t you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism?”

Last month’s Answers:

Big Book: *Page 32*
But the difficulty is that few alcoholics have enough desire so stop while there is yet time.

12 x 12: page
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

We thank you for your participation.

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.

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

Please add your name and phone # to all stories for we reserve the right to edit for content and/or clarity.

RECOVERY PUZZLE

HUMILITY	HONESTY	PATIENCE	FORGIVENESS
RESENTMENT	MODESTY	PRIDE	JEALOUSY
TOUCHSTONE	SINCERITY	SPIRITUAL	FOUNDATION
ARCH	KEystone	TRUST	CORNERSTONE

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

An Open Letter to the Dually-Addicted

Well, I never thought that I would be typing a letter about the salvation of ALCOHOLICS ANONYMOUS as we know it, but I can't sit back any longer and let what I deem is the beginning of the end of A.A. go unnoticed. It is because of people who are double addicted that want to share in A.A. meetings about past drug addictions. The comments from them are that they should be able to share about drugs and the reason they come to A.A. is because it is a better program than N.A. "What's the matter with that?" they holler, "Alcohol is a drug, too!" True, but this is Alcoholics Anonymous. If they want to share about both, they should start a whole new program that covers both. They can call it N.A./A.A., go on their own, and leave A.A. alone. They can print their own literature, make a separate Central Office, do their own thing, and tell the drug counselors and the drug courts to send the dually-addicted to their program. Bill W. said if A.A. fails it will fail from within and he may be right if we let this kind of attitude in our fellowship. I don't think we need that. We are doing fine without the attitude and the drug stories.

I went to an A.A. meeting where they count down years of sobriety. At the end of the meeting, they gave the total number of years from the count down. On this particular night, there was a little more than 200 years sobriety in a meeting of over 60 people. The comment by the countdown person was "Where are the long timers?" Stop and read the first paragraph of this letter again. The long timers want

to go to A.A. meetings with a singleness of purpose of one alcoholic helping another alcoholic. I talked to an old timer who said he was at an A.A. meeting with eleven others and between them they had 363 years. Where do you think they are? A dual attitude is driving them away from meetings! Dual addiction ATTITUDES allowed to be shared in a REGISTERED A.A. MEETING OF ALCOHOLICS ANONYMOUS is a violation of A.A.'s singleness of purpose. It's about time that any A.A. meeting that lets this dual addiction attitude prevail, be dropped from the Registry in New York and taken out of the local directory. Time has come to get on board to the better way "A.A." Don't let anyone or anything put us down! Stand together on what the fellowship is based on — "The Original Twelve Steps" and "The Original Twelve Traditions!"

~Anonymous Member of High-Desert A.A.

"Resentment is the 'number one' offender. It destroys more alcoholics than anything else."

Quote taken from the Big Book, pg. 64, 4th Edition

~Editorial Staff



PROBLEMS OTHER THAN ALCOHOL (excerpts)

The following excerpts from a grapevine article by A.A.'s co founder Bill W. represents principals which have been reaffirmed by the members of the A.A. General Service Conference of 1969, 1970, and 1972.

“ The problem of drug addiction in its several forms lies close to us all. It stirs our deepest interest and sympathy. Many A.A.'s especially those who have suffered these particular addictions, are now asking, what can we do about drugs—within our fellowship, and without?”

“Specifically, here is a list of questions we are often asked:”

1. Can a nonalcoholic pill or drug addict become an A.A. member? NO
2. Can such a person be brought, as a visitor, to an open meeting for help and inspiration? YES
3. If so, should these nonalcoholic pill or drug users be led to believe that they have become A.A. members? NO
4. Can a pill or drug taker, who also has a genuine alcoholic history, become a A.A. member? YES

“Now there are certain things that A.A. cannot do for anybody, regardless of what our desires or sympathies may be. Our first duty, as a fellowship, is to ensure our own survival. Therefore, we have to avoid distractions and multipurpose activity.

Sobriety—freedom from alcohol— through the teaching and practice of the Twelve Steps, is the

sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make nonalcoholic into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. group to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

I see no way of making addicts into A.A. members. Experience says loudly that we can admit no exceptions, even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on A.A. We must accept the fact that no nonalcoholic, whatever his affliction, can be converted into an alcoholic ... and an A.A. member.

We cannot give A.A. membership to nonalcoholic addicts. But, like anyone else, they should be able to attend open A.A. meetings, provided, of course, that the group themselves are willing.”

This is A.A.. General Service Conference-approved literature

F-8

**A DECLARATION OF
UNITY**

**This we owe to A.A.'s future:
To keep our common welfare first:
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.**

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

Also is enclosed is a donation: \$ _____

(please enclose a donation to help support your newsletter)

Please make check or money order payable to:

Victor Valley Intergroup

Name: _____

Street Address: _____

City, State, Zip: _____

UP COMING EVENTS

Come join us for the 24th Annual Sunshine of the Spirit High Desert Convention with Al-Anon Participation at the Hilton in Victorville, California March 7th, 8th, and 9th, 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

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

Speaker meeting March 29th at 7:30 pm. the last Saturday of the month at 8518 Maple st. Hesperia CA. at the Nazarene Church the speaker in March will be Larry P. from San Gabriel Valley

HOSPITALS AND INSTITUTIONS

Congratulations to the new board members of H.& I.

- Director: Wayne U.
- Co-Director: Kelly P.
- Secretary: Donna S.
- Co-Secretary: Michelle
- Treasurer: Becky B.
- Co-Treasurer: Mark C.
- Literature: Tom S.
- Librarian: Shelly J.

Thank you to all of the H.& I. volunteers.

H.& I. Meets on the third Monday of each Month at 6:30 p.m. at the Victor Valley Alano Club 11085 Central Rd. Apple Valley CA.

SELF SUPPORTING

The seventh tradition states: "Every A.A. group ought to be self-supporting, declining outside contributions."

While contributions cover each group's rent and other expenses, the 7th tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their Intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose—to help the alcoholic who still suffers.

The amount of our contributions is secondary to the spiritual connection that unites all groups around the world.

From the General Service Office F-42

WERE NOT A GLUM LOT

IRRITATING THINGS SPONSORS SAY

"When things are bad, go to a meeting. When things are good, go to two! Sometimes you need the meeting, but most times the meeting needs YOU!"

Sobriety calendar

ALCOHOL LABEL WARNINGS

Consumption of alcohol may leave you wondering what the hell happened to your clothes.

Heard at a meeting

"People used to get on my nerves. Now, just people in cars do."

After 90 days in jail you might want to try 90 meetings in 90 days.

"When a fellow AA is getting on my nerves, I ask myself: What's more important, my nerves or their sobriety?"

"*Experience* is best remembered when *strength* fails me, and *hope* is ever my anticipation of a bright, sober tomorrow."

Staying on the first three steps is a decision NOT to do the rest of the steps.

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I was pretty surprised by the size of the meeting. There were only 20 to 25 guys as it is a men's stag. But I thought for sure, there would be 50 or 100 one of those standing room only meetings. I thought any sponsor who had a newcomer would surely be there.

I'm glad it was small and quaint I got the opportunity to say hello to some of those guys after the meeting. And, they were just like me. I found out this meeting has been going on for years. It only happens on the fifth Tuesday of the month. So they're few and far between. The next one is April 29th. I will be there early out of respect and to be sure and get a seat. When I left that meeting I felt like I'd been missing something for along while, but I'm sure glad God gave me what I needed, when I needed it or was willing and open minded enough to hear it. He seems to work that way.

I've had several spiritual experiences. When God got me to AA. When I did my fifth step. When I made amends, and The Long Timers Panel. I knew there was a God and that I wasn't Him. So if you're reading this. I hope to see you April 29th, and I hope you get what I got a new spiritual experience.

~Tom T.

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.

YESTERDAY... TODAY AND TOMORROW

Submitted by Bonnie C.

THERE are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is YESTERDAY with its mistakes and cares, it's faults and blunders, it's aches and pains. YESTERDAY has passed forever beyond our control.

All the money in the world can not bring back YESTERDAY. We cannot undo a single act we perform; we cannot erase a single word we said. YESTERDAY is gone.

The other days we should not worry about TOMORROW with it's possible adversaries, it's burdens, it's large promises and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or beyond a mask of clouds-- but it will rise. Until it does, we have no stakes in TOMORROW for it is yet unborn.

This leaves only one day-- TODAY-- . Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities -- YESTERDAY and TOMORROW that we break down.

It is not the Experience of TODAY that drives men mad -- it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW might bring.

LET US, THEREFORE, LIVE BUT ONE DAY AT A TIME

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