

The Scoop

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Antelope Valley

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Please contribute to Central Office

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(Please limit contributions to 500 words or less.)

This month's Central Office

50/50 winner is: Ticket # 369437

Name: W.E. Amount \$ 22.00

RYAN L. Drew the winning ticket!

Why Go To AA Meetings???

As a newcomer and continuing thru the years, I do to AA meetings for a number of reasons. It has been my privilege to meet Oldtimers from many places, both in the US and overseas, they all have one thing in common; THEY CONTINUE to go to meetings. I like the result; I AM SOBER!!

Here is a list of some reasons I went to meetings thru the years;

1. My Sponsor told me it is a MUST!!
2. To listen to the Oldtimers, they live the Program.
3. To take notes so I could remember.
4. Because I felt safe from BOOZE.
5. I could sense the presence of a Higher Power.
6. To laugh at stories.
7. Because I was afraid NOT TO GO.
8. To encourage Newcomers.
9. To learn what NOT-TO-DO.
10. Look for help with The Steps.
11. To feel part-of.
12. To "hide" from the world outside.

13. To help people I sponsored.
 14. To learn from others.
 15. To enjoy International Flavor in other countries.
 16. To look for female companionship.
 17. To maintain GRATITUDE.
 18. To make announcements about AA events.
 19. To help with AA fund drives.
 20. To bring the US message to foreign countries.
 21. To set example.
 22. To contribute experience.
 23. To live in Solution, not whine.
 24. To fulfill commitments.
- AND.... I plan to keep going and going ..
Ad infinitum!! C U There.

By: Arne P., A.A 1976

Become an Intergroup Representative

An Intergroup Representative is elected by his/her group to represent the group at monthly meetings at the Central Office. The Intergroup Representative brings his/her group's comments and suggestions to the meeting. The Intergroup Representative is a link in the chain connecting the individual group with the operations of our Central Office so that it can best meet members' needs.

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: Can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tried to correct what is wrong.

The 10th Tradition

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared heard a heated, “Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't

argue these matters privately, it's a cinch we never shall publicly."

Daily Monitoring

The spiritual axiom referred to in the Tenth Step—"every time we are disturbed, no matter what the cause, there is something wrong with us"—also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.

--Daily Reflections p. 289

My Checklist Not Yours

Sometimes I don't realize that I gossiped about someone until the end of the day, when I take an inventory of the day's activities, and then, my gossiping appears like a blemish in my beautiful day. How could I have said something like that? Gossip shows its ugly head during a coffee break or lunch with business associates, or I may gossip during the evening, when I'm tired from the day's activities, and feel

justified in bolstering my ego at the expense of someone else.

Character defects like gossip sneak into my life when I am not making a constant effort to work the 12 Steps of recovery. I need to remind myself that my uniqueness is the blessing of my being, and that applies equally to everyone who crosses my path in life's journey. Today, the only inventory I need to take is my own. I'll leave judgment of others to the Final Judge – Divine Providence."

--Daily Reflections p. 297

As Bill Sees It (Letters from Bill W.)

Page 1 – Personality Change

"It has often been said of A.A. that we are interested only in alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking permanently without undergoing a profound personality change."

A Letter from Bill W., 1940

Page 55 – Seeking Guidance

"Man is supposed to think, and act. He wasn't made in God's image to be an automaton.

"My own formula along this line runs as follows: First, think through every situation pro and con, praying meanwhile that I be not influenced by ego considerations. Affirm that I would like to do God's will.

“Then, having turned the problem over in this fashion and getting no conclusive or compelling answer, I wait for further guidance, which may come into the mind directly or through other people or through circumstances.

“If I feel I can’t wait, and still get no definite indication, I repeat the first measure several times, try to pick out the best course, and then proceed to act. I know if I am wrong, the heavens won’t fall. I lesson will be learned, in any case.”

Letter, 1950

Quotable Quotes

No one in the cemetery has a single problem, but everyone there is dead—therefore problems constitute a sign of life!

We are not slow learners, we are just slow accepters.

Our fingertips do not fade from the lives we touch.

Acceptance is something I try after I’ve tried everything else!

God grant me patience and grant it to me now.

History is a place you can visit, but you don’t want to live there.

I slept like a baby when I was a newcomer..., waking up every two hours crying.

Sometimes I have to get on my knees to arise.

Treat people the way you want them to be, and maybe you will find out that they are!

Let go and Let God, but don’t let go of God.

My grandpa told me that there are two kinds of people: those who work and those who take the credit. He told me to be in the first group; there is so much less competition.

We don’t see things as they are. We see things as we are.

Word Game

ASSETS, BALANCE, CREDITS, DEBITS
HONESTY, LIABILITIES, MEDITATION
OUTLOOK, PERFECTION, PRINCIPLE
PROGRESS, PROMPTLY

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