

The Scoop

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contributions to 500 words or less.)

This month's Central Office

50/50 winner is: Ticket # 369345

Name: Luke W. Amount \$ 35.00

Areol P. Drew the winning ticket!

Freedom's Granted by Alcoholics Anonymous

It seems that in my drinking life I was controlled by all sorts of thinking and feelings that made me uncomfortable. Naturally I would try to drink the discomfort away and the predictable result was passing out or blacking out. Not much fun those last few years, just misery. AA has done a helluva job changing that, as follows:

1. Don't have to drink BOOZE!!
 2. Don't have to people please
 3. Don't need to prove anything
 4. Don't have to 'win' arguments
 5. Don't need to compare myself with others
 6. Don't have to live in FEAR
 7. Don't need to deny Gods love in my life
 8. Don't have to deny character defects
 9. Don't have to lie
 10. Don't need to spend money I don't have.
 11. Don't have to cheat to get along
 12. Don't have to feel guilty about my past
- Yesssss, ...seems that I am living a DREAM!! Hope U are too !!By: Arne P.
A.A 1976

It's in the Big Book

Once I realized that there is a solution, I began to feel a little hope. Next, I had questions, and thank God there is a chapter on "How it Works." The chapter on "more about alcoholism" tells me "once an alcoholic, always an alcoholic" (pg33). Then on page 43- it states "I'm 100% hopeless, apart from divine help." After a little research on who I am, then it's time to get into action. At just the right time, someone else sees an attraction in me and it's now my opportunity to give it away by working with others. I have been reborn like the Big Book says because I've done a few simple suggestions. It was not always easy and there is constant work to be done since I'm never cured of this illness (pg 92, 571, 570).

By: Trevor B. A.A. 2012

Be a part of a fellowship and share your story with others. Join us at the Palmdale Group Picnic or share your story about the AM Mod Summer BBQ. How did you survive the summer season? Share your thoughts, comments, and concerns. We can't keep what we have unless we give it away. –Editor's Note

"Compassion, towards others, is the tool which moves the hand of God."

"Let go and let God, but don't let go of God."

-shared by Earl M. A.A. 2006

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 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 when 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.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book "Alcoholics Anonymous," we usually want to sit down with some members of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when

we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

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?”

Well, let’s see. Did anyone ever hear of a nation, a church a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn’t somehow discipline its members and enforce

obedience to necessary rules and regulations? Doesn’t nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Daily Reflections excerpt on the 9th Step

Page 258:*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, least it bring me down.

Daily Reflections excerpt on service

Page 282: *The circle stands for the whole world of A.A., and the triangle stands for A.A.’s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession.*

A.A. Comes of Age, p. 139

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.

WORD GAME

AMENDS, APPROACH, ATTITUDE, COURAGE
DIRECT, FAITH, FAMILIES, HARM, LIST
PRUDENCE, RESTITUTION, TIMING

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

Quotable Quotes

Attitude is the barometer of our heart.

One drink may make you feel like a new person...Then the new person has to have a drink.

The things in column 1, 2 and 3 are the things that block you off from the sunlight of the Spirit.

None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf.

Dr. Bob, July 1950

I hope you are suffering from frequent overwhelming episodes of appreciation.

Whoever gossips to you will gossip about you.

Procrastination is the art of keeping up with yesterday.

Sobriety didn't open the gates of Heaven to let me in, but it sure opened the gates of Hell to let me out.

Newcomers voicemail- If I do not return your call, you are one of the changes.

I can no longer afford the luxury of blaming others for my choices.

Actual newspaper headline: Man with 8 DUI's blames drinking problem.

You can take the drink from the drunk, but you can't take AA from the alcoholic.