

### Inside this Issue

- Hello, July, What is Humility? Seventh Step Prayer, Step 7.
- 7<sup>th</sup>Tradition, Concept VII
- 3 "NOT A Glum lot,"
  "Tears of Gratitude,"
  "Sunshine after Rain"
- Meeting in the Sky,
  Quotable Quotes, Calendar
  of Events
- 5 Word Search
- Manager's Report

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500 word limit, please!

# The Swap

### **HELLO, July!**

As this is the seventh month, get ready to get lucky: it's all about humility! This principle correlates with our seventh steps, and is often over looked when discussing what is necessary to making "spiritual progress." First things first, what is humility and how does it relate to our 12 steps, traditions and concepts? Here we move further into action. In step six you become willing to let go of your old behaviors. Now it is time to ask for help in "letting go." Can you learn to forgive yourself?

### What is Humility?

According to vocabulary.com, humility is "a disposition to be humble; a lack of false pride." Humility comes from the Latin word humilis, which literally means low. If you feel humility in front of someone, you feel small in the scheme of things — that you are just a simple, insignificant person. Someone who spends his life taking care of others shows humility. Although it's related to humiliation (when one feels low in a bad way and is what most of us are familiar with when we first stumble in to the rooms), humility is usually used to talk about a lack of ego. How does on get rid of ego? Prayer!

#### The Seventh Step Prayer

from page 76 of the Big Book of Alcoholics Anonymous

My Creator,

I am now willing that You should have all of me, good and bad.

I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows.

Grant me strength, as I go out from here, to do Your bidding.

Amen

### Step 7

"Humbly asked Him to remove our shortcomings."

In order to compete this task successfully, we need to understand what it means to be truly humble. One way to get a handle on the concept of humility is to picture circumstances in life (real or imagined) where humility comes into play and determine how those emotions can influence your interaction with God as you understand Him while utilizing Step 7.

One definition is to be "not proud or arrogant; modest" This example of humility is a lesson most learn early in life. Remember that time in kindergarten when you created the most beautiful picture of a bunny any kindergartner had ever created in the history of kindergarten? At least that's how you felt when your teacher complimented it and held it up in front of the class. Immediately, you felt GOOD.

At that point, for whatever reason (another unanswered riddle) that sense of esteem inspired a choice: modesty or pride. The choice was yours whether you were conscious of it or not. Modesty pride would have filled you with the good feeling of accomplishing something special; pride would have filled you with that same feeling with the added sense of feeling superior to your kindergarten peers. More often than not, the alcoholic chooses pride. So often we jump strait to arrogance, taking credit for that which belongs to others, if not our Higher Power.

### The 7<sup>th</sup>Tradition

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

One of the principals of the twelve-step support groups is that each member is responsible for his or her own recovery. The first part of Tradition 7 makes it clear that responsibility extends to the members of each local group as it passes the basket for contributions to pay the rent and maintain its literature library.

If the group collects more than is necessary to meet its expenses, the group can contribute to its World Service Office, which also follows this tradition by accepting no outside contributions.

Although such contributions have fallen off in recent years, they are important in helping to carry the message worldwide.

The second part of this tradition addresses the issue of the fellowship not becoming involved with outside issues or conflicts that could arise by accepting "outside contributions."

If such contributions were accepted the group and its members might feel obligated to make some kind of concessions to the individual or organization making the donation. Declining these contributions keeps the fellowship independent from outside influences.

From the General Service Office: While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain selfsupporting. This keeps A.A. free of outside influences that might divert us from our primary purpose - to help the alcoholic who still suffers. spiritual connection that unites all groups around the world, we may want to remember that a dollar does not support as many services as it used to.

## SOME THINGS TO THINK ABOUT

Some facts:

- Currently about 40% of groups contribute to the General Service Office.
- Costs of Services provided by G.S.O. (as of 2016) are approximately \$7.15 per member per year.
- Gross profit from A.A. literature sales account for over 50% of G.S.O.'s income.
- Your contributions help ensure the future of our Fellowship worldwide. Personal thoughts:
- What is the value of your sobriety?
- Does your group know that contributions may be made online at AA.org?
- Gratitude, expressed through contributions, reaches the stillsuffering alcoholic.

Remember: these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out."

## We support ourselves! Concept VII

The Seventh World Concept is as follows: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

This concept at first appears to set up a conflict -- the trustees are given full legal authority, but the concept acknowledges that without the backing of the Conference and through it the funds and support of the local groups, the trustees could not, as a practical matter, go completely off on their own.

What is the practical application of this concept?

- Do we act responsibly regarding the "power of the purse"?
- Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?



### "NOT A GLUM LOT"

- What kills a skunk is the publicity it gives itself. ~
   Abraham Lincoln
- Swallow your pride occasionally, it's non-fattening!
   Anon
- (To President Kennedy when he was being presented with a gold medal for 'services to his country'.) I feel very humble, but I think I have the strength of character to fight it. ~ Bob Hope
- The graveyards are full of indispensable men. ~ Charles De Gaulle
- It's discouraging to make a mistake, but it's humiliating when you find out you're so unimportant that nobody noticed it. ~ Chuck Daly
- A modest man is usually admired, if people ever hear of him. ~ Edgar Watson Howe
- Too much humility is pride. ~
   German Proverb
- Don't be humble, you're not that great. ~ Golda Meir
- Humility is one of the most repulsive virtues, nearly always false. ~ George Mikes (The Land of the Rising Yen)
- Humility is like underwear; essential, but indecent if it shows. ~ Helen Nielsen
- When you're as great as I am, it's hard to be humble. ~
   Muhammad Ali
- What the world needs is more geniuses with humility, there are so few of us left. ~ Oscar Levant
- You know what keeps me humble? Mirrors! ~ Phyllis Diller

- They are proud in humility, proud that they are not proud. ~
   Robert Burton
- If I only had a little humility, I would be perfect. ~ Ted Turner



## Tears of Gratitude by Arelettia J.

Tears of gratitude leading to an ocean of happiness! Water is fluid; it continues to flow downstream never up.

On towards the unknown but ever moving forward...never backwards . . . such is life...onward and upward one day are a time.

### Sunshine After Rain

© Brenda Winders Published: August 2011

One day when I was young I heard a knock at my door

It sounded familiar, like I had heard it before

I opened the door and to my surprise There stood a young lady with blond hair and brown eyes

She said, I have the answers, are you ready to play?

So I grabbed my money and I said ok There were the answers that I had always sought

Liquids, pills, and powders, and I bought and bought

Then one day, my friend suddenly changed

her face became ugly, calloused, and deranged

She grabbed my hand and we tore through the town

My loved ones and friends could only watch and frown

She kept whispering something I could only guess

It sounded like she was repeating "Yes, Yes, Yes"

How quickly from fun to very near death How quickly from one beer, to smoking crystal meth

I thought of my family, oh what a mess But all I heard was screaming "Yes, Yes, Yes"

I had to find help I was at my wits end I had lost my child, my family and my friends

I said "God are you there, can you help me please?"

A sudden peace came over me and I fell to my knees

God answered the riddle that so long I did guess

Why my addiction kept screaming "Yes, Yes, Yes"

It's because I kept asking night after

It's going to be different this time right?

I said, "God I'm not worth it I feel like a jerk."

He said, "Suit up and show up its time to go to work"

Now it's been eight months since I had my last drink

It's given me time to remember and think

So I am here to tell you in this little rhyme

Life keeps getting better "One day at a time'

So when you think you are going insane There's always, 'Sunshine after the Rain."

#### Source:

https://www.familyfriendpoems.com/poe m/sunshine-after-rain Your words here! Share your experience with the Twelves Steps, Traditions or World Concepts. We can't keep it unless we give it away!

The Big Meeting in the Sky



In honor of those members that have went on before us:

On Thursday June 7<sup>th</sup>, "Jewish" Mike, most often seen at The Alano Club and Open Door passed away. His longtime partner, Stacey is respecting Mike's wishes, that a fuss not be made; there will be no formal memorial, but if any want, for the sake of closure, he has graciously offered his consent. Mike was truly humble member of our fellowship. He will be missed.



## Quotable Quotes

A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being. James E. Faust

Life is a long lesson in humility.

James M. Barrie

It was pride that changed angels into devils; it is humility that makes men as angels. Saint Augustine

"Thank you" is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding. Alice Walker

The presence of any humility in my life is purely and completely an evidence of God's grace. From my perspective, I am not a humble man. I am a proud man pursuing humility by the grace of God. C. J. Mahaney

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self. Ernest Hemingway

True humility is not thinking less of yourself; it is thinking of yourself less. C.S. Lewis

Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility. ~ St.

Augustine

## What's Going on in AV A.A.?



### Calendar of Events

July 4<sup>th</sup> Cook-Out at the Grange 1:30 - 5:00pm Speaker @ 3:30

> Open Door 36<sup>th</sup> Alcathon Keepin' it Simple July 7 – 9, 2017

16<sup>th</sup> Annual Tehachapi Round-Up July 7 – 9, 2017

District 7 Annual Delegate's Report August 12, 2017 @ 9am Agua Dulce Women's Club 33201 Agua Dulce Canyon Rd

Editor's Note: Thank you for allowing me to be of service, I look forward to receiving more submissions of your experience, strength and hope! Morgan

#### **HUMILITY Word List**

MEEK
DEFERENTIAL
RESPECTFUL
SUBMISSIVE
DIFFIDENT
SELF-EFFACING
UNASSERTIVE
UNPRESUMING
MODEST
UNASSUMING



UNOBTRUSIVE
SUBDUED
CHASTENED
MODESTY
HUMBLENESS
DIFFIDENCE
UNASSERTIVENESS
SERVILITY
OBEDIENCE
DOCILITY
TIMIDITY
DEMURE

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S	D	I	Υ	S	D	N	M	0	M	M	F	S	Y	I
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В	E	S	I	Е	I	D	R	Α	В	С	Е	Α	S	Р
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	Jan · May '17	Jun '17	YTD Total		2	<b></b>			
Sales of Goods	\$19,008.62	\$4,190.07	\$23,198.69	Visan					2
Expenses	(\$13,836.60)	(\$3,603.17)	(\$17,439.77)						
Cost of Goods	(\$13,428.54)	(\$1,996.70)	(\$15,425.24)						
Contributions		\$1,841.66	\$10,767.34	<b>100.1</b>					
Contributions	\$8,925.68	\$1,841.00	\$10,767.34	::ik		1		A	
Net Income									
Cont	Kevin B.	7/10/2014	3 Ma		7/28/2003	14			
(From	L Jan - May '17	Jun'17 I	2017 Total	Eric R.	7/10/2012 7/24/2012		ry A. /id S.	7/1/2003 7/5/2002	14 15
A Gathering of Women	\$100.00	\$21,29	\$121.29	Lisa L. Trevor B.	7/8/2012		ly O.	7/5/2001	16
A.M. Attitude Modification	\$1,814.51	Φ21.20	\$1,814.51	Angela J.	7/5/2011	6 Pete		7/24/2001	16
A.V. Hospital ~ 2 West	\$0.00		\$0.00	Cathy W.	7/6/2011	6 San	nuel G.	7/23/2001	16
A.V. Men's Stag Quartz Hill	\$456.48	\$273.73	\$730.21	Deanna R.	7/11/2011		rtie M.	7/31/2000	17
A.V. H & I	\$0.00		\$0.00	Donna T.	7/18/2011		ecca S.	7/6/2000	17
Alano Club Thursday Night	\$0.00		\$0.00	John S.	7/7/2011	6 Val		7/24/2000 7/10/1999	17
Alano Club Wednesday Dare to be Different Anonymous Donations	\$0.00 \$348.28	\$71.07	\$0.00 \$419.35	Mark P. Heather D.	7/13/2011 7/4/2010	6 Alic	cia B.	7/1/1999	18 18
Any Lengths Group	\$55.00	\$11.01	\$55.00	Janet P.	7/28/2010		dv S.	7/11/1999	18
Arbor Court Tuesday	\$30.00	-	\$30.00	Natasha H.	7/28/2010	7 Jeff		7/7/1999	18
A Women's Story	\$0.00		\$0.00	Paula T.	7/23/2010	7 And	drew H.	7/15/1998	19
Birthday Celebrants	\$83.00	\$33.00	\$116.00	Reyna H.	7/17/2010	7 My	rna T.	7/5/1998	19
B.Y.O.C. A.V. Y.P.	\$0.00		\$0.00	Rusty R.	7/4/2010		trell O.	7/19/1997	20
Big Book Ladies Women	\$0.00	000 10	\$0.00	Stacia V.	7/2/2010		my R.	7/20/1996 7/27/1996	21 21
California City Clubhouse Crown Valley Group	\$641.80 \$0.00	\$33.10 \$400.00	\$674.90 \$400.00	David W. Dean M.	7/6/2009 7/30/2009		lia V. rv M.	7/15/1996	21
Founders Month	\$0.00	\$400.00	\$0.00	Jamie B.	7/27/2009		die T.	7/14/1995	22
Friday Night Non-Smoker Speaker Mtg	\$220.00	-	\$220,00	John P.	7/5/2009	8 Bill		7/4/1995	22
Fund Raiser Monthly 50/50	\$0.00		\$0.00	Melinda W.	7/4/2008		arles A.	7/27/1995	22
High Desert Big Book	\$1,273.63		\$1,273.63	Bill G.	7/22/2008		on A.	7/20/1994	23
High Desert Hospital Friday	\$0.00		\$0.00	Carol C.	7/19/2008	9 Pet	e K.	7/14/1994	23
High Desert Medical Group	\$0.00		\$0.00	Catherine J.	7/3/2008	9 Mil		7/6/1992	25
Intergroup Fundraisers	\$1,009.00	040.00	\$1,009,00	Randy D.	7/2/2008 7/27/2008		phanie M.	7/8/1992 7/25/1992	25 25
Into Action Lake Hughes Friday Night	\$110.00 \$0.00	\$40.00	\$150.00 \$0.00	Steven V. Susan C.	7/28/2008		entina S. nda C.	7/17/1991	26
Lake Hughes Men's Stag	\$214.00	\$200.00	\$414.00	Yvette L.	7/19/2008		k O.	7/15/1991	26
Lake Hughes Monday Night	\$0.00	Ψ <u>2</u> 00.00	\$0.00	Anna N.	7/15/2007	10 Jerr		7/4/1990	27
Mid-Day Modification	\$795.65	\$71.70	\$867.35	Anthony H.	7/5/2007	10 Joh	n W.	7/5/1990	27
Mojave Big Book Awakening	\$0.00		\$0.00	Deena R.			ecca R.	7/9/1990	27
Mojave Group New Beginnings	\$0.00	-	\$0.00	John Carney		10 Her		7/3/1989	28
Open Door	\$0.00		\$0.00	Michael L.	7/9/2007 7/25/2007	<ul> <li>10 San</li> <li>10 Del</li> </ul>	dra West obie S.	7/8/1989 7/3/1988	28 29
P.M. Modification Palmdale Group	\$0.00 \$419.73	\$123.77	\$0.00 \$543.50	Nancy C. Pat G.			nette K.	7/3/1988	30
Pearblossom Group	\$360.00	φ125.77	\$360,00	Scott C.			na C.	7/25/1987	30
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00	Talisa C.	7/16/2007	10 Len		7/30/1987	30
Rosamond Sunday Night	\$0.00		\$0.00	Valerie D.	7/17/2007		raine	7/30/1987	30
Rule 62 Grp	\$175.00	were designative Follows to the Follows	\$175.00	Bryan A.			rian G.	7/12/1987	30
Saturday Morning Men's Stag	\$0.00		\$0.00	Joe King			nk L.	7/16/1986	31
SCV Sun Night Spkr	\$17.00		\$17.00	Kim J. Polly P.	7/11/2006 7/26/2006	<ul><li>11 Jea</li><li>11 Val</li></ul>	nie S.	7/22/1986 7/11/1986	31 31
Stepping Stones Sunday Night B.B.S. 7th Day Advent	\$0.00 \$0.00	\$25.00	\$0.00 \$25.00	Rebecca E.			an H.	7/10/1985	32
The 10,11,12 Group	\$0.00	ΨΔ0.00	\$0.00	Richard L.			M. Mc.	7/1/1984	33
We Care	\$50.00	-	\$50.00	Jeremee	7/21/2005	12 Lar	ry R.	7/7/1981	36
Wednesday Night BBS @ The Grange	\$0.00	\$370.00	\$370.00	Monica M.	7/20/2005	12 Lua	nne	7/16/1981	36
Westside Group	\$40.00		\$40.00	Tammie M.	7/22/2005	12   Kat	e M.	7/28/1978	39
Women in Progress	\$0.00	010.00	\$0.00	Lynn K.	7/1/2004		ncy H.	7/31/1977	40
Women in Recovery Women Seeking Serenity Monday	\$0.00 \$252.00	\$16.00 \$163.00	\$16.00 \$415.00	Diane C. Gary G.			v G. ke H.	7/28/1976 7/21/1976	41
women seeking seremty Monday	\$202.00	\$105.00	5413.00	Gary G.	//11/2003	14 1011	XC 11.	1121/1970	71
TOTALS	\$8,213.08	\$1.841.66	\$9.875.74		Total Years	= 1,7	31		
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July 2017 Office Manager Report

#### Managers Corner

Thanks to all who contributed to Central Office for Founder's Month! We have been working hard to resolve some issues and find ways to serve our fellowship and still suffering alcoholics. These contributions will help us reach these goals! If you don't see your birthday on our monthly list please have your group pass a roster around and forward it to the office so we can get it straightened out. Our information is only as good as what is provided!

### Thank You Saturday Volunteers!!

1st ~ Larry W. & Cathy O.

2nd ~ Darin F. & Alonna T.

3rd ~ Stephanie S. & Vacant

4th ~ Judie M. & Christine B.

5th ~ Christine F. & Wendy W.

Don't forget to visit us on the

