

# The Scoop

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



**"This month's winning number is"**

**Luke Warmwater # 910205 Amount \$72.00**

Stan G. = Drew the winning ticket!

**Come by Central Office  
and purchase a ticket for our  
50/50 raffle. \$1 per ticket.  
You don't have to be present  
to win.**

**Drawing is the last business  
day of the month.**

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### Please contribute to Central Office

Antelope Valley Central Office  
43619 N. 17<sup>th</sup> Street West, Suite 106  
Lancaster, CA 93534

**Central Office Web Site:** [www.avcentraloffice.org](http://www.avcentraloffice.org)

**Central Office Email:** [avaa@roadrunner.com](mailto:avaa@roadrunner.com)

**Email Scoop contributions to:**  
[avco.intergroup.scoop@gmail.com](mailto:avco.intergroup.scoop@gmail.com)

### *Elections of Intergroup Officers*

Nominations of Board positions were held at the January and February Intergroup meetings.

Nominations are:

**Chairman:** Steve A.; Dave S. (*vote for 1*)

**Co-Chairman:** Erich R.; Steve M.;  
Stu C. (*vote for 1*)

**Secretary:** Jessica C.; Valerie H. (*vote for 1*)

**Members at Large:** Stu C.; Arne P.; Ron K.;  
John C.; Ron M. (*vote for 3*)

Elections will be held during the first week of March which is **March 1 through March 7**. Ballots may be cast during regular business hours at the A.V. Central Office for one week prior to the annual election meeting on March 7. **All Antelope Valley A.A. members may vote.** The ballots will be counted on March 7 just prior to the Intergroup meeting.

## Things to Avoid in Sobriety

Early on in sobriety certain things were pretty obvious to avoid like booze, hanging around bars, friends who insisted that I take a drink, etc. However, as I was digging into the Big Book, a few items were mentioned “to avoid;” avoid retaliation or argument (p 67); avoid hysterical thinking (p 70); avoid then, the deliberate manufacture of misery (p 133). I am basically a person seeking simple, straightforward and understandable directions; therefore, the “avoids” were helpful. Many years later, my “avoids” library has increased. Here are a few more:

- Avoid loud vulgar environments
- Avoid excessive spending
- Avoid getting very tired
- Avoid “two stepping”
- Avoid unhealthy dependencies
- Avoid cigarette smoke
- Avoid excessive eating
- Avoid negative judgment of others
- Avoid dull, negative people
- Avoid AA meetings with undisciplined

behavior

- Avoid big-shot-ism in me and others
- Avoid emotional turbulence

The name of the game in Alcoholics Anonymous is to seek quality in our lives and help others do the same. As I progress in sobriety, my sober state of mind becomes more attuned to the principles of the Big Book and I like it that way! There are at least a dozen more “avoids” in the Big Book. Good luck in your hunt!!

I am grateful!

Arne P., AA

1976

## Step 3

***“Made a decision to turn our will and our lives over to the care of God as we understand Him.”***

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two steps we were

engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God—or, if you like, a High Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of our whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God as we *understood Him.*”

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

## The 3rd Tradition

***“The only requirement for A.A. membership is a desire to stop drinking.”***

This tradition is packed with meaning. For A.A. is really saying to every serious drinker, “You are an A.A. member *if you say so*. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you’ve done, no matter how grave your emotional complications—even your crimes—we still can’t deny you A.A. We don’t *want* to keep you out. We aren’t a bit afraid you’ll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we’ve had. So you’re an A.A. member the minute you declare yourself.”

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those

who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?"

### **Daily Reflections excerpt on the 3rd Step**

Page 225: **Seeds of Faith**

*Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives*

*Twelve Steps and Twelve Traditions, p. 34*

As a child I constantly questioned the existence of God. To a "scientific thinker" like me, no answer could withstand a thorough dissection, until a very patient woman finally said to me, "You must have faith." With that simple statement, the seeds of my recovery were sown!

Today, as I practice my recovery—cutting back the weeds of alcoholism—slowly I am letting those early seeds of faith grow and bloom. Each day of recovery, of ardent gardening, brings the Higher Power of my understanding more fully into my life. My God has always been with me through faith, but it is my responsibility to have the willingness to accept His presence.

I ask God to grant me the willingness to do His will.

### **Daily Reflections excerpt on the 3rd Tradition.**

Page 251: **The Only Requirement...**

*"At one time...every A.A. group had many membership rules. Everybody was scared witless that something or somebody would capsize the boat... The total list was a mile long. If all those rules had been in effect everywhere, nobody could have possibly joined A.A. at all..."*

*Twelve Steps and Twelve Traditions, pp. 139-40*

I'm grateful that the Third Tradition only requires of me a desire to stop drinking. I had been breaking promises for years. In the Fellowship I didn't have to make promises, I didn't have to

concentrate. It only required my attending one meeting, in a foggy condition, to know that I was *home*. I didn't have to pledge undying love. Here, strangers hugged me. "It gets better," they said, and "One day at a time, you can do it." They were no longer strangers, but caring friends. I ask God to help me to reach out to people desiring sobriety, and to, please, keep me grateful!

### **From our Big Book on Step Three, page 63:**

"We were now at Step Three: Many of us said to our Maker, *as we understood him*: 'God, I offer myself to Three—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!' We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

"We found it very desirable to take this spiritual step with an understanding person, such as our wife, best friend, or spiritual advisor. But it is better to meet God alone than with one who might misunderstand. The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation. This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once."

*Antelope Valley members of Alcoholics Anonymous said farewell to*

***Willy Baily***

*He was 92 years old - passed away Feb 19, 2013. Willy came into AA on October 9, 1978, over the last 34 years came in contact with many of us in AA and always brought much joy whenever he was with us. There will be a celebration of life on March 1, 2013 at 1:00 PM 405 E. Ave. J, Lancaster CA*

***He will be deeply missed.***

# Quotable Quotes

The central fact of our lives today is the absolute certainty that our Creator has entered into hearts and lives in a way which is indeed miraculous.

*Big Book p. 25*

Old age comes with wisdom and sometimes it comes alone.

Stress is when you wake up screaming and you realize you weren't asleep.

I saved a life today; I said the Serenity Prayer, and she lived!

*Carl*

Prayer is the bridge between panic and peace.

Those who gloss over or ignore any one rule (step) are in constant danger of returning to a life of drunkenness.

*The Akron Manual 1940*

DON'T criticize the methods of others. Strangely enough, you may change your own ideas as you become older in sobriety. Remember there are a dozen roads from New York to Chicago, but they all land in Chicago...

*The Akron Manual 1940*

A sponsor has a front row seat to a miracle.

The heart of prayer is prayer from the heart.

Let God direct—or redirect—your steps.

God gives every bird its food, but He does not throw it into the nest.

To handle yourself, use your head. To handle others, use your heart.

My wife keeps complaining I never listen to her (or something like that).

If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we made for another world.

*C. S. Lewis*

# Word Game

ACTION; ALCOHOLISM; AMENDS

BLAME; CHANGE; CHOICE

COMMITMENT; COMPLACENCY

CONTROL; DECEPTION; DEMANDS

EXPECTATION; EXPERIENCE

FAITH; FAMILY; GOSSIP;

GRANDIOSITY; HONESTY

IMPATIENCE; MAINTENANCE

NEWCOMERS; OBSESSION

PAST; REALITY

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