

April 2017

#### Inside this Issue

AVCO Committee/ I have a Problem/ The 'easy' part...

4<sup>th</sup> Step/ 4<sup>th</sup> Tradition

4<sup>th</sup> Concept/ Quotable Quotes/ Word Game

Manager's Report

AV Intergroup of AA 43619 N. 17<sup>th</sup> Street West, Suite 106 Lancaster, CA 93534 661-945-5757 17<sup>th</sup> Street West / Avenue K

Central Office Web Site: www.avcentraloffice.org Central Office Email: avcentraloffice@gmail.com

Email Scoop submissions: Jessica Christman Christmanjj2011@outlook.com

Please limit submissions to 500

# The Swap

# **AVCO Steering Committee**

At the Intergroup Steering Committee Meeting, the following AA members were voted in as the new board:

Chairman: Veronica H.
Co-Chairman: Bruce L.
Secretary: Leslie G.
Member At Large: Fred H.
Member At Large: Stephanie S.

The Intergroup Steering Committee Meeting is on the first Thursday of the month at 7:00 pm. All Alcoholics Anonymous members are welcome.

### I have a Problem

By: Trevor B, A.A 2012

Have you gone to God with it?
You don't understand! You are not needing me!
God is either everything or nothing!
Let go and get God!
In the mean time, help another alcoholic.
Work all the steps again, again, and again!

Call your sponsor.
Pick up trash for an hour a day.
Wash your car.

Read the Big Book for an hour a day.

Double up on meetings.

And listen for others' problems that are

And listen for others' problems that are worst than yours.

Point being: change your stinking thinking, And ask for Advice. Then the power of the problem diminishes.

Perspective returns slowly.

Finally, a Solution will Appear.

(March 2014 issue)

# The 'easy' part of The Program

By: Arne P, A.A 1976

The Big Book does us a great favor, maybe life saving, when it defines the 'easy' part of the program on page 85. I have tried my best to identify a number of ways that could trap a recovering alky into the old ways of thinking and drinking, here are a few:

It is 'easy' to:

- 1. Practice dishonesty
- 2. Live in Denial
- 3. Become materialistic
- 4. Isolate
- 5. Judge others
- 6. Disregard The Steps
- 7. Skip AA Meetings
- 8. Skip commitments
- 9. Neglect physical health
- 10. Justify Anger
- 11. Justify Self-pity
- 12. Be Rude, Vulgar and Profane

All-in-all the Book calls it "letting up on our spirituality". I like my new Adventure in a New and Better way of life called God-consciousness!!

As Always Arne P.

#### **Calendar Events**

June 11<sup>th</sup> 2:00-6:00pm, Grange Hall 81<sup>st</sup> AA Birthday Celebration

Central Office fundraiser hosted by the Mid-Day Mod ~ BBQ, speaker, & fellowship!

#### June 18th

Annual Round-Up Poker Run & Picnic ~ Poker Run begins AT Harley Davidson at 8am and Picnic begins at 10 am at Rawley Duntley Park.

June 24<sup>th</sup> – 26<sup>th</sup> AV Fairgrounds – Van Dam Bldg AV Round-Up

Our 43<sup>rd</sup> Annual Convention ~ speakers, dance, and Casino Night!

### 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.

G.ood O.rderly D.irection

### 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.

When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation."

This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet," others "dry," still others "Republican" or Communist," and yet others "Catholic" or "Protestant." The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.

### Fourth Concept:

Through our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

The principle of "Right of Participation" is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also the trustees, and the directors and staff members of A.A. World Services (i.e., G.S.O.) and the A.A. Grapevine.

In the same way, the boards of these two operating entities include as

voting members not only trustees, but also nontrustee directors and paid administrators and staff members.

The chairperson of the General Service Board appoints nontrustee members to the standing committees in order to have the advantage of their expertise, and staff members serve as committee secretaries. "There are no 'superior' no 'inferior' and no 'advisors." New trustees on the General Service Board and new directors of the A.A.W.S. and Grapevine Boards are sometimes surprised to see paid executives, staff members and outside accountants attending the board meetings. There are invited because of A.A's "Right of Participation." Thus, the trustees and directors "are put into direct

communication with these workers, who..feel wanted and needed. Although they do not vote, these workers may freely participate."

We are a part of Area 93 and our District meeting is the second Saturday of the month in Agua Dulce.

# Quotable Quotes

Worry is the property of management.

We accepted a so-called unsolvable problem and lo and behold we found that in the acceptance lies the solution.

The only graduation day in AA is death.

You know that when a person criticizes sharing, there is something that person doesn't want to share. Anne Smith Journal

Don't let worry hang around too long masqueraded as thinking.

First things first means that you got to stay sober to be useful.

We didn't get sober to go to meetings. Bill W.

Worried does not empty tomorrow of its sorrow, worry empties today of its strength.

Definition of worry, too much thought, too little action.

The leading cause of drinking is being sober.

I am so proud of my humble self that I am going to invite me out for a drink.

The one who meditates everyday will never have the day come when he has to meditate.

Editor Note: Thank you for your submissions and I look forward to many more upcoming stories. —Jessica C.

#### Word Game

BEGIN, COLUMNS, FEARS, HUMILITY, INVENTORY, LIST, MEDITATION, PEOPLE, PRAYER, REVIEW, SURRENDER, THOROUGH

T	Z	S	W	T	S	O	A	В	M	P	S	I	Q	D
I	В	Y	F	N	W	N	F	Z	V	R	N	I	Y	T
В	Z	M	P	R	A	Y	E	R	A	I	M	T	M	L
S	R	A	E	F	G	P	В	G	A	L	U	S	C	E
U	G	V	0	D	Z	0	В	C	Y	Z	L	U	M	E
M	R	M	P	D	I	N	V	E	N	T	0	R	Y	Z
L	Y	R	L	Y	G	T	Y	N	G	J	C	R	W	J
Н	M	T	E	J	K	Н	A	В	M	I	Е	E	G	A
F	J	T	E	L	В	0	U	T	Y	V	N	N	Н	A
I	L	J	T	O	M	R	L	M	I	U	V	D	A	Е
A	D	E	0	H	Y	0	T	E	I	0	K	E	A	T
J	K	Y	M	Н	V	U	W	N	L	L	N	R	Н	V
G	U	P	I	В	0	G	P	N	I	P	I	Y	I	J
J	V	Z	P	M	K	Н	Y	S	N	Q	В	T	E	I
S	N	D	F	F	Y	Q	T	R	R	K	J	V	Y	Y

## April 2017 Office Manager Report

Jan · Feb '17 Mar '17 YTD Total Sales of Goods \$3,882.14 \$7,643.79 \$11,525.93 Expenses (\$5,027.54) (\$1,614.76) (\$6,642.30) Cost of Goods (\$4,520.98) (\$4,066.26) (\$8,587.24) Contributions \$4,085.63 \$816.94 \$4,902.57



Net income	\$2,180.90	(\$981.94)	\$1,198.96				9		300
	ibutions		72,200.00	Brad P.	4/4/2013	4	Krystal C.	4/27/1999	18
Contra				Julie B.	4/10/2013	4	Mark H.	4/6/1999	18
Group	Jan - Feb '17	Mar 17	2017 Total	Catalina C.	4/13/2012	5	Ray R.	4/1/1999	18
A Gathering of Women	\$0.00	\$100.00	\$100.00	Craig R.	4/1/2012	5	Scott S.	4/8/1999	18
A.M. Attitude Modification	\$107.84		\$107.84	Jeff S.	4/28/2012	5	Steve K.	4/1/1999	18
A.V. Hospital ~ 2 West	\$0.00		\$0.00	Boston John	4/1/2011	6	Jerry H.	4/1/1998	19
A.V. Men's Stag Quartz Hill	\$144.00	\$122.75	\$266.75	Brian B.	4/14/2011	6	Alan P.	4/28/1997	20
A.V. H & I	\$0.00	<b>V</b> 222110	\$0.00	Dianne E.	4/17/2011	6	Alfonso O.	4/5/1997	20
Alano Club Thursday Night	\$0.00	***************************************	\$0.00	James S.	4/10/2011	6	Betty S.	4/4/1997	20
Alano Club Wednesday Dare to be Different	\$0.00		\$0.00	Jennifer	4/14/2011	6	Dawn J.	4/17/1997	20
Anonymous Donations	\$128.08	\$55.19	\$183.27	Oliver C.	4/29/2011	6	John W.	4/25/1997	20
Any Lengths Group	\$0.00	\$55.00	\$55.00	Rick H.	4/15/2011	6	Joyce P.	4/13/1996	21
Arbor Court Tuesday	\$0.00	φσσισσ	\$0.00	Brian Y.	4/3/2010	7	Linda D.	4/8/1995	22
A Women's Story	\$0.00		\$0.00	Jennifer G.	4/27/2010	7	Ketty L.	4/3/1994	23
Birthday Celebrants	\$0.00	****	\$0.00	Mishone J.	4/13/2010	7	Vesta S.	4/25/1994	23
B.Y.O.C. A.V. Y.P.	\$0.00	· · · · · · · · · · · · · · · · · · ·	\$0.00	Scott D.	4/26/2010	7	Earl W.	4/14/1993	24
Big Book Ladies Women	\$0.00		\$0.00	Tim J.	4/27/2010	7	Everett C.	4/25/1993	24
California City Clubhouse	\$167.24		\$167.24	Bob H.	4/20/2009	8	Joanna O.	4/20/1993	24
Crown Valley Group	\$0.00		\$0.00	Johnny L.	4/16/2009	8	Steve P.	4/24/1993	24
Founders Month	\$0.00		\$0.00	Kim T.	4/3/2009	8	Wanda	4/15/1993	24
Friday Night Non-Smoker Speaker Mtg	\$120.00		\$120.00	LaVonda L.	4/16/2009	8	Dana S.	4/26/1992	25
Fund Raiser Monthly 50/50	\$0.00		\$0.00	Patick M.	4/4/2009	8	Frankie H.	4/8/1992	25
High Desert Big Book	\$697.41		\$697,41	Rory D.	4/9/2009	8	Jill R.	4/22/1992	25
High Desert Hospital Friday	\$0.00		\$0.00	Ike W.	4/20/2008	9	Joe H.	4/29/1992	25
High Desert Medical Group	\$0.00		\$0.00	Karyn M.	4/1/2008	9	Raymond B.	4/4/1992	25
Intergroup Fundraisers	\$1,009.00		\$1,009.00	Danielle B.	4/14/2007	10	Ron B.	4/3/1992	25
Into Action	\$40.00	\$70.00	\$110.00	Davin C.	4/17/2007	10	Tony H.	4/3/1992	25
Lake Hughes Friday Night	\$0.00	φ10.00	\$0.00	Kim R.	4/3/2007	10	Ray B.	4/3/1992	26
Lake Hughes Men's Stag	\$200.00	\$14.00	\$214.00	Mike W.	4/15/2007	10	Walter P.	4/14/1991	26
Lake Hughes Monday Night	\$0.00	\$14.UU	\$0.00	Patrick S.	4/24/2007	10	Kevin M.	4/7/1990	27
Mid-Day Modification	\$636.73		\$636.73	Rowdy J.	4/10/2007	10	Richard P.	4/5/1990	27
Mojave Big Book Awakening	\$0.00		\$0.00	Susan C.	4/13/2007	10	Susan R.	4/14/1990	27
Mojave Group New Beginnings	\$0.00		\$0.00	Venessa Y.	4/11/2007	10	Terry J.	4/22/1990	27
Open Door	\$0.00		\$0.00	Alicia	4/13/2006	11	Charlie K.	4/16/1989	28
P.M. Modification	\$0.00		\$0.00	Bernie A.	4/2/2006	11	Jerry L.	4/26/1989	28
Palmdale Group	\$112.73		\$112.73	Chase M.	4/17/2006	11	Ron N.	4/21/1989	28
Pearblossom Group	\$0.00	\$360.00	\$360.00	Earl M.	4/17/2006	11	Rico C.	4/9/1989	28
Rosamond Thursday 7 Minutes to Sobriety	\$0.00	φουν.υυ	\$0.00	Gail R.	4/10/2006	11	Steve A.	4/1/1989	28
Rosamond Sunday Night	\$0.00		\$0.00	Gwen C.	4/12/2006	11	Carol H.	4/17/1988	29
Rule 62 Grp	\$75.00		\$75.00	Jean M.	4/25/2006	11	Monica L.	4/8/1987	30
Saturday Morning Men's Stag	\$0.00		\$0.00	Lisa N.	4/27/2006	11	Bill G.	4/24/1986	31
SCV Sun Night Spkr	\$17.00		\$17.00	Renal F.	4/14/2006	11	Danny A.	4/18/1986	31
Stepping Stones	\$0.00		\$0.00	Richard L.	4/16/2006	11	Frank S.	4/21/1986	31
Sunday Night B.B.S. 7th Day Advent	\$0.00		\$0.00	Charles G.	4/22/2005	12	Kathy P.	4/19/1986	31
The 10.11.12 Group				Christina J.	4/10/2005	12	Steve W.	4/23/1986	31
We Care	\$0.00 \$50.00		\$0.00 \$50.00	Khalil W.	4/10/2005	12	Wayne E.	4/16/1986	31
Wednesday Night BBS @ The Grange	\$0.00		\$0.00	Lisa R.	4/23/2005	12	Pat R.	4/3/1985	32
Westside Group	\$0.00	\$40.00	\$40.00	Monique A.	4/23/2005	12	Deborah H.	4/3/1983	33
Westside Group Women in Progress		<b>Φ40.00</b>						4/13/1984	
Women in Progress Women in Recovery	\$0.00		\$0.00 \$0.00	Albert M. Mimie R.	4/15/2004 4/1/2004	13	Glenn C. Terry C.	4/20/1984	33
Women Seeking Serenity Monday	\$0.00		\$120.00	Steve H.	4/20/2004	13	Charlie W.	4/26/1983	35
women seeking serenity Monday	\$120.00		5120.00					4/26/1982	
				Jim T.	4/3/2003	14	Bob Fisher		36
				Landy B.	4/7/2003		Chris W.	4/1/1981	36
				Sharon R.	4/9/2003	14	Les G.	4/16/1980	37
				Linda A.	4/5/2002	15	Norma S.	4/16/1979	38
				Tina D.	4/22/2002	15	Stephanie S.	4/23/1979	38
				Judy H.	4/24/2001	16	Annie M.	4/15/1977	40
				Victor D.	4/6/2001	16	Don M.	4/13/1976	41
				Jim Hilke	4/25/1999	STATE OF TAXABLE PARTY.	IStu C.	4/13/1974	43
				Get your	groups bi	rtho	day list to (	Central Of	ffice

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

TOTALS | \$3.625.03 | \$816.94 | \$4.441.97

Total Years = 2,191

Managers Corner

Thank You Saturday Volunteers!!

1st ~ Larry W. & Barbie Q. 2nd ~ Darin F. & Alonna T. 3rd ~ Stephanie S. & Mike B. 4th ~ Judy M. & Christine B.

5th ~ Christine F. & Wendy W.

Thank you for allowing me to be of service!!

Jeffrey Harlow

Don't forget to visit us on the Web!

