



May 2018

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Please, 500 words or less

The Scoop

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.

Good Orderly Direction

From a letter by Bill W. in 1957

“We reacted more strongly to frustrations than normal people. By reliving these episodes and discussing them in strict confidence with somebody else, we can reduce their size and therefore their potency in the unconscious.”

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 a miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

Daily Reflections excerpt on the 5th Step

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
12 & 12, p.55

Since it is true that God comes to me through people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way.

It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace.

By revealing my secrets, and thereby ridding myself of guilt, I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.

Concept V

Throughout our structure, a traditional "Right of Appeal" out to prevail, so that minority

opinion will be heard and personal grievances receive careful consideration.

Winners of the Central Office Birthday Raffle

February winner: Nury R.
March winner: Sheryl N.

Drop into Central Office during your sobriety birthday month and get your ticket for the Birthday Raffle. And, the best part, it is FREE!!

Quotable Quotes

Collected by Dano B.

Having no virtue of its own, it is never so happy as when it is destroying the virtue of others. – King Alcohol

The line of least resistance is never the straight and narrow way. 1915- The Flying Squadron of America

He is not quite The Man Who Cannot hold the reins and the whip hand over his own life.

Do you interfere with the personal Liberty of others when you're exercising your own.

Word Game

ALIBIS, ALONENESS, ANXIETY, CONTROVERSY
COPERATION, DISHONESTY, DRY-BENDER
FORGIVENESS, FRUSTRATION, HIGHER-POWER,
HONESTY, INFERIORITY, INTOLERANCE
NEWCOMERS, PERSONALITIES, PRAYER, PRINCIPLES,
RATIONALIZATION RELATIONSHIPS

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

The only escape the drunkard has from the saloon is the grave. 1915-Prohibition Campaign

The secret handshake around here is one alcoholic talking to another.

Then there is doubt, there is no doubt. As far as my character defects, I undershot the mark. As far as my drinking, I overshot the mark.

Don't look for an A.A. Sponsor...Listen for an A.A. Sponsor.

He wasn't double dipping; he was bipolar.

Thank you for letting me learn from your behavior, good or bad.

You got to dummy up around here to get smart.

If you have a God in a box, let him out.
—Ann W. 10-28-16

Coming Events

Sorry, no May local events are listed on the web site. Please check the Central Office website for updates.

www.avcentraloffice.org

Tri-State 34th Annual Round-up
Starts May 17, ends May 20
1650 S. Casino Drive
Laughlin, NV 89029
Cost: \$30

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

Excerpt from *Dr. Bob and the Good Oldtimers*

Chapter V. The alcoholic in the Oxford Group

In 1934-35, Dr. Bob's wife and children were existing on the bare necessities and living in a shambles of broken promises, given in all sincerity.

Anne did what she could to hold the family together and prayed that her husband would somehow find an answer to his problem. "How my wife kept her faith and courage during all those years, I'll never know." Bob said "If she had not, I know I would have been dead a long time ago.

"For some reason, we alcoholics seem to have the gift of picking out the world's finest women," he said. "Why they should be subjected to the tortures we inflict upon them, I cannot explain."

In early 1933, about the time of the beer experiment, Dr. Bob and Anne had some into contact with the Oxford Group. It was a spiritual movement that sought to recapture the power of first-century Christianity in the modern world. Its founder, Frank Buchman, had brought followers into his First Century Christian Fellowship two decades earlier. His Oxford Group Movement, started in 1921, was based upon the same principles. (In 1939, he changed the name to Moral Rearmament.)

Members of the Oxford Group sought to achieve spiritual regeneration by making a surrender to God through rigorous self-examination, confessing their character defects to another human being, making restitution for harm done

to others, and giving without thought of reward—or, as they put it: "No pay for soul surgery." They did, however, accept contributions.

Emphasis was placed on prayer and on seeking guidance from God in all matters. The movement also relied on study of the scriptures and developed some of its own literature as well.

At the core of the program were the "four absolutes": absolute honesty, absolute unselfishness, absolute purity, and absolute love.

(In 1948, Dr. Bob recalled the absolutes as "the only yardsticks" Alcoholics Anonymous had in the early days, before the Twelve Steps. He said he still felt they held good and could be extremely helpful when he wanted to do the right thing and the answer was not obvious. "Almost always, if I measure my decision carefully by the yardsticks of absolute honesty, absolute unselfishness, absolute purity, and absolute love, and it checks up pretty well with those four, then my answer can't be very far out of the way," he said. The absolutes are still published and widely quoted at A.A. meetings in the Akron-Cleveland area.)

In addition to the four absolutes, the Oxford Groupers had the "five C's" and the "five procedures." The C's were confidence, confession, conviction, conversion and continuance, while the procedures were: Give in to God; listen to God's direction; check guidance; restitution; and sharing, for witness and confession.

(Continued in next edition of the Scoop.)

May 2018 Office Manager Report

	Jan - Mar '18	Apr '18	YTD Total
Sales of Goods	\$13,774.32	\$5,338.16	\$19,112.48
Expenses	(\$10,355.97)	(\$6,348.19)	(\$16,704.16)
Cost of Goods	(\$9,663.60)	(\$4,487.15)	(\$14,150.75)
Contributions	\$5,185.81	\$2,262.93	\$7,448.74
Net Income	(\$1,059.44)	(\$3,234.25)	(\$4,293.69)



Contributions

Group	Jan - Mar '18	Apr '18	2018 Total
A Gathering of Women	\$50.00		\$50.00
Alano Club	\$0.00		\$0.00
AM Mod	\$1,018.86		\$1,018.86
Anonymous	\$384.36	\$65.00	\$449.36
Any Lengths Group	\$0.00		\$0.00
Arbor Court	\$30.00		\$30.00
AV Hospital - Rm #CR101	\$0.00		\$0.00
AV Men's Stag	\$412.54	\$142.00	\$554.54
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$37.50		\$37.50
Birthday	\$40.00	\$34.00	\$74.00
Cal City Clubhouse	\$0.00		\$0.00
Clubhouse Meeting	\$16.00		\$16.00
Crown Valley Grp	\$300.00		\$300.00
Gathering of Women	\$0.00	\$50.00	\$50.00
H & I	\$0.00		\$0.00
High Desert BB Grp	\$718.53		\$718.53
High Desert Hospital	\$0.00		\$0.00
Intergroup Fundraisers	\$0.00	\$1,031.00	\$1,031.00
Into Action	\$151.00		\$151.00
Lake Hughes Men's Stag	\$60.00		\$60.00
Lake Hughes Monday Night	\$0.00		\$0.00
Little Red Book	\$0.00		\$0.00
Mid-Day Mod	\$396.67	\$185.85	\$582.52
New Beginnings	\$0.00		\$0.00
Open Door	\$0.00		\$0.00
Palmdale Grp	\$576.06	\$250.52	\$826.58
Pearlblossom Grp	\$370.00		\$370.00
PM Mod	\$78.39		\$78.39
Quartz Hill Unity Grp	\$360.90	\$180.00	\$540.90
Rainbow Grp	\$0.00		\$0.00
Rosamond Sun Night	\$78.39		\$78.39
Rule 62 Grp	\$0.00	\$100.00	\$100.00
Sat AM Men's Stag	\$0.00		\$0.00
SCV Sun Night Spkr	\$0.00		\$0.00
Spiritual Sunday - Alano	\$30.00		\$30.00
Step Workshop Mtg	\$0.00		\$0.00
Sun Night BBS	\$15.00		\$15.00
Thurs Night BBS @ Alano	\$0.00		\$0.00
We Care Grp	\$0.00		\$0.00
Wed Night BBS @ Grange	\$0.00	\$99.56	\$99.56
Westside Grp	\$0.00		\$0.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity	\$150.00	\$125.00	\$275.00
TOTALS	\$5,274.20	\$2,262.93	\$7,537.13

Adolfo T.	5/3/2015	3	James S.	5/12/2000	18
Erica B.	5/9/2015	3	Liz K.	5/30/2000	18
Jaclyn W.	5/13/2015	3	Stephanie H.	5/27/2000	18
Terry B.	5/16/2015	3	Carl F.	5/27/1999	19
Joel	5/11/2013	5	Scott T.	5/30/1998	20
Andre' A.	5/31/2013	5	Terry M.	5/30/1998	20
Brice C.	5/22/2012	6	Bob H.	5/27/1997	21
Frank M.	5/4/2012	6	Kathy D.	5/5/1997	21
Tom K.	5/1/2012	6	Paul M.	5/29/1997	21
Brian W.	5/6/2011	7	Ray R.	5/17/1997	21
Diane M.	5/29/2011	7	David P.	5/30/1995	23
Karen M.	5/10/2011	7	Erich R.	5/15/1994	24
Mario G.	5/17/2011	7	Linda M.	5/31/1994	24
Tammy S.	5/15/2011	7	Ron H.	5/14/1994	24
Theresa B.	5/7/2011	7	Ron J.	5/9/1994	24
Valerie Jo H.	5/25/2011	7	Tom H.	5/7/1994	24
Ernesto H.	5/3/2010	8	Earl W.	5/16/1993	25
Kevin G.	5/10/2010	8	Marsha Y.	5/15/1993	25
Paul B.	5/20/2010	8	Steve W.	5/9/1993	25
Wendell F.	5/27/2010	8	Tom M.	5/14/1993	25
Amy M.	5/2/2009	9	Betty C.	5/27/1992	26
Danielle G.	5/29/2009	9	David G.	5/16/1992	26
Edward S.	5/20/2009	9	Laura E.	5/17/1992	26
Eric M.	5/31/2009	9	Lee M.	5/25/1992	26
Kathi D.	5/6/2009	9	Cathv R.	5/1/1991	27
Kathryn M.	5/29/2009	9	De Andre M.	5/29/1991	27
Kathy S.	5/19/2009	9	Kevin Mc	5/16/1991	27
Lisa K.	5/20/2009	9	Sharon L.	5/10/1991	27
Yvonne E.	5/5/2009	9	Deto	5/21/1990	28
Chris G.	5/21/2008	10	Joh F.	5/22/1990	28
Georgia A.	5/21/2008	10	Robert G.	5/9/1990	28
Jonie R.	5/21/2008	10	Scott T.	5/5/1990	28
Michael S.	5/13/2008	10	Walt B.	5/13/1990	28
Rickey C.	5/17/2008	10	Robin K.	5/6/1989	29
Robert M.	5/13/2008	10	Bill M.	5/20/1988	30
Ashley A.	5/8/2007	11	Kim C.	5/18/1988	30
Bayla	5/15/2007	11	Sandy C.	5/1/1987	31
Brian O.	5/21/2007	11	Gene S.	5/7/1986	32
Cathleen K.	5/30/2007	11	Lou B.	5/1/1986	32
Melissa G.	5/14/2007	11	Michele R.	5/26/1986	32
Rive C.	5/10/2007	11	Tom K.	5/27/1986	32
Stan V.	5/9/2007	11	Kim T.	5/12/1985	33
Dave K.	5/14/2006	12	Beverly M.	5/12/1984	34
Charlie P.	5/26/2005	13	Paul E.	5/4/1984	34
Kevin M.	5/4/2004	14	Barbara	5/8/1983	35
Steve H.	5/2/2004	14	Dawn E.	5/22/1983	35
Sylvia	5/7/2004	14	Herbert H.	5/12/1983	35
Cathy W.	5/9/2003	15	Lori H.	5/15/1983	35
Dave M.	5/15/2003	15	John C.	5/3/1982	36
Debbie T.	5/7/2003	15	Jose T.	5/3/1982	36
Patti B.	5/21/2001	17	Loretta R.	5/25/1978	40
Robert B.	5/27/2001	17	Don M.	5/2/1976	42
Tomas C.	5/29/2001	17	Ken L.	5/7/1976	42

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

Total Years = 1,979

Managers Corner

In addition to your groups birthday list, Central Office would love to maintain a speaker list from each group. That way, if anyone is looking for speakers, they can just call! Thanks to all who made the Comedy Show fundraiser such a success, especially Leslie G. & Mike G.!! Congratulations to Stephanie S. April's Birthday Raffle Winner!

Thank You Saturday Volunteers!!

1st ~ Larry W. & Mel L.
2nd ~ Wendy W. & Vacant
3rd ~ Stephanie S. & Karen
4th ~ Debbie L. & Christine B.
5th ~ Christine F. & Chris T.

Thank you for allowing me to be of service!!

Jeffrey Harlow

Don't forget to visit us on the Web!

