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

∑Maíl: newslettertorthetellowshíp@gmaíl.com 8888

/www.victorvalleyaa.org



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

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.

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.



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

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

VICTOR VALLEY INTERGROUP CENTRAL OFFICE

<u>DENERAL SE</u>	NVICE DUAND		
CHAIR	Kara K		
CO-CHAIR			
TREASURER	Shelly J		
SECRETARY	Sandy B		
office manager	Melissa S		
associate member	Kim W		
NEWSLETTER EDITOR	Sandy D		
4			

<u>CITIES IN THE DISTRICT</u> Adelanto, Apple Valley, Barstow, Hesperia, Lucerne Valley, Newberry Springs, Phelan, Trona, Victorville, Wrightwood, & Yermo

PANEL 74 DISTRICT19/GSR COMMITTEE BOARD

DC MEETING CHAIR	BOB O
ALTERNATE DCMC	SERGIO V
REGISTRAR	BOB O
SECRETARY	LIZ Y
FREASURER	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

BobO Soldiers forSol	briety/Grapevine/Daily Refle	ctions Ft Irwin		
Bob O	Big Book/Happy Hour Barstow			
Anthony	Into Action <i>Men only</i>	Barstow		
Courtney Q	Rule 62 <i>Women only</i>	Barstow		
Jerry M	•	Tumbleweed		
John	Phelan Sober	Phelan		
Liz Y		nurchoftheValleyAV		
	Sun Eve Campfire	AlanoClub AV		
Rita R	(W)11amWmn Ch()ftheNazareneAV		
Mike M		H.U.G.		
ALT. OPEN		H.U.G.		
Tom W	Wed Men's Stag	Wrightwood		
MichelleC	(M)Women BB12x12	Wrightwood		
Daniel H	(Su)a m Participation	Wrightwood		
Lesliee A	(Fr 7pmSerenityNow	Wrightwood		

<u>PISTRICT 49 CORRESPONDENCE</u>
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@g mail.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 COOBER 26, 2024 6 PM 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 c corner. 8th & Main) HESPERIA, CA. 92345 200M 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 potluck 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 7^{th} 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 11am, 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.

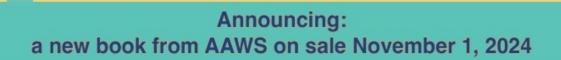
Mike M: Hesperia Umbrella Group, has very good attendance and great participation. We have a noticeable increase in expenses, both supplies and utilities. The Saturday Speaker Meeting, at 7pm, is dark. Our Speaker Seeker has retired and attendance is lacking. We celebrate AA Birthdays on Sunday, 10am,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

This is Melissa S. I'd like to introduce myself as your new office manager of the A 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 @ vvigco.aa@gmail.com or my cell at 760-220-4016. I look forward to working with you!!

Melissa S.



PLAIN LANGUAGE BIG BOOK

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference approved Sterature

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





SATURDAY OCTOBER 26, 2024 3:00 PM VICTORVALLEY ALANO CLUB "11085 CENTRAL RD" APPLEVALLEY, CA. 92368 GET YOUR TICKETS NOW \$25. and \$30. at the door

VVICCO



nickens avallable at the aa central office hwy 18 & tao RD av. Ca

M-F 9AM-TPM

Contect: Melitse \$ 760-220-4016

Attention Fellowship:

Gour Victor Valley AA CEMTRAL OFFICE
Is seeking <u>GIFT CARD DONATIONS</u>
For Upcoming 8-I-N-G-0 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.:

 \Rightarrow

(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

<u>Birthday</u> 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 be determined by YOUR group

- __% 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

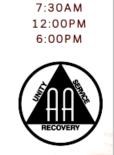
30% to G.S.O.



129 W White St Barstow, CA 92311

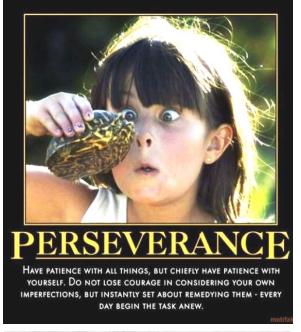
All meetings 1 hour in length

THURSDAY, NOV 28	FRIDAY, NOV 29	SATURDAY, NOV 30
7:30AM	7:30AM	8:00AM
9:00AM	9:00AM	9:30AM
10:30AM	10:30AM	11:30AM
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	



SUNDAY, DEC 1









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 Shefter Dog Month Breast Cancer Awareness Month World Bullying Prevention Month



12 Fire Wester

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





I TRULY WAS





Terri N	October 02, 2016	AV Church of the Nazarene Women	Brad	October 21,1999	$\mathcal{H}.\mathcal{V}.\mathcal{G}.$
Robert	October 04, 2015	H.V.G.	Gerald P	October 23,1989	H.U.G.
Joey R	October 06, 2011		Heidi L	October 23, 2018 3	IV Church of the NazareneWomen
Wild Bill C	October 10, 1973	Tumbleweed VV	Sam D	October 23, 1997	
Bill W.	October 10, 2009	Tumbleweed VV	Abel C	October 24, 1994	Barstow
Dave F	October12, 2012	No Valid Complaints Helendale	Annie G	October 27, 2014	Tumbleweed VV
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	$\mathcal{H}.\mathcal{V}.\mathcal{G}.$
Carmen	October 19, 2020	$\mathcal{H}.\mathcal{V}.\mathcal{G}.$, and the second



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 3.5hours 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 <u>TO HELP OUT</u> at many or any, different levels of commitment.