



November 2016

## Inside this Issue

- 1 Sponsorship/ My AA Wants
- 2 Calendar of Events/ Step 11/ 11<sup>th</sup> Tradition
- 3 Daily Reflections
- 4 Daily Reflections/ Eleventh Concept/ Rabbit Walked...
- 5 Quotable Quotes/Word Game
- 6 Calendar of Events; Birthdays

AV Intergroup of AA  
43619 N. 17<sup>th</sup> Street West,  
Suite 106  
Lancaster, CA 93534  
661-945-5757  
17<sup>th</sup> Street West / Avenue K

Central Office Web Site:  
[www.avcentraloffice.org](http://www.avcentraloffice.org)  
Central Office Email:  
[avcentraloffice@gmail.com](mailto:avcentraloffice@gmail.com)

Email Scoop submissions:  
Jessica Christman  
[Christmanij2011@outlook.com](mailto:Christmanij2011@outlook.com)

Please limit submissions to 500

# The Scoop

## Sponsorship

By: Trevor B., A.A 2012

Who's really helping who?  
I've had a few other sponsees, but in the name only. When a gentleman called me and asked if I would be his sponsor I was honored. I was choked up with emotion because I take it extremely serious.

He stated that he wanted me to show him "how this A.A. thing works." Next thing he said was that "he wanted me to take him through the Big Book and do the steps." We have begun the process of highlighting, and write up the margins in the book. This guy's willingness is contagious. He is on fire for the program and seems to be a desperate case.

So, here's the dilemma: I've began to go back to the basics. What does the Big Book say? Refreshing myself on the knowledge of our program which is in the Big Book. Living out each and every step to the best of my ability. Passing on what little I know to another alcoholic.

When presented with a question I don't know I research it out and pray. I make it clear when it's not in the Big Book but is my own opinion or feeling. My experience may be different from others, therefore I ask God to lead my words to edify. "That is what has worked for me" is a common phrase I use.

Ultimately, my sponsees sobriety is in God's hands. I'm only a humble trusted servant. God could and would "if" he is sought. I cannot seek God for my sponsee, he has to do the work on his own with my guidance. (2014)

## My AA Wants !!

By: Arne P., A.A 1976

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 !!



## 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.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which “proved” there was no God whatever. What about all the accidents, sickness, cruelty, and

injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all.

Sometimes we took a slightly different tack. Sure, we said to ourselves, the hen probably did come before the egg. No doubt the universe had a “first cause” of some sort, the God of the Atom, maybe, hot and cold by turns. But certainly there wasn’t any evidence of a God who knew or cared about human beings. We liked A.A. all right, and were quick to say that it had done miracles. But we recoiled from meditation and prayer as obstinately as the scientist who refused to perform a certain experiment lest it prove his pet theory wrong. Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer. And that we had found, can happen to anybody who tries. It has been well said that “almost the only scoffers at prayer are those who have never tried it enough.”

Those of us who come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support.



“Who cares about the future — where the hell was I last night?”

As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God’s reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth.

## 11<sup>th</sup> 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

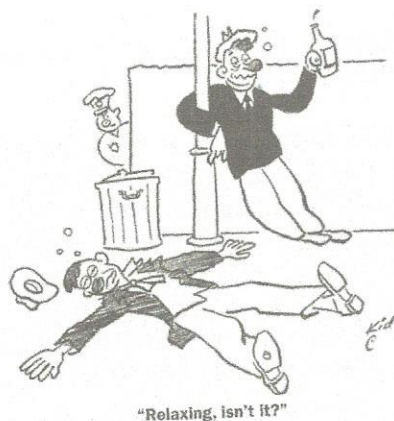


for Alcoholics Anonymous. Through many painful experiences, we think we have arrived at what that policy ought to be. It is the op-posite in many ways of usual promotional practice. We found that we had to rely upon the principle of attraction rather than of promotion.

Let's see how these two contrasting ideas- attraction and promotion- work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

The way this restraint paid off was startling. It resulted in more favorably publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every news front, the

men and women of the press have attached themselves to us as friends.



### *Daily Reflections* excerpt on the 11th Step

*Page 353: Keeping Optimism Afloat*  
*The other steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing...*  
*- 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 physical and spiritual sobriety produces the substance of a more positive life.

### *Daily Reflections* excerpt on the 11th Step

*Intuition and Inspiration,*  
*page 327:*

*"We ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle."*

I invest my time in what I truly love. Step Eleven is a discipline that allows me and my Higher Power to be together and inspiration are possible. Practice of the Step brings on self-love. In a consistent attempt to improve my conscious contact with a Higher Power, I am subtly reminded of my unhealthy past, with its patterns of grandiose thinking and false feelings of omnipotence. When I ask for the power to carry out God's will for me, I am made aware of my powerlessness. Humility and a healthy self-love are compatible, a direct result of working Step Eleven.

### *Daily Reflections* excerpt on the 11<sup>th</sup> 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.

## Daily Reflections excerpt on the 11th Tradition

*Page 341: Through many painful experiences, we think we have arrived at what that policy ought to be. It is the opposite in many ways of usual promotional practice. We found that we had to rely upon the principle of attraction rather than of promotion.*

*-TWELVE STEPS AND TWELVE TRADITIONS, P. 180-181*

While I was drinking I reacted with anger, self-pity and defiance against anyone who wanted to change me. All I wanted then was to be accepted by another human simply as I was and, curiously, that is what I found in A.A. I became the custodian of this concept of attraction, which is the principle of our Fellowship's public relations. It is by attraction that I can best reach the alcoholic who still suffers.

I thank God for having given me the attraction of a well-planned and established program of Steps and Traditions. Through humility and the support of my fellow sober members, I have been able to practice the A.A. way of life through attraction, not promotion.



## Eleventh Concept:

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

### A Rabbit Walks into a Bar:

After spending the evening at a bar, a woman was in no shape to drive, so she left her car in front of the bar and headed home. Stumbling along the street, she was stopped by a police officer. "What are you doing out here at 3 a.m.?" asks the officer.

"Going to a lecture." Slurred the woman.

"And who is giving a lecture at this hour?" the cop asked.

"My husband." Said the woman.

A **normal drinker** finds a fly in his beer and asks the bartender to pour him a fresh drink.

A **heavy drinker** finds a fly in his beer, pulls it out by winds, and continues drinking.

An **alcoholic** finds a fly in his beer and yells "Spit it out! Spit it out!"

A man sat in front of his home, contemplating his future. He had just gotten a divorce, lost his children, been fired from his job, and now faced eviction. He noticed a case of beer bottles in his trash and walked up to it.

He took out an empty bottle and smashed it, swearing "You are why I don't have a wife!" He threw a second bottle: "You are why I don't have my

children!" And a third: "You are why I lost my job!"

But then he discovered a fourth bottle, still sealed and full of beer. He took it, tucked it in his pocket, and said, "Stand aside my friend—I know you were not involved."



## Quotable Quotes

One reason I don't drink is that I want to know when I am having a good time—  
Lady Astor

Danger sign: when your eyes have wandered from the alcoholics who still suffers and needs help—to the faults of those whom the program has already helped.

The 12 steps are a steep hard climb, but as we make the climb we can make it easier by remembering there are two handrails God and fellowship.

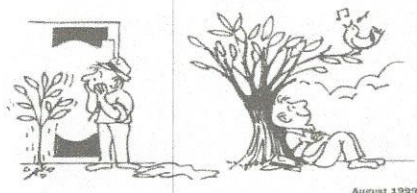
Out of my mind. Back in five minutes.

When I first got sober, the only time I thought about drinking was in between meetings, now the only time I think about drinking is at meetings.



Please join me in a closing prayer after a moment of suffering for the alcoholic who is still silent.

Getting out of God's way is a full time job.



Fear can keep us up all night long, but Faith makes one fine pillow.

Only God can turn a mess into a message.

Had these eyes no tears, the soul would

have no rainbow.

United we stand, divided we stagger.

Don't worry about God, just do the steps and you will be contacted.

Instead of sharing the good new- be the good news.



*Note From the Editor:*

*I am always accepting new submissions from new writers to share their story about experience, strength, and hope. How do you stay sober? What do you*

*do? Share with us your last conference experience or if you heard a speaker that moved you. Word count of 500 maximum. Have a warm Thanksgiving.*

## A.A. BINGO!

Do you keep fall asleep in meetings? What about those long boring drunkalogs?

Here is a way to change all that!

1. Before (or during) your next meeting, prepare yourself by drawing a square. A 5"x5" sheet of paper is a good size. Divide the card into columns and rows, five across and five down. That will give you 25 one-inch blocks.

2. Write one of the following word/phrases in each block such as: Issues, Inner-child, Living Amends, Meaningful Relationship, Slip, I'm stuck on Step..., I couldn't find a meeting, My sponsor has been out of town, Can't, Won't, Yeah, but..., But you don't understand, Never, Rational Recovery, My advise, Waiting for God to answer, I'm gonna, Dysfunctional, I don't know much about this, but..., You know, Overall scheme of things, (someone speaks more than 15 mins.), My counselor says, (( others of you own choosing ))

3. When you hear one of those words or phrases said, check off the appropriate box.

4. When you get five blocks horizontally, vertically, or diagonally, stand up and shout "BULL#@\*%!"

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



# November 2016 Office Manager Report

	Jan - Sep '16	Oct '16	YTD Total
Sales of Goods	\$30,699.00	\$2,866.50	\$33,565.50
Expenses	(\$22,758.14)	(\$4,623.64)	(\$27,381.78)
Cost of Goods	(\$24,532.36)	(\$1,936.27)	(\$26,468.63)
Contributions	\$15,621.89	\$2,505.60	\$18,127.49
<b>Net Income</b>	<b>(\$969.61)</b>	<b>(\$1,187.81)</b>	<b>(\$2,157.42)</b>



<i>Contributions</i>			
Group	Jan - Sep '16	Oct '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$3,880.53	\$192.81	\$4,073.34
A.V. Hospital ~ 2 West	\$100.00		\$100.00
A.V. Men's Stag Quartz Hill	\$891.10	\$57.60	\$948.70
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$88.00		\$88.00
Alano Club Wednesday Dare to be Different	\$88.00		\$88.00
Anonymous Donations	\$1,600.65	\$73.60	\$1,674.25
Any Lengths Group	\$0.00		\$0.00
Arbor Court Tuesday	\$30.00	\$30.00	\$60.00
A Women's Story	\$150.00		\$150.00
Birthday Celebrants	\$220.00	\$63.00	\$283.00
B.Y.O.C. A.V. Y.P.	\$39.00		\$39.00
Big Book Ladies Women	\$0.00		\$0.00
California City Clubhouse	\$958.73	\$109.60	\$1,068.33
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	\$142.13	\$6.00	\$148.13
Into Action	\$100.00		\$100.00
Lake Hughes Friday Night	\$0.00		\$0.00
Lake Hughes Men's Stag	\$282.00		\$282.00
Lake Hughes Monday Night	\$100.00		\$100.00
Mid-Day Modification	\$2,587.20		\$2,587.20
Mojave Big Book Awakening	\$10.00		\$10.00
Mojave Group New Beginnings	\$10.00		\$10.00
P.M. Modification	\$1,292.69		\$1,292.69
Palmdale Group	\$1,763.63	\$199.99	\$1,963.62
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	\$105.00	\$255.00
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		\$120.00
Wednesday Night BBS @ The Grange	\$1,013.00		\$1,013.00
Westside Group	\$38.20	\$30.00	\$68.20
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity Monday	\$307.20		\$307.20
Oldtimers Meeting		\$1,518.00	
<b>TOTALS</b>	<b>\$18,781.29</b>	<b>\$2,505.60</b>	<b>\$19,768.89</b>

Belinda T.	11/27/2015	1	Elizabeth M.	11/14/2003	13
Sarah F.	11/11/2014	2	Jim B.	11/7/2003	13
John R.	11/1/2012	4	John B.	11/25/2003	13
Kevin M.	11/13/2012	4	Michelle T.	11/15/2003	13
Shea G.	11/8/2012	4	Perry L.	11/6/2003	13
Stephen B.	11/21/2012	4	Sharon B.	11/1/2003	13
Christine F.	11/1/2011	5	Willy S.	11/27/2003	13
Britta S.	11/29/2010	6	Fidel V.	11/27/2002	14
Misty T.	11/20/2010	6	Joe B.	11/1/2002	14
Chris W.	11/17/2009	7	Julie B.	11/8/2002	14
Katherine R.	11/9/2009	7	Ralph S.	11/12/2002	14
Larry B.	11/7/2009	7	Sharon B.	11/17/2002	14
Lisa B.	11/24/2009	7	Art D.	11/30/2001	15
Louie U.	11/19/2009	7	Dana F.	11/5/2001	15
Max R.	11/7/2009	7	Darren F.	11/4/2001	15
Mike P.	11/18/2009	7	Jeff G.	11/14/2001	15
Shane K.	11/2/2009	7	Maggie V.	11/7/2001	15
Cholee M.	11/15/2008	8	David	11/22/2000	16
Connie P.	11/27/2008	8	John	11/27/1999	17
Cowboy Dave	11/30/2008	8	Colleen S.	11/22/1998	18
Frank P.	11/27/2008	8	Connie S.	11/1/1996	20
John W.	11/7/2008	8	Bob M.	11/12/1995	21
Richard M.	11/22/2008	8	Carmen S.	11/10/1995	21
Lauren S.	11/15/2007	9	Corey W.	11/22/1995	21
Lytle B.	11/21/2007	9	Mark H.	11/2/1995	21
Paul H.	11/22/2007	9	Edwin M.	11/24/1994	22
Dan Y.	11/28/2006	10	Frank D.	11/8/1992	24
Joe A.	11/1/2006	10	D. J.	11/6/1990	26
Julius G.	11/17/2006	10	Robert V.	11/1/1990	26
Ken M.	11/28/2006	10	Dan C.	11/7/1989	27
Laura M.	11/28/2006	10	Dave M.	11/28/1989	27
Melinda W.	11/19/2006	10	Joe K.	11/30/1989	27
Chris C.	11/4/2005	11	John M.	11/16/1988	28
David W.	11/14/2005	11	Dale W.	11/5/1987	29
Deanna R.	11/7/2005	11	Robert Holt	11/8/1987	29
Debbie W.	11/18/2005	11	Denise J.	11/25/1986	30
Donna M.	11/28/2005	11	Donna A.	11/7/1985	31
Gayland D.	11/15/2005	11	Dolores S.	11/27/1984	32
Hanny H.	11/28/2005	11	Ed B.	11/1/1983	33
Jackie B.	11/26/2005	11	Larry Mc.	11/25/1982	34
James S.	11/10/2005	11	Mike H.	11/13/1982	34
Mark L.	11/27/2005	11	Virginia G.	11/25/1982	34
Mark W.	11/3/2005	11	David F.	11/4/1981	35
Tammy R.	11/24/2005	11	John S.	11/21/1981	35
Terry T.	11/1/2005	11	Don P.	11/11/1978	38
Doug H.	11/8/2004	12	Brian	11/13/1977	39
Elov C.	11/17/2004	12	Maree M.	11/7/1977	39
Jose A.	11/2/2004	12	Arne P.	11/10/1976	40
Kevin E.	11/13/2004	12	Al H.	11/6/1972	44
Kim S.	11/22/2004	12	John C.	11/17/1973	43
Myrel	11/6/2004	12	Don R.	11/15/1967	49
Anna C.	11/10/2003	13			

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

Total Years = 1,701

## Managers Corner

Our Oldtimer's Meeting was a rousing success as you can see ~ thank you to all who made that possible, including Eddie D. for coordinating the elderly and Lynette for catering a great lunch!! A special thanks to our Oldtimers who showed up (Link - 59, Ed - 43, Arne - 39, Virginia - 30, John - 30, Sally - 36, Suzie - 30, Bill - 42, Stephanie - 36, Chris - 34, Bruce - 35, Wayne - 30, Bill - 35, Elizabeth - 36, Dawn - 33, Debbie - 40, David - 34, Eddie - 34, Peggy - 41, Roy - 36, Kathy - 30, Kip - 30, Cheryl - 40, John - 34, Mary - 34, Mike - 41, Sandy - 42, Ken - 40, Valerie - 39, and Danny - 30) ~ We had a total of 1,091 years of sobriety with the oldtimers alone!!

### Thank You Saturday Volunteers!!

- 1st ~ Larry W. & Barbie Q.
- 2nd ~ Aurora J. & Alonna T.
- 3rd ~ Meredith F., Darin F. & JoAnn G.
- 4th ~ Matt C. & Erica B.
- 5th ~ Christine F. & Wendy W.

Don't forget to visit us on the Web!

