

# The Scoop

*Published by the Antelope Valley Intergroup of Alcoholics Anonymous*

## Antelope Valley April 2016



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**Please contribute to Central Office**  
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**E-mail Scoop contributions to: Jessica C.**  
[christman\\_jess2011@live.com](mailto:christman_jess2011@live.com)  
(Please limit submission to 500 words or less.)

### AVCO Steering Committee

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

Chairman: Ron K.  
Co-Chairman: Veronica H.  
Secretary: Leslie G.

*Congratulations to our new board.  
Hours are Saturday, 10:00am to 2:00pm,  
and Monday through Thursday, 10:00am  
to 4:00pm.*

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

### Scoop Submissions

I am looking forward to hearing from new budding writers who would like to share their experience, strength, and hope through poetry, short story, or words of thought. How do we stay sober through holidays and becoming a healthy part of a community to give back whether it's hospitals and institutions or simply making the coffee for meetings...

New writers will be published for alternating newsletters at a time to allow for a variety of views. Just a reminder to keep

articles 500 words or less. And I'd like to thank the readers from Northumberland UK for their input and generosity to take time to send their words of thought. Thank you.

*-Jessica C, Editor*

### **I have a Problem**

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 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.*

By Trevor B., A.A. 2012  
(March 2014 issue)

### **Acceptance.**

On this journey I have felt Pain that no words can describe; I have been in Fear with no strength to muster. I have been in the dark with no light in sight N yes I have felt the hopelessness of it. And how come I am still here?? How can it be? Even at the times when i wanted to stay in the dark. Every time I start to feel or even think I am at the end, I hear exactly what i needed to hear at exactly the right time or something

happens that proves to me that there is always something, or someone or Something to shows me I am not alone.... to show me that if I am just willing enough to keep moving forward something great will happen. From my experiences the only time i see this to be true is when I was willing, willing to see it, willing to grow, willing to change..

With pain come progress, with downs brings growth... without problems we do not have any ideas of what to work on.  
And until I accept where I am, then n only then I will begin to change....

By: Brian M. A.A. 2011  
(January 2015 Issue)

### **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.

Good Orderly Direction

### **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.

## Quotable Quotes

I did some hard time, 30 days, 60, 90, 6  
 months, 9 months.

My 30 day chip feels like an academy  
 award!

The circumstances of my life don't  
 determine the quality of my life; the quality  
 of my life is determined by my reaction to  
 circumstances.

Isn't it interesting that the same letters spell  
 both “silent and listen.”

If I find in myself a desire which no  
 experience in this world can satisfy, the  
 most probable explanation is that I was  
 made for another world. —C.S. Lewis

I know you believe you understand what  
 you think I said, but I'm not sure you realize  
 that what you heard is not what I said.

The more you try to control another person,  
 the more you are under that person's control.  
 —Dr. Paul O.

When we mind-trip into the past or future,  
 we travel alone.

The best thing that you can do for others, is  
 to be okay for yourself. —Dr. Paul O.

Facebook is no substitute for facetime.

If you feel far from God, then guess who  
 moved!

I'm not arguing with you; I'm trying to  
 convince you that I'm right.

## WORD GAME

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

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



# April 2016 Office Manager Report

	Jan - Feb '15	Mar '16	YTD Total
Sales of Goods	\$9,079.28	\$4,331.57	\$13,410.85
Expenses	(\$5,905.24)	(\$2,168.13)	(\$8,073.37)
Cost of Goods	(\$7,365.48)	(\$4,214.56)	(\$11,580.04)
Contributions	\$5,526.73	\$1,308.92	\$6,835.65

<b>Net Income</b>	<b>\$1,335.29</b>	<b>(\$742.20)</b>	<b>\$593.09</b>
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## Contributions

Group	Jan - Feb '15	Mar '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$467.68	\$304.09	\$771.77
A.V. Hospital ~ 2 West	\$0.00		\$0.00
A.V. Men's Stag Quartz Hill	\$376.80	\$69.60	\$446.40
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$0.00		\$0.00
Alano Club Wednesday Dare to be Different	\$0.00		\$0.00
Anonymous Donations	\$503.63	\$41.85	\$545.48
Any Lengths Group	\$0.00		\$0.00
Arbor Court Tuesday	\$0.00	\$30.00	\$30.00
A Women's Story	\$0.00	\$100.00	\$100.00
Birthday Celebrants	\$17.00		\$17.00
B.Y.O.C. A.V. Y.P.	\$0.00		\$0.00
Big Book Ladies Women	\$0.00		\$0.00
California City Clubhouse	\$220.65	\$125.50	\$346.15
Crown Valley Group	\$0.00		\$0.00
Founders Month	\$0.00		\$0.00
Friday Night Non-Smoker Speaker Mtg	\$0.00		\$0.00
Fund Raiser Monthly 50/50	\$0.00		\$0.00
High Desert Big Book	\$451.81		\$451.81
High Desert Hospital Friday	\$40.00		\$40.00
High Desert Medical Group	\$59.12		\$59.12
Intergroup Meeting	\$46.31	\$13.22	\$59.53
Into Action	\$30.00		\$30.00
Lake Hughes Friday Night	\$0.00		\$0.00
Lake Hughes Men's Stag	\$0.00		\$0.00
Lake Hughes Monday Night	\$100.00		\$100.00
Mid-Day Modification	\$594.96	\$96.77	\$691.73
Mojave Big Book Awakening	\$10.00		\$10.00
Mojave Group New Beginnings	\$10.00		\$10.00
P.M. Modification	\$410.53	\$397.89	\$808.42
Palmdale Group	\$0.00		\$0.00
Pearlblossom Group	\$0.00		\$0.00
Rainbow Group	\$0.00		\$0.00
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00
Rosamond Wednesday 7 Minutes to Sobriety	\$0.00		\$0.00
Saturday Morning Men's Stag	\$0.00		\$0.00
Stepping Stones	\$28.00		\$28.00
Sunday Night B.B.S. 7th Day Advent	\$0.00		\$0.00
The 10,11,12 Group	\$0.00		\$0.00
The Shop Wednesday Night	\$0.00		\$0.00
Wednesday Night BBS @ The Grange	\$250.00	\$130.00	\$380.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity Monday	\$97.77		\$97.77

<b>TOTALS</b>	<b>\$3,714.26</b>	<b>\$1,308.92</b>	<b>\$5,023.18</b>
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***This is YOUR Central Office***  
***~ Your input is vital!***

Thanks to the Saturday Volunteers

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1st Larry W.  
2nd Aurora J.  
3rd Merredith F., Darin F. & Frankie F.  
4th Jamie K. & Erika B  
5th Rusty R.

**From your Office Manager**

Visit us at [www.avcentraloffice.org](http://www.avcentraloffice.org)

Contact us via email: [avcentraloffice@gmail.com](mailto:avcentraloffice@gmail.com)

Intergroup 1st Thursday of month at 7:00 pm.

Central Office Located @  
43619 W. 17th St. Ste. #106, Lancaster

(661) 945-5757

Mon - Fri 10 am - 4 pm

Open Saturday 10 am - 2 pm

Closed Sundays

If your birthday is coming up soon, please let me know, I would love to add you to our list of Sober members!

Visa/Mastercard Credit Cards



If you have any questions, you can call  
Central Office or drop-in anytime.

Thank you for letting us be of service, Respectfully,

*AV Intergroup and Volunteers*

**"Nothing Changes, if Nothing Changes"**



# CALENDER

# OF EVENTS

**NO Up-Coming Local Events?**  
Be sure to get your flyers to Central Office!

**Check Out the New Directory!**  
Let us know what you think

**New Glass Sobriety Medallions  
& other Great items for Sale!**  
Come by Central Office & Check it Out

## Business Meetings

\*Thursday, April 7, 2016 Intergroup Business Meeting  
@ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster

\*Sunday, April 3, 2016 A.V. Round-Up Business Meeting  
@The Grange Hall at 6:00 p.m.; 50<sup>th</sup> St. W. & M-2 Q.H.

\*Sunday, April 10, 2016 H&I Business meeting @Alano Club (Newcomer orientation 9:30 am prior to business meeting at 10:00 am) 104 East Ave. K-4, Suite J., Lancaster

\*Saturday April 9, 2016 District # 7 Business meeting @ Women's Club, 33201 Agua Dulce Rd., Agua Dulce

## New Meetings

\*Esperanza en Quartz Hill ~ Grange, 2pm on Sundays

**Help us help you ~ get your speaker lists and sobriety lists to Central Office so we can update our records!**

## AA BIRTHDAYS

April			April		
Pebbles I.	4/15/15	1	Jim Hilke	4/25/1999	17
Megan B.	4/30/2013	3	Krystal C.	4/27/1999	17
Brad P.	4/4/2013	3	Mark H.	4/6/1999	17
Julie B.	4/10/2013	3	Ray R.	4/1/1999	17
Catalina C.	4/13/2012	4	Scott S.	4/8/1999	17
Craig R.	4/1/2012	4	Steve K.	4/1/1999	17
Jeff S.	4/28/2012	4	Jerry H.	4/1/1998	18
Boston John	4/1/2011	5	Alan P.	4/28/1997	19
Brian B.	4/14/2011	5	Alfonso O.	4/5/1997	19
Dianne E.	4/17/2011	5	Betty S.	4/4/1997	19
James S.	4/10/2011	5	Dawn J.	4/17/1997	19
Jennifer	4/14/2011	5	John W.	4/25/1997	19
Oliver C.	4/29/2011	5	Joyce P.	4/13/1996	20
Rick H.	4/15/2011	5	Linda D.	4/8/1995	21
Brian Y.	4/3/2010	6	Ketty L.	4/3/1994	22
Jennifer G.	4/27/2010	6	Vesta S.	4/25/1994	22
Mishone J.	4/13/2010	6	Earl W.	4/14/1993	23
Scott D.	4/26/2010	6	Everett C.	4/25/1993	23
Tim J.	4/27/2010	6	Joanna O.	4/20/1993	23
Bob H.	4/20/2009	7	Steve P.	4/24/1993	23
Johnny L.	4/16/2009	7	Wanda	4/15/1993	23
Kim T.	4/3/2009	7	Dana S.	4/26/1992	24
LaVonda L.	4/16/2009	7	Frankie H.	4/8/1992	24
Patick M.	4/4/2009	7	Jill R.	4/22/1992	24
Rory D.	4/9/2009	7	Joe H.	4/29/1992	24
Ike W.	4/20/2008	8	Raymond B.	4/4/1992	24
Karyn M.	4/1/2008	8	Ron B.	4/3/1992	24
Danielle B.	4/14/2007	9	Tony H.	4/3/1992	24
Dawn C.	4/17/2007	9	Ray B.	4/3/1991	25
Kim R.	4/3/2007	9	Walter P.	4/14/1991	25
Mike W.	4/15/2007	9	Kevin M.	4/7/1990	26
Patrick S.	4/24/2007	9	Richard P.	4/5/1990	26
Rowdy J.	4/10/2007	9	Susan R.	4/14/1990	26
Susan C.	4/13/2007	9	Terry J.	4/22/1990	26
Venessa Y.	4/11/2007	9	Charlie K.	4/16/1989	27
Alicia	4/13/2006	10	Jerry L.	4/26/1989	27
Bernie A.	4/2/2006	10	Rico C.	4/9/1989	27
Chase M.	4/17/2006	10	Ron N.	4/21/1989	27
Earl M.	4/17/2006	10	Steve A.	4/1/1989	27
Gail R.	4/10/2006	10	Carol H.	4/17/1988	28
Gwen C.	4/12/2006	10	Monica L.	4/8/1987	29
Jean M.	4/25/2006	10	Bill G.	4/24/1986	30
Lisa N.	4/27/2006	10	Danny A.	4/18/1986	30
Renal F.	4/14/2006	10	Frank S.	4/21/1986	30
Richard L.	4/16/2006	10	Kathy P.	4/19/1986	30
Charles G.	4/22/2005	11	Steve W.	4/23/1986	30
Christina J.	4/10/2005	11	Wayne E.	4/16/1986	30
Khalil W.	4/22/2005	11	Pat R.	4/3/1985	31
Lisa R.	4/23/2005	11	Deborah H.	4/13/1984	32
Monique A.	4/16/2005	11	Glenn C.	4/20/1984	32
Albert M.	4/15/2004	12	Terry C.	4/22/1983	33
Mimie R.	4/1/2004	12	Charlie W.	4/26/1982	34
Steve H.	4/20/2004	12	Bob Fisher	4/30/1981	35
Jim T.	4/3/2003	13	Chris W.	4/1/1981	35
Landy B.	4/7/2003	13	Les G.	4/16/1980	36
Sharon R.	4/9/2003	13	Norma S.	4/16/1979	37
Linda A.	4/5/2002	14	Stephanie S.	4/23/1979	37
Tina D.	4/22/2002	14	Annie M.	4/15/1977	39
Judy H.	4/24/2001	15	Don M.	4/13/1976	40
Victor D.	4/6/2001	15	Stu C.	4/13/1974	42
			Total Years = 2,077		

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