



The Scoop

New Year. New Me!

Here we are, on the cusp of another year. While New Year’s Eve can inspire nostalgia, I’m also excited to usher in new beginnings. We can’t predict what we’ll do, or what my plans will be. It’s unnerving, but it’s also exciting. No matter what happens, we have a chance to do something new: the possibilities are endless.

Because of our behaviors of past years, we may have been a bit dubious of anything resembling a new year’s resolution. And with good reason. There probably was no real change, but now, after coming to the fellowship of Alcoholics’ Anonymous, there’s something special about all of the excitement that surrounds new beginnings and fresh starts at this time of year, a hopefulness and optimism.

Now making positive changes or resolving to improve patterns that aren’t working shouldn’t be reserved for January 1st. But if the transition from one year to another reminds us to do those things, so much the better.

New Year. New Members!

It would do to remember that small, meaningful, consistent changes, in the form of TWELVE kind and loving suggestions, are have been proven most effective. also important to be able to separate the impulse to be healthful from the impulse to be overly critical, or self-loathing.

January is a good time to contemplate a way of living that will help us to thrive. New Year’s Day presents us primarily with directives to reinvent ourselves. These themes—abstinence and appetites, self-restraint and self-worth, pleasure and participation in life—are all useful to the topic of living recovery.

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Central Office

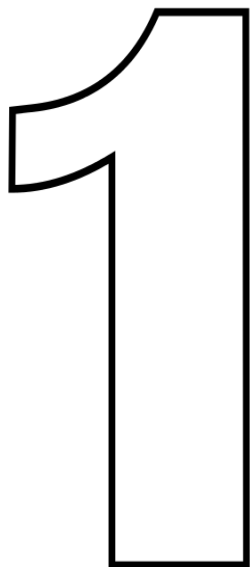


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The AV Intergroup of AA is linked up with The Meeting Guide app, which is available for free at the App Store and Google Play. We are satisfied that this app is accurate for use in the Antelope Valley.



Step 1: Surrender

Entering the rooms of Alcoholics Anonymous can be accomplished one of three ways: walk, crawl, or be dragged. Each member has a story, seemingly unique, yet somehow familiar to all that listen. We see The Twelve Steps, hanging on the wall, and they seem daunting. Not only are there TWELVE, to even get through the first one we have to wrap our minds around two huge concepts: Powerlessness and un-

manageability. Regardless of the circumstances which brought us here, without this admission, capitulation to hopelessness, not much can be done. Thank God for sponsors, someone to give us the information as to WHY we are powerless over the alcohol: the physical and mental components. Then we can finally surrender, and grab onto that seemingly “flimsy reed” that is one alcoholic helping another .

We admitted we were powerless over alcohol - that our lives had become unmanageable.

January's Principle

Honesty - The quality of being free of deceit and untruthfulness; sincere. morally correct or virtuous. The operative principle behind Step 1 is honesty. If you cannot get honest about the scope of your problem, and honest about a sincere effort to resolve it you will not succeed. How about a definition of honesty as the absence of the intention to deceive? Who do we try to fool?

Ourselves!

Powerlessness and Unmanageability

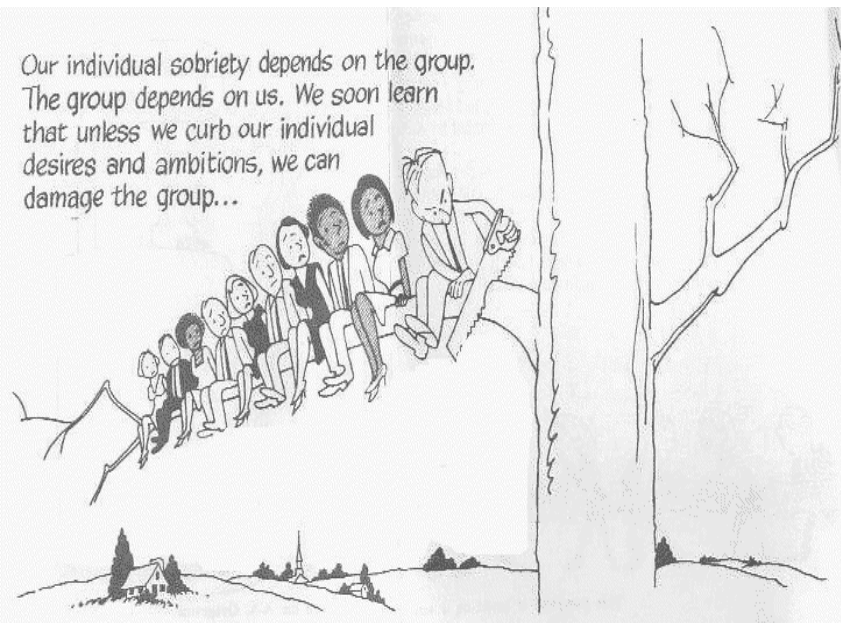
The two main features of Step One are powerlessness and unmanageability. We have likely experienced both in our period of active alcoholism, we will find that there are many examples of powerlessness and unmanageability that have been present in our lives for quite some time. Some may see unmanageability as a direct result of powerlessness, rather than as an altogether separate quality of life.

When we admit that we are powerless, we are admitting that we cannot control the amount of alcohol we consume once we have started. We may be able to stave off the first drink for some time, but we will often find drunk once again. Even if we are not the types to use every day, we still have very little ability to control ourselves.

Powerlessness has a great many consequences. We may at first try to simply control our drinking, but powerlessness is a condition under which this feat is impossible. The notion that we can both control and enjoy our drinking is merely a fantasy that keeps us at the bottom of the bottle. We must relieve ourselves of this false belief if we are ever to make any progress.

Unmanageability is what tends to arise from our powerless behaviors. Our lives are unbearable, and yet we cannot seem to change them no matter how hard we try. This is often because we have not found the willingness to look outside of ourselves and those for whom life has become unmanageable are often those who have attempted to exert their self-will onto numerous situations that were never truly under their control.

In fact, this attempt at control will often make unmanageability even worse. Step One is the point at which we finally reach acceptance of this fact, and learn how to move forward without resenting our status as alcoholics.



Our common welfare should come first; personal recovery depends on A.A. unity.

On Tradition One: Is individualism lost in conformity?

"So at the outset, how best to live and work together as groups became the prime question. In the world about us we saw personalities destroying whole peoples. The struggle for wealth, power, and prestige was tearing humanity apart as never before. If strong people were stalemated in the search for peace and harmony, what was to become of our erratic band of alcoholics? As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out." 12x12, pg. 130

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

A Member's Perspective

Step one, admitting I am powerless over alcohol and my life is unmanageable. Arguably the most important step I can take, the only step I need to do perfectly. Once I surrender, then I gain back power over my own life. It's a confusing concept but the feeling makes so much sense once you accomplish that anytime I put a single drink or drug into my system, I lose control. I lose the power to choose. I lose the ability to manage my life in any way, shape or form. Once I surrender, then I gain back power over my own life. It's a confusing concept but the feeling makes so much sense once you accomplish Step one, admitting I am powerless over alcohol and my life is unmanageable. Arguably the most important step I can take, the only step I need to do.

By Alex W.

Intergroup Elections

The following commitments are open to qualified members. Nominations will be considered for the months of January and February. Please see Jeff H at Central Office for a comprehensive list of duties. Qualifications as follows

Chairperson

- a) Four (4) years continuous sobriety.
- b) Experience as a Board member at A.A. group level or of an AA service group.

Co-Chairperson

- a) Four (4) years continuous sobriety.
- b) Commitment to assuming Chairperson position after current tenure, if nominated.

Secretary

- a) One (1) year of continuous sobriety.
- b) Ability to take accurate notes and transcribe them to typewritten form.

Treasurer

- a) Three (3) years of continuous sobriety.
- b) Basic comprehension of accounting principles and acceptable standards.
- c) May not be related to nor cohabitate with the Office Manager.

Members at Large

- a) Fifteen (15) years uninterrupted sobriety.
- b) Desire to help oversee Central Office.
- c) Willingness to participate in monthly Intergroup meetings.

World Concept 1

Alcoholics Anonymous has been called an upside-down organization because the “ultimate responsibility and final authority for . . . world services” resides with the groups — rather than with the trustees of the General Service Board or the General Service Office in New York. In Concept I, Bill traces how this came to be. The first step in 1938 was “the creation of a trusteeship,” first called the Alcoholic Foundation, renamed in 1954 the General Service Board. Why? To perform the services the groups could not do for themselves: e.g., uniform literature, uniform public information about A.A., helping new groups get started, sharing with them the experience of established groups, handling pleas for help, publishing a national magazine, and carrying the message in other languages and in other countries. A service office was formed to carry on these functions under the board’s direction. Both the board

and the office looked to the co-founders, Bill and Dr. Bob, for policy leadership. In the midst of the “exuberant success” of early A.A., Dr. Bob became fatally ill and Bill asked, “When Dr. Bob and I are gone, who would then advise the trustees and the office?” The answer, Bill felt, was to be found in the collective conscience of the A.A. groups. But how could the autonomous, widely scattered groups exercise such a responsibility?



Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

We dedicate our sobriety to serving the group conscience.

1. Am I still not saying “no” to an A.A. request?
2. Am I able to extend this attitude to requests at home, at work, and in the world?
3. Am I ready to consecrate my life a day at a time to serving anyone who is sent to me?

The principle behind the first concept is that we dedicate our sober lives to serving the group conscience. We serve each person God sends into our lives. We also help others to serve the group conscience.

We give up living for our own ambitions in life in order to be of service to others. Selfishness becomes selflessness. To place our common welfare first is to dedicate our lives to the serving others.

To work the first concept in my life and in A.A. I need to ask myself the following: Am I willing to volunteer my time and heart whenever God lets me know that the group needs me? Will I place the greater good first in my life? In my marriage and intimate human relationships, I need to ask myself if I am willing to truly be a giver rather than a taker? In my work am I willing to dedicate myself to serving the customer through my company’s services rather than working for as much money as I can get?

The true measure of my willingness to work the first concept in my life is my willingness to be accountable to the group conscience for my service and to improve it when change is indicated by the group.

Quotable Quotes

No legacy is so rich as honesty. William Shakespeare

Honesty is the first chapter in the book of wisdom. Thomas Jefferson

The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty. Zig Ziglar

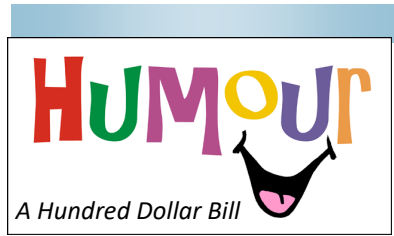
The true measure of life is not length, but honesty. John Lyly

Honesty will never break you. Kate Hudson

The elegance of honesty needs no adornment. Mary Browne

Honesty is grounded in humility and indeed in humiliation, and in admitting exactly where we are powerless. David Whyte

Euphemism is a euphemism for lying. Bobbie Gentry



Santa Claus, the tooth fairy, an honest lawyer and an old drunk are walking down the street together when they simultaneously spot a hundred dollar bill. Who gets it?

The old drunk, of course, the other three are mythological creatures.



Word Search

- ETHICAL
- FORTHRIGHT
- FRANK
- GENUINE
- HONORABLE
- LEGITIMATE
- MORAL
- OPEN
- PRINCIPLED
- REPUTABLE
- RESPECTABLE
- RIGHTEOUS
- SINCERE
- STRAIGHTFORWARD
- TRUE
- TRUSTWORTHY
- TRUTHFUL
- UPRIGHT
- UPSTANDING
- VIRTUOUS

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

January 2018 Office Manager Report

	Jan - Nov '17	Dec '17	YTD Total
Sales of Goods	\$42,314.05	\$3,283.91	\$45,597.96
Expenses	(\$34,569.86)	(\$2,141.40)	(\$36,711.26)
Cost of Goods	(\$31,319.53)	(\$585.09)	(\$31,904.62)
Contributions	\$20,971.35	\$2,627.08	\$23,598.43
Net Income	(\$2,603.99)	\$3,184.50	\$580.51



<i>Contributions</i>			
Group	Jan - Nov '17	Dec '17	2017 Total
A Gathering of Women	\$121.29		\$121.29
Alano Club	\$0.00		\$0.00
AM Mod	\$4,034.40	\$283.12	\$4,317.52
Anonymous	\$1,429.50	\$142.95	\$1,572.45
Any Lengths Group	\$55.00		\$55.00
Arbor Court	\$159.00		\$159.00
AV Hospital - Rm #CR101	\$176.78		\$176.78
AV Men's Stag	\$1,469.06		\$1,469.06
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$124.00		\$124.00
Birthday	\$233.00		\$233.00
Cal City Clubhouse	\$818.19		\$818.19
Clubhouse Meeting	\$31.00		\$31.00
Crown Valley Grp	\$847.00		\$847.00
Gathering of Women	\$50.00		\$50.00
H & I	\$34.55		\$34.55
High Desert BB Grp	\$2,406.63		\$2,406.63
High Desert Hospital	\$0.00		\$0.00
Intergroup Fundraisers	\$1,009.00		\$1,009.00
Into Action	\$393.00	\$32.10	\$425.10
Lake Hughes Men's Stag	\$545.19		\$545.19
Lake Hughes Monday Night	\$0.00		\$0.00
Little Red Book	\$0.00		\$0.00
Mid-Day Mod	\$2,378.33	\$85.82	\$2,464.15
New Beginnings	\$15.00		\$15.00
Open Door	\$485.80		\$485.80
Palmdale Grp	\$884.32	\$72.78	\$957.10
Pearlblossom Grp	\$913.70	\$360.00	\$1,304.70
PM Mod	\$0.00		\$0.00
Quartz Hill Unity Grp	\$750.85		\$750.85
Rainbow Grp	\$0.00		\$0.00
Rosamond Sun Night	\$0.00		\$0.00
Rule 62 Grp	\$235.00		\$235.00
Sat AM Men's Stag	\$0.00		\$0.00
SCV Sun Night Spkr	\$17.00		\$17.00
Spiritual Sunday - Alano	\$25.00	\$25.00	\$50.00
Step Workshop Mtg	\$46.30		\$46.30
Sun Night BBS	\$25.00		\$25.00
Thurs Night BBS @ Alano	\$8.78		\$8.78
We Care Grp	\$50.00		\$50.00
Wed Night BBS @ Grange	\$596.00		\$596.00
Westside Grp	\$40.00		\$40.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$32.68		\$32.68
Women Seeking Serenity	\$531.00		\$531.00
TOTALS	\$20,971.35	\$2,627.08	\$22,446.28

Belinda T.	1/9/2016	2	Spencer	1/29/2002	16
Rich M.	1/9/2016	2	Juan L.	1/1/2001	17
Lynn Z.	1/6/2014	4	Randy H.	1/19/2001	17
Katie D.	1/19/2014	4	Nonna W.	1/21/2000	18
Valerie D.	1/30/2014	4	Tvrone C.	1/18/2000	18
Chaz	1/7/2013	5	David S.	1/21/1999	19
Jenni J.	1/6/2013	5	Jeanne C.	1/10/1999	19
Kelli D.	1/24/2013	5	Sheila G.	1/15/1999	19
Tina R.	1/12/2013	5	Little Joe	1/3/1998	20
Deborah A.	1/14/2012	6	Shalaby B.	1/6/1998	20
Doug H.	1/10/2012	6	Dan P.	1/7/1997	21
Jennifer C.	1/13/2012	6	Daneen D.	1/4/1997	21
Josie	1/4/2012	6	Harvey S.	1/21/1997	21
Nicole S.	1/21/2012	6	Tony V.	1/6/1997	21
Patty T.	1/17/2012	6	Barry O.	1/13/1995	23
Rav E.	1/21/2012	6	Dawn Marie	1/14/1995	23
Terrance C.	1/1/2012	6	Jan H.	1/13/1995	23
Dave K.	1/29/2011	7	Ruth Lewis	1/18/1995	23
Jennifer M.	1/28/2011	7	Teresa P.	1/2/1995	23
Jessica Z.	1/31/2011	7	Melvin B.	1/7/1994	24
Kim G.	1/12/2011	7	Ralph L.	1/20/1994	24
Michelle S.	1/15/2011	7	Nani	1/12/1993	25
Morena	1/1/2011	7	Dan H.	1/15/1992	26
Ross W.	1/31/2011	7	Dave L.	1/2/1992	26
Steve T.	1/31/2011	7	Mike G.	1/23/1992	26
Tanya S.	1/10/2011	7	Robert H.	1/1/1992	26
Bob D.	1/1/2010	8	Sharon G.	1/15/1992	26
Kevin K.	1/12/2010	8	Kathy M.	1/27/1991	27
Kristin E.	1/10/2010	8	Sue M.	1/21/1991	27
Nico O.	1/15/2010	8	Tess H.	1/4/1991	27
Robert V.	1/7/2010	8	Janis P.	1/8/1990	28
Henry	1/18/2009	9	Mark C.	1/1/1990	28
Terry M.	1/29/2009	9	Bob K.	1/24/1989	29
Jenni J.	1/5/2008	10	Jennifer S.	1/10/1989	29
Jim B.	1/2/2008	10	Martha D.	1/22/1988	30
Lisa Marie W.	1/2/2008	10	Mike S.	1/20/1988	30
Nancev T.	1/21/2008	10	Scott H.	1/30/1988	30
Turhan D.	1/3/2008	10	Steve W.	1/29/1988	30
John O.	1/22/2007	11	Diane V.	1/17/1987	31
Rennie T.	1/20/2007	11	Rav M.	1/2/1987	31
Robert W.	1/29/2007	11	Margaret R.	1/4/1986	32
Rose L.	1/3/2007	11	Steve S.	1/29/1986	32
Soraveh J.	1/8/2007	11	Rick B.	1/13/1985	33
Susie B.	1/2/2007	11	Steve I.	1/23/1985	33
Jill M.	1/16/2006	12	Aurora	1/5/1984	34
Jim A.	1/4/2006	12	Christine M.	1/7/1984	34
Sandi P.	1/1/2006	12	Tom C.	1/10/1984	34
Eddie G.	1/18/2005	13	Sandy M.	1/31/1983	35
Jack F.	1/15/2005	13	Mike J.	1/18/1981	37
Monique J.	1/3/2005	13	Ellen B.	1/29/1980	38
Ruth M.	1/2/2005	13	Ken S.	1/19/1980	38
Tony F.	1/23/2005	13	Vito	1/15/1980	38
Michelle P.	1/15/2003	15	Svbil	1/19/1968	50
Jackie O.	1/17/2002	16			

Get your groups birthday list to Central Office . . . That's how they appear here!

Total Years = 1,883

Managers Corner

Happy New Year everyone!! November's Birthday Winner was Virginia G. ~ Congratulations!

<i>Thank You Saturday Volunteers!!</i>		Don't forget to visit us on the Web!	
1st ~ Larry W. & Danielle S.			
2nd ~ Wendy W. & Cindy B.			
3rd ~ Stephanie S. & JoAnne G.			
4th ~ Judie M. & Christine B.		Thank you for allowing me to be of service!!	
5th ~ Christine F. & Vacant		Jeffrey Harlow	

