

# The Scoop

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## Antelope Valley

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*(Please limit submission to 500 words  
or less.)*

*In Loving Memory of*

**Romuls Garskis**

Sober since March 30, 1991

*He will be missed by all of us.*

~ ~ ~

*Romuls' Memorial will be held*

*Sept 19, 2015 @ 2:00 pm*

*Church of the Lakes – Lake Hughes*

*(across from Community Ctr)*

*Potluck to follow – Contact Central Office  
for more info.*

### **My Path**

I've awakened from a restless sleep. There's a noise in my head like crazy buzzing bees; causing a barrage of endless, unrelated thoughts to bounce off the inside of my skull with no way to get out. I seem to be in the midst of some private torture chamber. I'm restless...irritable...discontent. Sound familiar? Through AA, I found options that can stop this unbearable internal noise. In the beginning, I sat back and watched, basking in the great relief of being in a place that I finally belonged and was understood.

Yet, life's noises continued to beat in my ears. What? My problems were not solved? Sitting in the rooms of AA did not magically protect me from my own thoughts or erase my

problems?? Wow...the pink cloud got ripped right out from under me.

I humbled myself and listened. I took action. Nothing would be handed to me. It took effort to pick up the tools... one at a time. Slowly I began to identify my crippling reactions to life. The old road I was on would not lead me to the serenity that AA offers. My higher power has shown me the broad highway to take. It's the one that leads to my happy destiny.

Even though the change I'm seeking begins inside of me, I am never really alone. Neither are you. If I had not reached out to find fellowship among those in the rooms; had I not taken a bold step to find a sponsor; had I not thrown myself whole-heartedly into doing what was suggested....well, I hate to think where I would be today.

But here is the best part: Even before I could bring myself to reach out, others reached out to me. That is the gift we get when we finally humble ourselves and walk into a meeting of Alcoholics Anonymous. Whether we are new and seeking or we are at the point of reaching our helping hand out to welcome others, the gifts found in Alcoholics Anonymous are there for the taking.

By: Sandra B. A.A., 2012

### **The GOOD BOOK and** **The BIG BOOK**

Early on in my AA career I had a lot of questions and a lot of time on my hands. Mostly I wondered if I could possibly stay sober with 'this simple' program. I had time to study and I found out about the Oxford Groups. They were pretty much based on fundamental Christianity from the Bible. Dr

Bob was very much a Bible-thumper and certainly influenced Bill W during their lengthy talks in Akron in 1935. It all came down to finding a way to find help from a Higher Power.

In my personal Bible studies a few things got my attention..' As a man thinketh, so is he'..and 'Revenge is mine sayeth the Lord' ..! I talked to my Sponsor about it and he assured me that the Steps would clear up my twisted thinking over time. My concern about His revenge was eased somewhat by the Traditions which spoke of..'a loving God'...!! It was clear that to avoid His revenge, I would have to dedicate myself to finding and doing His Will . The Steps was the only way out to become acceptable to the Loving God.

Staying close to AA in all my doings has been a REAL ADVENTURE ! Very rewarding on the overall,..sometimes not entirely clear at the moment, but always rewarding as promised by the Big Book.

I plan to keep on diggin' for spiritual enrichment !!

By: 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 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 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.

## *Quotable Quotes*

How many times a day would you like to say the serenity prayer.

One of the cards in my wallet was a license to drink, but it expired.

I got sober when I was supposed to, not when I wanted to.

When I stopped picking sponsees, God started sending them.

If I don't like what you're sharing, it be because I need to hear it.

Prayer and meditation has helped me be free from Me!

I didn't quit! I got kicked out in the nick of time.

Victims are dangerous.

She had just about all of my drinking that she could enjoy.

## **WORD GAME**

AMENDS, CONFIDENT, DIRECT  
DISCLOSURE, EARNESTLY, HUMILITY  
LIVING, PRACTICE, READINESS  
RESTITUTION, SINCERITY, SPIRITUAL

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