



September  
2020

# The Scoop

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### AV Intergroup of AA

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Please, 500 words or less

## Online Sobriety

BY: BARB C. | ENDICOTT, N.Y.

**She hated computers, but finding AA online forums gave her the courage to return to the program after a long relapse**

My story begins in 1991 when I was first introduced to AA. I went to meetings, had a number of sponsors, and actually made it to more than a year of sobriety, but it turned out I wasn't done drinking yet.

Fast forward to the year 2006. My husband and I got our first computer. I didn't like computers at all! I thought that they were going to ruin the world. (Actually, that's still in question.) By this time, I was drinking on a daily basis. I had stopped working a few years earlier, due to other health problems. I had my days and nights mixed up. I drank until 4:30 AM and didn't get out of bed until after 1:00 PM most of the time. My selfishness and self-loathing were taking over—I didn't care if I got out of bed or if I would ever wake up again. Mentally and spiritually I was hitting bottom. But I was still not done the drinking.

But even with my drinking, I was starting to learn and figure out things on the computer. I discovered online forums of people writing back on forth on whatever subjects interested them. I first joined a cat site, since I have always loved animals, cats especially. It was ok for a while but I didn't feel like I fit in with the people on there. Then I joined a paranormal site. There were a lot of interesting things to read on that site, but the people were a bit strange, so that wasn't for me, either.

*(continued on page 3)*

## Step 9

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

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

## 9th Tradition

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

"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 overall 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 A.A. 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

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

- #1 "Early relationships in sobriety can sometimes be like sprinkling Miracle Grow on my character defects."
- #2 "It doesn't matter how the donkey got in the ditch... just get him out!"  
~ Holland
- #3 "Enjoy the attention, not everybody's lucky enough to look stupid."
- #4 "If one is too many as far as drinking, then 'any' is too many as far as character defects."
- #5 "We're all dying to self! 'HEY!!' I'm just not very good at it."
- #6 "I did not realize how sick I was until I got well."
- #7 "Pause when agitated and, sometimes, I have to remove myself from people, places, and things."
- #8 "A conversation can become a confirmation."
- #9 "You're an outlaw that isn't wanted anymore."
- #10 "I was wanted in 4 States and unwanted in 44."
- #11 "You never want to double-up on something that's killing you."
- #12 "We did not get sober to go to meetings."  
~William Griffith Wilson

## How Do I Make a Contribution to AV Intergroup?

Scan the QR code to use CashApp



Or, visit [www.avcentraloffice.org](http://www.avcentraloffice.org) for the link to AV Intergroup on PayPal

### Twelve Concepts of World Service

#### Concept 9

*"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."*

"Our leaders do not drive by mandate, they lead by example. We say to them, 'Act for us, but do not boss us.'"

### Word Search



CHARACTER	LOVE	HUMBLY
GRACE	PEACE	HUMILITY
HONESTY	SHORTCOMINGS	WILLING

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

# AA in the AV 12

by Bruce L.

In last month's Scoop we read that John and Tokay moved to Crystallaire Country Club in LLano in 1962 and hosted meetings there at their home. When I started attending the AV Men's Stag at the Palmdale Cultural Center in 1982, John C. was a regular, and he liked to tell this story.

"They call me the Alcoholic Housebreaker of Altadena," he liked to say, and this is why. One night in Altadena, where he lived, he was so drunk he walked into the wrong house thinking he was home. The homeowner called the cops because he had a housebreaker, but before the police arrived John and the homeowner got to talking and it turns out that the homeowner was one of the founding members of AA in that part of Southern California. So instead of getting arrested, John C. got twelve-stepped! How's that for H.P. working!

Another thing John liked to say, that I remember well and like to repeat myself, is the following: "There's nothing so bad that a drink won't make worse!" Amen.

And his wife Tokay gave me a plaque on my third birthday, that I still have hanging in my office, that reads "There is no spot where God is not."



## Online Sobriety (continued from page 1)

By now, I was feeling overwhelmingly lonely. I was drinking every day, with no friends anymore, no one to talk to except my husband when he was home from work. I was starting to feel worse and worse, physically and mentally. My days blended together. It didn't matter if it was Monday or Thursday because it was the same thing, day after day. Drink, eat, clean house a little (maybe), go on the computer, and then go to bed. Get up and do it all over again.

One day, I decided to see if Alcoholics Anonymous was on the computer. Yep, there it was. So, I drank and read, drank and read. I actually found somewhere or another online of an audio recording of Bill W speaking at a convention somewhere. I cried listening to that and remembering how it was when I was in AA years before. Then I ended up finding other websites, with recovering alcoholics involved in forums and online meetings. For nine months, I wrote back and forth with these people, while drinking my rum and cokes. They kept telling me to go back to AA, and I kept saying: "No, I'm scared, it didn't work for me." Eventually, in the summer of 2007, I did get the courage to go back to AA. I struggled that whole year and kept drinking every couple of weeks. I couldn't get a month under my belt. But I kept hearing over and over: "Keep coming back" and "Don't give up before the miracle." In January 2008, I picked up a white chip and I haven't had a drink since.

I have a home group and a sponsor, and I've held a few service positions. I truly believe my Higher Power reached out to me through the computer even though I didn't understand it at the time. Today I still go on my forums with my AA friends from all over the US and the world. Some of the people who helped me so many years ago to get the courage to go back to AA are still there. I owe my life to them and Alcoholics Anonymous. So I guess computers aren't that bad after all. I wouldn't be sober today if I didn't have one.

SOURCE: AAGRAPEVINE.ORG, MAY 2019

## Upcoming Events

### Intergroup Meeting

**When:** September 3, 7:00 PM

**Location:** Zoom Meeting

**Code:** 839 3817 5299 PW: 812426

### 5th Annual Unity & Service Conference

*Applying our 12 Traditions & 12 Concepts to Real Life*

**When:** September 5-6, 2020

**Location:** Online

Concord, CA fellowship.

Limited space – Pre-registration encouraged, visit:

[www.unityandserviceconference.org](http://www.unityandserviceconference.org)

## Excerpts from As Bill Sees It

**2 In God's Hands** – "When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned." (Alcoholics Anonymous, p.100)

**31 In God's Economy** – "In God's economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is." (Letter, 1942)

**91 Courage and Prudence** – "When fear persisted, we knew it for what it was, and we became able to handle it. We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado." (Grapevine, January, 1962)

# September 2020 Office Manager Report

	Jan - Jul '20	Aug '20	YTD Total
Sales of Goods	\$17,437.87	\$1,128.77	\$18,566.64
Expenses	(\$26,715.95)	(\$1,789.43)	(\$28,505.38)
Cost of Goods	(\$12,230.01)	(\$92.08)	(\$12,322.09)
Contributions	\$15,838.63	\$3,928.65	\$19,767.28
<b>Net Income</b>	<b>(\$5,669.46)</b>	<b>\$3,175.91</b>	<b>(\$2,493.55)</b>



<b>Contributions</b>			
Group	Jan - Jul '20	Aug '20	2020 Total
A Gathering of Women	\$50.00		\$50.00
AM Mod	\$2,494.44		\$2,494.44
Anonymous	\$3,407.64	\$1,644.39	\$5,052.03
Any Lengths Group	\$0.00		\$0.00
AV Hospital - Rm #CR7	\$0.00		\$0.00
AV Men's Stag	\$300.00		\$300.00
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$0.00		\$0.00
Birthday	\$163.46	\$38.00	\$201.46
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	\$335.00		\$335.00
Friday Noon - Alano	\$470.00		\$470.00
H & I	\$0.00		\$0.00
High Desert BB Grp	\$1,336.31	\$1,476.60	\$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	\$0.00		\$0.00
Joe & Charlie Book Study - Alano	\$90.00		\$90.00
Lake Hughes Group	\$50.00	\$120.00	\$170.00
Last Call	\$0.00		\$0.00
Little Red Book	\$90.00		\$90.00
Mid-Day Mod	\$226.00		\$226.00
New Beginnings	\$80.20		\$80.20
Open Door	\$291.41		\$291.41
Palmdale Grp	\$194.00		\$194.00
Pearlblossom Grp	\$574.00		\$574.00
PM Mod	\$1,157.36		\$1,157.36
Quartz Hill Unity Grp	\$469.76		\$469.76
Rainbow Grp	\$0.00		\$0.00
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
<b>Transfer from PavPal</b>		<b>\$649.66</b>	
<b>TOTALS</b>	<b>\$12,409.70</b>	<b>\$3,928.65</b>	<b>\$15,688.69</b>

Jason D.	9/26/2019	1	Tom D.	9/11/1999	21
Vanessa D.	9/26/2019	1	Jeff N.	9/2/1997	23
Frankie F.	9/16/2015	5	Lil John	9/1/1997	23
Michael H.	9/29/2015	5	Stephen C.	9/21/1997	23
Jamie K.	9/21/2013	7	David M.	9/27/1996	24
Amanda	9/10/2012	8	Donna S.	9/5/1996	24
Kara R.	9/21/2012	8	Greg Call	9/27/1995	25
Kathy O.	9/15/2012	8	Mark M.	9/10/1995	25
Monica T.	9/28/2012	8	Dan S.	9/26/1994	26
Yvonne	9/24/2012	8	Greg B.	9/1/1994	26
Alex W.	9/16/2011	9	Steve B.	9/16/1994	26
Angela J.	9/15/2011	9	Billy B.	9/15/1992	28
Carrie C.	9/23/2011	9	Don O.	9/17/1992	28
Ed V.	9/24/2011	9	Teri P.	9/1/1992	28
Kristal H.	9/5/2011	9	David L.	9/18/1991	29
Marcy B.	9/3/2011	9	Margaret D.	9/4/1991	29
Margi B.	9/3/2011	9	Steven M.	9/1/1991	29
Paul B.	9/15/2011	9	Chuck	9/30/1990	30
Larry W.	9/17/2011	9	Cindy G.	9/30/1990	30
Shelley Y.	9/20/2011	9	Joy L.	9/5/1990	30
Tina V.	9/24/2011	9	Becky M.	9/10/1989	31
Ashley S.	9/22/2010	10	Fred H.	9/6/1989	31
Brian S.	9/10/2010	10	John S.	9/15/1989	31
Herb	9/27/2010	10	Myrna D.	9/9/1989	31
J.P.	9/23/2010	10	Glen M.	9/20/1988	32
Rick S.	9/14/2010	10	Mike S.	9/18/1988	32
Tanya W.	9/10/2010	10	Ralph C.	9/18/1988	32
Billy M.	9/10/2009	11	Ron P.	9/7/1988	32
Clayton R.	9/23/2009	11	Stuart S.	9/19/1988	32
Randy P.	9/2/2009	11	Darlene L.	9/27/1987	33
Adrian K.	9/28/2008	12	Rex V.	9/24/1987	33
Christine K.	9/10/2008	12	David P.	9/21/1986	34
Monty T.	9/30/2008	11	John R.	9/7/1986	34
Tim B.	9/24/2008	12	David S.	9/18/1985	35
Marv M.	9/3/2007	13	Nathan B.	9/29/1985	35
Patricia M.	9/11/2007	13	Barbara C.	9/9/1984	36
Alexander W.	9/1/2006	14	Mark F.	9/9/1983	37
Nick W.	9/12/2006	14	Connie G.	9/6/1982	38
Doug M.	9/27/2005	15	Helen B.	9/10/1981	39
Paul M.	9/27/2005	15	Bev S.	9/7/1980	40
Yolanda B.	9/14/2005	15	Chuck C.	9/20/1980	40
Rocky C.	9/19/2004	16	Sally K.	9/1/1980	40
Clvde L.	9/21/2003	17	Billy F.	9/1/1979	41
Jacqueline R.	9/13/2003	17	Vicki F.	9/20/1978	42
Latanva J.	9/10/2003	17	Tony J.	9/30/1977	43
Michael P.	9/22/2003	17	Al Russell	9/7/1976	44
Margie K.	9/13/2002	18	Mickie F.	9/13/1976	44
Barbara S.	9/16/2000	20	Sandy M.	9/30/1974	46
John P.	9/20/2000	20	Frank P.	9/26/1973	47
Dotti M.	9/28/1999	21	Carole C.	9/5/1970	50
Robert M.	9/6/1999	21			

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

Total Years = 2,223

## Managers Corner

Thanks to all who contributed to Central Office for Founder's Month! If you don't see your birthday on our monthly list please have your group pass a roster around and forward it to the office so we can get it straightened out. Our information is only as good as what is provided! Haven't joined the Faithful Fivers? Why not? This is a mere cup of coffee per month and the result is we support the office that saves lives and brings people to our meetings. Don't delay, sign up today - our Central Office is far too important!! C

**CONGRATULATIONS Wendy W. ~ our August Birthday Raffle Winner!**

## 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!

