

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous
Antelope Valley February 2013



"This month's winning number is"

Judie M. # 910052 Amount \$70.00

Nick = Drew the winning ticket!

**Come by Central Office
and purchase a ticket for our
50/50 raffle. \$1 per ticket.
You don't have to be present
to win.**

**Drawing is the last business
day of the month.**

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Please contribute to Central Office

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Nominations and Elections of Intergroup Officers

The Antelope Valley Intergroup By-Laws state that nominations of Board positions shall be held in the months of January and February.

Nominations at the January Intergroup meeting are:

Chairman: Steve A.

Co-Chairman: Erich R. & Steve M.

Secretary: Jessica C.

Members at Large: Stu C. & Arne P.

(3 Members at Large must be elected.)

There will also be nominations at the February 7 Intergroup meeting held at the Antelope Valley Central Office. All Antelope Valley A.A. members are invited to attend.

Elections will be held during the first week of March. Ballots may be cast during regular business hours at the A.V. Central Office for one week prior to the annual election meeting on March 7. All Antelope Valley A.A. members may vote.

Resentment Solutions

Arne P., AA 1976

My early days in AA were filled with Resentments and Anger on a daily basis. It seemed the feelings were as intense as my style of drinking, that is to say "extreme"! I recall rage that made me tremble and my throat would be dry as my heart pounded uncontrollably. Thoughts about inflicting injury, arson and assassination were not infrequent. Running a car over somebody seemed a good way to settle an argument.

The fear of imprisonment was the only inhibition to taking action. I knew I must find an answer in the program or I would drink, and I was too embarrassed to tell my Sponsor about the depth of my depravity. I turned to the Big Book and was glad to see that it mentioned both anger and resentment in a constructive way. My primary solution in the early days was to walk away, breath deeply, and if possible retire to the Men's Room and read something in the 24-hour book which was my constant companion.

Many years later, I am grateful to say that the A.A. program has provided multiple solutions for all the insanity which so deeply disturbed me in the beginning.

Here are some of my favorites:

1. Walk away saying "Thy Will be Done" as many times as is necessary.
2. Say to yourself....How important is this? (Compared to sobriety).
3. Forgive the other person, he/she may be just plain stupid.
4. Ask myself....Have I ever done anything like this?
5. Ask myself....What is my part in this?
6. The Lords Prayer says....Forgive us our trespasses as we forgive...
7. Saint Francis prayer says....Seek to understand...
8. Seek to respond (think) rather than react (feel).
9. Be grateful you are not the other guy, he/she may be suffering.
10. Pray for good things for the other guy.
11. Try to find humor in the situation.
12. The text of Step 10 in the 12x12 tells us that when we react, there is something wrong with us!

There are, of course, many more solutions to emotional turmoil. I am certain that I am no good to God, others or myself when I am in a state of turmoil. Chances are good that OLD IDEAS will return in the blink of an eye and disaster may not be far behind!

Good luck with your solutions, use the ones you WORK for which will work best for you.

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

Step 2

"Came to believe that a Power greater than ourselves could restore us to sanity."

The moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, "Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right—but where do we go from here?"

The 2nd Tradition

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Where does A.A. gets its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience our friends gasp and exclaim, "This simply can't be. There must be an angle somewhere." These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an

experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, 'Yes! It definitely does.' The friends mutter that this looks vague, nebulous, pretty naïve to them. They commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts.

Daily Reflections excerpt on the 2nd Step

Page 40: Goal: Sanity

"...Step Two gently and very gradually began to infiltrate my life. I can't say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now."

Twelve Steps and Twelve Traditions, p. 27

"Came to believe!" I gave lip service to my belief when I felt like it or when I thought it would look good. I didn't really trust God. I didn't believe He cared for me. I kept trying to change things I couldn't change. Gradually, in disgust, I began to turn it all over, saying: "You're so omnipotent, you take care of it." He did. I began to receive answers to my deepest problems, sometimes at the most unusual times: driving to work, eating lunch, or when I was sound asleep. I realized that I hadn't thought of those solutions—a Power greater than myself had given them to me. I came to believe.

Daily Reflections excerpt on the 2nd Tradition.

Page 98: Our Group Conscience

"...sometimes the good is the enemy of the best."
Alcoholics Anonymous Comes of Age, p. 101

I think these words apply to every area of A.A.'s Three Legacies: Recovery, Unity and Service! I want them etched in my mind and life as I "trudge the Road of Happy Destiny" (*Alcoholics Anonymous, p. 164*). These words, often spoken by co-founder Bill W., were appropriately said to him as the result of the group's conscience. It brought home to Bill W. the essence of our Second Tradition: "Our leaders are but trusted servants, they do not govern."

Just as Bill W. was originally urged to remember, I think that in our group discussions we should never settle for the "good," but always strive to attain the "best." These common strivings are yet another example of a living God, as we understand Him, expressing Himself through the group conscience. Experiences such as these help me to stay on the proper path of recovery. I learn to combine initiative with humility, responsibility with thankfulness, and thus relish the joys of living my twenty-four hour program.

Quotable Quotes

I was always mad at the bartender for pouring me half measures.

Have you ever sat down and drank a 12-pack of Pepsi?...Me neither!

We all got to A.A. the wrong way.

Not drinking is a big part of my sobriety.

I was caught with an open container in my car and a closed container in the bar.

The doctor writes: We feel that after many years of experience that we have found NOTHING which has contributed more to the rehabilitation of these men than the altruistic movement now growing up among them.

Have you ever had an emotional hangover from too much thinking the night before?

My sponsor says I'm going to go a long way, because I've got a long way to go.

I suffer more from self-pity any anyone else.

Have you ever noticed how much thinking we have to do on page 86? Yikes!

It doesn't say we will know serenity, it says we will comprehend the word serenity.

It says, "We consider our plans for the day"; it doesn't say we plot. Sister B

Word Game

EXPERIENCE; PROGRESS
SECOND-STEP; SELF-SUPPORT
SERENITY; SHARING
SHORTCOMINGS; SIMPLICITY
SLIPS; SOBRIETY
SPIRITUALITY; SPONSORSHIP
SURRENDER; THREE-LEGACIES
TIME; TOLERANCE
TRUST; UNIQUENESS
UNITY; UNMANAGEABILITY
VIGILANCE; WILLINGNESS

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

Gratitude Month 2012	
A GATHERING OF WOMEN	\$26.50
A M ATTITUDE MODIFICATION	\$383.25
A V MEN'S STAG QUARTZ HILL	\$123.65
A WOMAN'S STORY	\$43.00
A.V. H & I	\$36.50
Alano Club Fri Ice Cream Social	\$8.65
Alano Club Fri Longtimers	\$76.04
Alano Club Friday Noon	\$49.10
Alano Club Mon New Beginnings	\$8.68
Alano Club Mon Sobriety Rocks	\$24.88
Alano Club Sat. Morning Men's	\$49.50
Alano Club Saturday Noon Daily Reflections	\$35.00
Alano Club Saturday Speaker	\$131.43
Alano Club Sun Hope for Today	\$26.58
Alano Club Thur As Bill Sees It	\$35.86
Alano Club Thur Noon Participation	\$8.45
Alano Club Tue I Am Big Book	\$30.66
Alano Club Tue Young People	\$23.76
Alano Club Tuesday Noon Topic	\$36.19
Alano Club Wed 12 & 12 Book Study	\$7.45
Alano Club Wed Dare To Be Different	\$34.01
ANONYMOUS DONATIONS	\$23.00
ANY LENGTHS GROUP	\$25.01
CALIFORNIA CITY CLUB HOUSE	\$93.00
CROWN VALLEY GROUP	\$111.75
FRI-NIGHT SPEAK UNITY CHURCH	\$77.00
HIGH DESERT BIG BOOK GROUP	\$47.12
LAKE HUGHES FRIDAY NIGHT	\$50.00
LAKE HUGHES MEN'S STAG	\$50.00
LAKE HUGHES MONDAY NIGHT	\$37.42
LITTLE RED BOOK	\$59.71
MID-DAY GROUP GRANGE Q.H.	\$262.77
MOJAVE B B AWAKENING GROUP	\$10.00
MOJAVE NEW BEGINNINGS GROUP	\$10.00
OPEN DOOR GROUP	\$255.00
P M MODIFICATION	\$270.79
PALMDALE GROUP	\$759.79
PEARBLOSSUM GROUP	\$184.50
ROSAMOND-SUNDAY NIGHT	\$14.00
SUNDAY 7th DAY ADVENTIST B/B/S	\$67.06
WED-NIGHT B/B/S THE GRANGE	\$33.52
WESTSIDE GROUP WED-NIGHT	\$15.00
WOMEN IN RECOVERY	\$39.42
WOMEN SEEKING SERENITY MON	\$27.00
TOTAL	\$3,722.00