

# The Scoop

*Published by the Antelope Valley Intergroup of Alcoholics Anonymous*

## Antelope Valley

## March 2015



### WHAT'S INSIDE

#### FEATURES

Central Office 50/50 Winner	P. 1
Election of Officers	P. 1
September 12/Timeless Sponsor...	P. 2
Step 3/ Third Tradition	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.)*

#### This month's Central Office

**50/50 winner is: Ticket # 369584**

Name: W.E. Amount \$ 10.00

RON M. Drew the winning ticket!

#### Election of Officers of the Intergroup Steering Committee

At the January & February  
Intergroup Steering Committee Meetings,  
the following AA members were nominated:

Chairman: Bill G. & Steve A.  
Co-Chairman: Dave S. & Steve M.  
Secretary: Cathy & Brian M.  
Members at Large: Ron K, Jeff H., Wayne,  
Stephanie S, Ron M., & Paul

*Election ballots are available from  
Saturday, February 28th, at Central Office  
through the first week to AVCO meeting  
March 5<sup>th</sup> at 7pm.*

*Hours are Saturday, 10:00am to  
5:00pm, and Monday through Thursday,  
10:00am to 5:00pm.*

*Ballots will be counted at the  
Intergroup Steering Committee Meeting on  
Thursday, March 5, at 7:00pm. All  
Alcoholics Anonymous members are eligible  
to vote.*

Election results will be will be  
posted in the April Scoop.  
September 12, 2013

Ever since I was young  
Things just weren't right  
Loving myself and who I was  
Was always a constant fight

My dad died when I was little  
He died from this disease  
But when he passed away  
The sickness stayed, it never seized

Little did I know  
It now lived inside of me  
Just waiting for the day  
That I would let it free

My best friend died  
When I was sixteen  
She was my balance in life  
She was my place to lean

As the years went on  
Things only got worse  
I don't know what I did  
For my life to be so cursed

Four years as a Marine  
Couldn't fix the problems inside  
I thought that it would help  
Maybe give me some worth and pride

Three years later  
And an addiction so bad  
How the heck did I get here  
How'd I make God so mad

Failed "attempts" at sobriety  
I just couldn't stay clean  
Until one day I came home  
To a devastating scene

The life that we were living  
Took my boyfriend's life  
The pain was unbearable

It cut deeper than a knife

They say some of us have to die  
Four some of us to live  
I didn't think I was worth a chance  
I had nothing left to give

All I can remember is  
I had to come back home  
I NEEDED to get sober  
And I couldn't do it alone

Hard work along with  
Nights filled with tears  
I did as I was told  
I pushed through all my fears

Sobriety has already given me  
The courage to move on  
It's shown me the strength  
That I've had inside me all along

Day by day I grow  
Into the woman I want to be  
And if I follow the path I'm given  
Then there's so much more in store for me!

-Jamie K. AA 2013

### **Timeless Sponsor Suggestions**

One of the most powerful suggestions my first Sponsor made to me was, "Always do more than just go to Meetings". Because he was a living example of the message relayed to me, it made a strong impression. AA offers seemingly infinite opportunities to do 'more than go to meetings'. Just ask any Oldtimer and a world of Service will be yours for the taking. You'll make quality friends, get away from self-centered thinking, Self-worth will appear,...or in other words, The Promises will become a strong part of your everyday life.

My second Sponsor used to frequently say to me, and when

speaking,..'Keep the channel clear' .I took that to mean a different way of saying: "See to it that your relationship with Him is right..." !!! For me that has been an encouragement to try to be Honest, Helpful, Loyal, Friendly, Entertaining, generous with my time, etc., etc, etc. If and when I find myself disloyal to Spiritual Principles, as I understand them, I am definitely uncomfortable. I have high expectations of myself because God has been very Generous and Patient with me. The 10th Step on my knees at night gets my "channel" clear. Especially if I take immediate action (with 24 hours) to set things right.

I like Peace of Mind and am willing to WORK for it !! Good Luck !!

-Arne P AA 1976

### **Step 3**

***“Made a decision to turn our will and our lives over to the care of God as we understood Him.”***

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two Steps we were engaged in reflection. We say that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A. A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is

only by action that we can cut away the self-will which has always blocked the entry of God – or, if you like, a Higher Power – into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives.

Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of our whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God *as we understood Him.*”

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how *can* he turn his own will and his own life over to the care of whatever God he thinks there is?

Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

### **Third Tradition**

***“The only requirement for A. A. membership is a desire to stop drinking.”***

Early intolerance based on fear. To take away any alcoholic’s chance at A.A., was sometimes to pronounce his death sentence. Membership regulations abandoned. Two examples of experience. Any alcoholic is a member of A.A. when *he* says so.

This tradition is packed with meaning. For A.A. is really saying to every serious drinker, “you are an A.A. member if

*you* say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications – even your crimes – we still can't deny you A.A. We don't *want* to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "which of us may be the next?"

## Quotable Quotes

1. When you try to carry the Message, you will find that God is carrying you.
2. The readiness with which we admit our fault or acknowledge a weakness may be only your pride masquerading as humility.
3. The Doc told me I had to give up wine, women and song. I never liked singing anyway.
4. There is a new whiskey- flavored toothpaste. 4 out of 5 patients who tried it have more cavities, but nobody cares.
5. God prefers common- looking people. That is the reason He makes so many of them. –Abraham Lincoln

6. There's only one problem with going through a second childhood. This time you can't blame your parents.
7. Alcoholism- a game of life you played with your worst enemy- Yourself!
8. I must get out of all these wet clothes and into a dry Martini.
9. I never forget a face, but I'll make an exception in your case.
10. Everyone knows that it is much harder to turn word into deed than deed into word.
11. A person travels the world over in search of what they need and return home to find it.
12. The man who makes no mistakes does not usually make anything.
13. Made a decision to turn my bills and my wife over to the care of God as we understood Him.

## Word Game

BEGINNING, BITTERNESS, CIRCUMSTANCE, DEPENDANCE, DISCIPLINE, JUGGERNAUT, POWERLESS, RESPOND, UNDERSTOOD, UNLOCK, VESSEL, WILLINGNESS

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

N R S Q L Z H W C T D S S K T  
E O R D K E J L X E F F K H T