

The Scoop

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Antelope Valley **January 2013**



"This month's winning number is"

Dave S. # 909971 Amount \$70.00

Dale S. = Drew the winning ticket!

**Come by Central Office
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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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A Desperate Alky's Concern About Drinking

Early on in sobriety, I was happily surprised that I was staying sober, just didn't seem possible, yet it was going on. I was pretty well convinced that it wouldn't last, so I was frightened that I would drink again and all the horrors would return. Following my Sponsor's direction, I decided to look in the Big Book to see if I could find warnings that I might understand. There were many strong statements about what would lead to drinking, some stuck in my mind such as "faith without works is dead," "constant thought of others" also a statement on page 15 about enlarging my spiritual life, later on in the book alcohol was called a "subtle foe." Trudging along, somehow my

sobriety got more enjoyable as I stuck close to those guys and fast who were working at their sobriety in many various ways. Quite a few years later (36), it seems some of the more dangerous pre-drinking mindsets may be:

Resentments

Staying away from meetings
Using prescription drugs improperly
Acting on Old Ideas
Depression
Isolation from A.A. members
Incomplete 5th Step
Living 7 Deadly Sins
Denial (Separation from God and Truth)
Too Hungry, Angry, Lonely, Tired (HALT)
Sobriety Lost Its Priority (SLIP)
Money, Power, Status, Excitement
Workaholism
Half measures with Steps

There are of course many more, I sincerely hope you find the ones that might make you drink and take the necessary action to avoid Disaster!

Good Luck. It's all in the Big Book!
Arne P. A.A. 1976

An A.A. Poem

The moments I smile today are so much better than
any bottle I could ever buy.

A gulp of peace and tranquility is the thirst that I
crave.

Faith has led me to hope and fellowship.
Surrender daily is progress; prayer and meditation
is a must.

To always remember that I am not the director.
Just part of a huge family; practice humility.
And gratitude of today's gift; unity toward a
common goal.

Sobriety remains the greatest key towards
happiness.

I never knew that without drinking that I
could do the things that I have done: attend
conferences, meet new people, make friends,
dance, write poetry, reunite family, and learn to
breathe throughout the day without panic. God
certainly has done for me what I wouldn't do and I
am grateful that He does. It's not a bowl of
cherries, but maybe cranberries sometimes;
however, I enjoy life truly today.

Jessica C. AA 2011

Step 1

***“We admitted we were powerless
over alcohol—that our lives had become
unmanageable.”***

Who cares to admit complete defeat?
Practically no one, of course. Every natural instinct
cries out against the idea of personal
powerlessness. It is truly awful to admit that, glass

in hand, we have warped our minds into such an
obsession for destructive drinking that only an act of
Providence can remove it from us.

No other kind of bankruptcy is like this one.
Alcohol, now become rapacious creditor, bleeds us of
all self-sufficiency and all will to resist its demands.
Once this stark fact is accepted, our bankruptcy as
going human concerns is complete.

But upon entering A.A. we soon take quite
another view of this absolute humiliation. We
perceive that only through utter defeat are we able to
take our first steps toward liberation and strength.
Our admission of personal powerlessness finally turn
out to be firm bedrock upon which happy and
purposeful lives may be built.

We know that little good can come to any
alcoholic who joins A.A. unless he had first accepted
his devastating weakness and all its consequences.
Until he so humbles himself, his sobriety—if any—will
be precarious. Of real happiness he will find none at
all. Proved beyond doubt by an immense
experience, this is one of the facts of A.A. life. The
principle that we shall find no enduring strength until
we first admit complete defeat is the main taproot
from which our whole Society has sprung and
flowered.

When first challenged to admit defeat, most of
us revolted. We had approached A.A. expecting to
be taught self-confidence. Then we had been told
that so far as alcohol is concerned, self-conference
was no good whatever; in fact, it was a total liability.
Our sponsors declared that we were the victims of a
mental obsession so subtly powerful that no amount
of human willpower could break it. There was, they
said, no such thing as the personal conquest of this
compulsion by the unaided will. Relentlessly
deepening our dilemma, our sponsors pointed out
our increasing sensitivity to alcohol—an allergy, they
called it. The tyrant alcohol wielded a double-edged
sword over us: first we were smitten by an insane
urge that condemned us to go on drinking, and they
by an allergy of the body that insured we would
ultimately destroy ourselves in the process. Few
indeed were those who, so assailed, had ever won
through in singlehanded combat. It was a statistical
fact that alcoholics almost never recovered on their
own resources. And this had been true, apparently,
ever since man had first crushed grapes.

The 1st Tradition

***“Our common welfare should come
first; personal recovery depends upon A.A.
unity.”***

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!"

Daily Reflections excerpt on the 1st Step

Page 151: Step One

WE (The first word of the First Step)
Twelve Steps and Twelve Traditions, p. 21

When I was drinking all I could ever think about was "I, I, I" or "Me, Me, Me." Such painful obsession of self, such soul sickness, such spiritual selfishness bound me to the bottle for more than half my life.

The journey to find God and to do His will one day at a time began with the first word of the First Step... "We." There was power in numbers, there was strength in numbers, there was safety in numbers, and for an alcoholic like me, there was life in numbers. If I had tried to recover alone I probably would have died. With God and another alcoholic I find a divine purpose in my life...I have become a channel for God's healing love.

Daily Reflections excerpt on the 1st Tradition.

Page 39: Our Common Welfare Comes First

The unity of Alcoholics Anonymous is the most cherished quality our Society has...We stay whole, or A.A. dies.

Twelve Steps and Twelve Traditions, p. 129

Our Traditions are key elements in the ego deflation process necessary to achieve and maintain sobriety in Alcoholics Anonymous. The First Tradition reminds me not to take credit, or authority, for my recovery. Placing our common welfare first reminds me not to become a healer in this program; I am still one of the patients. Self-effacing elders built the ward. Without it, I doubt I would be alive.

Without the group, few alcoholics would recover.

The active role in renewed surrender of will enables me to step aside from the need to dominate, the desire for recognition, both of which played so great a part in my active alcoholism. Deferring my personal desires for the greater good of group growth contributes toward A.A. unity that is central to all recovery. It helps me to remember that the whole is greater than the sum of all its parts.

Quotable Quotes

When I share my joy in a meeting, it is multiplied; when I share my pain, it is divided.

I used to buy a lot of liquor for Christmas presents, some of it was never delivered.

Common cents isn't. (I changed this one slightly. Thanks.)

Sometimes I know more than I remember.

Let go or be dragged.

A sign in the Mojave Elks Lodge bar – All children unattended will be given espresso and a free puppy.

Due to egg-nog and brandy, Santa is running a little behind this year.

Word Game

ACCEPTANCE; ACTION
ALCOHOLISM; AMENDS
ANGER; BLAME; CHANGE
CHOICE; COMMITMENT
DECEPTION; DEMANDS
EXPECTATIONS; EXPERIENCE
FAITH; FEAR; GOSSIP
HAPPINESS; HOPE; IMPATIENCE
LONELINESS; MEDITATION
OBSESSION; PARADOXES
PRIDE

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

*Antelope Valley members of Alcoholics
Anonymous said farewell to*

Patti Craig

*Passed away December 18, 2012. Patti came
into AA on October 5, 1975. Over the last 37
years came in contact with many of us in AA
and always brought much joy whenever she
was with us. Patti was married to Holland
Craig and had a daughter named Kelly.*

She will be deeply missed.

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
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CALIFORNIA CITY CLUB HOUSE	\$93.00
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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

***Thank You All who contributed to
Central Office for Gratitude Month***