

September 2020

Inside this Issue:

- Online Sobriety by Barb C.
- Step 9 & 9th Tradition
- Quotable Quotes
- 2 Quotable Quotes How to Make a Contribution
 - Concept 9
 - Word Search

- AA in the AV

- Upcoming Events
- Excerpts from As Bill Sees It
- Manager's Report

AV Intergroup of AA 43619 17th St. W. Ste 106 Lancaster, CA 93534 (17th St. W & Avenue K)

661-945-5757

Central Office Website: avcentraloffice.org

Central Office Email: avcentraloffice@gmail.com

Email Scoop Submissions: carolotero22@gmail.com Please, 500 words or less

The Scoop

Online Sobriety

BY: BARB C. | ENDICOTT, N.Y.

She hated computers, but finding AA online forums gave her the courage to return to the program after a long relapse

My story begins in 1991 when I was first introduced to AA. I went to meetings, had a number of sponsors. and actually made it to more than a year of sobriety, but it turned out I wasn't done drinking yet.

Fast forward to the year 2006. My husband and I got our first computer. I didn't like computers at all! I thought that they were going to ruin the world. (Actually, that's still in question.) By this time. I was drinking on a daily basis. I had stopped working a few years earlier, due to other health problems. I had my days and nights mixed up. I drank until 4:30 AM and didn't get out of bed until after 1:00 PM most of the time. My selfishness and self-loathing were taking over-I didn't care if I got out of bed or if I would ever wake up again. Mentally and spiritually I was hitting bottom. But I was still not done the drinking.

But even with my drinking, I was starting to learn and figure out things on the computer. I discovered online forums of people writing back on forth on whatever subjects interested them. I first joined a cat site, since I have always loved animals, cats especially. It was ok for a while but I didn't feel like I fit in with the people on there. Then I ioined a paranormal site. There were a lot of interesting things to read on that site, but the people were a bit strange. so that wasn't for me, either.

(continued on page 3)

Step 9

"Made direct amends to such people wherever possible. except when to do so would injure them or others."

Good judgement, a careful sense of timing, courage, and prudence these are the qualities we shall need when we take Step Nine.

9th Tradition

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

"Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the kev to their usefulness."



Heard in the Zooms of the AV and Beyond...

- **#1** "Early relationships in sobriety can sometimes be like sprinkling Miracle Grow on my character defects."
- **#2** "It dosen't matter how the donkey got in the ditch.... just get him out!" ~ Holland
- **#3** "Enjoy the attention, not everybody's lucky enough to look stupid."
- **#4** "If one is too many as far as drinking, then 'any' is too many as far as character defects."
- **#5** "We're all dying to self! 'HEY!!' I'm just not very good at it."
- **#6** "I did not realize how sick I was until I got well."
- **#7** "Pause when agitated and, sometimes, I have to remove myself from people, places, and things."
- **#8** "A conversation can become a confirmation."
- **#9** "You're an outlaw that isn't wanted anymore."
- **#10** "I was wanted in 4 States and unwanted in 44."
- **#11** "You never want to double-up on something that's killing you."
- **#12** "We did not get sober to go to meetings." ~William Griffith Wilson

How Do I Make a Contribution to AV Intergroup?

Scan the QR code to use CashApp



Or, visit **www.avcentraloffice.org** for the link to AV Intergroup on PayPal

Twelve Concepts of World Service

Concept 9

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

"Our leaders do not drive by mandate, they lead by example. We say to them, 'Act for us, but do not boss us.' "

Word Search														
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AA in the AV 12

by Bruce L.

In last month's Scoop we read that John and Tokay moved to Crystalaire Country Club in LLano in 1962 and hosted meetings there at their home. When I started attending the AV Men's Stag at the Palmdale Cultural Center in 1982, John C. was a regular, and he liked to tell this story.

"They call me the Alcoholic Housebreaker of Altadena," he liked to say, and this is why. One night in Altadena, where he lived, he was so drunk he walked into the wrong house thinking he was home. The homeowner called the cops because he had a housebreaker, but before the police arrived John and the homeowner got to talking and it turns out that the homeowner was one of the founding members of AA in that part of Southern California. So instead of getting arrested, John C. got twelve-stepped! How's that for H.P. working!



Another thing John liked to say, that I remember well and like to repeat myself, is the following: "There's nothing so bad that a drink won't make worse!" Amen.

And his wife Tokay gave me a plaque on my third birthday, that I still have hanging in my office, that reads "There is no spot where God is not."



Intergroup Meeting

When: September 3, 7:00 PM Location: Zoom Meeting Code: 839 3817 5299 PW: 812426

5th Annual Unity & Service Conference

Applying our 12 Traditions & 12 Concepts to Real Life When: September 5-6, 2020 Location: Online Concord, CA fellowship. Limited space – Pre-registration encouraged, visit: www.unityandserviceconference.org

Excerpts from As Bill Sees It

2 In God's Hands – "When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned." (Alcoholics Anonymous, p.100)

31 In God's Economy – "In God's ecnomy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is." (Letter, 1942)

91 Courage and Prudence – "When fear persisted, we knew it for what it was, and we became able to handle it. We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado." (Grapevine, January, 1962)

Online Sobriety (continued from page 1)

By now, I was feeling overwhelmingly lonely. I was drinking every day, with no friends anymore, no one to talk to except my husband when he was home from work. I was starting to feel worse and worse, physically and mentally. My days blended together. It didn't matter if it was Monday or Thursday because it was the same thing, day after day. Drink, eat, clean house a little (maybe), go on the computer, and then go to bed. Get up and do it all over again.

One day, I decided to see if Alcoholics Anonymous was on the computer. Yep. there it was. So, I drank and read, drank and read. I actually found somewhere or another online of an audio recording of Bill W speaking at a convention somewhere. I cried listening to that and remembering how it was when I was in AA years before. Then I ended up finding other websites, with recovering alcoholics involved in forums and online meetings. For nine months. I wrote back and forth with these people, while drinking my rum and cokes. They kept telling me to go back to AA, and I kept saying: "No, I'm scared, it didn't work for me." Eventually, in the summer of 2007. I did get the courage to go back to AA. I struggled that whole year and kept drinking every couple of weeks. I couldn't get a month under my belt. But I kept hearing over and over. "Keep coming back" and "Don't give up before the miracle." In January 2008, I picked up a white chip and I haven't had a drink since.

I have a home group and a sponsor, and I've held a few service positions. I truly believe my Higher Power reached out to me through the computer even though I didn't understand it at the time. Today I still go on my forums with my AA friends from all over the US and the world. Some of the people who helped me so many years ago to get the courage to go back to AA are still there. I owe my life to them and Alcoholics Anonymous. So I guess computers aren't that bad after all. I wouldn't be sober today if I didn't have one.

SOURCE: AAGRAPEVINE.ORG, MAY 2019

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Sat Spkr Mtg - Alano \$200.00 \$200.00 Paul M. 9/27/2005 15 Bev S. 9/7/1 Sobriety Rocks - Alano \$0.00 \$0.00 Yolanda B. 9/14/2005 15 IChuck C. 9/20/1 Spiritual Sunday - Alano \$0.00 \$0.00 Rocky C. 9/19/2004 16 Sally K. 9/1/1 Steps in Depth \$0.00 \$0.00 Rocky C. 9/19/2003 17 Billy K. 9/1/1 Steps in Depth \$0.00 \$0.00 Iscueline R. 9/13/2003 17 Vicki F. 9/20/1 Steps Workshop \$0.00 \$0.00 Latanva J. 9/10/2003 17 Tonv J. 9/30/1 Steps Topic Mtg - Alano \$0.00 \$0.00 Latanva J. 9/10/2003 17 Al Russell 9/1/1 We Care Grp \$0.00 \$0.00 Margie K. 9/13/2002 18 Mickie F. 9/13/1 Wed Night BBS @ Grange \$19.12 \$10.00 \$20.00 Barbara S. 9/16/2000 20 Sandy M. 9/30/1 Wed Night BBS @ Grange \$19.12 \$19.12 John P. <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>9/6/1982</td><td>38</td></td<>								9/6/1982	38
Sobriety Rocks - Alano \$0.00 \$0.00 Yolanda B. 9/14/2005 15 Chuck C. 9/20/1 Spiritual Sunday - Alano \$0.00 Rocky C. 9/19/2004 16 Sally K. 9/11/1 Steps in Depth \$0.00 Rocky C. 9/12/2003 17 Billy F. 9/11/1 Steps Workshop \$0.00 \$0.00 Clyde L. 9/21/2003 17 Vick F. 9/20/1 Sun Night BBS \$0.00 \$0.00 Latanya J. 9/10/2003 17 Vick F. 9/20/1 Sun Night BBS \$0.00 \$0.00 Latanya J. 9/10/2003 17 Vick F. 9/20/1 Tuesday Topic Mtg - Alano \$0.00 \$0.00 Michael P. 9/22/2003 17 Al Russell 9/17/1 We Care Grp \$0.00 \$0.00 Barbara S. 9/16/2000 20 Sandy M. 9/30/1 Wed Night BBS @ Grange \$19.12 \$19.12 John P. 9/20/2000 20 Frank P. 9/26/1 Women in Progress \$0.00								<u>9/10/1981</u> 9/7/1980	<u>39</u> 40
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The Promises - Alano \$0.00 \$0.00 Michael P. 9/22/2003 17 Al Russell 9/7/1 Tuesday Topic Mtg - Alano \$71.00 \$71.00 Margie K. 9/13/2002 18 Micket F. 9/13/2002 We Care Grp \$0.00 \$0.00 Barbara S. 9/16/2000 20 Sandy M. 9/30/1 Wed Night BBS @ Grange \$19.12 \$19.12 John P. 9/20/2000 20 Sandy M. 9/30/1 Westside Grp \$0.00 Boto \$0.00 Dotti M. 9/28/1999 21 Carole C. 9/5/1 Women in Progress \$0.00 \$0.00 So.00 \$0.00 Solott M. 9/6/1999 21 Carole C. 9/5/1 Women in Recovery \$0.00 \$0.00 Solott M. 9/6/1999 21 Carole C. 9/5/1 Women Seeking Serenity \$50.00 \$50.00 Set your groups birthday list to Centra								9/30/1978	42
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Women in Progress\$0.00\$0.00Robert M.9/6/199921Women in Recovery\$0.00\$0.00\$0.00\$0.00Women Seeking Serenity\$50.00\$50.00Get your groups birthday list to Centra					Dotti M.	9/28/1999 21		9/5/1970	50
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Managers Corner						10001 10010 -	4,440		

Managers Corner

Thanks to all who contributed to Central Office for Founder's Month! <u>If you don't see your birthday on our monthly list please have your</u> group pass a roster around and forward it to the office so we can get it straightened out. Our information is only as good as what is

provided! Haven't joined the Faithful Fivers? Why not? This is a mere cup of coffee per month and the result is we support the office that saves lives and brings people to our meetings. Don't delay, sign up today - our Central Office is far too important!! O N G R A T U L A T I O N S Wendy W. ~ our August Birthday Raffle Winner!

Thank You Saturday Volunteers!!

1st ~ Larry W. & Maureen D. 2nd ~ Wendy W. & Vacant 3rd ~ Debbie Z. & Reggie J. 4th ~ Dawn E. & Karen M. 5th ~ Stephanie S. & Chante D. Don't forget to visit us on the Web!

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