

The Scoop

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Antelope Valley

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WHAT'S INSIDE

FEATURES

Central Office 50/50 Winner/Elections	P. 1
I have A Problem	P. 2
Open-Mindedness/Many Good Books	P. 2
Third Step--	P. 3
12 th Tradition/Daily Reflections	P. 3
Quotable Quotes/Word Game--	P. 4
Office Manager's Report	P. 5
Calendar of Events; Birthdays	P. 6

Please contribute to Central Office
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Email Scoop contributions to:
christman_jess2011@live.com
(Please limit contributions to 500 words or less.)

This month's Central Office 50/50

winner is: Ticket # 368970

Name: Stephanie S. Amount \$15.00

Cowboy Dave Drew the winning ticket!

Election of Officers of the Intergroup Steering Committee

At the January & February Intergroup Steering Committee Meetings, the following AA members were nominated:

Chairman: Dave S. & Steve A.
Co-Chairman: Erich R., Bill G. & Jeff H.
Secretary: Melanie & Sorayeh

Election ballots are available from Saturday, March 1, at Central Office through the first week to AVCO meeting March 6th at 7pm.

Hours are Saturday, 10:00am to 2:00pm, and Monday through Thursday, 10:00am to 5:00pm.

Ballots will be counted at the Intergroup Steering Committee Meeting on Thursday, March 6, at 7:00pm. All Alcoholics Anonymous members are eligible to vote.

Election results will be will be posted in the April Scoop.

Scoop Contributions

Share your experience, strength, and hope with your stories and poems. Show us your different ways you stay sober in your fellowship and sponsorship. Email or hand your stories to your Intergroup Rep. We review and approve contributions at AVCO meeting.©

I have a Problem

Have you gone to God with it?
You don't understand! You are not needing me!
God is either everything or nothing!
Let go and get God!
In the mean time, help another alcoholic.
Work all the steps again, again, and again!
Call your sponsor.
Pick up trash for an hour a day.
Wash your car.
Read the Big Book for an hour a day.
Double up on meetings.
And listen for others' problems that are worst than
yours.

Point being: change your stinking thinking, And ask
for Advice. Then the power of the problem
diminishes. Perspective returns slowly.
Finally, a Solution will Appear.

By Trevor B., A.A. 2012

Open-Mindedness and just a little Willing

When I walked in the doors I was hopeless and lost
Too many tears had cried
Too many lies had been told
My children were apart and so was my heart
I listened to others' spirited tales
and yet their smiles
Wondering how do I get there too?
They laughed and cried with a humor
I strangely understood
We stood in a circle to say a new prayer
I began to learn
Afterwards I stood without such a burden
on my shoulders
Opened my eyes; Keep coming Back...
Reassured just a small bit, so I keep coming back...
One day at a Time...

By: Jessica C., A.A. 2011

Many Good Books Also

On June 10, 1995 I stood on the street- corner
opposite Dr Bob's house in Akron, Ohio. Tears of
gratitude were streaming down my face, and I
began grinning like a clown all at the same time. I

was jubilantly happy celebrating AA being 60 years
old and I was alive!!

As I entered the house, I noticed a bookshelf in the
corner of the living room where a copy of the
original Big Book was displayed. Leaning up
against it was a smaller book; it was Sermon on the
Mount. I had read the book previously on a
recommendation of a spiritual giant no doubt sent to
me by God. I needed all the help possible and this
was to be a significant part of that help.

When I got back home to California, I got out my
copy and again looked at THE BEATITUDES
(MarkV), in particular "Blessed are the pure in
heart"...!! It was a strong AA message for me about
maintaining a relationship with God, and to be of
service with pure motives.

The book is not AA approved...but it was leaning
up against the BIG BOOK!! Think about it!!

By: Arne P., A.A. 1976

Step 3

***"Made a decision to turn our will and our
lives over to the care of God as we
understood Him."***

Practicing Step Three is like the opening of
a door which to all appearances is still closed and
locked. All we need is a key, and the decision to
swing the door open. There is only one key, and it
is called willingness. Once unlocked by
willingness, the door opens almost of itself, and
looking through it, we shall see a pathway beside
which is an inscription. It reads: "This is the way
to a faith that works." In the first two Steps we
were engaged in reflection. We say that we were
powerless over alcohol, but we also perceived that
faith of some kind, if only in A. A. itself, is possible
to anyone. These conclusions did not require
action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God – or, if you like, a Higher Power – into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of our whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God *as we understood Him.*”

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how *can* he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

Third Tradition

“The only requirement for A. A. membership is a desire to stop drinking.”

Early intolerance based on fear. To take away any alcoholic’s chance at A.A., was sometimes to pronounce his death sentence. Membership regulations abandoned. Two examples of experience. Any alcoholic is a member of A.A. when *he* says so.

This tradition is packed with meaning. For A.A. is really saying to every serious drinker, “you

are an A.A. member if *you* say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you’ve gone, no matter how grave your emotional complications – even your crimes – we still can’t deny you A.A. We don’t *want* to keep you out. We aren’t a bit afraid you’ll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we’ve had. So you’re an A.A. member the minute you declare yourself.”

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn’t be relighted. Our unspoken, constant thought was “which of us may be the next?”

Daily Reflections excerpt on the 3rd Tradition

Page 158: *The only requirement for A.A. membership is a desire to stop drinking. Twelve Steps and Twelve Traditions, p. 139*

I first heard the short form of the Third Tradition in the Preamble. When I came to A.A. I could not accept myself, my alcoholism, or a Higher Power. If there had been any physical, mental, moral, or religious requirements for membership, I would be dead today. Bill W. said in his tape on the Traditions that the Third Tradition is a charter for individual freedom. The most impressive thing to me was the feeling of acceptance from members who were practicing the Third Tradition by tolerating and accepting me. I feel acceptance is love and love is God’s will for us.

“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation.” *Alcoholics Anonymous, p. 568 – quote from Herbert Spencer*

Quotable Quotes

Alcohol Warning:

Due to increasing products liability litigation, beer manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol may cause you to thay shings like thish.

WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may leave you wondering what the hell happened to your pants.

WARNING: Consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting.

WARNING: Consumption of alcohol may make you think you have mystical Kung Fu powers.

WARNING: Consumption of alcohol may cause you to roll over in the morning and see something really scary (whose species and/or name you can't remember).

WARNING: Consumption of alcohol may actually CAUSE pregnancy.

WARNING: Consumption of alcohol is the leading cause of inexplicable rug burns on the forehead.

WARNING: Consumption of alcohol may create the illusion that you are tougher, smarter and more handsome than some really, really big guy named FRANZ.

WARNING: Consumption of alcohol may lead you to believe you are invisible.

WARNING: Consumption of alcohol may lead you to think people are laughing WITH you.

WARNING: Consumption of alcohol may cause an influx in the time-space continuum, whereby small (and sometimes large) gaps of time may seem to literally disappear

WORD GAME

AGREEMANT, COFFEE, COURAGE, DECLARE,
DEPENDANCE, EARNESTLY, FOUNDATION, GROUPS,
IDEA, INTENTION, LAUGHTER, MEMBER, MIRROR,
MISUSE, NECESSARY, POWER, RECOVERY, THEKEY,
THOUGHT, VESSEL, WILLINGNESS

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

