

The Scoop

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Antelope Valley

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Please contribute to Central Office

Antelope Valley Central Office
43619 N. 17th Street West, Suite 106
Lancaster, CA 93534 **661-945-5757**
(17th Street West/ Avenue K)

Central Office Web Site:

www.avcentraloffice.org

Central Office E-mail:

avcentraloffice@gmail.com

E-mail Scoop contributions to: Jessica C.

christman_jess2011@live.com

(Please limit submission to 500 words or less.)

Election of Officers of the Intergroup Steering Committee

Nominations of all qualified AA members for board positions shall be held at the regular Intergroup Meeting in the months of January and February. The Intergroup Steering Committee is held on the **1st Thursday of each month at the Antelope Valley Central Office.** Any AA member who is qualified for the open positions and are willing to make the necessary commitment may be nominated.

Qualifications for the open positions are available at the Central Office. There must be at least two nominations for each position.

The annual election 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 held on the first Thursday of March. All A.V. AA members may vote.

Additional nominations will be accepted at the February 4th meeting at 7:00pm at the AV Central Office.

All are welcome and encouraged to attend.

My Story

At age thirteen I entered a lifelong battle, war between myself and mighty foe. My enemy was known as King Alcohol. At first he treated me well, made me feel good, strong and superior. He soon introduced me to his other deadly warriors as I became their servant. I would steal, lie, and commit countless crimes to serve them.

King Alcohol was my lover, friend, and my master. He would abolish anything that tried to come between us; even family. Soon my life would belong to him. Though I tried countless times to break free from bondage; I always went running back to the king. It was more than I could control. I was brought to my knees in total defeat every time.

Soon thereafter I had given up, accepted the fact that I was going to die a lonely, beaten man. I could not win this battle. There was no way out. I fought for 25 years to no avail. In and out of jail, every time swearing off forever, only to go running back upon release. The judge sentenced me to Warm Springs and I went reluctantly. There I was introduced to A.A. for the first time. My mind ran rampant. Would this really help?

I wasn't quite sure but at this point in my life, I was willing to give anything a try.

So I sat and listened. That's when I found out that I wasn't alone and broken. I just had a disease and if I remained teachable, I could beat this disease the same way these people had.

First I had to build my own army if I was ever going to beat King Alcohol. I had to find a sponsor, someone who could lead

me into battle, strong enough to lead me to victory. Then I was told to get a higher power of my own understanding; so I did. My higher power today is God, fearless and all powerful.

Next I needed soldiers.

Where in the world can I find soldiers—angels? How would I know if they were on my side? I was told that this thing called A.A. is a “we” program and I never had to be alone again. WOW this is awesome!

This battle began on February 23, 1998 and I have not found it necessary to take a drink since. Now I know that victory can be reached as long as I continue to follow my higher power and to work with others. I must always be willing to become a soldier for the newcomer and the old timers as well.

My Higher power will always prevail as long as I allow him to lead.

Today I will let him do for me what I cannot do for myself.

Today I turn my will and my life over to him and allow him to work through me To help others achieve this wonderful life of sobriety.

By: Sam S., A.A. 1998

Gaining Confidence

When I came into AA, I was suffering from a lot of mental anguish, fear, guilt, anger, a HUGE dose of anxiety about what was to become of me. I certainly didn't feel ‘part of’, my self-esteem was at the absolute low-point of my life. A glimmer of hope began as I looked at others, seemingly at ease with themselves and the world around them. Was that possible for me ? I

didn't know !! All I knew was that more booze would certainly make things worse, and that I needed help. My Sponsor had plainly told me that the Big Book was the solution to my sorry condition.

On page 14 I saw a statement that caught my attention....' There was utter confidence'!

If this could happen to a hopeless alky like the author, maybe there was a chance for me ? I looked at the page, over and over, making sure I understood what had happened.

My conclusion was that he had gotten closer to God than at any time in his life. His experience was a sudden upheaval, my Sponsor told me that in most cases it takes a lot of work. Was I willing ? I was totally desperate so willingness was not a problem. Later in the Book it is suggested we be ...'fearless and thorough'I like that, it was my drinking style !!

To this day, 39 years later, my confidence is not in me,...it is that my life is in the hands of a Loving God . On a daily basis, I do what I can to please My Heavenly Father, it's my insurance against the next drink !!

Friends,...have Confidence...He has 'all power' !!

By: Arne P., A.A. 1976

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?"

Let's look first at the case of the one who says he won't believe—the belligerent one. He is in a state of mind which can be described only as savage. His whole philosophy of life, in which he so gloried, is threatened. It's bad enough, he thinks, to admit alcohol has him down for keeps. But now, still smarting from that admission, he is faced with something really impossible. How he does cherish the thought that man, risen so majestically from a single cell in the primordial ooze, is the spearhead of evolution and therefore the only god that his universe knows! Must he renounce all this to save himself?

At this juncture, his A.A. sponsor usually laughs. This, the newcomer thinks, is just about the last straw. This is the beginning of the end. And so it is: the beginning of the end of his old life, and the beginning of his emergence into a new one. His sponsor probably says, "Take it easy. The hoop you have to jump through is a lot wider than you think. At least I've found it so. So did a friend of mine who was a one-time vice-president of the American Atheist

Society, but he got through with room to spare.”

The Second 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. get 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 lean that the sole authority in A.A. is a living 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. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts.

Quotable Quotes

If it isn’t easy to say, then it’s better said.
An eye for an eye makes two blind.
Only a normal drinker actually saves money at Happy Hour.

Those who have done nothing in life are not qualified to be the judge of those who have done little.

Service is nothing but Love in work clothes.

In trying times, don’t quit trying.

Courage is resistance to fear, mastery of fear, but not absence of fear.

Everyone thinks of changing the world, but no one thinks of changing himself.

Forgiveness means giving up your right to punish another.

A good listener is not only popular everywhere, but after a while, he knows something.

A goal properly set is halfway reached.

Triumph is just “umph” added to try.

The truth taste good when there is a belly full of lies.

Word Game

ACQUIRE, ADMISSION, ATTITUDE
BELIEVE, CONVINCED, DEBATING
DILEMMA, FAITH, SAVE, SOUNDNESS
SPONSOR, TREAD

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

Febuary 2016 Office Manager Report

	Jan '16	YTD Total
Sales of Goods	\$5,480.26	\$5,480.26
Expenses	(\$4,910.39)	(\$4,910.39)
Cost of Goods	(\$4,494.53)	(\$4,494.53)
Contributions	\$3,917.37	\$3,917.37
Net Income	(\$7.29)	(\$7.29)

Contributions

Group	2015 Total	Jan '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$2,186.20	\$467.68	\$467.68
A.V. Hospital ~ 2 West	\$20.00		\$0.00
A.V. Men's Stag Quartz Hill	\$643.52	\$233.40	\$233.40
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$200.00		\$0.00
Alano Club Wednesday Dare to be Different	\$60.00		\$0.00
Anonymous Donations	\$2,055.50	\$392.40	\$392.40
Any Lengths Group	\$283.50		\$0.00
Arbor Court Tuesday	\$185.43		\$0.00
A Women's Story	\$185.00		\$0.00
Birthday Celebrants	\$118.00		\$0.00
B.Y.O.C. A.V. Y.P.	\$100.00		\$0.00
Big Book Ladies Women	\$100.00		\$0.00
California City Clubhouse	\$918.50	\$130.35	\$130.35
Crown Valley Group	\$348.31		\$0.00
Founders Month	\$65.54		\$0.00
Friday Night Non-Smoker Speaker Mtg	\$367.00		\$0.00
Fund Raiser Monthly 50/50	\$55.00		\$0.00
High Desert Big Book	\$526.28		\$0.00
High Desert Hospital Friday	\$50.00	\$40.00	\$40.00
High Desert Medical Group	\$100.00	\$59.12	\$59.12
Intergroup Meeting	\$237.13	\$24.31	\$24.31
Into Action	\$90.00	\$10.00	\$10.00
Lake Hughes Friday Night	\$282.21		\$0.00
Lake Hughes Men's Stag	\$96.00		\$0.00
Lake Hughes Monday Night	\$60.00		\$0.00
Mid-Day Modification	\$2,905.76	\$289.11	\$289.11
Mojave Big Book Awakening	\$10.00	\$10.00	\$10.00
Mojave Group New Beginnings	\$20.00	\$10.00	\$10.00
P.M. Modification	\$1,035.84	\$410.53	\$410.53
Palmdale Group	\$1,909.34		\$0.00
Pearblossom Group	\$1,243.35		\$0.00
Rainbow Group	\$150.50		\$0.00
Rosamond Thursday 7 Minutes to Sobriety	\$30.50		\$0.00
Rosamond Wednesday 7 Minutes to Sobriety	\$4.00		\$0.00
Saturday Morning Men's Stag	\$192.63		\$0.00
Stepping Stones	\$0.00	\$28.00	\$28.00
Sunday Night B.B.S. 7th Day Advent	\$92.81		\$0.00
The 10,11,12 Group	\$93.50		\$0.00
The Shop Wednesday Night	\$234.61		\$0.00
Wednesday Night BBS @ The Grange	\$53.50		\$0.00
Women in Progress	\$100.00		\$0.00
Women in Recovery	\$100.00		\$0.00
Women Seeking Serenity Monday	\$373.34		\$0.00
Not a Glum Lot Comedy Fundraiser		\$1,222.63	
Lake Hughes Friday Night - Gratitude		\$45.00	
Mid-Day Mod - Gratitude		\$292.42	
PM Mod - Gratitude		\$252.42	
TOTALS	\$17,882.80	\$3,917.37	\$3,917.37



You can now donate online ~ just visit our website
www.avcentraloffice.org and look for this logo at the bottom of
the screen

Thanks to the Saturday Volunteers

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

From your Office Manager

AV Central Office has a newly designed website!

Visit us at www.avcentraloffice.org

Contact us via email: 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

"The Palmdale Group's 29th Annual Alcathon"

Starts Friday February 12th at Noon thru
Sunday February 14th,
At The Palmdale Group Hall
1817 E. Ave. "Q" Unit A-15 @ 20th St. E.

Valentine's Day Dinner

Open Door, February 14th, 4:30 pm
509 West H-8, Lancaster

The Men of AA Wish to Serve You
Spaghetti Dinner & Speaker – AV Round-
Up Fundraiser, March 20th, 5:00 pm
2101 East Palmdale Blvd, Palmdale

Business Meetings

*Thursday, Feb 4, 2016 Intergroup Business Meeting
@ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster

*Sunday, Feb 7, 2016 A.V. Round-Up Business Meeting
@The Grange Hall at 6:00 p.m.; 50th St. W. & M-2 Q.H.

*Sunday, Feb 14, 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 Feb 13, 2016, 9:00 am District # 7 Business
meeting @ Women's Club, 33201 Agua Dulce Rd., Agua
Dulce

All Groups ~ please provide Central
Office with your phone and birthday list
so our records are up to date!

Intergroup Elections
Chairperson
Co-Chairperson
Secretary
Members At Large

Nominations during January and February

AA BIRTHDAYS

February		
Linnea M.	2/1/2014	2
Rachel	2/4/2014	2
Greg B.	2/4/2014	2
Doug C.	2/20/2014	2
Dan F.	2/26/2014	2
Matt D.	2/21/2013	3
Alex D.	2/12/2012	4
Amanda O.	2/7/2012	4
Bob H.	2/13/2012	4
Lee F.	2/5/2012	4
Sarah W.	2/10/2012	4
Sharon R.	2/10/2012	4
Susan M.	2/15/2012	4
Terra B.	2/18/2012	4
Hillary C.	2/7/2011	5
Jenny C.	2/27/2011	5
Jessica C.	2/18/2011	5
Joe O.	2/12/2011	5
Larry L.	2/2/2011	5
Melissa P.	2/9/2011	5
Scott C.	2/17/2011	5
Cindy B.	2/5/2010	6
George C.	2/27/2010	6
Kat H.	2/18/2010	6
Kevin S.	2/17/2010	6
Linda H.	2/9/2010	6
Tonie R.	2/18/2009	7
Wayne W.	2/9/2009	7
Bob J.	2/19/2008	8
Brad B.	2/15/2008	8
Michael P.	2/18/2008	8
Mike W.	2/13/2008	8
Robert W.	2/4/2008	8
Benecia S.	2/14/2007	9
Dave W.	2/12/2007	9
Debbie H.	2/25/2007	9
Betsy C.	2/2/2006	10
Carol W.	2/8/2006	10
Jenni J.	2/8/2006	10
Laura F.	2/8/2006	10
Merridith E.	2/21/2005	11
Raymond Mc.	2/10/2005	11
John H.	2/25/2004	12
Mike F.	2/14/2004	12
Chuck S.	2/15/2003	13
Debbie B.	2/13/2003	13
Donna B.-L.	2/1/2003	13
Lennie H.	2/27/2003	13
Rick C.	2/3/2003	13
T. J. S.	2/23/2003	13
Bonnie E.	2/20/2002	14
Barbara	2/20/2001	15
Kathy R.	2/13/2001	15

February		
Pat. T.	2/12/2001	15
Larry M.	2/29/2000	16
Michael G.	2/22/2000	16
Tonie R.	2/18/2000	16
Al Nelson	2/27/1999	17
Lila P.	2/1/1999	17
Carol M.	2/12/1998	18
John Michael	2/2/1998	18
Sam S.	2/23/1998	18
Jeanenne M.	2/21/1997	19
Jordan C.	2/7/1997	19
Kathleen B.	2/1/1997	19
Marcia J.	2/14/1997	19
Mark F.	2/10/1995	21
Janet R.	2/9/1993	23
Janie H.	2/22/1993	23
Mark R.	2/24/1993	23
Nancy N.	2/28/1993	23
Nury C.	2/10/1993	23
Katie C.	2/11/1992	24
Melissa V.	2/22/1992	24
Judie M.	2/22/1991	25
Kim	2/5/1991	25
Gayle M.	2/20/1990	26
Mike H.	2/4/1990	26
Mike S.	2/20/1990	26
David E.	2/14/1989	27
Frank H.	2/11/1989	27
Lori W.	2/4/1989	27
Marilyn M.	2/23/1989	27
Ron M.	2/10/1989	27
Francis R.	2/14/1988	28
Penny R.	2/10/1988	28
Tom L.	2/22/1988	28
Bud V.	2/23/1987	29
Jeffery T.	2/21/1987	29
Kip O.	2/4/1986	30
Steve L.	2/5/1986	30
Pat J.	2/24/1985	31
Ginney	2/2/1984	32
Laura L.	2/22/1984	32
Joyce M.	2/2/1982	34
Charlie R.	2/28/1981	35
Gary F.	2/20/1981	35
Gary S.	2/18/1981	35
George W.	2/16/1979	37
Kate W.	7/28/1978	38
Will L.	2/17/1978	38
Skip W.	2/23/1977	39
Vic L.	2/5/1977	39
Beverly L.	2/15/1976	40
Jeanie G.	2/29/1976	40
Joe F.	2/27/1971	45
Total January Years = 1840		

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