

The Scoop

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Please contribute to Central Office

Antelope Valley Central Office
43619 N. 17th Street West, Suite 106
Lancaster, CA 93534 **661-945-5757**

Central Office Web Site:

www.avcentraloffice.org

Central Office Email:

avaa@roadrunner.com

Email Scoop contributions to:

christman_jess2011@live.com

(Please limit contributions to 500 words or less.)

This month's Central Office

50/50 winner is: Ticket # 369084

Name: Luke W. Amount \$ 45.00

Jim T. Drew the winning ticket!

A Practical Program

In January this year I embarked on a new mission. I started training for a boxing match. I knew that there would be hard work ahead. I tried my best to keep my pride and ego in check because I know I suffer from grandiose thinking and unrealistic expectations. I had the crazy idea that I would be better than I thought I was. I was constantly bugging my coach to put me in the ring to spar for a month before he thought I was ready.

My first time ever sparring, I thought I would automatically be the "Super Heavyweight Champion of the World." Before the bell goes off, my coach says "only go 50%, you don't know your own strength." Then, I hear him tell the other guy that he can go 80%. My feelings are hurt--that's not fair. I'm thinking only of my self. I'm 6'4", 240 and my sparring partner is 5'9" and 180.

I wish I could tell you I beat that guy up, but this is an honest program. He rocked

my head back a few times and my eyes watered up. The next morning, my jaw hurt and I don't even remember being hit there. This might have been my first concussion! I was both humbled and humiliated. I felt extremely grateful to have survived. I worked a lot on improving my conscious contact with God as I prayed for the clock to tick faster.

During those two, 3-minute rounds- my coach said:

First of all: don't stop fighting, you are wasting energy foolishly.

Second, Relax, pause, take it easy.

Third, Keep my guard up.

Fourth: Work on your steps.

My next bout that same night, I put those suggestions into practice and easily won both rounds. I recovered a little self-esteem, but the most important lesson was that I have to continue to be willing to learn.

Boxing and alcoholism are a lot like: never second guess your opponent (they are a subtle foe), and if you do you'll be down for the count.

-Trevor B. AA 2012

Religion versus Spirituality

As a boy in a Lutheran dominated country, I went to church with my family usually weddings, funerals and the Christian Holidays. In grade school, Religion was taught like any other course with daily classes, tests and grades. The 10 Commandments left me me feeling lost since I figured I had blown most of them about the time I became a teenager. The Lutheran God wasn't into forgiving nor redemption as I understood Him. Since I was going to Hell anyway, might as well go

for broke while on earth. Religion was an order of things where I felt constantly judged and falling short. All practice needed a middleman, pastor, reverend, or other church official. Never wanting any more rules and regulations than I would have to do, I chose to disengage from Church after Confirmation at age 14. My alcoholism had been pretty well established at the age of 12 when I started to look forward to the next drink !! Religion, if ever, would have to wait, the good times were ahead !!

When Spirituality was mentioned in AA, and I heard the term 'spiritual experience', I sensed something new somehow connecting me directly to God ! I was excited because I saw the words 'a loving God' in the Traditions and Bills Story in the Big Book talked of a God 'of my understanding'. Chapter 5 said He has All Power and would help me if I only sought Him. The Doctors opinion talked of a 'psychic change' and I certainly needed change if I were to stay alive. As I dedicated myself to the Steps with a 'fearless and thorough' attitude, the results were clear; I actually went days without thinking about a drink. That was my first spiritual experience. My Sponsor insisted that I do service work in AA and work with other alcoholics one-on-one . I had new feelings and thoughts I had not had since I was a a cub-scout around age 8. I noticed the Promises coming true, slowly but surely. Hallelujah.....I was on the right track...the wide spiritual path !!

I pray I get the help I need to stay on the AA Path of Spirituality

-Arne AA 1976

Editor's Note: Thank you for all your contributions and sharing your stories. I always look forward to new ways we stay sober. ☺

Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

All of A.A.’s Twelve Steps ask us to go contrary to our natural desires . . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we’d rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

G.ood O.rderly D.irection

The 5th Tradition

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”

“Shoemaker, stick to thy last!” . . . better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose

concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at time wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

Daily Reflections excerpt on

5th Step

Page 135: *The real tests of the situation are your own willingness to confide and our full confidence in the one with whom you share your first accurate self-survey. . . . Provided you hold back nothing, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place.*

Twelve Steps & Twelve Traditions, p. 61-62

A tiny kernel of locked-in feelings began to unfold when I first attended A.A. meetings and self-knowledge then became a learning task for me. This new self-understanding brought about a change in my responses to life’s situations. I realized I had the right to make choices in my life, and the inner dictatorship of habits slowly lost its grip.

I believe that if I seek God I can find a better way to live and I ask him daily to assist me in living a sober life.

Quotable Quotes

If you want to know about my last blackout-you'll have to talk to somebody that was there.

The doctor asks the alkie why he is snapping his fingers, the alkie says, 'To keep the tigers away.' The doc says, "But there aren't any tigers." The alkie says, "See it works!"

Probably the worst thing about being an Old Timer is being old.

Sobering up in the attic is not easy!

Anger management doesn't teach me that I'm mad cause I don't have a drink.

"THIS TOO SHALL PASS," ain't so good when it's a kidney stone.

Diplomacy- the ability to let someone else have your way.

Alcohol doesn't pick you up, it lets you down.

A man who drinks now, usually drinks more now than he did then.

Daily Reflections excerpt on the

5th Tradition

Page 309: *The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe.*

Twelve Steps and Twelve Traditions, p. 151

The strength of Alcoholics Anonymous lies in the desire of each member and of each group around the world to share with other alcoholics their suffering and the steps taken to gain, and maintain, recovery. By keeping a conscious contact with my Higher Power, I make sure that I always nurture my desire to help other alcoholics, thus insuring the continuity of the wonderful fraternity of Alcoholics Anonymous.

WORD GAME

ADMISSION, ANXIOUS, BEHAVIOR,
DELUSIONS, DRAMATIC, EGO,
EXPERIENCE, GRACE, HELP, INSIGHT,
KNOWLEDGE, PRIDE

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