



October 2016

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The Scoop

What Size is Your Triangle?

By: *Eddie D., A.A.*

I was taught by a sponsor that I had some time ago, that Alcoholics Anonymous has three legacies, the who, the how, and the why. They were called recovery, unity and service, and they are set like an equilateral triangle. Confused, like many a newcomer to AA I thought, "Hey, I'm not drinking, calling my sponsor on occasion, making coffee for the Wednesday night home group meeting, so what more do they expect me to do?"

Well, the man I asked to be my sponsor showed me by taking me to one of his AA responsibilities. He was the GSR for our meeting. I gotta tell ya; these guys were out of their minds. They were talkin' about tradition this, policy that, group findings. Man, I'm telling ya what a bunch of conflict. I heard about this thing called intergroup??? "Hey I don't know what they were talking about, and I don't want any part of that." He said "OK" and that was all.

He and I work diligently together on the 12 Steps (recovery) the foundation of my sobriety. He explained more about triangle as we progressed through my sobriety. After his term was up a GSR for our group, I was nominated and elected as the next group representative. Now, as the group rep. I was responsible to learn about the 12

Traditions (unity) our common bond. Boy O'Boy, to go with that, something else to learn, and another book to read. And then there's my group's opinion; on any subject that came up at the local general service meeting. You want to talk about reading, I'm tellin' ya. You really got know your stuff when you're at that general service meeting, or don't even open your mouth. And there I was 2 years later, tradition this, policy that.

At these service meetings, I heard members giving reports on something called 12 Concepts? (Service) carrying the message. I talked to my sponsor again. He hands me yet, another book. The AA Service Manual combined with the 12 Concepts of World Service. He explains, patiently, as he did with the traditions, and said, These are what, in some circles are called the secret 12. There is not enough talk about them. He continued saying, "This is a service manual, just like any other manual. You follow these just as with the steps and traditions; they are the glue that keeps AA carrying its message." So, by attending service meetings, getting involved in a committee (literature, corrections, AA Grapevine, etc.) and following the 12 steps and 12 traditions while practicing the 12 concepts, many years have gone by, and the equilateral triangle still stands strong. ONE DAY AT A TIME.

My sponsor over time helped me with the three legacies. The WHO, was willing to practicing the steps of recovery, the HOW, was helping the group keeping AA united, and the OPENMINDEDNESS with God's grace, we keep giving this message away. So, I try to help those I sponsor

with the entire message of Alcoholics Anonymous, Recovery, Unity, and Service. Need some help? Ask your sponsor, cause you shouldn't miss out on anything that AA has to offer.

RIP Holland



th Fellowship & Service
3/7/77 ~ 9/22/16

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.

When a drunk has a terrible hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion- anger, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires the admission and correction of errors *now*. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spot check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the ourselves with things well done, and chalking up debits in the company of our sponsor or spiritual advisor, we make A.A.'s go in for annual or semiannual house cleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

Aren't these practices joy-killers as well as time-consumers? Must A.A.'s spend most of their waking hours drearily rehashing their sins of omission or commission? Well, hardly. The emphasis on inventory is heavy only because a great many of us have

never really acquired the habit of accurate self-appraisal. Once this healthy practice has become grooved, it will be so interesting and profitable that the time it takes won't be missed. For those minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than something unusual or set apart.

Before we ask what a spot-check inventory is, let's look at the kind of setting in which such an inventory can do its work.

It's a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about "justifiable" anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.

Calendar Events

October 9th

AV Oldtimer's Event

Central Office fundraiser featuring our long-timers, fellowship, and food! Begins at noon at the Palmdale Bingo Hall – 2011 E. Palmdale Blvd. \$10

October 29th

Halloween at Palmdale Grp

Begins at 9pm

October 30th

Monster Bash

From 6:30 – 10pm at the Palmdale Bingo Hall – 2011 E. Palmdale Blvd. \$15

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, “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.”

As by some deep instinct, we A.A.’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Other fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born and by God’s grace has nevertheless flourished.

Let us reemphasize that this reluctance to fight one virtue which makes us feel superior to other people. Nor does it mean that the member of Alcoholics Anonymous, nor restored as citizens of the world, are going back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that’s quite a different matter. In this respect, we do not enter in to public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something far greater importance than the weight we could collectively throw back of any cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

Maybe this sounds as though the alcoholics in A.A. had suddenly gone peaceable, and become one great big happy family. Of course, this isn’t so at all. Human beings that we are, we squabble. Before we leveled off a bit, A.A. looked more like one prodigious squabble than anything else, at least on the surface. A corporation director who had just voted a company expenditure of a hundred thousand dollars would appear at an A.A. business meeting and blow his top over an outlay of twenty-five dollars’ worth of needed postage stamps. Disliking the attempt of some to manage a group, half its membership might angrily rush off to form another group, half its membership might angrily rush off to form another group more to their liking. Elders, temporarily turned Pharisee, have sulked. Bitter attacks have been directed against people suspected of mixed motives. Despite their din, our puny rows never did A.A., a particle of harm. They were just part and parcel of learning to work and live together. Let it be noted, too,

that they were almost always concerned with ways to make A.A. more effective, how to do the most good for the most alcoholics.

Daily Reflections excerpt on the 10th Step

Page 313: All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification.

- Twelve Steps and Twelve Traditions, p. 176

As A.A. member and sponsor, I know I can cause real damage if I yield to temptation and give opinions and advice on another’s medical, martial, or religious problems. I am not a doctor, counselor, or lawyer. I cannot tell anyone how he or she should live; however, I can share how I came through similar situations without drinking, and how A.A.’s Steps and Traditions help me in dealing with my life.

Early in my A.A. life, I became employed in its services and I found the explanation of our society’s logo to be very appropriate. First, a circle of love and service with a well-balanced triangle inside, the base of which represents our Recovery through the Twelve Steps. Then the other two sides, representing Unity and Service, respectively. The three sides of the triangle are equal. As I grew in A.A. I soon identified myself with this symbol. I am the circle, and the sides of the triangle represent three aspects of my personality: physical, emotional sanity,

spirituality, the latter forming the symbol's base. Taken together, all three aspects of my personality translate into a sober and happy life.



"C'mon fellas, it's too early—he ain't in yet."

Daily Reflections excerpt on the 10th Step

Daily Monitoring, page 289:

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 excerpt on the 10th Tradition

Page 310: We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause.

-Twelve Steps and Twelve Traditions, p. 177

How much it means to me that an unbroken tradition of more than half a century is a thread that connects me to Bill W. and Dr. Bob. How much more grounded I feel to be in a Fellowship whose aims are constant and unflagging. I am grateful that the energies of A.A. have never been scattered, but focused instead on our members and on individual sobriety.

My beliefs are what make me human; I am free to hold any opinion, but A.A.'s purpose—so clearly stated fifty years ago—is for me to keep sober. That purpose has promoted round-the-clock meeting schedules, and thousands of intergroup and central service offices, with their thousands of volunteers. Like the sun focused through a magnifying glass, A.A.'s single vision has lit a fire of faith in sobriety in millions of hearts, including mine.

Daily Reflections excerpt on the 10th Tradition

Page 313: 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... So long as we don't argue these matters privately, it's a cinch we never shall publicly."

-TWELVE STEPS AND TWELVE TRADITIONS, P. 176

Do I remember that I have a right to my opinion but that others don't have to share it? That's the spirit of "Live and Let Live." The Serenity Prayer reminds me, with God's help, to "Accept the things I cannot change." Am I still trying to change others? When it comes to "Courage to change the things I can," do I remember that my opinions are mine, and yours are yours? Am I still afraid to be me? When it comes to "Wisdom to know the difference," do I remember that my opinions come from my experience? If I have a know-it-all attitude, aren't I being deliberately controversial?



Tenth Concept:

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

A Rabbit Walks into a Bar:

"I really want to thank you for sticking with me through all the years of drinking, and the first five years of my sobriety," said the AA to her spouse on her fifth-year anniversary. "But I'm

curious. If I started drinking again, would you still love me?"

After pondering the question for about a tenth of a second, her husband said, "Of course I'd still love you. I'd miss you, but I'd still love you!"



"When I think of all the wasted time and money! Fifty cents a month for no-dues-or-fee, bus fares to meetings, and four-fifty for the Big Book, which I didn't even read!"

You know you're an alcoholic if:

1. Emails from your friends say HALT in the subject header.
2. Your idea of a smooth opening line is "I really liked what you shared."
3. You don't know the last names of most of your friends.

The following tale was said to be one of Bill W.'s favorites:

A man is living alone on a desert island, and finally a ship comes to rescue him. The captain notices a lot of buildings around the island, so the loner takes him on a tour. After a walking awhile, they come to a building with a sign out front that says "A.A." "Yes, indeed, I'm a member," the loner says proudly. A little later on they walk past another

building, and this one has the same AA sign. The ship's captain is curious and asks for the reason. The loner shrugs: "Oh, that's the meeting I won't go to."

Quotable Quotes

An Irish coffee has the four essential food groups, alcohol, caffeine, sugar, and fat.

Learn to laugh at yourself and you will never run out of material.

Your elbow bending beer mug days are over and now your elbows bending phone call days have begun.

Barf and lie put together is Barfly.

He read a vision for you and then said "last call for coffee."

Bright ideas are a dime a dozen, But A Good Deed is priceless.

It's not wrong to be tempted, it's not wrong to yield.

A decision is like screwing the light bulb in tight enough to touch the place where the current comes out.

Life is like a camera, focus on what's important, capture the good times, develop from the negatives, and if it doesn't work out, take another shot. Drinking keeps you away from the big book. The Big Book keeps you away from drinking.

Nothing's impossible: the word itself says I'm possible.

The perfect time to start something never arrives.

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

October 2016 Office Manager Report

	Jan - Aug '16	Sep '16	YTD Total
Sales of Goods	\$34,644.15	\$3,899.11	\$38,543.26
Expenses	(\$25,029.36)	(\$1,946.22)	(\$26,975.58)
Cost of Goods	(\$27,579.95)	(\$1,486.04)	(\$29,065.99)
Contributions	\$19,512.97	\$1,003.36	\$20,516.33

Net Income **\$1,547.81** **\$1,470.21** **\$3,018.02**

Contributions

Group	Jan - Aug '16	Sep '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$3,566.60	\$313.93	\$3,880.53
A.V. Hospital ~ 2 West	\$100.00		\$100.00
A.V. Men's Stag Quartz Hill	\$829.30	\$61.80	\$891.10
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	\$1,500.32	\$100.33	\$1,600.65
Any Lengths Group	\$0.00		\$0.00
Arbor Court Tuesday	\$30.00		\$30.00
A Women's Story	\$100.00	\$50.00	\$150.00
Birthday Celebrants	\$180.00	\$40.00	\$220.00
B.Y.O.C. A.V. Y.P.	\$39.00		\$39.00
Big Book Ladies Women	\$0.00		\$0.00
California City Clubhouse	\$848.43	\$110.30	\$958.73
Crown Valley Group	\$0.00		\$0.00
Founders Month	\$0.00		\$0.00
Friday Night Non-Smoker Sneaker Mtg	\$407.37		\$407.37
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	\$126.13	\$16.00	\$142.13
Into Action	\$70.00	\$30.00	\$100.00
Lake Hughes Friday Night	\$0.00		\$0.00
Lake Hughes Men's Stag	\$246.00	\$36.00	\$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		\$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		\$150.00
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	\$768.00	\$245.00	\$1,013.00
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

TOTALS **\$17,777.93** **\$1,003.36** **\$18,781.29**

BIRTHDAYS

Denise M.	10/8/2015	1	Terry K.	10/28/2003	13
Shaylin M.	10/2/2014	2	Rick M.	10/1/2002	14
Adrienne R.	10/16/2012	4	Spike H.	10/18/2002	14
Aira	10/11/2012	4	Julie W.	10/29/2001	15
Scott E.	10/19/2012	4	Sean C.	10/22/2001	15
Colleen J.	10/29/2011	5	Debbie L.	10/10/2000	16
Garv G.	10/28/2011	5	Ken C.	10/22/2000	16
Mitchell C.	10/15/2011	5	Mary D.	10/17/2000	16
Christina C.	10/13/2010	6	Mimi G.	10/22/2000	16
David Y.	10/1/2010	6	Raymond H.	10/20/1997	19
John M.	10/15/2010	6	Carmen L.	10/15/1996	20
Michael H.	10/23/2010	6	Jim C.	10/17/1996	20
Omar	10/30/2010	6	Sue B.	10/16/1996	20
Robert R.	10/17/2010	6	Terry C.	10/4/1996	20
Craig M.	10/5/2009	7	Ginni F.D.	10/22/1995	21
Fran	10/21/2009	7	Andra M.	10/7/1994	22
Jennifer H.	10/28/2009	7	Tori B.	10/28/1994	22
Jenny R.	10/11/2009	7	Jon B.	10/12/1993	23
Martv C.	10/23/2009	7	Robin W.	10/22/1993	23
Michele L.	10/3/2009	7	Shannon D.	10/1/1993	23
Nancy B.	10/11/2009	7	Dave S.	10/1/1992	24
Samantha M.	10/1/2009	7	Garv W.	10/25/1991	25
James K.	10/19/2008	8	Judy Y.	10/17/1991	25
Jerry B.	10/14/2008	8	Linda P.	10/15/1991	25
Joe A.	10/7/2008	8	Bob H.	10/3/1990	26
Nancy A.	10/31/2008	8	Chuck Y.	10/10/1990	26
Ryan A.	10/3/2008	8	David L.	10/16/1990	26
Sean B.	10/7/2008	8	Ken C.	10/6/1990	26
Virginia I.	10/20/2008	8	Stan U.	10/3/1990	26
Will F.	10/11/2008	8	Craig C.	10/2/1988	28
Bryan L.	10/11/2007	9	Pat J.	10/23/1988	28
Felipe R.	10/6/2007	9	Kevin S.	10/19/1987	29
Garv S.	10/3/2007	9	Randy P.	10/31/1987	29
Jason F.	10/23/2007	9	Stacy W.	10/1/1987	29
Johnny B.	10/2/2007	9	Jim B.	10/23/1986	30
Michelle J.	10/26/2007	9	Roger W.	10/15/1986	30
Mike M.	10/15/2007	9	David P.	10/14/1985	31
Mike W.	10/14/2007	9	Eileen V.	10/29/1983	33
Soncherray	10/17/2007	9	Betty W.	10/6/1983	33
Steve F.	10/25/2007	9	Bob B.	10/25/1983	33
Barbara S.	10/13/2005	11	Brent H.	10/16/1983	33
Mike L.	10/25/2005	11	Garv W.	10/6/1983	33
Stacy S.	10/21/2005	11	Stephanie S.	10/12/1983	33
Cheryl B.	10/5/2004	12	Dan G.	10/10/1980	36
Morgan J.	10/24/2004	12	Tim D.	10/23/1980	36
Brian W.	10/21/2003	13	Danny M.	10/18/1978	38
Francis F.	10/18/2003	13	Willy B.	10/9/1978	38
John E.	10/2/2003	13	Debbie R.	10/4/1976	40
Johnny F.	10/30/2003	13	Peggy D.	10/3/1975	41
Kathy B.	10/5/2003	13	Bill P.	10/6/1974	42
Michele S.	10/10/2003	13	Ed Reel	10/25/1974	42
Stuart N.	10/31/2003	13	Link	10/28/1956	60

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

Total Years = 1,826

Managers Corner

Please forgive my error on last month's report ~ it seems the spreadsheet got away from me! Our next major fundraiser is the Oldtimer's Meeting on October 9th! Please join us in celebrating and hearing from the members that have led the way . . . Food, fun and fellowship ~ what more could we want?

Thank You Saturday Volunteers!!

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

Don't forget to visit us on the Web!

