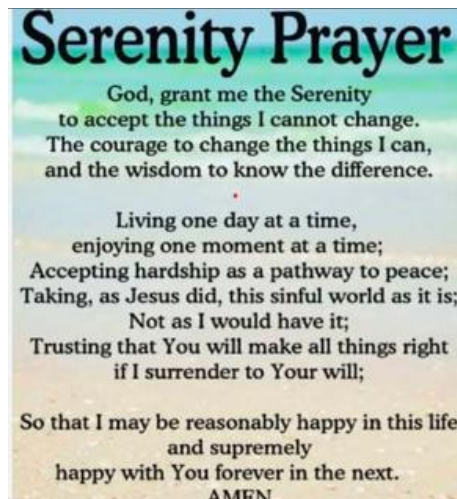
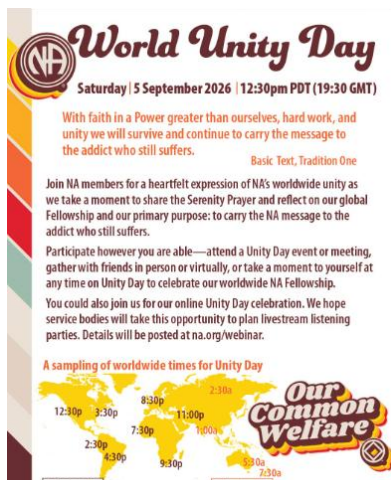


NEW CONNECTIONS

A newsletter serving the NA community in the Morongo Basin Area

August 2026

MBANANEWSLETTER@GMAIL.COM



NA MEETINGS IN MORONGO BASIN AREA

LOCAL HELPLINE
800-833-2830



CRASH A MEETING

Presened by Outreach

Sunday "23" 6 P.M. Outlaw Meeting 57084 29 Palms Hwy, Yucca Valley (Capture the flag)

Monday "31st" 7:00 P.M. Beginners topic meeting 6740 Sunset Joshua Tree

Saturday "29" 7:00 P.M. It is what it is 47 meeting Lucki Park 29 Palms

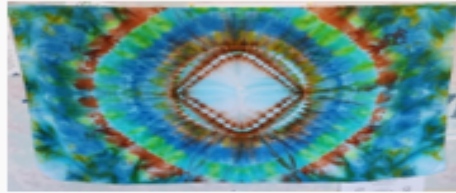
REACH OUT TO THOSE IN YOUR SUPPORT GROUP AND PLAN A ROAD TRIP- LETS GO!

Servants of the Morongo Basin Area

Chair Kathy P 760-883-8493
V Chair **OPEN**
Secretary **OPEN**
Alt. Secretary Paula S 760-217-3405
Treasurer Angela W 760-362-9111
Alt. Treasurer **OPEN**
RCM Kenny B 760-662-4345
Alternate RCM **OPEN**
Activities Renee H. 760-831-5267
Literature Patricia 760-894-9140
Alt Literature Holly T 617-721-0876
Phone Lines Cindy T 760-401-3611
H & I **OPEN**
Outreach Eric B 760-401-6440
Public Information **OPEN**
Convention Rep Brian S 760-808-6007
Alt. Conv JoAnn 442-529-1596
Meeting Directory Brigitte V. 760-368-8108
Newsletter Brigitte V. 760-368-8108
Webmaster Bart B 760-401-9039

Errors, omissions, and corrections should be directed to
mbananewsletter@gmail.com

CAPTURE THE FLAG



Current Location Sunday 6 p.m. Yucca Valley
"Outlaw Recovery"
57084 29 Palms Highway "Black Bear Diner"

1. Flag must stay in the Morongo Basin Area.
2. Flag must be captured by no less than Four (4) members of a Home Group
3. All Four (4) members must be on time and not leave early
4. If more than one (1) group shows up to Capture the Flag, the Group with the most members in attendance can Capture the Flag. If the Groups send the same number of members, the decision will be made by coin toss.
5. When the flag is captured, it must be reported to the webmaster within 48 hours to update the flag's current location. Email to MBANAWebmaster@gmail.com
6. Flag must be displayed in the meeting that has captured it.

THE 12 STEPS

STEP 1 HONESTY
After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol for alcoholics and their friends and family.

STEP 2 FAITH
It seems to be a spiritual truth that before a higher power can begin to operate, you must first believe that it can.

STEP 3 SURRENDER
A lifetime of self-will run riot can come to a screeching halt and change forever by making a simple decision to turn it all over to a higher power.

STEP 4 SEARCHING
There is a saying in the 12-step programs that recovery is a process, not an event. The same can be said for this step more will surely be revealed.

STEP 5 INTEGRITY
Probably the most difficult of all the steps to face, Step 5 is also the one that provides the greatest opportunity for growth.

STEP 6 ACCEPTANCE
The key to Step 6 is acceptance-accepting character defects exactly as they are and becoming entirely willing to let them go.

STEP 7 HUMILITY
The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination.

STEP 8 WILLINGNESS
Making a list of those harmed before coming into recovery may sound simple. Becoming willing to actually make those amends is the difficult part.

STEP 9 FORGIVENESS
Making amends may seem like a bitter pill to swallow, but for those serious about recovery, it can be great medicine for the spirit and soul.

STEP 10 MAINTENANCE
Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

STEP 11 MAKING CONTACT
The purpose of Step 11 is to discover the plan God has for you and understand Him for your life.

STEP 12 SERVICE
For those in recovery programs, practicing Step 12 is simply how it works.

Freedom From
Bondage Prayer

DEAR GOD, I HAVE A RESENTMENT TOWARDS A PERSON THAT I WANT TO BE FREE OF. SO, I AM ASKING YOU TO GIVE THIS PERSON EVERYTHING I WANT FOR MYSELF. HELP ME TO FEEL COMPASSIONATE UNDERSTANDING AND LOVE FOR THIS PERSON. I PRAY THAT THEY WILL RECEIVE EVERYTHING THEY NEED. THANK YOU GOD FOR YOUR HELP AND STRENGTH WITH THIS RESENTMENT.

