

NEWSLETTER for the Fellowship

OCT 2017

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A 10th Step prayer for Growth and Effectiveness:

God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen."

Taken from: http://friendsofbillw.net/twelve_step_prayers
(p. 84:2 BB)

A Higher Power of My Understanding

From Mary S., A Woman's Way

Taken From Akron InterGroup News, Volume 62, Issue 12 ,file:///C:/Users/julia.wendt/Downloads/IGNews1017.pdf

The concept of a higher power seems nearly impossible to fathom. "God" is not tangible when you think of Him as an idea, a concept. One cannot call a "higher power" on the telephone, crying over the day's woes, and receive a physical sensation of warmth and belonging being transferred through the power lines. If I tried to look Him up in the phonebook, I would surely be disappointed with the results. So, where is He? Where is this "higher power" that everyone talks about? How on earth am I supposed to find something when I don't even know what I'm looking for? And how do I look for something that I cannot see with these two human eyes? You people make no sense... Or so I thought.

My alcoholic self depended entirely upon physical reality for all knowledge and understanding. This feels good right now, so this is what I'll do. I allowed my human mind and body complete control over my thoughts and actions, never allowing room for my spirit to expand and prosper. I'm only human, I would think, I'm simply doing what humans do. This is life, I would say as I drowned that spirit in gallons of liquor and in the process began to wreck the only human body that I so desperately relied upon for all things. But I could touch alcohol; I could see it with my eyes, swirling delicately in a thick glass bottle. I could feel alcohol as it burned down my throat. I relished in the instant mental shift that occurred at that first sip, and the next, and the next, until I blacked out. Then I awoke, and I would feel miserable — but I would feel, physically feel something. So I lent myself to that poisonous power. I let the

alcohol carry me away down the river because when I drank I could feel, and when I could feel, I knew that I was human. Later on I learned that I could not honestly say I never had a higher power because as it turns out, alcohol was a power greater than me for far too long.

By the end of my drinking, I was exhausted. Simply, utterly, drained of all positive life-force. I had become completely submissive to King Alcohol, and my life barely even passed as unmanageable because it really was not much of a life at all. All that time I had spent so focused on "being human" and "feeling just to feel" was time lost in oblivion; random dark clouds of distant memories that I struggled to recall. The instances that I could remember became more and more horrifying. Just as desperate as I had been for physical affirmation of life, I started to become desperate for something more, a reprieve from the daily torture. I wanted to transcend this human form, either by death or spiritual revelation; I didn't really care at that point.

Death seemed like a cowardly choice, and I had been to Fall is here. In my drinking days, it would have been an excuse to drink. Today it means I get to observe God's work in the world around us. I remember my first granddaughter watching something so simple as a leaf blowing across the driveway, the innocence and fascination in her eyes. Or seeing a butterfly, a rainbow, or finding a picture in the clouds.

The gift of sobriety allows me to enjoy the simple life today. Whenever I am disturbed, it is because I have allowed some person, place, or thing to disrupt my serenity. I am the only person who can change this, by asking God to go before me and prepare the way. He never leaves us. Thank you for reading YOUR newsletter. I hope you will take time to enjoy God's gifts, look around and give yourself some moments to see them. I promise it will lift your spirit no matter where you are. May the peace of nature and God be with you.



Things We Cannot Change

*Sam K. of Apple Valley
passed away on October
12th , 2017 with over 25
years of sobriety.*

He will be missed.

"How To Listen To God"

From John P.

Taken from: An Oxford Group pamphlet/technique
used by early A.A. members, [http://
www.barefootworld.net/aaworkstep1011.html](http://www.barefootworld.net/aaworkstep1011.html)

These are a few simple suggestions for people who are willing to make an experiment. You can discover for yourself the most important and practical thing any human being can ever learn - how to be in touch with God. All that is needed is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works.

Before you begin, look over these fundamental points. They are true and are based on the experience of thousands of people.

1. God is alive. He always has been and He always will be.
2. God knows everything.
3. God can do anything.
4. God can be everywhere - all at the same time. (These are the important differences between God and us human beings).
5. God is invisible - we can't see Him or touch Him - but, God is here. He is with you now. He is beside you. He surrounds you. He fills the room or the whole place where you are right now. He is in you now. He is in your heart.
6. God cares very much for you. He is interested in you. He has a plan for your life. He has an answer for every need and problem you face.
7. God will tell you all that you need to know. He will not always tell you all that you want to know.
8. God will help you do anything that He asks you to do. Anyone can be in touch with God, anywhere and at any time, if the conditions are obeyed.

These are the conditions:

- To be quiet and still
- To listen
- To be honest about every thought that comes
- To test the thoughts to be sure that they come from God
- To obey

So, with these basic elements as a background, here are specific suggestions on How to Listen to God:

1. **TAKE TIME:** Find some place and time where you can be alone, quiet and undisturbed. Most people have found that the early morning is the best time. Have with you some paper and pen or pencil.
2. **RELAX:** Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no hurry. There needs to be no strain during these minutes. God cannot get through to us if we are tense and anxious about later responsibilities.
3. **TUNE IN:** Open your heart to God. Either silently or aloud, just say to God in a natural way that you would like to find His plan for your life - you want His answer to the problem or situation that you are facing just now. Be definite and specific in your request.
4. **LISTEN:** Just be still, quiet, relaxed and open. Let your mind go "loose." Let God do the talking. Thoughts, ideas and impressions will begin to come into your mind and heart. Be alert and aware and open to every one.
5. **WRITE!** Here is the important key to the whole process. Write down everything that comes into your mind. Everything. Writing is simply a means of recording so that you can remember later. Don't sort out or edit your thoughts at this point.

Don't say to yourself:

- This thought isn't important
- This is just an ordinary thought
- This can't be guidance
- This isn't nice
- This can't be from God
- This is just me thinking..., etc.

Write down everything that passes through your mind:

- Names of people
- Things to do
- Things to say
- Things that are wrong and need to be made right

Write down everything:

- Good thoughts - bad thoughts
- Comfortable thoughts - uncomfortable thoughts
- "Holy" thoughts - "unholy" thoughts
- Sensible thoughts - "crazy" thoughts

Be honest! Write down everything! A thought comes quickly, and it escapes even more quickly unless it is captured and put down.

6. TEST: When the flow of thoughts slows down, stop. Take a good look at what you have written. Not every thought we have comes from God. So we need to test our thoughts. Here is where the written record helps us to be able to look at them. a) Are these thoughts completely honest, pure, unselfish and loving? b) Are these thoughts in line with our duties to our family - to our country? c) Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

7. CHECK: When in doubt and when it is important, what does another person who is living two-way prayer think about this thought or action? More light comes in through two windows than one. Someone else who also wants God's plan for our lives may help us to see more clearly. Talk over together what you have written. Many people do this. They tell each other what guidance has come. This is the secret of unity. There are always three sides to every question - your side, my side, and the right side. Guidance shows us which is the right side - not who is right, but what is right.

8. OBEY: Carry out the thoughts that have come. You will only be sure of guidance as you go through with it. A rudder will not guide a boat until the boat is moving. As you obey, very often the results will convince you that you are on the right track.

9. BLOCKS? "What if I don't seem to get any definite thought?" God's guidance is as freely available as the air we breathe. If I am not receiving thoughts when I listen, the fault is not God's. Usually it is because there is something I will not do. .

Continued on page 4.

FINANCIAL SUMMARY AS OF Sep- tember 30, 2017		
	BALANCE	
Savings	\$ 20,026.76	
CD	\$ 10,035.12	
Cash in Union Checking	\$ 8,832.13	
INCOME	SEPTEMBER	Y.T.D.
Group Donations	\$ 1,187.55	\$ 14,893.35
Birthdays	\$ 67.00	\$ 333.00
Memorials	\$ -	\$ 24.00
P.Y.M.W.Y.M.I. (12 members)	\$ 315.00	\$ 2,594.00
Newsletter	\$ -	\$ 30.00
Chips and Medallions	\$ 1,031.10	\$ 7,086.54
Literature	\$ 1,210.52	\$ 12,691.80
Credit Card Fee	\$ 14.00	\$ 134.00
Coffee Kitty	\$ 22.90	\$ 170.28
Faithful Fivers		\$ 85.31
Womens Banquet	\$ -	\$ 250.00
Buck of the Month	\$ 9.00	\$ 28.04
2017 High Desert Convention	\$ -	\$ 1,000.00
Reimbursement/ Refund	\$ -	\$ 43.00
Ride for Recovery	\$ -	\$ 3,484.00
Mountain AA Conference	\$ -	\$ 300.00
Intergroup 7th Tradition	\$ 15.00	\$ 121.00
INCOME FOR THE MONTH	\$ 3,872.07	\$ 43,268.32
EXPENSES		
Rent	\$ 360.00	\$ 3,240.00
C.A.M. Charges	\$ 137.37	\$ 1,140.35
Utilities	\$ 105.68	\$ 732.39
Manager Salary	\$ 1,190.08	\$ 10,148.47
Charter	\$ 101.67	\$ 914.63
Printing	\$ 40.00	\$ 761.07
Security/Maintenance/Office	\$ 198.79	\$ 2,125.31
Chips and Medallions	\$ 176.26	\$ 3,697.91
Literature	\$ 2,943.12	\$ 11,644.40
Payroll Tax State (EDD)	\$ -	\$ 403.93
Board of Equalization (sales tax)	\$ -	\$ 1,209.00
Federal Payroll Tax	\$ -	\$ 3,358.35
Freedom Financial (tax prep)	\$ -	\$ 120.00
Credit Card Fee	\$ 26.54	\$ 189.03
Professional Services	\$ -	\$ 260.00
Liability Insurance (Hub Int.)	\$ -	\$ 575.00
Alarm	\$ 96.00	\$ 384.00
Ride For Recovery	\$ -	\$ 360.95
TOTAL EXPENSES	\$ 5,375.51	\$ 41,264.79
NET INCOME	\$ (1,503.44)	\$ 2,003.53
APPLE VALLEY		
Keep it Simple		\$ 160.83
How It Works	\$ 58.26	\$ 550.44
Simple Changes		\$ 200.00
Children of Chaos	\$ 80.00	\$ 611.56
Front & Center	\$ 132.31	\$ 1,173.06
Saturday Speaker Meeting	\$ 110.60	\$ 600.07

Nuts and Fruits	\$ 18.00	\$ 78.00
Womens 12 X 12/ Big Bk.		\$ 153.00
Sun. Just for Today		\$ 50.00
Thursday Mens Stag	\$ 50.00	\$ 150.00
Primary Purpose		\$ 180.00
Anonymous Group	\$ 116.00	\$ 852.00
Wed. Womens Participation	\$ 10.00	\$ 56.60
Questions and Answers		\$ 30.00
Coffee Talk		\$ 152.00
Campfire Group		\$ 98.28
7 pm Monday Big Book		\$ 27.00
There is a solution		\$ 10.00
Original Big Book	\$ 220.00	\$ 320.00
Cedar Street Big Book	\$ 54.00	\$ 54.00
Barstow		
Los Coyotes Mens Group		\$ 680.00
Mon. Mens Meeting- Vets Home		\$ 10.00
Friday Nite Live		\$ 700.00
Our Primary Purpose		\$ 200.00
Wed. Meeting-Vets Home		\$ 130.00
Womens Rule 62- Vets Home	\$ 25.00	\$ 25.00
Ft. Irwin		
New Horizons II		\$ 20.00
Helendale		
4th Dimension Big Book		\$ 100.00
HESPERIA		
Back to Basics		\$ 1,385.00
Hesperia Umbrella Group		\$ 3,580.00
Wed. Mens Stag		\$ 60.00
LUCERNE VALLEY		
Newberry Springs		
Mon. 12 x 12		\$ 60.00
Sat. Breakfast Club		\$ 200.00
Phelan		
Tues. Phelan Sober	\$ 25.00	\$ 145.00
Big Book Study	\$ 60.00	\$ 60.00
Silver Lakes		
No Valid Complaints		\$ 220.00
Thursday Big Book		\$ 80.00
Sat. Nite Serenity Group		\$ 262.00
VICTORVILLE		
Tumbleweed Group	\$ 23.38	\$ 176.02
4PM Big Book Study		\$ 10.00
Friday Night Speaker Meeting		\$ 30.69
Mixed Bag Group		\$ 100.00
Little House Group	\$ 5.00	\$ 5.00

Finances continued from page 3.

Wrightwood		
Wed. Mens Stag	\$ 200.00	\$ 720.00
Mon. Womens		\$ 93.00
12 X 12 HWY. 2 RGP		\$ 36.00
9 a.m. Sun. Open Participation		\$ 298.80
Happy Birthday To:		
Ron M	\$ 43.00	
Linda H	\$ 24.00	

"How to Listen to God." continued from page 2.

10. MISTAKES "Supposing I make a mistake and do something in the name of God that isn't right?" Of course we make mistakes. We are humans with many faults. However, God will always honor our sincerity. He will work around and through every honest mistake we make. He will help us make it right. But, remember this! Sometimes when we do obey God, someone else may not like it or agree with it. So when there is opposition, it doesn't always mean you have made a mistake. It can mean that the other person doesn't want to know or to do what is right. "Supposing I fail to do something that I have been told and the opportunity to do it passes?" There is only one thing to do. Put it right with God. Tell Him you're sorry. Ask Him to forgive you, then accept His forgiveness and begin again. God is our Father - He is not an impersonal computer. He understands us far better than we do.

11. RESULTS? We never know what swimming is like until we get down into the water and try. We will never know what this is like until we sincerely try it.

Every person who has tried this honestly finds that a wisdom, not their own, comes into their minds and that a Power greater than human power begins to operate in their lives. It is an endless adventure.

There is a way of life, for everyone, everywhere. Anyone can be in touch with the living God, anywhere, anytime, if we fulfill His conditions. **When man listens, God speaks. When man obeys, God acts. This is the law of prayer.**

God's plan for this world goes forward through the lives of ordinary people who are willing to be governed by Him.

Intergroup Meeting Notes September 16th, 2017

Meeting opened at 9:35 with the Serenity Prayer and the Twelve Traditions.

Present were Ted B, Craig B, Doug H. Randy P, and Brian J.

Minutes from July were read and approved. There was no meeting in August.

Treasurers summary

Donations: \$2763.58 Sales: \$3597.32
Total Income \$6360.90
Total Expenses \$2961.18
Net Increase \$3399.72

CENTRAL OFFICE STATISTICS		SEPT	Y.T.D.
Visitors		97	735
Information Calls		139	1119
12-Step Calls		2	10
CALL FORWARDNG			
Information Calls		68	965
12 Step Calls		0	13
TOTALS			
Information Calls		207	2084
12 Step Calls		2	23

Approved as read (if correct).

Webmaster Report

1149 Visitors to the site last month

Office Manager's Report

Office: 97 visitors 139 information calls

2 Twelve Step Calls

Call Forwarding: 68 information calls

0 Twelve Step Calls

Total 207 information calls 2 Twelve Step Calls

The manager has checked several websites for a new or rebuilt computer for the office, and is continuing to look into it.

The Twelve Step Call phone lists need more members in ALL areas serviced by our Intergroup office. Please announce at meetings.

Newsletter continues to be "going good"

District Report:

District Elections will be in November

The District is now working on "guidelines" for by-laws.

Event coming in November: Tradition Play and workshop. Food provided.

Lucerne Valley Celebration of Love----speakers and food all day Sat and Sun morning on October 7 and 8.

Seventh tradition passed, and meeting adjourned with Serenity Prayer at 10AM

Respectfully submitted

Doug H. Secretary

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