

July 2016

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AV Intergroup of AA 43619 N. 17th Street West, Suite 106 Lancaster, CA 93534 661-945-5757 17th Street West / Avenue K

Central Office Web Site: www.avcentraloffice.org Central Office Email: centraloffice@gmail.com

Email Scoop submissions: Jessica Christman Christmanii2011@outlook.com

Please limit submissions to 500

The Swap

Love and Service

By: Marian G., A.A. 1987

My first experience on a panel was when I was 30 days sober before there were time requirements. I was with a fellow named Jay in his big red pickup truck. I said to him "I don't know anything about staying sober." His response was "THAT'S RIGHT, YOU DON'T. YOU KNOW ABOUT RELAPSE. YOU TALK ABOUT THAT." And so I did. I talked about drinking coffee, smoking cigarettes, running my mouth and not staying sober. I loved it from my first panel and was hooked. Over the years I have had H&I panels at Palmdale Hospital, Antelope Valley Hospital, Acton Rehab, Warm Springs, Mira Loma Women's Jail, Camp Scudder juvenile boys, Challenger juvenile girls, Lancaster State Prison and Tehachapi State Prison.

My favorite service commitment has been inside the state prison system. I know that our AA service inside the institution does not stop at the gate, and have maintained close contact with former inmates. Nothing warms the heart more than running across a former inmate in a meeting. Our former Chair on the 1 yard at Lancaster, Rick H., just spent the afternoon with David and I having dinner, fellowshipping and attending a meeting. I know that he has been in the good hands of those members in Covina who have continued to carry the message to him on the outside. One of my favorite inmates have been a fellow

decided to move him out. Prior to his leaving, I asked him how he was doing and he welled up with tears. I asked "Is it because you are going to be away from your family?" His response was "No." I then asked "Then what?" His response was "Because I am going to miss you guys" as he burst into tears. I know that sometimes we are the only constant presence in the life of an inmate. Two years after the State shipped him out, Frankie petitioned the State to move him back from his fire camp to spend his last year with us here in Lancaster. Frankie paroles in August and I am confident someone from East Los Angeles AA will do for him what the Covina members have done for Rick.

Almost after 29 years of service, I recently relinquished my H&I commitments because of my move to Tennessee. In my last visit to Knoxville they were looking for a Corrections Chair at the local intergroup. I know that Carrying the Message is alive and well in Knoxville, Tennessee and I intend to become a part of the fellowship.

My undying admiration to all those AA members who unselfishly give their time, energy, and love to those who are confined. In continued love and service...



The BEST THINGS are not....THINGS !!

By Arne P., A.A. 1976

In my old life I was extremely ambitious for all the high end goodies I could get my hands on, cars, clothes, shoes, silk ties, fancy cufflinks, alligator belts, skiis, boots, jackets, top grade Scotch or Black Jack Bourbon......on and on it goes. And.....there was never enough....always looking to upgrade or get a few more of whatever I wanted . All the stuff and all that booze never did fill that hole in my gut. Restlessness was my constant companion unless I passed out somewhere. The saying used to be......'He who dies with the most stuff wins"!!

In the AA life, things have changed dramatically, Healthy living spiritually, emotionally, mentally and physically are the foremost interests of my life. Only then can I be useful and productivein the mind of God as I understand Him!! Willingness to use the 12 steps, and the rest of the Big Book, as a guide results in enjoying life the way it is supposed to be. As the Book says... "We absolutely insist on enjoying life" !! I no longer have...'a hole in my gut'.....as a matter of fact I smile a lot more than I frown......comes from GRATITUDE!! It's a mindset, not a THING!!

I still want MORE.....God-consciousness!!

Bugalademjus or Gremlins?

By: Mitchell C. AA 2011

I was introduced to AA in 1995 yet I've not been sober since then? After my last relapse I asked God to please reveal the answer as to why and I believe He has. The Doctor's Opinion makes it clear to me that without the contents of the Big Book of AA being paramount in my life I will continue to live full flight from reality and remain an outright mental defective. My brothers and sisters in the program of AA have helped me to understand that I have to do the Program precisely as it is laid out in our basic text.

Thank God for the sponsor I have. He does not yell, demand or even debate. He simply points things out in the big book and I can see where I have been living in everlasting ignorance. He never breaks a sweat but I sure do.

I have in the past attempted to sponsor men in the Program of AA. Chapter 7 gives clear cut directions on what I'm to do when sharing the Program to someone else. The experience until a few months ago has been unpleasant. Why? Because I choose to do it my way which included me being argumentative. demanding, and continuing the path of living in everlasting ignorance.

Over the last year or so it has been suggested to me to reread Chapter 7 and I have over 10 times. One morning recently I was reading on page 93 in the Big Book and I saw something written there that I had never seen before. "To be vital, faith must be accompanied by self-sacrafice and unselfish, constructive action." I fully believe that that line was not in there before. Who put it there? Was it the Bugalademjus or Gremlins who inserted that into my Big Book?

However it got there, it has changed the way I sponsor the men that God allows me to work with. I'm to love them. Listen to them and to serve them without any expectation for myself. God is in charge and the results

are up to Him. I have no power to get anyone including myself sober.

The only reason I'm sober today and able to share this is because of the 12 Steps of AA, the Fellowship of AA and a LOVING GOD who expresses Himself in my life and the AA Group Conscience. Thank you God and AA. (July 2015 Issue)

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 use.

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 precious 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, highlights man's pride in his own achievements.

With great intelligence, men of science have been forcing nature to disclose her secrets. The immense resources now being harnessed promise such a quantity of material blessings

that many have to come to believe that a man-made millennium lies just ahead. Poverty will disappear, and will be such abundance that everybody can have all the security and personal satisfactions he desires. The theory seems to be that once everybody's primary instincts are satisfied, there won't be much left to quarrel about. The world will then turn happy and be free to concentrate on culture and character. Solely by their own intelligence and labor, men will have shaped their own destiny.

Certainly no alcoholic and surely no member of A.A., wants to deprecate material achievement. Nor do we enter into the debate with the many who still so passionately cling to the belief that to satisfy our basic natural desires is the main object of life. But we are sure that no class of people in the world ever made a worse mess of trying to live by this formula than alcoholics. For thousands of years we have been demanding more than our share of security, prestige, and romance. When we seemed to be succeeding, we drank to dream still greater dreams. When we were frustrated, even in part, we drank for oblivion. Never was there enough of what we thought we wanted.

Last paragraph on Step 7 in the 12x12: The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol,, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there

must be hope of the same result respecting any other problem we could possibly have.

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 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

Last Paragraph: When these facts were printed, there was a profound reaction. To people familiar with endless drives for charitable funds, A.A. presented a strange and refreshing spectacle. Approving editorials here and abroad generated a wave of confidence in the integrity of Alcoholics Anonymous. They pointed out that the irresponsible had become responsible, and that by making financial

independence part of its traditions, Alcoholics Anonymous had revived an ideal that is era had almost forgotten.

Daily Reflections excerpt on the 7th Step

Page 77: At the moment we are trying to put our lives in order. But this is not an end in itself.

How easily I can become misdirected in approaching the Eighth Step! I wish to be free, somehow transformed by my Sixth and Seventh Step work. Now, more than ever, I am vulnerable to my own self-interest and hidden agenda. I am careful to remember that self-satisfaction, which sometimes comes through the spoken forgiveness of those I have harmed, is not my true objective. I become willing to make amends, knowing that through this process I am mended and made fit to move forward, to know and desire God's will for me..

Calendar Events

July 8th – 10th Open Door 35th Annual Alcathon

Marathon Meetings, Speakers, Panels ~ Potluck, BBQ, Dance, & Raffles!

July 16th
District 7 Workshop
2pm @ Rafters Hall in Newhall
Meeting Secretary Guidelines,
Anonymity, & Leadership in AA ~
Breakfast Included!

October 9th
Annual Oldtimers Meeting
Noon @ Palmdale Bingo Hall
Luncheon, Oldtimers Sharing
Experience, Strength, & Hope &

Raffle Prizes!

Daily Reflections excerpt on the 7th Step

Page 71: For thousands of years we have been demanding more than our share of security, prestige, and romance. When we seemed to be succeeding, we drank to dream still greater dreams. When we were frustrated, even in part, we drank for oblivion. Never was there enough of what we thought we wanted. In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living.

Time and again I approached the Seventh Step, only to fall back and regroup. Something was missing and the impact of the Step escaped me. What had I overlooked? A single word: read but ignored, the foundation of all the Steps, indeed the entire Alcoholics Anonymous program — that word is "humbly."

I understood my shortcomings: I constantly put tasks off; I angered easily; I felt too much self-pity; and I thought, why me? Then I remembered, "Pride goeth before the fall," and I eliminated pride from my life.

Daily Reflections excerpt on the 7th Tradition

Page 14: As active alcoholics we were always looking for a handout in one way or another.

The challenge of the Seventh Tradition is a personal challenge, reminding me to share and give of myself. Before

sobriety the only thing I ever supported was my habit of drinking. Now my efforts are a smile, a kind word, and kindness.

I saw that I had to start carrying my own weight and to allow my new friends to walk with me because, through the practice of the Twelve Steps and Twelve Traditions, I've never had it so good.

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.

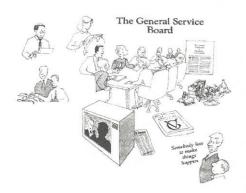
-Twelve Steps & Twelve Traditions, p.74

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.

Seventh Concept:

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.



As Bill Sees It (Letters from Bill W.)

Page 79 - Whose Responsibility?

"An A.A. group, as such, cannot take on all the personal problems of its members, let alone those of non-alcoholics in the world around us. The A.A. group is not, for example, a mediator of domestic relations, nor does it furnish personal financial aid to anyone.

"Though a member may sometimes be helped in such matters by his friends in A.A., the primary responsibility for the solutions of all his problems of living and growing rests squarely upon the individual himself. Should an A.A. group attempt this sort of help, its effectiveness and energies would be hopelessly dissipated.

"This is why sobriety—freedom from alcohol—through the reaching and practice of A.A.'s Twelve Steps, is the sole purpose of the group. If we don't stick to this cardinal principle, we shall almost certainly collapse. And if we collapse we cannot help anyone."

-Letter, 1966

Page 55 - Seeking Guidance

"Man is supposed to think, and act. He wasn't made in God's image to be an automaton.

"My own formula along this line runs as follows: First, think through every situation pro and con, praying meanwhile that I be not influenced by ego considerations. Affirm that I would like to do God's will.

"Then, having turned the problem over in this fashion and getting no conclusive or compelling answer, I wait for further guidance, which may come into the mind directly or through other people or through circumstances.

"If I feel I can't wait, and still get no definite indication, I repeat the first measure several times, try to pick out the best course, and then proceed to act. I know if I am wrong, the heavens won't fall. I lesson will be learned, in any case."

-Letter, 1950

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. "Lets 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!!"

Quotable Quotes

Quotes from the 2016 Roundup-Doin' the Deal:

You have to hit the dirt before you strike gold.

Gift Of Desperation; Good Orderly Discipline; Group Of Drunks

I drink to feel the 12 promises but they faded.

You may not be responsible for your disease but you're responsible for your recovery.

There is a fourth road called recovery and if that doesn't work the other three will be waiting.

You people loved me in a way I never understood before.

You tried to brainwash me then you said I needed my brainwashed.

When there's no light at the end of the tunnel I turn to you because you have a flashlight.

I am no longer the CEO of Teresa Incorporated.

My father said that everything in his spiritual library was in my big book.

The only thing I like to add to my story is what it is like now.

You can't make a horse drink but you can lead them to the water and make them thirsty.

Word Game

CHARACTER, DAILY, DESIRES, FORMULA, HUMILITY, INSTINCTS, MATERIAL PROGRESS, PURPOSE, SATISFIED, STAY, VISION

Q	Y	Y	U	O	R	D	В	P	W	F	F	Z
L	L	Q	L	A	I	R	E	T	A	M	0	W
J	I	J	D	D	V	T	В	В	S	C	R	J
U	A	Y	T	I	L	I	M	U	Н	M	M	R
P	D	E	I	F	S	I	T	A	S	V	U	V
C	E	E	I	N	E	U	R	E	T	E	L	C
J	N	L	S	F	S	A	I	T	A	V	A	Н
V	P	K	R	I	C	T	E	W	Y	V	Y	W
Н	Н	Y	O	T	R	V	I	S	I	0	N	U
Z	O	D	E	L	V	E	Q	N	C	L	X	G
0	P	R	0	G	R	Е	S	S	C	Н	Z	Z
S	I	I	T	T	R	L	S	G	P	T	I	S
Z	N	M	E	Е	S	O	P	R	U	P	S	C

July 2016 Office Manager Report

Jan · May '16 June '16 YTD Total Sales of Goods \$18,065.25 \$4,934.16 \$22,999.41 Expenses (\$10,592.16) (\$2,219.17) (\$12,811.33) Cost of Goods (\$14,847.03) (\$4,630.30) (\$19,477.33) Contributions \$8,593.53 \$2,320.49 \$10,914.02



Net Income	\$1,219.59	\$405.18	\$1,624.77	1				
Conti	ributions			Eric R.	7/10/2012	4	IMary A.	7/1/2003 13
Group	Control of the Contro			Lisa L.	7/24/2012	4	David S.	7/5/2002 14
A Gathering of Women	Jan · May '16	June '16	2016 Total	Trevor B.	7/8/2012	4	Kelly O.	
A.M. Attitude Modification	\$0.00		\$0.00	Angela J.	7/5/2011	5	Peter U	
A.V. Hospital ~ 2 West	\$2,011.21	\$273.41	\$2,284.62	Cathy W.	7/6/2011	5	Samuel G.	7/24/2001 15
A.V. Men's Stag Quartz Hill	\$100.00	_	\$100.00	Deanna R.	7/11/2011	5	Martie M.	7/23/2001 15
A.V. Men's Stag Quartz Hill A.V. H & I	\$671.80		\$671.80	Donna T.	7/18/2011	5	Rebecca S.	7/31/2000 16
Alano Club ~ 12-Step Workshop	\$0.00	-	\$0.00	John S.	7/7/2011	5	Val K.	7/6/2000 16
Alano Club Thursday Night	\$0.00	\$10.57	\$10.57	Mark P.	7/13/2011	5	Alicia B.	7/24/2000 16
Alano Club Wednesday Dare to be Different	\$88.00		\$88.00	Heather D.	7/4/2010	6	David L.	7/10/1999 17
Anonymous Donations			\$0.00	Janet P.	7/28/2010	6	Gordy S.	7/1/1999 17
Any Lengths Group	\$1,065.60	\$58.87	\$1,124.47	Natasha H.	7/28/2010	6	Jeff H.	7/11/1999 17 7/7/1999 17
Arbor Court Tuesday	\$0.00		\$0.00	Paula T.	7/23/2010	6	Andrew H.	
A Women's Story	\$30.00		\$30.00	Reyna H.	7/17/2010	6	Myrna T.	The state of the s
Birthday Celebrants	\$100.00		\$100.00	Rusty R.	7/4/2010	6	Cottrell O.	
B.Y.O.C. A.V. Y.P.	\$125.00	\$11.00	\$136.00	Stacia V.	7/2/2010	6	Jimmy R.	
Big Book Ladies Women	\$29.00		\$29.00	David W.	7/6/2009	7	Lydia V.	
California City Clubhouse	\$0.00		\$0.00	Dean M.	7/30/2009	7	Terry M.	7/27/1996 20
Crown Valley Group	\$501.50	\$217.48	\$718.98	Jamie B.	7/27/2009	7	Addie T.	7/15/1996 20
Founders Month	\$0.00		\$0.00	John P.	7/5/2009	7	Bill G.	7/14/1995 21
	\$0.00		\$0.00	Melinda W.	7/4/2008	8	Charles A.	7/4/1995 21
Friday Night Non-Smoker Sneaker Mtg Fund Raiser Monthly 50/50	\$0.00	_	\$0.00	Bill G.	7/22/2008	8	Aaron A.	7/27/1995 21
High Desert Big Book	\$0.00		\$0.00	Carol C.	7/19/2008	8	Pete K.	7/20/1994 22 7/14/1994 22
High Desert Hospital Friday	\$451.81	\$315.21	\$767.02	Catherine J.	7/3/2008	8	Mike B.	
High Desert Hospital Friday High Desert Medical Group	\$90.00	The same of the sa	\$90.00	Randy D.	7/2/2008	8	Stephanie M.	7/6/1992 24
Intergroup Meeting	\$59.12		\$59.12	Steven V.	7/27/2008	8	Valentina S.	7/8/1992 24 7/25/1992 24
Into Action	\$88.26	\$18.87	\$107.13	Susan C.	7/28/2008	8	Brenda C.	
Lake Hughes Friday Night	\$30.00		\$30.00	Yvette L.	7/19/2008	8	Dick O.	
Lake Hughes Men's Stag	\$0.00		\$0.00	Anna N.	7/15/2007	9	Jerry L.	
Lake Hughes Monday Night	\$0.00	\$86.00	\$86.00	Anthony H.	7/5/2007	9	John W.	
Mid-Day Modification	\$100.00		\$100.00	Deena R.	7/13/2007	9	Rebecca R.	
Mojave Big Book Awakening	\$788.50	\$894.80	\$1,683.30	John Carney	7/19/2007	9	Herb S.	
Mojave Group New Beginnings	\$10.00		\$10.00	Michael L.	7/9/2007	9	Sandra West	7/3/1989 27 7/8/1989 27
P.M. Modification	\$10.00		\$10.00	Nancy C.	7/25/2007	9	Debbie S.	7/3/1989 27
Palmdale Group	\$808.42		\$808.42	Pat G.	7/6/2007	9	Annette K.	7/3/1988 28
Pearblossom Group	\$723.17	\$321.23	\$1.044.40	Scott C.	7/16/2007	9	Diana C.	7/25/1987 29
Rainbow Group	\$360.00	-		Talisa C.	7/16/2007	9	Len T.	7/30/1987 29
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00	Valerie D.	7/17/2007	9	Lorraine	7/30/1987 29
Rosamond Wednesday 7 Minutes to Sobriety	\$0.00			Bryan A.	7/5/2006	10	Marian G.	7/12/1987 29
Rule 62 Grp			\$0.00	Joe King	7/11/2006	10	Frank L.	7/16/1986 30
Saturday Morning Men's Stag	\$150.00			Kim J.	7/11/2006		Jeanie S.	7/22/1986 30
Stepping Stones	\$78.00			Polly P.	7/26/2006	10	Val D.	
Sunday Night B.B.S. 7th Day Advent	\$0.00		\$0.00	Rebecca E.	7/4/2006		Susan H.	7/11/1986 30 7/10/1985 31
The 10,11,12 Group	\$9.72		\$9.72	Richard L.	7/10/2006		H. M. Mc.	
The Shop Wednesday Night	\$0.00		\$0.00	Jeremee	7/21/2005	11	Larry R.	
We Care	\$0.00		\$0.00	Monica M.	7/20/2005	11	Luanne	
Wednesday Night BBS @ The Grange	\$20.00		\$20.00	Tammie M.	7/22/2005	TOTAL CONTRACTOR OF THE PARTY O	Cowboy Bill	7/16/1981 35 7/24/1979 37
Westside Group	\$680.00		\$680.00	Lynn K.	7/1/2004		Kate M.	
Women in Progress	\$38.20			Diane C.	7/25/2003	The second second	Nancy H.	
Women in Recovery	\$0.00		\$0.00	Gary G.	7/11/2003		Jerry G.	The same of the sa
Women Seeking Serenity Monday	\$0.00		\$0.00	Marc A.	7/28/2003		Mike H.	
Women Decking Determity Minimay	\$194.15	\$113.05	\$307.20		1/20/2002	15	WIIKC 11.	7/21/1976 40
			The same of the sa		The second second second second second	-		,

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

TOTALS | \$9.411.46 | \$2.320.49 | \$11.731.95

Total Years = 1,664

Managers Corner

Thank You to all who contribute financially to supporting Central Office. There are only two months each year to pass a second basket solely to support the continued presence of this vital service office, so the support is very much appreciated! Our next major fundraiser is the Oldtimer's Meeting on October 9th! Mark your calendar's now!!

Thank You Saturday Volunteers!!

1st ~ Larry W. & Barbie Q.

2nd ~ Aurora J. & Juan

3rd ~ Merredith F., Darin F. & Vacant

4th ~ Matt C. & Erica B.

5th ~ Christine F. & Wendy W.

Don't forget to visit us on the Web!

