

# The Scoop

*Published by the Antelope Valley Intergroup of Alcoholics Anonymous*

**Antelope Valley**

**December 2014**



## **WHAT'S INSIDE FEATURES**

Central Office 50/50 Winner	P. 1
My Yearly Sobriety Poem	P. 1
Centering My Mind/Continue	P. 2
12 <sup>th</sup> Step/ Tradition-Daily Reflections	P. 3
Quotable Quotes/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. 17<sup>th</sup> Street West, Suite 106  
Lancaster, CA 93534     **661-945-5757**

**Central Office Web Site:**  
[www.avcentraloffice.org](http://www.avcentraloffice.org)  
**Central Office Email:**  
[avaa@roadrunner.com](mailto:avaa@roadrunner.com)

**Email Scoop contributions to:**  
[christman\\_jess2011@live.com](mailto:christman_jess2011@live.com)  
(Please limit contributions to 500 words or less.)

## **This month's Central Office**

**50/50 winner is: Ticket # 369482**

**Name: Boston John Amount \$ 20.00**

**Jim B. Drew the winning ticket!**

## **My Yearly Sobriety Poem** **Celebration - 38 years (Nov 10)**

A fun-loving, life-enjoying, long time sober friend of mine once said, 'If you ain't havin' fun, you ain't doin' it right' !! I certainly think that is something to shoot for, besides,...the Big Book comes right out and says...'there is a vast amount of fun..' So, one of my ideas of fun is to celebrate my Gratitude for Sobriety by writing a yearly poem:

38 years is a long long while  
AA makes it possible to do with a smile

My AA beginning was confused, angry, and sad

The Steps have changed all that, now I am mostly glad

Many good times,..some tough ones too  
It's all Gods will for me and you

God looks out for you and me,  
He wants us Happy Joyous and Free

My willingness is still strong  
AA work keeps me young  
God helps me, maybe I can help you  
Together we can help somebody new  
It all ties together, GOD, Big Book, Steps  
and Willingness.....time to have some fun !!

By: Arne P, A.A 1976

## Centering my mind

I have never been in the service nor I've been in war. But I have been in war in my own head. Constantly fighting with in my mind and with life and all the circumstances it brings.

I began to realize that I must quit fighting, I have to. I cannot change life's circumstances to fit what I feel life should be. Myself must change, to fit life's challenges and obstacles. Living will always bring problems. If there is one thing I have learned on this path it is that anytime I have a problem it shows me what I need to work on. (Perception) if there is anything I need to work on, then there is still Hope.

Centering my mind I see... Others struggling also on the same battleground that I was saved from. And I see how my experiences with life can help them.

Today life is not a battleground of my thoughts and emotions. Instead it is a playground full of open mindedness and consideration.

Thank you God for showing me that door.  
And Thank You All for already being there...

By: Brian M., A.A. 2012

## Continue

If a word is used more than once on a page in the Big Book, it must be important. Well, "continue" is mentioned 4 times on page 84. Then, on page 85 "constantly," is used once in reference to God's will for our lives, and our thought must be on this 24-7.

Continue is my second favorite word of my program. Humility is my first. I have to stay humble all the time. I have constantly see God's will for my life. No resting on my laurels. Yesterday's sobriety may not be

good enough for today. I have to continue to improve my conscience contact with God in all my affairs.

The way I keep the sunlight of the spirit in my life is to watch out for selfishness, dishonesty, resentments, and fear. The next sentence in the Big Book says: when these crop up, we ask God at once to remove them. It does not say "if" they crop up. They will pop up their ugly heads every now and again. This is precisely why a 10<sup>th</sup> step should be done on a daily basis. There are things we all need to be continuing to do, if we want to stay sober.

By: Trevor B. A.A. 2012

## Step 12

***"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."***

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. "What do you mean when you talk about a 'spiritual awakening'?" they ask.

## The 12th Tradition

*“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”*

The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of them all. It is A.A.’s proved willingness to make these sacrifices that gives people their high confidence in our future.

### Daily Reflections excerpt on the 12th Step

Page 349: *When the Chips are down*

*When we developed still more, we discovered the best possible source of emotional stability to be God Himself. We found that dependence upon His perfect justice, forgiveness, and love was healthy, and that it would work where nothing else would. If we really depended upon God, we couldn’t very well play God to our fellows nor would we feel the urge wholly to rely on human protection and care.*

*-Twelve Steps and Twelve Traditions,  
p. 116*

It has been my experience that, when all human resources appear to have failed, there is always One who will never desert me. Moreover, He is always there to share my joy, to steer me down the right path, and to confide in when no one else will do. While my well-being and happiness can be added to, or diminished, by human efforts, only God can provide the loving

nourishment upon which I depend for my daily spiritual health.

### Daily Reflections excerpt on the 12<sup>th</sup> Tradition.

Page 354: **A Genuine Humility**

*...we are actually to practice a genuine humility. This is to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.*

*Twelve Steps and Twelve Traditions, p. 192*

Experience has taught me that my alcoholic personality tends to be grandiose. While having seemingly good intentions, I can go off on tangents in pursuit of my “causes.” My ego takes over and I lose sight of my primary purpose I may even take credit for God’s handiwork in my life. Such an overstated feeling of my own importance is dangerous to my sobriety and could cause great harm to A.A. as a whole.

My safeguard, the Twelfth Tradition, serves to keep me humble. I realize, both as an individual and as a member of the Fellowship, that I cannot boast of my accomplishments, and that “God is doing for us what we could not do for ourselves.”

Gratitude Month 2014	Amount
Alano Club Sat. Morning Men's	\$54.00
ARBOR COURT TUE	\$17.50
LITTLE RED BOOK	\$20.45
A.V. H & I	\$16.00
PEARBLOSSUM GROUP	\$225.06
MID-DAY GROUP GRANGE Q.H.	\$247.14
CROWN VALLEY GROUP	\$66.00
WE CARE GROUP TUE-NIGHT	\$11.00
LAKE HUGHES MONDAY NIGHT	\$50.85
<b>TOTAL</b>	<b>\$708.00</b>

# Quotable Quotes

There's always an excuse to drink, but never a reason.

Be who you are and say how you feel, because those who mind don't matter and those who matter don't mind.

You miss every shot you don't take.

Sometimes I think the entire program centers around the 3<sup>rd</sup> Step.

A roller coaster life is better than a flat line on an E.K.G.

We are in the world to play the role He assigns. Pg. 68

Decisions can take you out of God's will but never out of His reach.

The bridge you burn now may be the one you later have to cross.

The mighty oak was once a little nut that stood its ground.

Real friends are those who, when you've made a fool of yourself, don't feel you've done a permanent job.

We don't taper off... we taper on.

"Don't forget to remember. We don't know if it's a good thing or a bad thing. Read the book"- from Paul M.

## WORD GAME

AWAKENING, BEGINNING, HONESTY  
JOY, LIVING, LOVE, PRACTICE, RECIEVE

SERENITY, SPIRITUAL, TOLERANCE,  
UNSELFISHNESS

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

*Editor's Note: Happy Holidays with gratitude and serenity, always with our fellow members at heart, thank you for all your contributions. And thank you, Wayne.*



