

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous

Antelope Valley

December 2015



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Please contribute to Central Office

Antelope Valley Central Office
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www.avcentraloffice.org

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(Please limit submission to 500 words or less.)

New Website Design



Visit our newly re-designed website avcentraloffice.org and be sure to provide feedback. This is your Intergroup Office!

Members at Large Nominations

Intergroup is looking for someone to step up as a *Member at Large* to assist when is needed. Qualifications are:

1. 15 years of uninterrupted sobriety
2. Desire to help oversee Central Office
3. Willingness to participate in monthly Intergroup meetings

Duties would be:

1. To oversee and advise the Board on Central Office operations
2. To assist Board of Directors in selecting a new Office Manager.

3. To be present during emergency meetings to help assist and advise Board of Directors in important issues.
4. To provide overall knowledge and stability in overseeing Intergroup and Central Office operations.

Come be a part of change and our support the Central Office; first Thursday of the month at 7pm.

Freedom

Freedom means so much to me today... and in ways it can be so easily taken away. We can not reach freedom without suffering, we can't suffer without loneliness, depression, and unworthiness and we could not have these without our emotional handicaps. I would work so hard on making myself Free. Abusing anything I can. Using others and also being used so I can know some kind of worthiness. And then retreating as soon as I knew I couldn't do both which brought loneliness and depression either way. Trap! Only through Grace and willingness did I realize my dilemma. And as fast as the darkness was surrounding me a light appeared.

I see now that right when I accepted myself and my powerlessness I began to change. And with that Change brought action, action that later on was necessary for me to experience that Freedom. Call it what you want Freedom, Love, Higher Power, a Power greater than ourselves, or even God. I wasn't alone anymore, even when I thought or wanted to be. Truth is through my 10s and 11s I could finally give something away, something without excepting anything in return. Today I have experience that

freedom, freedom to think without obsessions, freedom to feel without dependencies. And the dangerously one of all I have found freedom from self, through God and works. Stay prayerful stay willing and be blessed that has been my experience.

By: Rico, A.A., 2012

Big Book says...." great events will come to pass...."

It sounded like a mysterious promise to me, I knew the 'events' better nor be of my own thinking or they would somehow be destructive to my sobriety. I asked my Sponsor about these 'events' and he said I would have new experiences that would come to me, and I would have new thinking of actions I had not done before. Obviously, the most significant new 'event' was working the Steps and living with new feelings and ideas. Most were enjoyable, some painful, others confusing, always rewarding !!

Doing a Spiritual event seemed like a good idea; - I would go to Jerusalem and walk in the footsteps of Jesus ! After some thought, and realizing the folks over there were throwing hand grenades at each other,..maybe I should delay. I did !! My next thought was to visit the Winchester Cathedral where Bill Wilson had a moving experience. I did and have since been at the Cathedral 4 times . Each time a deeper feeling of God consciousness. Next I wanted to visit Rome and get as close as possible to the history of St Peter. I visited the place on the Appian Way, south of Rome where St Peter had an apparition of Jesus as St Peter

was leaving Rome. I walked several hundred feet in the footsteps of St Peter. While participating in a special tour of the crypt of St Peters Basilica, I came within about 15 ft of the bones of St Peter. While in Greece, I walked a route that St Paul may have taken on his journey to Corinth where he wrote the Corinthian letters about Love. Since Moses probably worked on the pyramids, I took the opportunity to go thru a long tunnel into the center (claustrophobia sweats here) of a 3500-yr old pyramid. My last event was here in So Cal visiting the Calif Science Center and viewing the Dead Sea Scrolls. WOW... these were pre-Jesus, very impressive !!

My search for 'great events' has also included a lot of AA SERVICE work, starting with emptying thrash and polishing a wax floor. More recent joining several fellow members in a booth presenting information to the public at the local Senior Health Fair.

God-consciousness is a matter of WILLINGNESS ! Search and it is yours !! Still in the search

By: Arne P., A.A., 1976

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.

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it.

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.

When the Big Book appeared in 1939, we called it “Alcoholics Anonymous.” Its foreword made this revealing statement: “It is important that we remain anonymous because we are too few, at present, to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event.” Between these lines, it is easy to read our fear that large numbers of incoming people might break our anonymity wide open.

Quotable Quotes

Say what you mean, mean what you say, just don’t say it in a mean way.

Dear God, Don’t let the life that AA gave me- take away my AA life.

When you smile, your brain thinks you’re happy.

AA may not solve all your problems, but it’s willing to share them.

Love heals people- both the ones that give it and the ones that receive it.

Remember, it’s ok to look back, but don’t stare.

Keep your sobriety first to make it last.

An alcoholic death is a once in a lifetime experience.

If I think, I won’t drink; If I drink, I can’t think.

It isn’t a dead end road if it takes you somewhere you needed to go.

WORD GAME

ANONYMITY, BELIEVE, BLESSINGS,
GRATITUDE, HUMILITY,
NEWCOMERS, POWER, PRINCIPLE
SERENITY, SPIRITUAL, SURRENDER,
WELCOME

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

Editor’s Note: Thank you for all the email submissions. Have a happy holiday season and too many more beginnings to share.

December 2015 Office Manager Report

	Jan - Oct 15	Nov-15	YTD Total
Sales of Goods	\$29,756.54	\$3,439.20	\$33,195.74
Expenses	(\$6,209.04)	(\$1,250.21)	(\$7,459.25)
Cost of Goods	(\$38,051.30)	(\$2,613.36)	(\$40,664.66)
Contributions	\$14,877.10	\$2,006.81	\$16,471.50
Net Income	\$373.30	\$1,582.44	\$1,543.33

Group	Jan - Oct 15	Nov '15	2015 total
A Gathering of Women	\$0.00	\$0.00	\$0.00
A.M. Attitude Modification	\$1,613.11	\$125.39	\$1,738.50
A.V. Hospital ~ 2 West	\$20.00	\$0.00	\$20.00
A.V. Men's Stag Quartz Hill	\$388.00	\$180.00	\$568.00
A.V. H & I	\$0.00	\$0.00	\$0.00
Alano Club Thursday Night	\$200.00	\$0.00	\$200.00
Alano Club Wednesday Dare to be Diff	\$60.00	\$0.00	\$60.00
Anonymous Donations	\$1,418.97	\$530.64	\$1,949.61
Any Lengths Group	\$283.50	\$0.00	\$283.50
Arbor Court Tuesday	\$145.43	\$30.00	\$175.43
A Women's Story	\$185.00	\$0.00	\$185.00
Birthday Celebrants	\$41.00	\$73.00	\$114.00
B.Y.O.C. A.V. Y.P.	\$100.00	\$0.00	\$100.00
Big Book Ladies Women	\$100.00	\$0.00	\$100.00
California City Clubhouse	\$702.37	\$118.78	\$821.15
Crown Valley Group	\$256.00	\$92.31	\$348.31
Founders Month	\$65.54	\$0.00	\$65.54
Friday Night Non-Smoker Sneaker Mto	\$367.00	\$0.00	\$367.00
Fund Raiser Monthly 50/50	\$55.00	\$0.00	\$55.00
High Desert Big Book	\$150.00	\$376.28	\$526.28
High Desert Hospital Friday	\$50.00	\$0.00	\$50.00
High Desert Medical Group	\$100.00	\$0.00	\$100.00
Intergroup Meeting	\$202.13	\$18.00	\$220.13
Into Action	\$90.00	\$0.00	\$90.00
Lake Hughes Friday Night	\$128.21	\$0.00	\$128.21
Lake Hughes Men's Stag	\$96.00	\$0.00	\$96.00
Lake Hughes Monday Night	\$60.00	\$0.00	\$60.00
Mid-Day Modification	\$2,905.76	\$0.00	\$2,905.76
Mojave Big Book Awakening	\$10.00	\$0.00	\$10.00
Mojave Group New Beginnings	\$20.00	\$0.00	\$20.00
P.M. Modification	\$1,035.84	\$0.00	\$1,035.84
Palmdale Group	\$1,909.34	\$0.00	\$1,909.34
Pearlblossom Group	\$883.35	\$0.00	\$883.35
Rainbow Group	\$150.50	\$0.00	\$150.50
Rosamond Thursday 7 Minutes to Sobr	\$30.50	\$0.00	\$30.50
Rosamond Wednesday 7 Minutes to Sol	\$4.00	\$0.00	\$4.00
Saturday Morning Men's Stag	\$142.63	\$50.00	\$192.63
Sunday Night B.B.S. 7th Day Aadvent	\$152.00	\$0.00	\$152.00
The 10.11.12 Group	\$92.81	\$0.00	\$92.81
The Shop Wednesday Night	\$93.50	\$0.00	\$93.50
Wednesday Night BBS @ The Grange	\$84.61	\$0.00	\$84.61
Women in Progress	\$100.00	\$0.00	\$100.00
Women in Recovery	\$100.00	\$0.00	\$100.00
Women Seeking Serenity Monday	\$285.00	\$0.00	\$285.00

AM Attitude Modification	\$263.12
Arbor Court Tuesday	\$10.00
AV Men's Stag	\$35.52
Rosemond Sunday Night	\$31.68
Women Seeking Serenity	\$72.09
TOTALS	\$440.41

*The annual totals are an estimate.
The Central Office is currently conducting a full audit and will continue to provide the transparency our membership demands. We Thank You for your continued patience in this transition period. Thank you!*

Thanks to the Saturday Volunteers

- 1st Aurora J. & Tobv Q.
- 2nd Larrv W., Michaela O. & Wendv W.
- 3rd Merredith F., Darin F. & Frankie F.
- 4th Jamie K. & Erika B
- 5th Rustv R.

From your Office Manager

web site = www.avcentraloffice.org
E-MAIL = avcentraloffice@gmail.com

Intergroup 1st Thursday of month at 7:00 pm.
Central Office Located @
43619 W. 17th St. Ste. #106, Lancaster

Does your group have a Intergroup Rep?
Come on down and be of service, all are welcome
Join us as we Trudge the Road of Happy Destiny

*I would like to personally wish Happy Birthday to all the people who are celebrating birthdays in August!
CONGRATS!!*

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

We are happy to let you know that we accept
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,
A.V. Central Office Staff & Volunteers
661-945-5757
**** OPEN ****
Mon-Fri 10 am-4 pm--closed on Sundays
Open Saturday 10:00 am—2:00 pm.

"Nothing Changes, if Nothing Changes"

CALENDAR OF EVENTS

Please update your groups phone list for Central Office. We would love to celebrate everyone's sobriety by acknowledging your sobriety date!

Christmas for the Kids

Open Door is hosting a fun event for the family on December 13th from 2 – 5 pm
509 W. Ave H-8, Lancaster

Round-Up

There's a lot of prep-work that goes into planning the AV Round-Up. The meetings start Sunday, December 6th, 6 pm @ the Grange. Get Involved!

Do You Have Artistic Talent?

Submit your "Despairing Drunk" artwork for inclusion with our new Central Office website design! Be a part of & share your talent!

Business Meetings

*Thursday, December 3, 2015 Intergroup Business Meeting @ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster

*Sunday, Dec 6, 2015 A.V. Round-Up Business Meeting @ The Grange Hall at 6:00 p.m.; 50th St. W. & M-2 Q.H.

*Sunday, Dec 13, 2015 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 Dec 12, 2015 District # 7 Business meeting @ Women's Club, 33201 Agua Dulce Rd., Agua Dulce

Do you have a suggestion for Central Office? We value everyone's opinion . . . this is YOUR Intergroup Office. Stop by, email, use the website or call and share your input to improve the office.

AA BIRTHDAYS

December		
Angelina	12/15/2013	2
Eddie A.	12/18/2012	3
Jennifer M.	12/29/2012	3
Sarah M.	12/31/2012	3
Stewart L.	12/23/2012	3
Alex W.	12/13/2011	4
Anita H.	12/31/2011	4
Brandon E.	12/7/2011	4
Cindy	12/30/2011	4
Jackie C.	12/6/2011	4
Mark N.	12/12/2011	4
Robert	12/26/2011	4
Sevasti	12/27/2011	4
Warren F.	12/14/2011	4
Clifford	12/10/2011	4
Andy K.	12/22/2010	5
Cathy G.	12/17/2010	5
Rusty M.	12/2/2010	5
Trevor B.	12/20/2010	5
Diane R.	12/9/2009	6
Keri S.	12/17/2009	6
Luis H.	12/7/2009	6
Michael A.	12/29/2009	6
Aaron S.	12/24/2008	7
David H.	12/6/2008	7
Jeff P.	12/26/2008	7
Jennifer V.	12/7/2008	7
Luis C.	12/13/2008	7
Nicole D.	12/10/2008	7
Kelli T.	12/10/2007	8
Rita W.	12/12/2007	8
Sandy W.	12/18/2007	8
Tiffany D.	12/15/2007	8
Mario V.	12/29/2006	9
Don R.	12/13/2005	10
Maricela M.	12/19/2005	10
Mary O.	12/7/2005	10
Michelle R.	12/25/2005	10
Scott C.	12/7/2005	10
Will S.	12/23/2005	10
Barbara J.	12/9/2004	11
Big J. West	12/26/2004	11
Debbie C.	12/19/2004	11
James K.	12/25/2004	11
John H.	12/25/2004	11
Sheryl L.	12/18/2004	11
Arnold S.	12/17/2003	12
Caryl W.	12/22/2003	12
Faith V.	12/8/2002	13
Leroy P.	12/2/2002	13
Mike Z.	12/24/2002	13

December		
Adrienne R.	12/17/2001	14
Donna H.	12/21/2000	15
MaryAnn	12/28/2000	15
Anthony H.	12/8/1999	16
Jerry M.	12/2/1999	16
Brenda D.	12/17/1998	17
J.J. F.	12/10/1998	17
Latoyia H.	12/31/1998	17
Gerry K.	12/16/1997	18
Tim A.	12/1/1997	18
Dawn N.	12/1/1995	20
Jim B.	12/22/1995	20
Anthony L.	12/13/1994	21
Jim M.	12/10/1994	21
Mark B.	12/28/1994	21
Shawn L.	12/21/1994	21
Arisah M.	12/1/1993	22
Jay W.	12/15/1993	22
Jeff F.	12/2/1993	22
Yvette B.	12/1/1993	22
Keith B.	12/7/1992	23
Tauri B.	12/24/1992	23
Alan H.	12/15/1991	24
Mary K.	12/5/1991	24
Ronny D.	12/11/1991	24
Augie A.	12/16/1990	25
Ellen H.	12/28/1990	25
Carol R.	12/19/1989	26
Sherman B.	12/29/1988	27
Suzie K.	12/14/1988	27
Tim W.	12/31/1987	28
Bob S.	12/16/1986	29
Dave A.	12/19/1986	29
Jay W.	12/2/1986	29
Nancy	12/9/1986	29
Phil G.	12/4/1986	29
Keith-Scott D.	12/15/1985	30
Susie G.	12/13/1985	30
Mike C.	12/31/1984	31
Nancy S.	12/31/1984	31
Billy D.	12/12/1983	32
Ann H.	12/8/1982	33
John	12/31/1982	33
Kathy H.	12/8/1981	34
Carol C.	12/28/1980	35
Jeanne B.	12/31/1978	37
Sandy N.	12/26/1978	37
Phyllis C.	12/25/1976	39
Ron K.	12/31/1975	40
Ed H.	12/1/1973	42
Fred B.	12/7/1967	48
Total December Years =		
1593		

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