

LISTEN & SILENT
are spelled with the
same letters
Think About It ♪

NEWSLETTER FOR THE FELLOWSHIP
VICTOR VALLEY INTERGROUP CENTRAL OFFICE
18888 HIGHWAY 18, SUITE 107, APPLE VALLEY, CA. 92307
PHONE: (760)242-9292 EMail: newsletterforthefellowship@gmail.com

OCTOBER 2024

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



STEP TEN

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

An example of working step 10 might be getting angry when someone cuts you off at a traffic light. Just as you begin to form the profanities to hurl from your open window, you recognize that the other driver will not be improved by your anger and would benefit more from your demonstration of the right way to react to anger or stress. Instead of hurling abuse, you smile as you pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, you have used step 10.

The daily review means that you set aside time each day to meditate or constructively review your day. Were you resentful, dishonest, or afraid? Do you owe anyone an apology for something you've done or said that day? What could you do better tomorrow? While carrying out your daily review, be careful to avoid slipping into worry, remorse, or fear. It is not about beating yourself up. Step 10 is about being aware of your actions and their consequences.

From: <https://alcohol.org/alcoholics-anonymous/step-10>

CONCEPT TEN

EVERY SERVICE RESPONSIBILITY SHOULD BE MATCHED BY AN EQUAL SERVICE AUTHORITY, WITH THE SCOPE OF SUCH AUTHORITY WELL DEFINED. Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be delegated at every level — and that the responsibility and authority of every entity are well defined and clearly understood. As we have seen (Concept I) “final responsibility and ultimate authority” reside with the A.A. groups, and they delegate this authority to the Conference (Concept II). The Conference, in turn, delegates to the General Service Board the authority to manage A.A.’s affairs (Concept VI) in its behalf.

From: <https://alcohol.org/alcoholics-anonymous/concept-10/>

TRADITION TEN

ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE AA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.

An outside issue is anything outside of my relationship with God through sobriety. The relationship of the tenth tradition to the tenth step is this: I can be at peace and avoid outside issues by taking my inventory and not yours. I avoid controversy by taking stands with the attitude of a peacemaker. The tenth concept of service takes the process one step further and specifies what kind of inventory I should be writing about: The responsibilities for which God has given me authority.

Excerpts from: Traditions Study developed by the Unity Insures Recovery Through Service A.A. Group, Los Angeles, CA.

PERSEVERANCE TENTH

SPIRITUAL PRINCIPLE

In Alcoholics Anonymous (AA), perseverance is a key trait in the recovery process that helps people maintain their commitment to their goals despite setbacks and adversity. Perseverance helps people develop a mindset of growth and resilience, and to believe in themselves. It involves being mindful of one's actions, thoughts, emotions, and truths.



VICTOR VALLEY INTERGROUP CENTRAL OFFICE
GENERAL SERVICE BOARD

CHAIR Kara K
CO-CHAIR
TREASURER Shelly J
SECRETARY Sandy B
OFFICE MANAGER Melissa S
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

PANEL 74 DISTRICT 19/GSR COMMITTEE BOARD

DC MEETING CHAIR BOB O
ALTERNATE DCMC SERGIO V
REGISTRAR BOB O
SECRETARY LIZ Y
TREASURER STACEY
ARCHIVES LESLIEE A

CHAIRS AND LIAISONS

Grapevine/La Vina (Chair) OPEN
Hospitals & Institutions (Liaison) Shelly J
CPC/PI (Chair) Sandy D
Intergroup (Liaison) Rita R
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 Q Rule 62 Women only Barstow
Jerry M Tumbleweed
John Phelan Sober Phelan
Liz Y T.G.I.F. Church of the Valley/AV
Sun Eve Campfire Alamo Club AV
(W)11am Wmn Ch Of the Nazarene AV
Rita R H.U.G.
Mike M H.U.G.
ALT. OPEN
Tom W Wed Men's Stag Wrightwood
Michelle C (M) Women BB 12x12 Wrightwood
Daniel H (Su) Jam Participation Wrightwood
Lesliee A (Fr) 7pm Serenity Now Wrightwood

DISTRICT 19 CORRESPONDENCE

P.O. BOX 3036 VICTORVILLE, CALIF 92333
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.delegate74@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

SATURDAY OCTOBER 26, 2024 6PM

IS THE DEADLINE FOR

NOVEMBER 2024 PUBLICATION

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



SEPTEMBER 22, 2024

Courtney: Barstow, Women's Rule 62 Meeting, Tuesday 7:00 PM, is well supported. We have pot-luck on the 4th Tuesday of the month.

Sergio: Barstow, Los Coyotes Men's Stag, 7pm, Tuesday, has about 12-15 people in attendance. There are no issues and it's going well.

Bob O: Barstow, Happy Hour, Monday 5pm, at 800 Yucca Avenue, has an increase of attendance, now 14-15 people. We celebrate AA Birthdays on the last Saturday of the Month at 4:30-5:30. We do a sobriety countdown. Last Month we celebrated 239 years, 11 months and 14 days.

Bob O: Ft. Irwin has 2 Meetings, Tuesday and Thursday, 6pm. We moved from Building 452 to Building 552. We contribute to General Service, District and Central Office. We contribute \$25 to \$30, monthly.

Bob O: Barstow, Desert Group, Literature/Daily Reflections Group, 9:30am, at 129 W. White Street. We have 12-13 people in attendance.

Jerry: Victorville Tumbleweed keeps getting Newcomers. We have a new H&I Representative, Christine. And we now have an Intergroup Representative, Robert V. This month's 7th Tradition was \$100.00 over our expenses.

Daniel H: Wrightwood, Sunday 9am, Open Participation, is now back as usual, after our local fire evacuation. Every month we have Cake/Birthday celebrations. And we have very good donuts every week.

Michelle: Wrightwood, Women's Big Book Meeting, Monday, 6:30pm, celebrates AA Birthdays when they come up. During the fire, we met online.

Rita: Apple Valley, Women's I Am, Open Participation, is well represented. We celebrate AA Birthday's weekly.

Liz: Apple Valley, TGIF has changed the meeting time to 7:30pm. We celebrate chips weekly and AA Birthday's/Cake, on the last Friday of the month. We have a sobriety countdown weekly.

John: Phelan, Sober Group, was asked by the Church, to close their meeting. We have moved to the Pinon Hills Community Center, 10433 Mountain Rd., Pinon Hills, 92372. It will be posted to the website soon. We begin meeting there on Oct. 1st., 7pm, Tuesday. We have about 30 people in attendance. We celebrate AA Birthdays too.

Mike M: Hesperia Umbrella Group, has very good attendance and great participation. We have a noticeable increase in expenses, both supplies and utilities. The Saturday Speaker Meeting, at 7pm, is dark. Our Speaker Seeker has retired and attendance is lacking. We celebrate AA Birthdays on Sunday, 10am, weekly.

VICTOR VALLEY INTERGROUP CENTRAL OFFICE SERVICE BOARD
Meets the 3rd Saturday at 8:30 am each month for the Business Meeting

Minutes for August & September 2024 available later this month on request at the Central Office

Hi

This is Melissa S. I'd like to introduce myself as your new office manager of the A Victor Valley Intergroup Central Office. I've been sober since July 28, 2007. I've been involved in most of the committee's here in the High Desert and take my AA commitments seriously. My goal is to get the office up and running to its fullest potential. The office will be open 9 to 4 Monday through Friday. I'm even thinking about opening on Saturday's from 10 to 2. We are in need of some volunteers. I am open to any suggestions and ideas. Feel free to contact me through email [@wigco.aa@gmail.com](mailto:wigco.aa@gmail.com) or my cell at 760-220-4016. I look forward to working with you!!

Melissa S.

Announcing: a new book from AAWS on sale November 1, 2024

PLAIN LANGUAGE BIG BOOK

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference-approved literature

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* "the Big Book." It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.'s lifesaving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the "abridged version" (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

The *Plain Language Big Book* is A.A. General Service Conference-approved literature.

PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- **Publication (on-sale) date: November 1, 2024**
- **List Price \$11.**
- **Item B-90**
- **192 pages; 8 ½' x 11"**
- **Softcover format with flaps**



LET'S ROCKTOBER SOBER

With a lil' HALLOWEENGO B-I-N-G-O!

... EAT, DRINK, AND BE SCARY ...

WE'LL HAVE A SNACK BAR AND PLENTY OF COFFEE. GET YOUR WITCH OR GHOST ON FOR A COSTUME CONTEST

SATURDAY OCTOBER 26, 2024 3:00 PM

VICTOR VALLEY ALANO CLUB ~ 11085 CENTRAL RD ~ APPLE VALLEY, CA. 92308

GET YOUR TICKETS NOW \$25. and \$30. at the door

WVICO FUNDRAISING EVENT

TICKETS AVAILABLE AT THE AA CENTRAL OFFICE HWY 18 & 140 RD AV. CA M-F 9AM-5PM
 Or Contact Melissa @ 760-220-4016

Attention Fellowship:
 Your Victor Valley AA CENTRAL OFFICE
 Is seeking GIFT CARD DONATIONS
 For Upcoming B-I-N-G-O EVENT
 Saturday 10/26/24
 Drop off at the Central Office Thank You!

GROUP EXCESS MONEY CONTRIBUTIONS:

The AA literature establishes guidelines for groups that have met their Prudent Reserve and how they can contribute to support AA as a whole. See the image to the right.:



(New Start Time)

TGIF MEETS AT 7:30

Church of the Valley
 132423 Standing Rock Rod
 Apple Valley CA 92307

Chips for Days and Months – Weekly
 Birthday Chip and Cake – Last Friday of the Month
 Count Down of Sobriety Years – Weekly
 Tickets Drawn For Sharing



Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
 (YOUR GROUP NAME)

Your Group Service # _____
 (Be sure to write group name and service # on all contributions.)

___% to district
 ___% to area committee
 ___% to G.S.O.
 ___% to intergroup or central office
 ___% other A.A. service entities
 ___% other A.A. service entities

OR

10% to district
 10% to area committee
 30% to G.S.O.
 50% to intergroup or central office

OR

If you have no intergroup/central office.

40% to district
 30% to area
 30% to G.S.O.

THANKS GIVING

HOLIDAY ALCATHON MEETINGS

129 W White St
Barstow, CA 92311

All meetings 1 hour in length

THURSDAY, NOV 28	FRIDAY, NOV 29	SATURDAY, NOV 30	SUNDAY, DEC 1
7:30AM	7:30AM	8:00AM	7:30AM
9:00AM	9:00AM	9:30AM	12:00PM
10:30AM	10:30AM	11:30AM	6:00PM
12:00PM	12:30PM	1:30PM	
1:30PM	2:00PM	3:30PM	
3:00PM	3:30PM	5:30PM	
5:30PM	6:00PM	7:00PM	
7:00PM	7:30PM	9:00PM	
8:30PM	9:00PM		

PERSEVERANCE

HAVE PATIENCE WITH ALL THINGS, BUT CHIEFLY HAVE PATIENCE WITH YOURSELF. Do NOT LOSE COURAGE IN CONSIDERING YOUR OWN IMPERFECTIONS, BUT INSTANTLY SET ABOUT REMEDYING THEM - EVERY DAY BEGIN THE TASK ANEW.

Saber PURPOSEFULLY *sober* *zober*

PURPOSEFULLY **SOBER** NORMALIZE SOBRIETY **SOBER. JUST DO IT.**

I understood myself only after
I DESTROYED MYSELF
And only in the process of fixing myself
DID I KNOW WHO I TRULY WAS

OCTOBER'S DAY, WEEK & MONTH OBSERVANCES

- October 2-4: Rosh Hashanah (New Year~5785)
- October 6: Mad Hatter Day
- October 8: National Face Your Fears Day
- October 10: World Mental Health Day
- October 11-12: Yom Kippur (Atonement)
- October 14: Columbus Day
- Indigenous Peoples' Day
- October 31: Halloween

- October 4 -10: World Space Week
- October 6- 12: Mental Illness Awareness Week
- October 23-31: Red Ribbon Week
- October 24-31: Bat Appreciation Week

- Adopt a Shelter Dog Month
- Breast Cancer Awareness Month
- World Bullying Prevention Month



RED RIBBON WEEK

I WAS THE BIGGEST PROBLEM I DIDN'T KNOW I HAD.

12STEPSILLUSTRATED.COM

12 Steps Illustrated

When a member shares again about the same problem they've been dealing with the last 2 years straight.

DO YOUR 4TH STEP ALREADY!!!

BEING THE VICTIM OF THE DELUSION THAT I CAN WREST SATISFACTION

www.facebook.com/groups/stepsofrecovery
@recovery.illustrated

"Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?"

AND HAPPINESS OUT OF THIS WORLD IF I ONLY MANAGE WELL



AA SOBERVERSARIES OCTOBER 2024

Another year, without a Drink, SOBER!

HAPPY BIRTHDAY to all!



Terri N	October 02, 2016	AV Church of the Nazarene Women	Brad	October 21, 1999	H.U.G.
Robert	October 04, 2015	H.U.G.	Gerald P	October 23, 1989	H.U.G.
Joey R	October 06, 2011		Heidi L	October 23, 2018	AV Church of the Nazarene Women
Wild Bill C	October 10, 1973	Tumbleweed WV	Sam D	October 23, 1997	
Bill W.	October 10, 2009	Tumbleweed WV	Abel C	October 24, 1994	Barstow
Dave F	October 12, 2012	No Valid Complaints Helendale	Annie G	October 27, 2014	Tumbleweed WV
Robert K	October 12, 2001	Barstow	Frankie	October 27, 2020	H.U.G.
Joshua R	October 13, 2013	No Valid Complaints Helendale	Taury P	October 29, 2019	No Valid Complaints Helendale
Michelle C	October 15, 2010	BigBook/12x12Women, Wrightwood	Rebecca G	October 29, 2016	Barstow
Ann B	October 19, 1996	AV Church of the Nazarene Women	Jodi T	October 30, 1986	H.U.G.
Carmen	October 19, 2020	H.U.G.			



OPPORTUNITIES AWAIT YOU AT ALL LEVELS

IGR'S ~ Does your group have an Intergroup Rep that attends monthly meetings?

GSR'S ~ Does your group have a General Service Rep that attends monthly meetings?

This is your groups way of being in the know about what's going on throughout the fellowship of Alcoholics Anonymous, General Services, and World Services. No worries about gossip or rumors. Get the facts and be informed all the while, being of service to your fellows.

SPEAKER SEEKERS

TELEDESK VOLUNTEERS AT YOUR AA CENTRAL OFFICE ~ A weekday commitment of 3.5 hours during business hours answering phones and greeting visitors.

AFTER REGULAR OFFICE HOURS 24-HR /7 DAY A WEEK HOTLINE FOR 12-STEP CALLS

...remember "I am responsible when anyone, anywhere reaches out for help, I want the hand of AA always to be there, and for that I am responsible?"

Make a tangible difference using your skills and talents for good

Meet and network with others in your AA community

Work to elevate a cause you believe in helping others/lending a hand-up

Take on a job of volunteering, if you are looking for something to do once a week, month, or a couple of times monthly. Maximize your sobriety by providing your time in service opportunities TO HELP OUT at many or any, different levels of commitment.