

The Scoop

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Please contribute to Central Office
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This month's Central Office

50/50 winner is: Ticket # 368222

Name: Stacey W. **Amount** \$70.00

Arelettia J. Drew the winning ticket!

THIS IS FOUNDERS MONTH !

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

The Alcoholic Mind *A Blessing or a Curse?*

Our Big Book is pretty specific when it says the problem rests in the mind. It goes on to say we are bodily and "mentally" different. Just how different and to what degree is hard to say. Only God knows!

Some alcoholics are constitutionally unable to get honest enough to grasp sobriety according to Chapter 5. It seems there is no way to escape from the Alcoholic condition. As it is said...once an alcoholic, always an alcoholic.

My experience is that as long as I try to live the AA way of life attending meetings, helping others, praying, some meditation, some self-sacrifice, look for positive ideas in fellowship with others, my life seems to have a reasonable balance and comfort. At least freedom from Chaos and Calamity! My old drinking companions! However, if I let up on the time-tested activities of long time sober AAs, the

alcoholic mind subtly creeps in with...as the shrinks would say... “compulsive, obsessive, aggressive passive” thoughts and subsequent behavior. Might also add idiotic. In AA talk, I see it as my mind being “spiritually empty”! Doesn’t matter how long I have been sober, the alcoholic mind still wants to rule and ruin my life. One of the benefits of long term sobriety is that, when the brain goes into old ideas, there is a sudden uncomfortable feeling (my conscience is speaking) that I am doing something wrong! Not the other guy. Self honesty saves the day! The Steps direct me toward God-consciousness!

I want to be Happy, Joyous and Free!!

Arne A.A. 1976

Facts of Life

Sometimes alcoholics like to say that they “feel this or that” or they “guess” something is this way or that, occasionally somebody will say “my opinion is...” or “my experience has been...”! Also, we say “I heard...” and of course “I have been told...” of course “they say...” is often heard, we might say “I think this...” or maybe “it seems that...”! There are, of course, many and various ways we like to express what is in our mind. Personally, being a very simple alcoholic, I like FACTS! In fact, the Big Book says “...this is the great fact for us” on page 164! Some of my personal FACTS are:

1. I cannot drink Booze, it will kill me!
2. I will never be done learning about the Solution.
3. I must stay in the “middle of the herd”!
4. I must be of service to AA and to others.
5. I must try to surrender my will!
6. I must try to make a positive difference.
7. I must go to AA meetings.
8. My health is my responsibility.
9. God-consciousness is a new idea!
10. Always make time to pray and meditate.
11. Never take sobriety for granted.
12. I need AA more than it needs me!

Engineers like facts. Well, I am one.
Alcoholics need facts. Well, I am one!

One more fact. It works best when we help each other.

Good luck! Arne A.A. 1976

Step 6

“Were entirely ready to have God remove all these defects of character.”

“This is the Step that separates the men from the boys.” So declares a well-loved clergyman who happens to be one of A.A.’s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—*without any reservations whatever*—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

Of course, the often disputed question of whether God can—and will, under certain conditions—remove defects of character will be answered with a prompt affirmative by almost any A.A. member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life. He will usually offer his proof in a statement like this:

“Sure, I was beaten, absolutely licked. My own willpower just wouldn’t work on alcohol. Change of scene, the best efforts of family, friends, doctors, and clergymen got no place with my alcoholism. I simply couldn’t stop drinking, and no human being could seem to do the job for me. But when I became willing to clean house and then asked a Higher Power, God as I understand Him, to give me release, my obsession to drink vanished. It was lifted right out of me.”

He who frees himself of hampering regrets for the past and worry about what lies ahead, finds himself able to deal with the present!

The 6th Tradition

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

The moment we say that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Daily Reflections excerpt on the 6th Step

Page 138: *Walking Through Fear*

If we still cling to something we will not let go, we ask God to help us be willing.
Alcoholics Anonymous, p.76

When I had taken my Fifth Step, I became aware that all my defects of character stemmed from my need to feel secure and loved. To use *my* will alone to work on them would have been trying obsessively to solve the problem. In the Sixth Step I intensified the action I had taken in the first three Steps—meditating on the Step by saying it over and over, going to meetings, following my sponsor’s suggestions, reading and searching within myself. During the first three years of sobriety I had a fear of entering an elevator alone. One day I decided I must walk through this fear. I asked for God’s help, entered the elevator, and there in the corner was a lady crying. She said that since her husband had died she was deathly afraid of elevators. I forgot my fear and comforted her. This spiritual

experience helped me to see how willingness was the key to working the rest of the Twelve Steps to recovery. God helps those who help themselves.

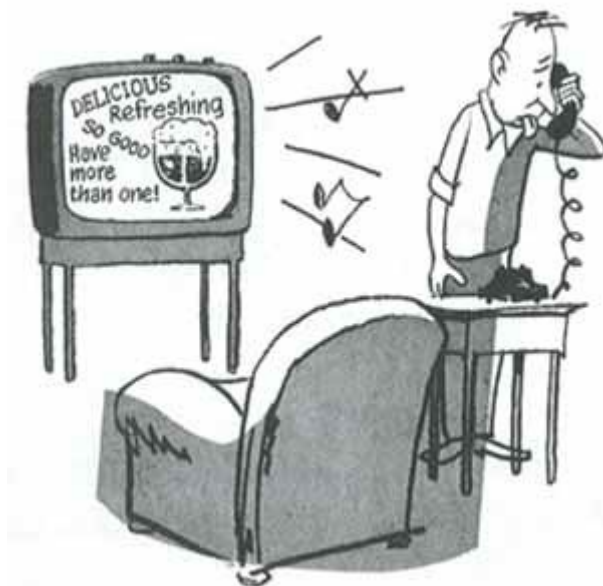
Daily Reflections excerpt on the 6th Tradition.

Page 190: Sacrifice = Unity = Survival

The unity, the effectiveness, and even the survival of A.A. will always depend upon our continued willingness to give up some of our personal ambitions and desires for the common safety and welfare. Just as sacrifice means survival for the individual alcoholic, so does sacrifice mean unity and survival for the group and for A.A.s entire Fellowship.

As Bill Sees It, p. 220

I have learned that I must sacrifice some of my personality traits for the good of A.A. and, as a result, I have been rewarded with many gifts. False pride can be inflated through prestige but, by living Tradition Six, I receive the gift of humility instead. Cooperation without affiliation is often deceiving. If I remain unrelated to outside interests, I am free to keep A.A. autonomous. Then the Fellowship will be here, healthy and strong for generations to come.



"Now is a good time for a word from my sponsor."

THIS IS FOUNDERS MONTH !

Quotable Quotes

Our Q.Q. man will be back next month. While no one can take his place, the Scoop editor has added excerpts from *As Bill Sees It* as “Quotable Quotes.”

The temptation is to become rather possessive of newcomers. Perhaps we try to give them advice about their affairs which we aren’t really competent to give or ought not give at all. Then we are hurt and confused when the advice is rejected, or when it is accepted and brings still greater confusion.

Twelve and Twelve, p. 111

A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.

Service Manual, p. 6

The deception of others is nearly always rooted in the deception of ourselves.

Grapevine, August 1961

“In God’s economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is.”

Letter from Bill Wilson, 1942

Excerpt from the Big Book on Step Six: p.76

If we can answer to our satisfaction, we then look at *Step Six*. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we will cling to something we will not let go, we ask God to help us be willing.

From the Big Book, page 417

...acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some

Word Game

CHANGE; COMPROMISE; CONVICTION
DIVIDENDS; EXPERIMENTS; GIVING
GOING-IT-ALONE; GUIDANCE;
INDIGNATION; LEARNING;
MYSTERIES
OUR-INSIGHT; PERSONALITY
PIPELINE-TO-GOD; RECOVERY
RESENTMENTS; RIGHTEOUS;
SURVIVE
TRAILS; TRUST; WHOSE-WILL?
WORD-OF-MOUTH

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

Letter from Bill Wilson, 1959

“Gratitude should go forward, rather than backward.

“In other words, if you carry the message to still others, you will be making the best possible repayment for help given to you.”

person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.