

NEWSLETTER FOR THE FELLOWSHIP
VICTOR VALLEY INTERGROUP CENTRAL OFFICE
18888 HIGHWAY 18, SUITE 107, APPLE VALLEY, CA. 92307
PHONE: (760)242-9292
NEW E-MAIL: *newsletterforthefellowship@gmail.com*
WEBSITE: https://www.victorvalleyaa.org

AUGUST 2024

STEP EIGHT

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

A lot of people delay in starting to work on Step 8 because they aren't willing to make amends to these people because they resent them too much. Even if you are so unwilling that you don't even want to pray for willingness because you can't imagine having any compassion for certain people, put their names on the list anyway. The truth is that forgiving someone who harmed us may mean swallowing some pride (without any alcohol to wash it down). But unfortunately not forgiving that person costs us our freedom.

The greatest thing about recovery is that much to our own surprise we become willing to let go of resentment, blame and self-pity, and recognize that we are all just ordinary, garden variety, human beings.

<https://www.jasonwahler.com/12-steps-of-aa/step-eight-of-aa-alcoholics-anonymous>

TRADITION EIGHT

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

The eighth tradition makes it clear that A.A. may employ professional secretaries and other professional staff members. Their job is not to DO Twelve Step work; but to make Twelve Step work possible. "Our Twelfth Step is never paid for, but those who labor in service for us are worthy of their hire."

(12x12, Page 171)

There is a difference between doing twelve step work for pay and working for a master's degree as a counselor in the field of alcoholism and being of service in a hospital where more and more newcomers first find sobriety. Professional counselors do their counseling job and THEN go to A.A. meetings and carry the message "for free and for fun" just like the rest of us. Their job is not a substitute for working an A.A. program.

<https://www.takethe12.org/t8/>

EIGHTH STEP PRAYER

I ask Your help in making my list of all those I have harmed. Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

CONCEPT EIGHT:

"The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

Trustee Oversight Has 2 Primary Parts

1. They plan, manage and execute large matters of overall policy and finance, and...
 2. They oversee both of our corporations (A.A. World Services, Inc. [which includes the General Service Office] & A.A. Grapevine, Inc.).
- <https://www.takethe12.org/c8/>



Help your brother's boat across, and your own will reach the shore.
 -Hindu Proverb

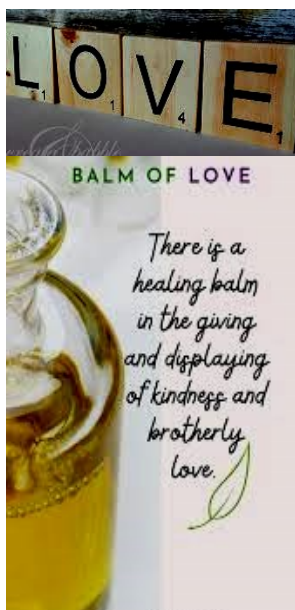
OUR EIGHTH SPIRITUAL PRINCIPLE

Brotherly Love is showing kindness and compassion towards others without expecting anything in return. We are finally on a step where it's no longer making things right within ourselves; we can start making things right with others. Some of us may arrive at Step Eight with a sense of urgency to make right all the wrongs we've done. We can harness some of that energy towards our Willingness. The first part of this step, "We made a list..." is where we can continue to practice the Willingness we learned in the previous steps.

Willingness only comes after creating this list. We may need to be reminded that it is a list, and concentrate on just the people, places and institutions we may have harmed. The Willingness to make the actual amends will increase once our list is complete. The Honesty found in Steps One, Four and Five comes to the forefront as we look into our hearts and determine who we have harmed.

Too many of us are searching, rather than loving. **Truly loving another** means letting go of all expectations. It means full acceptance, even celebration of another's personhood. Love is a balm that heals. Loving lightens our burdens. It invites our inner joy to emerge. Most of all it connects us, one with another. Loneliness leaves. We are no longer alienated from our environment. Love is the mortar that holds the human structure together.

This recovery program offers us a plan for loving others, as well as ourselves. Love will come to us, just as surely as we give it away.



BALM OF LOVE

There is a healing balm in the giving and displaying of kindness and brotherly love.

**VICTOR VALLEY INTERGROUP CENTRAL OFFICE
GENERAL SERVICE BOARD**

Chair Kara K
Co-Chair Melissa S
Treasurer Shelly J
Secretary Doug H
Office Manager Waylon K
Associate Member Kim W
Newsletter Editor Sandy D

Cities in the District

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

**DISTRICT 19-GSR COMMITTEE
PANEL 74 BOARD**

DC MEETING CHAIR OPEN
ALTERNATE DCMC Bob O
REGISTRAR Bob O
SECRETARY Liz Y
TREASURER OPEN
ARCHIVES Leslie A

CHAIRS AND LIAISONS

Grapevine/La Vina (Chair) Nick K
Hospitals & Institutions (Liaison) Shelly J
CPC/PI (Chair) Sandy D
Intergroup (Liaison) OPEN
CEC (Chair) OPEN

GSR HOME GROUP

Bob O *Soldiers for Sobriety/Grapevine/Daily Reflections Ft Irwin*
Bob O *Big Book/Happy Hour* Barstow
Anthony *Into Action Men only* Barstow
Courtney *Rule 62 Women only* Barstow
Jerry M *Tumbleweed*
John *Phelan Sober* Phelan
Liz Y *T.G.I.F. Church of the Valley AV*
Marty H *Sun Eve Campfire* Alano Club AV
Rita R *Wed 11am Womens Ch o Valley AV*
Nick K *H.U.G.*
Mike M (Alt) *H.U.G.*
Tom W *Wed Men's Stag* Wrightwood
Michelle C *Mon Women BB 12x12* Wrightwood
Daniel H *Sun AM Participation* Wrightwood
Leslie A *Serenity Now 7pm Fri* Wrightwood

District 19 Correspondence

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MID-SOUTHERN CA. AREA 09

PO BOX 51446

IRVINE, CA. 92619-1446

<https://www.msca09aa.org>

MSCA 09 Panel 74 Delegate: Alex W.

Email: msca09.delegatep74@gmail.com

or:

delegate@msca09aa.org

Call or text: 954-654-3149

NEWSLETTER for the Fellowship

is on our website at:

www.victorvalleyaa.org

For e-delivery contact:

newsletterforthefellowship@gmail.com

Get your AA Birthday Published
e-mail your info to

fellowshipbirthdays@gmail.com

send the following:

AA Members Home Group
SOBRIETY DATE

FIRST NAME & LAST INITIAL

Share your groups news and events with us

WEDNESDAY AUGUST 28, 2024

is the DEADLINE for

SEPTEMBER 2024 publication

Mid-So. California Area 09 (MSCA09), PANEL 74 District 19/GSR Committee

Meets the 4th Sunday each month 12:30 pm @ the H.U.G.

15885 Main St, Suite 310 (s/w corner 8th & Main) Hesperia, Ca. 92345

ZOOM ID: 89040765566 PASSCODE: 254586

BUSINESS MEETING-GSR REPORTS JULY 28, 2024

Bob O *Soldiers for Sobriety/Grapevine/Daily Reflections Ft Irwin* Meetings are on base, Tues and Thurs, 6pm-7pm @ Bldg.452, Army Substance Abuse Office. Regular contributions made to General Svc, Area, District, and Intergroup quarterly. For more info, contact 760-985-3462

Bob O *Big Book/Happy Hour/Barstow Desert Group* Saturday 9:30 am Big Book Study follows via YouTube. Monday 5 pm Happy Hour at , Alano Club. The **last Saturday** of the month is Birthday night potluck 4:30-5:30; for all Barstow area AAs at River of Life Church, 800 Yucca Ave.

Courtney *Rule 62 /Women Only- Barstow* Tuesdays 7pm at 800 Yucca Ave. Potluck **last Tuesday** of the month. Attendance is generally at eight to ten women.

Anthony *Into Action /Men's Stag- Barstow* Wednesdays 6pm Alano Club. **No report this month**

Jerry M *Tumbleweed* The group is now at 14360 St Andrews, Suite 1, and the marquee is in front now & on top of the bldg. to easily identify. A lot of newcomers showing up. Happy Hour Sun & Fri 5:30pm need secretaries.

VISITING, Marlo *Tumbleweed* The 6:30am Attitude Adjustment meeting has great attendance and breakfast potluck is the 4th Saturday each month.

Rita R *AV Church of Nazarene Wed 11a.m.* A great group of women attend regularly. Presently we are studying the pamphlet, "The AA Group" Where it all Begins, P-16

Liz Y *T.G.I.F. 8pm C.O.V.-AV* Birthday night is celebrated the last **Friday** of the month. Attendance fluctuates. The last meeting and the countdown was 53 years of sobriety.

Marty H *Sunday Evening Campfire 7pm Alano Club 7AV* **No report this month.**

John *Phelan Sober* There's 2 meetings weekly, at 7pm on Tuesday and Thursday in the area. The groups are getting back on track following P-16, "The AA Group" Where it all Begins

Nick K *H.U.G.* At the H.U.G. All is well. *Nothing further to report this month.*

Mike M (Alt) *H.U.G.* The board is filled as are the coffers with our 7th Tradition contributions

Tom W *Men's Stag Wrightwood.* Wednesday 7pm Meetings are going well with 20-30 in attendance. Birthdays are recognized last Wednesday of the month with PIZZA. The group is hosting the "13th Annual Men's Sober Retreat" in Sept. (see pg.4)

Michelle C *Womens BB/12x12 Mon 6:30pm-Wrightwood* The group has completed the BB, moving on to 12 x 12. The women recognize birthdays as they occur on Mondays closest to their anniversary

Daniel H *Sunday Open Participation gam- Wrightwood* This is generally a well attended and popular meeting. All is well. *Nothing further to report this month.*

Leslie A *Serenity Now Wrightwood* Friday 7pm The meetings are doing well. The group recognizes birthdays as they occur on the closest Friday near their anniversary.

WIGCO GENERAL SERVICE BOARD COMMITTEE

Business Meeting Minutes JULY 20, 2024

Present Kara K, Waylon, Shelly J, Sandy D, Doug H, Melissa S, Kim, W Liz, Y and Amber in person and Heather T and Joe T on zoom.

The new Agenda format calls for reports from all the board members. The old agenda was only the minutes read by the secretary and the treasurers report from the old spreadsheet format. These were then followed by reports by the office manager, webmaster, GSR, and H&I.

Several of the new Intergroup reports would have been presented as New or Old Business. However, the minutes as taken are now presented in chronological fashion as follows

Secretary--The minutes were read and approved.

Chair-- Kara. An ad hoc committee has been formed to revise the Intergroup by-laws.

Co-Chair-- Melissa. The in-person meetings need a list of the ad hoc committee members.

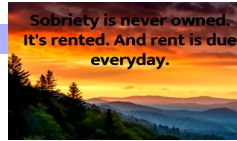
Treasurer-- Shelly. Reports that she still doesn't have anything. She requests that there should be a ledger on file in the office for transparency. And rather than the old balance spreadsheet that had been in use, there should be careful itemizing of all receipts, such as group donations, which should include the group name and it's registration number from New York, and all expenses, such as Waylon's salary, Spectrum, State of California, etc. If the group is not registered, it should be. There are forms that can be sent in to New York. Discussion ensued. There should also be copies of all tax forms, such as W-2, and non-profit affidavits. The office manager is salaried, but hours worked should be defined and reported. Much more discussion ensued. Bryan's name needs to be taken off the "squares", and Shelly should be emailed on everything.

Newsletter-- Sandy. Suggesting a handbook for office volunteers, giving receipt procedures, etc. Much discussion ensued about volunteer sobriety requirements and responsibilities. She reports that she is enjoying doing the Newsletter and has modified the format.

Webmaster-- Waylon. The website has been cleaned up. Waylon is working on the Spanish translator function and that will be updated shortly. Also working on functions for the blind. He is also adding an indication for meetings that have public transportation access with route information, etc. It was requested that the H&I director information in the website needs to be added or corrected and the secretary was directed to place it in the minutes as follows. Director Sharon H (760) 221-0651. Co-Director Scott P. (760) 267-5907. Discussion ensued.

There was **NO GSR report.**

Continued on page 3



There is no place in the agenda for an H&I report and there was none.

Office Manager Report – Waylon

Office Visits 39	Information calls 01	12 step calls 01
Call Forwarding	Information calls 27	12 step calls 02
	Total calls 28	12 step calls 03

Checking \$2207.00

Savings \$4404.75

A volunteer is needed for the Monday morning shift. Volunteers are calling out and are being advised of the meaning of "commitment" Much discussion ensued about –

- a) Who covers when volunteers call out. Perhaps a list is needed Someone suggested that they sign a contract. But the suggestion, after discussion ensued, was not adopted.
- b) That volunteers can call someone to cover if they can't make it. More discussion.
- c) A report should be made about how many shifts were dark

Associate Member -- Kim. The ad hoc committee for by- law revision should list each officer's description and responsibilities. More about the committee in new business

Old Business . Sandy suggested that we follow Robert's rules of order. The rest of old business was reported in the reading of last month's minutes

New Business. Kara and others reminded the group of Robert's Rules of Order

1. By-laws ad hoc committee. members are Kara, Shelly, Kim, Liz, Sandy, and Waylon. The first meeting will be Sat 7/27 at 9AM for one hour. A member will bring copies of by-laws from other Intergroups and suggestions from New York. And yes, more discussion about that.

2. Founders Day Picnic

Initial donations were \$325 from District 19. \$100 from the New Years Eve Dance. \$250 from Intergroup and \$200 from a private donation. Totalling \$875. \$200 was returned to the donor because they were not an AA member, leaving \$675. \$624 was paid to the venue leaving \$51. Which is unaccounted for. Much discussion ensued and it is suggested that Margie probably has it or knows where it is. She will be contacted to bring it to the office. There were \$85 group donations and \$11 7th tradition. \$7 from Sober Sisters. \$50 from an anonymous individual and \$26 7th tradition.. In addition to that \$379, \$178 was donated at the picnic and the 50/50 raised \$139 for a total of \$696 donated back to Central office as was tge returned deposit of \$250 from the park department. There was much discussion about what went where. And what was donated and what was just seed money being returned. The general conclusion being that it was the first Founders Day Picnic since before the convention dates were changed from March to June and the pandemic. Next year will be more organized. Also noted that seed money goes back to Central Office immediately and a new request is made the next year.

As with all Intergroup Meetings all present may correct these minutes and as with Congress, have permission to revise and extend their remarks. Or not. And a suggestion from me. Meeting agendas, of course require discussion. With every topic where discussion was noted to ensue, there was much repetition and questioning of everything and talking over. Perhaps we should adopt an AA meeting custom of one person sharing at a time to Robert's rules, and discussion of each report limited to a short prescribed time limit as is done in meetings ranging from Business Board of Directors meetings to congressional sessions. Hopefully more will get done in less time and with less frustration.

Meeting adjourned at \$10:20 with the Serenity Prayer. Nearly 2 hours.

Then the 7th tradition was passed, and yes, there was more discussion on why the Intergroup meeting collects a 7th tradition. \$12 was collected.

**13th Annual Wrightwood Men's Sober Retreat-
FUN, FOOD & FELLOWSHIP**

"To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow about you, to have a host of friends--this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

Hosted by the Wednesday Night Wrightwood Men's Group

13, 14, & 15 September 2024

Starts Friday 3 pm — Saturday all day — End Sunday mid-morning

In the Beautiful Angeles National Forest at Teresita Pines near Wrightwood, CA

To view the Retreat location visit: <https://campteresitapines.org>

**\$180.00 per Man—
lodging, 5 meals,**



**includes 2 nights
and All Activities**

Archery, swimming, volleyball, horseshoes, rock-wall climbing
Speaker/Participation meetings, workshops, fellowship, Tall Tales
(Acoustic Instruments Encouraged)

Send Registration to:

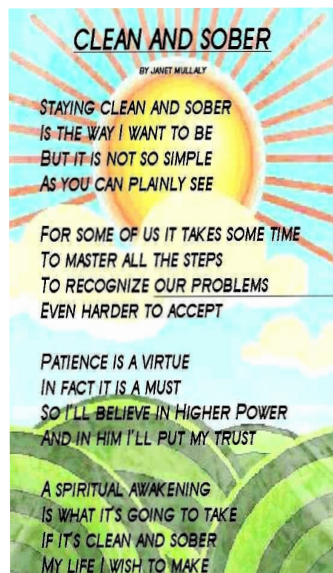
Wrightwood Men's Retreat

P.O. Box 2644, Wrightwood, ca. 92397

If you have any questions call Tom W at 760-964-1103
(westhoffshandyworx@gmail.com)

or

Ed L at 760-964-0012 (msca09delegate70@yahoo.com)



**SATURDAY NIGHT
SOLUTIONS**

The H.U.G. Presents
.Saturdays @7 pm
AA SPEAKER MEETING
AUGUST 2024 GUESTS

AUG 03	CHRIS H	CHINO
AUG 10	ANTHONY B	VICTORVILLE
AUG 17	JOCELYN	WHITTIER
AUG 24	ANGELA B	LAKEWOOD
AUG 31	MATTR	HESPERIA





August 16-18th 2024 Big Bear Lake, CA

Mountain AA Conference
With Al-Anon participation



August 16-18, 2024
BIG BEAR PERFORMING ARTS CENTER



A Search for Serenity
August 16-18, 2024

BIG BEAR PERFORMING ARTS CENTER
39707 Big Bear Blvd, Big Bear Lake, CA 92315, USA

Sponsored by San Bernardino Mountain AA/Al-Anon Members

2nd Annual District 6

BEACH BASH

AUGUST 17TH
10am - 3pm
(\$20 to Park without annual pass)

Huntington State Beach
Magnolia & PCH
between towers 8 & 9

Fellowship! Food! Music! Games! Prizes!
Sandwiches & Drinks Provided
Bring Sides or Sweets to Share

Sand Bucket Relay
Water Balloon Toss
Tug a War

Bring your Beach Chair!!

Meeting led by Manya from 2-3pm

40th SOUTH BAY FAMILY ROUNDUP

BE GOOD



T YOURSELF

LABOR DAY WEEKEND





SCAN ME

AUGUST 30 - SEPTEMBER 2, 2024

REGISTER BY MAIL (SEE OTHER SIDE) OR AT
SOUTHBAYROUNDUP.ORG

Location: Sonesta Hotel
300 North Harbor Drive, Redondo Beach, CA 90277

SOUTHBAYROUNDUP.ORG

How Do Addiction and Dependence Differ?

“Addiction” and “dependence” are often used interchangeably. However, these terms are not the same. Someone can experience drug dependence without addiction. The term dependence traditionally describes physical dependence but also applies to mental dependence. This condition involves adaptations that lead to tolerance and the onset of withdrawal symptoms following cessation.

Dependence evolves into addiction when you continue drinking or taking a substance despite the harm it’s causing in your life. Changes in the brain often lead to significant changes in a person’s behavior, and drug use becomes a user’s main priority.

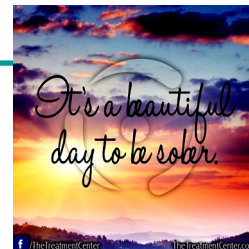
Mental Dependence vs. Physical Dependence

When most people think of dependence on drugs or alcohol abuse, they typically think of the physical withdrawal symptoms that develop in response to the cessation period. For example, someone dependent on opioids will experience severe flu-like symptoms, like vomiting, diarrhea, sweating, cramps, etc. However, dependence and addiction are complex and often involve mental symptoms like increased depression and anxiety.

If your body becomes used to a regular dose of an antidepressant or you drink alcohol daily, you’ll experience unpleasant symptoms when you stop. The term dependence often relates to these physical symptoms — but in many cases, it’s the mental dependence that causes people to continue using. Addiction is often a significant cause for concern once mental dependence develops. Once physical, mental, and behavioral symptoms surface, it is time to reflect on your abuse of anything mind-altering .

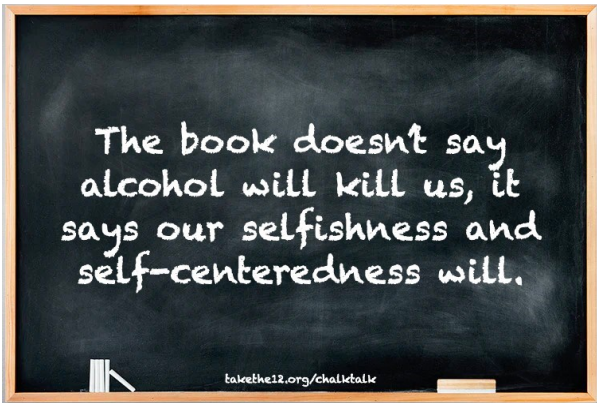
Psychological dependence can be just as challenging as physical symptoms to overcome. However, most psychological symptoms can be even more challenging for some. Increased agitation, anxiety, and depressed mood can be overwhelming and last for months. Cravings can also be significant, encouraging people to continue drinking or using, even if they don’t want to.

Once mental dependence develops, triggers in your environment can cause brain changes that influence addictive behavior. Your trigger may be a person, place, or an emotional response to a specific event. In most cases, mental and physical dependence means addiction. However, to be characterized as an addiction, you must also exhibit uncontrollable behavior to obtain and use alcohol or drugs. This combination of symptoms and characteristics is why many addicts cannot stop, even after losing their job, house, or family. <https://zinniahealth.com/>



NOT DRINKING IS THE EASY PART OF SOBRIETY. SITTING WITH FEELINGS IS THE REAL CHALLENGE. THAT'S WHERE THE WORK IS.

IF YOU QUIT DRINKING, YOU CAN'T SAY, "I'M REALLY SORRY ABOUT LAST NIGHT, I WAS JUST SO DRUNK." NOW I HAVE TO BE LIKE... "I'M REALLY SORRY ABOUT LAST NIGHT, IT'S JUST THAT I'M MEAN AND LOUD. IT WILL PROBABLY HAPPEN AGAIN."





AA SOBERVERSARIES AUGUST 2024

Another year, without a Drink, SOBER!

HAPPY BIRTHDAY to all!



Jorge R	August 02, 2002	Barstow	Juju P	August 14, 2010	Men's Stagg-Serenity Hall
Patricia Y	August 2, 2016	Helendale/Silver Lakes	Michael M	August 15, 1995	Barstow
Roxy W	August 3, 1989	H.U.G./AV Church of the Nazarene	Katina	August 15, 2023	AV Church of the Nazarene
KC	August 3, 2011	H.U.G.	Delbert S	August 18, 2007	Men's Stagg-Serenity Hall
Marcus Z	August 03, 2021	Barstow	David R	August 18, 1986	Helendale/Silver Lakes
Rosie	August 5, 2019	H.U.G.	Jerry L	August 20, 2018	Helendale/Silver Lakes
Kevin B	August 5, 2014	Tumbleweed	Melisa S	August 20, 2022	C.O.V./T.G.I.F. AV
Robert F	August 06, 1997	Barstow	Johnny M	August 22, 2022	Tumbleweed
Sasha H	August 7, 2012	Barstow	Victoria C	August 22, 2022	AV Church of the Nazarene
Willie J	August 9, 2015	Helendale/Silver Lakes	Bron S	August 23, 1996	Ladies Going to Any Lengths-Helendale
Marie B	August 9, 2022	Ladies Go in to Any Lengths/Helendale	Hailey	August 25, 2022	H.U.G.
Katherine L	August 9, 2013	Tumbleweed	Carl J	August 25, 2014	Tumbleweed
Liz Y	August 10, 2001	Tumbleweed/C.O.V.	Christina A	August 26, 2018	AV Church of the Nazarene
Susan W	August 10, 1992	Helendale/Silver Lakes/Barstow	Linda C	August 28, 2023	AV Church of the Nazarene
Betty B	August 11, 1990		MaryAnn	August 30, 2019	H.U.G.
Renee W	August 12, 2020	AV Church of the Nazarene			

BUILDING, BONDING & BRIDGING RELATIONSHIPS, PROVIDES OPPORTUNITIES FOR LASTING SOBRIETY

Our program, we know by now, is one of action if we are to remain in recovery. That action takes all the willingness we can muster at times. Now, is one of those times. Our fellowship in the Mid-southern California area 09, District 19 is struggling with commitment from it's members. Keeping it takes giving it away, for FREE and for FUN. Many opportunities await us if we take and make the time. Think about this, What would happen if next time you went to a meeting the doors were locked? ALL PARTS of our fellowship—group meetings, committees, officers, conferences and group jobs SHARE one common purpose, to help the still suffering alcoholic. Because we aren't linked with ANY outside source, our dependence on one another as resources for support in functioning as a whole is critical. WE ALL MATTER. Until you ask yourself, "what can I do?" hidden skills and undiscovered talents won't surface for you. Think about it the next time you attend a meeting. Is there open coffee or secretary positions I can fill? Does your group have an Intergroup Rep to inform you about what goes on in Central Office? Would you be interested in a tele-desk spot or "on-call" 24hr 12 step slot at Central one day a week or every other week? You may have a mathematical skill set that the District is looking to tap into. Does your GSR keep your group informed? All Intergroup and District meetings are OPEN to attend, even if you're just curious. Consider going outside of your comfort zone and GIVING BACK WHAT WAS SO FREELY GIVEN to you. In the meantime keep building and bridging relationships, bonding with your fellows and consider a service opportunity. Never consider any position for the sake of prestige or promotion. It doesn't attract anything worthwhile.



Recovery Memes are a type of cultural inside joke that occurs in the sober community. Memes are a way of connecting with people, the goal being funny and making the viewer laugh. In the journey toward sobriety, the road is often filled with challenges, emotional turbulence, and a sense of gravity that can sometimes feel overwhelming.

The act of laughing and experiencing joy, releases endorphins, the body's natural feel-good chemicals. These endorphins are natural stress-relievers and mood lifters, which can be beneficial for individuals navigating the complexities of recovery. Humor has been shown to improve cognitive function, enhance problem-solving skills, and even boost the immune system—factors that are crucial in any recovery journey.

Making light of a situation, when done respectfully and thoughtfully, can also serve as a coping mechanism. It allows individuals to confront their challenges with a sense of levity that makes the



burden easier to bear. This is not about making fun of addiction or recovery, it's about finding the lighter moments within a serious, often strenuous, process.

Fun activities often require a level of cognitive engagement, whether it's solving a puzzle, playing a sport, or even engaging in a creative endeavor like painting. This cognitive stimulation can enhance mental clarity, improve focus, and contribute to better decision-making skills—qualities that are essential for maintaining long-term sobriety.

Enjoyable experiences contribute to emotional well-being and resilience. They offer a reprieve from the daily struggles and challenges that come with recovery, providing individuals with the emotional strength to face their issues. Fun serves as a reminder that life can be enjoyable without the crutch of addictive substances, reinforcing the rewards of a staying sober.

