



the Desert Lifeline

October 2023

A publication of the Central Intergroup Office
of the Desert serving the Coachella Valley.

Central Intergroup Office of the Desert

35-325 Date Palm Drive
Suite 107
Cathedral City, CA 92234

Open 9 a.m. to 8 p.m., Mon.- Fri.
10 a.m. to 2 p.m., Sat. & Sun.

760.324.4880

760.324.4851

Web site: www.AAintheDesert.org



manager@aainthedesert.org
chairman@aainthedesert.org

Intergroup Meeting

1st Thursday of the month, 7 p.m.

Board of Directors Meeting

3rd Thursday of the month,
6:30 p.m.

General Service, District 9
3rd Sunday of the month, 4PM

Now Meeting at Central Office
35325 Date Palm Dr.
Suite 107
Cathedral City, CA 92234

Zoom Meeting I.D. 928 8170 4093
Password: 642408
Mailing Address: P O Box 3684
Palm Desert, CA 92261-3684

Hospitals & Institutions

2nd Wednesday of the month,
5:30 p.m.
Mailing Address: PO Box 1843
Palm Desert, CA 92261
www.coachellavalleyhandi.org

Mid-Southern California Area (MSCA)

PO Box, 51446, Irvine CA 92619-1446
Web site: www.msca09aa.org

General Service Office New York

Contribution Mailing address
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407
Web site: www.aa.org

DCYPAA

Every Sunday 6:00 P.M.
Fellowship Hall 45940 Portola Ave.
Palm Desert
Email: webmaster@dcypaa.com

General Service

District 30
4th Sunday of the month, 2:15PM
Joshua Tree Fellowship Hall
6430 Park Blvd.
Joshua Tree, CA 92252
Mailing Address: P O Box 1692
Yucca Valley, CA 92286-1692

Step

Continued to take personal inventory
and when we were wrong
promptly admitted it.

Tradition

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

Concept

Every service responsibility should
be matched by an equal service
authority, with the scope of such
authority well defined.

Principle Ten

Vigilance: Exercising self-discovery, honesty, abandonment,
humility, reflection, and amendment on a momentary, daily, and
periodic basis.

August Office Statistics

| | |
|------------------|-----|
| Meeting Info | 31 |
| 12 Step Calls | 3 |
| Visitors | 54 |
| Literature Sales | 197 |
| Al-Anon | 1 |
| Other 12 Step | 8 |
| Miscellaneous | 47 |
| Business | 19 |
| Zoom Attendance | 56 |

Central Intergroup Office of the Desert Board of Directors

Chairman: Alyssa C.
Vice Chairman: Daphne F.
Treasurer: Kathy F.
Secretary: Alan G.

Directors

Blake H.
Bill T.
Bruce K.
Ginny P.
Alex K.

Desert Lifeline Editor:
Office Manager: David M.
Proof reading and editing: Nikki J.

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

In the past, having an emotional hangover always led to a drink. That one drink led to a hangover from drinking too much. Hangovers abounded whether emotional or from excessive drinking.

My inability to control my drinking and to temper my emotions only added to my anger and discontent. The only way I could relieve myself of the misery that consumed me was with alcohol.

Today, thanks to Step Ten, I'm afforded a tool to help prevent those emotional whirlwinds that led me to the bottle and ultimately to the misery I once lived. A quick check to examine where I am spiritually will set me on a better path.

Whether it is anger, envy, jealousy, or self-pity, I know if I don't look for the root cause, I have no chance of long term peace or joy. Continuing to take personal inventory and promptly admitting when I'm wrong, gives me new perspective and a chance at having some serenity.

Priscilla C.
Monday Night Women's Big Book Study, ABC Club

August Volunteers at Central Office

Allison W.
Amelia F.

Forrest P.
Greg C.

Thank You !!

Thank You !!

Bob B.
Dean B.

Jim B.
John B.
John C.
John M.
Kay H.

Julie H.
Megan C.
Megan L.
Nikki J.

Rebecca E.
Rob H.
Sean G.
Shoshanna S.
Steven St. L.
Tracy S.
Vicky P.

Palm Desert Group -
Fellowship Hall, 45940 Portola Ave.
Palm Desert Saturday Night, 8 p.m.

| | | | | |
|-------|---|--------------|---|--------------|
| 10/07 | - | Ginny P. | - | Palm Desert |
| 10/14 | - | Bob H. | - | Indian Wells |
| 10/21 | - | Katherine C. | - | Joshua Tree |
| 10/28 | - | David M. | - | Whitewater |

Sobriety Capital of the World Group
ABC Recovery 44374 Palm St. Indio

Friday Night, 8 p.m.

| | | | | |
|-------|---|------------|---|---------------|
| 10/06 | - | Texas Chad | - | Redondo Beach |
| 10/13 | - | Robert L. | - | Los Angeles |
| 10/20 | - | Peter B. | - | Los Angeles |
| 10/27 | - | Darren P. | - | Santa Barbara |



October Speakers

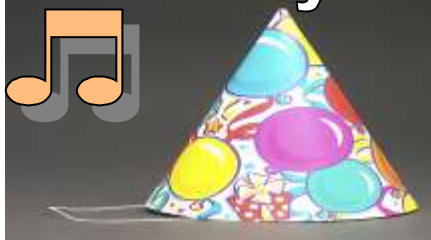


August 2023

John H.

39 yr.

**Happy
Birthday**



We thank all of the birthday celebrants for their contributions to the Central Office Birthday Club.

Grateful in the Desert!



2023 Gratitude Dinner

Speaker Meeting

Carla R. Tujunga, CA

November 11, 2023 5 PM - 8:30 PM

Palm Springs Air Museum 745 N. Gene Autry Trail, P.S., CA 92262

Online Ticket Sales: www.aainthedesert.org

A fundraiser hosted by your AA Central Office Intergroup Committee

Deeper Rooted Emotional Problems

The Center Line of Life
By Rick R.

We are all born with a Conscience and an Ego. We all have Instincts. We, as human beings, are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differs in all of us. "Yet these instincts, so necessary for our existence, often far exceed their proper function. "(12&12 Step 4)" Most normal people make mistakes in their lives and that is normal since no one is perfect. Most Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. (A.A.) Most alcoholics struggle with emotional difficulties that far exceed the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, A certain percentage of our fellowship have Deeper Rooted Emotional Problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms. Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are Resistant, Arrogant or Egotistical etc. when displaying behaviors that the average person is not afflicted with. These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range else why would we need to attend A.A. meetings. Let us consider the normal range to be 5 degrees on either side of the center line. The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may dive off a cliff into a pool of water. These are extremes, and we all fall somewhere in between. Those of us who are fortunate enough not to be afflicted by those pre-mentioned mental disorders, are blessed in the sense that, practicing the principles of Alcoholics Anonymous, can bring us back towards the center line and we can lead a somewhat normal life.

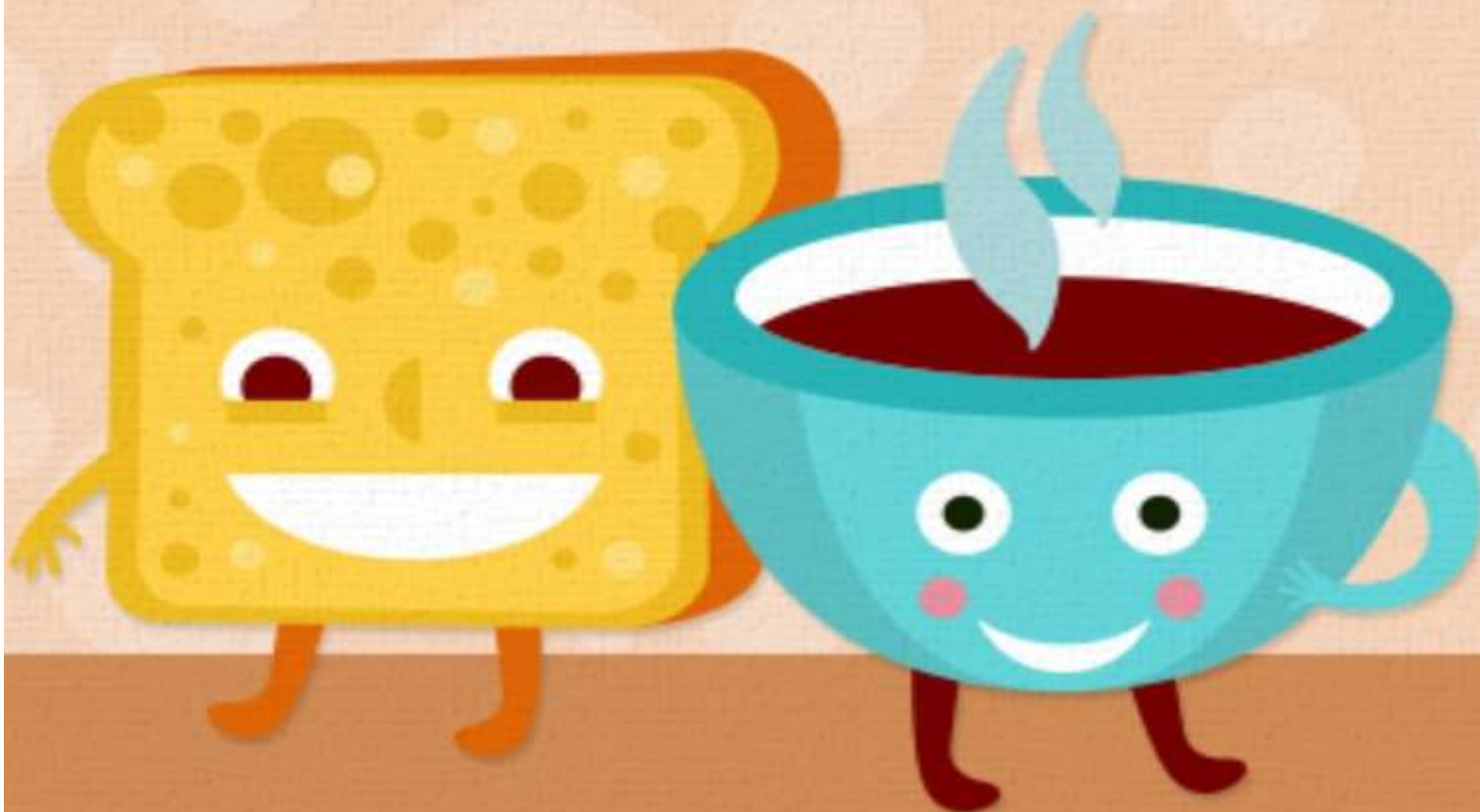
For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of Judging Them by Their Outward Behavior, we are still outside the normal range ourselves, and when we replace the habit of being judgmental with the habits of Compassion and Empathy, we are somewhat closer to the center line. We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions pointed out in the A.A. program. Steps Six and Seven begin this process of recognizing our *defects of character*, based on our thinking, and changing the *shortcomings or actions* that result from those thoughts. "There are those too who suffer from grave emotional and mental disorders but many of them do recover if they have the capacity to be honest." (BB pg. 58) My question is, do we have the capacity to be accepting when we recognize that some of us have these, uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be judgmental about these difficulties. Love, Compassion and Empathy are the center line positions in these cases. They need our understanding.



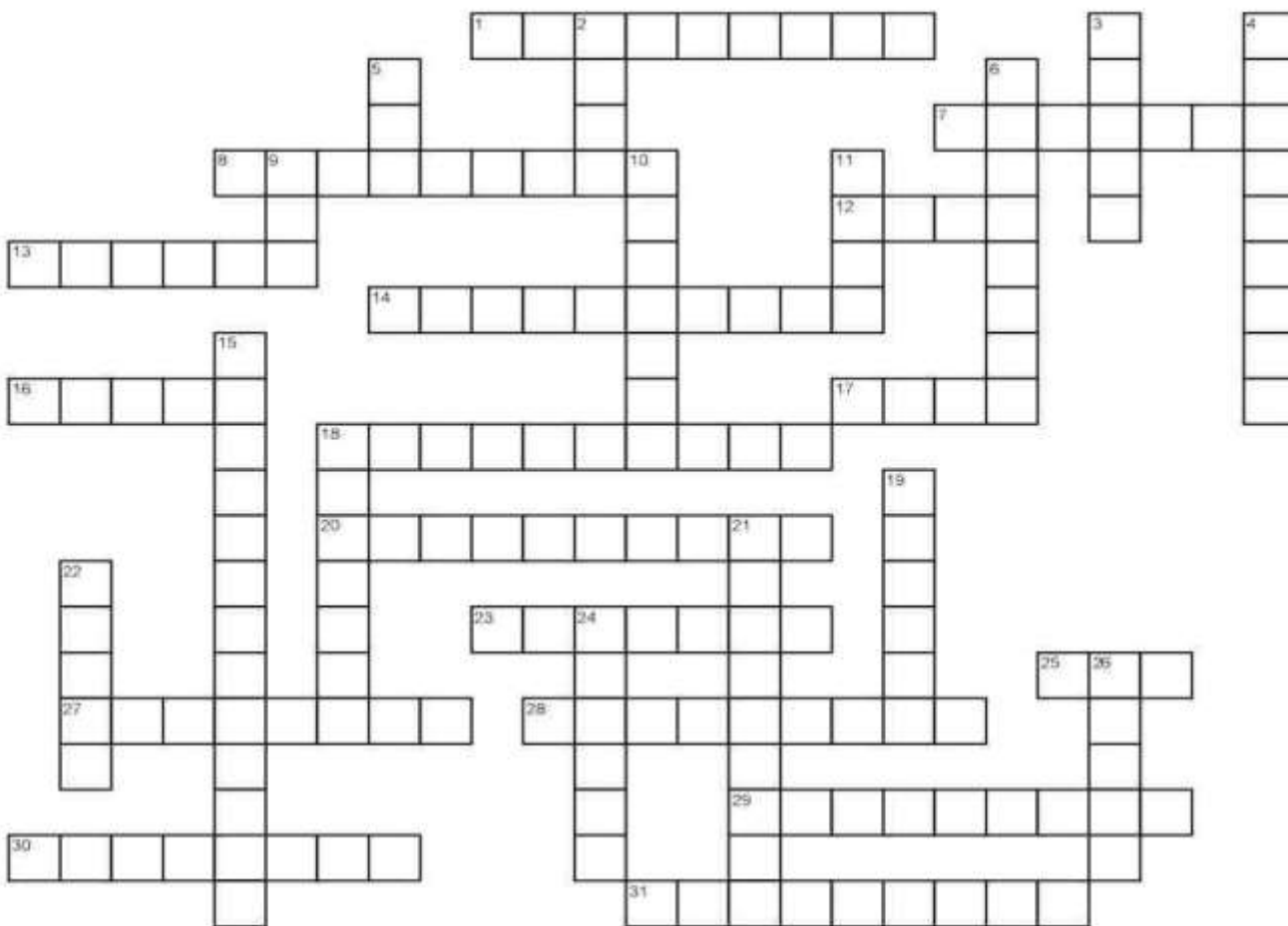
**First Sunday Of Every Month Join Us
For Breakfast & Speaker meeting
At ABC RECOVERY CENTER hosted By
ABC Alumni Committee**

\$10 for breakfast served 9am-11am! Meeting starts 11:30

44359 PALM ST, INDIO, CA 92201



October Puzzle



ACROSS

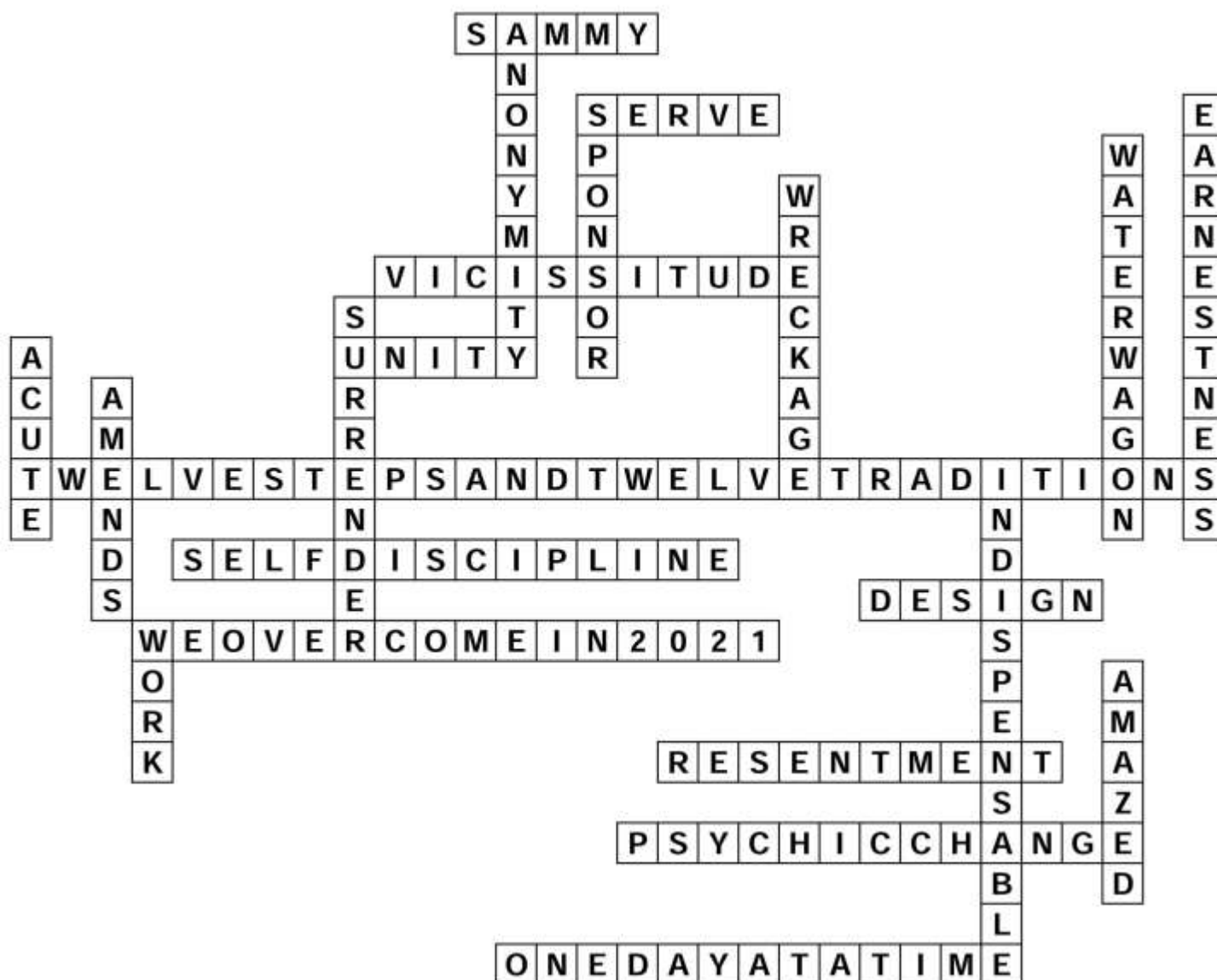
- 1 AA meeting in print
- 7 On the road to happy _____
- 8 Honesty, unselfishness, purity and love
- 12 Step two
- 13 AA got this award in 1951
- 14 International Convention City (2 words)
- 16 Russian potato juice
- 17 Who brought the message to Bill Wilson
- 18 First prison to hold a meeting (2 words)
- 20 the act of taking or receiving something offered
- 23 In the last AA survey, most alcoholics were this
- 25 New York offices
- 27 Circle and _____
- 28 meeting in print
- 29 spiritual foundation
- 30 prior to investigation
- 31 Dr. Bob and the Good

DOWN

- 2 Mrs. Dr. Bob
- 3 Our _____ is self-centered, ego-centric
- 4 Akron hotel when Bill needed to talk to another drunk
- 5 General Service Office
- 6 What we'll comprehend
- 9 Home away from home to alcoholics
- 10 The number of printings of the first edition of our Big Book
- 11 Akron
- 15 Saturday Evening Post article in March, 1941
- 18 AA's very essence
- 19 what trusted servants don't do
- 21 1st AA Convention city
- 22 Second Principle
- 24 How often we've seen them fail
- 26 Dr. Bob surname

Puzzle answers will appear in next month's Desert Lifeline.
You can also find them on our web site — www.aainthedesert.org

September Puzzle Solution



"I love reading the Big Book of Alcoholics Anonymous! I get to see all of the new stuff that's been added since the last time I read the Big Book --- sometimes someone has even snuck in and highlighted stuff for me and written notes in the margin just to bring my attention to that "new stuff"!

"I didn't think that I had a drinking habit, I thought that I had a drinking hobby --- and EVERYONE needs a hobby!"

Dear God,

Please help me to see other people as you see them, to love other people as you love them, and to forgive other people as you forgive them.

And please help me to see myself as you see me, love myself as you love me, and forgive myself as you forgive me.

Amen.

The Persons We Have Harmed

It's Time to Pay the Piper

By Rick R.

How many of us show up at the doors of Alcoholics Anonymous (A.A) ready to start exploring our past and all the issues that we have had with our fellow man? Not me! I came here with a rationalizing, alcoholic mind, and the last thing I intended to do was to go searching for more things to hate about myself. The alcoholic within me was pointing the finger at them to minimize the appearance that I was at fault. My mind was constantly spinning yarns to have the right answers ready should anyone question why I did the things I did. In all my waking hours, I got no peace of mind unless I had something to drink in me, and when that happened, it diminished the need to care about other people and, in fact, it immediately turned into drunken arrogance and often into verbal and physical confrontations. A life lived by those standards can only end in destruction and when we have the option to drink it away, we can put it off indefinitely, but eventually we will have to pay the piper.

Not everyone can repair all the damage they have done in the past, to our families and friends, and that is simply because some of them have moved on and may not be concerned about what our plans are, and they do not see the need to be involved in the drama that the alcoholic is going through, especially with their memory of the failed *good intentions* of the past. Until we have a history of changing our way of life and putting some time between us and that snapshot of our last drunken debacle, we cannot expect any recognition from them since they are not following us around every day recording our progress.

When it comes to making a list of all the persons we have harmed, the first thought that came to my mind was, how far do I go with this list. My thought on that is; what amount of peace of mind would I be satisfied with? The most obvious people are the ones that are closest to us such as family, friends, employers, and as I list those, I can spiral outward to the more remote people like relatives, friends from the past, and so on.

The last thing I hear questioned is who I owe amends to and again, the peace of mind issue sets the standard for who goes on the list. First off, if I have completely changed those old behaviors and have put them behind me, I have already mended my ways and all that is left to do is to acknowledge my past mistakes in the presence of the person receiving the amend. I find it easy to level the playing field by simply asking the question: "Have you ever done something that you really regretted?" The answer usually goes: "Of course, who hasn't?" Next, I say, "Can we talk?" You have just leveled the playing field. You can do this with anyone that you feel uncomfortable about, when you hear their name mentioned, and eventually you will run out of people that are constantly renting room in your brain. In the rare occasion when a person responds to your effort to make things right, in a negative way, they may have issues of their own that we are not aware of, you have done all you can, and you can put it behind you. All that free space in your head adds up to *peace of mind* and you have the rest of your life to complete it.



Dr. Bob's Home Hosts...
Gratitude Sunday

Sunday, November 19, 2023

1 – 4 PM EST

Doors Open at 12 PM

King School
805 Memorial Pkwy, Akron 44303

-and-

Via Zoom

Meeting ID: 851 7896 3581

Password: 855859122

Old Timers Panel

Chris H (4.21.1986) – Cleveland, OH

Gary S (12.09.1982) – Cleveland, OH

Sue H (9.26.1972) – Columbus, OH

Tim T (6.23.1982) – Westlake, OH

Toni F (1.01.1982) – Olmsted Falls, OH

Join us live or on Zoom to hear
"What we used to be like!"

Visit drbobshome.org for more information

Making Apologies or Making Amends?

Apologies are Just acknowledgements.

By Rick R.

Over the years I have attended many different types of A.A. meetings, and I have noticed that I seem to find myself drawn towards the ones that are literature based more than the meetings that seem to have a wide-open topic approach. I find it more direct and constructive when the things that I share about are based on A.A. principles and I can refer to the line or lines in the 12&12 or the Big Book, or in the Daily reflections, that *back up* the things I share with others, rather than just shooting from the hip on what "*I think*" about the topic.

As we are making lists and inventories and searching for the right approach to complete the process of identifying our problems and formulating a path that we can take to correct them, I do not think there is any wrong way to do it, after all, it is just a list. I do, however, sometimes think that there may be a better, more thorough way to accomplish it. The good thing about this is that as we get more evolved in this process, we can always revisit these issues and improve on them. Often, when someone skimps on their fifth step, they may be encouraged to go back and revisit the fifth step, otherwise they are not likely to ever have peace of mind. When we make amends, we bring those issues to their natural conclusion, and they do not torment us anymore. The cat's out of the bag, so to speak. What does it mean when we say, *making amends*? I once heard a woman sharing, she was having trouble making amends to her father; that it was too difficult. She said that her sponsor advised her to just make living amends. It was implied that she did not have to address it with her father and that she could just do something kind for others and that would make it even. The sponsor was well meaning but, I believe, somewhat misguided in her advice.

Sidetracking the issue will never rid your mind of the matter and bring it to a close. It will be in your memory for as long as you have a memory and that is not good. When I was first faced with the prospect and the challenge of inventories and amends, I viewed them as penance or punishment, not unlike donning an orange jumpsuit and picking up trash along the highway. After having gone through the process and reaping the benefit of that experience I now see it as a means of cleaning out the attic and ridding myself of those tormenting ghosts of yesterday. One by one I put issue after issue to rest and as a result, they no longer keep me awake nights wrestling with ways I might circumvent this ego crushing exercise.

The other thing that I want to address is the idea that apologizing for something is making amends. To me, apologizing is simply acknowledging that we have made a mistake, but if we have not mended that behavior, and are still making that mistake with others, we have not mended anything. An example of a sincere amend might go like this: *I apologize for what I did, it has bothered me ever since, and I am truly sorry, and you can rest assured that I do not do that anymore. What can I do to make it right?*

Carrying the dead weight from past misdeeds around in our heads is no way to live. If you can muster the strength to address them one at a time you can rid yourself of all that mental discomfort and you can experience the promise: we will comprehend the word serenity and we will know peace. Can you say that for yourself, now? *All amends are living amends and apologies are only acknowledgements.*

\$9.00

Book of the month

\$9.00

Alcoholics Anonymous

Big Book soft cover

Normally \$11.00

This Month \$9.00

The Promises of Alcoholism

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the word CONFLICT and we will know PAIN.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self esteem will slip away.
9. Our whole attitude and outlook upon life will SUCK.
10. Fear of people, and of economic insecurity will multiply.
11. We will intuitively know how to run from situations, which never used to bother us.
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled amongst us every day--sometimes quickly, sometimes slowly. They will ALWAYS materialize if we continue to drink.



"I used to recommend AA to patients with drinking problems. Now, I give them a rectal exam instead. It's just as ineffective, but there is less shame involved."



NEWCOMER IMPRESSIONS OF AA

(What should I do—or not do!)

Using the same sort of foul language that I used as a thirteen-year-old to impress my parents that I have finally *grown-up*, leaves the newcomer with the impression that I am too immature or slow-witted to be taken seriously (psychologists call this attention-grabbing technique: “**shockers**”).

If I mock the Twelve Steps during the reading of chapter Five (*What’s the point? Balk-balk, Ha! Ha! etc.*) I am likely to leave the newcomer with the impression that the AA Twelve Step program is not to be taken seriously. The “Ha-Ha” may also come from seasoned members, just to be polite, although they may consider this “AA virus” as a crashing bore.

It feels good to share “let it all hang out,” at discussion meetings. However, if I do not share how the Twelve Steps are working in my daily life (My experience, strength, and hope), I leave the impression that AA is limited to a group-therapy solution. Bill Wilson wrote: “***Sobriety—freedom from alcohol—through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group.***” * Group therapy is good, so far as it goes, but AA is better than that! We have a Twelve Step solution that really works.

If I spend my time during the important “*meeting after the meeting*” with my regular friends, but ignore the newcomer, I am apt to leave them with a negative impression of AA—they came in lonely and left lonely. A less-than-welcome reception may cause their first AA meeting to be their last AA meeting. I need to have AA literature ready for them with a robust welcome before they dash out the door.

I need to better maintain a neat appearance at meetings—something I am not always so good at! A general conception is that AA is comprised of skid row bums. Newcomers are happily impressed to find this is not so. After all, if I am to be trudging the road of happy destiny, shouldn’t I be dressed for the occasion?

Bob S

* Problems Other than alcohol (*Excerpts*) F8

Faith

When you have come to the edge
Of all the light you know,
And are about to step off into
The darkness of the unknown,
Faith is knowing
One of the following two things
will happen:

There will be something solid to stand on
Or you will be taught how to fly.



“I hate that smug look you get when you’re going to a closed meeting!”

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

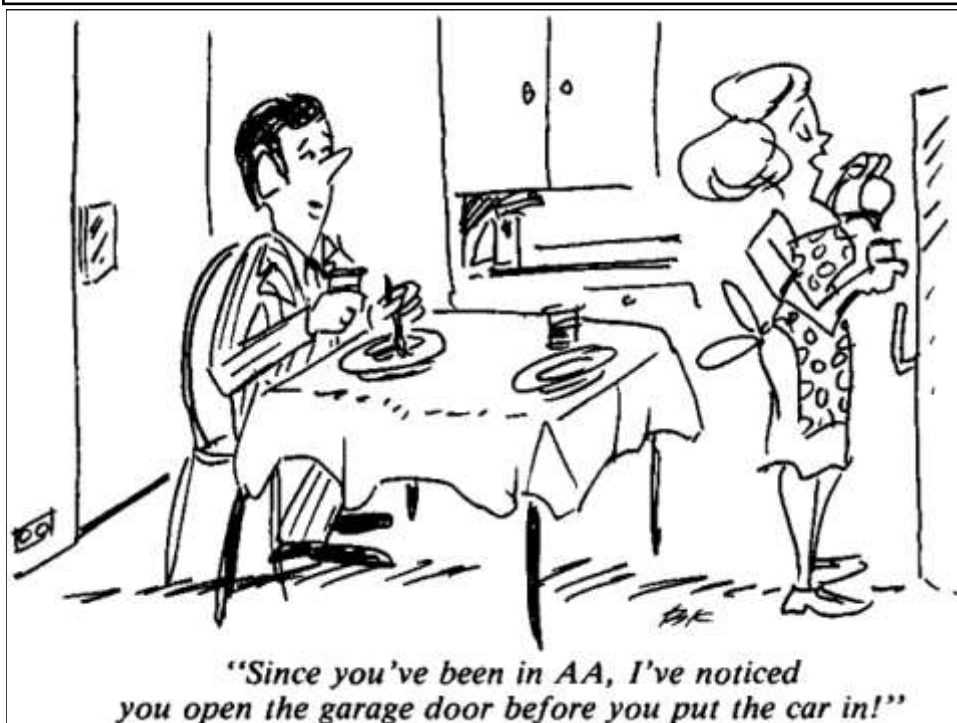
Every service responsibility should be matched by an equal service authority - The scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

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 III) in its behalf. The board is in authority over its subsidiary operating conditions – A.A. World Services, Inc. and the A.A. Grapevine, Inc. – but it *delegates* to the directors of those corporations the authority necessary to run these service entities.

As Bill said, "It is perfectly clear that when *delegated authority is operating well, it should not be constantly interfered with.*" Otherwise, he warned, "those charged with operating responsibly will be demoralized." For example, the General Service Board owns the two operating corporations and its authority over them is absolute. "Nevertheless so long as things go well, it is highly important that the trustees do not unnecessarily interfere with or usurp the operating authority of these entities."

"To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities."

Gay H
GSR liaison to Intergroup



Relapse

Oh, what a waste
I just wanted a taste
But then there were dragons to chase
Good times took a toll
I lost self-control
And ended up catching a case

Oh, what to do now?
I believe that somehow
Some angel or God has my back
Hope it won't be too long till I feel like I'm strong
And get back all the things that I lack

So I hope and I pray
That I'll do what I say
And finally make a new start
For God who knows all
keeps on breaking my fall
Although I keep breaking His heart

Jessica June

HOW OXFORD GROUP CRITICISM SPAWNED THE TWELVE STEPS.

Bill and Lois Wilson attended the NY Oxford Group shortly after Bill was released from Towns hospital late December 1934. All went well till Oxford Group members criticized them for having private meetings for “drunks only” in their home at 182 Clinton street in Brooklyn Hts. They were considered as “not maximum.” (not fully complying with OG principles) Chaos developed! Consequently, during August of 1937, Bill and Lois stopped attending the Oxford Group meetings.

The yet unwritten AA program of action was now on its own in NY! Happily, the twenty-eight Main Principles (tenets) of the Oxford Group remained imbedded in the mind of the author-to be of our Big Book. Some of these tenets were accepted by Bill as helpful to alcoholics—these Are found on page xvi of the Big Book:

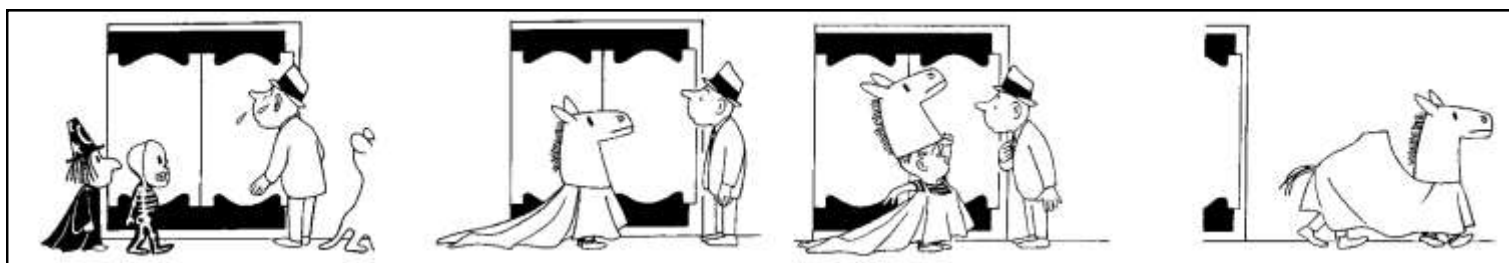
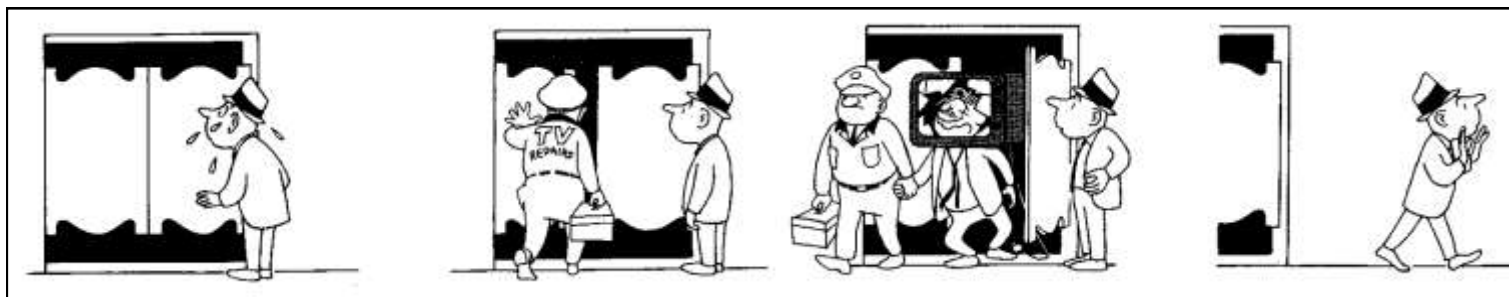
- Moral inventory
- Confession of personality defects
- Restitution to those harmed
- Helpfulness to others
- Necessity of belief in and dependence upon God.

This later became a word-of-mouth six step program of action for the alcoholics—there were several versions of this but here is listed the version found on page 263 of our current Big Book:

1. Complete deflation.
2. Dependence and guidance from a Higher Power.
3. Moral inventory.
4. Confession.
5. Restitution.
6. Continued work with other alcoholics.

The six-step word-of-mouth program was expanded into Twelve Steps in December of 1938 (Pass it On, pages 197-198). How lucky for us that Bill was considered “not Maximum!” Certainly, a God-send for us all! Further evidence that that: “God moves in mysterious ways”!

Bob S



Tradition Ten

*Alcoholics Anonymous has no opinion on outside issues;
hence the A.A. name ought never be drawn into public controversy.*

For those of us who are gate-crashers when it comes to politics, religion or any issue of MAJOR disagreement, I am so grateful Tradition Ten came into my life, along with all the other wonders of AA. It has served as a wonderful and much-needed element of control for my voice, my writings, my feelings about these matters altogether.

As a result of Tradition Ten, I have become a much calmer, more subdued member of the human race. It has saved me no end of problems. I recall my (drinking) days of much angst, fear, fury and dreadful mistakes with anguish. I see myself and the rest of my life as if the seas of life have finally calmed, and as a result, I am free to enjoy my life, my many loves (I've got a LOT of grandkids!), even issues about which I used to express loud (dis)agreement. We come to an attitude of peace and acceptance.

When AA began (thank you, Dr. Bob and Bill W.), early members "resolved to keep our Society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinions on outside issues; hence the AA name ought never be drawn into public controversy."

This is a salvaging factor for so many of us. I am grateful.

Connie Z
Attitude Adjustment, Thursday, Eisenhower Hospital

Tradition 10 Checklist

(for all A.A. members to consider)

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

Taken from SM F-131 The Traditions Checklist

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?

Step Ten: Beginning of the Maintenance Steps

Understanding the Disease of Alcoholism Takes Time

By Rick R.

After being in the program for a while, it occurred to me that initially, there was no way I could have performed all the measures suggested in the steps on my first go-around. Coming from an alcoholic's approach to the issues we plan to address, we eventually come to understand that we can only give it our best effort to start the process. Understanding the disease of alcoholism takes time. We can however establish a framework without concluding that we have completed the steps. As we continue to grow in the program more will be revealed about the steps taken and that is where step 10 becomes the opportunity to revisit past steps and fill in the empty spaces as we evolve. That does not mean that we cannot address those issues when we become aware of them. If we stay sober long enough to get to this level of understanding we will continue to repair our broken relations with others and clear up legal, marital and financial problems that can be a distraction when it comes to looking at the deeper rooted emotional, mental and spiritual issues. We cannot ignore the need for up-keep and maintenance in the program no more than we can ignore the Up-keep and maintenance when we purchase a new car. Brake shoes wear thin, oil gets dirty, coolant evaporates etc.... The same effect takes place in the process of recovery. If we become complacent at any level of this process, as it often happens, we may relapse or, miss out on the promises set forth in step nine. Step Ten, "Continued to take personal inventory and when we were wrong promptly admitted it". (BB Pg. 59) I believe that most of the members of A.A. that actually go through the steps, as suggested in the Big Book, have been doing this to some degree since they became aware of it in the 4th and 5th steps, and the reason why they reintroduced us to this topic in the tenth step was to make it clear that we will continue to do this for the rest of our lives. We are never finished when it comes to taking the steps. There is a line that we cross if we are committed to the goal of becoming the best we can be in life and that is where we stop asking "Why we must do all the things that the program suggests" to a point where we start asking the question "Why wouldn't we do these things that result in freedom of the mind. The biggest misconception that we have is the idea that, somehow, we are responsible for becoming an alcoholic and this is simply not the case. Alcoholism is a disease that we did not have the capacity to decide to become afflicted with when we were born. You might say that alcoholism is a byproduct of guilt, shame, and low self-esteem based on habits and deeds of the past. When we took our first drink it did something for us than it did not do for the normal person. It masks all our fears and insecurities temporarily but did not erase those embarrassing behaviors from our minds and our conscience. We behaved poorly as we evolved through our adolescence and young adulthood due to the fears and inhibitions associated with alcoholism. Who could fault the person who discovers they have a disease, takes it upon themselves to treat that disease, restores and accounts for all the faulty behaviors that stem from that disease, makes restitution and becomes a model citizen? This is the natural development that evolves as the result of taking the steps and continue the up-keep and maintenance process and I Thank God that the program of Alcoholics Anonymous has taken one hell of a load off my mind and I am at peace mentally when my head hits the pillow at night.

No man should think that sobriety
comes easily.

Sobriety doesn't come by merely wanting it,
or by shouting for it.

Sobriety is built, brick by brick,
by total effort and belief.

And it is built in the living faith that,
in the end,
with the help of his Higher Power,
man can achieve mastery of his destiny.

Jim M

Perez Plaza, 68845 Perez Road #25, Cathedral City



18TH ANNUAL JOE BENITEZ DESERT MEN'S BANQUET

"TOGETHER WE CAN"

Sunday, November 5th, 2023

Fantasy Springs Resort-Casino

Indio, CA.

Exit: Golf Center Parkway, East on I-10

4 pm – Meet & Greet

5pm – Dinner/6:30pm – Speaker

\$50.00 per person / \$500.00 per table

For more information, please contact:

Al S. 310-344-1210

John E. 760-272-8449

David H. 719-859-3200

Make Checks Payable to: Desert Men's Banquet

Mail to: 78-138 Calle Norte, La Quinta, CA 92253



Central Intergroup of the Desert

Statement of Activity

August 2023

PROFIT & LOSS

\$6,560

\$23,550

Income

\$16,990

Expenses

| | TOTAL | |
|--------------------------------------|-----------------|-----------------------|
| | AUG 2023 | JUL - AUG, 2023 (YTD) |
| Revenue | | |
| Contributions - Conventions | | 560 |
| Contributions - Groups & Individuals | 9,538 | 14,097 |
| Gratitude Dinner | 4,906 | 4,906 |
| Interest Income | 8 | 8 |
| Sales | 9,098 | 17,919 |
| Total Revenue | \$23,550 | \$37,490 |
| Cost of Goods Sold | | |
| Cost of Goods Sold | 6,349 | 11,738 |
| POS Inventory Adjustment | 18 | (307) |
| Total Cost of Goods Sold | \$6,367 | \$11,431 |
| GROSS PROFIT | \$17,183 | \$26,059 |
| Expenditures | | |
| Accounting Services | 800 | 1,600 |
| Bank Charges | 30 | 30 |
| Computer Expense | 463 | 920 |
| Credit Card Fees | 252 | 489 |
| Insurance - Health | 515 | 1,199 |
| Insurance - Liability | 282 | 565 |
| Newsletter Expense | 187 | 187 |
| Office Expense | 903 | 2,202 |
| Payroll Expenses | 4,513 | 9,026 |
| Plant Expenditures | | 208 |
| Rent | 1,688 | 3,401 |
| Storage | 252 | 504 |
| Utilities | 737 | 1,219 |
| Total Expenditures | \$10,624 | \$21,548 |
| NET OPERATING REVENUE | \$6,560 | \$4,510 |
| NET REVENUE | \$6,560 | \$4,510 |



Central Intergroup Office of the Desert
 25,517 (June 2023)
 Audited July 1, 2023 - June 30, 2023
 10001 10000 (FY24 P & L) 10000 (FY24 P & L)
 10001 10000 (FY24 P & L) 10000 (FY24 P & L)

Central Intergroup of the Desert

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

July - August, 2023

| | TOTAL | | |
|--------------------------------------|-----------------|-------------------|-------------------|
| | ACTUAL | BUDGET | OVER BUDGET |
| Revenue | | | |
| Contributions - Conventions | 560 | 0 | 560 |
| Contributions - Groups & Individuals | 14,097 | 8,924 | 5,173 |
| Gratitude Dinner | 4,906 | 0 | 4,906 |
| Interest Income | 8 | 24 | (16) |
| Sales | 17,919 | 15,260 | 2,659 |
| Total Revenue | \$37,490 | \$24,208 | \$13,282 |
| Cost of Goods Sold | | | |
| Cost of Goods Sold | 11,738 | 6,228 | 5,510 |
| POS Inventory Adjustment | (307) | | (307) |
| Total Cost of Goods Sold | \$11,431 | \$6,228 | \$5,203 |
| GROSS PROFIT | \$26,059 | \$17,980 | \$8,079 |
| Expenditures | | | |
| Accounting Services | 1,600 | 1,600 | 0 |
| Bank Charges | 30 | | 30 |
| Computer Expense | 920 | 1,050 | (130) |
| Credit Card Fees | 489 | 412 | 77 |
| Insurance - Health | 1,199 | 930 | 269 |
| Insurance - Liability | 565 | 624 | (59) |
| Newsletter Expense | 187 | 500 | (313) |
| Office Expense | 2,202 | 1,900 | 302 |
| Outreach | | 40 | (40) |
| Payroll Expenses | 9,026 | 9,928 | (902) |
| Plant Expenditures | 208 | 600 | (392) |
| Rent | 3,401 | 3,226 | 175 |
| Storage | 504 | 448 | 56 |
| Utilities | 1,219 | 1,482 | (263) |
| Total Expenditures | \$21,548 | \$22,740 | \$ (1,192) |
| NET OPERATING REVENUE | \$4,510 | \$ (4,760) | \$9,270 |
| NET REVENUE | \$4,510 | \$ (4,760) | \$9,270 |

Central Intergroup of the Desert

Contributions - Groups & Individuals

August 2023

| | TOTAL | |
|--|----------|-----------------------|
| | AUG 2023 | JUL - AUG, 2023 (YTD) |
| 24 Hours a Day | | 82.00 |
| 3rd 7th 11th Step Meeting | 177.25 | 177.25 |
| 5th Tradition 7AM Attitude Adjustment Group #100 | 214.01 | 214.01 |
| 6AM Pierson - K I S F Desert Hot Springs | | 200.00 |
| Aging Gracefully in Sobriety | 74.24 | 74.24 |
| Alano Club Palm Springs | 100.00 | 100.00 |
| Anonymous No Group Given | 781.70 | 1,661.82 |
| As Bill Sees It -10AM-M Fellowship Hall P.D. | | 200.00 |
| Bill's Hour | 85.00 | 85.00 |
| Birthday Contributions | 100.00 | 135.00 |
| Black Sheep Group | 571.15 | 571.15 |
| Central Intergroup Cathedral City | | 35.00 |
| Daily Reprieve-Daily Palm Desert | 174.12 | 360.69 |
| Desert Men's Big Book Stu Palm Desert | 50.00 | 50.00 |
| Design for Living Group | 408.61 | 408.61 |
| Dolls of Valley Palm Desert | | 269.00 |
| Female Friends Yucca Valley | 80.00 | 80.00 |
| Friends of Bill - Anonymo Palm Desert | | 111.00 |
| Groovy Group | | 204.00 |
| Happy Hour Book Study Palm Desert | 50.00 | 50.00 |
| Happy Hour Group Sunny Dunes | | 845.00 |
| Heritage Palms Wed Nite Women | | 250.00 |
| Jaywalkers | 52.90 | 52.90 |
| Last Call Group | 801.70 | 801.70 |
| Last Call Group 104 | 251.27 | 251.27 |
| Living Sober Group-Joshua Tree | 10.00 | 10.00 |
| Monday Women's 1PM Yucca Valley | 30.00 | 30.00 |
| No Matter What Group | 60.00 | 60.00 |
| Oxy-Moron Group | | 100.00 |
| Palm Desert 7 AM Attitude Adj. | 130.00 | 266.00 |
| Palm Desert Saturday Speaker's | | 50.00 |
| PDCC Zoom | | 139.00 |
| Saturday 12 & 12 | | 100.00 |
| Saturday Womens Online 11 | | 5.00 |
| Serenity Group Joshua Tree | | 198.40 |
| Serenity Seekers Palm Desert | 480.00 | 480.00 |
| Serenity Sisters - Sunny Dunes | 244.36 | 244.36 |
| Shipwreck Men's Meeting | 300.00 | 300.00 |
| Sober Divas | 75.00 | 75.00 |
| Square Deposit | 4.70 | 4.70 |
| Stay Connected 9am (Zoom) | 566.50 | 571.50 |
| Stepping Stones | | 110.68 |
| Sun City Ole Time Big Book Study | | 135.00 |

Central Intergroup of the Desert

Contributions - Groups & Individuals

August 2023

| | TOTAL | |
|--|-------------------|-----------------------|
| | AUG 2023 | JUL - AUG, 2023 (YTD) |
| Sunday Serenity Group | 92.22 | 145.77 |
| Sunny Dunes 7am Attitude Adjustment Online Group | 2,385.94 | 2,385.94 |
| Sunrise Celebrators Palm Desert | 76.16 | 149.17 |
| The First 164 Pages | 337.50 | 337.50 |
| Third Tradition Group Landers | | 100.00 |
| Vets for Vets Palm Desert | | 55.00 |
| Not Specified | 774.10 | 774.10 |
| TOTAL | \$9,538.43 | \$14,096.76 |

Heard at Meetings

Inter Group: "An alcoholic is a man with two feet firmly planted in mid-air."

Greenwich: "A.A. is like an umbrella. It won't work unless you put it up."

White Plains: "An alcoholic is a person who finds he has nothing in common with himself."

Manhattan: "Time heals all cuts; time also cuts all heels."

Inter Group: "The twelve steps are a matter of long, slow work. One can't go from a heel to a halo in twelve easy lessons!"

What are the Drawbacks of "California Sober?"

While everyone has a unique experience of addiction and recovery, there are some potential pitfalls for anyone considering the "Cali Sober" approach. These include:

1. Dangers of self-medication
2. Negative consequences of cannabis product usage
3. Returning to old habits
4. Failing to treat the underlying problem
5. Minimal harm reduction delivered

