

# The Scoop

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### Please contribute to Central Office

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## This month's Central Office

**50/50 winner is:** Ticket # 368573

**Name:** Luke Warmwater **Amount** \$50.00

**Morgan J.** Drew the winning ticket!

**ALCOHOLIC JOKE:** Sven and Osmond are good friends. Each day, they get together after work and have a shot in a local bar. This is a tradition that goes on for some time. One day, Osmond says to Sven, "Sven, if I die before you, promise me that you will have a shot for me each day." Sven considers this and agrees. Osmond dies, and sure enough, Sven has an extra shot for him every day after work. This goes on for some time, and the waitress is quite familiar with the ritual and the reason. One day, Sven comes in and –get this- orders one dink. Well, the waitress was in shock. "But Sven, aren't you going to have another dink for your friend as usual?" Sven says, "Well, you see, I joined Alcoholics Anonymous, but I don't think that Osmond should be punished for that."

## Only a Time Ago

The day I chose to buy a 30-pack and clean the house seemed a normal thing to do – except when I passed out and didn't pick up my daughter. Since that evening, her bed remains empty. I knew I had to do something this time. My severe DUI was only a symptom and the little one I gave up a time ago was part of my selfishness and self-centeredness.

An allergy intrigued me and I began to become a little open-minded to a power greater than myself. There had to be an answer. I cried that night in physical pain, mental torture, and spiritual

sickness. I called my children social worker and told her I relapsed. She said, "You know what you have to do." I retraced my steps back to Tarzana and surrendered to move forward painstaking as it had to be.

I listened to the panels that came in to share. For once, I listened for similarities and cried in realization that I wasn't alone. These panel members came in when it was raining, hailing, holidays, marriages, divorce, perhaps loss of a loved one. They showed up on panel to share their experience, strength, and hope. If they could find an answer, then perhaps I could, too.

With the help of a sponsor, home group, sobriety support, and the steps, I have a little over 2 years of sobriety with the grace of God. I still look for similarities and share when I don't feel like it. I show up for panel when life is rough or when things are great. There is serenity in my smile that my daughter looks forward to now. We laugh, cry, and support each other with the strength of our Higher Power today.

*Jessica C. 2011*

## **Feeling GOOD in a New and Better Way!!**

Much of my life since as early as I can remember had to do with feeling good one way or another. Whether it was earned by effort, such as good grades in school, winning at a sports event, getting social recognition and praise... 'what a good little boy, he is so courteous' was often heard after my parents dilled me in manners. As I grew up, I would feel good by making a lot of money (or steal it), drive a fast car (Corvettes), dress in high end clothes and shoes, Italian silk ties, sometimes an ascot for neck wear, exotic cuff links and expensive watches were other trophies to gratify my ego. All this stuff got old after a while and booze became my best feel-good. The trouble came when the craving kicked in, I would just keep drinking until the feel-good would go away and I'd pass out, get sick, blackout, or get angry if someone would try to stop my drinking.

In the Big Book, I found several nice ways to stay out of trouble and feel good... 'cease fighting everyone' works well for me. Also 'avoid then, the deliberate manufacture of misery' makes

the world at least peaceful. Feeling good comes to me from a variety of sources all associated with a new way of healthy living, helping others, being honest and sincere, not being too serious, concentrating on finding the silver lining in life's challenges, proper rest, correct eating and gym workouts have me smiling a lot more than I frown.

So far, so good. Please keep teaching me. Thanks.

*Arne – A.A. 1976*

## **Step 9**

***"Made direct amends to such people wherever possible, except when to do so would injure them or others."***

Good judgment, a careful sense of timing, courage, and prudence--these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

## **The 9th Tradition**

***"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."***

When Tradition Nine was first written, it said that "Alcoholics Anonymous needs the least possible organization." In years since then, we have changed our minds about that. Today, we are able to say with

assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, “What do they mean, no organization?”

## **Daily Reflections excerpts on the 9th Step**

### **Page 255: *Building a New Life***

*We feel a man is unthinking when he says sobriety is enough.*

*Alcoholics Anonymous, p.82*

When I reflect on Step Nine, I see that physical sobriety must be enough for me. I need to remember the hopelessness I felt before I found sobriety, and how I was willing to go to any lengths for it. Physical sobriety is not enough for those around me, however, since I must see that God’s gift is used to build a new life for my family and loved ones. Just as importantly, I must be available to help others who want the A.A. way of life.

I ask God to help me share the gift of sobriety so that its benefits may be shown to those I know and love.

### **Page 256: *Reconstruction***

*Yes, there is a long period of reconstruction ahead...*

*Alcoholics Anonymous, p.83*

The reconstruction of my life is the prime goal in my recovery as I avoid taking that first drink, one day at a time. The task is most successfully accomplished by working the Steps of our Fellowship. The spiritual life is not a theory; it works, but I have to live it. Step Two started me on my journey to develop a spiritual life; Step Nine allows me to move into the final phase of the initial Steps which taught me how to live a spiritual life. With the guidance and strength of a Higher Power, it would be impossible to proceed through the various stages of reconstruction. I realize that God works for me and through me. Proof comes to me when I realize that God did for me what I could not do for myself, by removing

that gnawing compulsion to drink. I must continue daily to seek God’s guidance. He grants me a daily reprieve and will provide the power I need for reconstruction.

### **Page 258: *Removing Threats to Sobriety***

*...except when to do so would injure them or others.*

*Alcoholics Anonymous, p.59*

Step Nine restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the Step makes me leave the safety of A.A., so that I may deal with non-A.A. people “out there” on their terms, not mine. It is a frightening but necessary action if I am to get back into life. Second, Step Nine allows me to remove threats to my sobriety by healing past relationships. Step Nine points the way to a more serene sobriety by letting me clear away past wreckage, lest it bring me down.

## **Daily Reflections excerpt on the 9th Tradition.**

There is nothing in *Daily Reflections* on Tradition 9.

## **Long form of the 9<sup>th</sup> Tradition**

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in AA. Are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

# Quotable Quotes

I don't like character defects, especially yours!

You've got to try hard not to be nice.

The best way out is always through,

Everything I've ever done...I've never been ready to do.

There is no sunrise so beautiful that it is worth waking me up to see it.

Your time is limited, so don't waste it living someone else's life.

The shortest distance between two people is a smile.

Never worry about what you are escaping from.  
Reserve your anxieties for what you are escaping to.

Most people do not listen with the intent to understand; they listen with the intent to reply.

Be kind, for everyone you meet is fighting a hard battle.

Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses.

Like a good movie--romance, drama, action, fighting, sadness, happiness—all right here in a meeting.

**Bill W. letter, 1966: *Daily Acceptance***

“Too much of my life has been spent dwelling upon the faults of others. This is a most subtle and perverse form of self-satisfaction, which permits us to remain comfortably unaware of our own defects. Too often we are heard to say, ‘If it weren’t for him (or her), how happy I’d be!’”

# Word Game

ACCEPTANCE; BLAME; CHANGE  
DECEPTION; EXPECTATIONS  
FAITH; GOSSIP; HAPPINESS  
IDENTIFICATION; JOY-OF-LIVING  
LONELINESS; MAINTENANCE  
NEWCOMERS; NINTH-STEP  
NINTH-TRADITION; PARADOXES  
PAST; REALITY; SANITY  
SECRETS; TIME; UNIQUENESS  
VIGILANCE; WILLINGNESS

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

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