

May 2016

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

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Email Scoop submissions: Jessica Christman Christman_jess2011@live.com

Please limit submissions to 500

The Swap

Powerlessness

By Neece J., A.A. 2011

On the morning of December 31, 2015 I woke up with a terrible headache, the left side of my face was swollen, and my balance was off. I went to an AA meeting in Palmdale. While sitting in the meeting my pain grew worse and my face continued to swell. I left the meeting and went straight to Kaiser Urgent Care. Due to my physical appearance and my vitals I was rushed in to see a doctor. The doctor said I was in stroke mode. Because of my brain surgery in 2014 and my complaint of a severe headache I was transferred to AV Hospital by ambulance. After the intake nurse ask my name and member number I was rolled in the hallway on the EMT gurney and laid there for 2 hours. There was several EMT's with patience lined up along the wall. It looked like the runway of an airport with airplanes waiting to take off. I was transferred to a hospital bed and still left in the hallway.

After about 45 minutes later I was taken to get an X-ray then placed back in the hallway. Another hour passed and I was taken to get a CT scan. Again was placed back in the same spot. So here it is 4 hours later and still I have not been seen by a doctor or nurse. My pain was so great at this point I was begging for help. They finally let my partner in the back where I was.

She was very upset that I was still just lying in the hallway suffering in pain. She said I'll get you some help. She paused closed her eyes and we said

the Serenity Prayer. She asked God to direct her to someone who could help us. She noticed all the nurses and doctors taking direction from this one man. She walked over to this man standing in the middle of the ER and explains what was going on and that I have been in the hallway for 5 hours without any assistance. This man walked over and asks my pain level and had a nurse take my vitals. By this time I was having a stroke. He said I'm moving you to the other side. She ask how long would it take. He said I'm going to move her myself. He begin to roll me through to the other side and put me in a private room.

From this point I had several doctors and nurses working on me. I was grateful he showed up when he did. My partner asks who he was and to our surprise he was the Executive Director of the ER. He stayed on top of my case until I was released. The moral of the story is because of the faith I have in God and the comfort of the Serenity Prayer I was able to get through this feeling of powerlessness while in extreme pain.

The Pink Shirt

By: Jessica C., A.A. 2011

I was about 18 months sober and waiting to get picked up by a group of people headed to Tehachapi prison panel. Vic looked at me and so "No, you can't wear blue." So then we quickly had to stop by a Michaels to run in and grab a shirt. The only color that I quickly thought might be safe was pink. Black yoga pants, pink shirt, and slip on

Calendar Events

May 15th 8:00am, Palmdale Group *Take Your Sponsor to Breakfast* Hosted by the AV Round-Up

May 21st 9:00pm, Palmdale Group *Movie Night*

Join us for drinks, popcorn & goodies!

June 11th 2:00-6:00pm, Grange Hall 81st AA Birthday Celebration

Central Office fundraiser hosted by the Mid-Day Mod ~ BBQ, speaker, & fellowship!

June 24th – 26th AV Fairgrounds – Van Dam Bldg AV Round-Up

Our 43rd Annual Convention ~ speakers, dance, and Casino Night!

June 25th 8:30 - Midnight, Van Dam Bldg Casino Night

Learn how to play a new game and win chances for raffle prizes . . . including a 55" LED 1080p Flat Screen TV with Roku!

New Meetings

Chocks & Chains Mon, Tues, & Fri @ 7:30pm Chapel 2, Room 40-41

Contact Mike for base access ~ phone number available @ Central Office

Continued on Page 4

shoes I double checked myself of any wire or shoelaces. Ok, I am ready to get scanned in. I follow the group and get in with the one yard crew. Don't know what that means, but I head with them.

We get in a car to drive further into the prison and I see more fences and wire. There are animals outside which I found interesting. We show ID and walk to a huge hall. Gradually a bunch of men come filing in. There are a couple of men to make coffee and begin the meeting. I think in my headwhat am I doing here? But, God has me in certain places for a certain reason and so I listen. I'm simply here to share my story about experience, strength and hope. I listen to the lead panel member share and then know it's my turn now.

I stand up front of about 100 men and speak loud hoping that they can hear me, but suddenly I find myself comfortable and able to laugh and share my story. Then suddenly I hear the words of my Higher Power come out and I am amazed that I am sharing so openly. I see their nods and certain looks of curiosity as though they are trying to comprehend where I am going with my story, but realize that we all share a common language. I can't tell you what I said, but certainly something stayed with one.

I met him a couple of years later. I was volunteering with the Tarzana Alumni and setting up carwashes and activities, normal things I do nowadays. When the person beside me, whom was my right hand person backing me up, begins to share his story with me. He says "I remember the first time I saw you." I smile and hope it isn't bad.

"You wore a pink shirt and you shared your story. It was then I knew that you had what I wanted. So, I stayed and listened and found it amazing to see you again when I came here to Tarzana. Thank you for sharing your story."

At a time when I was wondering what I was doing, God gives an answer in the most special ways. And for that I am truly grateful. I continued for a while at Tehachapi prison panel till my schedule got busy. I still think of those inside and know that on Wednesday evening they are listening to a panel share. Today I continue to have my right hand person beside me as my best friend.

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 peace 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, add dramatic

descriptions of that part of our drinking behavior which our friends probably know about anyhow.

But of the things which really bother and burn us, we say nothing. Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. These will remain our secret. Not a soul must ever know. We hope they'll go to the grave with us.

Yet if A.A.'s experience means anything at all, this is not only unwise, but is actually a perilous resolve. Few muddled attitudes have caused us more trouble than holding back on Step Five. Some people are unable to stay sober at all; others will relapse periodically until they really clean house. Even A.A. oldtimers, sober for years, often pay dearly for skimping this Step. They will tell how they tried to carry the load alone; how much they suffered of irritability, anxiety, remorse, and depression; and how, unconsciously seeking relief, they would sometimes accuse even their best friends of the very character defects they themselves were trying to conceal. They always discovered that relief never came by confessing the sins of other people. Everybody had to confess his own.

G.ood O.rderly D.irection

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 suffers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at time 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 a miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today

"Well done, good and faithful servant!"

RIP Ron K.



Sober & of Service from December 31, 1975 — April 5, 2016

animates A.A.'s all around the globe.

The family of Ron K. would like to thank everyone for their thoughts & prayers, hugs, love, cards, flowers & food at the time of our loss. A special thank you to Sean and Mark & to all the guys for their help. Thanks Again, Jeannie & family"

Daily Reflections excerpt on the 5th Step

Page 135: The real tests of the situation are your own willingness to confide and our full confidence in the one with whom you share your first accurate self-survey. . . Provided you hold back nothing, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place.

-Twelve Steps and Twelve Traditions, p. 61-62

A tiny kernel of locked-in feelings began to unfold when I first attended A.A. meetings and self-knowledge then become a learning task for me. This new self-understanding brought about a change in my responses to life's situations. I realized I had the right to make choices in my life, and the inner dictatorship of habits slowly lost its grip.

I believe that if I seek God I can find a better way to live and I ask him daily to assist me in living a sober life.

Daily Reflections excerpt on the 5th Tradition

Page 309: The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe.

-Twelve Steps and Twelve Traditions, p. 151

The strength of Alcoholics Anonymous lies in the desire of each member and of each group around the world to share with other alcoholics their suffering and the steps taken to gain, and maintain, recovery. By keeping a conscious contact with my Higher Power, I make sure that I always nurture my desire to help other alcoholics, thus insuring the continuity of the wonderful fraternity of Alcoholics Anonymous.

Quotable Quotes

A frontal-lobotomy is better than a bottle in front of me.

30 days wasn't as hard as I thought it would be, it just took forever.

I found God on Santa Monica Pier, right where I left him 20 years ago.

I don't want to belong to a club that would have me as a member. –Woody A.

"Now if we will start from where we are and begin to bend our knees instead of our elbows and ask for His help." Sister Ignatia

"There is no spiritual angle. It's a spiritual program." Dr. Bob

There's nothing god likes to hear more

than a strange voice." Sister Ignatia

Continued from Page 2

Spirited Sisters Tuesdays @ 10:00am Alano Club Begins May 3rd

Keep Coming Back Mondays @ 7:00am *Alano Club*

Begins June 6th

I had a couple of wives before I got sober, but they weren't mine.

If I see your flaws and realize I have them too, then resentments are not possible.

It's not what they're doing to you, it's just what they are doing.

With those phone numbers, I don't file it, I dial it!

Conflict is the beginning of change.

People get well when they believe that others care about them!

The best hiding spot for booze is in my belly.



'I know you don't want anything to upset your serecity dear, but the house is on fire

Note From the Editor:

Let me know if there are suggestions about the Scoop. Do you like the layout? What would you like to read more? Do you have any questions or comments, please let me know. I am always looking for new writers and new experiences to share. Thank you. — Jessica C.

Word Game

ACCEPTANCE, ADMITTANCE, CHARACTER DECISION, FORGIVENESS, MONEY, PEACE PRESTIGE, PROPERTY, RELUCTANCE, REVEAL YESTERDAY

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

	Jan · Mar '16	Apr '16	YTD Total
Sales of Goods	\$13,410.85	\$4.654.40	\$18,065.25
Expenses	(\$8,073.37)	(\$2,518.79)	(\$10,592.16)
Cost of Goods	(\$11,580.04)	(\$3,266.99)	(\$14,847.03)
Contributions	\$6,835.65	\$1,757.88	\$8,593.53

Next Month is Founder's Month!

Net Income	\$593.09	\$626.50	\$1,219.59
	Contributions	4	

Continuutions					
Group	Jan · Mar '16	Apr '16	2016 Total	1	
Vomen	\$0.00		\$0.00	11st	
odification	\$771.77	\$818.06	\$1,589,83	2nd	
West	\$0.00		\$0.00	3rd	
Quartz Hill	\$446.40	\$152.20	\$598.60	4th	
	\$0.00		\$0.00	5th	
sday Night	\$0.00	\$88.00	\$88.00		

Thanks to the Saturday Volunteers *****************

Aurora J. & Juan A. Merredith F.. Darin F. & Frankie F. Erika B Wendy W.

From your Office Manager

We are in need of Volunteers ~ Call for more info! 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"

Group	Jan · Mar '16	Apr '16	2016 Total	7
A Gathering of Women	\$0.00		\$0.00	┦₁
A.M. Attitude Modification	\$771.77	\$818.06	\$1,589.83	
A.V. Hospital ~ 2 West	\$0.00	φοτο.υυ	\$0.00	
A.V. Men's Stag Quartz Hill	\$446.40	\$152.20	\$598.60	= 4
A.V. H & I	\$0.00	ψ104.40	\$0.00	= 5
Alano Club Thursday Night	\$0.00	\$88.00	\$88.00	= -
Alano Club Wednesday Dare to be Different	\$0.00	φου.σσ	\$0.00	+
Anonymous Donations	\$545.48	\$153.39	\$698.87	1
Any Lengths Group	\$0.00	ψ100.00	\$0.00	1
Arbor Court Tuesday	\$30.00		\$30.00	1
A Women's Story	\$100.00		\$100.00	1.
Birthday Celebrants	\$17.00	\$54.00	\$71.00	1
B.Y.O.C. A.V. Y.P.	\$0.00	\$29.00	\$29.00	1
Big Book Ladies Women	\$0.00	φ23.00	\$0.00	=
California City Clubhouse	\$346.15	\$155.35	\$501.50	=
Crown Valley Group	\$0.00	\$100.00	\$0.00	4
Founders Month	\$0.00		\$0.00	=
Friday Night Non-Smoker Speaker Mtg	\$0.00			4
Fund Raiser Monthly 50/50	\$0.00		\$0.00 \$0.00	4
High Desert Big Book	\$451.81		\$451.81	4
High Desert Hospital Friday	\$40.00	@E0.00	\$90.00	4
High Desert Medical Group	\$59.12	\$50.00	\$59.12	4
Intergroup Meeting		01470		4
Into Action	\$59.53	\$14.73	\$74.26	4
Lake Hughes Friday Night	\$30.00		\$30.00 \$0.00	4
Lake Hughes Men's Stag	\$0.00			4
Lake Hughes Monday Night	\$0.00		\$0.00	4
Mid-Day Modification	\$100.00	000 55	\$100.00	4
Mojave Big Book Awakening	\$691.73	\$96.77	\$788.50	4
	\$10.00		\$10.00	4
Mojave Group New Beginnings	\$10.00		\$10.00	4
P.M. Modification	\$808.42		\$808.42	4
Palmdale Group	\$0.00		\$0.00	4
Pearblossom Group	\$0.00		\$0.00	4
Rainbow Group	\$0.00		\$0.00	4
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00	4
Rosamond Wednesday 7 Minutes to Sobriety	\$0.00	A # 0 00	\$0.00	4
Rule 62 Grp	\$0.00	\$50.00	\$50.00	4
Saturday Morning Men's Stag	\$28.00		\$28.00	-
Stepping Stones	\$0.00		\$0.00	4
Sunday Night B.B.S. 7th Day Advent	\$0.00		\$0.00	4
The 10,11,12 Group	\$0.00		\$0.00	4
The Shop Wednesday Night	\$380.00		\$380.00	4
Wednesday Night BBS @ The Grange	\$0.00		\$0.00	1
Women in Progress	\$0.00		\$0.00	4
Women in Recovery	\$97.77		\$97.77	1
Women Seeking Serenity Monday	\$0.00	\$96.38	\$96.38	1

\$5,023.18

\$1,757.88

\$6,781.06

TOTALS

CALENDER

OF EVENTS

Take Your Sponsor to Breakfast

May 15th, 8am @ the Palmdale Group 1817 E. Ave Q, Unit A-15

Movie Night

May 21st, 9pm @ the Palmdale Group 1817 E. Ave Q, Unit A-15

AA's 81st B-Day BBQ

June 11th, 2pm @ the Grange Hall 41843 50th St W

Annual AV Round-Up Picnic

June 8th, 10am @ Rawley Duntley Park Avenue K near AV College

Annual AV Round-Up Poker Run

June 8th, 8am @ Harley Davidson Near Post Office on 20th St West

43rd Annual AV Round-Up

June 24-26th @ AV Fairgrounds Van Dam Bldg

Casino Night

June 25th, 8:30pm @ AV Fairgrounds Van Dam Bldg

Business Meetings

- * Intergroup Business Meeting: First Thursday of the month @ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster
- * <u>A.V. Round-Up Business Meeting:</u> First Sunday of the month @The Grange Hall at 6:00 p.m.; 50th St. W. & M-2 Q.H.
- * <u>H&I Business Meeting:</u> Second Sunday of the month_@Alano Club (<u>Newcomer orientation</u> 9:30 am prior to business meeting at 10:00 am) 104 East Ave. K-4, Suite J., Lancaster
- * <u>District # 7 Business Meeting:</u> Second Saturday of the month @ Women's Club, 33201 Agua Dulce Rd., Agua Dulce

New Meetings

*Spirited Sisters ~ Alano Club, 10am on Tuesdays – Women Only

AA BIRTHDAYS

May						
Andre' A.	5/31/2013	3				
Brice C.	5/22/2012	4				
Frank M.	5/4/2012	4				
Tom K.	5/1/2012	4				
Brian W.	5/6/2011	5				
Diane M.	5/29/2011	5				
Karen M.	5/10/2011	5				
Mario G.	5/17/2011	5 5 5				
Tammy S.	5/15/2011	5				
Theresa B.	5/7/2011	5				
Valerie Jo H.	5/25/2011	5				
	5/3/2010					
Ernesto H.		6				
Kevin G.	5/10/2010	6				
Paul B.	5/20/2010	6				
Wendell F.	5/27/2010	6				
Amy M.	5/2/2009	7				
Danielle G.	5/29/2009	7				
Edward S.	5/20/2009	7				
Eric M.	5/31/2009	7				
Kathi D.	5/6/2009	7				
Kathryn M.	5/29/2009	7				
Kathy S.	5/19/2009	7				
Lisa K.	5/20/2009	7				
Yvonne E.	5/5/2009	7				
Chris G.	5/21/2008	8				
Georgia A.	5/21/2008	8				
Jonie R.	5/21/2008	8				
Michael S.	5/13/2008	8				
Rickey C.	5/17/2008	8				
Robert M.	5/13/2008	8				
Ashley A.	5/8/2007	9				
	5/15/2007	9				
Bayla						
Brian O.	5/21/2007	9				
Cathleen K.	5/30/2007	9				
Melissa G.	5/14/2007	9				
Rive C.	5/10/2007	9				
Stan V.	5/9/2007	9				
Dave K.	5/14/2006	10				
Charlie P.	5/26/2005	11				
Kevin M.	5/4/2004	12				
Steve H.	5/2/2004	12				
Sylvia	5/7/2004	12				
Cathy W.	5/9/2003	13				
Dave M.	5/15/2003	13				
Debbie T.	5/7/2003	13				
Patti B.	5/21/2001	15				
Kopert B	5/27/2001	17				
Robert B. Tomas C.	5/27/2001 5/29/2001	15				
Tomas C.	5/29/2001	15				
Tomas C. James S.	5/29/2001 5/12/2000	15 16				
Tomas C.	5/29/2001	15				

7.	T	
IV.	ay	15
Carl F.	5/27/1999	17
Scott T.	5/30/1998	18
Terry M.	5/30/1998	18
Bob H.	5/27/1997	19
Kathy D.	5/5/1997	19
Paul M.	5/29/1997	19
Ray R.	5/17/1997	19
David P.	5/30/1995	21
Erich R.	5/15/1994	22
Linda M.	5/31/1994	22
Ron H.	5/14/1994	22
Ron J.	5/9/1994	22
Tom H.	5/7/1994	22
Earl W.	5/16/1993	23
Marsha Y.	5/15/1993	23
Steve W.	5/9/1993	23
Tom M.	5/14/1993	23
Betty C.	5/27/1992	24
David G.	5/16/1992	24
Laura E.	5/17/1992	24
Lee M.	5/25/1992	24
Cathy R.	5/1/1991	25
De Andre M.	5/29/1991	25
Kevin Mc	5/16/1991	25
Sharon L.	5/10/1991	25
Deto	5/21/1990	26
Joh F.	5/22/1990	26
Robert G.	5/9/1990	26
Scott T.	5/5/1990	26
Walt B.	5/13/1990	26
Robin K.	5/6/1989	27
Bill M.	5/20/1988	28
Kim C.	5/18/1988	28
Sandy C.	5/1/1987	29
Gene S.	5/7/1986	30
Lou B.	5/1/1986	30
Michele R.	5/26/1986	30
Tom K.	5/27/1986	30
Kim T.	5/12/1985	31
Beverly M.	5/12/1984	32
Paul E.	5/4/1984	32
Barbara	5/8/1983	33
Dawn E.	5/22/1983	33
Herbert H.	5/12/1983	33
Lori H.	5/15/1983	33
John C.	5/3/1982	34
Jose T.	5/3/1982	34
Loretta R.	5/25/1978	38
Don M.		
	5/2/1976	40
Ken L.	5/7/1976 5/5/1968	
Steve L.		47
Total Years	= 1,807	

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