

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous
Antelope Valley February 2014



WHAT'S INSIDE

FEATURES

Central Office 50/50 Winner--	P. 1
Dollar in Basket--Journey in Sobriety	P. 2
Article Recently Read--Step 12	P. 2
12 th Tradition--Daily Reflections Step 12	P. 3
Daily Reflec. 12 th Trad.--Quotable Quotes	P. 3
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. 17th Street West, Suite 106
Lancaster, CA 93534 **661-945-5757**

Central Office Web Site: www.avcentraloffice.org

Central Office Email: avaa@roadrunner.com

Email Scoop contributions to:

christman_jess2011@live.com

(Please limit contributions to 500 words or less.)

This month's Central Office
50/50 winner is: Ticket # 368941
Name: Luke W. Amount \$45.00
Randy D. Drew the winning ticket!

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 position and is 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 (February 6th) meeting at 7:00pm at the AV Central Office.

All are welcome and encouraged to attend.

Putting your Hand Out

Hi, my name is Trevor, and I'm and
alcoholic.

What is your name? How is your day?

How are you doing right now?

The only reason I ask is because I care.

This is how I practice empathy and
altruism?

Here is my cell number, call anytime please.

You will help me by calling.

Whenever I am listening I'm learning. But
more importantly, I'm not thinking of me.

This is also how I practice service, because
we never know who is hurting,

And may just need a hug.

By: Trevor B., A.A. 2012

AA JOKE

Since I've joined AA, I've gained quite a bit
of weight. A friend told me it was because I
didn't get as much exercise as I used to.

"But I never exercised while I was
drinking." I protested.

"Sure you did," he encountered. "Here's the
exercise program you were on."

Hitting the bottle

Beating yourself up

Bending the rules

Stretching the truth

Jogging your memory

Running into trouble

Jumping to conclusions

Stepping on toes

Climbing the walls

Dodging responsibility

Pushing your luck

Pulling the wool over people's eyes

Walking all over people

Carrying a grudge

Throwing fits

Picking up the pieces

"Wow! Small wonder I've put on a few
pounds!"

Foundation for my Sobriety

My first sponsor came into my life
during Christmas 1976, I was about 6 weeks
sober. He appealed to me because of his
calmness, I certainly wasn't, his sense of
humor, and maybe most of all he had well
over 30 years of sobriety. I had figured it out
that Oldtimers knew more about sobriety
than new people. He was very much into
service to AA as was his sponsor. He was
retired, married to a very nice lady who had
been in Alanon since its beginning in
California. She was a good friend of Elsa
Chamberlain and Dr. Paul's wife, Max.

He steered me toward going to a lot
of meetings both with him and on my own.
He was available for all my seemingly
serious desperate newcomer questions about
life and all the ups and down coming my
way. In 1982 it was found that he had
prostate cancer and I was scared of losing
this man. I wasn't sleeping well, couldn't
concentrate at my job, and just sort of falling
apart. A good friend of mine, Bill S. had a
man to be my sponsor. He said OK! This
fellow was also a prominent AA circuit
speaker along with his Alanon wife. A
terrific couple. After a few years it became
apparent that he was taking liberties with the
truth in his AA speeches. Maybe he did it
for entertainment value, I don't know. I did
know I could not trust this guy! About the
time I parted myself from this fellow
another guy came up to me and said he
wanted me to be his sponsor. He had more
time than me so we agreed to co-sponsor
each other. Worked out great! Eventually
this fellow moved out of state.

Bottom line of all of this is: I need a
permanent connection to God, need not be
thru another person, therefore I intensified
my detailed study of the Big Book, Step
Book and Little Red Book and Psalms; in
particular, service and meditation as the
Foundation of My Sobriety. I do have some

friends in AA that I would not hesitate to lean on in some emergency emotional situation. It happened and will happen again I am sure. I know I must stay connected, or as the second sponsor used to say, “Keep the channel clear!!”

AND....that’s the STORY....so far!!

-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.

Excerpts from Daily Reflections

Step 2

Page 42:

We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. *Alcoholics Anonymous, P. 47*

I was always fascinated with the study of scientific principles. I was emotionally and physically distant from people while I pursued Absolute Knowledge. God and spirituality were meaningless academic exercises. I was a modern man of science, knowledge was my Higher Power. Given the right set of equations, life was merely another problem to solve. Yet my inner self was dying from my outer man's solution was alcohol. In spite of my intelligence, alcohol became my Higher Power. It was through the unconditional love which emanated from A.A. people and meetings that I was able to discard alcohol as my Higher Power. The great void was filled. I was no longer lonely and apart from life. I had found a true power greater than myself, I had found God's love. There is only one equation which really matters to me now: God is A.A.

Quotable Quotes

I love the effect produced by Alcoholics Anonymous.

What I was waiting to be done for me, God was waiting to do through me.

Alcohol gave me the wings to fly and then took away the sky.

If I put AA first in my life, everything I do second will be first class.

Don't let the life that AA gave me take away my AA life.

My pharmacist was a bartender.

It's not making a mistake that will kill me, it's defending it.

Sometimes no matter how hard I try, things go right.

I'm not here to change the fact that I'm an alcoholic, I'm a knuckle head waiting to happen.

Word Game

ABSOLUTE, ADMIT, APPRAISAL,
ASSURANCE, BELIEF,
BELLIGERENT, DEBATE
DEFIANCE, DILEMMA, FAITH, HONEST,
HUMILITY, MOMENT, NONSENSE
OOZE, PIECEMEAL, POSITIVE, RELIANCE,
SPONSOR, SUGGESTIONS, SURRENDER

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

13
13
14
14
15
15
16
16
16
17
17
17
17
19
21
21
21
21
21
22
22
23
23
24
24
24
25
25
25
25
25
26
26
26
27
27
28
28
29
30
30
32
33
33
33
35
36
37
37
38
2 38