

The Scoop

Published by the Antelope Valley Intergroup of Alcoholics Anonymous

Antelope Valley

March 2016

Election of Officers of the

Intergroup

Steering Committee



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Please contribute to Central Office
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christman_jess2011@live.com
(Please limit submission to 500 words
or less.)

At the January & February Intergroup Steering Committee Meetings, the following AA members were nominated:

Chairman: Ron K. & Jessica C.
Co-Chairman: Veronica, Charlie, & Dave S.
Secretary: Rico & Leslie

Election ballots are available from February 25th at Central Office through the Intergroup meeting on March 3rd at 7pm.

Hours are Saturday, 10:00am to 5:00pm, and Monday through Thursday, 10:00am to 5:00pm.

Ballots will be counted at the Intergroup Steering Committee Meeting on Thursday, March 3, at 7:00pm. All Alcoholics Anonymous members are eligible to vote.

Election results will be will be posted in the April Scoop.

All are welcome and encouraged to attend.

My average "Fit Spiritual Condition ".....a B + !

I was definitely overwhelmed in my early readings in the Big Book about ..." perfect and enlarge his spiritual life ".....was going to be required to stay sober. Sounded to me like something for monks and preachers. I had no plans along those lines ! Further reading and talks with my Sponsor, plus observing Oldtimers, helped me understand that these were noble ideas but probably not doable by the most alcoholics. Especially the word .."perfect" .. had me dazzled. One fellow in the area did in fact sell everything he had and went to live at a Monastery on the East Coast, took his 24-Hr Book along . He seemed a little weird when he came back, a really nice guy, also very wise it seemed to me. He got a job as an Alcoholism Counselor for a major midwest company.

The Big Book helped a lot with the direction I found..." the spiritual life is not a theory, we have to live it"...!! Each of the 12 steps to me is a preparation for the next step. Steps that point me to God Consciousness and the prayers are very influential on my emotional sobriety,.....it's about the 'calming' that the 24-Hr book mentions. However, the Human Condition is that I am not perfect, and can't expect my self to be totally wrapped spiritually tight at all times. I have character flaws that persist in chipping at my spirituality from time to time. I forgive myself, ask for His forgiveness, make amends where indicated and come up smiling and VERY GRATEFUL for my imperfect spirituality....a B+ ain't that bad !!

Grade your work,...it's interesting !!

By: Arne P., A.A. 1976

Step 3

"Made a decision to turn our will and our lives over to the care of God as we understood 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 say 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 Higher 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.*”

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how *can* he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

Third Tradition

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

Early intolerance based on fear. To take away any alcoholic’s chance at A.A., was sometimes to pronounce his death sentence. Membership regulations abandoned. Two examples of experience. Any alcoholic is a member of A.A. when *he* says so.

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 gone, 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 Tradition**

Page 158: *The only requirement for A.A. membership is a desire to stop drinking.*

Twelve Steps and Twelve Traditions, p. 139

I first heard the short form of the Third Tradition in the Preamble. When I came to A.A. I could not accept myself, my alcoholism, or a Higher Power. If there had been any physical, mental, moral, or religious requirements for membership, I would be dead today. Bill W. said in his tape on the Traditions that the Third Tradition is a charter for individual freedom.

The most impressive thing to me was the feeling of acceptance from members who were practicing the Third Tradition by tolerating and accepting me. I feel acceptance is love and love is God's will for us.

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation."

Alcoholics Anonymous, p. 568 – quote from Herbert Spencer

Quotable Quotes

When the Author walks on the stage, the play is over.

I should work the steps, not my sponsor.

Acting is the ability to be somewhere else at all times.

The word liver has life in it.

I crossed the line early, and I stayed late.

Honor is the gift a man gives himself.

When I took the Steps, all kinds of nonsense started slipping away from my life.

If the whole universe has no meaning, we should have never found out that it has no meaning.

I'm afraid I don't have any fears!

"There's good news and bad news. The good news? There is a solution! The bad news? We're it!"

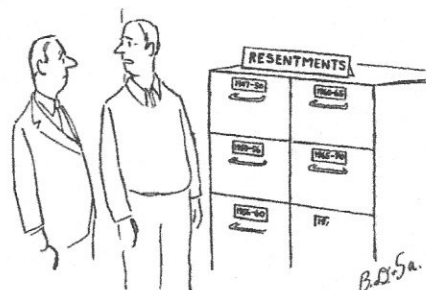
A lack of rigorous honesty can lead to rigorous mortis.

Sometimes I just need to get things off of your mind.

Word Game

ACCEPTANCE, ACID TEST
BEGINNING, CIRCUMSTANCE
DEPENDANCE, DISCIPLINE
RESPOND, STRENGTH
SURRENDER, UNDERSTOOD
UNLOCK, VESSEL

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



"This way I know I'll never run out."

March 2016 Office Manager Report

	Jan '16	Feb '16	YTD Total
Sales of Goods	\$5,480.26	\$3,599.02	\$9,079.28
Expenses	(\$4,910.39)	(\$994.85)	(\$5,905.24)
Cost of Goods	(\$4,494.53)	(\$2,870.95)	(\$7,365.48)
Contributions	\$3,917.37	\$1,609.36	\$5,526.73

Net Income	(\$7.29)	\$1,342.58	\$1,335.29
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Contributions

Group	Jan '16	Feb '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$467.68		\$467.68
A.V. Hospital ~ 2 West	\$0.00		\$0.00
A.V. Men's Stag Quartz Hill	\$233.40	\$143.40	\$376.80
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$0.00		\$0.00
Alano Club Wednesday Dare to be Different	\$0.00		\$0.00
Anonymous Donations	\$392.40	\$111.23	\$503.63
Any Lengths Group	\$0.00		\$0.00
Arbor Court Tuesday	\$0.00		\$0.00
A Women's Story	\$0.00		\$0.00
Birthday Celebrants	\$0.00	\$17.00	\$17.00
B.Y.O.C. A.V. Y.P.	\$0.00		\$0.00
Big Book Ladies Women	\$0.00		\$0.00
California City Clubhouse	\$130.35	\$90.30	\$220.65
Crown Valley Group	\$0.00		\$0.00
Founders Month	\$0.00		\$0.00
Friday Night Non-Smoker Speaker Mtg	\$0.00		\$0.00
Fund Raiser Monthly 50/50	\$0.00		\$0.00
High Desert Big Book	\$0.00	\$451.81	\$451.81
High Desert Hospital Friday	\$40.00		\$40.00
High Desert Medical Group	\$59.12		\$59.12
Intergroup Meeting	\$24.31	\$22.00	\$46.31
Into Action	\$10.00	\$20.00	\$30.00
Lake Hughes Friday Night	\$0.00		\$0.00
Lake Hughes Men's Stag	\$0.00		\$0.00
Lake Hughes Monday Night	\$0.00	\$100.00	\$100.00
Mid-Day Modification	\$289.11	\$305.85	\$594.96
Mojave Big Book Awakening	\$10.00		\$10.00
Mojave Group New Beginnings	\$10.00		\$10.00
P.M. Modification	\$410.53		\$410.53
Palmdale Group	\$0.00		\$0.00
Pearblossom Group	\$0.00		\$0.00
Rainbow Group	\$0.00		\$0.00
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00
Rosamond Wednesday 7 Minutes to Sobriety	\$0.00		\$0.00
Saturday Morning Men's Stag	\$0.00		\$0.00
Stepping Stones	\$28.00		\$28.00
Sunday Night B.B.S. 7th Day Advent	\$0.00		\$0.00
The 10,11,12 Group	\$0.00		\$0.00
The Shop Wednesday Night	\$0.00		\$0.00
Wednesday Night BBS @ The Grange	\$0.00	\$250.00	\$250.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity Monday	\$0.00	\$97.77	\$97.77

TOTALS	\$2,104.90	\$1,609.36	\$3,714.26
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This is YOUR Central Office
~ your input is important!

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"

CALENDER

OF EVENTS

AA BIRTHDAYS

Living in the Present

Al-Anon Convention – March 5, 2016

38630 5th Street West, Palmdale

**The Men of AA Wish to Serve You
Spaghetti Dinner & Speaker – AV Round-
Up Fundraiser, March 20th, 5:00 pm
2101 East Palmdale Blvd, Palmdale**

NEW MEETING ~ Spanish Speaking

Esperanza en Quartz Hill

(Hope in Quartz Hill)

Domingo (Sunday) 9:30 am

Grange Hall – 41843 50th Street West

Business Meetings

***Thursday, Mar 3, 2016 Intergroup Business Meeting
@ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster**

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

***Sunday, Mar 13, 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 Mar 12, 2016, 9:00 am District # 7 Business
meeting @ Women's Club, 33201 Agua Dulce Rd., Agua
Dulce**

**All Groups ~ please provide Central
Office with your phone and birthday list
so our records are up to date!**

<i>March</i>		
Amy D.	3/7/2014	2
C. Bobo	3/11/2013	3
Mike S.	3/22/2013	3
Anthony	3/15/2012	4
Colleen E.	3/28/2012	4
Kat H.	3/30/2012	4
Nicholas S.	3/15/2012	4
Ron L.	3/12/2012	4
Thomas D.	3/28/2012	4
Jessie M.	3/2/2011	5
Ellie	3/6/2011	5
Mary A.	3/6/2011	5
Deborah C.	3/15/2011	5
Karen D.	3/18/2011	5
Maile S.	3/19/2011	5
Ann W.	3/17/2010	6
Chris	3/3/2010	6
Chrissy	3/3/2010	6
Ira	3/1/2010	6
Maureen B.	3/21/2010	6
Paul H.	3/13/2010	6
Allen A.	3/28/2009	7
Brent S.	3/26/2009	7
Carri I.	3/9/2009	7
Cielita O.	3/16/2009	7
Brent S.	3/26/2009	7
Joe S.	3/29/2009	7
Keith M.	3/13/2009	7
Brandon D.	3/28/2008	8
Clinton	3/23/2008	8
Josh C.	3/16/2008	8
Kamryn	3/9/2008	8
Rosemary N.	3/6/2008	8
Brandy Q.	3/12/2007	9
Christi N.	3/15/2007	9
Johnny P.	3/26/2007	9
Latasha W.	3/6/2007	9
Lavern C.	3/8/2007	9
Louis D.	3/28/2007	9
Paul D.	3/18/2007	9
Samantha W.	3/20/2007	9
Joseph R.	3/14/2006	10
Jovan S.	3/18/2006	10
Karen B.	3/15/2006	10
Anna G.	3/16/2005	11
Chris B.	3/1/2005	11
Hal F.	3/3/2005	11
Kirk F.	3/26/2005	11
Mike C.	3/18/2005	11
Gina G.	3/22/2004	12
Jim G.	3/17/2004	12
JoDee L.	3/14/2004	12

<i>March</i>		
Nancy H.	3/12/2004	12
William	3/23/2003	13
Marcus H.	3/22/2002	14
Oscar G.	3/20/2001	15
Sandy M.	3/22/2001	15
Troy D.	3/27/1998	18
Chris G.	3/21/1997	19
Janice M.	3/14/1997	19
Patti	3/27/1997	19
Paul O.	3/4/1997	19
Diane M.	3/29/1996	20
Janine B.	3/29/1996	20
Juliet K.	3/7/1996	20
David W.	3/29/1995	21
Sarah G.	3/18/1994	22
Ivrina K.	3/9/1993	23
Yvette L.	3/1/1993	23
Kathryn O.	3/1/1992	24
Jerry G.	3/20/1991	25
Louis G.	3/3/1991	25
Deb W.	3/2/1990	26
Jim P.	3/4/1990	26
Gayle C.	3/26/1989	27
Keith C.	3/17/1989	27
Owen L.	3/10/1989	27
Robert W.	3/17/1989	27
Don H.	3/15/1985	31
Mario S.	3/17/1985	31
Robert K.	3/10/1985	31
Trisha	3/28/1984	32
Jim S.	3/27/1983	33
Pat C.	3/20/1983	33
Robin W.	3/9/1983	33
Terry H.	3/6/1983	33
Jose	3/5/1982	34
Mary B.	3/21/1982	34
Uncle Andy	3/1/1982	34
John G.	3/19/1981	35
Richard Ross	3/28/1981	35
Roy Y.	3/3/1980	36
Bob D.	3/9/1978	38
Jackie O.	3/1/1978	38
Mike A.	3/5/1978	38
Holland C.	3/7/1977	39
Judy H.	3/22/1977	39
Valerie R.	3/13/1977	39
Sheryl N.	3/10/1976	40
Helen C.	3/5/1975	41
Larry M.	3/3/1971	45
Fred D.	3/10/1970	46
Annie C.	3/10/1968	48
Fred C.	3/25/1965	51
Total January Years = 1893		

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