

The Scoop

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WHAT'S INSIDE

FEATURES

Voting for Members at Large	P. 1
Getting Along with Others	P. 2
Forgiveness	P. 2
24 Hours A Day/ Step 8	P. 3
Eighth 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 submission to 500 words
or less.)*

Voting for Members At Large

Antelope Valley Intergroup is holding voting for the members at large. They are the members which are important to make decisions that carry knowledge and history. According to guidelines review and nomination process here are the nominees:

Dick O., John. H., Jeff H., Stephanie S.,
Ron K., and Ron M.

Time and Dates: July 31st – August 6th

During Office Hours

Monday thru Friday	10am- 4pm
Saturday	10 am- 2pm
Sunday	CLOSED

Fill out voting ballot and drop in box at the office. Votes will be tallied at the Intergroup Meeting on August 6th at 7pm.

Join us at the meeting to be a part of change striving to keep Central Office alive.

Getting Along with Others

For a good portion of my life prior to coming to Alcoholics Anonymous, the only concern I had in relations to others, was what could I get from them? Eventually as booze took my life over I began to find fault with nearly everyone I met, then slowly turning into paranoia. I certainly didn't want anyone to know how much I was drinking, my excessive big-shot spending, how much booze I was buying (switching liquor stores and bars), lies I told to get My Way, blaming others whenever something went wrong, brag about accomplishments when something went wrong, on and on it goes resulting in isolation and denial in my personal thinking.

As I started to gain traction in AA, it became apparent that I need the wisdom and experience of those who went before me. In other words,...I needed people! The best way to get next to the people in AA that had what I wanted was to get into service in any capacity whatever, cleaning up, helping others, transportation, occasional food purchase, maybe a small loan (don't expect it back) now and then, some gas money to help others stay close.

Unfortunately I cannot say I like everyone in and out of AA. No matter, they are still God's Kids and I will try to be considerate at a distance. Love and Tolerance is our code says the Big Book, my interpretation is..."Love God, Tolerate others." Anger is a form of insanity which separates us from God,...therefore I seek to stay away from angry people. I don't dislike them, simply wish them well and hope they have a better day tomorrow. The Big Book says we cannot be helpful to all people, only God can!

Staying active in AA has been a real blessing for me, I feel cheerful most of the

time, look forward to my AA activities, feel more complete spiritually as tasks are completed. I cannot imagine any other life except this Program! VERY VERY VERY GRATEFUL!!!

Hopefully WE get along...that is UNITY!!

By: Arne P., A.A. 1976

Forgiveness

In my experience forgiveness is the touch stone of love and companionship to my fellows. Love and companionship was something I lost in my alcoholism, something I felt I didn't deserve anymore. I was wrong. I reached a point in my life where there was nothing or no one that I haven't damage or hurt, and I couldn't stop even when I wanted to. That alone had me willing to believe that Something bigger than me could be the answer. Soon after I made a decision and then put forth the efforts to find and see the truth...

Once I was willing to look at the names on that list again I realize I had forgave them, every single one. No more could I play the victim, no more could I make any more excuses. I believe that God is the only thing that can forgive and forget, as I have sin over and over He has discipline me as if it was the first time. As I move forward in this way of life I can forgive and I believe I can be love again as well as love again. Today I can live a happy and useful life. And with God's help I can forgive and forget. Today I'm grateful to have a God as I understand him in my life, and my action must show that...

Keep doing the deal!

By: Brian M., A.A 2012

Twenty-four Hours A Day

When I wake in the morn'
A desert scenery before me
Do I not see the beauty of this barren land?
The empty bottle beside me
Stomach aches beyond compare
Such a face lost all my beauty fair
Set aside any attachment ever I had
Faith forever seemingly lost...

White Room
Blurry faces
Shares are muffled
"Keep Coming Back."
A phone list offered.

Blue Room
Check in time
Meeting rooms and schedules
A white door opens

As the evening star rises
Willingness the key to unlock my Faith
Treasure of sobriety
Sanity and Serenity
A moment to breathe
Gratitude of today
"Thy will be done."

By: Jessica C., A.A. 2011

Step 8

***"Made a list of all persons we had harmed,
and became willing to make amends to
them all."***

Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may

develop the best possible relations with every human being we know.

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make a little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

The 8th Tradition

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Alcoholics Anonymous will never have a professional class. We have gained some understanding of the ancient words "Freely ye have received, freely give." We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work

for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee.

Quotable Quotes

Heard in Atlanta, 2015
Celebrating 80 Years

I used to find out what is wrong with today upon awakening, now sometimes it takes me all day.

If things are going right, something is wrong.

Being sober was the reason I drank.

All alcoholics are liars, apparently as allergic to the truth as they are to alcohol.

Be a player in God's baseball game.

If you can't find a commitment, create one.

One finds life or one is found by life.

You measured yourself by the people that measure themselves by you.

Psychiatrists- correcting hopeless alcoholic on couch: "Nobody who can afford my fees can be a total failure."

God had to remove things from my life to get an honest prayer from me.

I was an 11 year old social drinker.

I'd seen others coming to life, and they came in after me. It was then that I knew I wasn't working the 12 steps.

If I don't find God within, I'm gonna go without.

WORD GAME

AMENDS, CONSTRUCT,
FELLOWS, FORTIFY, LEARNING,
PATIENCE, RELATIONS,
STEADFAST, SURGERY,
SURVEY, TASK, WRECKAGE

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

