

# The Scoop

*Published by the Antelope Valley Intergroup of Alcoholics Anonymous*  
**Antelope Valley** **July 2013**



## **This month's Central Office**

**50/50 winner is: Ticket # 368415**

**Name: Elizabeth I. Amount \$53.50**

**Fred Drew the winning ticket!**

**ALCOHOLIC JOKE:** A juggler, driving to his next performance, is stopped by the police. "What are those machetes doing in your car?" asks the cop. "I juggle them in my act." "Oh year?" says the doubtful cop. "Let's see you do it." The juggler gets out and starts tossing and catching the knives. A recovering alcoholic driving by slows down to watch. "WOW," he says, "I'm glad I quit drinking. Look at the sobriety test they're giving now!!"

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### **Please contribute to Central Office**

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## **Turning Of a New Leaf**

The hours tick as the night moves on forward and the insanity begins to invade my dreams. Too many alcoholic dreams to remember. Too many ways to conceal, manipulate ideas, or arrange the masquerade. The chess game is stale-mated and all I have is to surrender. The fourth step helped me see my repeating pattern and ways moving me to acknowledge, accept, and into healing. Begin to make amends. Actions speak louder than words and yet sometimes the tears just won't fall right away, but slowly pick up my pieces and learn from my mistakes.

I have two choices: to die an alcoholic death or live a spiritual way of life. Honesty, willingness and acceptance are keys to the morning rainbow of a new day.

To thine own self be true.

Jessica C.; 2-18-2011

## **My Foundation for Sobriety The BIG BOOK**

I started reading the Big Book while still drinking in the summer of 1976 and retained absolutely nothing. Obviously, I was looking for help in a half-measure sort of way. I met my first sponsor in December of that year. He was over 30 years sober and he talked about the Big Book. I was very impressed by this guy. It seemed like everything he said fit me just right. When he told me that the Big Book could be my guide to a useful, productive, sane, sober and reasonably happy life. I believed him. In fact, I felt tremendous relief; at last here was a chance for freedom from the torture of my drinking. Somehow I knew intuitively this was my last chance or death was imminent. Alcoholic death is a sorry way to die!

The contents of the Big Book didn't come easy to me. I felt fear—was I going to fail? I decided to copy in longhand what I was reading hoping it would stick better. Complex engineering text books had never been this difficult in college. It seemed as I was grinding out the Big Book contents, certain phrases would burn into my brain... 'ceased fighting everyone'... 'to drink is to die'... 'God is everything or He is nothing'... 'willing to go to any lengths'... 'fearless and thorough from the very start'... 'A Design for Living'... 'be rid of anger'... 'self-centeredness is the root of our problem.' There were many others and the steps took me on a whole new journey of spirituality as well as a look at my continuing moral decline. It was clear to me that nothing would work except TOTAL DEDICATION to the principles in the Big Book.

My behavior at first was a little strange. I started to carry the Big Book with me everywhere. I went to Sears, K-Mart, gas stations, walks in the neighborhood, grocery stores—you name it. It was fear that I would not do a good enough job. Eventually I came to understand that daily readings and discussions with others would be sufficient. Hopefully, God could see my desperation and extend His loving power to my life.

He has – I am still here in my 37<sup>th</sup> year of sobriety. Good luck!!

Arne A.A. 1976

## **Step 7**

***“Humbly asked Him to remove our shortcomings.”***

Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s *Twelve Steps*. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this previous quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life. Much of the everyday talk we hear, and a great deal of what we read, highlight man's pride in his own achievements.

## **The 7th Tradition**

***“Every A. A. group ought to be fully self-supporting, declining outside contributions.”***

Self-supporting alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us. Everybody knows that active alcoholics scream that they have no troubles money can't cure. Always, we've had our hands out. Time out of mind we've been dependent upon somebody, usually money-wise. When a society composed entirely of alcoholics says it's going to pay its bills, that's really news.

Probably no A.A. Tradition had the labor pains this one did. In early times, we were all broke. When you add to this the habitual supposition that

people ought to give money to alcoholics trying to stay sober, it can be understood why we thought we deserved a pile of folding money. What great things A.A. would be able to do with it! But oddly enough, people who had money thought otherwise. They figured that it was high time we now—sober—paid our own way. So our Fellowship stayed poor because it had to.

## **Daily Reflections excerpt on the 7th Step**

### **Page 204: A Nourishing Ingredient**

*Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.*

*Twelve Steps & Twelve Traditions, p.74*

How often do I focus on my problems and frustrations? When I am having a “good day” these same problems shrink in importance and my preoccupation with them dwindles. Wouldn’t it be better if I could find a key to unlock the “magic” of my “good days” for use on the woes of my “bad days?”

I already *have* the solution! Instead of trying to run away from my pain and wish my problems away, I can pray for humility! Humility *will* heal the pain. Humility *will* take me out of myself. Humility that strength granted to me by that “power greater than myself is mine for the asking! Humility will bring balance back into my life. Humility will allow me to accept my humanness joyously.

## **Daily Reflections excerpt on the 7th Tradition.**

### **Page 220: Giving Back**

*...he has struck something better than gold...He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.*

My part of the Seventh Tradition means so much more than just giving money to pay for the coffee. It means being accepted for myself by belonging to a group. For the first time I can be responsible, because I have a choice. I can learn the principles of working out problems in my daily life by getting involved in the “business” of A.A. By being self-supporting, I can give back to A.A. what A.A. gave to me! Giving back to A.A. not only ensures my own sobriety, but allows me to buy insurance that A.A. will be here for my grandchildren.

## **Quotable Quotes**

### **Heard it at the 40<sup>th</sup> Annual A.V. Round Up**

I try to pick up as little opposition as I can today.

I want what you have...coffee, Marlboro 100's, cookies and cake.

The desire to please God does in fact please Him.

I was told that I have to help other alcoholics, but I can't stand them.

It is hard to get sober with one foot in yesterday and one foot in tomorrow.

I remember what I should forget, and forget what I should remember.

“What do you mean the spiritual angle of the program?” What part of water isn't wet?

You've got to be pretty sick and tired to find us interesting.

The awakening has to continue.

We do this together while the steps change us internally.

Go out and do something for somebody and don't get caught.

When I'm not worried about the step I'm going to take, then I'm not worried about the step I just took.

# Word Game

7TH-TRADITION; EASY-DOES-IT  
 EXPECTATIONS; FAITH; FAMILY  
 FEAR; GOSSIP; GRANDIOSITY  
 GRATITUDE; HAPPINESS  
 HIGHER-POWER; HONESTY  
 IMPATIENCE; INDENTIFICATION  
 JOY-OF-LIVING; LONELINESS  
 PARADOXES; PATIENCE; PRAYER  
 PROGRAM; SANITY; SECRETS  
 SECURITY; SEVENTH-STEP

I Y L T V G S H H R E Y A R P  
 M N T O I G O E Y T S E N O H  
 P C D I N - R S X L W N W H I  
 A P S E S E S A S O I Y K T G  
 T R E S N O L E T I D M X I H  
 I O C E E T I I O I P A A A E  
 E G U C T N I D N D T N R F R  
 N R R R G H I F N E - U K A -  
 C A I E M L W P I A S Y D F P  
 E M T T N H P X P C R S S E O  
 L B Y S A N I T Y A A G O A W  
 N O I T I D A R T - H T 7 R E  
 P E T S - H T N E V E S I B R  
 M A G N I V I L - F O - Y O J  
 S N O I T A T C E P X E N O N

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

## FOUNDERS MONTH DONATIONS

<b>A M ATTITUDE MODIFICATION</b>	<b>\$349.46</b>
<b>A V MEN'S STAG QUARTZ HILL</b>	<b>\$32.00</b>
<b>A WOMAN'S STORY</b>	<b>\$37.90</b>
<b>A.V. H &amp; I</b>	<b>\$43.00</b>
<b>Alano Club Fri Longtimers</b>	<b>\$25.35</b>
<b>Alano Club Sat. Morning Men's</b>	<b>\$49.40</b>
<b>Alano Club Thur Noon Participation</b>	<b>\$64.00</b>
<b>Alano Club Thur Step Workshop</b>	<b>\$2.00</b>
<b>Alano Club Wed Alanon Ladies</b>	<b>\$33.29</b>
<b>Alano Club Wed Dare To Be Different</b>	<b>\$35.37</b>
<b>LITTLE RED BOOK</b>	<b>\$11.00</b>
<b>MID-DAY GROUP GRANGE Q.H.</b>	<b>\$104.00</b>
<b>PALMDALE GROUP</b>	<b>\$830.33</b>
<b>PEARBLOSSUM GROUP</b>	<b>\$83.00</b>
<b>SUNDAY 7th DAY ADVENTIST B/B/S</b>	<b>\$50.00</b>
<b>WESTSIDE GROUP WED-NIGHT</b>	<b>\$34.98</b>
<b>Total Founders Month</b>	<b>\$1,785.08</b>

June 2013



"I'd be happy to share my story.

I just can't remember it."