

NEWSLETTER for the Fellowship

OCTOBER 2009

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Rest in Peace, John Gallo

I have known John Gallo since 1977 – but didn't know it until 1987! When I was gifted with sobriety in 1977 in the North Hollywood area, there was a men's recovery home known as Chandler Lodge. During my first year in A.A., I became the "Speaker Seeker" for the Wednesday Night Speaker Meeting held at the Lodge. John Gallo was a resident there at that time, but I did not know him personally. Fast forward to Fall of 1987 when Kathy and John moved to the High Desert and became active in our A.A. Community. It didn't take long for John and I to compare notes and realize we got sober with the same people and knew many of the "A.A. Gurus" who were popular at that time. Several memories have flooded back since John's illnesses and final passing on September 13, 2009.

Among some of my favorites was John's dedication to H & I and taking panels from the High Desert to Warm Springs. John made a special point to make sure I joined them during a spring event hosted by The Friends of Warm Springs, an A.A. outreach that brought outside meetings inside. John knew that it would probably be the last time I would be able to see and say goodbye to the now late Larry Lindell. Larry is the A.A. member who, in 1977, gave me permission to laugh! I cried so much my first months that it took Larry to tell me it was okay to smile. Thanks, John, for giving me that opportunity. Another time recalled fondly by Kathy and I was when we were once again going to Warm Springs during the Winter months and crossed the Tehachapi Pass and were treated to God's special version of a

"Currier & Ives Christmas Card," because John Gallo was out of self and into service.

On February 10, 2001, one of my best friends in A.A., Bob Chenoweth, passed away sober. We were only 24 hours apart in our sobriety dates and were looking forward to celebrating 24 YEARS of sobriety together the following month. I had a great amount of difficulty "accepting what I could not change." I went into a "funk." Kathy and John were active on the High Desert Convention Committee that year and at the last minute they received a cancellation from the Sunday Spiritual Speaker and requested that I step in and replace her. I was angry, despondent, and unwilling due to Bob's death. John and Kathy both convinced me that under the circumstances, the best thing for me would be to speak about my loss and share Bob with the High Desert. Half mad at both of them, I didn't say, "No!" to their A.A. request and spoke. Thanks, John and Kathy, one more, time for pulling me out of my own head.

John had some problems after he hit the 20+ mark and last April he **"Re-celebrated"** his 5 year A.A. anniversary. Thank God he made it back to us.

Space does not allow for continuing reminisce, so I will end with a prayer of gratitude for John Gallo, good and faithful friend to Alcoholics Anonymous – and me.

Submitted by,
Mary Ellen S., Apple Valley

New from A.A. Grapevine *Voices of Long-Term Sobriety*

In this collection of A.A. Grapevine stories, old-timers share their wealth of experience in staying sober through good times and bad. Read a sample on page 3.

Become a "Faithful Fiver"

What are Faithful Fivers?

They are A.A. members who pledge at least \$5.00 each month toward the support of their Central Office to "carry the message." Many of us have spent more than \$5.00 daily/hourly on alcohol during our drinking days!

I agree to pledge \$_____ and enclosed is my contribution.

Name*: _____

Address: _____

City: _____

State/ZIP: _____

**You may remain anonymous if you wish.*

FAITHFUL FIVERS for SEPTEMBER 2009

Pete P.	25.00	Jim P.	5.00
Joanna W.	20.00	Mike E.	5.00
Wayne S.	20.00	Craig B.	5.00
Bob O.	20.00	Betty B.	5.00
Sheldon S.	10.00		

BIRTHDAYS

Pete P.	49.00	Jack N.	49.00
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P.Y.M.W.Y.M.I.

Anonymous	28.00	Sam D.	1.75
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CENTRAL OFFICE ACTIVITIES for SEPTEMBER 2009

	<u>Sept.</u>	<u>Y.T.D.</u>
<u>CENTRAL OFFICE</u>		
Visitors	87	919
Information Calls	223	1,943
12 Step Calls	1	16
<u>CALL FORWARDING</u>		
Information Calls	208	1,802
12 Step Calls	3	23
<u>TOTALS</u>		
Information Calls	431	3,745
12 Step Calls	4	39



Things We Cannot Change

John Gallo of Hesperia, CA
passed away
September 13, 2009
with over 5 years of sobriety.

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Gaylen O. of the Campfire Group, Apple Valley, CA, passed away  
October 2, 2009  
with 15 years of sobriety.

They will be missed!



## A Journey Not a Destination

"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."

*"Into Action," Alcoholics Anonymous*

No matter how long we've been sober, life continues to happen, and we continue to have only a daily reprieve from our alcoholism. There are no graduation ceremonies in A.A. The stories in this section report that sobriety is a journey, not a destination. Over the years, these Longtimers tell us, they've continued to learn more about themselves and about how to stay sober no matter what. Sometimes the journey is exhilaration, sometimes rough, sometimes joyous, and sometimes full of trudging. But it is always full of discoveries.

*via, "Voices of Long-Term Sobriety," p. 63*

## Working on Acceptance

Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives. Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be the sure foundation upon which increased emotional health and therefore spiritual progress can be built.

*via, As Bill Sees It, p. 44*

### I Need to Take Positive Action for Change

- Why do I need to be reminded of this so often?
- I think of myself as a fairly intelligent person. Why can't I remember this? Why won't they do it right?
- Why do I need to be obsessed by having expectations of others?
- I don't really enjoy the insanity of resentment but, somehow, it seems that it is necessary for me to occasionally let it slip back in. I guess I need the reminder of what I used to do all the time.
- My main benefit is I don't have to stay in the craziness that I create. I have learned here that I may get angry, but I don't have to stay there. If I have expectations of you, and you don't live up to them, I don't have to have a resentment over it.
- If I am upset for today, it is only for today, and I can choose to change my attitude at any time. It's up to me.
- I think one of the greatest gifts of the program is the gift of choice.
- I can choose my attitude at any time. You no longer "Do it to me." If I am angry, it is my fault and not yours. It is up to me to change it.
- You only control my feelings when I let you.
- Just for today I can feel as good as I set my mind to feel!

Anonymous

*via, The Ventura County [Newsletter]*

## Minutes from the 8/15/09 Intergroup Meeting

Kara O. called the meeting to order at 930 a.m.

Matt N. read the minutes from the previous meeting. Wayne U. made a motion to accept. Becky B seconded, all in favor.

Betty B. read the treasurer report for Sheldon. (See Newsletter for report). Glen motioned to accept treasurer report. Tim seconded, all in favor.

Office Manager Report – July had 93 visitors. 14 Group donations. Had to take out \$500 from savings account to pay the bills. Want to give a special thanks to the Faithful Fivers this month for donations. There were a couple of meeting directory changes, Wrightwood is having a Monday night 7PM meeting and Men's Stag on Wednesdays at 7PM. Jeff S. memorial will be held the 16<sup>th</sup> at noon at the Alano Club. Regular elections will be held in June.

Old Business: Oct 17 is the H&I Roundup. Dusty B. from Tarzana will be speaking.

New Business – Craig mentioned that a new book from the Grapevine, "Long Term Sobriety" is now for sale at \$9.95 a copy. The Ride for Recovery Meeting will have its first meeting Wednesday August 26<sup>th</sup> at 7PM here at Central Office. Abel C. is chairman this year. Betty B. is redoing the newsletter. Come January we will need participants for articles. Each month will be related to its step, i.e. Jan Step 1, Feb Step 2. Any feedback, please give to Betty B. Helen from the HUG Group said that group has a dilemma. A single individual signed the lease and wants out of the lease and someone has to sign. Discussion ensued. She was given direction to look into incorporating as Non Profit.

Birthdays: Betty B. – 19 Yrs, Becky B. – 10 Yrs, Pete Peterson – 52 Yrs

Meeting adjourned at 10:02

Respectfully submitted by,  
Matt N.

## Upcoming Events

**October 17, 2009**

**H & I Round-up, at the Victor Valley Alano Club, 11085 Central Rd, Apple Valley, CA. Horseshoe Tournament starts at 4:00 p.m., dinner at 6:00 p.m. and the Speaker Meeting is at 7:00 p.m. Tickets at the door are \$7.00 for adults and \$3.00 for children. For more information and a list of activities, call Tom S. at 760-247-9566.**

**October 17, 2009**

**Intergroup Meeting at 9:30 a.m. at Central Office, 18888 Hwy. 18, Suite 107, Apple Valley, CA. Call 760-242-9292 for more information**

**October 16 — 18, 2009**

**22nd Annual Inland Empire Convention at the Hilton Hotel in San Bernardino, CA. For more information contact Nancy P. at 909-210-9317 or Dick P. 909-793-8849 (evenings).**

**March 19 — 20, 2010**

**4th Annual Ride for Recovery. Starts Friday with a Speaker Meeting at the Barstow Alano Club with the ride to Beaty, NV on Saturday. For more information call Abel at 760-559-1880, Rob H. at 818-929-4119, or Central Office at 760-242-9292.**

**July 1 — 4, 2010**

**International Convention of Alcoholics Anonymous, San Antonio, TX. Convention and housing registration is now open and all necessary information is available at Central Office. For more information visit [www.aa.org](http://www.aa.org). There will also be information at Central Office.**

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## MEETING DIRECTORY CHANGES

### New Meeting

#### APPLE VALLEY

Monday, 7:00 p.m., Men's Dog Town, 11842 Cibola Rd., cross street, Mohawk. For directions call Tom at 760-247-3566.

### CORRECTIONS

#### BARSTOW

Sunday, (B2) time is at 7:00 p.m. and NOT 8:00 p.m.

#### VICTORVILLE

Sunday, (V4) time is 7:00 p.m. and NOT 7:30 p.m.

### DELETE

#### HESPERIA

Sunday, 4:00 p.m., (H1)

## Some Words to Live By

1. An enemy takes up more space in our head than a friend in our heart
2. You feel happiness through what you experience, not because of what you are.
3. The cheapest facelift is a laugh and a smile.
4. Should you encounter a problem along your way, change your direction but not your destination.
5. Everything that annoys us about others can help us to understand ourselves.
6. Begin each day anew and forgive yourself for yesterday.
7. Wisdom is the new reward for listening over a lifetime.
8. If you search for a perfect friend without faults, you will remain friendless.
9. The very best we can give each other is our love, not our advice, and certainly not our judgment.
10. The most important human right is the right to dream.
11. Don't live in the past, don't dream of the future, but concentrate on the present.
12. The greatest change will happen when you stop believing that you need to change.

Submitted by Bonnie C., Front & Center Group  
via, *The Ventura County [Newsletter]*

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## HELP WANTED!

### CALL FORWARDING

Every other WEDNESDAY and THURSDAY from 4:00 p.m. — 9:00 a.m.

**ALTERNATES ARE ALSO NEEDED TO FILL IN. PLEASE PASS THE WORD!**

FOR MORE INFORMATION CALL CRAIG B. AT CENTRAL OFFICE AT 760-242-9292 OR 760 240-1201.

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## And Finally . . .

It was Halloween and three vampires bellied up to the bar to celebrate.

"What'll you have?" the bartender asked.

"I'll have a pint of blood," said the first vampire.

"I'll have a pint too," said the second.

"Make mine a pint of plasma," said the third.

"Okay, let me get this straight," replied the bartender. "That'll be two bloods and a blood light?"