



the Desert Lifeline

October 2024

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.
Fellowship Hall 45940 Portola Ave.
Palm Desert
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
3rd Sunday of the month, 2:00 PM
Yucca Valley Alano Club
57637 Yucca Trail
Yucca Valley, CA 92284
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.

T

E

N

Principle Ten

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

August Office Statistics

Meeting Info	70
12 Step Calls	2
Visitors	43
Literature Sales	271
Al-Anon	13
Other 12 Step	4
Miscellaneous	27
Business	8
Zoom Attendance	100

Central Intergroup Office of the Desert Board of Directors

Chairman: Daphne F.
Vice Chairman: OPEN
Treasurer: Kathy F.
Secretary: Alan G.

Directors

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

Desert Lifeline Editor:
Office Manager: David M.
Proof reading and editing: Bill T.

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?

August Volunteers at Central Office

Allison W.
Amelia F.
Betsy S.

Thank You !!

Bill T.
Bob B.
Forrest P.

Jim B.
John B.
John C.
John R.

Thank You !!

Kiki T.
Kathy M.
Megan L.
Nikki J.

Pavithra S.
Rob H.
Shoshanna S.

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

- 10/05 - Julian - Palm Desert
- 10/12 - Chris - Indio
- 10/19 - Jana P. - Cathedral City
- 10/26 - Andrew S.— Coachella

**Sobriety Capital of the World Group
ABC Recovery 44374 Palm St. Indio
Friday Night, 8 p.m.**

- 10/04 - Fred G. - Long Beach
- 10/11 - Robert L. - Los Angeles
- 10/18 - Jeanny T.— Playa Del Rey
- 10/25 - Darren P. - Santa Barbara



October Speakers



August 2024

Shoshanna S. 3 yr.

John H. 40 yr.

**Happy
Birthday**



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

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.

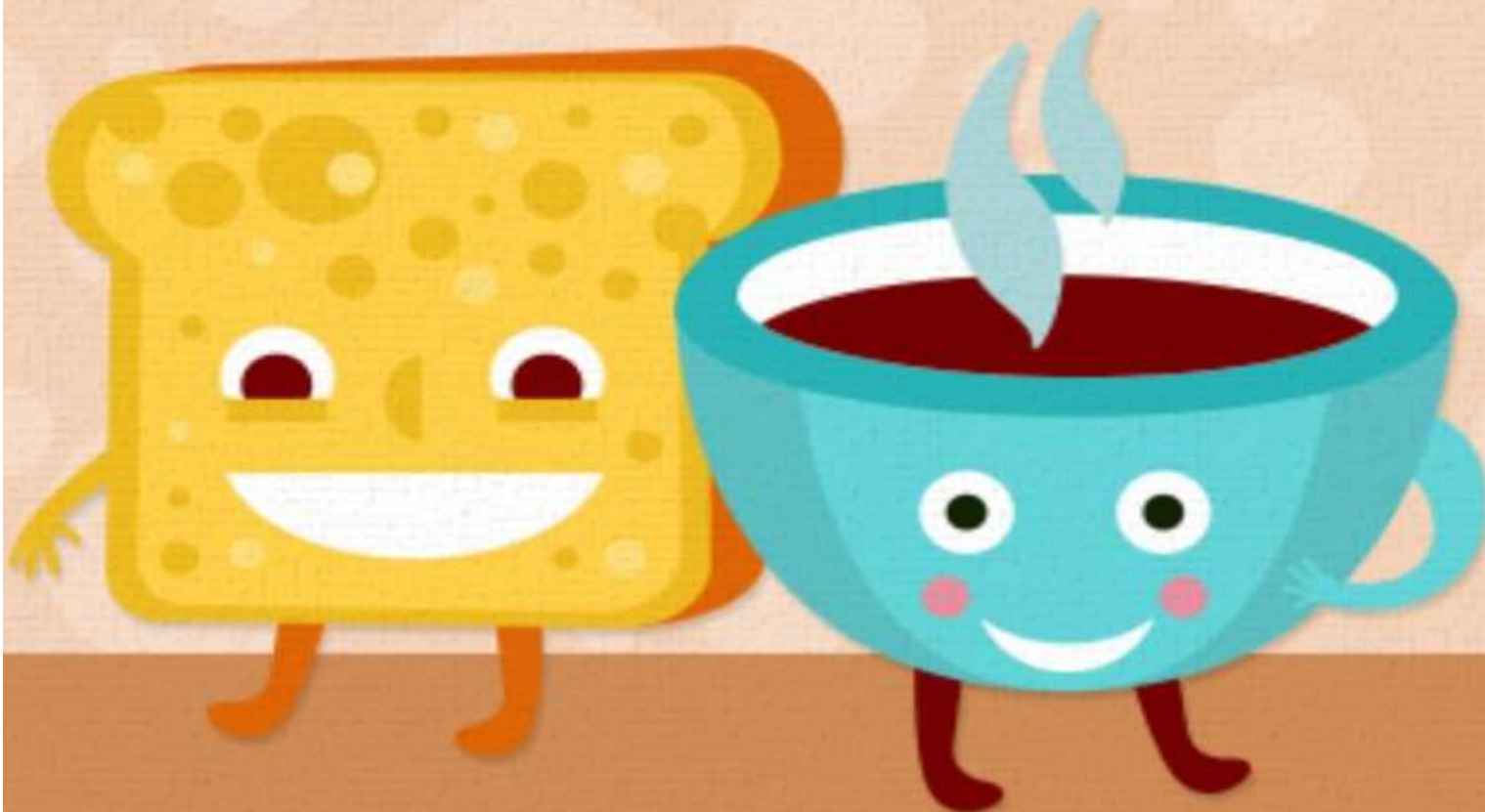
For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of Judging Them by Their Outward Behavior, we are still outside the normal range ourselves, and when we replace the habit of being 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.



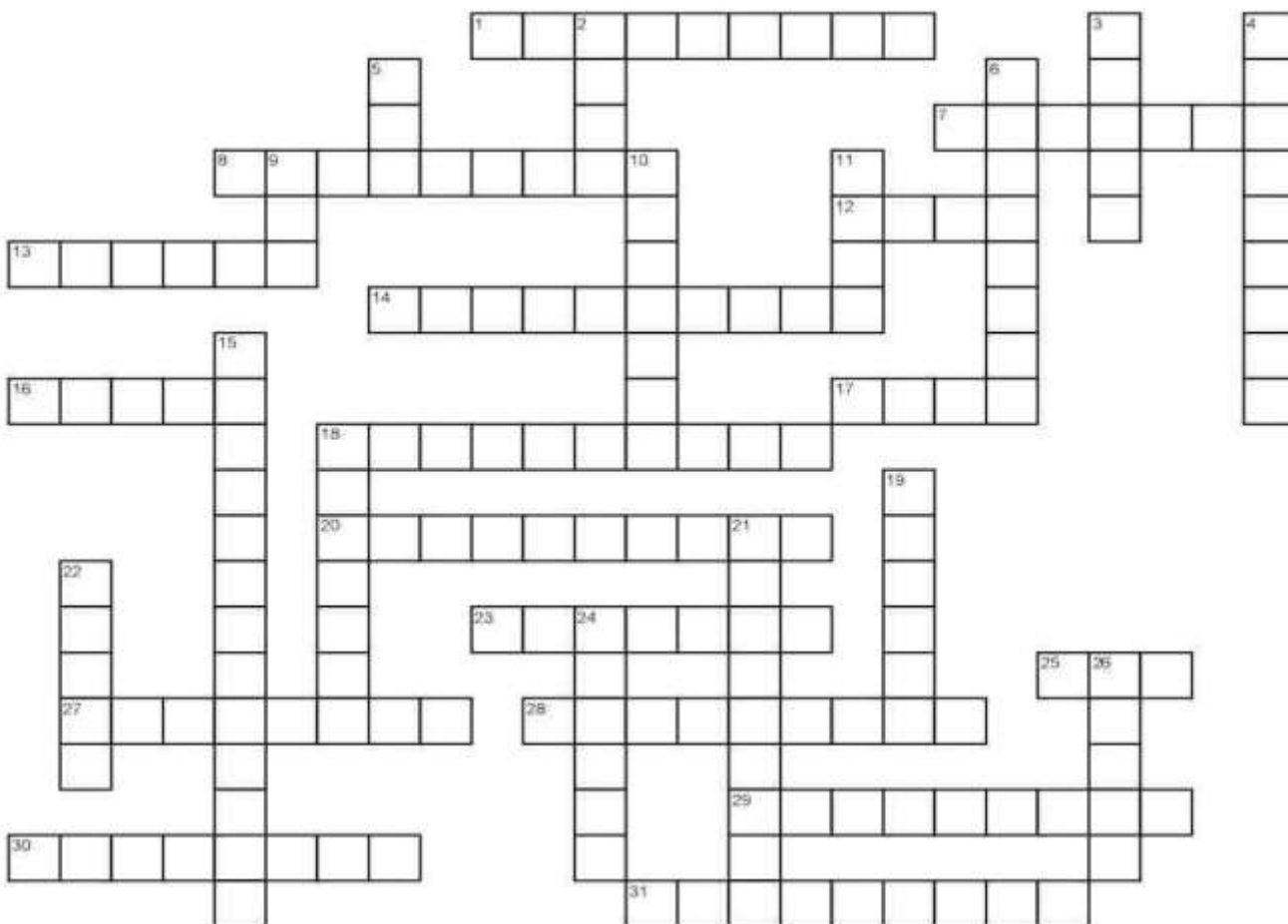
**First Sunday Of Every Month Join Us
For Breakfast & Speaker meeting
At ABC RECOVERY CENTER hosted By
ABC Alumni Committee**

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

44359 PALM ST, INDIO, CA 92201



October Puzzle



ACROSS

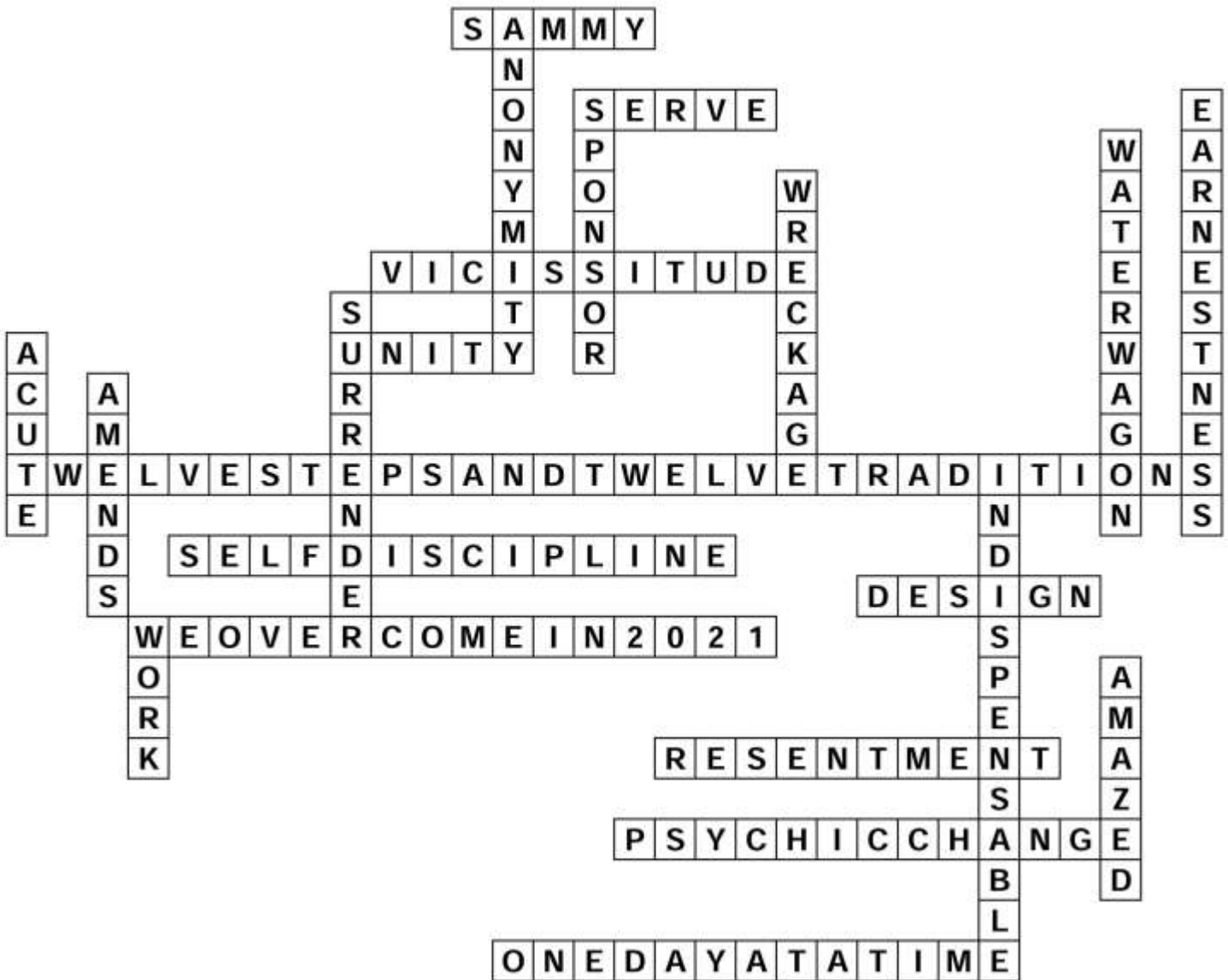
- 1 AA meeting in print
- 7 On the road to happy _____
- 8 Honesty, unselfishness, purity and love
- 12 Step two
- 13 AA got this award in 1951
- 14 International Convention City (2 words)
- 16 Russian potato juice
- 17 Who brought the message to Bill Wilson
- 18 First prison to hold a meeting (2 words)
- 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.



Dear reader-

I am so grateful for my sobriety and would like to share my thoughts and experiences regarding alcoholism with you.

I have asked God to do for me, what I can't do for myself for many years, and He always comes through for me-for all of us; even when *unasked* He comes through! He has never dropped me, in 42 years without a drink, and He will do that for you too. We don't always see it because He hides from us, so we aren't overwhelmed by His majesty and glory; He would appear so brightly and blindingly, that we would have to look away! I believe He talks to us through our Sponsors and fellow alcoholics. He looks out for us very well, anonymously.

My personal experience is proof of God's protection; He has walked in front of me, protecting me from land mines and punji pits on the trail in the jungle of Vietnam, for 13 months; He brought me home without a scratch except for some damage to my hearing from all the mortar shell attacks.

Although the point of this article is to remind myself, and you-dear reader-to go back to reliance on *Him* for all of life's concerns, it dawned on me that I was still practicing my disease of selfishness, self-centeredness, and self-seeking! I wanted *Him* to do everything for me as I sit back and enjoy it; that is my sickness, my disease running the show, expecting someone else do all the work!

I had a moment of clarity and decided that from now on I am going to *help* Him, as He helps me; I will do my part to carry the message of AA to the alcoholic who still suffers.

This is my prayer to God, my Father and my Director: *I know you are a King, and I am but your mere Prince, but would it be alright if I started doing for you instead of you always doing for me? I am going to redouble my divine, inspired efforts to help You carry the message of AA to the alcoholic who still suffers! I want to take some of the burden and responsibility off Your shoulders, Dad, so I am a useful member of society. After all, Dad, we are family and family helps one another; Father, thank you for everything- I love you very much and I am not too proud to say it! I will shout it to the mountains every day, that I love my Father, my Creator, and again thank him for bringing me into conscious contact with Him, and for continuing to let me be here, on earth with Him.*

I have had a wonderful life because of Him and, of course Alcoholics Anonymous! We in AA are privy to the fact that through our eleventh step, we here on earth-mere mortals-can and do have conscious contact with our Creator; if we complete our 12 steps, work with a sponsor, read our Big Book, help other alcoholics and non-alcoholics, and go to meetings for 90 consecutive days with no misses or excuses, we will have laid the foundation for an alcohol-free life. Our cravings are hopefully gone and a spiritual transformation will occur as a result of completing our twelfth step; we are now ready for God to allow us conscious contact with Him. *If* He has had conscious contact with millions of us old-timers, then why wouldn't He have contact with anyone who earnestly seeks it?

Our Big Book tells us that our life's first job is to make sure "your relationship with Him is right and great things will come to pass for you and countless others." I have personally found that to be true for 42 years. Anyone can have a relationship with the Creator of the stars, sun, and moon and my favorite trees; if we want Him desperately, He will come like He came to me; He treats all His children the same!

One more thing I would like to share is "Rarely have we seen a person fail who has thoroughly followed our path; Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault. They seem to have been born that way..."

Once again, dear reader, I thank you for listening to this AA message from God to my sponsor, to me, and now to you! God is Good, God is Great!

-- Bill D. ABC Recovery Center Friday Night Speaker meeting Indio, Calif. " The Sobriety Capital OF The World"

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



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**

The Tenth Step Acid Test
Principles to Live By
By Rick R.

Each of our steps takes a certain amount of thoroughness but for most of the steps, it seems we will be working on them for the rest of our lives as they involve practicing principles that we have incorporated into our day to day living experiences, and after the Ninth Step has been given due diligence, we can go on to Step Ten. This is not the time to rest on our laurels. Having put a little time between us and our last drink required a lot of effort, and it would be a shame to lose interest in the growing process at this time. My ego is always ready to move right into those empty spaces when I vacate my growing efforts. My approach to Step Ten was confusing at first, as I thought I was going to be running around with a clipboard for the rest of my life, and I didn't like the idea of credit and debit lists and penciling out things, but I tried it for a while, and I still didn't like it. I couldn't see monitoring myself on every face-to-face verbal transaction and running around apologizing to everyone that I may have made a mistake with. That was my first impression of step ten. What I discovered was that the tenth step is a framework for the upkeep and maintenance of all of the previous nine steps, and as I incorporated those principles into my value system it made me aware of my mistakes and it became easier and easier for me simply because the more I live by unselfish, proven principles, the less mistakes I make, and the easier it became to right those mistakes on the spot. When I first heard the term, "cash register honesty", it meant more to me than just being honest with a cashier. It meant that I had to stop taking advantage of everyone. That is a principle to live by. Since I started on this journey, I have wanted to be free of all the sick feelings I had about myself and, at first, I couldn't find anything in the Big Book or the 12&12 that I could sink my teeth into. The one thing that came close was the term: *sins of omission, but that was too direct*. I was looking for a broader term that would have covered the things that I was unaware of. All my life, under a mountain of misdeeds and inappropriate behavior was the word **NEGLECT**. I then Googled it and found it twice in the Big Book (pg.97 and 129) and twice in the 12&12 (pg.81 and 151) but I don't think I ever saw it addressed as seriously as all of the other major defects are, but it was *major for me*. I discovered it in the process of doing the tenth step. To set the tone for my day-to-day activities I start by making my bed when I get up in the morning. By doing this I am making a statement that I won't be neglectful, irresponsible, lazy, etc. If I am at the market, I'll find a stray cart and return it to the rack, just to make up for all the times I pushed a cart into the flower bed and fled. The acid test is how diligent I am at continuing these exercises in selflessness until they become second nature. You may have your own way of giving back to make it right and these things cost us nothing, but if I'm willing to do them, it's a cinch I won't be ripping anyone off today. It helps to have a clear conscience, and it may be what a good role model should be doing. I want to be quick to address my mistakes, for we know that nobody's perfect, and I don't want to miss the spiritual boat. Now it all comes down to *going through each day without doing anything I regret*, and I hope I pass the acid test.

Book of the month

Alcoholics Anonymous

Big Book soft cover

Normally \$11.00

This Month \$9.00

\$9.00

\$9.00

\$9.00

\$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.

The saying, "Babies are the apples of God's eyes," is one we don't hear often, these days; I ran right into it at Eisenhower Hospital in Rancho Mirage, California while in the waiting room to visit my new, fifth grandbaby- a boy named Maxx; I love that name!

There was a plaque on the wall dedicated to a hospital baby ward-a large donor of money. I was so intrigued with the saying, I googled it when I got home; it appears to have originated from our Old Testament Hebrew Bible, thousands of years ago. How amazing it has survived over all these years in our culture!

The most accurate translation I could find, comes from the book of Zecharia, and translated, it means "little man of His eye" or "when God looks at His children we are reflected back into God's eye." A biblical interpretation is, "nothing is more precious, nothing is more precious, nothing will so easily and automatically come under His care."

What is the point, you ask? What does this have to do with Alcoholism? Well, the point to this alcoholic is that God *really* loves newcomers to AA; we old timers have lovingly called our sponsees/newcomers, *babies*, not disrespectfully but lovingly, knowing that they do not know what is in store for them, like a brand-new baby innocently born into this world.

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.

When I think about how can we bring concept 10 into our daily lives, I have to break it down into something I can understand because to try and clearly identify the complexity of World Services, I am just not there yet however when I bring the focus back to my home group it somehow becomes something I can relate to.

It is my understanding that the scope of this authority can be defined in one of four ways, by Tradition, by Resolution, by Specific Job Descriptions or Appropriate Charters and Bylaws.

In the spirit of "Keep It Simple" I choose Specific Job Descriptions, as it relates to the service commitments we carry out each and every day in our Home Groups. To the Coffee Maker, the Literature Lady, the Secretary, the Treasure and the GSR, what is the one thing that brings structure and a sense of authority to each of our positions? The one thing that each position has in common with the other is the fact that each position has been considered carefully and the time requirement and length of continuous sobriety required have been voted upon by our group through the process of Group Conscience.

"Responsibility and Authority must ALWAYS be clear and Understood". All being considered at the end of the day it is "Service Gladly Rendered, Obligations Squarely Met."

To sum it 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.

Joshua S
T G I S, Council Chambers, Palm Springs



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:

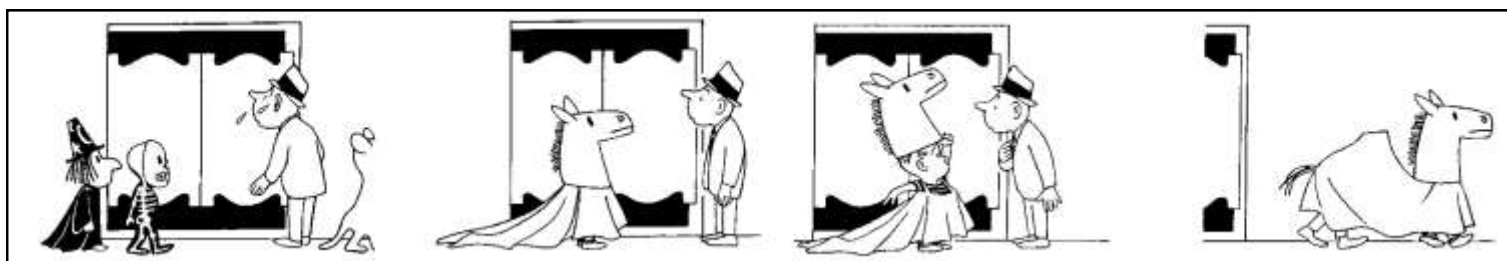
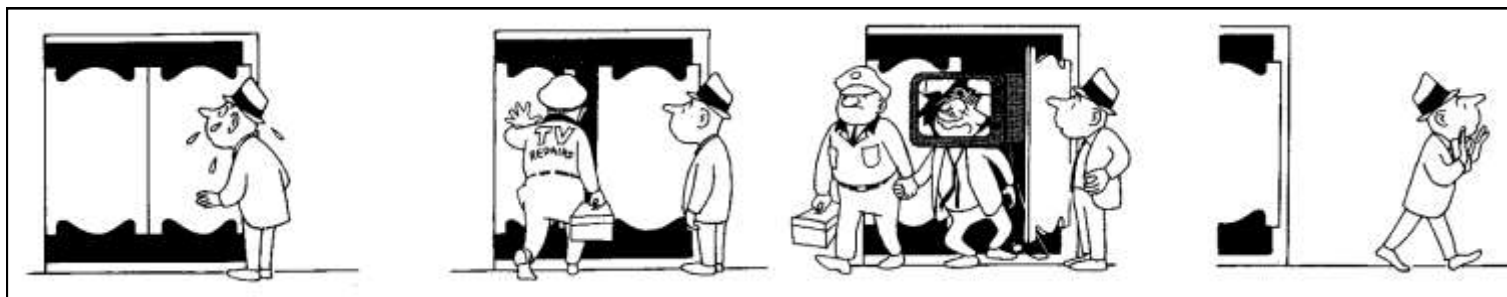
- Moral inventory
- Confession of personality defects
- Restitution to those harmed
- Helpfulness to others
- Necessity of belief in and dependence upon God.

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 AA name ought never be drawn into public controversy.*

By Bill W.

No AA Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues---particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters they can express no views whatever.

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, it is prudent to suppose that automatically these great gifts and attributes shall be ours forever. If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our A.A. Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10th Tradition, for it details with the subject of controversy---serious controversy.

On the other side of the world, millions have not long since died in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, "You must do as we say, or else". Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

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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





Step Ten

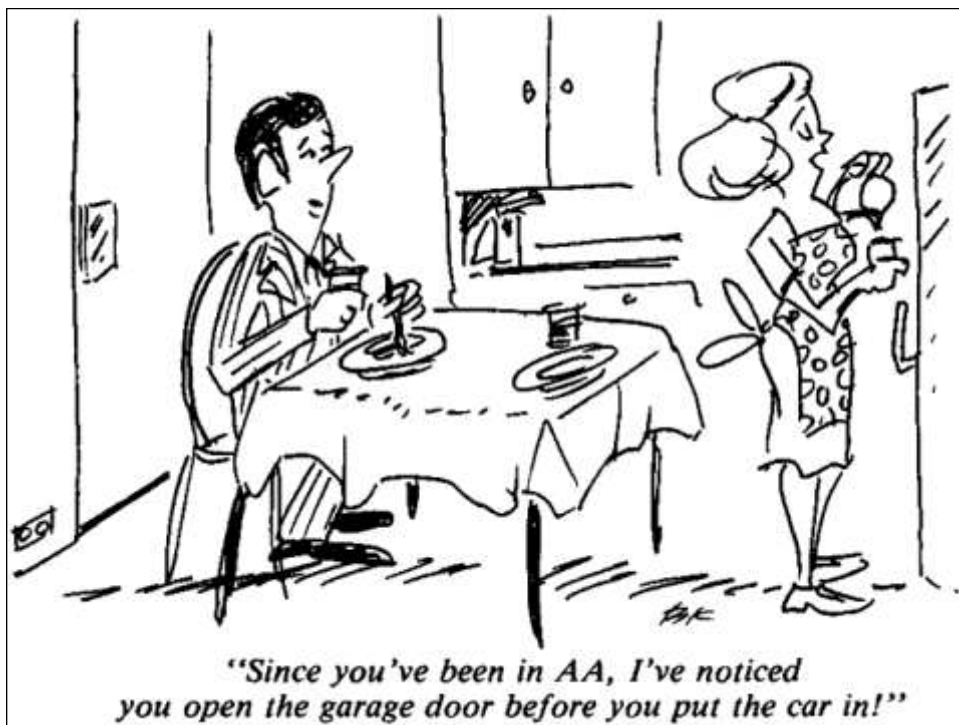
Continued to take personal inventory and when we were wrong promptly admitted it.

To me, this is the progress step. I still have steps 1-9 and I work those as needed. But with step 10 I can see if I am working a program of RECOVERY and if the program is working.

After any interactions I have with other people, I can think; was I selfish, rude, mean or just a JERK (much like in step 4, what's my part?). Then I can take the appropriate action. My goal here is to try to not be the jerk I was when I was drinking. A while back, a friend of mine told me about the 5 second rule. " Before I say or do something I might have to make an amends for, take 5 seconds and think about it. That saves me a lot of turmoil, because sometimes I can't make an amends as promptly as I would like and I don't need to carry this stuff around.

As with step 9, this is not about forgiveness, its about change and spiritual progress. We cannot think our way into better actions, we act our way towards better thinking.

Barney B
Speakeasy Big Book Study, Palm Desert



*"Since you've been in AA, I've noticed
you open the garage door before you put the car in!"*

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



Central Intergroup Office of the Desert
 2520 24th Street
 Phoenix, AZ 85016
 (602) 998-0200
 www.centrallifeline.org

Central Intergroup of the Desert

Statement of Activity

August 2024

Net profit for August

\$191

\$21,704

Income

\$21,513

Expenses

	TOTAL	
	AUG 2024	JUL - AUG, 2024 (YTD)
Revenue		
Contributions - Groups & Individuals	7,473	14,921
Gratitude Dinner	4,247	18,259
Interest Income	455	456
Sales	9,529	18,614
Total Revenue	\$21,704	\$52,250
Cost of Goods Sold		
Cost of Goods Sold	6,207	12,241
POS Inventory Adjustment	(167)	47
Total Cost of Goods Sold	\$6,040	\$12,288
GROSS PROFIT	\$15,664	\$39,961
Expenditures		
Accounting Services	800	1,600
Computer Expense	609	1,090
Credit Card Fees	312	715
Insurance - Health	762	1,360
Insurance - Liability	324	648
Newsletter Expense	240	452
Office Expense	1,346	3,150
Payroll Expenses	6,769	11,282
Plant Expenditures	1,499	1,964
Rent	1,661	3,323
Storage	269	538
Utilities	881	1,590
Total Expenditures	\$15,473	\$27,713
NET OPERATING REVENUE	\$191	\$12,248
NET REVENUE	\$191	\$12,248

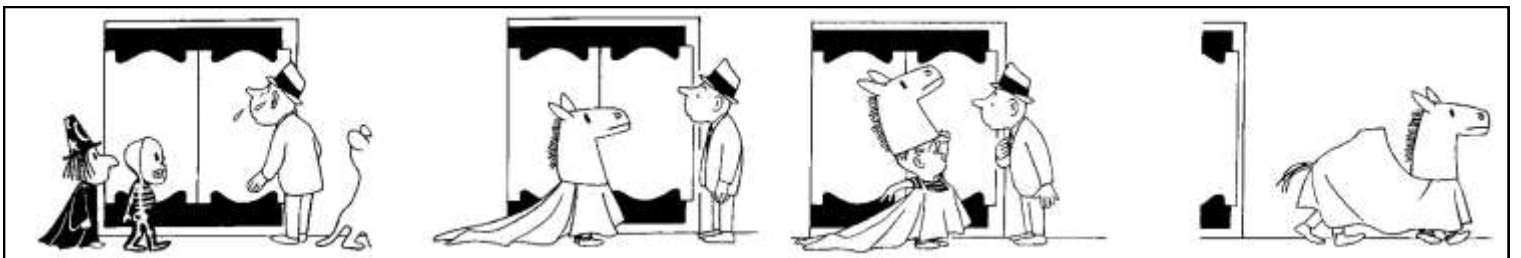
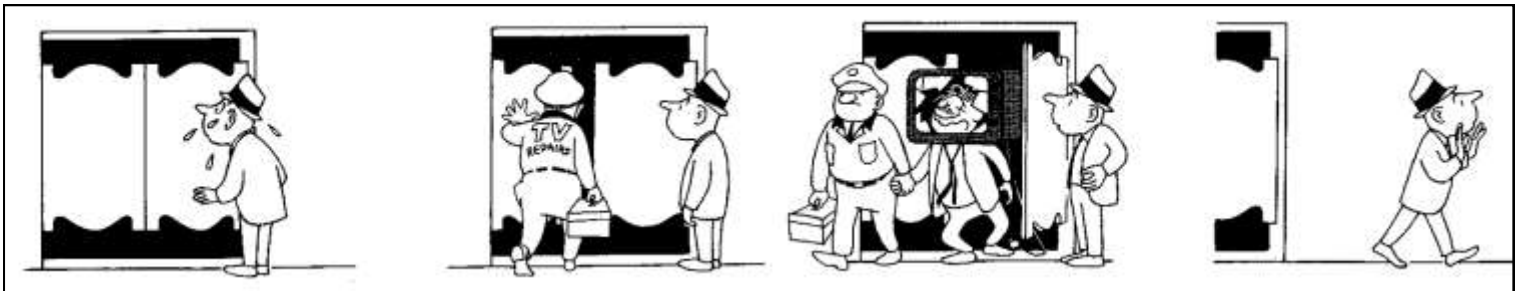


Central Intergroup of the Desert

Budget vs. Actuals: Budget 2024-2025

July - August, 2024

	ACTUAL	TOTAL BUDGET	OVER BUDGET
Revenue			
Contributions - Groups & Individuals	14,921	9,000	5,921
Gratitude Dinner	18,259	0	18,259
Interest Income	456	24	432
Sales	18,614	16,800	1,814
Total Revenue	\$52,250	\$25,824	\$26,426
Cost of Goods Sold			
Cost of Goods Sold	12,241	8,400	3,841
POS Inventory Adjustment	47		47
Total Cost of Goods Sold	\$12,288	\$8,400	\$3,888
GROSS PROFIT	\$39,961	\$17,424	\$22,537
Expenditures			
Accounting Services	1,600	1,600	0
Computer Expense	1,090	1,031	59
Credit Card Fees	715	453	262
Insurance - Health	1,360	1,342	18
Insurance - Liability	648	630	18
Newsletter Expense	452	1,200	(748)
Office Expense	3,150	2,600	550
Outreach		200	(200)
Payroll Expenses	11,282	13,651	(2,369)
Plant Expenditures	1,964	0	1,964
Rent	3,323	3,322	1
Storage	538	572	(34)
Utilities	1,590	1,635	(45)
Total Expenditures	\$27,713	\$28,236	\$ (523)
NET OPERATING REVENUE	\$12,248	\$ (10,812)	\$23,060
NET REVENUE	\$12,248	\$ (10,812)	\$23,060



Central Intergroup of the Desert

Contributions - Groups & Individuals

August 2024

	TOTAL	
	AUG 2024	JUL - AUG, 2024 (YTD)
3rd 7th 11th Step Meeting		405.09
5th Tradition 7AM Attitude Adjustment Group #100	1,746.65	1,746.65
630 AM PDCC Zoom	125.00	490.00
Aging Gracefully in Sobriety		61.51
Alano Club Palm Springs	100.00	200.00
Anonymous No Group Given	660.00	755.07
As Bill Sees It -10AM-M Fellowship Hall P.D.		150.00
Birthday Contributions		100.00
Central Intergroup Cathedral City		22.00
Central Office Fundraising Event Gratitude Dinner	130.00	130.00
Daily Reflections 10AM Women's Zoom	114.00	114.00
Daily Reflections SUN La Quinta Library		223.00
Daily Reprieve-Daily Palm Desert	62.98	352.85
Design for Living 101 Group		500.49
Dolls of Valley Palm Desert		157.15
Double Winners	46.00	99.00
Female Friends Yucca Valley	50.00	80.00
First Things First		251.69
Friday Noon La Quinta Library		150.00
Happy Hour Book Study Palm Desert		40.00
Happy Hour Group Sunny Dunes		754.00
Heritage Palms Wed Nite Women	195.00	195.00
Hi Desert Speakers Group 100783		50.00
How It Works Palm Desert	120.00	120.00
Just the Black Print	720.00	720.00
La Quinta Library Mon. Big Book Study	191.00	395.00
La Quinta Library Wed 12 & 12	65.00	65.00
Last Call Group 104	178.45	178.45
Living Sober Book Study 486898 Palm Desert	171.00	171.00
Mid Day Group		810.29
No Matter What Women's Group		138.36
No Rules La Quinta	130.00	130.00
Palm Desert 7 AM Attitude Adj.	186.00	336.00
Palm Springs Attitude Adjustment Group Group	50.00	100.00
Primary Purpose Blythe		100.00
Round Table Serenity Group		121.00
Rule 62 THU Noon100774	104.00	419.50
Saturday 12 & 12	87.00	87.00
Saturday Night Special	150.10	150.10
Sober Divas	75.00	109.00
Solid Solutions 74457- TUE	78.00	78.00
Spirituality In Recovery		169.50
Stay Connected 9am (Zoom)	433.50	576.20

Central Intergroup of the Desert

Contributions - Groups & Individuals

August 2024

	TOTAL	
	AUG 2024	JUL - AUG, 2024 (YTD)
Step Sisters Palm Desert	830.00	830.00
Step/Tradition Study Palm Desert		303.55
Stepping Stones	93.50	93.50
Sun City Ole Time Big Book Study		141.75
Sunday in the Park		405.21
Sunday Serenity Group	146.00	299.00
Sunrise Celebrators Palm Desert		76.16
TGIF Group 611390 Yucca Valley	30.00	30.00
The First 164 Pages		334.50
Thursday Niters Group	180.00	180.00
Tuesday Night Men's Stag Book Study	225.00	225.00
TOTAL	\$7,473.18	\$14,920.57

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



Grateful in the Desert!



40th Annual Gratitude Dinner

Speaker ~ Fellowship ~ Raffles ~ Live Music

Mike S. Riverside, CA

AS OF THE FIRST OF OCTOBER
LESS THAN 200 TICKETS LEFT
TO SELL FOR THIS YEAR'S EVENT!

SCAN TO
PAY



November 10, 2024 5 PM - 8:30 PM
Palm Springs Air Museum
745 N. Gene Autry Trail, Palm Springs, CA 92262

www.aainthedesert.org