

NEWSLETTER FOR THE FELLOWSHIP

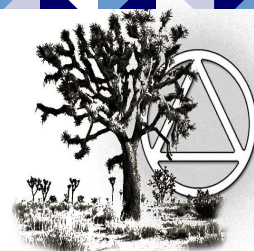
VICTOR VALLEY INTERGROUP CENTRAL OFFICE

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JULY 2023

STEP SEVEN

"Humbly asked Him to remove our shortcomings"

The whole emphasis on Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted we were powerless over alcohol., and came to believe that a power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

Twelve Steps and Twelve Traditions, p.7B

Learning to Love the Freedom of Sobriety

Once someone has gotten used to their sobriety, the freedom it brings can be truly life-changing. As the recovering person begins to grow beyond the old constraints of their addiction, they'll gradually realize all the ways they can find new happiness in life.

Much of this happiness will be found in relationships with other people and the world around us.

"We need to get out of ourselves," John says. "We need to get involved and start participating in life. What that means is different for everyone, but we need to work up a support system and a program. And that program is all-inclusive. It's diet, it's exercise, it's prayer, it's meditation, it's giving back, it's receiving, and it's being able to ask for help."

Finding new hobbies and interests that reflect who we are as individuals is also an important part of sober living. John continues,

"Maybe we take up playing the guitar again, or maybe we take up kayaking. Personally, I love being outdoors."

"Follow your heart. Because the disease wants to take the heart, too. We become everything we don't want to be. And then we get clean and sober, and we can go back to that innocence we had as a child."

With time, practice and diligent 12-step work, a person in recovery will come to appreciate the freedom of sobriety for its own sake. As John Robertson says:

"Serenity and peace of mind is doing what I have to do because I want to. There s a freedom in that. There s a freedom in being able to say no to a drink or a drug and not have to explain why. No, not today. And that s enough."

AA BIG BOOK IN FOCUS with John Robertson, BLOG

TRADITION SEVEN

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

The pressure of that fat treasury would surely tempt the board to invent all kinds of schemes to do good with such funds, and so divert A.A. from it's primary purpose. The moment that happened, our Fellowship's confidence would be shaken. The board would be isolated, and would fall under heavy attack of criticism from both A.A. and the public. These were the possibilities, pro and con. Then our trustees wrote a bright page of A.A. history. They declared for the principle that A.A. must always stay poor. Bare running expenses plus a prudent reserve would henceforth be the Foundation's financial policy. ...They pointed out that the irresponsible had become responsible and that by making financial independence part of it's tradition, A.A. had revived an ideal that it's era had almost forgotten.

Twelve Steps and Twelve Traditions, p. 1B4-1B5



**Happy
4TH OF JULY!**

REMEMBER:

**IF YOU DRINK A FIFTH
ON THE FOURTH,**

**YOU MAY NOT GO FORTH
ON THE FIFTH.**

- JokeQuote.com

NEWSLETTER
For The Fellowship

Is available online at:

<https://www.victorvalleyaa.org>

To receive a link each month,
contact:

newsletterforthefellowship@yahoo.com

**Publish your Groups
Fellow
AA Birthdays**

Have the groups Birthday-
Chip person contact Central
Office

or e-mail us at:

fellowshipbirthdays@gmail.com

**With the following:
MEMBERS SOBRIETY DATE
FIRST NAME & LAST INITIAL
AUGUST DEADLINE is
July 28, 2023**



CONCEPT SEVEN

"The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for it's final effectiveness."

If, by reason of unforeseen conditions, any particular plan, project or directive of the Conference should become impractical or unworkable during a fiscal year, the Trustees should without prejudice, be able to use their right of veto and cancellation.

THE AA SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE, 2021-2023 Ed., C-21 & C-23

Mid-So. California Area 09, D-19/GSR COMMITTEE JUNE 2023

D-19/GSR Committee meets on the 4th Sunday each month at 12:30 pm in the H.U.G., located at 15885 Main St, Suite 310, Hesperia, Ca. (corner 8th & Main)

ZOOM ID: 82791277692 PASSCODE: 768560

DISTRICT 19 GENERAL SERVICE REPRESENTATIVE COMMITTEE MEETING for June, 2023, was at The Sunshine of the Spirit Convention, opening evening at 5PM in The Ballroom. The meeting for the evening was dedicated entirely to an ***"Old-timers' Panel"***. Distinguished Guests were: Carol W (AV), Pam W (AV), Wally F (VV), and Walt B (WW), with a combined 125 + years.

ALL MEMBERS ARE INVITED TO ATTEND OUR NEXT D-19/GSR COMMITTEE MEETING SUNDAY, JULY 23, 2023 AT THE H.U.G. TIME:12:30 PM.

MITCHELL B, MSCA 09 DELEGATE

WILL PROVIDE HIS "SHARE BACK" ON ATTENDING THE GENERAL SERVICE CONFERENCE 2023

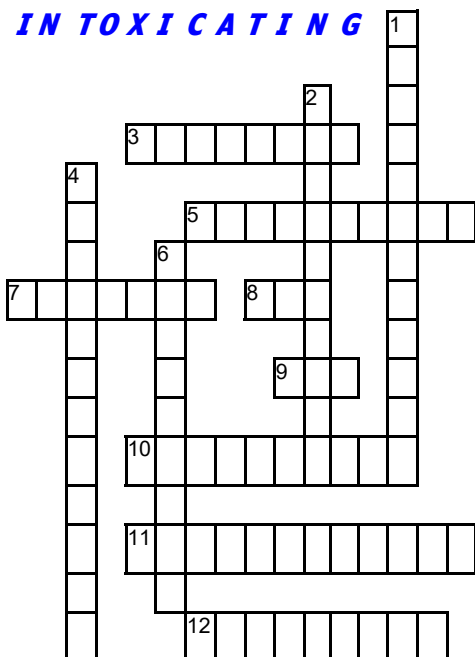
EXPECT GREAT INFORMATION ON

THE 4TH ED. "PLAIN LANGUAGE" VERSION OF THE BIG BOOK

+

UPCOMING BIG BOOK, THE 5TH EDITION

IN TOXICATING



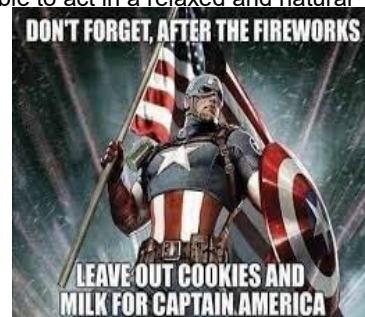
Across

3. Unpleasant symptoms that occur after excessive alcohol intake
5. available or as another possibility
7. A colorless volatile flammable liquid that is produced by the natural fermentation of sugars and is the intoxicating constituent of wine and beers
8. The complex of the nerve tissues that controls the body
9. Is most commonly used as a metric of alcohol intoxication for legal or medical purposes
10. a feeling that makes one self-conscious and unable to act in a relaxed and natural way
11. A disturbance in behavior or mental function during or after alcohol consumption
12. Chronic liver damage from a variety of causes leading to scarring and liver failure

Down

1. lack of sufficient nutrients in the body
2. Is a drug that lowers neurotransmission levels
4. is the amount of time it takes to respond to a stimulus
6. A condition in which a toxic amount of alcohol has been consumed

[Answers revealed, back page](#)



Sharing a bit of A.A. history with you, taken from:

Central Bulletin, November 1946



Many people have expressed astonishment at the remarkable growth of the AA movement – how in twelve short years an idea grew into a philosophy which has, at the present estimate, attracted over 30,000 persons who adopted it as their way of life, when seemingly doomed to a senseless and hopeless existence. Twelve years ago all alcoholics didn't have a sucker's chance.

The early pioneers have earned our everlasting gratitude for the adherence to the high standards set by Bill and Doc. "Just think," one of our members said, "how long would this have lasted had Bill and Doc lowered their standards a little and permitted one binge a year in the program? A program like this certainly would still have been better than either of their records had shown before!"

Fortunately for us, they set their standards high, and the entire philosophy has permeated into 30,000 families. Probably, affecting the lives of four to five times that many people. Just getting sober wasn't the answer.

All of us had gotten sober by ourselves many, many times – and got drunk again. It was the application and the absorption of each of the ever-important Twelve Steps that changed our decadent lives into purposeful ones.

What tremendous personality changes took place! Craven, abject, frustrated and beaten individuals were transformed into humble, firm, confident and happy persons filled with hope and faith.

Gratefully did they go out and happily do their Twelfth Step work. No sacrifice was too great of their time, money or effort. There was never a thought of reward – their reward was their happiness in finding themselves necessary to someone; there finally was a reason for their existence.

What kind of people were these early pioneers? Were they endowed with unusual intelligence, great leadership potential, great sagacity and philosophical or psychiatric knowledge? No, most of them had had just an ordinary education. Some had high-school and

a few college educations.

How then did these once-nondescripts weather their sudden thrust into the limelight? Some fell by the wayside, but most of them very well, and a few spectacularly well. Those that had the constant success and who grew in stature were those who remained humbly grateful to their God, daily living their lives in serene acceptance of God's will.

Human nature asserted itself in many instances as the membership grew. Praise, public acclaim and suddenly acquired prestige in a community which had showed nothing but contempt for these pioneers, test the ego of ego-starved individuals. It was natural for some of these stalwarts to want to bask in the glare of the spotlight.

Some even weathered these temptations to exploit themselves. Some unfortunately did not. Some felt that their seniority in AA should accord them special privileges. They refused to grow with the movement and became moss-barks, and even became mountebanks, discrediting anyone's opinion if it dared to differ from their own.

Growing resentful at this lack of appreciation and respect several got drunk again.

As we add years to our "age in AA," let us be constantly concerned about the danger of becoming intolerant or pontifical. Seniority does not necessarily merit, and certainly should not demand nor command acceptance of our judgment or opinion.

The secret of the early success of AA – its present greatness and its future greatness and growth, lies not in the glory of the individual. AA will remain great and individuals in it will become great only if they recognize that God alone is deserving of full credit for their success.



VICTOR VALLEY INTERGROUP JUNE 2023, IS NORMALLY ON THE 3RD SATURDAY EACH MONTH, 8:30 am at Central Office. Due to the Sunshine of the Spirit Convention on 6/17, the meeting was DARK. There are no minutes to report. **JUNE, VVIGCO FINANCIAL STATEMENT** will be available online after the holiday this month.

AA SOBERVERSARIES JULY 2023

HAPPY BIRTHDAY EVERYONE,

Take another year SOBER!

Jimmy M
Nazario G
Wendy Mc
Sandra Mc
Robin F
LaVerne H
Jerry R
Robert C
Marlene C
Tina A
Melissa S
Rick G

July 7,1991
July 7, 2016
July 9, 2019
July 11, 2018
July 12, 1987
July15, 2012
July 16, 1998
July 21, 2008
July 25, 1984
July 27, 1992
July 28, 2007
July 29,2009

Tumbleweed
Tumbleweed
Church of the Nazarene, AV
Church of the Nazarene, AV
Church of the Nazarene, AV
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Church of the Nazarene, AV
Church of the nazarene, AV
Tumbleweed



...ONE OF THE PRIMARY DIFFERENCES BETWEEN
ALCOHOLICS AND NONALCOHOLICS IS THAT NONALCOHOLICS
CHANGE THEIR BEHAVIOR TO MEET THEIR GOALS AND
ALCOHOLICS CHANGE THEIR GOALS TO MEET THEIR
BEHAVIORS.
AUTHOR: ALCOHOLICS ANONYMOUS



DOWN
ACROSS
1) Malnutrition
2) Depressant
3) Hangover
4) Reaction time
5) Alternates
6) Poisoning
7) Alcohol
8) B.A.C.
9) CNS
10) Inhibition
11) Intoxication
12) Cirrhosis

ANSWERS:
CROSSWORD

THREE CHOICES AS BILL SEES IT

The immediate object of our quest is sobriety—freedom from alcohol and from all its baleful consequences. Without this freedom, we have nothing at all.

Paradoxically, though we can achieve no liberation from the alcohol obsession until we become willing to deal with those character defects which have landed us in that helpless condition. In this, we are always given three choices.

NO-327

THE A·A· WAY OF LIFE

A rebellious refusal to work upon our glaring defects can be an almost certain ticket to destruction. Or perhaps for a time, we can stay sober with a minimum of self-improvement and settle ourselves into a comfortable but often dangerous mediocrity. Or finally, we can continuously try hard for those sterling qualities that can add up to fineness of spirit and action—true and lasting freedom under God.

The first three steps taught me how to give up. Four, Five and Six taught me how to own up. Seven, Eight and Nine taught me how to make up. Ten, Eleven and Twelve taught me how to grow up.