



August 2018

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The Scoop

Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Show your gratitude, contribute \$1 to Central Office on your sobriety birthday for each year you have been sober.

The 8th Tradition

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Daily Reflections excerpt on the 8th Step

Referring to our list (inventory) again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? A.A. p. 67

There is a wonderful freedom in not needing constant approval from colleagues at work or from the people I love. I wish I had known about this Step before, because once I developed a frame of reference, I felt able to do the right thing knowing that the action fit the situation and that it was the correct thing to do.

Concept VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Winners of the Central Office Birthday Raffle

June winner: Elizabeth I.

Drop into Central Office during your birthday month and get your ticket for your free Birthday Raffle.

Quotable Quotes

Collected by Dano B.

All “Quotes” are from the 45th A.V. Roundup.

From Rick S., Hometown speaker:

Something that was a habit became a coping mechanism.

You guys were lame, but I actually bought into this B.S.

The results are up to God and the action is up to me.

My life is really good today and that's a miracle in the light of the sh**-ho** that I came from, and it's proof that God loves me and that I'm doing the right thing! Complete surrender!

From Keri S. at the 4h Step workshop:

The best way to take a look at my resentments is to look at my double standards.

Marathon Panel:

Alcoholism was the cancer of my soul. *Dick O.*

What I learned is that your stuff is none of my business. *Dick O.*

From the Old Timers Meeting:

I had a felony, so I couldn't do the 4th Step right away. *Bob D.*

Attendees were:

Mary B.; 3/21/82
Sheryl N.; 3/10/76
David P.; 9/21/86
Francis; 2/14/88
Sally; 9/1/88
Virginia; 11/25/82

Dawn; 5/22/83
Elizabeth; 6/10/80
Eddie D.; 8/9/82
Peggy D.; 10/3/75
Luanne; 7/16/81
Debbie; 4/4/88
John R.; 9/7/86
David F.; 11/4/81
Mickie F.; 9/13/76

My husband took my distributor cap so I stole his car. *Sheryl N.*

If I was to go out and drink, it would be like slapping God in the face. *Sheryl N.*

Everyone that signed my high school year book wrote about my drinking. *Eddie D.*

I don't know why A.A. made me a member, but they did! *Eddie D.*

If I keep doing what they tell me to do then I will keep living. *Francis*

I don't have the solution we have the solution. *David P.*

My doctor gave me 2 years to live – 8 years ago. *David P.*

Even with 30 years, I need other peoples' experience, strength and hope. *Elizabeth*

I was eating hash browns instead of turkey on Thanksgiving. *Virginia G.*

Friday Night Speaker, Linda P. from Lake Balboa:

A.A. has taught me that if I use those deep dark secrets to help someone else, I can be free.

A.A. works great in spite of my feelings.

Word Game

ANGER, ANONYMITY, BLAME, CHANGE, CHOICE, DEMANDS, EGO, EXPECTATIONS, FAITH, FEAR, FREEDOM, GUILT, HOPE, OBSESSION, PAIN, PAST, REALITY, SANITY, SERVICE, SLIPS

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

A.A. not only healed me, you healed my daughter, too.

Please give me a new person I can help, and God always answered that prayer!

If I try your way long enough, I don't remember my way.

H & I

I am not going to apologize for outside issues, because I did them when I was drunk. *Peter W., Oxnard*

Al-Anon luncheon Jelene J., Sylmar

Me and my new Al-Anon friends found comfort in swapping trauma.

It is really hard to keep my mouth shut because I have so many opinions.

It is not easy going through an inventory, trauma, and feelings, but I'm much happier.

Self-will is my distraction!

Happy won't last, but it will come again.

Saturday Night speaker, Charlie C., Burbank

The issue is – it's you!

If you don't know who they are, then you are probably one of them.

Alcoholics do not have a close relationship with the truth.

A good sponsor doesn't yell at you, he just slides the knife in slowly. You don't even feel it at first!

Sunday morning spiritual speaker, Tara F. of Dana Point:

I stopped saying, "I'll never do that again!"

My mom was in Al-Anon and she already had a list of things I could do to make it up to her.

Today, I get to apologize and act the opposite.

Business meetings

A.V. Intergruop: 1st Thursday of each month at 7pm at Central Office, 43619 17th Street West, Suite 106, Lancaster

District 7 (General Service): 2nd Saturday of each month at 9am at the Agua Duce Women's Club, 33201 Agua Dulce Canyon Road, Agua Dulce

H&I: 2nd Sunday of each month at 10am at the Alano Club 104 E. Ave K-4, Suite J, Lancaster (Orientation at 9:30am for newcomers.)

Coming Events

Local Events

Movie Night by the Palmdale Group on Aug. 18 at 9pm. "My Name is Bill" will be screened. 1817 E. Ave Q, Unit A-15, Palmdale

AVYPAA Dance. AV Young People of AA; 8/25 at 9:00pm. Address: 1817 E. Ave Q, Palmdale, (Cost \$10)

Other So. Cal Events

15th Annual Mountain AA Conf. Aug. 17 (7:00pm) – Aug 19 39707 Big Bear Blvd, Big Bear (Cost \$35)

H&I Intergruop hosted by San Diego Imperial Institute Committee; August 26 @ 11:00am 5150 Kearny Road (Machinists' Hall) San Diego, CA 92111

2018 Pacific Regional Forum 9/7/2018 (2pm) – 9/9/2018 Double Tree Hilton, (Free) 2050 Gateway Place San Jose, CA 95110

30th Annual Kern River Valley Soberfest Campout (cost \$20) 9/14/2018 (8am) – 9/16/2018 Frandy Park Campground 11252 Kernville Rd, Kernville, CA 93238

30th Annual Santa Clarita Valley Conv.; 9/14 (7am) – 9/16/18 Hyatt Valencia; 24500 Town Center Dr.; Valencia, CA 91355 (cost \$25)

67th SoCal AA Convention "Courage to Change" (Cost \$25) 9/21/2018 (7am) – 9/23/2018 Westin Mission Hill Resort Motel 71333 Dinah Shore Dr. Rancho Mirage, CA 92270

For additional info, go to:
www.avcentraloffice.org

August 2018 Office Manager Report

	Jan - Jun '18	Jul '18	YTD Total
Sales of Goods	\$26,296.55	\$3,488.25	\$29,784.80
Expenses	(\$21,443.17)	(\$6,254.57)	(\$27,697.74)
Cost of Goods	(\$19,353.20)	(\$2,330.50)	(\$21,683.70)
Contributions	\$11,470.43	\$2,530.34	\$14,000.77
Net Income	(\$3,029.39)	(\$2,566.48)	(\$5,595.87)



<i>Contributions</i>			
Group	Jan - Jun '18	Jul '18	2018 Total
A Gathering of Women	\$50.00		\$50.00
Alano Club	\$0.00		\$0.00
AM Mod	\$2,043.23	\$257.85	\$2,300.58
Anonymous	\$651.24	\$120.93	\$772.17
Any Lengths Group	\$0.00		\$0.00
Arbor Court	\$120.00		\$120.00
AV Hospital - Rm #CR101	\$100.00		\$100.00
AV Men's Stag	\$844.54	\$252.50	\$1,097.04
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$37.50		\$37.50
Birthday	\$183.00		\$183.00
Cal City Clubhouse	\$0.00		\$0.00
Clubhouse Meeting	\$57.00		\$57.00
Crown Valley Grp	\$320.00	\$500.00	\$820.00
Gathering of Women	\$50.00		\$50.00
H & I	\$0.00	\$17.00	\$17.00
High Desert BB Grp	\$1,729.23		\$1,729.23
High Desert Hospital	\$0.00		\$0.00
Intergroup Fundraisers	\$1,031.00		\$1,031.00
Into Action	\$186.00	\$30.00	\$216.00
Lake Hughes Men's Stag	\$60.00	\$172.00	\$232.00
Lake Hughes Friday Night	\$0.00	\$20.00	\$20.00
Lake Hughes Monday Night	\$0.00	\$20.00	\$20.00
Little Red Book	\$0.00		\$0.00
Mid-Day Mod	\$1,211.33	\$58.46	\$1,269.79
New Beginnings	\$0.00		\$0.00
Open Door	\$0.00	\$72.76	\$72.76
Palmdale Grp	\$900.50	\$716.70	\$1,617.20
Pearlblossom Grp	\$475.01	\$25.97	\$500.98
PM Mod	\$78.39		\$78.39
Quartz Hill Unity Grp	\$540.90	\$226.05	\$766.95
Rainbow Grp	\$0.00		\$0.00
Rosamond Sun Night	\$78.39		\$78.39
Rule 62 Grp	\$200.00		\$200.00
Sat AM Men's Stag	\$0.00		\$0.00
SCV Sun Night Spkr	\$0.00		\$0.00
Spiritual Sunday - Alano	\$30.00		\$30.00
Step Workshop Mtg	\$0.00		\$0.00
Sun Night BBS	\$15.00	\$13.06	\$28.06
Thurs Night BBS @ Alano	\$0.00		\$0.00
We Care Grp	\$0.00		\$0.00
Wed Night BBS @ Grange	\$271.56		\$271.56
Westside Grp	\$0.00		\$0.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$20.00	\$27.56	\$47.56
Women Seeking Serenity	\$275.00		\$275.00
TOTALS	\$11,283.82	\$2,530.34	\$14,089.16

Valerie D.	8/1/2016	2	Bob S.	8/16/2005	13
Morgan	8/7/2016	2	Charise P.	8/25/2005	13
Katelyn R.	8/9/2016	2	Ron H.	8/12/2003	15
Sandra V.	8/28/2016	2	Stacy C.	8/25/2003	15
Julie	8/9/2015	3	Chris N.	8/30/2002	16
JoAnne G.	8/21/2015	3	Chris S.	8/17/2002	16
Erick V.	8/28/2015	3	Myrtle O.	8/29/2002	16
Chris K.	8/17/2012	4	Barbara S.	8/20/2001	17
Dee Dee G.	8/9/2012	4	Cassandra P.	8/14/2001	17
Paul E.	8/1/2012	4	Susie B.	8/31/2001	17
Richard K.	8/23/2012	4	Boyce H.	8/19/2000	18
Robert R.	8/17/2012	4	Joe P.	8/13/2000	18
Wendy W.	8/20/2012	4	Marlene G.	8/16/2000	18
Amv D.	8/8/2011	7	Pamela P.	8/13/2000	18
Jeff M.	8/15/2011	7	Robert G.	8/25/2000	18
Joe S.	8/8/2011	7	Julio C.	8/28/1999	19
Laura	8/30/2011	7	Lisa B.	8/16/1999	19
Molly M.	8/9/2011	7	Joe L.	8/10/1997	21
Terry R.	8/5/2011	7	Carmen L.	8/16/1996	22
Amanda G.	8/15/2010	8	Mary M.	8/11/1996	22
Christine L.	8/29/2010	8	Robert R.	8/12/1996	22
Janet D.	8/10/2010	8	Emma W.	8/20/1994	24
Liz C.	8/17/2010	8	Lamont W.	8/1/1994	24
Michele S.	8/22/2010	8	Richard B.	8/2/1993	25
Tom M.	8/23/2010	8	Steve K.	8/20/1993	25
Wayne S.	8/24/2010	8	Stephanie M.	8/8/1992	26
Alex W.	8/28/2009	9	Alvin F.	8/17/1991	27
Jan P.	8/22/2009	9	Julie P.	8/31/1991	27
Janie G.	8/23/2009	9	Tracy B.	8/2/1991	27
Jason S.	8/22/2009	9	Linda S.	8/16/1990	28
Jim W.	8/8/2009	9	Jerry L.	8/28/1989	29
Judith C.	8/17/2009	9	Ken K.	8/13/1988	30
Micheal T.	8/20/2009	9	Sonny C.	8/10/1988	30
Miguel R.	8/13/2009	9	Lem J.	8/3/1987	31
Rick B.	8/15/2009	9	Ona J.	8/29/1987	31
Daniel M.	8/27/2008	10	Ralph H.	8/24/1987	31
Debra B.	8/7/2008	10	Tom M.	8/7/1985	33
Diane E.	8/15/2008	10	Carolyn C.	8/5/1984	34
Ernie S.	8/9/2008	10	Bill L.	8/24/1983	35
James S.	8/28/2008	10	Clark S.	8/11/1983	35
Johnny M.	8/15/2008	10	Doug M.	8/10/1982	36
Larry L.	8/13/2008	10	Eddie Duffy	8/9/1982	36
Stephanie S.	8/5/2008	10	Myrtis S.	8/15/1981	37
Debra A.	8/31/2007	11	Steve N.	8/9/1981	37
Havdan M.	8/8/2007	11	Jim P.	8/25/1980	38
Nicole J.	8/31/2007	11	John F.	8/19/1980	38
Robert M.	8/15/2007	11	John H.	8/19/1980	38
Sandra P.	8/6/2007	11	Maggie P.	8/23/1980	38
Shara B.	8/1/2007	11	Mike S.	8/5/1980	38
Dano	8/16/2006	12	Robert D.	8/17/1980	38
Kristy T.	8/19/2006	12	Roberta G.	8/10/1979	39
Kurt L.	8/3/2006	12	Clara W.	8/1/1976	42
Lisa M.	8/29/2006	12	Pat. L.	8/12/1976	42
Mardy G.	8/17/2006	12	Jay P.	8/5/1974	44
Michaela O.	8/18/2006	12	LaRue A.	8/8/1969	49
Bob S.	8/16/2005	13			
Total Years		= 1,963			

Managers Corner

Thanks to all who contributed to Central Office for Founder's Month! If you don't see your birthday on our monthly list please have your 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! ****NOTE: Contributions are down significantly! Our Central Office is only kept open by contributions from the groups. Expenses continue to rise for our groups and our office, but many people's contributions remain at one dollar (or less). Please consider helping us remain self-supporting! ****

<i>Thank You Saturday Volunteers!!</i>				Don't forget to visit us on the Web!	
1st ~ Larry W. & Juan A.					
2nd ~ Wendy W. & Michaela O.					
3rd ~ Stephanie S. & Karen					
4th ~ Debbie L. & Vacant					
5th ~ Christine F. & Chris T.					
Scoop 4				Thank you for allowing me to be of service!!	
				Jeffrey Harlow	