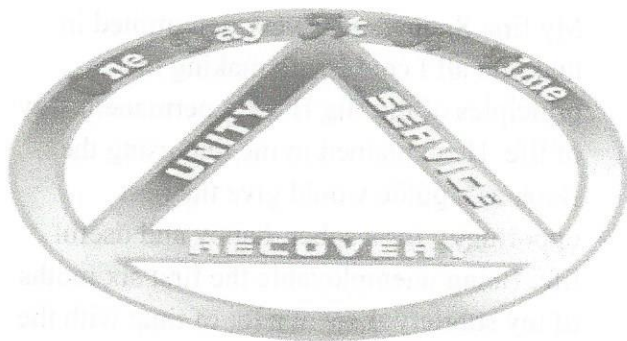


The Scoop

PUBLISHED BY THE ANTELOPE VALLEY INTERGROUP OF ALCOHOLICS ANONYMOUS

Antelope Valley November 2015



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Please contribute to Central Office

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(Please limit submission to 500 words
or less.)

"THE WAY IT WAS, WHAT HAPPENED, AND HOW IT IS NOW"

TODAY

I enjoy a productive life, interacting with my family, friends and society. It was not always like this, as there was something I had to overcome.

IN THE BEGINNING

My parents were artistic people with four children. We lived a superficial life, as appearances were very important. My mother was a rage-aholic. I became very self-conscious with dreams to become an actress. In time I married and had children.

Later when my husband wanted a divorce and I became a single mom. Soon I was hospitalized for nervous breakdown. Doctors advised me to take care of myself. At that time I didn't know about "addiction". Soon I found alcohol, and it took away the fear, until a DUI got my attention.

BANKRUPT COMPLETELY

I hated myself, the life that I was providing my children, and realized there must be a better way. Shortly thereafter I found myself crying out to God for help.

RECOVERY INTRODUCED

Within days I showed up at an AA Meeting. I knew no one, but took every suggestion. I read books, went to meetings, took commitments, studied the principles, took panels to hospitals & institutions, and got a sponsor. I did not drink or use a mind-altering substance no matter what!!

I WAS REINVENTED

I developed a new relationship with God. Now I could see Him working in my life. I was emotionally present when my mom died a year later from cancer. I never blamed her for my life, as she was an untreated alcoholic. When I remarried at 5 years sober I chose someone with healthy values and I work at becoming the wife I always wanted to be. And the mom I always wanted my children to have. I was sober 13 years when my brother overdosed on drugs. I understood that I could not get sober for him, and was powerless over his decisions. He hit bottom; it was death. My brother's demise drove me into a huge mid-life crisis. I threw myself into therapy, inner-child work, and found that someone could sustain depression, and not drink. When my eldest son died of cancer, I was 25 years sober. I understand loss now a little differently. We teach our children and release them. This experience provided me the opportunity to co-facilitate a bereavement group.

GIVE IT AWAY TO KEEP IT

My recovery is not only mine. My family reaps the blessings of my gift of sobriety. My calling is to share my strength with those who want guidance. My disease stays in remission by keeping a conscious contact with a Higher Power, taking steps,

keeping principles, and not drinking or using drugs no matter what happens. If there were only one person given the opportunity to help an alcoholic, I would want to be that one person. Thank God there are many of us.

By: Valerie R., A.A 1977

Religious Rebel or Agnostic ??

My first Sponsor was very determined in that I do all I could with making the principles of the Big Book a permanent way of life. He explained to me that using the Book as a guide would give the best opportunity for a sober, happy and useful life. Being unemployable the first six months of my sobriety, I spent a lot of time with the Book, the most interesting Chapters were Bills Story, How It Works and Into Action. Chapter 4, WE AGNOSTICS didn't interest me at first.

I pretty much rebelled at anything that could be tied to religion. My exposure to religion had left me pretty much out in the cold, I believed there was a God, but as far as I was concerned, we had parted ways along time ago. As I studied the Steps, it was clear that I would definitely have to give some type of recognition to some Higher Power. Knowing that the Book was written by alcoholics, for alcoholics, getting busy with the Agnostic Chapter, I found exactly what I was looking for:-Spiritual Freedom !! Hard to rebel against freedom !! It was going to be 'my understanding' of a Higher Power, and 'my understanding' of any and all spiritual ideas and concepts in the Book !! My attitude changed: it became

an adventure to discover what the Book had to offer and to understand and discuss with others our common shared experiences.

Now I am neither a Rebel or Agnostic,..just an average Alcoholic looking for a strong relationship with the Loving God of AA (as I understand Him) !!

Just call me LUCKY !!

By: Arne P., AA 1976

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.

Editor's Note: Thank you for all the email submissions .Have a happy holiday season and to many more beginnings to share.

The 11th 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 opposite in many ways of usual promotional practice. We found that we had to rely upon the principle of attraction rather than of promotion.

**Daily Reflections excerpt on the 11th
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.

Quotable Quotes

When you share your pain, it's divided;
When you share your joy, it's multiplied.

The task ahead of us is never as great the
Power behind us. The Tablemate- an early
12 step study guide.

"Setting others free to travel their own
path—also sets us free to travel ours."

"A brook would lose its sound if God
removed the rocks."

There's only one problem with going
through a second childhood. This time you
can't blame your parents.

The readiness with which we admit our fault
or acknowledge a weakness may be only
your pride masquerading as humility.

"THIS TOO SHALL PASS," ain't so good
when it's a kidney stone.

A roller coaster life is better than a flat line
on an E.K.G.

The mighty oak was once a little nut that
stood its ground.

Have you ever been mad at someone for not
believing your lie?

The real art of conversation is not only to
say the right time, but also to leave unsaid
the wrong thing at the tempting moment.

I go to meetings to see what happens to
people that don't go to meetings.

WORD GAME

ASSURANCE, CONSTRUCTIVE
EXERTION, EXTENSIVE, GRATITUDE
HUMILITY, MEDITATION,
PERCEPTION, REAL, SEEMINGLY,
WISDOM, WORTHY

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

November 2015 Office Manager Report

	Jan - Sep 15	Oct-15	YTD Total
Sales of Goods	\$27,257.35	\$2,499.19	\$29,756.54
Expenses	(\$2,890.36)	(\$3,304.82)	(\$6,195.18)
Cost of Goods	(\$35,781.84)	(\$1,862.83)	(\$37,644.67)
Contributions	\$13,962.02	\$911.58	\$14,877.10
Net Income	\$2,547.17	(\$1,756.88)	\$793.79

Contributions			
Group	Jan - Jul 15	Aug-15	2015 total
A Gathering of Women	\$0.00	\$0.00	\$0.00
A.M. Attitude Modification	\$1,488.04	\$125.07	\$1,613.11
A.V. Hospital ~ 2 West	\$20.00	\$0.00	\$20.00
A.V. Men's Stag Quartz Hill	\$388.00	\$0.00	\$388.00
A.V. H & I	\$0.00	\$0.00	\$0.00
Alano Club Thursday Night	\$200.00	\$0.00	\$200.00
Alano Club Wednesday Dare to be Different	\$20.00	\$40.00	\$60.00
Anonymous Donations	\$1,136.54	\$282.43	\$1,418.97
Any Lengths Group	\$283.50	\$0.00	\$283.50
Arbor Court Tuesday	\$145.43	\$0.00	\$145.43
A Women's Story	\$185.00	\$0.00	\$185.00
Birthday Celebrants	\$0.00	\$41.00	\$41.00
B.Y.O.C. A.V. Y.P.	\$100.00	\$0.00	\$100.00
Big Book Ladies Women	\$100.00	\$0.00	\$100.00
California City Clubhouse	\$660.37	\$42.00	\$702.37
Crown Valley Group	\$256.00	\$0.00	\$256.00
Founders Month	\$65.54	\$0.00	\$65.54
Friday Night Non-Smoker Speaker Mtg	\$367.00	\$0.00	\$367.00
Fund Raiser Monthly 50/50	\$55.00	\$0.00	\$55.00
High Desert Big Book	\$150.00	\$0.00	\$150.00
High Desert Hospital Friday	\$50.00	\$0.00	\$50.00
High Desert Medical Group	\$100.00	\$0.00	\$100.00
Intergroup Meeting	\$190.13	\$12.00	\$202.13
Into Action	\$70.00	\$20.00	\$90.00
Lake Hughes Friday Night	\$128.21	\$0.00	\$128.21
Lake Hughes Men's Stag	\$96.00	\$0.00	\$96.00
Lake Hughes Monday Night	\$60.00	\$0.00	\$60.00
Mid-Day Modification	\$2,688.68	\$217.08	\$2,905.76
Mojave Big Book Awakening	\$10.00	\$0.00	\$10.00
Mojave Group New Beginnings	\$20.00	\$0.00	\$20.00
P.M. Modification	\$1,035.84	\$0.00	\$1,035.84
Palmdale Group	\$1,909.34	\$0.00	\$1,909.34
Pearlblossom Group	\$883.35	\$0.00	\$883.35
Rainbow Group	\$30.50	\$120.00	\$150.50
Rosamond Thursday 7 Minutes to Sobriety	\$30.50	\$0.00	\$30.50
Rosamond Wednesday 7 Minutes to Sobriety	\$4.00	\$0.00	\$4.00
Saturday Morning Men's Stag	\$142.63	\$0.00	\$142.63
Sunday Night B.B.S. 7th Day Advent	\$152.00	\$0.00	\$152.00
The 10,11,12 Group	\$92.81	\$0.00	\$92.81
The Shop Wednesday Night	\$93.50	\$0.00	\$93.50
Wednesday Night BBS @ The Grange	\$84.61	\$0.00	\$84.61
Women in Progress	\$100.00	\$0.00	\$100.00
Women in Recovery	\$100.00	\$0.00	\$100.00
WomenSeeking Serenity Monday	\$273.00	\$12.00	\$285.00

TOTALS	\$13,965.52	\$911.58	\$14,877.10
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The annual totals are an estimate.

The Central Office is currently conducting a full audit and will continue to provide the transparency our membership demands. We Thank You for your continued patience in this transition period. Thank you, Jeff H. & The Intergroup Board

Congratulations to our 50/50 Winner! Erich R. (#628472) drawn by Dena.

Thanks to the Saturday Volunteers

1st	Saturday	Aurora J.
2nd	Saturday	Michaela O.
3rd	Saturday	Merridith F.
4th	Saturday	Jamie K.
5th	Saturday	Vacant

From your Office Manager

AV Central Office has a new web address.

web site = www.avcentraloffice.org

E-MAIL = avcentraloffice@gmail.com

Intergroup 1st Thursday of month at 7:00 pm.

Central Office Located @

43619 W. 17th St. Ste. #106, Lancaster

Does your group have a Intergroup Rep?

Come on down and be of service, all are welcome

Join us as we Trudge the Road of Happy Destiny

I would like to personally wish Happy Birthday to all the people who are celebrating birthdays in August!

CONGRATS!!

If your birthday is coming up soon, please let me know, I would love to add you to our list of Sober members!

We are happy to let you know that we now accept

VISA/MASTERCARD Credit Cards

If you have any questions, you can call Central Office or drop-in anytime.

Thank you for letting us be of service, Respectfully,

Jeff H. and A.V. Central Office Staff & Volunteers

661-945-5757

** OPEN **

Mon-Fri 10 am-4 pm--closed on Sundays

Open Saturday 10:00 am—2:00 pm.

"Nothing Changes, if Nothing Changes"

CALENDAR

OF EVENTS

Please update your groups phone list for Central Office. We would love to celebrate everyone's sobriety by acknowledging your sobriety date!

Thanksgiving Potluck Dinner

Mid-Day Modification Meeting hosts a Pot-Luck & Speaker Meeting @ the Grange November 26 beginning at 2:00 pm to 5:00 pm.

Round-Up

There's a lot of prep-work that goes into planning the AV Round-Up. The meetings star Sunday, October 4th, 6 pm @ the Grange. Get Involved!

Do You Have Artistic Talent?

Submit your "Despairing Drunk" artwork for inclusion with our new Central Office website design! Be a part of & share your talent!

Business Meetings

*Thursday, Oct 1, 2015 Intergroup Business Meeting @ Central Office 7:00 p.m.; 43619 17th St. W. Lancaster

*Sunday, Oct 4, 2015 A.V. Round-Up Business Meeting @ The Grange Hall at 6:00 p.m.; 50th St. W. & M-2 Q.H.

*Sunday, Sept 13, 2015 H&I Business meeting @Alano Club (Newcomer orientation 9:30 am prior to business meeting at 10:00 am) 104 East Ave. K-4, Suite J., Lancaster

*Saturday Sept 12, 2015 District # 7 Business meeting @ Women's Club, 33201 Agua Dulce Rd., Agua Dulce

New Meetings

*Sunday, 6:00 PM High Desert Big Book Group hosts an Open Participation meeting at the Alano Club

* Monday, 5:00 307 AA Speaker Meeting at 42257 6th St W #307, Lancaster (2 hours)

* Friday, 5:00 Jewels in the Desert Woman's Meeting at 42257 6th St W #307, Lancaster (2 hours)

Do you have a suggestion for Central Office? We value everyone's opinion . . . this is YOUR Intergroup Office. Stop by, email, or call and share your input to improve the office.

AA BIRTHDAYS

November		
John R.	11/1/2012	3
Kevin M.	11/13/2012	3
Shea G.	11/8/2012	3
Stephen B.	11/21/2012	3
Christine F.	11/1/2011	4
Britta S.	11/29/2010	5
Misty T.	11/20/2010	5
Chris W.	11/17/2009	6
Katherine R.	11/9/2009	6
Larry B.	11/7/2009	6
Lisa B.	11/24/2009	6
Louie U.	11/19/2009	6
Max R.	11/7/2009	6
Mike P.	11/18/2009	6
Shane K.	11/2/2009	6
Cholee M.	11/15/2008	7
Connie P.	11/27/2008	7
Cowboy Dave	11/30/2008	7
Frank P.	11/27/2008	7
John W.	11/7/2008	7
Richard M.	11/22/2008	7
Lauren S.	11/15/2007	8
Lyle B.	11/21/2007	8
Paul H.	11/22/2007	8
Dan Y.	11/28/2006	9
Joe A.	11/1/2006	9
Julius G.	11/17/2006	9
Ken M.	11/28/2006	9
Laura M.	11/28/2006	9
Melinda W.	11/19/2006	9
Chris C.	11/4/2005	10
David W.	11/14/2005	10
Deanna R.	11/7/2005	10
Debbie W.	11/18/2005	10
Donna M.	11/28/2005	10
Gayland D.	11/15/2005	10
Hanny H.	11/28/2005	10
Jackie B.	11/26/2005	10
James S.	11/10/2005	10
Mark L.	11/27/2005	10
Mark W.	11/3/2005	10
Tammy R.	11/24/2005	10
Terry T.	11/1/2005	10
Doug H.	11/8/2004	11
Eloy C.	11/17/2004	11
Jose A.	11/2/2004	11
Kevin E.	11/13/2004	11
Kim S.	11/22/2004	11
Myrel	11/6/2004	11
Anna C.	11/10/2003	12
Elizabeth M.	11/14/2003	12

November		
Jim B.	11/7/2003	12
John B.	11/25/2003	12
Michelle T.	11/15/2003	12
Perry L.	11/6/2003	12
Sharon B.	11/11/2003	12
Willy S.	11/27/2003	12
Fidel V.	11/27/2002	13
Joe B.	11/1/2002	13
Julie B.	11/8/2002	13
Ralph S.	11/12/2002	13
Sharon B.	11/17/2002	13
Art D.	11/30/2001	14
Dana F.	11/5/2001	14
Darren F.	11/4/2001	14
Jeff G.	11/14/2001	14
Maggie V.	11/7/2001	14
David	11/22/2000	15
John	11/27/1999	16
Colleen S.	11/22/1998	17
Connie S.	11/1/1996	19
Bob M.	11/12/1995	20
Carmen S.	11/10/1995	20
Corey W.	11/22/1995	20
Mark H.	11/2/1995	20
Edwin M.	11/24/1994	20
Frank D.	11/8/1992	23
D. J.	11/6/1990	25
Robert V.	11/1/1990	25
Dan C.	11/7/1989	26
Dave M.	11/28/1989	26
Joe K.	11/30/1989	26
John M.	11/16/1988	27
Dale W.	11/5/1987	28
Robert Holt	11/8/1987	28
Denise J.	11/25/1986	29
Donna A.	11/7/1985	30
Dolores S.	11/27/1984	31
Ed B.	11/1/1983	32
Larry Mc.	11/25/1982	33
Mike H.	11/13/1982	33
Virginia G.	11/25/1982	33
David F.	11/4/1981	34
John S.	11/21/1981	34
Don P.	11/11/1978	37
Brian	11/13/1977	38
Marge M.	11/7/1977	38
Arne P.	11/10/1976	39
Al H.	11/6/1972	43
John C.	11/17/1973	45
Don R.	11/15/1967	48
Total November Years		= 1599

Show your gratitude for your Sobriety, contribute one dollar to Central Office on your sobriety birthday for each year you have been sober.