



March 2020

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Please, 500 words or less

The Scoop

Intergroup Elections

Nominations for the Intergroup Board were made at the January and February Intergroup Meetings. **You can vote at Central Office Feb. 27, through March 5, during office hours and until 6:59pm on Thursday, March 5, which is just prior to the March Intergroup meeting.**

The ballots will be counted during the March meeting, and announced at that meeting and in the April Scoop.

Positions up for election are **Chair, Co-Chair, Secretary, Treasurer**, and two (2) **Members at Large**.

The following were nominated at the January and February Intergroup meetings:

Chair: Bruce L.

Co-Chair: Fred H.

Secretary: Veronica A.

Treasurer: Steve K.

Members at Large (vote for 2):

Pat T.; John H.; Dick O.

AA In the AV

By Bruce L., Dist. 7 Archivist

I mentioned in our first Scoop article that much of the AV's early history comes from an anonymous writer who compiled his notes in 1989 based on interviews with five old timers who had a combined sobriety of 175 years, the earliest of whom moved here from L.A. in 1948.

② 1948 TO DATE
THE EARLIEST DAYS OF AA IN THE ANTELOPE VALLEY ARE NOT KNOWN BY THE WRITER OR ANYONE I COULD TALK TO.
I DID TALK TO 5 SOBER MEMBERS WITH A TOTAL OF 175 YEARS OF SOBRIETY. THE EARLIEST ARRIVED IN 1948 FROM L.A.

Re-reading these notes, one item jumped out at me. "An AA phone number was in the Antelope Valley book since the early 50's and one man put it there and paid for it until he died in the 70's."

- AN AA PHONE NUMBER WAS IN THE ANTELOPE VALLEY BOOK SINCE THE EARLY 50'S AND ONE MAN PUT IT THERE AND PAID FOR IT TILL HE DIED IN THE 70'S.

This was the phone number that played such an important part in the story we told in last month's Scoop, the story of how our current longest living old timer got sober.

To recap: after Linc H. was given a warm beer the "morning after," he was told to find an AA meeting, so he called the "AA hotline" and asked how much meetings cost and could he get tickets. This idea that Linc asked how much meetings cost may be humorous but the point is that "AA hotline" he called was the very phone number that one alcoholic bought and paid for on his own initiative, a phone

number that was to become Linc H.'s lifeline.

This is inspirational, an AA buying and maintaining a phone number on his own initiative, stepping up and saving lives and setting an example for others.

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understand 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 saw 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.

Tradition Three

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

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.”

Winner of the Central Office Birthday Raffle

January Winner: Teresa P.
Drop into Central Office during your birthday month and get your ticket

for your free Birthday Raffle.

Quotable Quotes

Collected by Dano B

1. I am not a product of my circumstances. I am a product of my decisions.
2. If the plan doesn’t work, change the plan, but never the goal.
3. You can’t reach for anything new if your hands are still full of yesterday’s junk.
4. I told my wife to embrace her mistakes, then she hugged me.

Word Game

ANONYMITY; APPROVAL; ATTITUDES; BLAME; CHANGE; CHOICE; COMMITMENT; DECEPTION; DEMANDS; EGO; FAITH; GOSSIP; GUILT; HOPE; HUMOR; OBSESSION; PAST; PROMISES

G	O	B	S	E	S	S	I	O	N	O	D	T	D
I	O	D	E	C	E	P	T	I	O	N	A	N	E
E	E	B	E	H	E	I	P	I	H	G	P	E	M
P	A	T	L	C	H	A	M	N	U	O	P	M	A
H	F	N	I	A	E	I	E	C	M	S	R	T	N
A	N	O	N	Y	M	I	T	Y	O	S	O	I	D
H	H	E	H	U	T	E	G	C	R	I	V	M	S
C	S	I	D	P	T	N	R	E	H	P	A	M	I
F	S	O	F	E	M	L	O	H	T	A	L	O	A
P	A	S	E	D	U	T	I	T	T	A	N	C	T
A	O	I	E	P	O	H	O	U	P	O	D	G	T
S	S	G	T	P	N	G	O	E	G	T	G	T	E
T	B	A	H	H	E	P	R	O	M	I	S	E	S
D	O	H	H	G	O	A	M	U	A	O	S	S	T

5. You will never speak to anyone more than you speak to yourself in your head, so be kind to yourself/

6. Never wait for a Perfect Moment, just take a moment and make it Perfect.

7. Your apology needs to be as loud as your offenses were.

8. Good judgment comes from experience. And experience??; well that comes from poor judgment.

9. When prayer becomes your habit..., Miracles become your lifestyle.

10. An argument is to find out who is right, but a discussion is to find out What is right.

11. God was the last thing I tied and the first thing that worked.

12. My doctor had advised me to stop drinking. It's going to a big change for me. I've been with that doctor for 25 years.

Business Meetings

*****A.V. Intergroup:** First Thursday of each month at 7pm at Central Office, 43619 17th Street West, Suite 106, Lancaster

*****District 7 (General Service):** 2nd Saturday of each month at 9am at the Agua Duce Women's Club, 33201 Agua Dulce Canyon Road, Agua Dulce (link located on AV web site)

*****H&I:** 2nd Sunday of each month at 10am at the Alano Club 104 E. Ave K-4, Suite J, Lancaster (Orientation at 9:30am for newcomers.) (link located on AV web site)

Coming Events

***** 53rd PRAASA – 2020**
Pacific Region AA Service Assembly, 3/6/2020 (11:00am)

3/8/2020 – 3800 E. Sunrise Drive, Tucson, AZ 85718
Westin La Paloma Resort
Cost \$25

*****39th Annual SoCal H&I Conference,** 4/3/2020 (8:00am) to 4/5/2020. 14299 Firestone Blvd; La Mirada, CA 90638
Cost \$25 Holiday Inn

*****40th Annual Woman to Woman Conference;** 4/24/2020 (3:00PM) to 4/26/2020. Cost \$20
1121 Point E Drive; Rancho Cordova CA 95742
Sacramento Marriott

For additional and up to date information, go to:

www.avcentraloffice.org

Concept 3

To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with traditional “Right of Decision.”

Misc. From “As Bill Sees It”

Is Happiness the Goal?

“I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?”

“In my view, we of this world are pupils in a great school of life. It is intended that we try to grow, and that we try to help our fellow travelers to grow in the kind of love that makes no demands. In short, we try to move toward the image and likeness of God as we understand Him.

“When pain comes, we are expected to learn from it willingly, and help others to learn. When happiness comes, we accept it as a gift, and thank God for it.”

Letter from Bill W., 1950

A Way Out of Depression

“During acute depression, avoid trying to set your whole life in order all at once. If you take on assignments so heavy that you are sure to fail in them at the moment, then you are allowing yourself to be tricked by your unconscious. Thus you will continue to make sure of your failure, and when it comes you will have another alibi for still more retreat into depression.

“In short, the ‘all or nothing’ attitude is a most destructive one. It is best to begin with whatever the irreducible minimums of activity are. Then work for an enlargement of these – day by day. Don't be disconcerted by setbacks – just start over.”

Letter from Bill W., 1960

The Individual's Rights

“Through it is traditional that our Fellowship may not coerce anyone, let us not suppose even for an instant that we are not under constraint. Indeed, we are under enormous coercion – the kind that comes in bottles. Our former tyrant, King Alcohol, always stands ready again to clutch us to him.

“Therefore, freedom from alcohol is the great ‘must’ that has to be achieved, else we go mad or die.”

Letter from Bill W., 1966

I am responsible when anyone, anywhere reaches out for help, for that, I am responsible.

March 2020 Office Manager Report

	Jan '20	Feb '20	YTD Total
Sales of Goods	\$4,826.58	\$3,511.35	\$8,337.93
Expenses	(\$6,522.48)	(\$3,096.99)	(\$9,619.47)
Cost of Goods	(\$335.90)	(\$2,767.87)	(\$3,103.77)
Contributions	\$2,053.83	\$3,377.91	\$5,431.74
Net Income	\$22.03	\$1,024.40	\$1,046.43



Contributions

Group	Jan '20	Feb '20	2020 Total
A Gathering of Women	\$0.00		\$0.00
AM Mod	\$128.54	\$1,688.00	\$1,816.54
Anonymous	\$140.01	\$196.14	\$336.15
Any Lengths Group	\$0.00		\$0.00
AV Hospital - Rm #CR7	\$0.00		\$0.00
AV Men's Stag	\$150.00	\$150.00	\$300.00
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$0.00		\$0.00
Birthday	\$89.46	\$24.00	\$113.46
Came to Believe	\$0.00		\$0.00
Crown Valley Grp	\$0.00		\$0.00
Daily Reflection	\$0.00		\$0.00
Dare to be Different	\$0.00		\$0.00
Faithful Fiver	\$95.00	\$125.00	\$220.00
Friday Noon - Alano	\$0.00		\$0.00
H & I	\$0.00		\$0.00
High Desert BB Grp	\$0.00	\$452.23	\$452.23
High Desert Hospital	\$0.00		\$0.00
I Am Big Book Study	\$0.00		\$0.00
Intergroup Fundraisers	\$0.00		\$0.00
Into Action	\$50.00		\$50.00
Joe & Charlie Book Study - Alano	\$0.00		\$0.00
Lake Hughes Group	\$0.00		\$0.00
Last Call	\$0.00		\$0.00
Little Red Book	\$45.00		\$45.00
Mid-Day Mod	\$0.00		\$0.00
New Beginnings	\$0.00		\$0.00
Open Door	\$0.00	\$83.00	\$83.00
Palmdale Grp	\$930.82	\$226.54	\$1,157.36
Pearlblossom Grp	\$0.00	\$72.00	\$72.00
PM Mod	\$0.00		\$0.00
Quartz Hill Unity Grp	\$0.00	\$240.00	\$240.00
Rainbow Grp	\$0.00		\$0.00
Rosamond Sun Night	\$0.00		\$0.00
Rule 62 Grp	\$100.00	\$100.00	\$200.00
Sat AM Men's Stag	\$0.00		\$0.00
Sat Spkr Mtg - Alano	\$0.00		\$0.00
Sobriety Rocks - Alano	\$0.00		\$0.00
Spiritual Sunday - Alano	\$0.00		\$0.00
Steps in Depth	\$0.00		\$0.00
Steps Workshop	\$0.00	\$71.00	\$71.00
Sun Night BBS	\$0.00		\$0.00
The Promises - Alano	\$0.00		\$0.00
Tuesday Topic Mtg - Alano	\$0.00		\$0.00
We Care Grp	\$0.00		\$0.00
Wed Night BBS @ Grange	\$0.00		\$0.00
Westside Grp	\$0.00		\$0.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity	\$0.00		\$0.00
TOTALS	\$1,728.83	\$3,377.91	\$5,106.74

Tim Y.	3/2/2016	4	Jim G.	3/17/2004	16
Cynthia J.	3/6/2016	4	JoDec L.	3/14/2004	16
Teresa K.	3/10/2015	5	Nancy H.	3/12/2004	16
Leslie G.	3/26/2014	6	William	3/23/2003	17
Amy D.	3/7/2014	6	Marcus H.	3/22/2002	18
C. Bobo	3/11/2013	7	Oscar G.	3/20/2001	19
Mike S.	3/22/2013	7	Sandy M.	3/22/2001	19
Anthony	3/15/2012	8	Troy D.	3/27/1998	22
Colleen E.	3/28/2012	8	Chris G.	3/21/1997	23
Kat H.	3/30/2012	8	Janice M.	3/14/1997	23
Nicholas S.	3/15/2012	8	Patti	3/27/1997	23
Ron L.	3/12/2012	8	Paul O.	3/4/1997	23
Thomas D.	3/28/2012	8	Diane M.	3/29/1996	24
Jessie M.	3/2/2011	9	Janine B.	3/29/1996	24
Ellie	3/6/2011	9	Juliet K.	3/7/1996	24
Mary A.	3/6/2011	9	David W.	3/29/1995	25
Deborah C.	3/15/2011	9	Sarah G.	3/18/1994	26
Karen D.	3/18/2011	9	Ivrina K.	3/9/1993	27
Maile S.	3/19/2011	9	Yvette L.	3/1/1993	27
Ann W.	3/17/2010	10	Kathryn O.	3/1/1992	28
Chris	3/3/2010	10	Jerry G.	3/20/1991	29
Chrissy	3/3/2010	10	Louis G.	3/3/1991	29
Ira	3/1/2010	10	Deb W.	3/2/1990	30
Maureen B.	3/21/2010	10	Jim P.	3/4/1990	30
Paul H.	3/13/2010	10	Gayle C.	3/26/1989	31
Allen A.	3/28/2009	11	Keith C.	3/17/1989	31
Brent S.	3/26/2009	11	Owen L.	3/10/1989	31
Carri I.	3/9/2009	11	Robert W.	3/17/1989	31
Cielita O.	3/16/2009	11	Don H.	3/15/1985	35
Brent S.	3/26/2009	11	Mario S.	3/17/1985	35
Joe S.	3/29/2009	11	Robert K.	3/10/1985	35
Keith M.	3/13/2009	11	Trisha	3/28/1984	36
Brandon D.	3/28/2008	12	Jim S.	3/27/1983	37
Clinton	3/23/2008	12	Pat C.	3/20/1983	37
Josh C.	3/16/2008	12	Robin W.	3/9/1983	37
Kamryn	3/9/2008	12	Terry H.	3/6/1983	37
Rosemary N.	3/6/2008	12	Jose	3/5/1982	38
Brandy Q.	3/12/2007	13	Mary B.	3/21/1982	38
Christi N.	3/15/2007	13	Uncle Andy	3/1/1982	38
Johnny P.	3/26/2007	13	John G.	3/19/1981	39
Latasha W.	3/6/2007	13	Richard Ross	3/28/1981	39
Lavern C.	3/8/2007	13	Roy Y.	3/3/1980	40
Louis D.	3/28/2007	13	Bob D.	3/9/1978	42
Paul D.	3/18/2007	13	Jackie O.	3/1/1978	42
Samantha W.	3/20/2007	13	Mike A.	3/5/1978	42
Joseph R.	3/14/2006	14	Judy H.	3/22/1977	43
Jovan S.	3/18/2006	14	Valerie R.	3/13/1977	43
Karen B.	3/15/2006	14	Sheryl N.	3/10/1976	44
Anna G.	3/16/2005	15	Helen C.	3/5/1975	45
Chris B.	3/1/2005	15	Larry M.	3/3/1971	49
Hal F.	3/3/2005	15	Fred D.	3/10/1970	50
Kirk F.	3/26/2005	15	Annie C.	3/10/1968	52
Mike C.	3/18/2005	15	Fred C.	3/25/1965	55
Gina G.	3/22/2004	16			

Get your groups birthday list to Central Office . . . That's how they appear here!

Total Years = 2,285

Managers Corner

Congratulations Raymond M. ~ our February Birthday Raffle winner!!
Intergroup Elections Happening Now ~ Come in & VOTE!

Thank You Saturday Volunteers!!

- 1st ~ Larry W. & Vanessa D.
- 2nd ~ Wendy W. & Jason D.
- 3rd ~ Debbie L. & Vacant
- 4th ~ Stephanie S. & Karen M.
- 5th ~ Debbie Z. & Chante D.

Scoop 4
Thank you for allowing me to be of service!
Jeffrey Harlow

Don't forget to visit us on the Web!

