



**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**

September 2024

STEP NINE

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

We will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun.

*Twelve Steps and Twelve Traditions, pg. 83
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CONCEPT NINE

“GOOD SERVICE LEADERSHIP AT ALL LEVELS IS INDISPENSABLE FOR OUR FUTURE FUNCTIONING AND SAFETY. PRIMARY WORLD SERVICE LEADERSHIP, ONCE EXERCISED BY THE FOUNDERS, MUST NECESSARILY BE ASSUMED BY THE TRUSTEES.”

Due to A.A.'s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure — and the source of our leadership — is the General Service Representative. The G.S.R. is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole. Together the G.S.R.s are A.A.'s group conscience — and together, in their areas, they elect the area committee members and ultimately the delegates and the area's candidates for trustee. Groups who have not named G.S.R.s should be encouraged to do so. And as the G.S.R.s meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. “Who are the best qualified people?” should be the thought of all.

*“THE TWELVE CONCEPTS FOR WORLD SERVICE ILLUSTRATED”, (PAMPHLET P-8)
EXCERPT REPRINTED WITH PERMISSION OF AAWS, INC.*

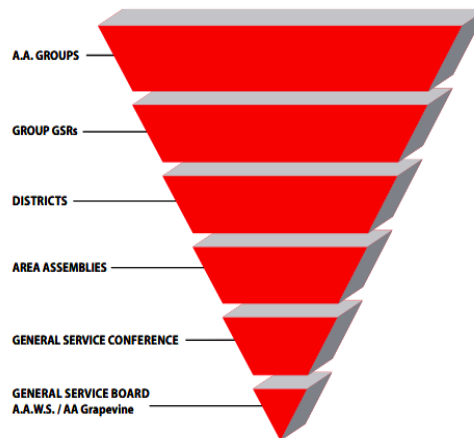
TRADITION NINE

AA, AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

It is clear that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize workers to serve us. It is the difference between vested authority and the spirit of service, two concepts which are sometimes poles apart. It is in this spirit of service that we elect the AA groups informal rotating committee, the intergroup association for the area, and the General Services of Alcoholics Anonymous for A.A. as a whole. Even our Foundation, once an independent board, is today directly accountable to our Fellowship. Its trustees are the caretakers and expeditors of our world services.

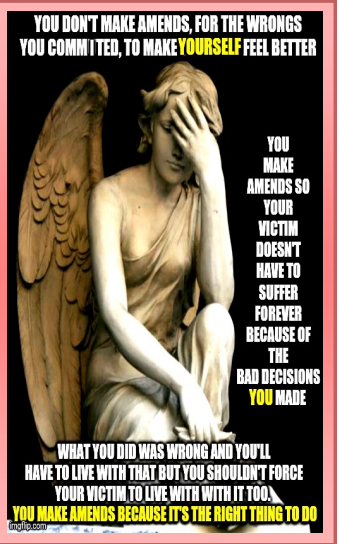
*Twelve Steps and Twelve Traditions, pgs. 174-175
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Structure of the Conference U.S. and Canada



CONCEPTS CHECKLIST

1. Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
2. Do we recognize the need for group officers? What is our criteria for election?
3. Do we sometimes give a position to someone “because it would be good for them”?
4. Do I set a positive leadership example?



NINTH STEP PRAYER

Higher Power,
I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
By staying abstinent, helping others &
Growing in spiritual progress.

When someone doesn't want to hear your 9th step amends



VICTOR VALLEY INTERGROUP CENTRAL OFFICE

GENERAL SERVICE BOARD

Chair	KaraK
Co-Chair	MissaS
Treasurer	ShellyJ
Secretary	DougH
Office Manager	WaylanK
Associate Member	KimW
Newsletter Editor	Sandy D

Cities in the District

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

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

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

CHAIRS AND LIAISONS

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

GSR HOME GROUP

Bob O	Sobriety Grapevine/Daily Reflections Ft Irwin	
Bob O	Big Body Happy Hour	Barstow
Anthony	Into Action Men's	Barstow
Courtney	Rule 62 Women's	Barstow
Jerry M	Tumbleweed	Victorville
John	Phelan Sober	Phelan
Liz Y	T.G.I.F.	Church of the Valley AV
Marty H	Sun & Campfire	Alano Club AV
Rita R	Women's 11am Wed	Church of the Nazarene AV
Nck K	HUG	Hesperia
Mike M(Alt)	HUG	Hesperia
Tom W	Wed Men's Stag	Wrightwood
Michelle C	EB/12x12 Women Mon 10 am	Wrightwood
Daniel H	Sun AM Participation	Wrightwood
Leslie A	Serenity Now 7pm Fri	Wrightwood

District 19 Correspondence

P.O. Box 3096 Victorville, Calif 92393
E-mail: msca09d19@gmail.com

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

FRIDAY SEPTEMBER 27, 2024

is the DEADLINE for

OCTOBER 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 AUGUST 25, 2024
MEETING DARK FOR THE MONTH OF AUGUST 2024**



OUR 9TH SPIRITUAL PRINCIPLE

In the practical sense, the principle of discipline in the Alcoholics Anonymous program of recovery refers to thoughts and actions that aim to promote new patterns of behavior and character traits. The word "discipline" comes from the Latin word "disciple", which means pupil or student...one who follows a given set of teachings, learning, or training. This couldn't be more appropriate, because following a twelve-step program of recovery is a learning process aimed at attaining a set of skills that are necessary to achieve the desired goal of sobriety.

Individuals make amends for wrongs they have done, which involves more than just saying sorry. It may include:

- Examining oneself and one's shortcomings
- Confronting the people who were harmed
- Making amends in person, or through a written letter or email
- Resisting the temptation to blame others
- No longer repeating the actions that caused harm

To some people holding on and 'hanging in there are signs of great strength. But the principle of discipline in the AA program of recovery is actually about surrender and letting go.

**VVIGCO GENERAL SERVICE BOARD COMMITTEE
MEETS THE 3RD SATURDAY EACH MONTH @ AA CENTRAL OFFICE 8:30 AM
Business Meeting Minutes AUGUST 17, 2024**

THE MINUTES FROM AUGUST INTERGROUP BUSINESS MEETING UNAVAILABLE AT TIME OF PRINTING.

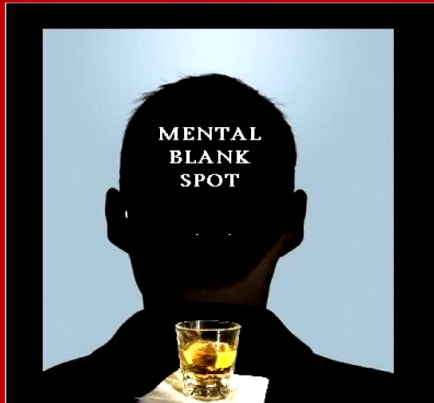
Victor Valley Intergroup Board is seeking an Office Manager to conduct daily operations of the Alcoholics Anonymous Central Office. The Office Manager is expected to lead, oversee and provide a safe and positive working environment for all volunteers working in the office and after hours 24-hour answering service volunteers. The manager is responsible for scheduling and supervising coverage assignments for all volunteers. The manager works with the website manager, newsletter editor and attends all Intergroup business meetings. Duties include maintenance of and cleanliness, to ensure the office is running smoothly and efficiently. The manager is responsible for AA conference approved books and literature, ordering, organizing, sales and receipting as necessary, all transactions. Financial reports and all monies activity relating to the Central Office must be presented at the VVIGCO business meeting by the manager monthly. Upon request of the Intergroup treasurer the manager must maintain and assist with accurate accounts of transactions, disbursements, purchases etc. and deposit contributions in accordance with AA's 7th Tradition.

The Central Office is a clearing house, the primary hub of local service work. As such the manager should know, become familiar with, all the groups including the District 19 Board, the MSCA09 Delegate, and the committees in the district they serve.

Office management experience is a plus along with technology skills and experience in customer service, office ordering and inventory management. Flexibility is of the utmost importance. While some decisions will be made by the manager, others require the informed consent of the Intergroup General Service Board. This management position is a paid one, and the preferred contiguous sobriety length of time sought is a minimum of five(5) years. All resumes must include actual sobriety date. The position pays a monthly salary of \$1,000.00. Serious candidates should consider an estimated commitment time of approximately 40-60 hours per month.

A deadline of Tuesday September 10, 2024 by 6 PM, is the final date for applicants to submit a resume to: vvigco.aa@gmail.com

"THE BIGGEST ENEMY I HAVE IS THE NOISE THAT LIVES BETWEEN MY LEFT EAR AND MY RIGHT EAR."



**MENTAL
BLANK
SPOT**

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

Big Book, 4th edition, p. 24 SG



SATURDAY NIGHT SOLUTIONS


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

SEPT. 07	TBA
SEPT. 14	HAPPY
SEPT. 21	JOYOUS
SEPT. 28	FREE



"THERE'S NEVER AN END TO THE HELP THAT'S NEEDED, ONLY AN END OF THE WILLINGNESS TO HELP."

Primary Purpose



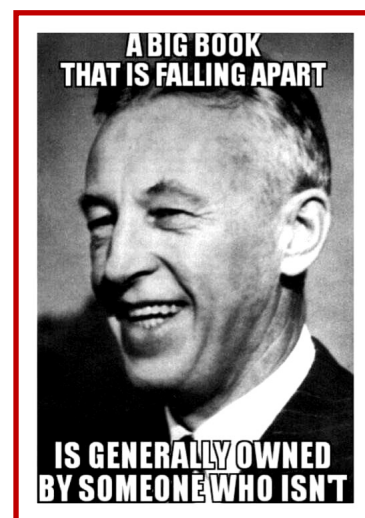
EVERY WEDNESDAY
7:30 PM (PACIFIC),
8:30 PM (MOUNTAIN),
9:30 PM (CENTRAL),
10:30 PM (EASTERN)

MEETING ID:
690 991 754

PASSWORD:
364100

SEPTEMBER '24 HOLIDAYS & OBSERVANCES

- 9/2 LABOR DAY, NATIONAL LIVE FEARLESS DAY
- 9/5 INTERNATIONAL DAY OF CHARITY
- 9/6 FIGHT PROCRASTINATION DAY
- 9/10 WORLD SUICIDE PREVENTION DAY
- 9/8-9/14 NATIONAL SUICIDE PREVENTION WEEK
- 9/11 PATRIOT DAY (9/11 REMEMBRANCE)
- 9/13 INTERNATIONAL CHOCOLATE DAY
- 9/15-10/15 HISPANIC HERITAGE MONTH
- 9/17 HARVEST MOON (full) 7:34pm/PDT
- 9/21 WORLD GRATITUDE DAY
- 9/22 AUTUMNAL EQUINOX/1ST DAY OF FALL
- 9/29 NATIONAL COFFEE DAY
- SELF-CARE AWARENESS MONTH
- SUICIDE PREVENTION MONTH
- WORLD ALZHEIMERS' MONTH



"GOD NEVER PUTS TWO PEOPLE TOGETHER TO HELP JUST ONE OF THEM."

SOTS  **HDC**

Trust The Process

We Are Moving

Upcoming Committee Meeting
September 12, 2024 6:30 pm
Holiday Inn
15494 Palmdale Rd, Victorville

If you can't attend in person, join us on Zoom!
Meeting ID: 933 0123 0836
Password: trustgod

"DELUSION is being unable to see something that is clearly there, and DENIAL is knowing it's there - but not being able to admit it"



Do You Care Enough?

A Re-print, Central Bulletin May, 1969

For a long time, in many areas, we hear the plaint "AA has changed. It isn't like it used to be." Further inquiry reveals sadness and dismay on the quality of present-day sponsorship, an almost total ignorance of the traditions and utter indifference to their application, the format of AA meetings, the intermingling of AA Groups and Clubs and the numerous self-appointed power-drivers who operate AA groups and non-AA programs in the name of AA and speak publicly for AA.

We believe there is some validity in all these observations, and can attribute part of it to "changing times" — membership growth- and the development of other agencies and treatments for alcoholics, plus a reduction of public stigma and the fact that so many older, personally indoctrinated members have passed from the scene. AA seems no longer — The Last Port of Call!

There is a tendency for new people to regard AA in much the same light as other fraternal groups, with the belief that there must be people in "authority" to "run" things. It is also natural for certain egocentric individuals to respond and endeavor to assume the mantle of authority.

The phenomenal growth of AA finds many new groups and areas without experienced members to suggest, advise and explain the reasons for certain procedures. Too often meetings do turn into "bull-sessions" or repetitious drunk-a-logs that become boring and distasteful.

We believe that co-founder Bill W.'s advice: "SHOEMAKER, STICK TO THY LAST!" . . . should be heeded more now than ever before. Six months or six years sobriety in AA doesn't make us all experts, or qualify us to run hospitals, treatment centers, state programs or industrial programs. Other talents and aptitudes are essential. AA assures us of only ONE thing . . . a life without the need to use alcohol.

Perhaps some of the confusion comes from the concept that everything changes and some may feel the need to modernize AA, its format and objective. However, we believe that "principles" are not subject to clock or calendar . . . and AA is nothing more nor less than a set of principles.

Our other co-founder, Dr. Bob said it all when he pointed out that the 12 Steps are simply, LOVE and SERVICE.

The reason, we feel, that there has been such a change in the approach to sponsorship, is the fact that too many of us now don't care enough! It is too easy to shunt a newcomer into a treatment center and rationalize on the follow-up. In bygone days, if the sponsor didn't care to give of himself . . . of his time and his love . . . the alcoholic had no recourse except to return to drunkenness and oblivion.

There were no treatment centers, no referral centers, no hospitals or doctors who would bother with a sick alcoholic. And, out of sheer gratitude, most alcoholics in AA wanted to carry the message and cared enough . . . to do whatever they could to help.

AA seems to be suffering from a dangerous case of "human" shortcomings, egocentricity, selfishness, apathy and ignorance.

We feel too that it is serious enough for all of us to consider the very real possibility that this may be the seed that could blossom into the dissolution of our society. For the ONLY thing that can destroy AA is us. Destruction can only come about through our disunity. This is why voluntary adherence and knowledge of the 12 Traditions is so essential to our existence, for there is no authority that can legislate unity and singleness of purpose. We are subject only to one ultimate authority . . . a loving God, as He may express Himself in our group conscience. Our leaders are but trusted servants . . . they do not govern.

When we adhere to the unalterable principles of the 12 Steps voluntarily, truth and humility are essential in application. and positive results are inevitable. Deviation, or abandonment also bring inevitable results, but of a negative nature. The same set of principles is involved in our group adherence (merely a group of individuals) to the 12 Traditions, calling for an even greater degree of humility and self-discipline. In this way the group conscience is truly sensitized.

If we would stay whole . . . if we are to fully meet our responsibilities and even more importantly, if we are to survive . . . we have no choice but to try to abide by the suggestions of all the experiences of all those who have gone before us.

When a sick alcoholic needs help . . . anywhere . . . anytime . . . under any circumstances . . . and wants it . . . do we care enough to go all the way with him? How much . . . do you care?

-Railbeams, St. Paul, MN <https://www.aade.org/do-you-care-enough/>



How Spiritual Joy Differs From Human Happiness

For years I considered the Big Book statement: “Happy, joyous and free” as a bit redundant, for after all, are not happiness and Joy the same (p 133)? However, years later I found that HAPPINESS and JOY are two completely two different things:

HAPPINESS is a human experience. It disappears when we are sad or depressed. But JOY is a God experience that may take place even when we are sad or depressed.

I have experienced said unexplained joy while feeling deeply depressed in a tent while camping in Sault Ste. Marie, Canada. I had recently been separated from my ex-wife and was feeling enormous depression. We had camped in that same tent in the Grand Canyon during our honeymoon previously. In the middle of the night, I became unexplainably full of energy, and everything seemed to wax extremely vivid and bright. I was full of Joy. This lasted throughout the night.

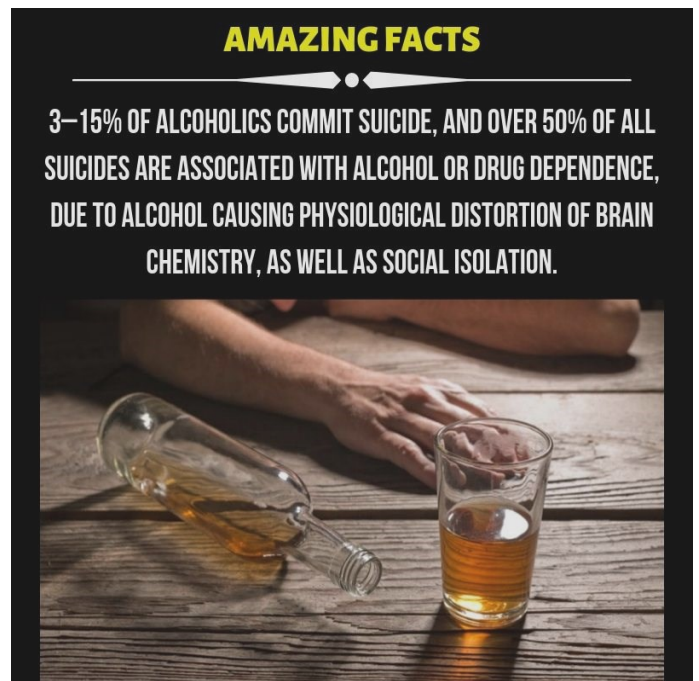
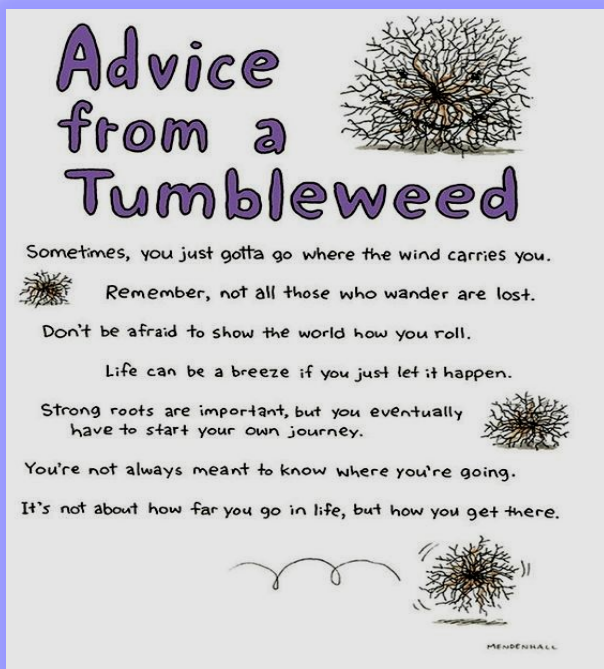
I believe Bill Wilson was experiencing great Joy—not ordinary happiness—after he went through his vital spiritual experience on page 14 of the Big Book: Doctor Silkworth told him: “Something has happened to you I don’t understand. But you had better hang on to it. Anything is better than the way you were.” I believe Bill’s resultant Joy prompted him to immediately go out and start helping alcoholics. So, I believe God’s Joy can be ongoing.

Then there is Fitz Mayo who had such an ongoing vital spiritual experience that: “He couldn’t drink even if he would.” (p 57, Big Book) There must have been great joy in that!

Again, Ebby Thacher (Bill’s sponsor), who was not a spiritual person prayed to God: “as never before” and was stuck sober for two years and seven months. Again, great joy must have been present. (EBBY The Man Who Sponsored Bill W., by Mel B. – p 58) Ebby died in 1966, two years sober.

I believe the blessing of spiritual Joy will come to me when God decides to send it—I cannot just wish for it. However, I believe my chances are all for the better if I try to maintain a fit spiritual condition by living the Twelve Steps.

By Bob S. <https://www.aacle.org/how-spiritual-joy-differs-from-human-happiness/>



Dr Bob's story of the AA Camel

Dr Bob, physician, and a cofounder of Alcoholics Anonymous – “.would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. 'It's the same with prayer,' Dr. Bob said. 'We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day.'” Dr. Bob and the Good Oldtimers (1980),

Spiritual Principles

- ◇ Prayer
- ◇ Faith
- ◇ Spirituality
- ◇ Sobriety – One day at a time

Camel Symbol

*The camel each day goes twice to his knees.
He picks up his load with the greatest of ease.
He walks through the day with his head held high.
And stays for that day, completely dry.*

Camel Prayer

*“The tasks of the day can pass with ease
when a camel or I start on our knees.
One Master we serve, the camel and I,
and stay for that day completely dry.”*

By fredjoiners, Alcohol Self-Help News
<https://www.aacle.org/the-aa-camel-story/>



--"How long have you been making coffee?"--
*Old timer: "Since the night I complained about it."



AA SOBERVERSARIES SEPTEMBER 2024

Another year, without a Drink, SOBER!

HAPPY BIRTHDAY to all!



Doug H	September 01, 2005	R.I.P. 8/23/2024 H.U.G.	Loretta R	September 20, 2018	HUG/AV Church of the Nazarene
Dara L	September 05, 2013	HUG/AV Church of the Nazarene	Bob O	September 21, 1984	Barstow Desert Group
Meghan	September 05, 2021	H.U.G.	Mike M	September 22, 1987	H.U.G.
Lydia	September 07, 2022	H.U.G.	Christa	September 23, 2019	H.U.G.
Karlen M ^c	September 08, 1989	HUG/AV Church of the Nazarene	Ron M	September 23, 1974	Barstow
Elaine K	September 09, 1985	AV Church of the Nazarene	Henrietta	September 23, 1994	Tumbleweed
Karen S	September 09, 2020	AV Church of the Nazarene	Carolana	September 25, 1980	Barstow
Charles H	September 11, 2005	Tumbleweed	Steve W (bus driver)	September 26, 1988	
Raj B	September 12, 2022	Barstow	Dawn	September 26, 2021	H.U.G.
Linda H	September 15, 1993	AV Church of the Nazarene	Virginia P	September 29, 2013	AV Church of the Nazarene
Rodney P	September 15, 2020	Tumbleweed	Angi A	September 29, 2014	Tumbleweed
Glenn G	September 16, 2003	Barstow	Larry S	September 30, 1985	Barstow
Christina B	September 16, 2019	Tumbleweed	Vince	September 30, 1987	Tumbleweed
Bill W	September 17, 2018	Helendale No Valid Complaints	Rowena	September 30, 1990	AV Church of the Nazarene
Mary	September 18, 2022	Barstow	Christine F	September 30, 2013	Tumbleweed
Ed M	September 18, 1982	Barstow	Courtney Q	September 30, 2017	Barstow