

The Scoop

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Please contribute to Central Office

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(Please limit contributions to 500 words or less.)

This month's Central Office

50/50 winner is: Ticket # 369518

Name: Gary Spain Amount \$ 15.00

Toni L. Drew the winning ticket!

Acceptance

On this journey I have felt Pain that no words can describe; I have been in Fear with no strength to muster. I have been in the dark with no light in sight N yes I have felt the hopelessness of it. And how come I am still here?? How can it be? Even at the times when I wanted to stay in the dark.

Every time I start to feel or even think I am at the end, I hear exactly what I needed to hear at exactly the right time or something happens that proves to me that there is always something, or someone or Something to shows me I am not alone.... to show me that if I am just willing enough to keep moving forward something great will happen. From my experiences the only time I see this to be true is when I was willing, willing to see it, willing to grow, willing to change..

With pain come progress, with downs brings growth... without problems we do not have any ideas of what to work on.

And until I accept where I am, then n only then I will begin to change....

By: Brian M. A.A. 2011

THINK....THINK...THINK

Most of us have probably seen this 3-word sign at various AA gathering places from time to time. When I first saw the sign I was confused as to what it meant. I asked my Sponsor and he indicated that it would become clearer to me as time went on.....meanwhile he suggested, don't let your thinking get too far out in the future or FEAR will set in. So I concentrated on One Day At A Time as my main mindset. Another Oldtimer said to THINK about where I have been, THINK about where I am, THINK about where I want to go! I decided to go to the BIG BOOK!!

Reading the Big Book I noticed,,,'constant thinking of others' as being vital to my sobriety. Little by little, more and more of my thinking had to do with a Higher Power of some sort,...especially Step 2 for starters. It was about this time, about 90 days sober while driving to a meeting I had a sudden revelation: I had not thought about a drink for 2 whole days in a row !! For me this was indeed spectacular since I had been an around the clock boozier, afraid of the DT's or hearing voices if I tried to dry out !! Scary stuff !!

As I went on in the program I came to Chapter 5 which mentions getting rid of 'old ideas'. This took some work at honesty and digging in my past to see what part of my thinking was the most flawed. Self-centeredness and honesty problems had been present for many years.

Eventually I came to a page in the Big Book which mentions 'thinking' about a half dozen times. . I call it the 'thinking page' or Back to Basics!! It is a real warehouse of spirituality in action which will eventually produce soul healing and a beginning of God consciousness!!

Good luck in finding the page,..you'll thank yourself when you do !!

By: Arne P. A.A. 1976

Sitting on the Bus Bench

The colors of the sky fade and grow
Lonely not I; in this moment, not I know
There are answers that I cannot hear
Feelings that I can share without fear
What used to be is no longer anymore
As I remember how once I closed that heavy
door

My drunken nightmare; physical pain
Emotional turmoil; anguish and shame
My children in tears, family broken hearted
Relationships were a field of war disaster
I'm tired- just so tired- Insanity must cease to
end I told myself

I stepped in the rooms; without two cents
Broken to pieces, yet willing to learn
Keep coming back; We'll love you till you learn
to love yourself

The ladies were happy, the jokes sickly lively
But here my mind stopped spinning...
So if you're on that bus bench waiting for the
bus headed to nowhere

Been down those dark alleys with no one to
come home to
Then consider stopping by and AA will always
be here..
Join the fellowship, pick up a commitment, and
work the steps
Thankful to smile once more with this beautiful
sunset.

By: Jessica C. A.A. 2011

STEP 1

*"We admitted we were powerless over alcohol—
that our lives had become unmanageable."*

Who cares to admit complete defeat?
Practically no one, of course. Every natural
instinct cries out against the idea of personal
powerlessness. It is truly awful to admit that,
glass in hand, we have warped our minds into

such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability. Our sponsors declared that we were the victims of a mental obsession so subtly powerful that no amount of human willpower could break it. There was, they said, no such thing as the personal conquest of this compulsion by the unaided will. Relentlessly deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol—an allergy, they called it. The tyrant alcohol wielded a double-edged sword over us: first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we would ultimately

destroy ourselves in the process. Few indeed were those who, so assailed, had ever won through in singlehanded combat. It was a statistical fact that alcoholics almost never recovered on their own resources. And this had been true, apparently, ever since man had first crushed grapes.

The 1st Tradition

“Our common welfare should come first; our personal recovery depends upon A.A. unity.”

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, “What a great thing A.A. might have been!”

“Does this mean,” some will anxiously ask, “that in A.A. the individual doesn’t count for much? Is he to be dominated by his group and swallowed up in it?”

We may certainly answer this question with a loud “No!” We believe there isn’t a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual’s right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.’s unity contain not a single “Don’t.” They repeatedly say “We ought. . .” but never “You must!”

Quotable Quotes

I need other people because other people are a reflection of who I am.

I am grateful to have MY STORY!!

Circumstances do not define who you are; how you walk through those circumstances.

The softest pillow is a clean conscious.

I saw a leaf fall from a tree...it took ten leaves down with it and I thought of me.

I managed to graduate, but it was downhill.

I've been an AA member in the making most of my life.

If you're looking for the similarities, you'll find them. If you're looking for the differences, you'll find them.

AA is for quitters.

I go to AA because I don't have the guts not to.

In AA, we are salesman of hope, which is where we all start!!

Don't ever ruin a good story with accuracy.

Word Game

BEDROCK, BEGINNING, BREATHE
COURAGE, HOPELESS, HUMILIATION
OBSESSION, POWERLESS, PRAYER
SERENITY, UNMANAGEABLE,
WISDOM

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

Gratitude Month 2014	Amount
A GATHERING OF WOMEN	\$40.50
A M ATTITUDE MODIFICATION	\$443.72
A V MEN'S STAG QUARTZ HILL	\$150.98
A.V. H & I	\$16.00
Alano Club Sat. Morning Men's	\$88.00
ANY LENGTHS GROUP	\$55.81
ARBOR COURT TUE	\$20.50
CALIFORNIA CITY CLUB HOUSE	\$83.00
CROWN VALLEY GROUP	\$129.00
HIGH DESERT BIG BOOK GROUP	\$36.85
LAKE HUGHES MONDAY NIGHT	\$50.85
LITTLE RED BOOK	\$20.45
MID-DAY GROUP GRANGE Q.H.	\$283.14
OPEN DOOR GROUP	\$175.27
P M MODIFICATION	\$343.22
PALMDALE GROUP	\$800.00
PEARBLOSSUM GROUP	\$231.06
SUNDAY NIGHT B/B/S 7TH DAY ADVENT	\$46.75
WE CARE GROUP TUE-NIGHT	\$16.00
WED-NIGHT B/B/S THE GRANGE	\$53.13
WESTSIDE GROUP WED-NIGHT	\$24.50
WOMEN IN PROGRESS	\$26.00
WOMEN IN RECOVERY	\$50.00
WOMEN SEEKING SERENITY MON	\$34.64
TOTAL	\$3,219.37



"I told you that tough love does not work on drunks of his kind. Now out of my way."