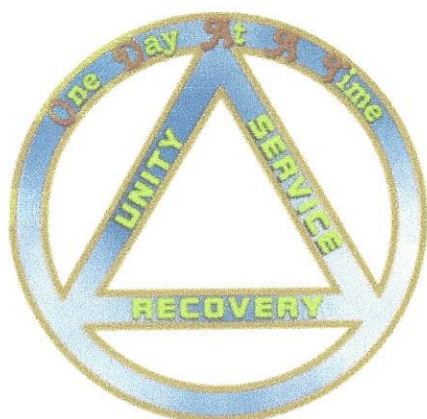


The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous

Antelope Valley

January 2016



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Please contribute to Central Office

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*(Please limit submission to 500 words
or less.)*

Backpacking

During this last month I went backpacking into the High Sierra Mountains above Bishop. I have tried to figure out what is so relaxing about the back country. I thought it must be the beauty, but, beauty can be found in a lot of other places. I wondered if it was the solitude, and yet I could find solitude in many places. So, what would drive my wife and me to sleep all night on the drive way of a Ranger Station to be in line to get a Back Country Permit? What would make us want to carry 35 Lbs. and 55 Lbs. respectively over several miles, gaining over 2,000 feet in elevation? Why would we want to sleep on the ground and endure rain, cold, and mosquitoes? As I was sitting under a Black Oak tree I think I found the reason.

It is very hard to worry about the job, kids, what other people think of you, money, or much else for that matter when you are worried about the basics. Where to get water, how to stay dry, or how to stay warm. When an afternoon thunder storm makes you postpone dinner it's hard to be upset because someone at work slighted you.

When you spend 45 minutes counterbalancing and hanging your food to protect it from bears, it's hard to be upset about what your boss did or did not do. As you wait for a break in the rain to rush behind a tree to go pottie, your work schedule seems so unimportant. I guess I feel safer and more relaxed when I'm back to basics. I can make the time to enjoy the fresh air. I can see the clear blue sky after the rain. I can see the beauty of a High Sierra lake. I can sit down and enjoy a cup of coffee like it is the most precious thing in the world. I can truly enjoy the company of another person. Basics allow me the time to be grateful.

So it is with A.A., when I get involved with how much better A.A. would be if I ran it, something is wrong. When I begin to worry if the speaker is right or wrong, who I like and don't like in A.A. or which meeting is socially correct, something is wrong. When I "tell" you how to run your program instead of sharing how I work mine, something is wrong. When it's too far to drive to a meeting, what's on T.V. is better, or I begin to think who needs those meetings anyway, something is wrong.

What is wrong is I need to get back to basics. I need to remember this is a program of attraction. It is meant to be suggestive only and "I" know only a little. I need to work my program and no one else's. I need to go to meetings and most of all I need to be grateful.

By: John H., A.A. 1980

Editor's Note: Hope everyone has a wonderful new year and upon previous issues I'd like to share a consistent writer and hopeful for new writers to share throughout the year. Happy New Year!!

RESENTMENT SOLUTIONS

Early in my sobriety it seemed that not many things were going MY WAY! This made me fearful and Resentful. Not having made much of a contact with the Principles of the Program, I was pretty much bouncing off the walls most of the time and could see no direction. My solution was simple,... go to lots of meetings. In my private time, I had lots of it, no job, I was reading the Big Book several times a day and talking to my Sponsor. I saw all the stuff about fear and really got into fear when the book told me that Resentments actually have the power to kill!!

As the years have passed, resentment solutions have come along that seem to work!! I am still here 35 years later and very much alive and smile a lot more than I frown. Some of my favorite solutions are;

1. The Lords prayer said slowly helps me forgive others.
2. The axiom of Step 10...'when I react, there's something wrong with me', makes me look at my motive for reacting
3. Prayer of St Francis...'help me understand rather than be understood'.
4. Say "Thy will be done" as many times as necessary until I calm down.
5. Decide to go home and sleep on the problem before taking action
6. Write a few short lines about 'my part' of the problem.
7. Go work with a newcomer.
8. Talk to my Sponsor
9. Try to see the point of view of the other person, not only mine.
10. Ask myself; How important is it ??
11. Go to a meeting and share in 3 minutes the Problem and my Solution

12. Try to be helpful to the person who did you wrong.

A Dedicated ol' Drunk
By: Arne P., A.A 1976 (Issue 2012)

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 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 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 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!"

Quotable Quotes

Being on the wagon is just transportation between drinks.

The only time I think about drinking is when I'm with A.A'ers. -Don C.

We've learned the right road through the traveling of the wrong road.

I hope God is showing off in your life.

How do I keep from forgetting what it's like to be the man in bed? By visiting the man in the bed!

Thank you God, for the grace to get through yesterday.

When I read about the evils of drinking, I gave up reading.

If we had a secret password, I suppose it would be "Help me!"

Holiday seasons are a great time to stay close to your AA friends, even the ones you haven't met yet!

Slogans are wisdom written in short hand.

Don't stop doing the things that helped you when you first got sober, cause that's when the battle was the hardest!!

There is just one good drunk in every alcoholic's life, and that's the one that brings us into A.A. - pg. 548 #12

-Thank you to Dano for quotes throughout the year and upcoming year.

New Year's Word Game

ACCEPTANCE, ADMIT, ANXIETY, DEFEAT
FAITH, LEAP, MANAGEABLE, POWERLESS
SOBRIETY, SPIRAL, SURRENDER, WISDOM

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

CALENDER

OF EVENTS

Round-Up Fundraiser

Dinner & Speaker Meeting January 10th

5:00 – 9:00 pm

2101 E. Palmdale Blvd, Palmdale

We Are Not A Glum Lot Comedy Show

Central Office Fundraiser January 16th @

7:00 pm

41843 50th Street West, Quartz Hill

"The Palmdale Group's 29th Annual Alcathon"

Starts Friday February 12th at Noon thru

Sunday February 14th,

At The Palmdale Group Hall

1817 E. Ave. "Q" Unit A-15 @ 20th St. E.

Business Meetings

*Thursday, Jan 7, 2016 Intergroup Business Meeting
@ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster

*Sunday, Feb 7, 2016 A.V. Round-Up Business Meeting
@The Grange Hall at 6:00 p.m.; 50th St. W. & M-2 Q.H.

*Sunday, Jan 10, 2016 H&I Business meeting @Alano Club
(Newcomer orientation 9:30 am prior to business meeting at 10:00 am) 104 East Ave. K-4, Suite J., Lancaster

*Saturday Jan 9, 2016 District # 7 Business meeting @
Women's Club, 33201 Agua Dulce Rd., Agua Dulce

New Meetings

Young & Done Friday Nights at 6-7:30 pm ~ Alano Club
104 East Ave K-4

Intergroup Elections

Chairperson

Co-Chairperson

Secretary

Members At Large

Nominations during January and February

AA BIRTHDAYS

January		
Lynn Z.	1/6/2014	2
Katie D.	1/19/2014	2
Valerie D.	1/30/2014	2
Chaz	1/7/2013	3
Jenni J.	1/6/2013	3
Kelli D.	1/24/2013	3
Tina R.	1/12/2013	3
Deborah A.	1/14/2012	4
Doug H.	1/10/2012	4
Jennifer C.	1/13/2012	4
Josie	1/4/2012	4
Nicole S.	1/21/2012	4
Patty T.	1/17/2012	4
Ray E.	1/21/2012	4
Terrance C.	1/1/2012	4
Dave K.	1/29/2011	5
Jennifer M.	1/28/2011	5
Jessica Z.	1/31/2011	5
Kim G.	1/12/2011	5
Michelle S.	1/15/2011	5
Morena	1/1/2011	5
Ross W.	1/31/2011	5
Steve T.	1/31/2011	5
Tanya S.	1/10/2011	5
Bob D.	1/1/2010	6
Kevin K.	1/12/2010	6
Kristin E.	1/10/2010	6
Nico O.	1/15/2010	6
Robert V.	1/7/2010	6
Henry	1/18/2009	7
Terry M.	1/29/2009	7
Jenni J.	1/5/2008	8
Jim B.	1/2/2008	8
Lisa Marie W.	1/2/2008	8
Nancy T.	1/21/2008	8
Turhan D.	1/3/2008	8
John O.	1/22/2007	9
Rennie T.	1/20/2007	9
Robert W.	1/29/2007	9
Rose L.	1/3/2007	9
Sorayeh J.	1/8/2007	9
Susie B.	1/2/2007	9
Jill M.	1/16/2006	10
Jim A.	1/4/2006	10
Sandi P.	1/1/2006	10
Eddie G.	1/18/2005	11
Jack F.	1/15/2005	11
Monique J.	1/3/2005	11
Ruth M.	1/2/2005	11
Tony F.	1/23/2005	11
Michelle P.	1/15/2003	13
Jackie O.	1/17/2002	14
Spencer	1/29/2002	14

January		
Juan L.	1/1/2001	15
Randy H.	1/19/2001	15
Nonna W.	1/21/2000	16
Tyrone C.	1/18/2000	16
David S.	1/21/1999	17
Jeanne C.	1/10/1999	17
Sheila G.	1/15/1999	17
Little Joe	1/3/1998	18
Shalaby B.	1/6/1998	18
Dan P.	1/7/1997	19
Dancen D.	1/4/1997	19
Harvey S.	1/21/1997	19
Tony V.	1/6/1997	19
Barry O.	1/13/1995	21
Dawn Marie	1/14/1995	21
Jan H.	1/13/1995	21
Ruth Lewis	1/18/1995	21
Teresa P.	1/2/1995	21
Melvin B.	1/7/1994	22
Ralph L.	1/20/1994	22
Nani	1/12/1993	23
Dan H.	1/15/1992	24
Dave L.	1/2/1992	24
Mike G.	1/23/1992	24
Robert H.	1/1/1992	24
Sharon G.	1/15/1992	24
Kathy M.	1/27/1991	25
Sue M.	1/21/1991	25
Tess H.	1/4/1991	25
Janis P.	1/8/1990	26
Mark C.	1/1/1990	26
Bob K.	1/24/1989	27
Jennifer S.	1/10/1989	27
Martha D.	1/22/1988	28
Mike S.	1/20/1988	28
Scott H.	1/30/1988	28
Steve W.	1/29/1988	28
Diane V.	1/17/1987	29
Ray M.	1/2/1987	29
Margaret R.	1/4/1986	30
Steve S.	1/29/1986	30
Rick B.	1/13/1985	31
Steve I.	1/23/1985	31
Aurora	1/5/1984	32
Christine M.	1/7/1984	32
Tom C.	1/10/1984	32
Sandy M.	1/31/1983	33
Mike J.	1/18/1981	35
Ellen B.	1/29/1980	36
Ken S.	1/19/1980	36
Vito	1/15/1980	36
Sybil	1/19/1968	48
Total January Years = 1669		

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

January 2016 Office Manager Report

	Jan - Nov '15	Dec '15	YTD Total
Sales of Goods	\$33,195.74	\$4,569.15	\$37,764.89
Expenses	(\$7,459.25)	(\$1,903.94)	(\$9,363.19)
Cost of Goods	(\$40,664.66)	(\$3,972.48)	(\$44,637.14)
Contributions	\$16,471.50	\$2,784.19	\$19,255.69
Net Income	\$1,543.33	\$1,476.92	\$3,020.25

Contributions

Group	Jan - Nov '15	Dec '15	2015 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$2,001.62	\$184.58	\$2,186.20
A.V. Hospital ~ 2 West	\$20.00		\$20.00
A.V. Men's Stag Quartz Hill	\$603.52	\$40.00	\$643.52
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$200.00		\$200.00
Alano Club Wednesday Dare to be Different	\$60.00		\$60.00
Anonymous Donations	\$1,949.61	\$105.89	\$2,055.50
Any Lengths Group	\$283.50		\$283.50
Arbor Court Tuesday	\$185.43		\$185.43
A Women's Story	\$185.00		\$185.00
Birthday Celebrants	\$114.00	\$4.00	\$118.00
B.Y.O.C. A.V. Y.P.	\$100.00		\$100.00
Big Book Ladies Women	\$100.00		\$100.00
California City Clubhouse	\$821.15	\$97.35	\$918.50
Crown Valley Group	\$348.31		\$348.31
Founders Month	\$65.54		\$65.54
Friday Night Non-Smoker Speaker Mtg	\$367.00		\$367.00
Fund Raiser Monthly 50/50	\$55.00		\$55.00
High Desert Big Book	\$526.28		\$526.28
High Desert Hospital Friday	\$50.00		\$50.00
High Desert Medical Group	\$100.00		\$100.00
Intergroup Meeting	\$220.13	\$17.00	\$237.13
Into Action	\$90.00		\$90.00
Lake Hughes Friday Night	\$128.21	\$154.00	\$282.21
Lake Hughes Men's Stag	\$96.00		\$96.00
Lake Hughes Monday Night	\$60.00		\$60.00
Mid-Day Modification	\$2,905.76		\$2,905.76
Mojave Big Book Awakening	\$10.00		\$10.00
Mojave Group New Beginnings	\$20.00		\$20.00
P.M. Modification	\$1,035.84		\$1,035.84
Palmdale Group	\$1,909.34		\$1,909.34
Pearlblossom Group	\$883.35	\$360.00	\$1,243.35
Rainbow Group	\$150.50		\$150.50
Rosamond Thursday 7 Minutes to Sobriety	\$30.50		\$30.50
Rosamond Wednesday 7 Minutes to Sobriety	\$4.00		\$4.00
Saturday Morning Men's Stag	\$192.63		\$192.63
Sunday Night B.B.S. 7th Day Aadvnt	\$152.00	\$51.86	\$203.86
The 10,11,12 Group	\$92.81		\$92.81
The Shop Wednesday Night	\$93.50		\$93.50
Wednesday Night BBS @ The Grange	\$84.61	\$150.00	\$234.61
Westside Group		\$53.50	\$53.50
Women in Progress	\$100.00		\$100.00
Women in Recovery	\$100.00		\$100.00
Women Seeking Serenity Monday	\$357.09	\$16.25	\$373.34
Gratitude Month			
AM Attitude Modification		\$263.12	\$263.12
Arbor Court Tuesday		\$10.00	\$10.00
AV Men's Stag		\$35.52	\$35.52
Rosemond Sunday Night		\$31.68	\$31.68
Women Seeking Serenity		\$72.09	\$72.09
Alano Club - The Promises		\$18.00	\$18.00
Alano Club - Thurs Noon		\$12.00	\$12.00
Cal-City		\$45.85	\$45.85
Dare to Be Different		\$74.00	\$74.00
High Desert Big Book		\$59.00	\$59.00
Lake Hughes Monday Night		\$32.50	\$32.50
Open Door		\$225.00	\$225.00
Palmdale Group		\$854.39	\$854.39
Pearlblossom Group		\$158.02	\$158.02
Sat Mens Stag		\$43.00	\$43.00
Sunday Night B.B.S. 7th Day Aadvnt		\$15.00	\$15.00
Wed Night BBS @ The Grange		\$13.00	\$13.00
TOTALS	\$16,495.14	\$2,784.19	\$18,086.66



Thanks to the Saturday Volunteers

1st Aurora J. & Tobv Q.
2nd Larry W., Michaela O. & Wendy W.
3rd Merredith F., Darin F. & Frankie F.
4th Jamie K. & Erika B
5th Rustv R.

From your Office Manager

AV Central Office has a newly designed website!

Visit us at www.avcentraloffice.org

Contact us via email: avcentraloffice@gmail.com

Intergroup 1st Thursday of month at 7:00 pm.

Central Office Located @
43619 W. 17th St. Ste. #106, Lancaster

(661) 945-5757

Mon - Fri 10 am - 4 pm

Open Saturday 10 am - 2 pm

Closed Sundays

If your birthday is coming up soon, please let me know, I would love to add you to our list of Sober members!

Visa/Mastercard Credit Cards



If you have any questions, you can call
Central Office or drop-in anytime.

Thank you for letting us be of service. Respectfully,

AV Intergroup and Volunteers

"Nothing Changes, if Nothing Changes"