



September 2016

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Please limit submissions to 500

The Scoop

Not a day goes by,
that without the thought of 4343,
I look up in the sky,
and thank my GOD,
It was little old me.

...
That was forced to walk in the doors,
at that special time in my life,
When I thought I had lost it all,
Job, house and wife.

And was shown a new way,
of spiritual abundance,
the life for just one day,

I thank you AA,
for the things that I have become,
and it all started at 4343,
and the number one.

For one day at a time,
that's all I can do,
sometimes it is just hours and minutes,
I wish the same for you.

(note)
I got sober at 4343 Radford
Dec.19th, 1986

By: David A.

Forgiveness

By: Brian M., A.A 2012

In my experience forgiveness is the touch stone of love and companionship to my fellows. Love and companionship was something I lost in my alcoholism, something I felt I didn't deserve anymore. I was wrong. I reached a point in my life where there

was nothing or no one that I haven't damage or hurt, and I couldn't stop even when I wanted to. That alone had me willing to believe that Something bigger than me could be the answer. Soon after I made a decision and then put forth the efforts to find and see the truth...

Once I was willing to look at the names on that list again I realize I had forgiven them, every single one. No more could I play the victim, no more could I make any more excuses. I believe that God is the only thing that can forgive and forget, as I have sin over and over He has discipline me as if it was the first time. As I move forward in this way of life I can forgive and I believe I can be love again as well as love again. Today I can live a happy and useful life. And with God's help I can forgive and forget. Today I'm grateful to have a God as I understand him in my life, and my action must show that...

Keep doing the deal!

Thoughts about Forgiveness

By: Arne P., A.A.1976

One of the new ideas I struggled with in early sobriety was 'forgiveness'. We ended most meetings with the Lord's Prayer and forgiveness was certainly a main topic in that prayer. The most perplexing situation was when AA members with long term sobriety, speaking in meetings and sometimes as Speakers,

spoke of others in their lives, ex-spouses, bosses, siblings in hostile unforgiving terms, sometimes proudly announce how they 'got even'. Many in the audience would nod their unspoken agreement, sometimes laughing and smiling. Yet at the end of the meeting, these folks would enthusiastically recite the Lord's Prayer once more asking for forgiveness as they forgive others. I didn't know if they had done the work of 'forgiving'?

As I progressed into the Steps, being sincere about 'forgiveness' would be a pre-requisite for a strong relationship with my Higher Power. Working on my 4th Step, I could see where others had many times affected my life adversely perhaps similar to my bad actions. As I thought about the main characters, it came to my mind that many times they had simply been thoughtless, not necessarily mean-spirited. Others, who had done damage in my life, still had to be forgiven. I used to Big Book as a guide for action, ... not just prayer and talk in meetings. Some actions were expensive and time consuming but if I am willing to go to any length, I will do the work. Nothing can be allowed to stand in the way of securing and developing my relationship with God as I understand Him. NOTHING !!

Much more can be said,...mainly, I am still a work in progress !!

It's OK if you are Alcoholic

By: Valerie R., A.A. 1977

It was June 1977.....I had been in AA since March 13. It was

wonderful. I was on a pink cloud, (of course I am still on that cloud). Anyway, Cal C. and Joanne D. were going to Warm Springs, a men's rehab. I had just taken my 90 day chip, and I was feeling pretty confident. They asked me to go along.

They told me that the meeting, before the meeting, in the car, is so special. Of course, I was delighted. Then they said I was going to be the 10 minute speaker. They also told me, "You never say no to an AA request." WOW! Why me? What do I say? It is a men's rehab – what do I say to men; I am a girl. It was difficult to concentrate on the conversation during the drive, as I was worried about what I would say.

We got to the meeting in a timely manner. I was not allowed to write down my speech; *we don't do that in AA*. I was told to share my experience, strength and hope. I was so nervous and now I was NOT feeling confident. I had received my 90 day chip though, and God was with me so I was not alone, and I was speaking to a bunch of men. Yikes!

When they called me, I went right to the mike and introduced myself. I opened my mouth and explained that I was a girl, (of course I got laughs at that – like they didn't know). I remember saying "alcoholism has no sex attached to it, anyone can become an alcoholic, it's OK if you are alcoholic." A February child, I guess I mentioned that I was an Aquarian, and I don't remember the rest. I was sincere. I was hoping I would say something that would be meaningful to someone.

After the meeting, the guys formed a line and shook my hand. I was amazed and relaxed by now. The last one in line was very serious, and

had a concerned look on his face. I thought- Alcoholism is a *life and death* disease. Thinking I had said something significant, I smiled broadly. He pulled me aside. He wanted to talk. Now I knew he was going to confess something to me that had been bottled up inside of him for so very long. He mentioned that he really related to me, as I said so many important things that he would take away with him, and then he said in a very low voice, "I am an Aquarian, too."

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.

Calendar Events

September 24th

11am – 3pm, William McAdams
Park – 38115 30th St East
Palmdale Grp Annual Picnic
BBQ, games, raffles & prizes!

Round-Up Business Meeting

Last Sunday each month ~ Grange
Hall @ 6 pm
Get Involved!

**Intergroup Meetings – Central
Office**

1st Thursday each month @ 7pm

NEW MEETINGS

Fear Meeting – Open Door

Tuesdays @ 10pm

***Midnight Participation – Open
Door***

Saturdays

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.

Much the same approach will apply at the office or factory. We shall at once think of a few people who know all about our drinking, and who have been most affected by it. But even in these cases, we may need to use a little more discretion than we did with the family. We may not want to say anything for several weeks, or longer. First we will wish to be reasonably certain that we are on the A.A. beam. Then we are ready to go to these people, to tell them what A.A. is, and what we are trying to do. Against this background we can freely admit the damage we have done and make our apologies. We can pay, or promise to pay, whatever obligations, financial or otherwise, we owe. The generous response of most people to quiet such sincerity will often astonish us. Even our severest and most justified critics will frequently meet us more than halfway on the first trial.

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.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its Foundation Board, nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We’ve tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, “This life for us; you can’t keep us out.” Committees have instructed many A.A. to stop working on a chronic backslider, only to be told: “How I do my Twelfth Step work is my business. Who are you to judge?” This doesn’t mean an A.A. won’t take advice or suggestions from

more experienced members, but he surely won't take orders. Who is more unpopular than the oldtimer in A.A.; full of wisdom, who moves to another area and tries to tell the group there how to run its business? He and all like him who "view with alarm for the good of A.A." meet the most stubborn resistance or, worse still, laughter.

Daily Reflections excerpt on the 9th Step

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.

Daily Reflections excerpt on the 9th Step

Page 235: *We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this we ask until it comes. Remember*

it was agreed at the beginning we would go to any lengths for victory over alcohol.

-Alcoholics Anonymous, p.76

Making a list of people I had harmed was not particularly difficult thing to do. They had showed up in my Fourth Step inventory: people towards whom I had resentments, real or imagined, and whom I had hurt by acts of retaliation. For my recovery to be thorough, I believed it was not important for those who had legitimately harmed me to make amends to me. What is important in my relationship with God is that I stand before Him, knowing I have done what I can to repair the damage I have done.

Daily Reflections excerpt on the 9th Step

Page 258: *.....except when to do so would injure them or others.*

Alcoholics Anonymous, p. 59

Step Nine restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the Step makes me leave the safety of A.A., so that I may deal with non-A.A. people "out there," on their terms, not mine. It is a frightening but necessary action if I am to get back into life. Second, Step Nine allows me to remove threats to my sobriety by healing past relationships. Step Nine points the way to a more serene sobriety by letting me clear away past wreckage, least it bring me down.

Daily Reflections excerpt on the 9th Tradition

Page 245: *It may be possible to find explanations of spiritual experiences such as ours, but I have often tried to explain my own and have succeeded*

only in giving the story of it. I know the feeling it gave me and the results it has brought, but I realize I may never fully understand its deeper why and how.

-As Bill Sees It, p. 313

I had a profound spiritual experience during an open A.A. meeting, which led me to blurt out "I'm an alcoholic!" I have not had a drink since that day. I can tell you the words I heard just prior to my admission, and how those words affected me, but as to why it happened, I do not know. I believe a power greater than myself chose me to recover, yet I do not know why. I try not to worry or wonder about what I do not yet know; instead, I trust that if I continue to work the Steps, practice the A.A. principles in my life and share my story, I will be guided lovingly toward a deep and mature spirituality I which more will be revealed to me. For the time being, it is a gift for me to trust God, work the Steps and help others.



Ninth Concept:

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. “

A Rabbit Walks into a Bar:

You might be an alcoholic if:

1. The vodka you're drinking reminds you of the taste of a fine aftershave.
2. You're lying in your waterbed all warm and comfy when you remember you don't have a waterbed.

You know it's time to sober up when:

- Those fluttering things that keep scaring you are your hands.
- You realize the last time you were sober you didn't have kids.

A **newcomer** was sitting in the back of the room before the meeting began, leafing frantically through the pages of the Big Book. An old-timer notices her activity and asked, “What are you looking for?” “Loopholes,” the newcomer replied.

A **sober father** was raising his young son with the help of A.A. slogans and sayings. If the boy was angry or agitated, his dad would say, “Easy Does It.” If the boy was sad or unhappy, his father would counsel, “Let Go and Let God.”

This plan backfired one day when the

boy asked to go to the toy store. “Absolutely not!” said his father. “Awe, C'mon Dad,” said the boy. “Bring the body and the mind will follow.”

Quotable Quotes

Drinking is something we don't get better at the more we do it.

I earned my seat but how many people helped pay my dues. The best way to multiply happiness is to divide it.

One drink will make us feel like a new person then the new person wants a drink.

When we get tight, how free we are with our money. When we get free, how tight we are with our money.

The real job of AA members is to inform, not reform.

Let us not carry our anonymity so far that not even God knows we belong.

Don't look down on another person unless you are bending over to help them.

There is now whiskey flavored toothpaste. People who use it have 134 percent more cavities, but no one cares.

If we have 4 problems and get drunk, we have 5 problems.

The times to attend a meeting is when you feel least like going.

Most people spend more money on their bodies than they do on their souls.

Word Game

ASKED, CHARACTER, DISPOSE, ENTIRELY, LEARN, LIKENESS, OBJECTIVE, PROMPT, READY, TOWARDS, UNDERSTOOD, WILLING

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

September 2016 Office Manager Report

	Jan - Jul '16	Aug '16	YTD Total
Sales of Goods	\$30,699.00	\$3,945.15	\$34,644.15
Expenses	(\$21,664.74)	(\$2,051.02)	(\$23,715.76)
Cost of Goods	(\$24,532.36)	(\$3,047.59)	(\$27,579.95)
Contributions	\$15,492.44	\$3,891.08	\$19,383.52

BIRTHDAYS

Net Income	(\$5.66)	\$2,737.62	\$2,731.96
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<i>Contributions</i>			
Group	Jan - Jul '16	Aug '16	2016 Total
A Gathering of Women	\$0.00		\$0.00
A.M. Attitude Modification	\$3,127.65	\$438.95	\$3,566.60
A.V. Hospital ~ 2 West	\$100.00		\$100.00
A.V. Men's Stag Quartz Hill	\$829.30		\$829.30
A.V. H & I	\$0.00		\$0.00
Alano Club Thursday Night	\$10.57		\$10.57
Alano Club Wednesday Dare to be Different	\$88.00		\$88.00
Anonymous Donations	\$33.26	\$342.59	\$375.85
Any Lengths Group	\$1,124.47		\$1,124.47
Arbor Court Tuesday	\$0.00		\$0.00
A Women's Story	\$30.00		\$30.00
Birthday Celebrants	\$100.00	\$44.00	\$144.00
B.Y.O.C. A.V. Y.P.	\$136.00	\$10.00	\$146.00
Big Book Ladies Women	\$29.00		\$29.00
California City Clubhouse	\$0.00		\$0.00
Crown Valley Group	\$718.98		\$718.98
Founders Month	\$0.00		\$0.00
Friday Night Non-Smoker Sneaker Mte	\$0.00	\$407.37	\$407.37
Fund Raiser Monthly 50/50	\$0.00		\$0.00
High Desert Big Book	\$0.00	\$900.00	\$900.00
High Desert Hospital Friday	\$767.02		\$767.02
High Desert Medical Group	\$90.00		\$90.00
Intergroup Meeting	\$78.12		\$78.12
Into Action	\$147.13		\$147.13
Lake Hughes Friday Night	\$30.00		\$30.00
Lake Hughes Men's Stag	\$0.00	\$160.00	\$160.00
Lake Hughes Monday Night	\$86.00		\$86.00
Mid-Day Modification	\$100.00	\$903.90	\$1,003.90
Mojave Big Book Awakening	\$1,683.30		\$1,683.30
Mojave Group New Beginnings	\$10.00		\$10.00
P.M. Modification	\$808.42	\$484.27	\$1,292.69
Palmdale Group	\$1,763.63		\$1,763.63
Pearblossom Group	\$360.00		\$360.00
Rosamond Thursday 7 Minutes to Sobriety	\$0.00		\$0.00
Rosamond Sunday Night	\$0.00	\$100.00	\$100.00
Rule 62 Grp	\$150.00		\$150.00
Saturday Morning Men's Stag	\$78.00		\$78.00
Stepping Stones	\$0.00		\$0.00
Sunday Night B.B.S. 7th Day Advent	\$57.72		\$57.72
The 10,11,12 Group	\$0.00		\$0.00
We Care	\$20.00	\$100.00	\$120.00
Wednesday Night BBS @ The Grange	\$768.00		\$768.00
Westside Group	\$38.20		\$38.20
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Serenity Monday	\$307.20		\$307.20

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

TOTALS	\$13,669.97	\$3,891.08	\$17,561.05
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Get your groups birthday list to Central Office
... That's how they appear here!

Total Years = 1,825

Managers Corner

Thank You to all who contribute financially to supporting Central Office. There are only two months each year to pass a second basket solely to support the continued presence of this vital service office, so the support is very much appreciated! Our next major fundraiser is the Oldtimer's Meeting on October 9th! Mark your calendar's now!!

Thank You Saturday Volunteers!!

1st ~ Larry W. & Barbie Q.
 2nd ~ Aurora J. & Alonna T.
 3rd ~ Merredith F., Darin F. & JoAnn G.
 4th ~ Matt C. & Erica B.
 5th ~ Christine F. & Wendy W.

Don't forget to visit us on the Web!