

# NEWSLETTER FOR THE FELLOWSHIP VICTOR VALLEY INTERGROUP CENTRAL OFFICE 18888 HWY 18 SUITE 107 APPLE VALLEY, CA. 92307

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JANUARY 2024

WELCOME 2024, HAPPY SOBER AND NEW, 12 months, 52 weeks & **366** days

## STEP ONE

**"WE ADMITTED  
WE WERE POWER-  
LESS OVER ALCOHOL-  
THAT OUR LIVES HAD  
BECOME UNMANAGEA-  
BLE."**

Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it—this utter inability to leave it alone no matter how great the necessity or the wish.

Alcoholics Anonymous® Big Book, pg. 34. Reprinted with permission of A.A.®, World Services, Inc.

## Our First Step Spiritual Principle



## First Step Prayer

Dear Lord,

*Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism.*

*(This prayer is developed from the chapter, More About Alcoholism)*

## TRADITION ONE

**"OUR COMMON  
WELFARE SHOULD  
COME FIRST; PERSONAL  
RECOVERY DEPENDS UP-  
ON AA UNITY."**

We believe there isn't a fellowship on earth which lavishes more elevated care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled.

Twelve Steps and Twelve Traditions, pg. 129  
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## CONCEPT ONE

**"FINAL RESPONSIBILITY AND ULTIMATE AUTHORITY FOR A.A. WORLD SERVICES SHOULD ALWAYS RESIDE IN THE COLLECTIVE CONSCIENCE OF OUR WHOLE FELLOWSHIP."**

We are confident that we can rely upon Tradition Two, our group conscience and its trusted servants. Hence it is with a sense of great security that we old-timers have now fully vested in A.A.'s General Service Conference the authority for giving shape-through the labors of its chosen Delegates, Trustees, and service workers—to the destiny that we trust God in His wisdom is holding in store for all of us.

THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE, PG. C-3. Reprinted with permission of A.A.®, World Services, Inc.



*The program requires that we practice basic honesty with others and ourselves. We accept our flawed spiritual states and are honest about our powerlessness.*

**ACCEPTANCE,  
ADMISSION OF DEFEAT,  
OPEN-MINDEDNESS,  
WILLINGNESS,  
HUMILITY**

Honesty is often very hard.  
The truth is often painful. But  
the freedom it can bring is  
worth the trying.

FRED ROGERS

**VICTOR VALLEY INTERGROUP CENTRAL OFFICE**  
**BOARD OF DIRECTORS**

Chairman Heather T  
 Co-Chair Person  
 Treasurer Joe T  
 Secretary Doug H  
 Office Co-Managers Max L ~ Waylon K  
 Associate Member  
 General Services Central Office Kara K  
 Newsletter Editor Sandy D

**DISTRICT 19-GSR COMMITTEE**

**Correspondence**

District 19  
 P.O. Box 3096  
 Victorville, California 92395  
 email: msca09d19@gmail.com

**Cities in THE District**

Adelanto, Apple Valley, Barstow, Hesperia, Lucerne Valley, Newberry Springs, Phelan, Trona, Victorville, Wrightwood, Yermo

**OFFICERS**

DC MEETING CHAIR Leslie A  
 ALTERNATE DCMC Michelle C  
 REGISTRAR Leslie A  
 SECRETARY Leslie A  
 TREASURER Bob O  
 ARCHIVES Kathy W  
 Liaisons and Chairs  
 Grapevine/La Vina (Chair) Bob O  
 Hospitals & Institutions (Liaison) Shelly  
 CPC/PI (Chair) Marty H  
 Intergroup (Liaison) Sandy D  
 CEC (Chair) OPEN

**GSR HOME GROUP**

Bob O Soldiers for Sobriety/Grapevine/Daily Reflections  
 Ft Irwin  
 Bob O Big Book / Happy Hour Barstow  
 Jerry M Tumbleweed  
 Liz Y T.G.I.F.  
 Marty H Sunday Evening Campfire Alano Club  
 Mike M H.U.G.  
 Tom W Men's Stag Wrightwood

**MID-SOUTHERN CA. AREA 09**

PO BOX 51446  
 IRVINE, CA. 92619-1446

**NEWSLETTER for the Fellowship**

Is available online at:

<https://www.victorvalleyaa.org>

To receive a monthly link, contact:  
[newsletterforthefellowship@yahoo.com](mailto:newsletterforthefellowship@yahoo.com)

**GET your AA Birthday PUBLISHED**

Have your group Chip person call  
 Central Office or

E-MAIL YOUR INFO TO:

[fellowshipbirthdays@gmail.com](mailto:fellowshipbirthdays@gmail.com)

With the following:

**MEMBERS SOBRIETY DATE**

**FIRST NAME & LAST INITIAL**

**January 29, 2023**

**Is DEADLINE for**

**February 2024 publication**

For your Fellowship announcements!

**PANEL 74 INAUGURAL MEETING JAN 28, 2024**

(MSCA09) Mid-So. California Area 09, D-19/GSR Committee

**MONTHLY Business Meeting:**

**Held on the 4th Sunday each month 12:30 pm @ the H.U.G.**

**In Shopping Center @15885 Main St, Suite.310.**

**(s/w cnmr. 8th & Main) Hesperia, Ca. 92345**

**ZOOM ID: 82791277692**

**PASSCODE: 768560**

District 19's newest "Panel 74" committed to District level service to the fellowship for the years 2024-2025 were mostly filled at our last business meeting on November 26th \*HINT\*: Fellowship members are ALL INVITED to attend the next meeting if YOU are ready to catapult into action and learn about our THIRD LEGACY OF

SERVICE. Take this opportunity to learn more about the structure and functions of

Alcoholics Anonymous on January 28th.

**VVIGCO COMMITTEE**  
**DECEMBER 16, 2023 MINUTES**

Meeting called to order *Info unavailable at time of print* AM

Serenity Prayer *Info unavailable at time of print*

12 Traditions read *Info unavailable at time of print*

Present *Info unavailable at time of print*

The minutes from previous month were read by *Info unavailable at time of print* and were approved as read

**Treasurers Report**

Income	\$1635.15
Expenses	\$2815.64
Net increase/decrease of	<b>\$1180.49</b>

**Newsletter Report**

Newsletter is going well. December completes the 12 STEPS, TRADITIONS & CONCEPTS

**H and I Report** **VACANT** No report.

**Webmaster Report:** Website is running well. Meetings have been updated. Waylon and Max are training on it.

**GSR report:** **VACANT** No report.

**Office Managers Report**

Checking \$2123.26 Savings \$5004.52

Office Visits **24** Information calls **42** 12 step calls **3**

Call Forwarding Information calls **19** 12 step calls **5**

Total Information calls **61** 12 step calls **8**

**Old Business**

Discussion about review for assistant managers. Discussion regarding putting managers on the bank account. Little House is closing its doors. District is requesting an updated point-of-contact list for all AA groups/meetings in our district. Founders day picnic to be held in Apple Valley Town Center Park (approved with up to a \$350 deposit). Groups should submit any hours change regarding Christmas to the central office so that we may point people to marathon meetings and update the meeting finder as necessary.

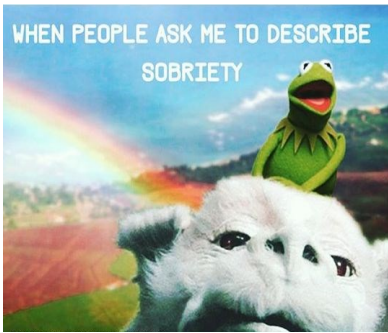
**New Business**

General Feedback on Manager Training

*continued next page*

when you've been rocketed into a fourth dimension of existence of which you had not even dreamed





From previous page

Adding to the Bank Account

Town Hall Founders Day Deposit

Election of Officers

Central Office Location

Seventh Tradition passed and meeting closed at:

*Info unavailable at time of print* AM



### VVIGCO MONTHLY Business Meeting:

Held on the 3rd Saturday each month 8:30 am @ the A.A. Central Office  
18888 HIGHWAY 18, Suite.107, A.V., CA. 92307

### INTERGROUP COMMITTEE BOARD up for new Two Year TERM of SERVICE , FEBRUARY 2024 thru 2026

Nominations/Elections will be held on 01/20/2024, during January's Business Meeting and begins in February, next month.

#### POSITIONS:

**Chair**- 2yr commitment ~ 1yr sobriety minimum. Should already be part of intergroup committee.

**Co-Chair**- 2yr commitment ~ Moves to Chair upon completion of this commitment. Terms/Sobriety same as Chair.

**Treasurer**- 2yr commitment ~ 1yr sobriety minimum. Work with C.O. manager or assistant managers on I.G. Financials for monthly reporting.

**Secretary**- 2yr commitment. ~ Must attend all meetings and provide agenda as well as meeting minutes for committee.

**GSR Representative**- no minimum sobriety time however will need to be part of D-19/GSR Committee to provide monthly report, as well as reporting back any information pertinent from VVIGCO to the D-19/GSR for the fellowship.

**H&I Representative**- no minimum sobriety time however will need to be part of H&I Committee to provide monthly report as well as reporting back any information pertinent from VVIGCO to H & I, in the spirit of unity.

Thank You,

Heather Thomas, Chair

### In Memoriam

CHARLES VILLA 1956 ~ 2023  
SOBRIETY DATE: NOV.4, 2013  
TEN YEARS  
HOMEGROUP: TUMBLEWEED

### 7th Tradition & Self Support

*"Self-support begins with me, because I am part of us - the group. We pay our rent and utility bills, buy coffee, snacks and A.A. Literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A. \*\*"*

\*Reprinted from Self-Support: Where Money and Spirituality Mix, page 5, with permission of A.A. World Services, Inc.

### Zelle®

If your banking institution has Zelle, voluntary contributions from A.A. individuals, and A.A. groups alike may now be made directly. The app can be downloaded from



### 2024 Dates to Calendar

**JAN** 11 S.O.T.S. Planning Committee mtg. 6:30 pm Serenity Hall *2nd Thursday*  
15 MLK DAY Federal Holiday Central Office *OPEN*  
15 H & I Committee Business mtg. 6:30 pm  
VV Alano Club, Apple Valley *3rd Monday*

**FEB** 01 Black History Month Begins  
08 S.O.T.S. Planning Committee mtg. 6:30pm Serenity Hall *2nd Thursday*  
15 H & I Committee Business mtg. 6:30 pm  
VV Alano Club, Apple Valley *3rd Monday*

**MAR** 01 Women's History Month Begins  
MAR 1-3 PRAASA, San Francisco, CA.

**MAY** 16-19 39<sup>th</sup> Annual Tri-State Round-Up  
Don Laughlin's Riverside Hotel & Casino, Laughlin, NV

**MAY/JUNE** 31, 1 & 2 High Desert 38<sup>th</sup> Annual S.O.T.S. Convention, Hesperia, CA

**JUNE** 6-9 AA Desert Round-Up  
Renaissance Esmeralda Resort & Spa, Indian Wells, CA



### Alcoholics ANONYMOUS

A fellowship founded in 1935 with a goal of creating a place where alcoholics could come and support one another

Their intention is to stay sober & help others achieve sobriety



The Fellowship is centered around the 12-Step Program

## 12 RECOVERY PHRASES THAT CAN HELP ANYONE

1. Feelings are not facts
2. Progress, not perfection
3. Secrets die in the light
4. One day at a time
5. Life on life's terms
6. Hurt people hurt people
7. Can't think yourself into a new way of living but you can live your way into a new way of thinking
8. Change is a process, not an event
9. You can only keep what you have by giving it away
10. Nothing changes if nothing changes
11. You can start your day over at any time
12. Insanity is doing the same things over and over and expecting different results

## Forgive yourself.

Forgive yourself for what happened.

For the mistakes you made. For your poor choices.

For not showing up the way you needed to. For not being the person you wanted to be. You're human.

You did the best you could in the moment given what you knew and what you had, and that's all you can ask of yourself. You're still learning. You're still finding your way. And that takes time. You're allowed to give yourself that time. And you're allowed to show up in the world imperfectly. You're allowed to fail at things you tried hard for. You're allowed to realize you made the wrong decision. You're allowed to be someone who's still figuring out their path and their purpose.

And you're allowed to forgive yourself.

You can't go back and change the decisions you've made, but you can choose what you do today. You can keep choosing, again and again. You can start over. And that's where your power is. In today. So no more beating yourself up. No more going over and over it again in your head and torturing yourself with the past. What happened, happened, and all the shame and self-hatred in the world won't undo that. Today, you're starting over. Today, you're moving forward with the new knowledge and experiences you have. Today, you can be the person you want to be and live the life you want to live.

You're not a bad person.

You're not a disappointment or a failure. You're just human.

You're still learning and growing and finding your way.

And it's okay. You'll be okay.

— Daniel Keane —

— Daniel Keane —

And it's okay. You'll be okay.

You're not a disappointment or a failure. You're just human.

You're still learning and growing and finding your way.

And it's okay. You'll be okay.



# AA Soberversaries JANUARY 2024 Another Year. Without A Drink. Sober! HAPPY BIRTHDAY TO ALL



Pamela W	January 01, 1979	WOMEN'S-AY Church of the Nazarene	Beka	January 10, 1982	WOMEN'S-AY Church of the Nazarene
Diane Mc	January 01, 1991	WOMEN'S-AY Church of the Nazarene	Paul J	January 13, 1995	BARSTOW
Mando	January 01, 2002	BARSTOW	Tonya T	January 16, 1992	TUMBLEWEED
Rick (Lucky) M	January 01, 2008	MEN'S STAGG ~ Serenity Hall	Ann M	January 16, 2010	TUMBLEWEED
Yvonne R	January 01, 2017	HELENDAL/SILVER LAKES	Angella J	January 18, 2008	WOMEN'S-AY Church of the Nazarene
Janet T	January 01, 2022	Ladies Going to any Length, Helendale	Don K	January 19, 2015	HELENDAL/SILVER LAKES
Jacob C	January 01, 2022	TUMBLEWEED	Alexis U	January 20, 2019	TUMBLEWEED
Bree	January 02, 2020	H.U.G.	Daisy P	January 23, 2023	WOMEN'S-AY Church of the Nazarene
Kelly P	January 03, 2001	WOMEN'S-AY Church of the Nazarene	Mike P	January 24, 2001	BARSTOW
Aaron C	January 04, 2023	MEN'S STAGG~ ALANO CLUB	James B	January 25, 2019	HELENDAL/SILVER LAKES
Dilsia C	January 06, 2023	Sisters in Serenity-Serenity Hall	Paul K	January 25, 2023	BARSTOW
Cliff S	January 07, 1981	MEN'S STAGG~ ALANO CLUB	Toni P	January 27, 2001	BARSTOW
Debbie S	January 07, 1999	WOMEN'S-AY Church of the Nazarene	Jim R	January 28, 1983	HELENDAL/SILVER LAKES
Norm P	January 07, 2009	MEN'S STAGG~ ALANO CLUB			