

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous

Antelope Valley

August 2014



This month's Central Office

50/50 winner is: Ticket # 369292

Name: Jen St. Jude Amount \$ 25.00
Ralph A. Drew the winning ticket!

Dawn of a New Day

In Memory of Chuck K. A.A. 1979 - 2014

He stepped in; opening the door and started
something new

Not ever in his wildest dreams did he ever
imagine the world as it is today

He spoke and shared his story with others
And for him it was only a beginning of a
new life

Caring for others and helping them sober up

He realized he had a purpose for his life

Hanging around the Arid club was a start

Talking to newcomers, helping at
fundraisers or barbecues

Or contributing to a group

To carry the message into hospitals and
institutions

There was a value and a spirit in his smile

When he saw the spark of an alcoholic
beginning to grow

Family began to surround him and promises
were revealed

As one begins to grow he shared it with
others: Dropping the Rock
(letting go)

35 years later he still reached out and had
support of others surrounding his bed

The smell of coffee;
sound of the Big Book pages turning,

WHAT'S INSIDE

FEATURES

50/50 Winner/Dawn of a New Day	P. 1
12 Steps Up/Alcoholic Thinking	P. 2
Love and Tolerance/Step 8	P. 2
8 th Tradition	P. 3
Quotable Quotes	P. 3
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 **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.)

and the Lord's Prayer echoed in his heart
His family is in thanks for everyone's
support to his final days
May Chuck rest in peace.

By: Jessica C. A.A. 2011

12 Steps "Up" !!

1. Show Up
2. Look Up
3. Give Up
- 4/5 'fess Up
- 6/7 Straighten Up
- 8/9 Make Up
- 10/11 Keep Up
- 12 Speak Up

From my Personal Files: Arne P. A.A 1976

Alcoholic Thinking Creating Misery

Looking back over many years of sobriety, I find that I have made many mistakes, some were repeated, some serious, some stupid,....I did not make the BIG ONE : - Take a drink since my first sobriety date!! Using one of my favorite Big Book statements,.. 'avoid then the deliberate manufacture of misery"..... I now try to avoid these 'misery ' creators;

1. Setting unreasonable expectations
2. Not understanding my own limitations
3. Seeking praise for AA work
4. Shirking AA responsibilities
5. Participating in rumor mongering
6. Neglecting my health
7. Controlling the life of others
8. Feeding my ego
9. Neglecting financial responsibilities
10. Blaming others for self-inflicted pain
11. Seeking to discredit others
12. Being in love with my own thinking

It's WORK folks,no doubt about it,..... a lot of WORK! I am willing to do it because I want to stay ALIVE (and HAPPY)!!!

By: Arne P. AA 1976

Love and Tolerance

Who's really being judgmental?!
Me!

People who text in meetings. People whose phones ring in meetings. And what about people who get up and down in a meeting. Or people who show up late, or leave early in a meeting. And people who cross talk in a meeting.

I do not have all the pieces to "their" puzzles, but I'm quick to fill in the blanks. Don't they take this A.A. thing seriously?! It's a life and death matter! They are not doing their program right. Thank God there is not a formula for sobriety.

Before I can tolerate, I first have to accept those people. After I've tolerated them for a while I learn to love them for who they are. It's my choice if I let a person, place, or thing steal my peace and serenity. And if I feel peace and serenity slipping away; then it's time to dig in deep to the steps to see my part.

By: Trevor B. A.A. 2012

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 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 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 like a purposeless and pointless piece of surgery. But if a willing start is made, then the great adventures of doing this will 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 word “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 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 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 few A.A.’s have ever worked the Twelfth Step for a fee.

Quotable Quotes

Text to my wife: Mary, having one more pint with the lads, if not home in 20 minutes, read this message again.

My problem wasn’t stopping. My problem was starting. I couldn’t stop starting.

Spiritually fit= When I don’t have a problem with anyone.

I hope that you care enough about your friends to talk about them- with concern.

Your job now is to be at the place where you may be of maximum helpfulness to others—Keep on the firing line of life with these motives and God will keep you unharmed.
Pg. 101

Cling to the thought that, in God’s hands, the dark past is the greatest possession you have—the key to life and happiness for others. Pg.124

But why shouldn't we laugh? We have recovered and have been given the power to help others. Pg 132

Then you will know what it means to give of yourself that others may survive and rediscover life. Pg. 153

They told me I couldn't have just one drink at these double A classes, so make it three bartender.

The best wireless connection in the world is prayer.

LEAVE YOURSELF ALONE!! No one has been harder on yourself than you have.

If my life isn't over, then neither is Step 3.

WORD GAME

ADMIT, ATTITUDE, DEFECTS, FORGIVENESS,
INVENTORY, OBSTACLE
PREPARE, REFLECTION, REPAIR,
RESTITUTION, STEADFAST, WRONGS

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

FOUNDERS MONTH DONATIONS 2014

FOUNDERS MONTH JUNE	
INTER-GROUP MEETING	\$25.00
PEARBLOSSUM GROUP FRI	\$20.24
PEARBLOSSUM GROUP	\$104.00
CROWN VALLEY GROUP	\$58.00
A GATHERING OF WOMEN	\$27.75
MID-DAY MODIFICATION	\$189.29
A.V. H & I	\$21.75
ARBOR COURT TUE	\$35.05
A.V. MEN'S STAG QUARTZ HILL	\$64.00
SATURDAY MORNING MEN'S STAG	\$30.00
TOTAL FOR JUNE	\$575.08

FOUNDERS MONTH JULY	
ANY LENGTHS GROUP	\$40.90
PEARBLOSSUM GROUP	\$16.00
SUNDAY NIGHT B/B/S 7TH DAY ADVENT	\$45.38
PALMDALE GROUP	\$722.00
P M MODIFICATION	\$274.27
WOMEN IN PROGRESS	\$20.91
A WOMAN'S STORY	\$18.00
OPEN DOOR GROUP	\$66.53
WOMEN IN RECOVERY	\$47.73
MID-DAY GROUP GRANGE Q.H.	\$78.64
CROWN VALLEY GROUP	\$34.00
A V MEN'S STAG QUARTZ HILL	\$66.20
WESTSIDE GROUP WED-NIGHT	\$20.81
WED-NIGHT B/B/S THE GRANGE	\$32.50
LAKE HUGHES MEN'S STAG	\$51.00
A M ATTITUDE MODIFICATION	\$289.88
Alano Club Wed STEPS IN DEPTH	\$49.50
TOTAL FOR JULY	\$1,874.25

FOUNDERS MONTH JUNE & JULY	\$2,449.33
---	-------------------

We here at Central Office would like to Thank You All who participated by contributing to Founders Month.

