

NEWSLETTER for the Fellowship

SEPT 2017

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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)*

Making Amends is More than an Apology:

Restoring justice as much as possible

By: John MacDougall, D.Min.

Taken from: Hazelden Betty Ford Foundation, <http://www.hazeldenbettyford.org/articles/macdougall/making-amends-is-more-than-an-apology> (JULY 23, 2015)

Addiction creates moral wreckage. People who become addicted to alcohol or other drugs might lie, cheat, or steal in order to get and use their drug of choice. Often what's left behind is a trail of shattered relationships.

In this situation, apologies won't do. Alcoholics Anonymous calls for making amends instead. These are mentioned specifically in several of AA's Twelve Steps, including:

- **Step Eight:** Made a list of all persons we had harmed, and became willing to make amends to them all.
- **Step Nine:** Made direct amends to such people

wherever possible, except when to do so would injure them or others.

Carrying out these two steps is a delicate process that calls for guidance from a sponsor or counselor. In an interview, John MacDougall, D.Min., a Dan Anderson Renewal Center presenter, answered questions about making amends.

How do amends differ from apologies?

An amend has to do with restoring justice as much as possible. The idea is to restore in a direct way that which we have broken or damaged—or to make restoration in a symbolic way if we can't do it directly.

Say, for example, that I borrowed 20 dollars from you and never paid you back. If I go up to you and say, "Gee, I'm sorry I borrowed your 20 dollars and spent it on drugs," that would be an apology. Making amends is giving your money back to you.

Why does Step Nine suggest that people avoid direct amends in certain cases?

For instance, you don't run home and say to your spouse, "Gee honey, I had a wonderful time in addiction treatment. I learned all about rigorous honesty,

so I want to apologize to you for an affair I had five years ago." That's clearing your conscience at the expense of someone else who's going to feel terrible. In this case, your amend can be an indirect one. Stop having affairs and bring your heart, your energy, and your attention back home where it belongs.

Are direct amends simply impossible at times?

Yes. Say, for example, that someone gets drunk, drives, and kills somebody in a traffic accident. You can't go back and "unkill" the person who died. Instead, you can fill out an organ donor card. This is an indirect amend that can give life back to someone in the future. Remember that with crimes such as drunk driving, people might need to go to court and take a punishment. That's part of making amends as well.

You've mentioned direct and indirect amends. Are there other kinds?

Sometimes people talk about "living" amends. This simply means that we live differently. Amends are about a genuine change in our behavior instead of the patchwork of an apology. We take on a whole new way of life. We stop accumulating fresh insults to our selves and others.

What are the benefits of making amends?

If we've continually harmed people and haven't made any effort toward amends, then we've got a lot of people, places, and things to avoid. Large areas of life become closed off to us. When you're willing to make amends, those areas open up again. You don't have to avoid people any more. This is true not only for people in recovery but for all of us.

The book [*Alcoholics Anonymous*](#) mentions the promises of recovery. They come right after the explanation of Step Nine. "If we are painstaking about this phase of our development," it says, "we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace."

That's what happens when we bring justice back into our lives by making amends.

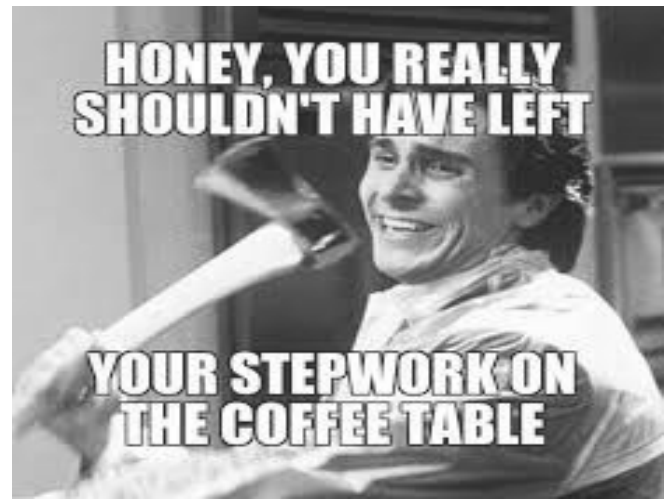


Image taken from: <https://www.pinterest.com/explore/funny-recovery-quotes/?lp=true>

10 Helpful Quotes for Addiction Recovery

Taken from: <https://www.addiction.com/7215/70-best-quotes-for-addiction-recovery/>

1. "I avoid looking forward or backward, and try to keep looking upward." – Charlotte Brontë
2. "The best time to plant a tree was 20 years ago. The second best time is now." – Chinese proverb
3. "Sometimes you can only find Heaven by slowly backing away from Hell." – Carrie Fisher
4. "Believe you can and you're halfway there." – Theodore Roosevelt
5. "Nothing is impossible; the word itself says, 'I'm possible!'" – Audrey Hepburn
6. "People often say that motivation doesn't last. Neither does bathing. That's why we recommend it daily." – Zig Ziglar
7. "What lies behind us and what lies before us are tiny matters compared to what lies within us." – Ralph Waldo Emerson
8. "Success is the sum of small efforts, repeated day in and day out." – Robert Collier
9. "It's difficult to believe in yourself because the idea of self is an artificial construction. You are, in fact, part of the glorious oneness of the universe. Everything beautiful in the world is within you." – Russell Brand
10. "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." – Henry Ford

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
INCOME FOR THE MONTH	\$ 6,428.90	\$ 39,396.25
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
TOTAL EXPENSES	\$ 2,961.18	\$ 35,850.48
NET INCOME	\$ 3,467.72	\$ 3,545.77
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
Happy Birthday To:		
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 **Potluck: Sunday at 5:00 pm**
 Kick Off Breakfast: Saturday at 8:00 am Barbecue: Saturday at Noon **THIS IS A POTLUCK PLEASE**
 Sunday at 8:00 am Sunday at Noon **BRING YOUR FAVORITE DISH**

Barstow

The Place

Highway 18

Apple Valley

Old Woman Springs Road

Joshua Tree

Janice Hort Library

Lucerne Valley Senior Center

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

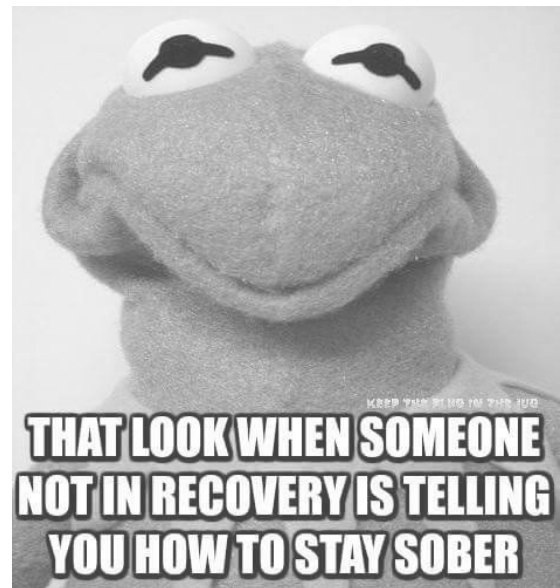


Image taken from: https://www.pinterest.com/pin/Ad25BS_EEIDWdjwcwxMsQb1wrwY5ZCBXBQubaBcdduJVwBjnfPWdufQ/

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