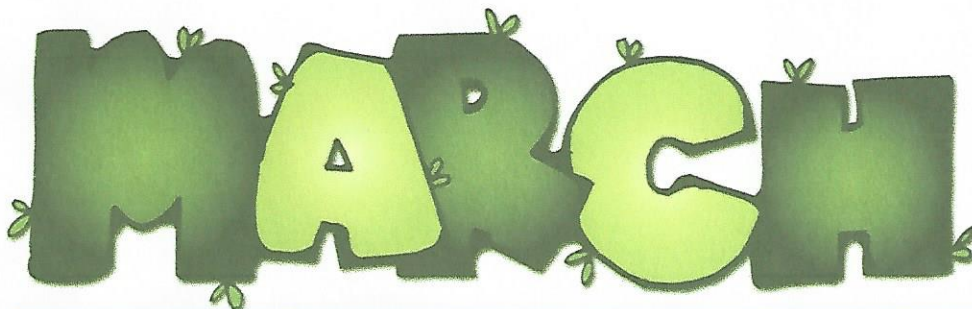




# The Scoop

## Commitment, What an Idea!

Commitment is the state of being bound--emotionally, intellectually, or both--to a person or course of action. Commitment starts with a choice (ideally thoughtfully made and aligned with virtuous purpose) and is sustained by dedication and perseverance. Commitment is active – it is expressed and realized in our thoughts and actions. Some commitment as an engagement or obligation that restricts freedom of action. Our illness wants us to think that we are” missing out” or that something has been taken away from us. When we give ourselves to this program, there is a sense obligation that in our active drinking, we have ignored in many areas of our lives. Commitment is more than just obligation – it is a giving of ourselves, sometimes at high personal cost or risk, to a person or purpose that we find worthy of that gift. Like other forms of giving, commitment can produce some of life's greatest satisfactions.



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## Central Office



## Birthday Raffle

### Inside this issue

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### Calendar of Events

- 3/4 Open Door Alcathon Fundraiser  
Noon @ The Open Door
- 3/10 Roundup Fundraiser Luau 5pm  
ALano Club
- 3/17 AA Traditions Workshop– 2 pm
- 3/17 Palmdale Group Movie Night
- 3/17 St. Paddy's Day Bash Open Door  
8pm
- More info at [avcentraloffice.org](http://avcentraloffice.org)



# 3

## Step Three: It's NOT about Me!

This step helps shift your mindset from thinking about concepts to carrying them out. It opens the door to conforming your will to that of your higher power's. This stage of action is to begin to employ the recovery skills being learned. You can seek out help, but it is also necessary to utilize it. Our job is to become willing to do the right thing. A simple way to view the 'next right thing' is don't engage in

your behavior. Have faith it will work.

*Made a decision to turn our will and our lives over to the care of God as we understood him.*

### What Is the Purpose of This Step?

By Dominica A.

Some of my decisions in life led me to misery. Self-will and acting on addiction leads me to experience struggle. For this reason, Step 3 is so important to me, as making a firm decision to turn my will over to my Higher Power invites the kind of Power that leads me out of bondage and into freedom. This step gives me the opportunity to surrender my will and my life over to my Higher Power. It allows me to feel peace knowing that I don't have to do it alone anymore! I try to remember Step 3 daily, because if I don't, sometimes I'll get back into self-will and end up in trouble. So when my emotions are off or I find myself fighting immense urges to drink, run, or escape, I get quiet with myself and do a mental scan of the first three steps. I ask myself if I've forgotten how powerless I am on my own. Have I turned my will and my life over to God that day? Have I really turned over the pain, fear, grief, or anger over to my God?

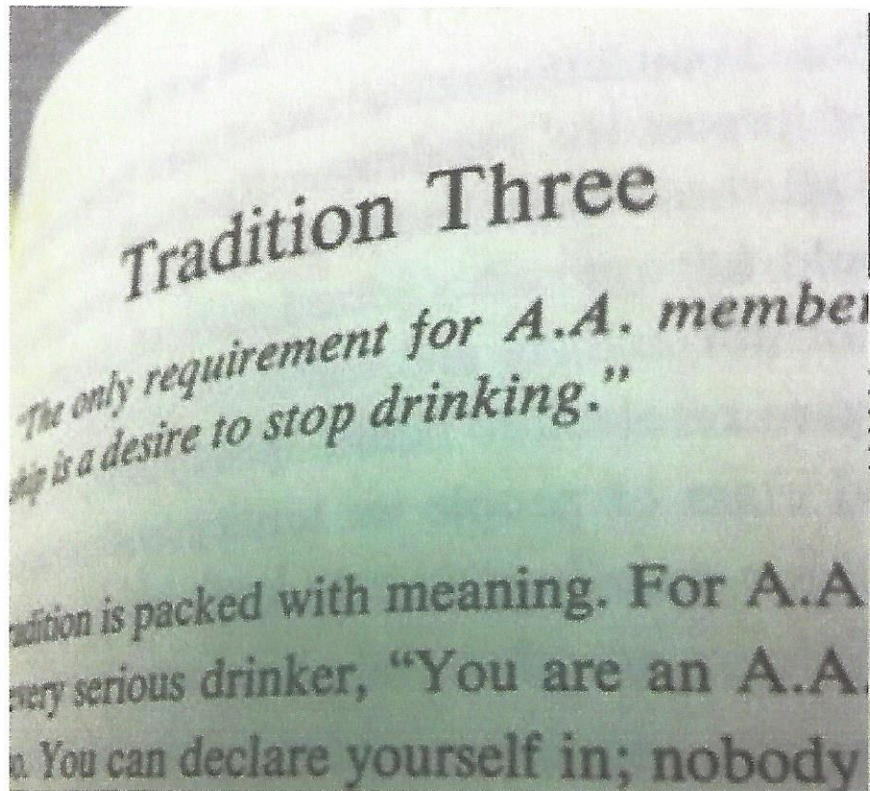
Amen.

### 3rd Step Prayer (Dr. Bob)

Dear God, I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all. I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way. God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life. Please, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me. And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life. Thank You and I praise Your name.







*AA should be open to anyone who has grown weary of the alcoholic lifestyle.*

## Inside Story Headline

Some are of the mind that the traditions work in the same way as the step, in that the preceding is a foundation for the next. While Tradition Three may not be entirely connected to the Second Tradition, it does correlate to the First Tradition. Tradition One is all about group unity and Tradition Three helps establish one of the basic principles that keeps this unity intact.

The Third Step and Third Tradition do not necessarily line up perfectly with one another, but that is not to say that they do not share their own much looser bond. Those who take Step Three must give up their willpower, following through on Step One and Step Two in admitting their powerlessness and turning to a spiritual remedy for help. The Third Tradition applies to all who have demonstrated the willingness to do this themselves, and as such it might be said that Tradition Three thrives on the completion of the first three steps.

Members of AA, new and old, have seen the Third Tradition in action. We have met people who committed crimes that we ourselves may find abhorrent. But these men and women did not strike us as malicious individuals. Had they not had the honesty to tell us of their transgressions, we would never have known about them. They were changed people, men and women who had hit rock bottom and decided that they wanted to live a better way. What kind of unfeeling monsters would we have to be to deny them access to our halls?

The Third Tradition has not always been in place, early AA groups refused to admit homosexuals, inmates (of prisons or asylums), homeless people, prostitutes, and anyone else who they felt might hurt the integrity of the program. This intolerance stemmed largely from fear, and this is one of the major reasons that we must embrace the Third Tradition today. The fellowship is AA's single greatest gift to each and every one of us. We should never fear our brothers and sisters under the banner of recovery.

## Native American 3rd Step Prayer (long version)

Oh Great Spirit whose  
voice in the winds I hear,  
And whose breath gives  
life to all the world-  
Hear me.

Before you I come  
One of your many chil-  
dren.

I am small & weak.  
Your strength & wisdom  
I need.

Let me walk in beauty &  
make my eyes ever be-  
hold the sunset.

Make my heart respect all  
You have made,  
& my ears sharp to hear  
Your voice.

Make me wise that I may  
know all You have taught  
my people,

The lessons You have  
hidden in every rock.

I seek strength, not to be  
superior to my brother,  
but to fight my greatest  
enemy - myself.

Make me ready to stand  
before You with clean &  
straight eyes,

So when life fades as the  
fading sunset,

may my spirit stand be-  
fore You without shame.

*Mitakuye Oyasin*



## Quotable Quotes

The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it's not without doubt but in spite of doubt.-Rollo May

Stay committed to your decisions, but stay flexible in your approach.-Tom Robbins

Without commitment, you cannot have depth in anything, whether it's a relationship, a business or a hobby.-Neil Strauss

Commitment unlocks the doors of imagination, allows vision, and gives us the right stuff to turn our dream into reality.-James Womack

Desire is the key to motivation, but it's determination and commitment to an unremitting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.-Mario Andretti

Be not diverted from your duty by any idle reflections the silly world may make upon you, for their censures are not in your power and should not be at all your concerns.- Epictetus

There is a point at which everything becomes simple and there is no longer any question of choice, because all you have staked will be lost if you look back. Life's point of no return.-Dag

## THE THIRD CONCEPT OF SERVICE

The principle behind the third concept of service is that we serve by acting on our conscience through our "Right of Decision."

We also trust others when they exercise their "Right of Decision."

This concept says that as a trusted servant I am expected to serve by acting on my conscience. I am not simply a messenger. I do not neglect consulting others though. I first exercised my "Right of Decision" in the third step when I decided to turn my will and my life over to the care of God. I now exercise it by choosing to

pray for direction in all areas of my life: personal relationships, work, and other areas.



### Concept III

*To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."*

## PREPARING FOR THE THIRD CONCEPT OF SERVICE

We serve by acting on our conscience through our "Right of Decision" and we trust others when they exercise their "Right of Decision." In preparing for the study of the third concept of, the "Right of Decision," let us examine the following questions:

1. Am I acting in any area of my life that is contrary to my own conscience?
2. Am I mistrustful of the decisions of others in authority over me?
3. Am I demanding that anyone else act contrary to their conscience in order to please me?



## NOT a Glum Lot!

A journalist was assigned to the Jerusalem bureau of his newspaper. He gets an apartment overlooking the Wailing Wall. After several weeks he realizes that whenever he looks at the wall he sees an old Jewish man praying vigorously. The journalist wondered whether there was a publishable story here. He goes down to the wall, introduces himself and says: "You come every day to the wall. What are you praying for?"

The old man replies: "What am I praying for? In the morning I pray for world peace, then I pray for the brotherhood of man. I go home, have a glass of tea, and I come back to the wall to pray for the eradication of illness and disease from the earth."

The journalist is taken by the old man's sincerity and persistence. "You mean you have been coming to the wall to pray every day for these things?"

The old man nods.

"How long have you been coming to the wall to pray for these things?"

The old man becomes reflective and then replies: "How long? Maybe twenty, twenty-five years."

The amazed journalist finally asks: "How does it feel to come and pray every day for over 20 years for these things?"

"How does it feel?" the old man replies. "It feels like I'm talking to a wall."



## COMMITMENT WORD SEARCH

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

dedication  
devotion  
allegiance  
loyalty  
faithfulness  
fidelity  
vow  
promise  
pledge  
oath  
contract  
pact  
deal  
decision  
resolution  
responsibility  
obligation  
duty  
engagement  
arrangement



# March 2018 Office Manager Report

	Jan '18	Feb '18	YTD Total
Sales of Goods	\$4,323.18	\$4,546.29	\$8,869.47
Expenses	(\$5,515.47)	(\$2,283.20)	(\$7,798.67)
Cost of Goods	(\$3,804.28)	(\$985.31)	(\$4,789.59)
Contributions	\$1,507.76	\$1,443.46	\$2,951.22
<b>Net Income</b>	<b>(\$3,488.81)</b>	<b>\$2,721.24</b>	<b>(\$767.57)</b>



<i>Contributions</i>			
Group	Jan '18	Feb '18	2018 Total
A Gathering of Women	\$50.00		\$50.00
Alano Club	\$0.00		\$0.00
AM Mod	\$310.20	\$462.69	\$772.89
Anonymous	\$99.70	\$86.39	\$186.09
Any Lengths Group	\$0.00		\$0.00
Arbor Court	\$30.00		\$30.00
AV Hospital - Rm #CR101	\$0.00		\$0.00
AV Men's Stag	\$117.04	\$178.50	\$295.54
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$0.00		\$0.00
Birthday	\$0.00		\$0.00
Cal City Clubhouse	\$0.00		\$0.00
Clubhouse Meeting	\$0.00		\$0.00
Crown Valley Grp	\$0.00	\$300.00	\$300.00
Gathering of Women	\$0.00		\$0.00
H & I	\$0.00		\$0.00
High Desert BB Grp	\$0.00	\$159.00	\$159.00
High Desert Hospital	\$0.00		\$0.00
Intergroup Fundraisers	\$0.00		\$0.00
Into Action	\$0.00	\$23.00	\$23.00
Lake Hughes Men's Stag	\$60.00		\$60.00
Lake Hughes Monday Night	\$0.00		\$0.00
Little Red Book	\$0.00		\$0.00
Mid-Day Mod	\$72.05	\$213.88	\$285.93
New Beginnings	\$0.00		\$0.00
Open Door	\$0.00		\$0.00
Palmdale Grp	\$404.48	\$20.00	\$424.48
Pearblossom Grp	\$10.00		\$10.00
PM Mod	\$78.39		\$78.39
Quartz Hill Unity Grp	\$120.90		\$120.90
Rainbow Grp	\$0.00		\$0.00
Rosamond Sun Night	\$78.39		\$78.39
Rule 62 Grp	\$0.00		\$0.00
Sat AM Men's Stag	\$0.00		\$0.00
SCV Sun Night Spkr	\$0.00		\$0.00
Spiritual Sunday - Alano	\$0.00		\$0.00
Step Workshop Mtg	\$0.00		\$0.00
Sun Night BBS	\$15.00		\$15.00
Thurs Night BBS @ Alano	\$0.00		\$0.00
We Care Grp	\$0.00		\$0.00
Wed Night BBS @ Grange	\$0.00		\$0.00
Westside Grp	\$0.00		\$0.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity	\$150.00		\$150.00
<b>TOTALS</b>	<b>\$1,596.15</b>	<b>\$1,443.46</b>	<b>\$3,039.61</b>

Tim Y.	3/2/2016	2	Jim G.	3/17/2004	14
Cynthia J.	3/6/2016	2	JoDee L.	3/14/2004	14
Teresa K.	3/10/2015	3	Nancy H.	3/12/2004	14
Leslie G.	3/26/2014	4	William	3/23/2003	15
Amy D.	3/7/2014	4	Marcus H.	3/22/2002	16
C. Bobo	3/11/2013	5	Oscar G.	3/20/2001	17
Mike S.	3/22/2013	5	Sandy M.	3/22/2001	17
Anthony	3/15/2012	6	Troy D.	3/27/1998	20
Colleen E.	3/28/2012	6	Chris G.	3/21/1997	21
Kat H.	3/30/2012	6	Janice M.	3/14/1997	21
Nicholas S.	3/15/2012	6	Patti	3/27/1997	21
Ron L.	3/12/2012	6	Paul O.	3/4/1997	21
Thomas D.	3/28/2012	6	Diane M.	3/29/1996	22
Jessie M.	3/2/2011	7	Janine B.	3/29/1996	22
Ellie	3/6/2011	7	Juliet K.	3/7/1996	22
Mary A.	3/6/2011	7	David W.	3/29/1995	23
Deborah C.	3/15/2011	7	Sarah G.	3/18/1994	24
Karen D.	3/18/2011	7	Ivrina K.	3/9/1993	25
Maile S.	3/19/2011	7	Yvette L.	3/1/1993	25
Ann W.	3/17/2010	8	Kathryn O.	3/1/1992	26
Chris	3/3/2010	8	Jerry G.	3/20/1991	27
Chrissy	3/3/2010	8	Louis G.	3/3/1991	27
Ira	3/1/2010	8	Deb W.	3/2/1990	28
Maurcen B.	3/21/2010	8	Jim P.	3/4/1990	28
Paul H.	3/13/2010	8	Gayle C.	3/26/1989	29
Allen A.	3/28/2009	9	Keith C.	3/17/1989	29
Brent S.	3/26/2009	9	Owen L.	3/10/1989	29
Carri I.	3/9/2009	9	Robert W.	3/17/1989	29
Cielita O.	3/16/2009	9	Don H.	3/15/1985	33
Brent S.	3/26/2009	9	Mario S.	3/17/1985	33
Joe S.	3/29/2009	9	Robert K.	3/10/1985	33
Keith M.	3/13/2009	9	Trisha	3/28/1984	34
Brandon D.	3/28/2008	10	Jim S.	3/27/1983	35
Clinton	3/23/2008	10	Pat C.	3/20/1983	35
Josh C.	3/16/2008	10	Robin W.	3/9/1983	35
Kamryn	3/9/2008	10	Terry H.	3/6/1983	35
Rosemary N.	3/6/2008	10	Jose	3/5/1982	36
Brandy Q.	3/12/2007	11	Mary B.	3/21/1982	36
Christi N.	3/15/2007	11	Uncle Andy	3/1/1982	36
Johnny P.	3/26/2007	11	John G.	3/19/1981	37
Latasha W.	3/6/2007	11	Richard Ross	3/28/1981	37
Lavern C.	3/8/2007	11	Roy Y.	3/3/1980	38
Louis D.	3/28/2007	11	Bob D.	3/9/1978	40
Paul D.	3/18/2007	11	Jackie O.	3/1/1978	40
Samantha W.	3/20/2007	11	Mike A.	3/5/1978	40
Joseph R.	3/14/2006	12	Holland C.	3/7/1977	41
Jovan S.	3/18/2006	12	Judy H.	3/22/1977	41
Karen B.	3/15/2006	12	Valerie R.	3/13/1977	41
Anna G.	3/16/2005	13	Sheryl N.	3/10/1976	42
Chris B.	3/1/2005	13	Helen C.	3/5/1975	43
Hal F.	3/3/2005	13	Larry M.	3/3/1971	47
Kirk F.	3/26/2005	13	Fred D.	3/10/1970	48
Mike C.	3/18/2005	13	Annie C.	3/10/1968	50
Gina G.	3/22/2004	14	Fred C.	3/25/1965	53

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

Total Years = 2,112

## Managers Corner

Congratulations Elgev G. ~ our January Birthday Raffle winner!!  
Happy Birthday to A Gathering of Women . . . 14 years and going strong!!

### Thank You Saturday Volunteers!!

- 1st ~ Larry W. & Mel L.
- 2nd ~ Wendy W. & Cindy B.
- 3rd ~ Stephanie S. & Karen
- 4th ~ Judie M. & Christine B.
- 5th ~ Christine F. & Chris T.

**Thank you for allowing me to be of service!!**

Jeffrey Harlow

Don't forget to visit us on the Web!

