



INTO ACTION

VICTOR VALLEY INTERGROUP, CENTRAL OFFICE,
INC.
18888 HWY 18 SUITE 107 APPLE VALLEY CA.

MAY 2008

Delegates Corner: Trusting the process

In an article, I read recently someone wrote, "Trusting the process which seems to be a rallying cry for many in our area". Really caught my interest. So I thought to myself... what does "trusting the process" really mean to me? So fancying myself as being sort of a 21st century man; I booted up my computer (I know I could have gone to the book titled Dictionary, but the book doesn't have spell-check) and opened up the largest reference library that I know of, and logged on to the internet. The first place I visited was - ask.com - because after all who you gonna ask?

So I typed in trust and then process and this is what it told me.

Trust (n): Firm reliance on the integrity, ability, or character of a person or thing:

Trust (v): To have or place reliance; depend:

Process (n): A series of actions, changes, or functions bringing about a result:

Process (v): To put through the steps of a prescribed procedure:

(I can't help but wonder if the writer of this Dictionary is a friend of Bill's.)

The synonyms (similar words) of trust the process are;

Trust: Faith, Belief, Hope, Conviction, confidence, Expectation, Reliance, Dependence.

Process: Procedure, Course, Development, Progression, Method, Route, Practice, Course of Action, Manner, Means.

When I first came to A.A. I knew everything that there was to know about everything. I was just a poor misunderstood

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Who, me? Angry submitted by Craig B.

Anger in all its aspects is a universal human problem. But it poses a special threat to alcoholics; our own anger can kill us. Recovered alcoholic almost unanimously agree that hostility, grudges, or resentments often make us want to drink, so we need to be vigilant against such feelings...

Here is a list of some of the shapes and colors anger seems at times to arrive in:

Intolerance	Snobbiness
Tension	Distrust
Contempt	Rigidity
Sarcasm	anxiety

Envy

Self-pity

Hatred

Malice

Cynicism

Suspicion

Discontent

Jealousy

~Living Sober, pg. 38

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

~Chinese proverb

Holding anger is a poison. It eats you from the inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the

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Minutes Victor Valley Intergroup 19 April 2008

Ben B. called the meeting to order at 10:02 a.m. with the serenity prayer. Willmeia T. read the Twelve Traditions which was followed by introductions.

Betty B., who was absent from the February 08 meeting had no minutes to read. Kara O. reported what she was able to remember. Sam D. motioned to accept her report as the verbal minutes, Sheldon S. seconded the motion, and it was approved.

Sheldon S. gave the treasures report for March 08 please see the financial statement in the newsletter. Kara O. motioned to accept the report, Betty B. second the motion and it was approved.

Craig B. gave the office managers report. For March, there were 54 visitors to the office with 216 information calls and 3 Twelve Step calls. Call forwarding had 203 information calls with two Twelve Step calls.

Old Business: Sam D. reported on the "Ride To Recovery" in March there were 15—20 people who participated, and everyone had a great time. Elections were finally held for the board of directors. Kara O. was unanimously elected as the new chairperson. Sam D. was unanimously elected as co-chair. Congratulations to both. Mat N. was nominated to be the associate member. Elections will be held in June 08.

Committee reports: Melvin D., ways and means chairman, asked for and received \$250.00 seed money for the Founders Day Picnic on 8 June 08 from 10:00am -3:00pm at the T.X.I. park in Ore Grande. They are coming along great with their plans. Bob from Northridge CA. will be the speaker. Ticket price before June 08 will be \$7.00 for adults and \$4.00 for kids 12 and under. After the 1st, they will be \$8.00 and \$5.00. Melvin also requested an Intergroup rep. to be present with literature both for free and for sale. Andrew A. Gave the newsletter report. The deadline for articles is the 20th of the month and they can be mailed or dropped off at Central Office. Brian R. Suggested that instead of asking for a yearly "donation" to subscribe, the wording should be changed to "contribution". James J gave the public information report. He has been working on P.S.A.s for all the local radio stations as well as the local

television stations. He will be going to the Spanish-speaking radio station this week, and he is going to see what Charter Cable would require to run P.S.A.s for us. James has also spoken at Phelan high school for their recovery program. Brian R. reported that District 19 will be hosting a secretary's workshop the 3rd Saturday in June at the Victor Valley Alano Club. It will cover what A.A. is and is not, give information and raise awareness about Central Office, District and G.S.O. and how important their functions are to A.A. it will be a free event and more information and flyers will be coming out soon.

New Business: Anyone interested in being on the C.P.C. (Cooperating with the Professional Community) Committee is asked to call Central Office at 760-242-9292

Announcements: Melvin reminded everyone (again) about the picnic on 8 June 08.

Birthdays: Congratulations to Alcoholics Anonymous and to Derrick for 20 years on 5 Apr. 08. and if they don't drink, Melvin D. will turn 12 on 26 Apr. and Kara O. will turn 8 on 15 May.

At 10:58 am., Derrick motioned to adjourn the meeting, Sam D. second the motion and it was approved.

Submitted by

Betty B., secretary

THE NEXT MEETING WILL BE SATURDAY, June 21, 2008 AT 10:00 AM. AT CENTRAL OFFICE.

Minutes Victor Valley Board of Directors

19 Apr. 08

It was decided unanimously by the Board of Directors that, since most of our savings are gone, to transfer \$4,500.00 from the C.D. in May and put that into savings.

Craig B. will also find out if the I.R.S. will allow us to pay his payroll taxes quarterly instead of the lump sum they deemed this year (\$900.00+). Kara suggested that if they would let us do that, then we should set up a separate account just for that purpose. Everyone agreed.

Submitted by,

Betty Boyette, Secretary

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victim of unfortunate circumstance that was just slightly out of my control. I had no home, no car (that worked), and no friends. My family had dumped me (or did I abandon them?) I don't think I had taken my shoes off for over two weeks. When I arrived at the doorstep of A.A., I was not told that I was not welcome here with you because I smelled, or that I was this confused drunken doper (I thought then that if I could just stop smoking all that speed could enjoy a cold beer on Sunday watching the ball game). You showed me tolerance (with a few gentle nudges) until I came to realize that everything I did was to enhance my drinking. I realize this not because you told me that was the way I was supposed to be, nor did you make threats of banishing me because I was confused. I was allowed to witness you practicing a course of actions. Hope is what you gave me and trust is what I learned. You laughed with me; you cried with me, we grew up together. I love you all for that.

I came to believe in you. In what you said and what you did. I saw something in you that I wanted, I desperately needed. and all you told me was to just do as you do. so simple so hard. So I tried. You put me through the steps of a prescribed procedure for recovery for a seemingly hopeless state of body and mind. I am amazed at what has taken place in me and around me because of you. Early in my recovery you taught me about accountability, responsibility and how to read (I was a functional illiterate) when you

gave me the job as treasurer at the Area I had never balanced my checking account, I didn't know how. Now I know how to balance my checking account (I am still working on that cash flow part); you showed me how to read spreadsheets, work compute programs, I could go on and on. You never alluded to or suggested that my inexperience was incompetence. You gave me love.

During this time I have been active with you in general service I have come to understand the importance of my rights in A.A. (concepts 3, 4, and 5) mutual trust, equality and my duty to speak up. If I claim these as my rights, I must honor them as your rights too. I know that because I think I am right, doesn't make you wrong. I am just one voice in the crowd. And within the crowd is the one that presides over us all. (Now tell me; how cool is that?) I am living a dream.

Today ;(This sounds corny but is the truth) the more I learn about A.A. the less I know.

So; do I trust the process? Dam right I do. It works, it really does.

So if the MSCA was to have a rallying cry, "Trust the Process" would have my vote.

~@your service

Joe B.

With permission Mid Southern California area 9

Staying away from the first drink

Expressions commonly heard in A.A. are "if you don't take that first drink, you can't get drunk" and "one drink is too many but twenty are not enough."

Many of us, when we first began to drink, never wanted or took more than one or two drinks. But as time went on, we increased the number. Then, in later years, we found ourselves drinking more and more, some of us getting and staying very drunk. Maybe our condition didn't always show in our speech or our gait, but by this time we were never actually sober.

If that bothered us too much, we would cut down, or try to limit ourselves to one or two, or switch from hard liquor to beer or wine. At least, we tried to limit the amount, so we would not get too disastrously tight. Or we tried to hide how much we drank.

But all these measures got more and ore difficult.

Occasionally, we even went on the wagon, and did not drink at all for a while.

Eventually, we would go back to drinking – just one drink. And since that apparently did no serious damage, we felt it was safe to have another. Maybe that was all we took on that occasion, and it was a great relief to find we could take just one or two, then stop. Some of us did that many times.

But the experience proved to be a snare. It persuaded us that we could drink safely. And then there would come the occasion (some special celebration, a personal loss, or no particular event at all) when two or three made us feel fine, so we thought one or two more could not hurt. And with absolutely no intention of doing so, we found ourselves again drinking too much. We were right back where we had been – overdrinking without wanting to.

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Up Coming Events

18th Annual June Lake Kampvention 2008
 “Courage to Change” June 20th, 21st, and 22nd
 Fishing, Hiking, boating, and swimming. For
 info go to www.junelakekampvention.org

2008 Flagstaff Roundup “How It Works”
 May 30th, May 31st, June 1st 2008 Fort Tuthill
 Fairgrounds Flagstaff, Arizona for more info go
 to www.flagstaffroundup.com

District 19 and your Central Office are hosting the 1st Annual G.S.R. and Secretary Workshop.

When: Saturday June 21st.

Where: Victor Valley Alano Club

11085 Central RD.

Apple Valley CA.

Time: 11:00 am—2:00 pm

Bring a Friend, a Newcomer, a Sponsor.

Anyone with questions and looking for answers
 about A.A. come see how central Office and
 General Service saves the lives of people like
 you and me. What are secretary duties? What are
 the duties of the G.S.R.? There will be 2 local
 workshops to answer these questions and lunch
 will be served! hope to see you all there.

Founders Day Picnic and speaker meeting

When: Saturday June 7th, 2008

Where: T.X.I. Park Ore Grand

Womens Banquet and Speaker Meeting
 May 17, 2008 from 5:00 pm. –10:00 pm
 for more information please contact: Kami O.
 (760) 951-0975

Come on over and join us at the Back To Basics Group Saturday Night Speaker Meeting

**Located at 8518 Maple ave. Hesperia CA. 92345
 (Church of the Nazarene)**

Every Saturday at 7:00 pm

May 3: Judy T. San Dimas

May 10: Phylis S Yucca Valley

May 17: Joe M. Glendora

May 24: Roman C. San Dimas

May 31: Jennifer P. Upland

harms we do, we do to ourselves.

~Mitch Albom

As the Big Book “Alcoholics Anonymous” puts it,
 “Resentment is the number one offender.” it is a primary
 cause of relapses into drinking. How well we of A.A.
 know that for us “To drink is eventually to go mad or
 die.”

Much the same penalty overhangs every A.A. group.
 Given enough anger, both unity and purpose are lost.
 Given still more ‘righteous’ indignation, the group can
 disintegrate; it can actually die. This is why we avoid
 controversy. This is why we prescribe no punishment for
 any misbehavior, no matter how grievous. Indeed, no
 alcoholic can be deprived of his membership for any rea-
 son whatever.

“punishment never heals. Only love can heal”

~As Bill See It, page 98

Speak when you are angry and you will make the best
 speech you will ever regret.

~Just For Today April 2008

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Such repeated experiences have forced us to this logically inescapable conclusion: If we do not take the first drink, we never get drunk. Therefore, instead of planning never to get drunk, or trying to limit the number of drinks or the amount of alcohol, we have learned to concentrate on avoiding only one drink: the first one.

In effect, instead of worrying about limiting the number of drinks at the end of a drinking episode, we avoid the one drink that starts it.

Sounds almost foolishly simplistic, doesn't it? It's hard for many of us now to believe that we never really figure this out for ourselves. Before we came to A.A. (of course, to tell the truth, we never really wanted to give up drinking altogether, either, until we learned about alcoholism.) But the main point is: we know now that this is what works.

Instead of trying to figure out how many we could handle – four? – six? – a dozen? – we remember, “just don't pick up that first drink.” It is so much simpler. The habit of thinking this way haws helped hundreds of thousands of us stay sober for years.

Doctors who are experts on alcoholism tell us that there is a sound medical foundation for avoiding the first drink. It is the first drink, which triggers, immediately or some time later, the compulsion to drink more and more until we are drinking trouble again. Many of us have come to believe that our alcoholism is an addiction to alcohol; like addicts of any sort who want to maintain recovery, we have to keep away from the first dose of the drug we have become addicted to. Our experience seems to prove this, as you can read in the book “Alcoholics Anonymous” and in our grapevine magazine, and as you can hear wherever A.A. members get together and share their experience.

~Living Sober

THINGS WE CANNOT CHANGE

IRRITATING THINGS SPONSORS SAY

EARL PHILLIPS

From Hesperia passed away with 45 years of Sobriety.

Mel from the Hug Group died April 25th sober.

Penny C. from the Original Big Book Study of Apple Valley died 4/30/2008 with over 6 years of Sobriety.

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!

No one ever got better by pretending they didn't need help

I'm not going to drink today and if you stick with me, maybe you wont either.

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

Also enclosed is a contribution: \$ _____

(please enclose a contribution to help support your newsletter)

Please make check or money order payable to:

Victor Valley Intergroup

Name: _____

Street Address: _____

City, State, Zip: _____

Tradition 5 (long form)

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*—that of carrying its message to the alcoholic who still suffers.