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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.

Regrets

Unless you were born with a total understanding of alcoholism, had the desire to become an alcoholic, and had the capacity to make the decision to do so at birth, I can't see how anyone can be held **responsible** for becoming an alcoholic. It would be like saying that you had a choice of whether or not to itch when you have poison ivy. To my knowledge, there is no definite understanding of what causes alcoholism. We are, however, **accountable** for our behavior, whether we are **drinking or not**, and most alcoholics that I've known have had an abundance of things in their past that they wish they could erase from the records. Some of those memories we would like to take to the grave with us. These secrets, I believe, are the biggest hurdle that stands in the way of the **peace of mind** and the **feeling of well being** that we all strive for. Most of these behaviors can be rectified by making amends and restitution using the 12 Steps, and by doing so; we have changed that behavior and no longer do those things/habits that we regret.

One of the promises of the A.A. program is that "WE WILL NOT REGRET THE PAST NOT WISH TO SHUT THE DOOR ON IT," and I believe I have reached that level of growth. However, I do have **deeds** in my past that **I regret having done**, and they can never be erased. I have discussed those things with trusted advisors over the years, and we conclude that to admit and to be **accountable for those things is a good start**, but what can be done about those deeds that can't be mended? They can never be erased, but they can be resolved by replacing my old selfish habits with new, unselfish deeds, spiritual in nature, that allow me to repay my debt (one pebble at a time) to the many people, less fortunate than myself, that can use a hand up. This can be done in a **spiritual or a material way, whichever the situation requires**. By doing this, **anonymously** and **without fanfare**, it allows me to balance the scales and to heal my conscience. I try to be kind and understanding; I do my best to be an asset and never a liability. I try to bring more to the table than I take away. I

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How to Keep Newcomers Away From Meetings

At a vast majority of A.A. meetings, both open and closed, a conscientious effort is always made to make the newcomer feel both wanted and welcome. However, there are occasions in which some members have become so superior that they tend to regard the neophyte as a nuisance, a Johnny-come-lately, a hindrance and a bore.

For the guidance of these A.A.s who seem to have dropped some of their humility by the wayside, here are ten hints guaranteed to keep the newcomer unhappy, ill at ease, discouraged and, at least so far as a second visit is concerned, away!

1. Ignore the newcomer completely. Talk only to people you know at meetings.
2. Rush up to him and loudly ask if it's his first visit. Urge him to tell all his problems to everybody, with the constant exhortation to "speak up."
3. Make light of his troubles. If he isn't fresh out of a hospital or jail, if he hasn't lost at least two wives and six jobs, tell him he doesn't know what alcoholism is.
4. Tell him that this meeting isn't really any good. He ought to go over to the Whipsnatch Group if he wants to hear something.
5. If he feels like talking, edge away, or fob him off on someone else.
6. If he doesn't feel like talking, ask him a lot of personal questions, especially questions that have nothing to do with alcoholism.
7. When he first enters the room, ask him if he's looking for someone in particular. If he says, "No," drop him.
8. After you've made his acquaintance, don't introduce him to anyone else.
9. Give him a short commentary on all the members, recalling every uncomplimentary remark you've ever heard about each.
10. Finally when the meeting ends, let him slink out alone.

Via, Room 502, Broward County Intergroup, Inc.
Fort Lauderdale, FL
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try always, to be **honest with myself about my motives**. In these endeavors, **perseverance and time** will heal the guilt and shame.

I believe I will always have some regrets about having done those things, but **I will not be plagued by them**. Today I am right with myself and with the world. I am a very grateful alcoholic today, only because I contracted the disease of alcoholism in my youth, suffered desperation, forced myself to resort to swallowing my pride, came to Alcoholics Anonymous, recognized the value of surrendering to it, and acquired the desire to live at peace. I try to **go through each day without doing anything I REGRET**. Today I am happy and content and I can't imagine ever having found an approach to life that could have come close to the life I live today as the result of taking these Steps and practicing these principles in all my affairs and today, **I wouldn't trade places with anyone in the world**.

Rick R., Poway, CA
Via, *Viewpoint*, North County Intergroup

Intergroup Minutes* 20 April 2013

The meeting was opened at 9:34 a.m. by Doug H. who led us in the Serenity Prayer. Sam D. read the Twelve Traditions. In attendance were Doug H., Helen M., Sam D., Ted B., Sandy S., Larry N., Jim F., Craig B., Betty B., and Bill. P. Ted B. read the minutes of the previous meeting. The minutes were approved.

Treasurer's Report: Chad F. gave the report. As of March 31, 2013, there was a balance of \$5,549.23 in savings, \$2,095.02 in the C.D., and \$7,517.59 in Union Checking. Income for the month of March was \$6,947.85 with total expenses being \$2,463.00. This came to a positive balance of \$4,484.85 before literature. March literature purchases were \$456.58, with sales of 991.25. This left a positive literature balance of \$534.67. After expenses the March net income was \$5,019.52. In March, 29 people contributed [to Put Your Money Where Your Mouth Is (P.Y.M.W.Y.M.I.) for a total of \$1,637.00.] Another \$124.00 was contributed through Faithful Fivers. The Treasurer's Report was unanimously approved.

Office Manager's Report: Craig B. reported that there were 98 visitors [in March]. There were 198 information calls and one 12 Step call. There were 147 call-forwarding calls with four 12 Step calls [for a total of 345 information calls and five 12 Step calls]. All [office] shifts are not filled, but there is a need for alternates. [Craig] transferred \$1,650 into the prudent reserves. [The] March quarterly taxes are completed and



ready to be signed.

Old Business: There was a quorum of voting members at the April meeting so that: 1) The vote for reimbursing money for "going down the hill" [was approved]; 2) Helen M. was voted in as Intergroup Co-Chairperson; and 3) the vote for Julie D. as Public Relations Chairperson was held off until Julie would be present. Betty B. stated there has not been a great response for [sending the newsletter via e-mail]. The yearly postage [has been paid for the permit], so [the newsletter will be mailed through 2013]. Joey R. and the Founder's Day Picnic Committee are doing a great job in bringing the picnic infrastructure together (e.g. tables and chairs are being donated from H & I, the P.A. system is being rented from the Alano Club, fliers and tickets are being printed, Schmidt Park being rented for June [8], contests and games being formulated.)

New Business: Craig B. introduced Jim F. [as the new Webmaster]. Jim has already made great strides in improving the web site. [The address is www.victorvalleyaa.org]. [Craig B. brought up how much of a prudent reserve we should have]. It was thought that perhaps 6 to 8 months [would be something to shoot for. A vote was tabled until a later date]. Bill P. gave the report on the [Ride to Recovery. It was a success with a contribution of \$4,050.00 being made to the office].

The next Intergroup Meeting will be May 18, 9:30 a.m. at Central Office.

Chad F. motioned for the meeting to be adjourned. The meeting adjourned at 10:16 a.m.

Respectively submitted by,
Ted B., Secretary

* The minutes have been edited for space.

Sometimes too much to drink isn't enough.!

Submitted by, Sue Ellen J., Tucson, AZ

Intergroup Minutes*

18 May 2013

The meeting was opened at 9:35 a.m. by Doug H. who led us in the Serenity Prayer. In attendance were Doug H., Joey R., Chad F., Craig B., Ted B., and Darby G. Ted B. read the minutes of the previous meeting. After one correction the minutes were approved.

Treasurer's Report: Chad F. gave the report. As of April 30, 2013, there was a balance of \$9,699.23 in savings, \$2,095.54 in the C.D., and \$5,247.06 in Union Checking. Income for the [month was] \$6,247.21, with [expenses] being \$5,367.39. This came to a positive balance of \$879.82 before literature. April literature sales were \$490.81 [with purchases being \$1527.20. We had a net income of \$156.97]. Year-to-Date [income] is \$10,000.00. In April, 26 people contributed [\$1,043.00 for P.Y.M.W.Y.M.I.].

Office Manager's Report: Craig B. reported that there were 232 information calls with two 12 Step calls. There were 132 call forwarding calls with six 12 Step calls. [Craig] transferred \$5,000.00 to savings in April. Although all office shifts are presently filled, there are openings for call forwarding for: 1) every other Sunday, and 2) for every other Monday. Intergroup Service Committee positions that are open are: 1) Public Information, 2) Group Relations. There is still a need for more Intergroup Reps. [Members] can still pledge money through P.Y.M.W.Y.M.I. Names will still be anonymous in the newsletter as requested. If the [member] does pledge but requests to have a ledger of their donations, they can see Craig B. at [the office].

Old Business: Joey R. gave an update regarding the Founder's Day Picnic on June 8. Everything is going well. The soccer fields have been reserved for flag football and horseshoes. The podium, microphone, coffee urn, tables and chairs have been acquired. It is Joey's understanding that ice, paper plates, cups, and napkins will be donated. A.A. members from Barstow will haul the [items] to and from Schmidt Park.

New Business: The May newsletter will be out the week of May 20. There are changes to be made for the Lucerne Valley meetings when the next [directory] is printed. The web site is up and running with continuous improvements being made as requested.

The next Intergroup meeting will be June 15, 2013 [at 9:30 a.m. at Central Office.]

Chad F. motioned for the meeting to be adjourned. The meeting was adjourned at 10:09 a.m.

Respectively submitted,

Ted B., Secretary

* The minutes have been edited for space.

Central Office Activities

<u>OFFICE</u>	<u>APRIL</u>	<u>Y.T.D.</u>
Visitors	89	430
Info. Calls	232	811
12 Step Calls	2	7

<u>Call Forwarding</u>		
Info. Calls	132	559
12 Step Calls	4	12

<u>Totals</u>		
Info Calls	364	1,370
12 Step Calls	6	19

<u>OFFICE</u>	<u>MAY</u>	<u>Y.T.D.</u>
Visitors	103	533
Info. Calls	196	1,007
12 Step Calls	3	10

<u>Call Forwarding</u>		
Info. Calls	139	566
12 Step Calls	2	10

<u>Totals</u>		
Info Calls	335	1,705
12 Step Calls	5	24

Upcoming Events

June 8, 2013

Founder's Day Picnic and Speaker Meeting at Schmidt Park, 13576 Mustang Rd., Victorville (formerly George A.F.B.). There will be more information to follow.

Intergroup Meetings are now meeting EACH MONTH on the third Saturday. All meetings are at 9:30 a.m. at Central Office. Hope to see more Representatives there!

September 13—15, 2013

4th Annual Wrightwood Men's Sober Retreat at Teresita Pines near Wrightwood, CA. More information in the months ahead.

And Finally . . .

When I came home from golfing today, the wife left a note on the fridge: "It's not working. I can't take it anymore! Gone to stay with my mother."

I opened the fridge, the light came on, and the beer was cold. What the hell is she talking about?

Via, the Internet