



January 2017

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Please limit submissions to 500

# The Scoop

## My Higher Power

By: Neil B., A.A 2012

My Higher Power and I want to  
understand you  
In my mind how to define You  
Will I know of your Presence  
What is the feeling of Your essence  
Is it true do you exist?  
If so without you will I desist?  
I created all of my own Problems  
Now I look to You to help me solve  
them  
I always sought to feel Your guide from  
above  
And all I had to do was look in me for  
Your love  
In this my darkest hour  
Please embrace me my Higher Power.

- Neil B., A.A. 2012  
(2014 Issue)

## Step 1

*"We admitted we were powerless  
over alcohol—that our lives had  
become unmanageable."*

Who cares to admit complete  
defeat? Practically no one, of course.  
Every natural instinct cries out against  
the idea of personal powerlessness. It is  
truly awful to admit that, glass in hand,  
we have warped our minds into such an  
obsession for destructive drinking that  
only an act of Providence can remove it  
from us.

No other kind of bankruptcy is  
like this one. Alcohol, now become the

rapacious creditor, bleeds us of all self-  
sufficiency and all will resist its  
demands. Once this stark fact is  
accepted, our bankruptcy as going  
human concerns is complete.

But upon entering A.A. we  
soon take quite another view of this  
absolute humiliation. We perceive that  
only through utter defeat are we able to  
take our first steps toward liberation and  
strength. Our admissions of personal  
powerlessness finally turn out to be firm  
bedrock upon when happy and  
purposeful lives may be built.

We know that little good can  
come to any alcoholic who joins A.A.  
unless he has first accepted his  
devastating weakness and all its  
consequences. Until he so humbles  
himself, his sobriety—if any—will be  
precarious. Of real happiness he will  
find none at all. Proved beyond doubt  
by an immense experience, this is one  
of the facts of A.A. life. The principle  
that we shall find no enduring strength  
until we first admit complete defeat is  
the main taproot from which our whole  
Society has sprung and flowered.

When first challenged to admit  
defeat, most of us revolted. We had  
approached A.A. expecting to be taught  
self-confidence. Then we had been told  
that so far as alcohol is concerned, self-  
confidence was no good whatever; in  
fact, it was a total liability. Our  
sponsors declared that we were the  
victims of a mental obsession so subtly  
powerful that no amount of human  
willpower could break it. There was,  
they said, no such thing as the personal



## Calendar Events

January 21<sup>st</sup>

7:00pm, Grange Hall

2<sup>nd</sup> Annual Comedy Show

Central Office fundraiser ~ We Are Not a Glum Lot!

conquest of this compulsion by the unaided will. Relentlessly deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol—an allergy, they called it. The tyrant alcohol wielded a double-edged sword over us: first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we would ultimately destroy ourselves in the process. Few indeed were those who, so assailed, had ever won through in singlehanded combat. It was a statistical fact that alcoholics almost never recovered on their own resources. And this had been true, apparently, ever since man had first crushed grapes.

## The 1<sup>st</sup> Tradition

*"Our common welfare should come first; our personal recovery depends upon A.A. unity."*

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say,

"What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought. . ." but never "You must!"

## Resentment Solutions

By: Arne P., A.A. 1976

(January 2012 Issue)

Early in my sobriety it seemed that not many things were going MY WAY! This made me fearful and Resentful. Not having made much of a contact with the Principles of the Program, I was pretty much bouncing off the walls most of the time and could see no direction. My solution was simple,...go to lots of meetings. In my private time, I had lots of it, no job, I was reading the Big Book several times a day and talking to my Sponsor. I saw all the stuff about fear and really got into fear when the book told me that Resentments actually have the power to kill!!!

As the years have passed, resentment solutions have come along that seem to work!! I am still here 35 years later and very much alive and smile a lot more than I frown. Some of my favorite solutions are;

1. The Lord's prayer said slowly helps me forgive others.
2. The axiom of Step 10...'when I react, there's something wrong with me', makes me look at my motive for reacting
3. Prayer of St Francis...'help me understand rather than be understood'.
4. Say "Thy will be done" as many times as necessary until I calm down.
5. Decide to go home and sleep on the problem before taking action
6. Write a few short lines about 'my part' of the problem.
7. Go work with a newcomer.
8. Talk to my Sponsor
9. Try to see the point of view of the other person, not only mine.
10. Ask myself; How important is it?
11. Go to a meeting and share in 3 minutes the Problem and my Solution
12. Try to be helpful to the person who did you wrong.

## Daily Reflections excerpt on the 1<sup>st</sup> Step

*We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.*

*-Twelve Steps and Twelve Traditions, p. 14*

When alcohol influenced every facet of my life, when bottles became the symbol of all my self-indulgence and permissiveness, when I came to realize that, by myself, I could do



nothing to overcome the power of alcohol, I realized I had no recourse except to surrender. In surrender I found victory over my stubborn resistance to life as it was given to me. When I stopped fighting anybody or anything, I started on the path to sobriety, serenity and peace.

## First Concept:

*Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.*

January 15<sup>th</sup> : ACM in Filmore  
2017 PRASSA will be held in

Sacramento, CA

We are a part of District 7, Area 93 General Service board. The General Service Representative is the group's link with the General Service Conference, through which U.S. and Canadian groups share their experience and voice A.A.'s collective conscience. Sometimes called "the guardians of the Traditions," G.S.R.'s become familiar with the A.A.'s Third Legacy- our spiritual responsibility to give service freely. They are usually elected to serve two year terms. District meeting is the second Saturday of the month in Agua Dulce.

## Quotable Quotes

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.

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

## 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



# January 2017 Office Manager Report



2017

## BIRTHDAYS



	Jan - Nov '16	Dec '16	YTD Total
Sales of Goods	\$44,129.89	\$3,913.24	\$48,043.13
Expenses	(\$34,062.33)	(\$3,243.49)	(\$37,305.82)
Cost of Goods	(\$31,082.62)	(\$6,958.94)	(\$38,041.56)
Contributions	\$23,993.98	\$2,998.67	\$26,992.65
<b>Net Income</b>	<b>\$2,978.92</b>	<b>(\$3,290.52)</b>	<b>(\$311.60)</b>

### Contributions

Group	Jan - Nov '16	Dec '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$3,880.53		\$3,880.53
A.V. Hospital ~ 2 West	\$100.00		\$100.00
A.V. Men's Stag Quartz Hill	\$1,033.50	\$91.20	\$1,124.70
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$88.00		\$88.00
Alano Club Wednesday Dare to be Different	\$0.00		\$0.00
Anonymous Donations	\$1,665.19	\$80.71	\$1,745.90
Any Lengths Group	\$0.00		\$0.00
Arbor Court Tuesday	\$35.00		\$35.00
A Women's Story	\$150.00		\$150.00
Birthday Celebrants	\$225.00	\$35.00	\$260.00
B.Y.O.C. A.V. Y.P.	\$39.00		\$39.00
Big Book Ladies Women	\$0.00		\$0.00
California City Clubhouse	\$1,198.43	\$102.00	\$1,300.43
Crown Valley Group	\$0.00		\$0.00
Founders Month	\$0.00		\$0.00
Friday Night Non-Smoker Sneaker Mtr	\$407.37	\$120.00	\$527.37
Fund Raiser Monthly 50/50	\$0.00		\$0.00
High Desert Big Book	\$1,667.02		\$1,667.02
High Desert Hospital Friday	\$90.00		\$90.00
High Desert Medical Group	\$59.12		\$59.12
Intergroup Meeting	\$163.93		\$163.93
Into Action	\$100.00		\$100.00
Lake Hughes Friday Night	\$0.00		\$0.00
Lake Hughes Men's Stag	\$282.00	\$120.00	\$402.00
Lake Hughes Monday Night	\$100.00		\$100.00
Mid-Day Modification	\$2,821.32		\$2,821.32
Mojave Big Book Awakening	\$10.00		\$10.00
Mojave Group New Beginnings	\$10.00		\$10.00
Open Door	\$148.20	\$96.00	\$244.20
P.M. Modification	\$1,403.98		\$1,403.98
Palmdale Group	\$1,763.63		\$1,763.63
Pearlblossom Group	\$360.00		\$360.00
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00
Rosamond Sunday Night	\$100.00		\$100.00
Rule 62 Grp	\$150.00	\$100.00	\$250.00
Saturday Morning Men's Stag	\$78.00		\$78.00
Stepping Stones	\$0.00		\$0.00
Sunday Night B.B.S. 7th Day Advent	\$57.72		\$57.72
The 10.11.12 Group	\$0.00		\$0.00
We Care	\$120.00	\$25.00	\$145.00
Wednesday Night BBS @ The Grange	\$1,013.00	\$193.00	\$1,206.00
Westside Group	\$38.20		\$38.20
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity Monday	\$307.20		\$307.20

### Gratitude Month

A.M. Attitude Modification	\$254.00
Any Lengths Group	\$30.00
Arbor Court	\$4.00
AV Men's Stag	\$38.05
Fri Night QH Speaker	\$73.50
Lake Hughes Men's Stag	\$81.00
Open Door	\$395.84
Palmdale Grp	\$843.60
PM Mod	\$162.00
Sat AM Men's Stag	\$56.00
Sun Night BBS	\$25.00
Wed Night BBS	\$72.77

**TOTALS** | \$19,665.34 | \$2,998.67 | \$20,628.25

Belinda T.	1/9/2016	1	Spencer	1/29/2002	15
Rich M.	1/9/2016	1	Juan L.	1/1/2001	16
Lynn Z.	1/6/2014	3	Randy H.	1/19/2001	16
Katie D.	1/19/2014	3	Nonna W.	1/21/2000	17
Valerie D.	1/30/2014	3	Tyrone C.	1/18/2000	17
Chaz	1/7/2013	4	David S.	1/21/1999	18
Jenni J.	1/6/2013	4	Jeanne C.	1/10/1999	18
Kelli D.	1/24/2013	4	Sheila G.	1/15/1999	18
Tina R.	1/12/2013	4	Little Joe	1/3/1998	19
Deborah A.	1/14/2012	5	Shalaby B.	1/6/1998	19
Doug H.	1/10/2012	5	Dan P.	1/7/1997	20
Jennifer C.	1/13/2012	5	Daneen D.	1/4/1997	20
Josie	1/4/2012	5	Harvey S.	1/21/1997	20
Nicole S.	1/21/2012	5	Tony V.	1/6/1997	20
Patty T.	1/17/2012	5	Barry O.	1/13/1995	22
Rav E.	1/21/2012	5	Dawn Marie	1/14/1995	22
Terrance C.	1/1/2012	5	Jan H.	1/13/1995	22
Dave K.	1/29/2011	6	Ruth Lewis	1/18/1995	22
Jennifer M.	1/28/2011	6	Teresa P.	1/2/1995	22
Jessica Z.	1/31/2011	6	Melvin B.	1/7/1994	23
Kim G.	1/12/2011	6	Ralph L.	1/20/1994	23
Michelle S.	1/15/2011	6	Nani	1/12/1993	24
Morena	1/1/2011	6	Dan H.	1/15/1992	25
Ross W.	1/31/2011	6	Dave L.	1/2/1992	25
Steve T.	1/31/2011	6	Mike G.	1/23/1992	25
Tanya S.	1/10/2011	6	Robert H.	1/1/1992	25
Bob D.	1/1/2010	7	Sharon G.	1/15/1992	25
Kevin K.	1/12/2010	7	Kathy M.	1/27/1991	26
Kristin E.	1/10/2010	7	Sue M.	1/21/1991	26
Nico O.	1/15/2010	7	Tess H.	1/4/1991	26
Robert V.	1/7/2010	7	Janis P.	1/8/1990	27
Henry	1/18/2009	8	Mark C.	1/1/1990	27
Terry M.	1/29/2009	8	Bob K.	1/24/1989	28
Jenni J.	1/5/2008	9	Jennifer S.	1/10/1989	28
Jim B.	1/2/2008	9	Martha D.	1/22/1988	29
Lisa Marie W.	1/2/2008	9	Mike S.	1/20/1988	29
Nancy T.	1/21/2008	9	Scott H.	1/30/1988	29
Turhan D.	1/3/2008	9	Steve W.	1/29/1988	29
John O.	1/22/2007	10	Diane V.	1/17/1987	30
Rennie T.	1/20/2007	10	Rav M.	1/2/1987	30
Robert W.	1/29/2007	10	Margaret R.	1/4/1986	31
Rose L.	1/3/2007	10	Steve S.	1/29/1986	31
Soraveh J.	1/8/2007	10	Rick B.	1/13/1985	32
Susie B.	1/2/2007	10	Steve L.	1/23/1985	32
Jill M.	1/16/2006	11	Aurora	1/5/1984	33
Jim A.	1/4/2006	11	Christine M.	1/7/1984	33
Sandi P.	1/1/2006	11	Tom C.	1/10/1984	33
Eddie G.	1/18/2005	12	Sandy M.	1/31/1983	34
Jack F.	1/15/2005	12	Mike J.	1/18/1981	36
Monique J.	1/3/2005	12	Ellen B.	1/29/1980	37
Ruth M.	1/2/2005	12	Ken S.	1/19/1980	37
Tony F.	1/23/2005	12	Vito	1/15/1980	37
Michelle P.	1/15/2003	14	Svbiil	1/19/1968	49
Jackie O.	1/17/2002	15			

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

Total Years = 1,776

### Managers Corner

Happy New Year everyone!! Although our year-end looks like a small loss, that is because we are making efforts to lower the prices of our basic literature. Hard-bound Big Books are now only \$8.50 and other prices will be dropping soon! Don't forget to pick up your free 2017 calendar from the office . . . Just a little something to thank our membership for supporting our primary purpose in the Antelope Valley!

**Hope to see many of you at our 2nd Annual Comedy Show!**

**Thank You Saturday Volunteers!!**

Don't forget to visit us on the Web!



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

Jeffrey Harlow

- 1st ~ Larry W. & Barbie Q.
- 2nd ~ Stephanie S. & Alonna T.
- 3rd ~ Merredith F., Darin F. & Vacant
- 4th ~ Matt C. & Erica B.
- 5th ~ Christine F. & Wendy W.