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## Ninth Step Prayer

God, give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life.

Amen.

*Taken from: <http://www.greenbayaa.org/PDF/aaprayers/stepnine.pdf>  
(p. 78-80 BB)*

## The Ninth Step of Alcoholics Anonymous: Making Your Amends

By Tim P, *Sober Nation*, December 13th, 2015  
*Taken from: <https://sobernation.com/the-ninth-step-of-alcoholics-anonymous/>*

Within the 12 Steps of Alcoholics Anonymous, there are certain steps that seem to go together and are unified under one major theme. Steps four through nine can all be seen as steps meant to help you “clean house” and to purge yourself of the psychological clutter that dominated the period of your life when your addiction to alcohol was in charge.

From taking your personal inventory and talking to another about the nature of your wrongs through to making a list of those you need to make amends towards, you have performed a sort of spiritual spring cleaning of your soul.

Now you are at the ninth step of Alcoholics Anonymous in which you go out and make the amends to those you have wronged.

Now it is time to pay back your debts, write letters and seek out those people that were affected by the consequences of your alcohol addiction and actually take the steps needed to make things right. This is a lifetime process, no matter how long it takes getting through your list is paramount.

Working step nine of AA will take great insight, courage and dedication and it won't be easy. However, navigating this ninth step of Alcohol Anonymous can be easier with planning and forethought.

## What Amends Really Are: A Review

In the eighth step of AA, a concrete definition of amends was laid out and there was a clear distinction made between amends and an apology. To refresh your memory, amends are a two-part process with the first part making a sincere apology for your transgressions and the second part being the genuine actions you take in order to repair and restore what you had ruined during your addiction.

How do you know when you are truly making amends? You know you are making amends when your words are actually backed up by action. This action can be concrete such as repaying a debt or by an honest and candid admission of our own wrongdoing. When we say what we mean and do what we say, we really understand our fault, regret its harmful consequences to others, and are determined not to repeat it. When others see our hard work to right the wrongs, they will start to support you and your efforts.

Obviously, you want to make direct amends to those that you have hurt or harmed. If possible, be face to face with those people. If it is not possible to meet face to face, be sure to make some form of a meaningful connection. It means a lot and shows your willingness.

There may be those situations in which direct amends may not be possible, especially if doing so will cause greater pain, hurt or confrontation. In those cases, making indirect amends such as a donation to a charity of their choosing or volunteering may be more appropriate. No matter which avenue you take, you need to be earnest and consistent in your actions to right the wrongs.

## Putting Step Nine of Alcoholics Anonymous Into Action

Putting the Ninth Step of Alcoholics Anonymous into action actually begins with the completion of the sixth step in which you have taken responsibility...

..for your own behavior and are seeking the help of your Higher Power to remove your character defects. Once you make that commitment you put it into action in the eighth step where you make a list to all the people that you harmed during your addiction. Once you have taken the time to reflect on all that you have wronged and made that list, you are ready to reach out and start the process of making amends.

When you make your amends there are things that you need to keep in mind.

First and foremost, you must muster up the courage and honesty to go to the people that you have harmed. This is the most difficult part of making amends since there always is the possibility that some people will not be receptive to your apologies and actions, no matter how sincere you may be. The possibility of rejection in this manner is an unfortunate, yet real part of the recovery process.

Additionally, there needs to be a keen sense of timing. You want to be actively working a program of recovery for a considerable period of time before you begin the process of making amends. If people see that you are sincere in your attempts to be truly clean and sober, they may be more receptive to your amends when you are ready. Lastly, you need to have a good sense of judgment regarding who you should make amends to first.

### **Where Do I Start?**

When you have your list of people to whom you are making amends, you need to prioritize that list and place those who you need to reach straight away at the top. In general, there are four categories of people that you need to make amends towards:

1. People who ought to be dealt with as soon as possible.
2. People to whom we can make only a partial restitution, lest complete disclosures do them or others more harm than good.
3. People and situations where action ought to be deferred.
4. Others in which, by the very nature of the situation, we shall never be able to make direct personal contact.

The people in the first category listed include those whom you have regular contact with such as family, relatives and employers. These people obviously are important to reach right away and connections need to be reestablished. When you are able to make amends with these people, they can be a huge part of your support system.

The people who are in the second category can include your spouse, a former business partner or friends. When you are ready to make amends to this group, you need to carefully weigh whether making full amends would help or harm the situation. In some cases, partial restitution or amends may be the most appropriate. As you move to the third and fourth categories, these contain people whom you seldom see or are hard to locate. You should make every effort to at least establish contact with these people in order to at least offer the proverbial olive branch and start the process of making meaningful amends.

As with any Step, working the ninth step of Alcoholics Anonymous takes a great deal of time and patience. There will be people that may feel that your attempt at making things right is just another manipulation, and you must understand that. With your continued

determination and due diligence in working your program of recovery, many who may doubt your resolve will eventually come around.

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## **God Sends His Best —Bob E.**

A woman was at work when she received a phone call that her small daughter was very sick with a fever.

She left work and stopped at the pharmacy to get some medication. She got back to her car to find that she had locked her keys in the car. She didn't know what to do so she called home to tell the babysitter what had happened.

The babysitter suggested that the woman find a coat hanger to open to door as she informed the woman that the baby's fever was worsening.

The woman found an old rusty coat hanger that had been left on the ground, possibly by someone else who at some time had locked their keys in the car. She looked at the hanger, then at the car and said, "I don't know how to use this."

She bowed her head and asked God to send her help. Within five minutes a beat up old motorcycle pulled up with a dirty, greasy, bearded man who was wearing an old biker skull cap on his head.

The woman thought, "This is what you sent to help me?" But, she was desperate, so she was also very thankful. The man got off his cycle and he asked if he could help her.

She said, "Yes, my daughter is very sick. I stopped to get her some medication and I locked my keys in my car. I must get home to her. Please, can you use this hanger to unlock my car?"

He said, "Sure." He walked over to the car, and in less than a minute, the car was opened.

She hugged the man and through her tears she said, "Thank you so much! You are a very nice man."

The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft and have only been out for about an hour."

The woman hugged the man again and with sobbing tears cried out loud, "Oh thank you God! You sent me a professional!"

## **Is God good or what?**

Via Akron Intergroup News, September 2010  
Submitted by Chris B., Middletown, RI

FINANCIAL SUMMARY AS OF		
	BALANCE	
Savings	\$ 21,026.30	
CD	\$ 10,032.56	
Cash in Union Checking	\$ 2,914.37	
INCOME	AUGUST	Y.T.D.
Group Donations	\$ 2,430.10	\$ 13,705.80
Birthdays	\$ 112.00	\$ 266.00
Memorials	\$ -	\$ 24.00
P.Y.M.W.Y.M.I. (12 members)	\$ 283.00	\$ 2,279.00
Newsletter	\$ -	\$ 30.00
Chips and Medallions	\$ 966.12	\$ 6,055.44
Literature	\$ 2,535.20	\$ 11,481.28
Credit Card Fee	\$ 19.00	\$ 120.00
Coffee Kitty	\$ 10.20	\$ 147.38
Faithful Fivers	\$ 60.00	\$ 85.31
Womens Banquet	\$ -	\$ 250.00
Buck of the Month	\$ 13.28	\$ 19.04
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	\$ -	\$ 106.00
<b>INCOME FOR THE MONTH</b>	<b>\$ 6,428.90</b>	<b>\$ 39,396.25</b>
EXPENSES		
Rent	\$ 360.00	\$ 2,880.00
C.A.M. Charges	\$ 116.25	\$ 1,002.98
Utilities	\$ 59.67	\$ 626.71
Manager Salary	\$ 1,190.08	\$ 8,958.39
Charter	\$ 101.32	\$ 812.96
Printing	\$ 129.33	\$ 721.07
Security/Maintenance/Office	\$ 117.15	\$ 1,926.52
Chips and Medallions	\$ 867.38	\$ 3,521.65
Literature	\$ -	\$ 8,701.28
Payroll Tax State (EDD)	\$ 20.00	\$ 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		\$ 123.69
Professional Services	\$ -	\$ 260.00
Liability Insurance (Hub Int.)	\$ -	\$ 575.00
Alarm	\$ -	\$ 288.00
Ride For Recovery	\$ -	\$ 360.95
<b>TOTAL EXPENSES</b>	<b>\$ 2,961.18</b>	<b>\$ 35,850.48</b>
<b>NET INCOME</b>	<b>\$ 3,467.72</b>	<b>\$ 3,545.77</b>
APPLE VALLEY		
Keep it Simple	\$ 48.83	\$ 160.83
How It Works	\$ 93.24	\$ 492.18
Simple Changes		\$ 200.00
Children of Chaos	\$ 144.90	\$ 531.56
Front & Center	\$ 114.79	\$ 1,040.75
Saturday Speaker Meeting		\$ 489.47

Nuts and Fruits		\$ 60.00
Womens 12 X 12/ Big Bk.		\$ 153.00
Sun. Just for Today		\$ 50.00
Thursday Mens Stag		\$ 100.00
Primary Purpose		\$ 180.00
Anonymous Group	\$ 124.00	\$ 736.00
Wed. Womens Participation		\$ 46.60
Questions and Answers	\$ 30.00	\$ 30.00
Coffee Talk	\$ 36.00	\$ 152.00
Campfire Group		\$ 98.28
7 pm Monday Big Book		\$ 27.00
There is a solution	\$ 10.00	\$ 10.00
Original Big Book		\$ 100.00
Barstow		
Los Coyotes Mens Group	\$ 100.00	\$ 680.00
Mon. Mens Meeting- Vets Home		\$ 10.00
Friday Nite Live		\$ 700.00
Our Primary Purpose		\$ 200.00
Wed. Meeting-Vets Home	\$ 30.00	\$ 130.00
Ft. Irwin		
New Horizons II	\$ -	\$ 20.00
Helendale		
4th Dimension Big Book	\$ -	\$ 100.00
HESPERIA		
Back to Basics	\$ -	\$ 1,385.00
Hesperia Umbrella Group	\$ 1,200.00	\$ 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	\$ -	\$ 120.00
Silver Lakes		
No Valid Complaints	\$ -	\$ 220.00
Thursday Big Book		\$ 80.00
Sat. Nite Serenity Group	\$ 150.00	\$ 262.00
VICTORVILLE		
Tumbleweed Group	\$ 13.54	\$ 152.64
4PM Big Book Study	\$ 10.00	\$ 10.00
Friday Night Speaker Meeting		\$ 30.69
Mixed Bag Group	\$ 50.00	\$ 100.00
Wrightwood		
Wed. Mens Stag	\$ 60.00	\$ 520.00
Mon. Womens	\$ -	\$ 93.00
12 X 12 HWY. 2 RGP	\$ 36.00	\$ 36.00
9 a.m. Sun. Open Participation	\$ 178.80	\$ 298.80
<b>Happy Birthday To:</b>		
Betty B	\$ 27.00	

# Upcoming Events

Lucerne Valley—The Place Group  
**Celebration with Love**

**LUCERNE VALLEY SENIOR CENTER**

Date: October 7th and 8th    Speaker Times: 9:00 am to 8:30 pm

Kick Off Breakfast: Saturday at 8:00 am    Barbecue: Saturday at Noon  
Sunday at 8:00 am    Sunday at Noon

Potluck: Sunday at 5:00 pm  
THIS IS A POTLUCK PLEASE  
BRING YOUR FAVORITE DISH

**Barstow**

The Place  
Highway 247  
Old Woman Springs Road  
Apple Valley  
Highway 18  
Pine Ridge  
Allen Way  
Justice Hort Library  
Lucerne Valley Senior Center  
Joshua Tree  
HERE IT IS!!

NEW LOCATION ADDRESS  
Lucerne Valley Senior Center  
10431 Allen Way  
Lucerne Valley, CA 92356

## 30th Annual Inland Empire Convention, November 10th through 12th, 2017

**30TH ANNUAL INLAND EMPIRE CONVENTION**  
NOVEMBER 10, 11, 12, 2017

Double Tree • San Bernardino, CA  
(By Hilton)

**IEAAC 2017**  
www.ieaac.org

*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.*

CENTRAL OFFICE STATISTICS			
	Aug	Y.T.D.	
Visitors	97	638	
Information Calls	139	980	
12-Step Calls	0	8	
CALL FORWARDNG			
Information Calls	139	897	
12 Step Calls	0	13	
TOTALS			
Information Calls	278	1877	
12 Step Calls	2	21	

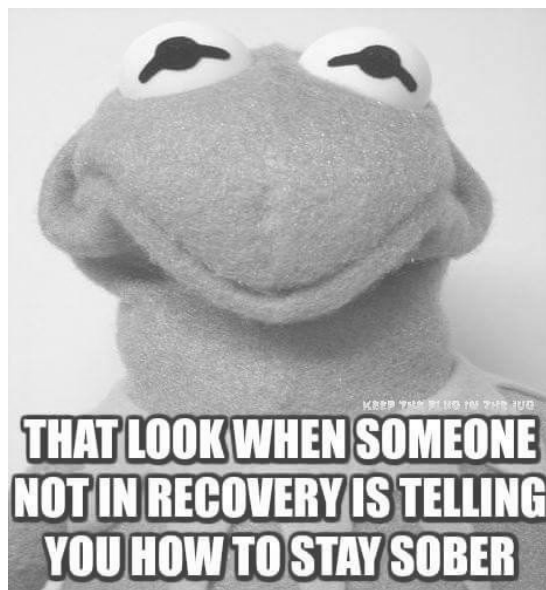


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## Just a Reminder!

**Sponsor:** *Do you know the difference between you and God?*

**Sponsee:** *No.*

**Sponsor:** *God doesn't think he is you.*

*Submitted by Melody R.,  
Apple Valley*

If you would like to receive or send news to the newsletter, please contact us here:

[newsletterforthefellowship@yahoo.com](mailto:newsletterforthefellowship@yahoo.com)