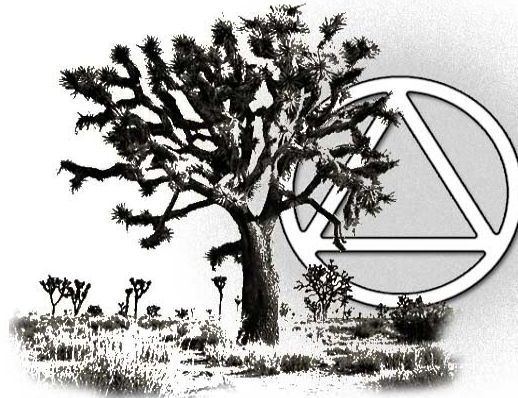


INTO ACTION

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As Spence Sees It

OCTOBER 2008

Part three of Any Lengths. Hope you enjoy what you read

Any Lengths

I never took directions, so I don't give directions.

I only make *suggestions* based on my *experience*.

If you desire sobriety, here are some of the things that I suggest you do.

However, if you choose to do otherwise, be prepared to assume responsibility for the consequences that may arise.

My *Suggestions* are:

Spirituality:

1. If you don't have a God of your understanding **find one**. If you have one, seek to know Him better. (page 28 & 43).
2. **Grow!** Emotionally, Spiritually, Mentally, and Physically. As you live the program, growth will come naturally. As such, a direction is needed. You will need to have a plan - so you can change it, or should I say, so God can change it. Without a plan we tend to go in circles. If we're going in circles, we have not moved to a position where God can intercept us and alter our course so that our plan will meet His plan. Have a plan and move forward! God will take care of the rest.

3. **Communicate**, in a secluded place on your knees, a minimum of twice a day **with the God of your understanding**. (see pages 84-88).
4. If you are not a part of a religious organization, seek one. **Look for God where He has indicated that He is**. Truth is findable - if sought. (page 28, 56 & 87).
5. **Remember that you are not perfect** – and not expected to be – “We are not Saints. The point is that we are willing to grow along spiritual lines. We claim spiritual progress rather than spiritual perfection.” (page 60).
6. **Avoid** hard pornography. It is counterproductive to your spiritual and personal relationships.

Relationships:

7. **Stay current with loved ones**. Communicate with them on special occasions at a minimum – regardless of how you feel about them or if they respond.
8. As a **general rule**, it is healthier for all concerned if sex is saved for and kept within the confines of marriage. (pages 68 – 71) – (see #'s 21 & 35-38).
9. If you have children they need to be your #1 priority. You made them. They are **your responsibility** and they need you.
10. Relationships. Date! **Get to know each other** (see general rule 47 above). Men, you call her. Call when you say you will (precisely on time). You drive. Pick her up exactly on time. You pay – always! Remember that if you really love someone it

(Any Lengths Continued on page 3)

(Any Lengths Continued from page 1)

is *their* best interest that you are concerned with. True and meaningful relationships are not 50-50. They are [ideally] 100% giving on your part with no expectation of return. (But we are not doormats. If it is clear that the relationship is not mutual – terminate it. Don't like what we're getting –stop doing what you're doing). Ladies, ... (I don't know – I'm a guy – you fill in the blanks).

- 11. Avoid relationships with other members of the fellowship.** If that is not possible, set aside one meeting a week (two at the most) to attend together. The rest of your meetings should be attended separately. Extra diligence is required to respect and care for fellow members of the program. (Sobriety – 1st things 1st!) We live in a small interdependent community and we must all be concerned for welfare of each other. If you have a relationship with a member of the fellowship: date, avoid a sexual relationship, become friends, and if after a year of courtship you feel that this is true love – start planning your wedding.

Always remember: God loves you, and so do I.

~ Spence

Would you like to Speak at a meeting?

**Sign up at central office
Speakers list
Thanks Craig B.
Office Manager**

BEGINNERS BOOK

Getting and Staying Sober in A.A

New from the A.A. Grapevine

To read a selection, go to www.aagravine.org

HEARD AT A MEETING

“God wont work for you until you work for him”.

“How I am today determines who I am tomorrow”.

“What you think about others is how you treat yourself”.

Submitted by Ed L.

WE GET LETTERS (SOMETIMES)

Chris C. from the “Back to Basics” group in Hesperia writes:

“Speaking of the newsletter, when and why was the title changed from the original name? Did someone ‘buy’ it? Do a ‘takeover?’ Merge? Was there a group conscience taken at the time of the change? If so, Back to Basics didn’t get a vote!”

Let’s break this letter down into its component parts and answer these questions one at a time:

1. “When and why was the title changed from the original name?” The name of the newsletter was changed to “Into Action” starting with the January 2008 issue. The newsletter committee agreed that the new name reflected the new theme and direction the publication was to take.
2. “Did someone ‘buy’ it?” No.
3. “Do a ‘takeover?’” No.
4. “Merge?” No.
5. “Was there a group conscience taken?” Yes there was a group conscience taken among the members of the newsletter committee.
6. “Back to Basics didn’t get a vote!” The newsletter committee members are trusted servants of the Public Information arm of the Victor Valley Inter-group Central Office and acted with discretion upon that authority.

Faithful Fivers

Your Name Here

Make sure your name is here NEXT month!

What are Faithful Fivers

They are A.A. members who pledge at least \$5.00 each month toward the support of there local Central Office to “carry the message”. “Many of us have spent more than \$5.00 on alcohol during our drinking days.”

I agree to pledge. Here is my contribution of
 \$_____ for _____ Months.
 Name: _____
 Address: _____
 City _____ State _____ zip _____

My name is Cleeshay, and I am an alcoholic.

Hope is found here when I keep it simple. If I do what's in front of me and keep coming back, it will certainly keep my memory green. When I forget the past I am doomed to repeat it, so, I stay away from that first drink, lest I forget that I now wake up instead of coming to. But in the beginning I came. Then I came to. And finally came to believe. Today, well lived, makes every yesterday a dream of easy does it and enjoy the journey! We all gotta crawl before we walk, so go down in the elevator and come up by the steps (because the elevator's broken). When I deep an attitude of gratitude, and think, think, and think stinking thinking will fly out the window one day at a time. Whatever will be, will be, so I h.o.p.e. you will help other people everyday and understand that you are protected by Smith and Wilson. It works of I work it with experience, strength and hope. My best thinking got me here, so if I keep doing what I'm doing, I'll keep getting what I got. After all, there is a God, and I'm not it(Him)(Her). You'll find, if you keep coming back, that pain is and h.a.l.t. when you feel too hungry, angry, lonely, or tired (or serious). Sober and crazy means progress, not perfection, so utilize, don't analyze. Most people find that if you take first thing first, do thirty days (or thirty meetings in thirty days) (or sixty meetings in sixty days) and live and let live that you can think the drink through and slogans will work like mental floss. Easy does it, friends...there but for the grace of God goes I, because action is the magic word so just do it! Surrender! Surrender to win! Don't forget to put the plug in the fug, because we aren't bad people getting good, we're sick people getting well. Thank you for letting me share.

With permission Mid Southern California area 9 newsletter

New Meetings around Town

Name: Tuesday night open participation
 Time: 8:00 pm
 Location: Panorama Ranch
 Address: 308 E. Fredricks Barstow CA.

The Friday Night 5:30 pm women's Meeting 12x12 has moved to the church of the Nazarene 12955 Central rd. Central / Nisqually

Until further notice H&I meeting will be held on the 1st Sunday of every month at 2:00 pm at the Alano Club.

Thank you

Name: Women's Closed Meeting
 Time: 7:00 pm
 Location: Hesperia
 Address: 12061 Jacaranda suite 3
 Behind liquor store on Bear Valley and Jacaranda

Name: Breakfast Club
 Time: 10:00 am
 Location: Newberry Springs
 Address: 33385 Newberry Rd.

42nd Annual Las Vegas Roundup
 Sober in the Sun at the Riviera Hotel and Casino
 November 27—30, 2008 for more info go to
www.lasvegasroundup.org

21st Annual Roundup Lake Havasu City
 Miracle On The River
 November 7—9, 2008 for more info go to
www.havasuaa.com

One of the best kept secrets regarding A.A. conference- approved literature is *Experience, Strength & Hope*, an anthology of stories from the first three editions" Annie the cop fighter " is there. So is "Home Brewmeister," as well as 53 other stories from the 1st, 2nd, and 3rd, editions, which were dropped along the way.

Come on down today to get your copy of *Experience, Strength & Hope*. On sale now at your Central Office for only \$5.60 tax included.

Service Material from the General Service Office
TRADITIONS CHECKLIST
 from the A.A. Grapevine

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Practice These Principles....

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really *is* an “AA opinion” on Antabuse?

Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The

federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

2. Can I honestly share my own personal experience concerning any of those without

giving the impression I am stating the “AA opinion”?

3. What in AA history gave rise to our Tenth Tradition?

4. Have I had a similar experience in my own AA life?

5. What would AA be without this Tradition? Where would I be?

6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

~~~~~  
 I would like to be put on the newsletter mailing list:   
 Also enclosed is a yearly contribution: \$ \_\_\_\_\_  
 (please enclose a contribution to help support your newsletter)  
 Please make check or money order payable to:  
 Victor Valley Intergroup  
 Name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 ~~~~~

We here at *INTO ACTION* would love to hear from you about your experience, strength, and hope. Maybe something that’s happened in recovery or an experience that has happened to you that shows how the program is working in your life. It’s an effective way to help other members who may be inspired by your story. It’s like a local meeting in print, any time you want to read it. It’s just another way of being of service.

E-mail your story to: vvigco_aa@yahoo.com

Please add your name and phone # to all stories for we reserve the right to edit for content and/or clarity

SANITY	SPONSOR	PEACE	TWELVE
TRADITION	HUMILITY	LOVE	STEPS
SERVICE	PATIENCE	HOPE	FREEDOM
GOD	SINCERITY	SUPPORT	HONESTY

P	Y	P	M	A	H	T	S	G	D	O	G
E	E	U	Y	T	R	E	F	T	W	X	H
A	U	H	Y	O	R	Y	R	E	H	X	U
C	B	C	P	V	T	A	E	P	S	H	M
E	Q	P	I	I	D	P	E	O	P	O	I
S	U	C	N	I	E	A	D	H	O	N	L
S	E	A	T	V	C	T	O	D	N	E	I
B	S	I	L	B	B	I	M	V	S	S	T
U	O	E	F	S	P	E	T	S	O	T	Y
N	W	S	S	U	L	N	J	A	R	Y	T
T	Y	T	I	R	E	C	N	I	S	E	N
Y	G	L	O	V	E	E	U	B	X	O	Q