



November
2020

The Scoop

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AV Intergroup of AA
43619 17th St. W, Ste 106
Lancaster, CA 93534
(17th St. W & Avenue K)

661-945-5757

Central Office Website:
avcentraloffice.org

Central Office Email:
avcentraloffice@gmail.com

Email Scoop Submissions:
carolotero22@gmail.com
Please, 500 words or less

AA in the AV 14

by Bruce L.
District 7 Archivist

We continue with our story that ended in last month's Scoop with an AA group that broke up in 1958 or 1959.

The population in Lancaster at this earliest time was about 10,000 people and by the time it ceased to function about 20,000. This group was the only contact for AA in the high desert and members made 12th step calls to Redge creek, Gorman, ~~Blanco~~ and other farming villages in the high desert.

One of the main factors in the dispersal of this group was the successful launch of Sputnik by the Soviet Union. As an aftermath the govt. shut down most aircraft contracts and Plant 42 and Edwards, lost many personnel. In 1958 there were sixteen houses constructed in the Antelope Valley. The sober members of the group dispersed to other places for employment.

At the bottom of the cycle five people started The AV Group: they were Linc H., Hank H., Lilly E., John P., and Ike W. They met in the Security Bank Building on W. Lancaster Blvd. for a few months and then rented a house at Fern and Lancaster Blvd."

To be continued...

Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

"Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us."

~ Bill W.

Tradition 11

"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."

"...This, in brief, is the process by which A.A's Tradition Eleven was constructed. 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 ambitions has no place in A.A. In it, each member becomes an active guardian of our Fellowship.

Quotable Quotes

Heard in the Zooms of the AV and Beyond...

- #1 "I thought I was fed up with people places and things , but I was fed up with me."
- #2 "Alcohol doesn't test my sobriety - it reveals it"
- #3 "When you know it's deceit, then it's no longer deceit."
- #4 "Meek is a way of gracing God's will over my will."
- #5 "Religion is for those afraid of going to hell. Spirituality is for those who have already been there."
- #6 "You might miss the glorious mosaic of AA if you focus too much on one tile."
- #7 "What can I live with and what can I die without."
- #8 "Our living answer (the 12 steps) has changed my moral compass." ~Chuck C.
- #9 "Am I even looking for Him." ~Randy 5- 27- 20
- #10 "It's not about the results. It's about chasing freedom." ~Stuart.
- #11 "I found a sick way to live..... Just getting from one meeting to the next." 5-29-20
- #12 "Just because there's a bend in the road, doesn't mean it's the end of the road." ~James, Rule 62

Concept 11 – Twelve Concepts of World Service

"While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."



Word Search

BELONGING	CONSCIOUS	EXPERIENCE
GRATITUDE	KNOWLEDGE	MEDITATION
POWER	PRAYER	SPIRIT
D R G X P B E L O N G I N G O		
N E S G R A T I T U D E S S T		
R W P F J O G V U P O N K E R		
N O I T A T I D E M R V V E B		
S P R F B H P D V Q P A A S W		
Q Z I K N O W L E D G E Y U A		
R Y T Y E C N E I R E P X E M		
J C O N S C I O U S T H Q W R		

Upcoming Events

Intergroup Meeting

When: Thurs. Nov.5, 7:00 PM
Location: Zoom Meeting
Code: 839 3817 5299 PW: 812426



The Next Frontier—Emotional Sobriety

BY: BILL W. | January 1958 Grapevine

I THINK THAT MANY oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden “Mr. Hyde” becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back—ed], depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, “Why can't the Twelve Steps work to release depression?” By the hour, I stared at the St. Francis Prayer. . . “It's better to comfort than to be comforted.” Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon

AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing, a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words “absolute dependency” may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says “To the devil with you,” the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product — the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own “hexes” at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

~ Bill W.

November 2020 Office Manager Report

	Jan - Sep '20	Oct '20	YTD Total
Sales of Goods	\$20,066.53	\$3,362.52	\$23,429.05
Expenses	(\$29,497.96)	(\$2,144.84)	(\$31,642.80)
Cost of Goods	(\$13,724.29)	(\$1,679.10)	(\$15,403.39)
Contributions	\$22,563.98	\$2,491.21	\$25,055.19



Net Income	(\$591.74)	\$2,029.79	\$1,438.05
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Contributions			
Group	Jan - Sep '20	Oct '20	2020 Total
A Gathering of Women	\$50.00		\$50.00
AM Mod	\$2,651.52	\$543.30	\$3,194.82
Anonymous	\$5,437.03	\$1,002.04	\$6,439.07
Any Lengths Group	\$25.00		\$25.00
AV Hospital - Rm #CR7	\$0.00		\$0.00
AV Men's Stag	\$300.00	\$365.00	\$665.00
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$0.00		\$0.00
Birthday	\$227.46	\$50.00	\$277.46
Came to Believe	\$0.00		\$0.00
Crown Valley Grp	\$0.00		\$0.00
Daily Reflection	\$0.00		\$0.00
Dare to be Different	\$0.00		\$0.00
Faithful Fiver	\$375.00		\$375.00
Friday Noon - Alano	\$470.00		\$470.00
H & I	\$0.00		\$0.00
High Desert BB Grp	\$2,812.91		\$2,812.91
High Desert Hospital	\$0.00		\$0.00
I Am Big Book Study	\$0.00		\$0.00
Intergroup Fundraisers	\$100.00		\$100.00
Into Action	\$150.00		\$150.00
Joe & Charlie Book Study - Alano	\$90.00		\$90.00
Lake Hughes Group	\$170.00		\$170.00
Last Call	\$0.00		\$0.00
Little Red Book	\$90.00		\$90.00
Mid-Day Mod	\$1,226.00		\$1,226.00
New Beginnings	\$80.20		\$80.20
Open Door	\$291.41		\$291.41
Palmdale Grp	\$209.00		\$209.00
Pearlblossom Grp	\$574.00		\$574.00
PM Mod	\$1,157.36		\$1,157.36
Quartz Hill Unity Grp	\$709.76		\$709.76
Rainbow Grp	\$0.00	\$40.00	\$40.00
Recovery at the Ranch	\$0.00	\$490.87	\$490.87
Rosamond Sun Night	\$240.00		\$240.00
Rule 62 Grp	\$0.00		\$0.00
Sat AM Men's Stag	\$0.00		\$0.00
Sat Spkr Mtg - Alano	\$200.00		\$200.00
Sobriety Rocks - Alano	\$0.00		\$0.00
Spiritual Sunday - Alano	\$0.00		\$0.00
Steps in Depth	\$0.00		\$0.00
Steps Workshop	\$0.00		\$0.00
Sun Night BBS	\$0.00		\$0.00
The Promises - Alano	\$0.00		\$0.00
Tuesday Topic Mtg - Alano	\$71.00		\$71.00
We Care Grp	\$0.00		\$0.00
Wed Night BBS @ Grange	\$19.12		\$19.12
Westside Grp	\$0.00		\$0.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity	\$50.00		\$50.00
Sober Sisters	\$20.00		\$20.00
TOTALS	\$17,726.77	\$2,491.21	\$20,217.98

Belinda T.	11/27/2015	5	Elizabeth M.	11/14/2003	17
Sarah F.	11/11/2014	6	Jim B.	11/7/2003	17
John R.	11/1/2012	8	John B.	11/25/2003	17
Kevin M.	11/13/2012	8	Michelle T.	11/15/2003	17
Shea G.	11/8/2012	8	Perry L.	11/6/2003	17
Stephen B.	11/21/2012	8	Sharon B.	11/11/2003	17
Christine F.	11/1/2011	9	Willy S.	11/27/2003	17
Britta S.	11/29/2010	10	Fidel V.	11/27/2002	18
Misty T.	11/20/2010	10	Joe B.	11/1/2002	18
Chris W.	11/17/2009	11	Julie B.	11/8/2002	18
Katherine R.	11/9/2009	11	Ralph S.	11/12/2002	18
Larry B.	11/7/2009	11	Sharon B.	11/17/2002	18
Lisa B.	11/24/2009	11	Art D.	11/30/2001	19
Louie U.	11/19/2009	11	Dana F.	11/5/2001	19
Max R.	11/7/2009	11	Darren F.	11/4/2001	19
Mike P.	11/18/2009	11	Jeff G.	11/14/2001	19
Shane K.	11/2/2009	11	Maggie V.	11/7/2001	19
Cholee M.	11/15/2008	12	David	11/22/2000	20
Connie P.	11/27/2008	12	John	11/27/1999	21
Cowboy Dave	11/30/2008	12	Colleen S.	11/22/1998	22
Frank P.	11/27/2008	12	Connie S.	11/1/1996	24
John W.	11/7/2008	12	Bob M.	11/12/1995	25
Richard M.	11/22/2008	12	Carmen S.	11/10/1995	25
Lauren S.	11/15/2007	13	Corey W.	11/22/1995	25
Lyle B.	11/21/2007	13	Mark H.	11/2/1995	25
Paul H.	11/22/2007	13	Edwin M.	11/24/1994	26
Dan Y.	11/28/2006	14	Frank D.	11/8/1992	28
Joe A.	11/1/2006	14	D. J.	11/6/1990	30
Julius G.	11/17/2006	14	Robert V.	11/1/1990	30
Ken M.	11/28/2006	14	Dan C.	11/7/1989	31
Laura M.	11/28/2006	14	Dave M.	11/28/1989	31
Melinda W.	11/19/2006	14	Joe K.	11/30/1989	31
Chris C.	11/4/2005	15	John M.	11/16/1988	32
David W.	11/14/2005	15	Dale W.	11/5/1987	33
Deanna R.	11/7/2005	15	Robert Holt	11/8/1987	33
Debbie W.	11/18/2005	15	Denise J.	11/25/1986	34
Donna M.	11/28/2005	15	Donna A.	11/7/1985	35
Gavland D.	11/15/2005	15	Dolores S.	11/27/1984	36
Hanny H.	11/28/2005	15	Ed B.	11/1/1983	37
Jackie B.	11/26/2005	15	Larry Mc.	11/25/1982	38
James S.	11/10/2005	15	Mike H.	11/13/1982	38
Mark L.	11/27/2005	15	Virginia G.	11/25/1982	38
Mark W.	11/3/2005	15	David F.	11/4/1981	39
Tammy R.	11/24/2005	15	John S.	11/21/1981	39
Terrv T.	11/1/2005	15	Don P.	11/11/1978	42
Doug H.	11/8/2004	16	Brian	11/13/1977	43
Elov C.	11/17/2004	16	Marge M.	11/7/1977	43
Jose A.	11/2/2004	16	Arne P.	11/10/1976	44
Kevin E.	11/13/2004	16	Al H.	11/6/1972	48
Kim S.	11/22/2004	16	John C.	11/17/1973	49
Mvrel	11/6/2004	16	Don R.	11/15/1967	53
Anna C.	11/10/2003	17			

Get your groups birthday list to Central Office ... That's how they appear here!

Total Years = 2,115

Managers Corner

Do you have an AA birthday this month? Come in to the office and receive a free raffle ticket . . . You could be our next winner!

This is Gratitude Month ~ if you are grateful to your sobriety and what AA has done for you, it is time to give back! Either participate at your group when they pass the second basket or come by Central Office and make your donation.

Thank You Saturday Volunteers!!

- 1st ~ Larry W. & Maureen D.
- 2nd ~ Wendy W. & Vacant
- 3rd ~ Debbie Z. & Reggie J.
- 4th ~ Dawn E. & Karen M.
- 5th ~ Stephanie S. & Chante D.

Don't forget to visit us on the Web!

