

The Scoop

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Please contribute to Central Office

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(Please limit contributions 500 words or less.)

This month's Central Office

50/50 winner is: Ticket # **368863**

Name: Yvette L. Amount \$ **15.00**

Bruce L. Drew the winning ticket!

My Higher Power

My Higher Power and I want to understand
you

In my mind how to define You

Will I know of your Presence

What is the feeling of Your essence?

Is it true do you exist?

If so without you will I desist?

I created all of my own Problems

Now I look to You to help me solve them

I always sought to feel Your guide from
above

And all I had to do was look in me for Your
love

In this my darkest hour

Please embrace me my Higher Power.

- Neil B., A.A. 2012

My name is ARNE, and I have a story to
tell, AA saved me from a living hell

My body was burned, I shook and my brains
were fried, Couldn't stop drinking' no
matter how hard I tried

It wasn't easy, it took awhile,

The 12 Steps eventually made me smile

I keep doing' what AA asks me to do,
In the Big Book, I'm still finding some
things new

Gratitude in action is a powerful tool,
Works very well, even for a shaky fool.

God helps me, maybe I can help you,
Together we can help somebody new!!
-Arne P., A.A. 1976

Steps into Serenity

When I wake in the morning the first
thing I think about it where do I go running?
How far will I go? Will it be chilly when I
begin and then hot when I stop? Then I just
take a breath and a moment to align my
spirit. Put on my running shoes with a
reassured smile and open that door. Out free
I run without so much worry, fear, or regret
and just head for the hills with the wind
pulling my hair and sun warm my face.

My first mile is just to learn to accept
me. I feel the blood rush through my legs
and my heart begin to pump faster. My pulse
races faster and I swing my arms harder.
Then reach the mark to know I finally
surrendered. I head up the hill and count my
steps to the top for my moment of release
when all is off my shoulders. Thank
goodness He is always with me. And for that
I am truly grateful.

I take a breath atop the hill and
overlook the valley. Such a beautiful sight
will all the busy lives moving forward and
children smiling somewhere out there as I
stand on this hill. I am thankful to be sober
today.-Jessica C., A.A.2011

- Last week I threw up worrying, it was getting old and in the way.
- It kept me from being me; I couldn't do things God's way.
- I threw out a book on MY PAST (Didn't have time to read it anyway).
- Replaced it with NEW GOALS, started reading it today.
- I threw out hate and bad memories, (Remember how I treasured them so)?
- Got me a NEW PHILOSOPHY too, threw out the one from long ago.
- Brought in some new books too, called I CAN, I WILL, and I MUST.
- Threw out I might, I think, and I ought. WOW, you should've seen the dust.
- I ran across an OLD FRIEND, I hadn't talked to in a while.
- His name is GOD the Father, and I really like His style.
- He helped me to do some cleaning and added some things Himself.
- Like PRAYER, HOPE, FAITH, and LOVE.
- Yes... I placed them right on the shelf.
- I picked up this special thing and placed it at the front door.
- I FOUND IT- it's called PEACE. Nothing gets me down anymore.
- Yes, I've got my house looking nice. Looks good around the place.
- For things like Worry and Trouble there just isn't any space.
- It's good to do a little house cleaning, Get rid of the things on the shelf.
- It sure makes things brighter; maybe you should TRY IT YOURSELF.

BE BLESSED AND BE A BLESSING TO
SOMEONE ELSE!!!

-Paul E., A.A. 2012

STEP 1

Cleaning House For 2014

“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 the rapacious creditor, bleeds us of all self-sufficiency and all will 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 admissions of personal powerlessness finally turn out to be firm bedrock upon when happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has 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-confidence 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 eepening 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 then 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; our 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!"

New Year's Word Game

COMMUNICATE, DICTIONARY, FAMILY,
FELLOWSHIP, FRIENDS, GRATITUDE,
HALL, HAPPINESS, MEDITATION,
PAIN POWERLESS, PRAYER,
REFLECTION, SERENITY, SHARE,
SICKNESS, SOBRIETY, SPONSOR,
SYMPTON, UNMANAGEABLE, WELCOME

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

Quotable Quotes

"And now we will all have a 10 minute break—so you can all check your cell phones."

"He who receives a good turn should never forget it; he who does one should never remember it."

"Setting others free to travel their own path—also sets us free to travel ours."

"A brook would lose its sound if God removed the rocks."

Enjoy life. There's plenty of time to be dead."

Gratitude Month 2013	
A M ATTITUDE MODIFICATION	\$411.95
A V MEN'S STAG QUARTZ HILL	\$110.46
A WOMAN'S STORY	\$31.77
A.V. H & I	\$20.00
Alano Club Fri Noon Promises	\$12.00
Alano Club Mon Sobriety Rocks	\$4.00
Alano Club Sat. Morning Men's	\$80.00
Alano Club Thur Noon Participation	\$22.00
Alano Club Tue Noon Topic	\$5.05
Alano Club Tue Young People	\$8.50
Alano Club Wed Dare To Be Different	\$35.28
ANY LENGTHS GROUP	\$21.40
CALIFORNIA CITY CLUB HOUSE	\$70.00
CLOSER TO GOD LITTLEROCK	\$23.00
CROWN VALLEY GROUP	\$92.24
INTER-GROUP MEETING	\$38.39
LAKE HUGHES MEN'S STAG	\$45.00
LAKE HUGHES MONDAY NIGHT	\$37.00
MID-DAY GROUP GRANGE Q.H.	\$301.86
OPEN DOOR GROUP	\$417.47
P M MODIFICATION	\$248.50
PALMDALE GROUP	\$747.57
PEARBLOSSUM GROUP	\$139.39
SUNDAY 7th DAY ADVENTIST B/B/S	\$47.87
WED-NIGHT B/B/S THE GRANGE	\$28.00
WESTSIDE GROUP WED-NIGHT	\$11.70
WOMEN IN RECOVERY	\$28.10
WOMEN SEEKING SERENITY MON	\$39.34
TOTAL	\$3,077.84
