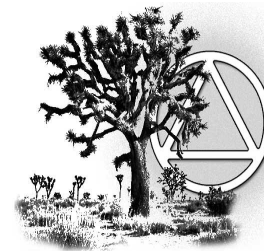


Victor Valley Intergroup, Central Office, Inc.
18888 Highway 18, Suite 107
Apple Valley, CA 92307
Telephone: 760-242-9292; Email: vvigco_aa@yahoo.com;
Web site: www.victorvalleyaa.org



I Am Responsible

When anyone, anywhere, Reaches out for help,
I want the hand of A.A. to always be there. And for that: I am responsible.

The Next Frontier: *Emotional Sobriety*

I think that many oldsters who have put our A.A. “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in A.A.—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be and impossible way of life when we are at age forty-seven or fifty-seven.

Since A.A. began, I’ve taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that’s not only the neurotic’s problem, it’s the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That’s the place so many of us A.A. oldsters have come to. And it’s a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden “Mr. Hyde” becomes our main task.

Twelve Steps for a Sober Holiday Season

1. Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at Central Office, speak, help with the dishes, or visit the alcoholic ward at a hospital.
2. Be host to A.A. friends, especially newcomers. If you don’t have a place where you can throw a formal party, take one person to a diner and spring for the coffee.
3. Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes, postpone everything else until you’ve called an A.A. member.
4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go! If you’re timid, take someone newer than you are.
5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put that talent to good use. No office party is as important as saving your life.
6. If you *have* to go to a drinking party and can’t take an A.A. with you, keep some candy handy.
7. Don’t think you have to stay late. Plan in advance an “important date” you have to keep.
8. Worship in your own way.
9. Don’t sit around brooding. Catch up on those books, museums, walks, and letters.
10. Don’t start getting worked up about all those holiday temptations. Remember – “one day at a time.”
11. Enjoy the true beauty of holiday love and joy. Maybe you can’t give material gifts – but this year, you can give love.
12. “Having had a. . .” No need to spell out the Twelfth Step here since you already know it.

Bill W. Shares

It is traditional in A.A. that we do not make speeches; we just talk about our own experiences. . .

I was brought up in a little Yankee town of about fifty houses, East Dorset, Vermont. I was born under the shadow of a mountain there called Mount Aeolus. An early recollection is one of looking up and seeing that vast and mysterious mountain wondering what it was and whether I would ever climb that high. But I was presently distracted by my aunt, who, as a fourth-birthday present, made me a plate of fudge. For the next thirty-five years I pursued the fudge of life and quite forgot about the mountain.

Via, *Alcoholics Anonymous Comes of Age*, pp. 52-53

Submitted by,

Ron M., Victorville, CA

Emotional Sobriety

(Continued from page 1)

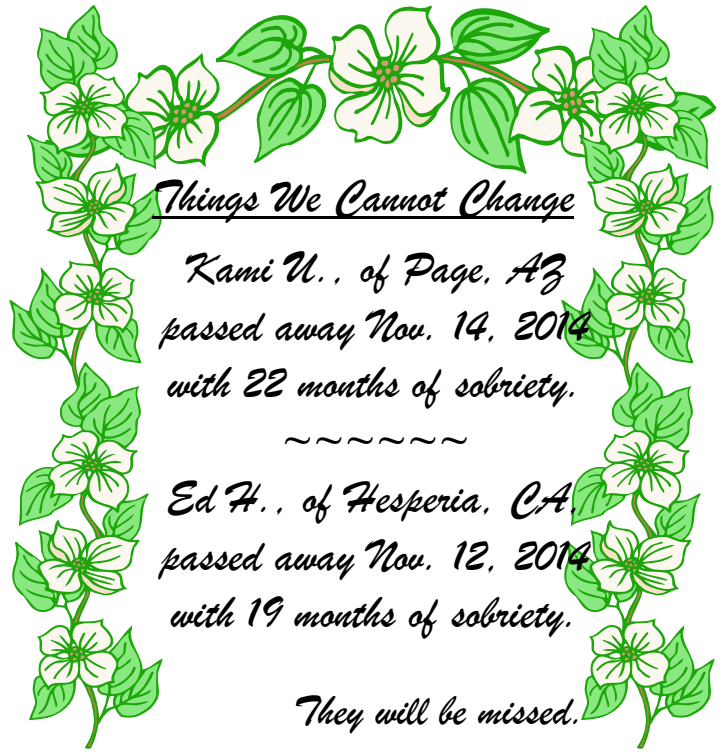
I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back – ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer. . . "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon A.A., indeed, upon any set of



Things We Cannot Change

*Kami U., of Page, AZ
passed away Nov. 14, 2014
with 22 months of sobriety.*

~~~~~

*Ed H., of Hesperia, CA  
passed away Nov. 12, 2014  
with 19 months of sobriety.*

*They will be missed.*

circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relations of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

*While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.*

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until paralyzing dependencies are broken, and broken at depth. Only then can we possible have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any A.A. of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel

(Continued from page 2)

frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

Via, *The A.A. Grapevine*, January 1958

Submitted by,  
Kathy F., Hesperia, CA

## Minutes of the Intergroup Meeting 18 October 14

The meeting was opened at 9:31 a.m. by Doug H., who led us in the Serenity Prayer. Carl O. read the Twelve Traditions. In attendance were Doug H., Bill P., Betty B., Craig B., Helen M., Carl O., and Ted B. Ted B. read the minutes of the previous meeting. With minor corrections, the minutes were approved.

**Treasurer's Report:** Helen M. gave the report in the absence of Chad F. As of Sept. 30, 2014 there was a balance of \$13,386.98 in savings, &7,116.62 in the C.D., and \$6,615.38 in checking. Income for the month was \$3,061.72, with total expenses being \$2,595.17. Septem-

ber income before literature was \$466.55. September literature sales were \$1,364.32, with literature purchases being \$1,468.50. Total literature was a negative <\$104.18>. The net September income was \$362.37. In September 12 people contributed \$500.00 to P.Y.M.W.Y.M.I. The Treasurer's Report was accepted with an amendment.

**Ways and Means Report:** Betty B. gave the report in the absence of Joey R. Joey R. was to e-mail [Betty]; however, as of the Intergroup meeting . . . the report had not been received.

**Webmaster's Report:** Betty B. gave the report in the absence of Jim F. Everything to October 13, 2013, except for some financial reports, are not on the Webpage.

**Public Information Report:** Craig B. gave the report in the absence of Vanessa. District 19 is having a Traditions Play on Nov. 8 from 11:00 a.m. to 2:00 p.m. It will be held at the Church of the Valley in Apple Valley. There will be free food.

**Newsletter Report:** Betty B. gave the report. The newsletter has one new mail subscription. There are still 60 email subscriptions to the newsletter.

**Office Manager's Report:** Craig B. reported that there were 105 visitors to the office in September. There were 175 information calls and two 12 Step calls. There were 102 call-forwarding calls and two 12 Step calls. The totals were 277 information calls and four 12 Step calls. At this time all office and call-forwarding positions are filled. Central Office purchased more A.A. literature before the October 1<sup>st</sup> price increase. This price increase is generated by the G.S.O. in New York and not by Central Office. If people cannot attend meetings, there are phone and web meetings. They are listed in the A.A. Western Directory. You can call the office during business hours to obtain these meeting lists.

**Old Business:** Central Office is not going to charge a 3% convenience fee on credit card purchases.

**New Business:** Intergroup elections will be held in the January, 2015 meeting.

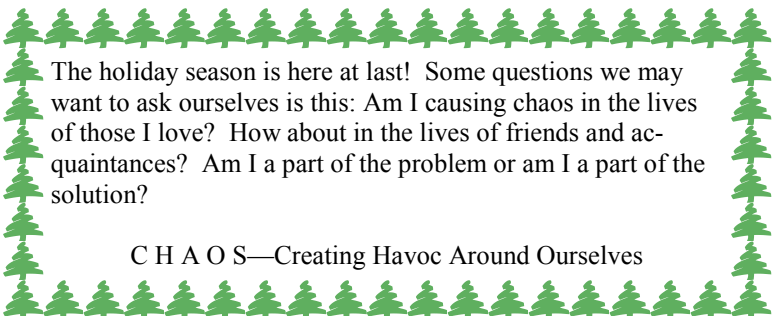
**Group News:** Carl O. reported that the Hesperia H.U.G. Group will be having marathon meetings Nov. 26—28 from 7:00 a.m. to midnight each day. Please bring food for all day potlucks.

**The next Intergroup meeting will be November 15, 2014 at 9:30 a.m. at Central Office. There will be no meeting in December, 2014.**

Betty B. motioned to adjourn the meeting. The meeting adjourned at 10:14 a.m.

Respectively submitted,

Ted B., Secretary



## Central Office Holiday Hours

The office will be closed Thanksgiving Day, November 28, 2014.

Christmas Eve – Wednesday, December 24, 2014, we will be open from 9:00 a.m.—12:00 p.m.

Christmas Day—**CLOSED**

On New Year's Eve, Wednesday, December 31, 2014, the office will be open from 9:00 a.m.—12:00 p.m.

New Year's Day—**CLOSED**

Merry Christmas and another Grateful Sober New Year!

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### A Request for Support

The Sunset Sober Meeting at Pine Ridge Recovery Center on Crystal Creek in Lucerne Valley could use some support from alcoholics with some time. There are lots of newcomers that could use your experience, strength, and hope. The meeting is Monday nights at 7:30 p.m.

### Memorial

There will be a memorial for Kami U. on Saturday, December 6, 2014 at the Victor Valley Alano Club, 10885 Central Rd., Apple Valley, CA. please bring a side dish. For more information contact Dolly S. at 760-963-6117 or 760-240-4430, or Gail R. at 760-247-4645.



Sandi S.  
with 5 Years!

### Faithful Fivers

|               |       |
|---------------|-------|
| Brian G.      | 25.00 |
| New York Eddy | 20.00 |
| Arnold        | 11.05 |
| Jim L.        | 5.00  |

## Central Office Activities

| <u>OFFICE</u>          | <u>OCTOBER</u> | <u>Y.T.D.</u> |
|------------------------|----------------|---------------|
| Visitors               | 103            | 834           |
| Info. Calls            | 151            | 1,976         |
| 12 Step Calls          | 1              | 10            |
| <u>Call Forwarding</u> |                |               |
| Info. Calls            | 114            | 879           |
| 12 Step Calls          | 2              | 18            |
| <u>Totals</u>          |                |               |
| Info Calls             | 265            | 1,876         |
| 12 Step Calls          | 3              | 28            |

### Upcoming Events

**There will be no Intergroup Meeting in December, 2014**

**April 10—11, 2015**

**Ride for Recover, from Barstow to Beatty, NV.  
More information will be forthcoming.**

**June 12—14, 2015**

**The High Desert Sunshine of the Spirit Convention will be held at the Ambassador Hotel in Victorville, CA. This is a new date for the convention so plan on attending and supporting it.  
More information will be available in the coming months.**

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### And Finally . . .

A drunk staggers into a Catholic Church, enters a confessional booth, sits down, but says nothing.

The priest coughs a few times to get his attention, but the drunk continues to sit there.

Finally, the priest pounds three times on the wall.

The drunk mumbles, "Ain't no use knocking. There's no paper on this side either!"

Submitted by,  
Kathy F., Hesperia, CA

Editors Note: If I offended any Catholics, I apologize. Betty B.