

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous
Antelope Valley **April 2013**



"This month's winning number is"

368173 Chris G. Amount \$ 40.00

Yvette L. = Drew the winning ticket!

**Come by Central Office
and purchase a ticket for our
50/50 raffle. \$1 per ticket.
You don't have to be present
to win.
Drawing is the last business
day of the month.**

WHAT'S INSIDE

FEATURES

50/50 Raffle—Elected Officers	P. 1
What Didn't Kill me.... Cindy Buckles	P. 1
Restless and Sober Arne P.	P. 2
To Live Sobriety Jessica C. --- Step 4	P. 2
4 th Tradition --- Daily Reflections 4 th Step	P. 3
Daily Reflections 4 th Tradition	P. 3
Quotable Quotes	P. 4
Excerpt From B.B. on Step 4	P. 4
Word Game	P. 4
Office Manager's Report	P. 5
Calendar of Events -- Birthdays	P. 6

Please contribute to Central Office

Antelope Valley Central Office
43619 N. 17th Street West, Suite 106
Lancaster, CA 93534

Central Office Web Site: www.avcentraloffice.org

Central Office Email: avaa@roadrunner.com

Email Scoop contributions to:
avco.intergroup.scoop@gmail.com

Elected Officers of the Intergroup Committee

Chairman: Dave S.

Co-Chairman: Steve M.

Secretary: Valerie H.

Members at Large: Arne P.; Ron K.; Ron M.

What Didn't Kill Me...

What didn't kill me
Made me stronger,
Drinking and using
HA HA, no longer...

That DEMON Barleycorn
Has gone away,
I have new life
Thanks to A.A.

NO matter what
DON'T Cave in,
Just do the work
You'll surely win...

Pray, Clean house
That's what they say,
Sponsors, Meetings
Live a new way...

You're blessed with Promises & Miracles

Imagine that,
No longer in Bondage
And that's a fact...

Cindy Buckles

Restless and Sober

Only one thing happens overnight in sobriety; one day we were drinking, the next day we were not! It seems many other aspects of our personality stay with us for quite a while. The *Doctors Opinion* in the Big Book is pretty clear about the alky's condition as being restless, irritable and discontented prior to seeking the ease and comfort of a few drinks.

When I was new in AA, I was irritable, self-conscious, had sweaty palms, chain-smoked, gulped coffee and couldn't sit still. Seems the only time I would feel OK was after talking to my Sponsor or if I completed some task the old-timers had given me to do; washing dishes and cleaning ashtrays and tables, setting up chairs for the meetings. I also felt a good deal of peace when I studied the Big Book, sometimes copying text in long hand to make sure I would do "work" as the Big Book mentioned.

After a fearless and ruthless 4th step and 5th step, a feeling of achievement came over me. Had I entered the 4th Dimension? As I progressed with the Steps, the restlessness became much less prevalent. As we know from the Big Book, our problem rests in the mind, thus the mind needs to be at peace to find escape from restlessness. After talking to some fellow long time AAs with educational backgrounds in psychology, there seems to be general agreement that alcoholics will always be alcoholics and will always be restless to some degree. Total freedom from restlessness will come in the hereafter as we come to final rest in the loving arms of our Higher Power!

BUT, while on earth remember this: The Spiritual Life is not a theory. We have to live it!

Good luck!

Arne 1976

To Live Sobriety

Sobriety has been an adventure and yet a teary one sometimes. Especially when life doesn't go the way I had hoped. The world gets turned upside down, God's gifts are revealed in an untimely manner, a spiritual answer may come bewildered to me, but I remain sober one day at a time. I may not take a drink, but I am still maladjusted to life and at times still in full flight from reality. My crazy thinking kicks in if I change my meetings too much and do not remain consistent with my home group, keep in touch with my sponsor working actively in my recovery regularly. I was taught to do a book study, open participation, and a speaker meeting to maintain a level spirit. And yet the truth gets down to that inventory. Be thorough and honest; diligent to finish and share with my sponsor. Doing this allows me growth to participate in a fellowship. Actively working with others helps me understand a sense of unity; A.A. as a hole. Yet, I begin to look at this and I realize I must do that with my family; communicate, learn, and speak up to actively be a part of. I celebrate 2 years and I am learning one day at a time and to accept me. Thank goodness God does for me what I couldn't do for myself.

Jessica C., A.A. 2011

Step 4

"Made a searching and fearless moral inventory of ourselves."

Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

Show your gratitude for your sobriety, contribute one dollar to Central Office on your sobriety birthday for each year you have been sober.

The 4th Tradition

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

Daily Reflections excerpt on the 4th Step

Page 102: *Accepting our Humanness*

We finally saw that the inventory should be ours, not the other man's. So we admitted our wrongs honestly and became willing to set these matters straight.

As Bill Sees It, p. 222

Why is it that the alcoholic is so unwilling to accept responsibility? I used to drink because of the things that other people did to me. Once I came to A.A. I was told to look at where I had been wrong. What did I have to do with all these different matters? When I simply accepted that I had a part in them, I was able to put it on paper and see it for what it was—humanness. I am not expected to be perfect! I have made errors before and I will make them again. To be honest about them allows me to accept them—and myself—and those with whom I had the differences; from there, recovery is just a short distance ahead.

Daily Reflections excerpt on the 4th Tradition.

Page 128: *Group Autonomy*

Some may think that we have carried the principle of group autonomy to extremes. For example, in its original “long form,” Tradition Four declares: “Any two or three gathered together for sobriety may call themselves an A.A. group, provided that as a group they have no other affiliation.” ... But this ultra-liberty is not so risky as it looks.

A.A. Comes of Age, pp. 104-05

As an active alcoholic, I abused every liberty that life afforded. How could A.A. expect me to respect the “ultra-liberty” bestowed by Tradition Four? Learning respect has become a lifetime job.

A.A. has made me fully accept the necessity of discipline and that, if I do not assert it from within, then I will pay for it. This applies to groups too. Tradition Four points me in a spiritual direction, in spite of my alcoholic inclinations.

Quotable Quotes

The only thing I’ve ever done moderately is step work.

I got to manage my own life before; that’s why I’m here.

Silence is my chance to hear you, not me.

Normal people don’t wonder if they are alcoholics.

Pioneer days are over; read the Big Book.

I had over 10 years, then I went into the 7th grade.

“This too shall pass” refers to bad days and good days.

Sobriety isn’t just abstinence from alcohol, but it sure plays a BIG part.

Want your shares to loose influence on A.A. members? Try cussing!

Name one spiritual book where they use the F word.

Now that I’m not spending all my time drinking, I’m up to my neck in character defects.

If you’re up to your armpits in horseshit, there’s got to be a pony in there somewhere.

To trust the program, you have to have one.

Excuse me, I’m looking for March.

Excerpt from the Big Book on Step Four: p.64

“Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.”

Word Game

ACCEPTANCE, ACTION, ANGER
APPROVAL, BLAME, CHOICE,
CONTROL, DEMANDS, DILEMMA,
EXPERIENCE, FAITH, FEAR, GOSSIP,
GRANDIOSITY, HAPPINESS, HUMOR,
IMPATIENCE, PRINCIPLES, SERVICE,
SLIPS, TIME, TRUST, VIGILANCE,
WILLINGNESS

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