

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous

Antelope Valley

February 2015



This month's Central Office

50/50 winner is: Ticket # 369540

Name: R. K. Amount \$ 15.00

Bill G. Drew the winning ticket!

Election of Officers of the **Intergroup**

Steering Committee

WHAT'S INSIDE

FEATURES

Central Office 50/50 Winner	P. 1
Election of Officers	P. 1
Growing Up/Step 2	P. 2
Second Tradition/ Daily Reflections	P. 3
Quotable Quotes/Word Game--	P. 4
Office Manager's Report	P. 5
Calendar of Events; Birthdays	P. 6

Please contribute to Central Office

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(Please limit contributions to 500 words or less.)

Nominations of all qualified AA members for board positions shall be held at the regular Intergroup Meeting in the months of January and February. The Intergroup Steering Committee is held on the **1st Thursday of each month at the Antelope Valley Central Office.** Any AA member who is qualified for the open position and is willing to make the necessary commitment may be nominated.

Qualifications for the open positions are available at the Central Office. There must be at least two nominations for each position.

The annual election will be held during the first week of March. Ballots may be cast during regular business hours at the A.V. Central Office for one week prior to the Annual Election Meeting held on the

first Thursday of March. All A.V. AA members may vote.

Additional nominations will be accepted at the February (February 5th) meeting at 7:00pm at the AV Central Office.

All are welcome and encouraged to attend.

" Growing Up "

While watching the TV musical Peter Pan (about a boy who did not want to grow up), I reflected on hearing about people growing up when I was a newcomer in AA. I pretty much equated growing older with growing up or just getting taller. Someone once called me the Peter Pan of AA, later on echoed by a normie lady who thought I should grow up by marrying her.. Not a good idea!!

Thru my years in AA, I have been taught the following principles are more accurate;

1. Be responsible for my actions and speech.
2. Respond, not react to life situations
3. Say what I mean and mean what i say
4. Understand my limitations
5. Be financially responsible
6. Make a positive difference in life
7. Be sincere, avoid political correctness
8. Work on Health: Spiritual, Emotional, Mental, Physical
- 9....Be helpful to others, follow thru on commitments
10. Be responsible for my part in difficult encounters
11. Avoid negative situations not of my making
12. Show patience and compassion where deserved.

Thinking back, it seems my parents tried to teach me some of these principles.

Unsuccessfully, because I was looking for excitement, success, recognition, ad infinitum. Today I strive to maintain a 'grown-up' attitude,...most of the time. Immaturity continues to be a challenge from time to time,...The Steps are an INVALUABLE asset in growing up. As we say,...I am a work in progress. The reward of growing up is Peace of Mind !!!

Bottom Line Growing Up is a REAL ADVENTURE !!!

By: Arne A.A. 1976

STEP 2

“Came to believe that a Power greater than ourselves could restore us to sanity.”

The moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, “Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right—but where do we go from here?”

Let's look first at the case of the one who says he won't believe—the belligerent one. He is in a state of mind which can be

described only as savage. His whole philosophy of life, in which he so gloried, is threatened. It's bad enough, he thinks, to admit alcohol has him down for keeps. But now, still smarting from that admission, he is faced with something really impossible. How he does cherish the thought that man, risen so majestically from a single cell in the primordial ooze, is the spearhead of evolution and therefore the only god that his universe knows! Must he renounce all this to save himself?

At this juncture, his A.A. sponsor usually laughs. This, the newcomer thinks, is just about the last straw. This is the beginning of the end. And so it is: the beginning of the end of his old life, and the beginning of his emergence into a new one. His sponsor probably says, "Take it easy. The hoop you have to jump through is a lot wider than you think. At least I've found it so. So did a friend of mine who was a one-time vice-president of the American Atheist Society, but he got through with room to spare."

The Second Tradition

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member

into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, "This simply can't be. There must be an angle somewhere." These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a living God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, "Yes! It definitely does." The friends mutter that this looks vague, nebulous, pretty naïve to them. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts.

Excerpts from *Daily Reflections*

Step 2

Page 42:

We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.

Alcoholics Anonymous, P. 47

I was always fascinated with the study of scientific principles. I was emotionally and physically distant from people while I pursued Absolute Knowledge. God and spirituality were meaningless academic exercises. I was a modern man of science, knowledge was my Higher Power. Given the right set of equations, life was merely another problem

to solve. Yet my inner self was dying from my outer man's solution was alcohol. In spite of my intelligence, alcohol became my Higher Power. It was through the unconditional love which emanated from A.A. people and meetings that I was able to discard alcohol as my Higher Power. The great void was filled. I was no longer lonely and apart from life. I had found a true power greater than myself, I had found God's love. There is only one equation which really matters to me now: God is A.A

Daily Reflections, p 11

Quotable Quotes

The highest any problem can be is #2, if God is #1.

I drank because I had the right and everything turned out wrong.

I made it a rule, don't drink while I'm sober.

Pain makes you stronger, Tears make you braver, A broken heart makes you wiser. And alcohol makes you not remember any of that crap.

I don't have any luggage when I got to AA, but I sure had a lot of baggage.

I've never had a regret when I've shut up.

AA gives you the pause time between what someone says and your reaction.

Many forget God all day and ask Him to remember them at night.

Things got worse faster than I could lower my standards.

If you want to know God better, love other people.

Good advice is to procrastinate on procrastination.

Someone told me that it took them 6 months to get to Step 4! Shoot I read them all by then!

Word Game

ACTIONS, ATTITUDES, BARLEYCORN
DEFEAT, EXPERIENCE, FAULTS
MESSAGE, OBSESSION, POWERFUL
PROVIDENCE, SPONSORS, WILLING

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