

The Scoop

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Antelope Valley

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This month's Central Office

50/50 winner is: Ticket # 369452

Name: Stephanie S. Amount \$ 15.00

Jessica Drew the winning ticket!

CENTRAL OFFICE **IS HIRING NEW** **OFFICE MANAGER!**

Anyone who would like to apply for the position of Office Manager of the Antelope Valley Intergroup/Central Office can bring in an application or a resume, all during the month of November. Come into the office and you can talk to Wayne and get information as to the qualifications for this position. Office hours are Monday-Friday 10:00-5:00.

Thank You Wayne E

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Please contribute to Central Office

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(Please limit contributions to 500 words or less.)

My AA Wants !!

Early in sobriety I wasn't sure what I WANTED. Sober ? Well, yes, or maybe.....! Kept drinking between meetings for several months before finally getting 'dry'. The prospect of NEVER drinking was too much for me to handle...an Oldtimer told me to use my imagination for the next 24 hours. Simply imagine what I would do without a glass or bottle in my hand . It was simple and it was doable. My 'wants' now are pretty easy to identify. Here are a few;

1. Want to be SOBER!
2. Want to be Healthy
3. Want to be part of something spiritual
4. Want to set a good example
5. Want freedom from FEAR
6. Want to be responsible about money
7. Want to be a good listener
8. Want to have patience
9. Want to be helpful
10. Want to be interesting
11. Want to be GUILT free.
12. Want to have PEACE OF MIND!!

It seems that what I want is what the Doctors Opinion in the Big Book calls a 'psychic change' ! Bring It On !! A Real Adventure !!

By: Arne P. AA 1976

Commitments

This is where the rubber meets the Road.
It is where I practice all these principles in all my Affairs.

It's where I practice Love and Tolerance.

It's where Self-seeking slips away.

It's where I practice Humility, Empathy, and Altruism.

It's where prayer helps me to accept the thing they way they are,

instead of getting a resentment that I didn't get my way.

It is when I'm serving that I truly feel closest to God.

Commitments are one of many of the tools I've learned here in A.A. to stay sober.

By: Trevor B. A.A. 2012

In This Moment

As the dawn arises
Faith shall bestow upon us another day
May love always raise our smiles
Let the wind blow
Through our hearts
To carry us to another trail
We never be lonely
And laughter to console us
I let go of Yesterday
And accept Today.
One Day at a Time.

By: Jessica C. A.A. 2011

November is

Gratitude Month

Dig Deep!!

Let's keep

A. V. Central Office open.

Step 11

“Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.”

Prayer and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

The 11th Tradition

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

Without its legions of well-wishers, A.A. could never have grown as it has. Throughout the world, immense and favorable publicity of every description has been the principal means of bringing alcoholics into our Fellowship. In A.A. offices, clubs, and homes, telephones ring constantly. One voice says, “I read a piece in the newspapers...”; another, “We heard a radio program...”; and still another, “We saw a moving picture...” or “We saw something about A.A. on television...” It is no exaggeration to say that half of A.A.'s membership has been led to us through channels like these. The inquiring voices are not all alcoholics or their families. Doctors read medical papers about Alcoholics Anonymous and call for more information.

Clergymen see articles in their church journals and also make inquiries. Employers learn that great corporations have set their approval upon us, and wish to discover what can be done about alcoholism in their own firms. Therefore, a great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous. Through many painful experiences, we think we have arrived at what that policy ought to be. It is the op-posite in many ways of usual promotional practice. We found that we had to rely upon the principle of attraction rather than of promotion.

Daily Reflections - excerpt on the

11th Step

Page 315: The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing...

The Language of the Heart, p. 240

A sober alcoholic finds it much easier to be optimistic about life. Optimism is the natural result of my finding myself gradually able to make the best, rather than the worst, of each situation. As my physical sobriety continues, I come out of the fog, gain a clearer perspective and am better able to determine what courses of action to take. As vital as physical sobriety is, I can achieve a greater potential for myself by developing an ever-increasing willingness to avail myself of the guidance and direction of a Higher Power. My ability to do so comes from my learning—and practicing—the principles of the A.A. program. The melding of my physical and spiritual sobriety produces the substance of a more positive life.

Daily Reflections excerpt on the 11th
Tradition.

Page 342: *To us, however, it represents far more than a sound public relations policy. It is more than a denial of self-seeking. This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our fellowship.*

- *Twelve Steps and Twelve Traditions, p. 183*

The basic concept of humility is expressed in the Eleventh Tradition: it allows me to participate completely in the program in such a simple, yet profound, manner; it fulfills my need to be an integral part of a significant whole. Humility brings me closer to the actual spirit of togetherness and oneness, without which I could not stay sober. In remembering that every member is an example of sobriety, each one living the Eleventh Tradition, I am able to experience freedom because each one of us is anonymous.

Quotable Quotes

We drank for joy and became miserable.

We drank for sociability and became argumentative.

We drank for sophistication and became obnoxious.

We drank for friendship and made enemies.

We drank for sleep and awakened exhausted.

We drank for “medicinal purposes” and got sick.

We drank to get calmed down and ended up with the shakes.

We drank for confidence and became afraid.

We drank to make conversation flow more easily and the words came out slurred and incoherent.

We drank to diminish our problems and saw them multiply.

We drank to feel heavenly and ended up feeling like hell.

We drank to cope with life and invited death.

WORD GAME

BREATHE, CHANNEL, CONSCIOUS,
GROWTH, LIBRARIES, LISTEN, MEDITATION,
MOMENT, PRAYER, SEEK, SILENCE,
SPIRITUAL

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