

# THE SCOOP

MARCH 2026

**AV Intergroup of AA**  
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**300-word limit, please!**  
**Expectations and Surrender**  
**Pg.1**

**A Bit on the Third Step and**  
**Tradition Pg.1**

**Then. And Now. A Poem**  
**P.2**

**A Few**  
**Words**  
**About**  
**H&I**  
**Pg. 2**



In his coming-of-age novel *Great Expectations*, Charles Dickens, wrote . . ." those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade . . ." His protagonist, Pip has a journey metaphorically like many of our own. Expectations great and small, from within and without

can be perilous for our recovery. Embracing the principle of *Surrender* (and by extension, *Faith*) is a sure-fire way to keep expectations "right-sized".

In Alcoholics Anonymous, Step Three states: "*Made a decision to turn our will and our lives over to the care of God as we understood Him.*" This step embodies the principle of surrender. The *Big Book* explains that self-will has often blocked recovery: "Selfishness—self-centeredness! That, we think, is the root of our troubles." Step Three invites members to release that self-centered control and instead trust a Higher Power of their own understanding. It is not passive resignation, but an active decision to live by spiritual principles rather than impulse or fear. Tradition Three declares: "*The only requirement for AA membership is a desire to stop drinking.*" The *Twelve Steps and Twelve Traditions* emphasize inclusivity, reminding groups that AA exists to help alcoholics recover—not to judge or exclude them. Just as individuals surrender self-will in Step Three, groups surrender control and gatekeeping through Tradition Three. Together, these principles teach that freedom comes through humility: letting go of control personally and practicing acceptance collectively.

*A poem by someone many of us know.  
Submitted without a title, I named it:  
Then. And Now. by Lisa. R*

**April 2017**

I'm madder than the mad hatter for my kids.

I used to live it like insanity.

Trying to soak up every last drop like there's no tomorrow and it's going out of style

Now I'm coming back to crazy for it wasn't that I didn't know what I had while I was current.

It was stolen from me like as if the moon from the solar System to Earth was to take off as the sun does in the sunset, with no plans to return.

The grievance is at its abundance (grief)

It's beyond a manic depression

Soon its last institutional for a suicidal watch for the hospice

It's the empty of a black hole with the pain of a slow murder. Everyone to listen, No one to help.

Your fears are like a feather blow them away. Give them to God, face your fears

**December 2025**



I'm still madder than the matter hatter for my kids, I get to live it like insanity I enjoy soaking up every last drop like there's no tomorrow and it's going out of style. I know they're growing up too fast I got my kids back that were stolen from me from my disease. I now know when the sun sets. There will be a sunrise long as I stay thorough in my recovery. I have to stay vigilant as if my disease plans to return.

My life is at its abundance; It's beyond a spiritual awakening.

It's freedom from the hospice with another chance to live again. My life is full as a white hole as my cup overfills, it's mercy from death row with hands out, If you reach out your fears are like a feather blow them away. Give the God face your fears.

A Few Words About H&I by Margie J I was first introduced to Hospitals and Institutions (H&I) as a newcomer in Alcoholics Anonymous (AA) in 2018. I was struggling to believe in a power greater than myself, so I made the Group Of Drunks my first G.O.D. My G.O.D. told me to get service commitments, so when someone mentioned that they went on an AA panel to a local treatment center, I signed up. I mostly shared the mess and my struggles working the first three steps of the program. I knew little of what it meant to live a sober life but knew that the program was helping me stay physically sober, so that is what I shared.



I was re-introduced to H&I at seven years sober. I had just moved to the Antelope Valley after several years of resting on my laurels in online meetings during and after the COVID-19 pandemic. I did not realize how uninvolved in AA I had become until a job change and move forced me to find a new homegroup. I wandered into a 6:30am Saturday morning meeting hoping to find a few early risers. I was pleasantly surprised to find a packed birthday meeting full of happy, involved, and long-term sober alcoholics. The God that it took me so long to believe in was smiling on me that morning. A few months later, I was sitting next to one of those happy alcoholics and he handed me a clipboard. He was involved in H&I and looking for people to sign up to take panels to a local treatment center. I had no idea what that entailed, but I signed up anyway.

I was nervous about organizing and taking a group of alcoholics to a treatment center for the first time. I shared this with a gentleman in my home group, and he offered to go on my first panel with me to show me the ropes. On the appointed Saturday, he and another old-timer showed up at my house and piled into my car. They shared their stories of experience, strength, and hope in AA while I drove the hour there. By the time we got there, I was at ease. I was the youngest member of our group in age and sobriety and got so much out of what the old-timers shared. We had another lovely chat all the way home and I caught the high of H&I. God again was doing for me what I could not do for myself.

Now eight years into my physical sobriety I realize that service work, like H&I, is a vital ingredient to me living a happy, sober, and productive life. While I stayed physically sober without service work, I was not living the happy life that the book talks about. I now know that I must continue to live the 12 steps of Alcoholics Anonymous and give back what was so freely given to me through service work if I am to be one of those happy, involved, and long-term sober alcoholics that I so admire.

# March 2026 Office Manager Report

	Jan	Feb	YTD Total
Sales of Goods	\$4,499.76	\$4,401.08	\$8,900.84
Expenses	(\$6,434.88)	(\$4,717.02)	(\$11,151.90)
Cost of Goods	(\$5,278.16)	(\$7,868.23)	(\$13,146.39)
Contributions	\$2,449.44	\$4,935.20	\$7,384.64
<b>Net Income</b>	<b>(\$4,763.84)</b>	<b>(\$3,248.97)</b>	<b>(\$8,012.81)</b>



## Contributions

Group	Jan	Feb	Total
A Gathering of Women	\$0.00	\$90.00	\$90.00
AM/Mid-Day Mod	\$482.12	\$945.36	\$1,427.48
Anonymous	\$109.93	\$170.22	\$280.15
Any Lengths Group	\$0.00	\$0.00	\$0.00
AV Men's Stag	\$0.00	\$178.38	\$178.38
AV Roundup	\$0.00	\$0.00	\$0.00
AVYPAA	\$0.00	\$0.00	\$0.00
Birthday	\$75.00	\$0.00	\$75.00
Cal City Clubhouse	\$0.00	\$0.00	\$0.00
Crown Valley Group	\$96.00	\$78.00	\$174.00
Daily Reflections	\$0.00	\$0.00	\$0.00
District 7	\$646.87	\$0.00	\$646.87
Faithful Fiver	\$454.00	\$363.00	\$817.00
High Desert BB Grp	\$0.00	\$1,986.41	\$1,986.41
Intergroup Fundraisers	\$40.00	\$35.00	\$75.00
Into Action	\$0.00	\$0.00	\$0.00
Joe & Charlie Book Study	\$0.00	\$0.00	\$0.00
Lake Hughes Group	\$128.00	\$135.00	\$263.00
New Beginnings	\$0.00	\$0.00	\$0.00
Open Door	\$0.00	\$0.00	\$0.00
Open Participation	\$0.00	\$0.00	\$0.00
Palmdale Grp	\$0.00	\$940.33	\$940.33
Palmdale Mon Noon 12 & 12	\$0.00	\$0.00	\$0.00
Pearblossom Grp	\$0.00	\$13.50	\$13.50
Pearblossom 24 Hr/Daily Ref	\$0.00	\$0.00	\$0.00
PM Mod	\$129.20	\$0.00	\$129.20
Quartz Hill Unity Grp	\$0.00	\$0.00	\$0.00
Rainbow Grp	\$50.00	\$0.00	\$50.00
Recovery @ The Ranch	\$0.00	\$0.00	\$0.00
Rosamond Sun Night	\$0.00	\$0.00	\$0.00
Rule 62 Grp	\$0.00	\$0.00	\$0.00
Sat AM Men's Stag	\$0.00	\$0.00	\$0.00
Step Workshop Meeting	\$0.00	\$0.00	\$0.00
Sun Love & Tolerance	\$0.00	\$0.00	\$0.00
Sun Night BBS	\$0.00	\$0.00	\$0.00
Thursday Night Step Study	\$0.00	\$0.00	\$0.00
Tuesday Topic Mtg - Alano	\$0.00	\$0.00	\$0.00
Unity Group	\$0.00	\$0.00	\$0.00
We Care	\$0.00	\$0.00	\$0.00
Wed Night BBS	\$0.00	\$0.00	\$0.00
Westside Grp	\$0.00	\$0.00	\$0.00
Women in Recovery	\$0.00	\$0.00	\$0.00
Women Seeking Serenity	\$0.00	\$0.00	\$0.00
Sober Sisters	\$0.00	\$0.00	\$0.00
Homebound Grp	\$0.00	\$0.00	\$0.00
<i>Digital Contributions</i>	<i>\$238.32</i>	<i>\$0.00</i>	<i>\$238.32</i>
<b>TOTALS</b>	<b>\$2,449.44</b>	<b>\$4,935.20</b>	<b>\$7,384.64</b>

Beth S.	3/7/2024	2	Pamela S.	3/31/2006	20
Betsy C.	3/31/2023	3	Anna G.	3/16/2005	21
Larry C.	3/17/2022	4	Chris B.	3/1/2005	21
Wade K.	3/12/2021	5	Hal F.	3/3/2005	21
Rubin Z.	3/16/2020	6	Kirk F.	3/26/2005	21
Tim Y.	3/2/2016	10	Mike C.	3/18/2005	21
Cynthia J.	3/6/2016	10	Gina G.	3/22/2004	22
Teresa K.	3/10/2015	11	Jim G.	3/17/2004	22
Angeline P.	3/10/2015	11	JoDee L.	3/14/2004	22
Paul F.	3/1/2014	12	Nancy H.	3/12/2004	22
Leslie G.	3/26/2014	12	William	3/23/2003	23
Amy D.	3/7/2014	12	Marcus H.	3/22/2002	24
C. Bobo	3/11/2013	13	Oscar G.	3/20/2001	25
Mike S.	3/22/2013	13	Sandy M.	3/22/2001	25
Anthony	3/15/2012	14	Troy D.	3/27/1998	28
Colleen E.	3/28/2012	14	Chris G.	3/21/1997	29
Kat H.	3/30/2012	14	Janice M.	3/14/1997	29
Nicholas S.	3/15/2012	14	Patti	3/27/1997	29
Ron L.	3/12/2012	14	Paul O.	3/4/1997	29
Mike S.	3/23/2012	14	Diane M.	3/29/1996	30
Thomas D.	3/28/2012	14	Janine B.	3/29/1996	30
Jessie M.	3/2/2011	15	Juliet K.	3/7/1996	30
Ellie	3/6/2011	15	David W.	3/29/1995	31
Mary A.	3/6/2011	15	Sarah G.	3/18/1994	32
Deborah C.	3/15/2011	15	Ivrina K.	3/9/1993	33
Karen D.	3/18/2011	15	Yvette L.	3/1/1993	33
Maile S.	3/19/2011	15	Kathryn O.	3/1/1992	34
Ann W.	3/17/2010	16	Jerry G.	3/20/1991	35
Chris	3/3/2010	16	Louis G.	3/3/1991	35
Chrissy	3/3/2010	16	Deb W.	3/2/1990	36
Ira	3/1/2010	16	Jim P.	3/4/1990	36
Maureen B.	3/21/2010	16	Gayle C.	3/26/1989	37
Paul H.	3/13/2010	16	Keith C.	3/17/1989	37
Allen A.	3/28/2009	17	Owen L.	3/10/1989	37
Brent S.	3/26/2009	17	Robert W.	3/17/1989	37
Carri L.	3/9/2009	17	Don H.	3/15/1985	41
Cielita O.	3/16/2009	17	Mario S.	3/17/1985	41
Brent S.	3/26/2009	17	Robert K.	3/10/1985	41
Joe S.	3/29/2009	17	Trisha	3/28/1984	42
Keith M.	3/13/2009	17	Jim S.	3/27/1983	43
Brandon D.	3/28/2008	18	Robin W.	3/9/1983	43
Clinton	3/23/2008	18	Terry H.	3/6/1983	43
Josh C.	3/16/2008	18	Jose	3/5/1982	44
Kamryn	3/9/2008	18	Mary B.	3/21/1982	44
Rosemary N.	3/6/2008	18	Uncle Andy	3/1/1982	44
Brandy O.	3/12/2007	19	John G.	3/19/1981	45
Christi N.	3/15/2007	19	Richard Ross	3/28/1981	45
Johnny P.	3/26/2007	19	Roy Y.	3/3/1980	46
Latasha W.	3/6/2007	19	Jackie O.	3/1/1978	47
Lavern C.	3/8/2007	19	Mike A.	3/5/1978	47
Louis D.	3/28/2007	19	Judy H.	3/22/1977	48
Paul D.	3/18/2007	19	Valerie R.	3/13/1977	48
Samantha W.	3/20/2007	19	Sheryl N.	3/10/1976	49
Joseph R.	3/14/2006	20	Helen C.	3/5/1975	50
Jovan S.	3/18/2006	20	Larry M.	3/3/1971	55
Karen B.	3/15/2006	20	Fred C.	3/25/1965	61

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

Total Years = 2,793

## Managers Corner

**Intergroup Elections Happening Now ~ Come in and vote! As you can see we need some volunteers to help clean the office once a week. Please call to sign up!**

**Thank You Saturday Volunteers!!**

- 1st ~ Larry W. & Vacant
- 2nd ~ Wendy W. & Carolyn B.
- 3rd ~ Nonna W. & Vacant
- 4th ~ Heather C. & Vacant
- 5th ~ Heather C. & Vacant

*Thank you for allowing me to be of service!!*

Jeffrey Harlow

Don't forget to visit us on the Web!

