



The Scoop

Hello November, the Month of Attunement!

Now *that's* a word. What does "attunement" even mean? Well, everyday folk it means "being or bringing into harmony; a feeling of being 'at one'" with another being," also to bring into accord, harmony, or sympathetic relationship; adjust:

The psychiatric community uses the term to attunement describe how reactive a person is to another's emotional needs and moods. A person who is well attuned will respond with appropriate language and behaviors based on another person's emotional state.

Whichever way one looks at it, it means we need to get in sync . . .

For those of us who have chosen to walk the spiritual path that is the Twelve Steps of Alcoholics Anonymous will find that this sense of harmony and oneness is with our Higher Power.



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500 word limit, please!

Central Office



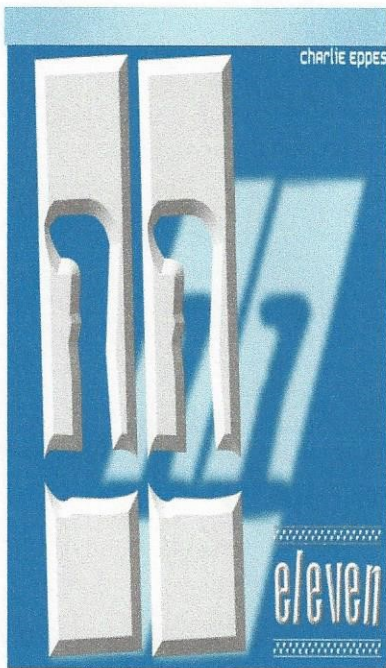
Birthday Raffle

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November Events

- Briefly highlight your point of interest here.
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- Briefly highlight your point of interest here.



Step Eleven: Cultivating Conscious Contact

In 1938, an alcoholic stockbroker named Bill W. wrote a prospectus for the One Hundred Men Corporation. The name of this entity referred to the number of people who had gained sobriety through an obscure new program of recovery from alcoholism. Bill planned to make this program the subject of a book, but first he needed money to finance its publication. For this purpose he was soliciting investors.

The program that Bill championed was based on 12 suggested steps. It was also unabashedly spiritual. In fact, the One Hundred Men prospectus noted that the

spiritual aspect of the program had to be so simple and so practical that one alcoholic could easily explain it to another. Bill's yet-to-be-written book would show how.

Today there are over 25 million copies of Alcoholics Anonymous (the "Big Book") in print. And Bill managed to distill the essence of spiritual practice into the 32 words of Step Eleven: "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."

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What Is the Purpose of This Step?

Step 11 helps to create a solid foundation for a peaceful and fulfilled life and to develop a more positive way of thinking, which will better serve you moving forward. A daily spiritual practice can help to promote emotional balance and stability.

Thoughts on Eleven

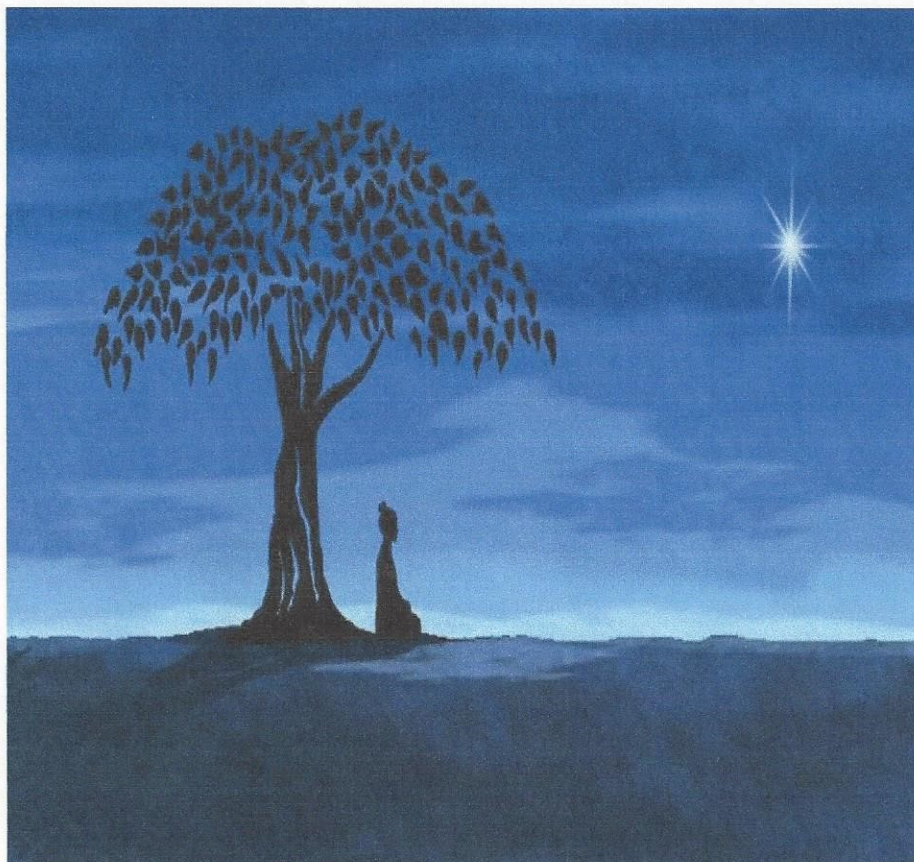
Step 11 is my continual reality check and compass. It keeps me grounded in the reality that I know has brought me out of my addictive behaviors. It keeps me in a safe place by keeping my conscious contact with God. Through prayer and meditation I maintain this conscious contact with God and continually try to carry out what God leads me to do. In that path, I find the sanity, serenity and joy that I have been seeking. -From 12Step.org

Step 11 provides daily spiritual maintenance. As recovering persons, we may use our support groups and recovery literature as springboards toward spiritual and emotional growth. We will probably reach a level, though, at which we hunger for an even deeper contact and communication with God...

If we have had little or no experience with prayer, we should probably begin in a simple fashion. That means putting aside perfectionistic concerns about praying "the right way." We should pray simply and forthrightly to God as a loving Father, not worrying about what we should and should not say.

Over time, as we become comfortable with God, we will talk with Him as with a trusted friend. He will be the Person with whom we can conduct our daily inventories of grief and confession issues. And we will begin to sense His answers to our prayers. . . .

Serenity, A Companion for Twelve Step Recovery, p. 72, 73



Our public relations policy is based on attraction rather than promotion; we need always

These selections from A.A. literature clarify the 11th Tradition and its intent.

In some sections of A.A., anonymity is carried to the point of real absurdity. Members are on such a poor basis of communication that they don't even know each other's last names or where each lives. - As Bill Sees it, page 241

...[Dr. Bob] said there were two ways to break the Anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks. - Dr. Bob and the Good Old Timers, page 264

Dr. Bob stated that within the group, every member should know the first name, last name, address and phone number of all the members in the group. If these are not known, then we as a group are operating ABOVE the level of anonymity intended..... We are not able to be of Service to One Another in Time of Need.

Anonymity and the Principles we ought live by.

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Dr. Bob's comment --

"Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition. "The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA.

This Month in AA History

Nov 1 1947 – 1st AA Group in Anchorage, Alaska. 1963 – Reverend Sam Shoemaker dies.

Nov 10 1940 – First AA group formed in Minneapolis. 2001 – First of 400,000 4th Edition Big Books arrives in the mail.

Nov 11 1934 – Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.

Nov 12 1940 – 1st AA meeting is held in Boston.

Nov 13 1939 – Bill wants to go to work at Towns Hsp, NY drunks want him to stay on as head of the movement.

Nov 14 1940 – Alcoholic Foundation publishes first AA Bulletin.

Nov 15 1949 – Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.

Nov 16 1950 – Dr. Bob died.

Nov 18 1946 – First Dublin Ireland group met.

Nov 21 1939 – AAs in San Francisco hold first California AA meeting in the Clift Hotel.

Nov 26 1895 – Bill W. born in East Dorsett, VT. 1939 – Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous". Became one of first pamphlets on AA.

Nov 28 1939 – Hank P. writes Bill advocating autonomy for all AA groups.

Nov 28 1943 – Bill guest speaker San Quentin Penitentiary

Quotable Quotes

Writing is a very focused form of meditation. Just as good as sitting in a lotus position. Alan Moore

No great work has ever been produced except after a long interval of still and musing meditation. Walter Bagehot

Practice meditation regularly. Meditation leads to eternal bliss. Therefore meditate, meditate. Swami Sivananda

Reading is a form of prayer, a guided meditation that briefly makes us believe we're someone else, disrupting the delusion that we're permanent and at the center of the universe. Suddenly (we're saved!) other people are real again, and we're fond of them. George Saunders

Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed. Saint Francis de Sales

Like the practice of breath control, meditation on the forms of God, repetition of mantras, food restrictions, etc., are but aids for rendering the mind quiescent. Ramana Maharshi

World Concept Eleven

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.



Preparing for Concept Eleven

1. Am I serving in A.A. to the best of my ability and dedication as a sponsor, speaker or leader?
2. Am I pursuing the steps, traditions, and concepts of service with my best effort?
3. What is the quality of my love in relationships? How dedicated am I at work? Do I pursue my other talents with quality and dedication or half-heartedly?
4. Is there a difference in the quality and dedication of my service when I contribute help directly, or when I assist you in being of service? Do I serve better if I am in charge, rather than helping others give service?

The Eleventh Concept— Part 2

How do I measure my service in A.A.? This concept suggests that I inventory the quality I give to the tasks God gives me, and the dedication in which I go about performing these tasks.

Do I prepare myself through prayer and meditation before each session I spend with someone I sponsor? Will I speak with the same dedication at a meeting with five people as I do at a meeting of over a hundred people?

What about quality and dedication in my home and work life? Will I make amends or change or do whatever is necessary in my program to maintain the quality of my love relationships? Will I not be content with an acceptable level of performance in my job when I know I could do an assignment better if I spent more effort on it?

Do I examine my day and plan to do my toughest job first? The toughest job for me is to write inventory and work the step, tradition, or concept of service I am on in my program of spiritual growth. Successes in A.A. do things that failures don't like to do. I also want to examine how I can be of service to you in helping you give quality and dedicated service. Am I as willing to go to any length to help you do a good job, as I am to do a good job for myself? Will I take the time and trouble to share whatever experience, strength, and hope that I might have that you might want?

Meditation on Med-

Daily meditation to deepen our spiritual healing and continue to work the steps in meditation. The first nine steps define and outline the basic steps required to achieve a strong foundation in building a new spiritual framework to think, feel and act within. Meditation is a tremendous aid in this process.

The miracle of the steps of Alcoholics Anonymous is that they very clearly and Tire Steps concisely outline each action within the process of spiritual development. One of the key concepts is that this is a process. We are all approaching life, sobriety and the steps from our own unique perspective. But, it does not matter from which particular spiritual level that we find ourselves today, just a beginner, or a little more advanced along the spiritual path, there is always more to discover.



Meditation

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

introspection
 reflection
 rumination
 self-
 examination
 concentration
 deep thought
 pondering
 contemplation
 thought
 musing
 consideration
 deliberation
 rumination
 brooding
 reverie

November 2017 Office Manager Report

	Jan - Sep '17	Oct '17	YTD Total
Sales of Goods	\$35,937.72	\$3,032.55	\$38,970.27
Expenses	(\$28,644.83)	(\$3,870.76)	(\$32,515.59)
Cost of Goods	(\$26,348.96)	(\$1,284.64)	(\$27,633.60)
Contributions	\$16,497.68	\$1,670.58	\$18,168.26
Net Income	(\$2,558.39)	(\$452.27)	(\$3,010.66)



<i>Contributions</i>			
Group	Jan - Sep '17	Oct '17	YTD Total
A Gathering of Women	\$121.29		\$121.29
Alano Club	\$0.00		\$0.00
AM Mod	\$3,193.13	\$308.77	\$3,501.90
Anonymous	\$1,131.22	\$120.69	\$1,251.91
Any Lengths Group	\$55.00		\$55.00
Arbor Court	\$129.00	\$30.00	\$159.00
AV Hospital - Rm #CR101	\$0.00	\$125.00	\$125.00
AV Men's Stag	\$1,072.88	\$121.06	\$1,193.94
AV Round-Up	\$0.00		\$0.00
AVYPBYOC	\$90.00	\$34.00	\$124.00
Birthday	\$233.00		\$233.00
Cal City Clubhouse	\$818.19		\$818.19
Crown Valley Grp	\$450.00	\$300.00	\$750.00
Gathering of Women	\$50.00		\$50.00
H & I	\$19.55		\$19.55
High Desert BB Grp	\$1,906.63		\$1,906.63
High Desert Hospital	\$0.00		\$0.00
Intergroup Fundraisers	\$1,009.00		\$1,009.00
Into Action	\$363.00		\$363.00
Lake Hughes Men's Stag	\$487.00		\$487.00
Lake Hughes Monday Night	\$0.00		\$0.00
Little Red Book	\$0.00		\$0.00
Mid-Day Mod	\$1,747.14	\$104.46	\$1,851.60
New Beginnings	\$15.00		\$15.00
Open Door	\$0.00	\$485.80	\$485.80
Palmdale Grp	\$884.32		\$884.32
Pearblossom Grp	\$878.65		\$878.65
PM Mod	\$0.00		\$0.00
Quartz Hill Unity Grp	\$573.00		\$573.00
Rainbow Grp	\$0.00		\$0.00
Rosamond Sun Night	\$0.00		\$0.00
Rule 62 Grp	\$235.00		\$235.00
Sat AM Men's Stag	\$0.00		\$0.00
SCV Sun Night Spkr	\$17.00		\$17.00
Spiritual Sunday - Alano	\$25.00		\$25.00
Step Workshop Mtg	\$0.00	\$40.80	\$40.80
Sun Night BBS	\$25.00		\$25.00
We Care Grp	\$50.00		\$50.00
Wed Night BBS @ Grange	\$420.00		\$420.00
Westside Grp	\$40.00		\$40.00
Women in Progress	\$0.00		\$0.00
Women in Recovery	\$32.68		\$32.68
Women Seeking Serenity	\$426.00		\$426.00
TOTALS	\$16,497.68	\$1,670.58	\$18,168.26

Belinda T.	11/27/2015	2	Elizabeth M.	11/14/2003	14
Sarah F.	11/11/2014	3	Jim B.	11/7/2003	14
John R.	11/1/2012	5	John B.	11/25/2003	14
Kevin M.	11/13/2012	5	Michelle T.	11/15/2003	14
Shea G.	11/8/2012	5	Perry L.	11/6/2003	14
Stephen B.	11/21/2012	5	Sharon B.	11/11/2003	14
Christine F.	11/1/2011	6	Willy S.	11/27/2003	14
Britta S.	11/29/2010	7	Fidel V.	11/27/2002	15
Misty T.	11/20/2010	7	Joe B.	11/1/2002	15
Chris W.	11/17/2009	8	Julie B.	11/8/2002	15
Katherine R.	11/9/2009	8	Ralph S.	11/12/2002	15
Larry B.	11/7/2009	8	Sharon B.	11/17/2002	15
Lisa B.	11/24/2009	8	Art D.	11/30/2001	16
Louie U.	11/19/2009	8	Dana F.	11/5/2001	16
Max R.	11/7/2009	8	Darren F.	11/4/2001	16
Mike P.	11/18/2009	8	Jeff G.	11/14/2001	16
Shane K.	11/2/2009	8	Maggie V.	11/7/2001	16
Cholee M.	11/15/2008	9	David	11/22/2000	17
Connie P.	11/27/2008	9	John	11/27/1999	18
Cowboy Dave	11/30/2008	9	Colleen S.	11/22/1998	19
Frank P.	11/27/2008	9	Connie S.	11/1/1996	21
John W.	11/7/2008	9	Bob M.	11/12/1995	22
Richard M.	11/22/2008	9	Carmen S.	11/10/1995	22
Lauren S.	11/15/2007	10	Corey W.	11/22/1995	22
Lyle B.	11/21/2007	10	Mark H.	11/2/1995	22
Paul H.	11/22/2007	10	Edwin M.	11/24/1994	23
Dan Y.	11/28/2006	11	Frank D.	11/8/1992	25
Joe A.	11/1/2006	11	D. J.	11/6/1990	27
Julius G.	11/17/2006	11	Robert V.	11/1/1990	27
Ken M.	11/28/2006	11	Dan C.	11/7/1989	28
Laura M.	11/28/2006	11	Dave M.	11/28/1989	28
Melinda W.	11/19/2006	11	Joe K.	11/30/1989	28
Chris C.	11/4/2005	12	John M.	11/16/1988	29
David W.	11/14/2005	12	Dale W.	11/5/1987	30
Deanna R.	11/7/2005	12	Robert Holt	11/8/1987	30
Debbie W.	11/18/2005	12	Denise J.	11/25/1986	31
Donna M.	11/28/2005	12	Donna A.	11/7/1985	32
Gavland D.	11/15/2005	12	Dolores S.	11/27/1984	33
Hanny H.	11/28/2005	12	Ed B.	11/1/1983	34
Jackie B.	11/26/2005	12	Larry Mc.	11/25/1982	35
James S.	11/10/2005	12	Mike H.	11/13/1982	35
Mark L.	11/27/2005	12	Virginia G.	11/25/1982	35
Mark W.	11/3/2005	12	David F.	11/4/1981	36
Tammy R.	11/24/2005	12	John S.	11/21/1981	36
Terry T.	11/1/2005	12	Don P.	11/11/1978	39
Doug H.	11/8/2004	13	Brian	11/13/1977	40
Elov C.	11/17/2004	13	Marge M.	11/7/1977	40
Jose A.	11/2/2004	13	Arne P.	11/10/1976	41
Kevin E.	11/13/2004	13	Al H.	11/6/1972	45
Kim S.	11/22/2004	13	John C.	11/17/1973	44
Mvrel	11/6/2004	13	Don R.	11/15/1967	50
Anna C.	11/10/2003	14			

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

Total Years = 1,804

Managers Corner

Congratulations to the first winner of the Central Office Birthday Raffle ~ Paul B.!! 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!

Thank you to all who have stepped up to the 7th Tradition Challenge . . . It's making a difference! November is Gratitude Month . . . Show gratitude for your sobriety by contributing to Central Office!!

Thank You Saturday Volunteers!!

- 1st ~ Larry W. & Vacant
- 2nd ~ Wendy W. & Cindy B.
- 3rd ~ Stephanie S. & JoAnn G.
- 4th ~ Judie M. & Christine B.
- 5th ~ Christine F. & Vacant

Don't forget to visit us on the Web!

