



STEP EIGHT

"Made a list of all persons we had harmed, and became willing to make amends to them all."

Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay — and pay handsomely.

*Twelve Steps and Twelve Traditions, pg.80
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I'm in love with this quote:

*"When you get what you want,
that's God's direction,
When you don't get what you want,
that's God's protection."*

NEWSLETTER For The Fellowship

Is available online at:

<https://www.victorvalleyaa.org>

Request a monthly link at

newsletterforthefellowship@yahoo.com

Publish your Groups Fellow AA Birthdays

*Have the groups chip
person contact Central Office*

or e-mail us at:

fellowshipbirthdays@gmail.com

With the following:
**MEMBERS SOBRIETY DATE
FIRST NAME & LAST INITIAL**

**SEPTEMBER DEADLINE is
August 28, 2023**

NEWSLETTER FOR THE FELLOWSHIP VICTOR VALLEY INTERGROUP CENTRAL OFFICE

18888 HIGHWAY 18, SUITE 107, APPLE VALLEY, CA. 92307

PHONE: (760)242-9292

E-Mail: newsletterforthefellowship@yahoo.com

WEBSITE: <https://www.victorvalleyaa.org>

AUGUST 2023

-LOVE -

The Eighth Spiritual Principle

Love prospers when a fault is forgiven, but dwelling on it separates close friends.
(Proverbs 17:9)

Nothing destroys a relationship faster than lack of forgiveness. If one person is holding onto a hurt or wrong, then it impacts the relationship on every level. Trust is impossible if there is unforgiveness.

In contrast, forgiveness can make a relationship even stronger. When you forgive someone for hurting you, it shows you care more about that person and your relationship than getting what you deserve. It shows that you recognize the person is more than just the wrong they did.

A relationship based on forgiveness and grace is much stronger than one based on being right and getting what you deserve. You have probably experienced a time when you felt weighed down by guilt or shame because of something you did wrong, that you did not want to admit. Trying to hide from it has both spiritual and physical consequences in this life. A possibility for all of us because the guilt and shame can lead to stress and stress can impact your physical and mental health.

In contrast, confessing to others and receiving forgiveness produces freedom and joy that can have positive effects on your whole life.

TRADITION EIGHT

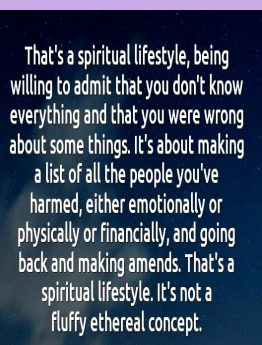
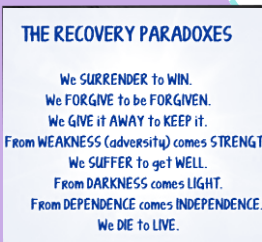
"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Long Form: *"Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for."*

In present day A.A., there's too great a volume of work to be done in spare hours here and there, and only the rich or retired could afford to work full-time. If we tried to find in this limited group people qualified for particular tasks, obviously the field would be narrowed down—too often, down to nobody at all.

There would be another problem in using volunteers alone: It seems ungrateful—or, at least, it's socially awkward to criticize or reject a job done for free. But paid jobs for A.A. get quite a going-over!

*THE TWELVE TRADITIONS Illustrated P-43, (pg.18)
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CONCEPT

EIGHT *The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.*

CONCEPTS CHECKLIST

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board
- How can the business term "custodial oversight" apply to the trustees' relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?

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Mid-So. California Area 09, DISTRICT 19/GSR COMMITTEE

JULY 2023

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

ZOOM ID: 82791277692 PASSCODE: 768560

The July 23, 2023 committee meeting was the "Delegate Shareback". from the General Service Conference, AAWS in April this year in New York City. Our District 19's Delegate for MSCA-09, Mitchell B., provided details regarding the Plain Language 4th edition Big Book; the publication and it's date of publication yet to be determined, and the 5th edition of the Big Book.

GSR reports will resume next month for your information. A.A.s of all varieties are welcome to attend our August meeting on Sunday August 27, 2023.

Area 09 - Mid-Southern California
<http://www.msca09aa.org>

Meditate on This

The human body can be pushed to accomplish incredible feats of strength, endurance, and grace. The amount of mental resolve and physical training it takes to become an Olympic athlete is (for most, anyway) unfathomable. One must have an unbending will to succeed.

A resolute mindset fixed upon a goal is an unstoppable force.

Most of us will not become Olympic athletes merely because our genetic design will not allow it. But we don't need to be professional athletes to exercise and set fitness goals. We don't need to be the next Picasso or Van Gogh to create art. Additionally, we don't need to be perfect to be loved, and we don't need to have fame or money to be successful.

We just need to be resolute about who we are in our recovery.

Victor Valley Intergroup JULY 2023 Meeting Minutes

Date 7/15/23 Meeting called to order 8:35AM

Serenity Prayer

12 Traditions read by Bryan J

Present were Bryan J, Doug H, Heather T, Margie M, and Sandy D

The minutes from previous month were read by Doug H and were approved as read

Treasurers Report

Income	\$1464.50
Expenses	\$3412.59
Net increase/decrease of	\$(1948.09)

Newsletter Report

Sandy is acclimating to this new service assignment well and enjoying it. The newsletter mailing list was her final challenge and has resumed delivery notifications and the document for this month.

H and I Report

Unavailable this month.

Webmaster Report

Website is running well. Meetings have been updated.

GSR REPORT

Unassigned (vacant)

Office Managers Report

Checking \$6056.30	Savings \$12004.11
Office Visits 44	Information calls 52
12 step calls 0	
Call Forwarding	Information calls 36
12 step calls 0	
Total	Information calls 88
12 step calls 0	

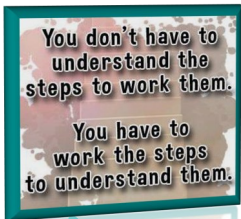
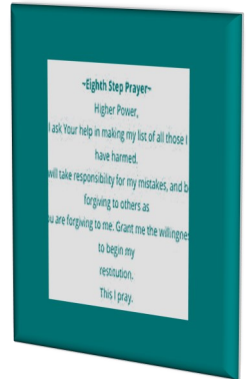
Old Business

Help for the Manager needed and discussed. New volunteer for Central Office is Amanda D. Lillian returned and will be volunteering.

New Business

New directories will be out soon, new volunteer, April will start soon. Women's banquet donated \$173, SOTS convention had lower attendance this year, final figures from committee board to follow for next month. A 2024 Founder's Day event was introduced, dates and location will be discussed further next month.

Meeting ended with Serenity Prayer and closed at: 9:15am



I've listed a few good (NF) books for your sober summer reading enjoyment.:

A Short History of Drunkenness,

How, Why, Where, and When Humankind Has Gotten Merry from the Stone Age to the Present, By Mark Forsyth · 2018

This Naked Mind,

Control Alcohol, Find Freedom, Discover Happiness & Change Your Life, by Annie Grace 2015

Fearless Empathy (3 book series) by Devi Sunny (Author), Anita Jocelyn (Editor) 2023

Set Smart Boundaries

Protect Your Empathy, Stop Being Used, and Build Self Esteem & Assertiveness to Become Successful With Your Goals (Fearless Empathy)

Master Mindful No

Filter Distractions, Overcome Manipulation, Eliminate Fear & Guilt to Succeed in a Constantly Demanding Environment (Fearless Empathy)

Conquer Key Conflicts

7 Effective Strategies to Stop Avoiding Arguments, Develop the Courage to Disagree, and Achieve Deserving Results in a Challenging Environment (Fearless Empathy)

UPCOMING AA~FELLOWSHIP EVENTS

August 11, 12, 13, 2023 33RD ANNUAL SUMMER ROUNDUP

SRI Salt River Intergroup~www.aaphoenix.org / www.sriroundup.org
DoubleTree Resort by Hilton Paradise Valley—Scottsdale, AZ

August 18, 19, 20, 2023 17th ANNUAL MOUNTAIN AA CONFERENCE

Big Bear Performing Arts Center, Big Bear Lake, CA.92315
<https://www.MountainAAConference.com>

August 31st ~ September 3rd, 2023

33rd NAI (Native American Indian) INTERNATIONAL CONVENTION.
www.nai-aa.com Oklahoma City, OK

September 1-4, 2023, THE 63RD ICYPAA CONFERENCE

International Conference of Young People in Alcoholics Anonymous
MARRIOTT MARQUIS HOTEL, San Francisco, CA.

September 15-17, 2023 WRIGHTWOOD MEN'S RETREAT

CAMPTERESITA.ORG 22801 Big Pines Hwy, Wrightwood, CA. (760)249-3580

September 29th ~ October 1st 2023 "SOBER and FREE in 2023"

Southern California AA Convention with Al-Anon Participation
This year the SCAAC will be held at the Pacific Palms Resort
. Located at One Industry Hills Parkway, City of Industry, CA 91744

July 3, 4, 5, & 6, 2025 2025 A.A. INTERNATIONAL CONVENTION "90 YEARS—LANGUAGE OF THE HEART"

Vancouver BC, CANADA, will welcome A.A. members from around the world for the event. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place at the Vancouver Convention Centre and BC Place Stadium. As more information becomes available, we'll *pass it on*.

Places you can stay
for absolutely free
1: your lane

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

AA SOBERVERSARIES AUGUST 2023 HAPPY BIRTHDAY EVERYONE Take another year SOBER!



Roxy W
KC
Charles V
Rosie
Kevin B
Marie B
Katherine L
Liz Y
Betty B
Renee W
Juju P
Delbert S
Johnny M
Victoria C
Bron S
Hailey
Christina A
Linda C
MaryAnn

August 3, 1989
August 3, 2011
August 4, 2014
August 5, 2019
August 5, 2014
August 9, 2022
August 9, 2013
August 10, 2001
August 11, 1990
August 12, 2020
August 14, 2010
August 18, 2007
August 22, 2022
August 22, 2022
August 23, 1996
August 25, 2022
August 26, 2018
August 28, 2023
August 30, 2019

H.U.G./AV Church of the Nazarene
H.U.G.
Tumbleweed
H.U.G.
Tumbleweed
Ladies Going to Any Lengths~Helendale
Tumbleweed
Tumbleweed
AV Church of the Nazarene
Men's Stag~Serenity Hall
Men's Stag~Serenity Hall
Little House
AV Church of the Nazarene
Ladies Going to Any Lengths~Helendale
H.U.G.
AV Church of the Nazarene
AV Church of the Nazarene
H.U.G.



Before your head hits the
pillow tonight, remind
yourself of the things you
did right. Let go of the
things you could have done
better. Be patient with
yourself, and remember that
big things are achieved not
all at once, but rather
one day at a time.