

# The Scoop

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



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

**368173 Chris G. Amount \$ 40.00**

Yvette L. = Drew the winning ticket!

## **Open House**

*for*

**A. V. Central Office**

Ave K & 17<sup>th</sup> St. West

***Saturday, May 4***

***12:00 noon to 2:00pm***

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### **Please contribute to Central Office**

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### **Email Scoop contributions to:**

[avco.intergroup.scoop@gmail.com](mailto:avco.intergroup.scoop@gmail.com)

## **Flea Market**

### **Fund Raiser for Central Office**

**Where:** AV Alano Club (SE corner K-4 & Div.)

**When:** Sunday, May 19

**Time:** 9:00am

Everyone bring your "stuff" to your Intergroup Rep or to the Central Office or (on Saturday, May 18) to the A.V. Alano Club. Bring items that are clean and that you would give to your best friend.

Come and join us to help and/or to buy. Everyone is welcome.

## Gratitude Lists

I got sober in November 1976 and it is usually recognized as A.A. Gratitude Month. I didn't pick November, it was a matter of getting sober or being dead before Christmas, which didn't seem such a bad deal at the time. Maybe I would find some peace from the round-the-clock torture of my drinking.

In the first year of my sobriety, I heard mention of gratitude, again and again. I was beginning to have hope and I was really grateful for that. I went to the Big Book looking for some clarity on gratitude. Couldn't find any!! The 24-hour book had some stuff on it. I went to the Bible looking for someone who might have been grateful. I found the story of Job. He had a bad deal in many ways yet he stayed grateful and things turned out well for him.

The A.A.s were talking about making gratitude lists. Sounded childish to me, but if they were doing it, so would I. I made up different lists about health, material stuff, my parents, some good friends I had earlier in life, my time in the Army, my wife and her family, my jobs, my education, and a few other things. It felt good to do this simple thing. I got a mellow feeling about like a triple Vodka martini, only no craving, just continuing peace.

A fairly current list I made recently to get over a snit was this:

1. I am not controlled by alcohol.
2. I am no longer sitting in a wheelchair.
3. I can enjoy A.A. meetings to give and to learn.
4. I can enjoy going to the gym and feeling good.
5. I can drive my car and it is paid for.
6. I enjoy feeling useful.
7. I treasure having a loving Higher Power.
8. I can contribute to A.A. and help others.
9. I am grateful to be an American.
10. I have the ability to pray and feel secure.
11. I am grateful for my vision of more good things as provided by my Higher Power.

12. I am grateful for the guidance in the Big Book of Alcoholics Anonymous

A well-known psychiatrist and spiritual author said "Lack of gratitude is a spiritual delinquency." I plan to keep making these lists....I like to FEEL GOOD!

Arne A.A. 1976

## Step 5

***"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."***

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires...they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and piece of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

So intense, though, is our fear and reluctance to do this, that many A.A.'s at first try to bypass Step Five. We search for an easier way—which usually consists of the general and fairly painless admission that when drinking we were sometimes bad actors. Then, for good measure, we add dramatic descriptions of that part of our drinking behavior which our friends probably know about anyhow.

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

# The 5th Tradition

***“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”***

“Shoemaker, stick to thy last!”... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

## ***Daily Reflections excerpt on the 5th Step***

*Page 102: Accepting our Humanness*

*Somehow, being alone with God doesn't seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical.*

*Twelve Steps and Twelve Traditions, p.60*

It wasn't unusual for me to talk to God, and myself, about my character defects. But to sit down, face to face, and openly discuss these intimacies with another person was much more difficult. I recognized in the experience, however, a

similar relief to the one I had experienced when I first admitted I was an alcoholic. I began to appreciate the spiritual significance of the program and that this Step was just an introduction to what was yet to come in the remaining seven Steps.

## ***Daily Reflections excerpt on the 5th Tradition.***

**Page 159: Our Primary Purpose**

*The more A.A. sticks to its primary purpose, the greater will be its helpful influence everywhere.*  
*A.A. Comes of Age, p. 109*

It is with gratitude that I reflect on the early days of our Fellowship and those wise and loving “foresteppers” who proclaimed that we should not be diverted from our primary purpose, that of carrying the message to the alcoholic who still suffers.

I desire to impart respect to those who labor in the field of alcoholism, being ever mindful that A.A. endorses no causes other than its own. I must remember that A.A. has no monopoly on miracle-making and I remain humbly grateful to a loving God who made A.A. possible.

## **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 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.

# Quotable Quotes

Nothing ruins the truth like stretching it.

Be the change you want to see in people.

TGIF -- Thank God I'm Forgiven.

A Big Book that's falling apart often belongs to someone who isn't.

The ability to lie is a liability.

Prayer is a spiritual exercise. Are you in shape?

Be yourself, everyone else is taken.

The 12 steps are not multiple choice.

A drunk is on AA's most wanted list.

The best thing to spend on the family afterwards is your time.

A good angle to approach any problem is the try-angle.

Get prayer conditioning for the summer.

## Excerpt from the Big Book on Step Five: p.72

This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves

certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having preserved with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

## Word Game

ACTION; ALCOHOLIC; CROSSING  
CYCLE; DRANK; FEAR  
FLOODED; FRIEND; GRATITUDE  
KEYS; KINGDOM; LINK  
LIVE; MASTERED; MISSING  
NIGHTMARE; NUMBER-THREE  
SHORT; STORY; STUDENT-OF-LIFE  
SUFFER; TIGHTROPE; VICIOUS  
WORSE

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