

NEWSLETTER for the Fellowship

MAY 2017

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Fifth Step Prayer

Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe. (Big Book of Alcoholics Anonymous, 75:2)

Save the Date!

Come join us for the 33rd Annual Sunshine of the Spirit

High Desert Convention of A.A. With Al-Anon Participation

June 9, 10, 11 2017
Holiday Inn in Victorville, CA

You can register online at:
[http://www.highdesertconvention.com/
registration.html](http://www.highdesertconvention.com/registration.html)

Faith without works is DEAD!

Incredible Benefits of AA's 5th Step

*Taken from the Discovery Place, written by Bill Dinker.
Available at:
<https://www.discoveryplace.info/5th-step-aa-benefits>*

For many newcomers to sobriety, the steps look like a tall order. I remember, at a very young age, reading the steps where I went to church. Too young to understand their purpose, I remember thinking whoever practiced those steps must be pretty extreme. Even as an upcoming alcoholic and drug addict in grade school, I knew the steps sounded a little...well... cultish.

Even the Big Book addresses the neurotic newcomer exclaiming, “**What an order! I can't go through with it.**” Truth be told, the steps are extreme. Unfortunately addiction is, by its very nature, exceptionally extreme. And alcohol addiction is no exception. To arrest an extreme illness, a treatment that employs drastic measures must be taken.

A lot of sober newcomers bounce out of the program after the 3rd step. The ones that do make it through the 4th step hit snags on the 5th step because it demands rigorous honesty. That's rigorous, not partial honesty or mostly honest... rigorous honesty!

In his book *The 12 Steps and 12 Traditions*, Bill Wilson explains the benefits of thoroughly completing a 5th step. The fifth step of the 12 step recovery program states that we, “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.” This vital exercise begins to provide emotional, mental and spiritual relief. By sharing wrong with a trusted confidant, guilt and shame start to melt away. Newcomers begin to realize their troubled past isn't as unique as once thought.

Both painful and rewarding, the 5th step is essential to the fundamental change of personality required to overcome alcohol and drug addiction. In its simplest form, the fifth step is simply a confession of personal wrong-doings. Confession is a long standing practice in the Judeo/Christian tradition, and alcoholics usually store a vast collection of closet skeletons.

Continued on page 2

By sharing the depths of their conscience with another person, alcoholics allow fresh air to enter their soul's closely-guarded closet of shameful skeletons.

Repentance, similar to confession (and equally painful), is also espoused in the Buddhist verse found in Practices and Vows of Samantabhadra Bodhisattva (chapter 40):

*"For all the evil deeds I have done in the past,
Created by my body, speech and mind,
From beginningless greed, hatred and delusion,
I now know shame and repent them all."*

The original architects of the 12 steps wove the powerful, spiritual tradition of confession for a reason. It is effective. It is healing. It is one of the most valuable tools to alleviate past burdens. As Bill Wilson notes:

"If we have swept the search light of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them." (12x12, pg.55).

This is precisely what the 5th Step of the 12 step process requires of those who genuinely desire sobriety - a candid discussion in light of a 4th step inventory. Although the word "required" repels many an alcoholics or drug addicts, Bill Wilson further warns that "without a fearless admission of our defects to another human being we could not stay sober." (12x12, pgs. 56&57). Obviously, staying sober is a prerequisite for meaningful, fulfilling recovery.

The Fifth Step is More than Just Relief

But personal admission of one's checkered past offers more than mere relief. The Big Book states that the fifth step, if conducted fearlessly and thoroughly, exposes unhealthy patterns of behavior. Destructive behaviors reflect underlying character defects, the engine that drives off-the-wall actions. Before freshly sober members can begin to address these core issues, they must undertake an identification process to understand their precise nature.

Of course, personal admission of a rag-tag past is sobering in and of itself. As Wilson points out, however, meaningful insights offer the potential to initiate a purging of core is-

ssues that drive alcoholics to drink. Incredible emotional and mental relief, coupled with profound personal insight, makes the fifth step a valuable exercise for anyone. Successful completion marks a return to sanity, or a clear recognition of who and what we are.

For most with a truly self-addicted mind, the 12 step recovery process provides an invaluable method to rid oneself of self pity, emotional entanglements, delusions of grandeur and 'playing the victim.' Step five initiates the change. But remember, there are seven to go!

I HATE IT WHEN
PEOPLE TELL ME I DON'T
NEED MEETINGS TO
STAY SOBER.
WELL I DON'T NEED
SHOES TO WALK DOWN
A GRAVEL ROAD BUT IT
SURE HELPS.

Taken from: <https://me.me/i/i-hate-it-when-people-tell-me-i-dont-need-5879905>

A Pre-Fifth Step Prayer

God, please help me to complete my housecleaning by admitting to another human being the exact nature of my wrongs. Please remove any fears I have about this step and show me how completion of it will remove my egotism and fear. Help me to see how this step builds my character through humility, fearlessness and honesty. Direct me to the right person who will keep my confidence and fully understand and approve what I am driving at. Then help me to pocket my pride and go to it, illuminating every twist of character, every dark cranny of the past so I may complete this step and begin to feel near to you."

(Big Book of Alcoholics Anonymous, 72:1, 72:2, 73:0,

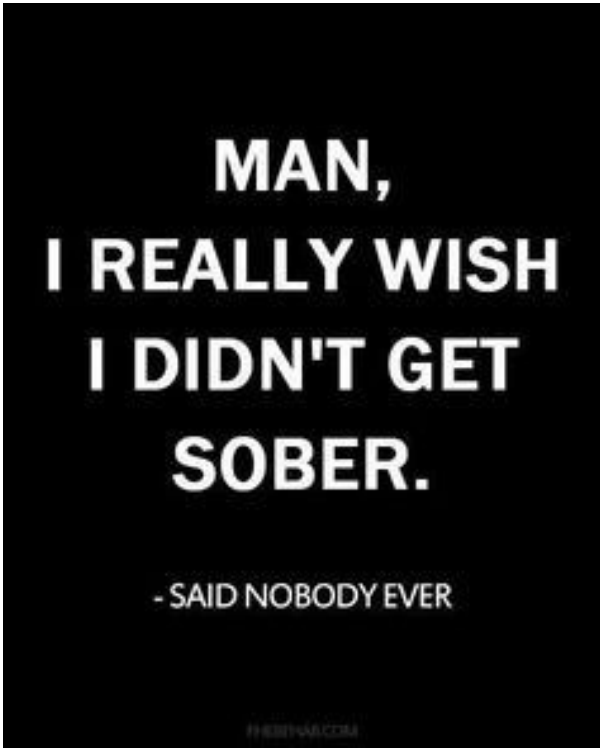
FINANCIAL SUMMARY AS OF APRIL 30, 2017

	BALANCE	
Savings	\$ 19,025.84	
Cash in Union Checking	\$ 5,275.85	
INCOME	APRIL	Y.T.D.
Group Donations	\$ 1,906.34	\$ 6,845.49
Birthdays	\$ -	\$ 19.00
Memorials	\$ -	\$ 24.00
P.Y.M.W.Y.M.I. (12 members)	\$ 283.00	\$ 1,147.00
Newsletter	\$ -	\$ 10.00
Chips and Medallions	\$ 492.09	\$ 2,668.77
Literature	\$ 1,201.80	\$ 5,509.65
Credit Card Fee	\$ 16.00	\$ 58.00
Coffee Kitty	\$ -	\$ 67.66
Buck of the Month	\$ -	\$ 5.76
Ride for Recovery	\$ 2,181.00	\$ 3,484.00
Mountain AA Conference	\$ -	\$ 300.00
Intergroup 7th Tradition	\$ 12.00	\$ 51.00
INCOME FOR THE MONTH	\$ 6,092.23	\$ 20,190.33
EXPENSES		
Rent	\$ 360.00	\$ 1,440.00
C.A.M. Charges	\$ 141.77	\$ 505.42
Utilities	\$ 59.20	\$ 289.11
Manager Salary	\$ 1,029.36	\$ 4,117.72
Charter	\$ 54.52	\$ 359.26
Printing	\$ 91.33	\$ 425.75
Security/Maintenance/Office	\$ 258.19	\$ 731.81
Chips and Medallions	\$ 478.44	\$ 1,562.45
Literature	\$ 998.03	\$ 4,699.60
Payroll Tax State (EDD)	\$ 149.76	\$ 217.23
Board of Equalization (sales tax)	\$ 466.00	\$ 792.00
Federal Payroll Tax	\$ 1,075.29	\$ 2,156.57
Freedom Financial (tax prep)	\$ 60.00	\$ 120.00
Credit Card Fee	\$ -	\$ 90.62
Liability Insurance (Hub Int.)	\$ -	\$ 575.00
Alarm	\$ -	\$ 96.00
Ride For Recovery	\$ -	\$ 360.95
TOTAL EXPENSES	\$ 5,221.89	\$ 18,539.49
NET INCOME	\$ 870.34	\$ 1,650.84
APPLE VALLEY		
Keep it Simple	\$ 40.00	\$ 90.00
How It Works	\$ 57.00	\$ 247.94
Simple Changes		\$ 100.00
Children of Chaos	\$ 57.80	\$ 250.50
Front & Center	\$ 82.95	\$ 462.35
Saturday Speaker Meeting	\$ 80.00	\$ 259.47
Nuts and Fruits		\$ 60.00
Womens 12 X 12/ Big Bk.	\$ 72.00	\$ 153.00
Sun. Just for Today		\$ 50.00
Thursday Mens Stag	\$ 50.00	\$ 100.00
Primary Purpose		\$ 60.00
Anonymous Group		\$ 269.00

Wed. Womens Participation		\$ 20.60
Coffee Talk		\$ 104.00
Original Big Book		\$ 100.00
Barstow		
Los Coyotes Mens Group	\$ 90.00	\$ 390.00
Mon. Mens Meeting- Vets Home		\$ 10.00
Friday Nite Live	\$ 200.00	\$ 400.00
Our Primary Purpose		\$ 100.00
Ft. Irwin		
New Horizons II	\$ 20.00	\$ 20.00
HESPERIA		
Back to Basics	\$ 464.00	\$ 1,035.00
Hesperia Umbrella Group	\$ 420.00	\$ 1,380.00
LUCERNE VALLEY		
Newberry Springs		
Mon. 12 x 12		\$ 60.00
Sat. Breakfast Club		\$ 100.00
Phelan		
Tues. Phelan Sober	\$ -	\$ 60.00
Silver Lakes		
No Valid Complaints	\$ 80.00	\$ 145.00
Thursday Big Book	\$ -	\$ 80.00
Sat. Nite Serenity Group	\$ 112.00	\$ 112.00
VICTORVILLE		
Tumbleweed Group		\$ 65.94
Friday Night Speaker Meeting	\$ 20.59	\$ 30.69
Wrightwood		
Wed. Mens Stag	\$ 60.00	\$ 360.00
Mon. Womens	\$ -	\$ 50.00
9 a.m. Sun. Open Participation	\$ -	\$ 120.00

We will comprehend the
word serenity and we will
know peace





Taken from: <https://www.pinterest.com/pin/37928821837888887/>

Intergroup Meeting Notes from April 15th, 2017

Meeting called to order at 9:35 by Chairman Ted B.

Also present were Randy M, Craig B, and Doug H.

Randy M read the Twelve Traditions.

Doug H read the minutes from the March meeting and they were approved as read.

Treasurer's Report: Submitted by Chad (not present) and were read by Craig B. Income \$3710.91 Expenses \$2698.87 Net increase of \$1012.04 16 groups made donations. PYMWYMI had 12 donations for \$274 for a YTD of \$864.

The ride for recovery will make their donation before the next meeting. Approval of report motion by Randy and seconded by Doug

Office Manager's Report:

86 office visits	153 information calls	1 12 step call
Call forwarding	140 information calls	0 12 step calls
Total	293 information calls	1 12 step call

Old Business:

Not going to purchase non-AA meditation books for sale at this time. Need to buy too many to get a decent price. We have sold quite a bit of AA literature recently and need

CENTRAL OFFICE STATISTICS			
	Apr.	FINAL YTD	
Visitors	59	318	
Information Calls	102	500	
12-Step Calls	2	5	
CALL FORWARDNG			
Information Calls	115	427	
12 Step Calls	2	4	
TOTALS			
Information Calls	217	927	
12 Step Calls	4	9	

to replenish our stock. However, quarterly taxes and other expenses are due too so purchases will need to be prudent.

New Business:

Tax lady is currently working on taxes.

The office manager is looking into literature and other sales by phone or email.

Motion to adjourn by Doug at 9:55.

Respectfully submitted. Doug H. Secretary.



Taken from: https://www.pinterest.com/pin/_aU3bg0YfIY1uYejxbafWy3gCsohgLczZIY/

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