

Ventura County Central Service Office Inc.
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Camarillo, CA. 93010

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Volume 36 — Issue 8 **AUGUST 2016**

THE TRADITION

Monthly Newsletter of the Ventura County Central Service Office Inc.

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Info Lines ..

Visit Our Website.
*Just want a meeting or
other A.A. information?
Check out the expanded
Ventura County website.
www.aaventuracounty.org*

Ventura County Central
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Camarillo, Ca. 93010

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vcaaco@verizon.net

Dear John (Barleycorn) - by Kyle A.

Dear Alcohol:

I have some issues I would like to discuss with you so, please be patient and bare with me.

The two of us have known each other for many years now, and we've shared a lot. When I was in high school, I truly began to know you as more than a friend. We had a fun an uninhibited relationship then.

You were with me during a lot of my memorable experiences. You were always there for me with my music. When things got stressful with my employment, you were there to comfort me and just make me forget all my worries.

And then, as my high school friends disappeared, you stuck around and you were still there for me through thick and thin.

I really fell in love with you. I was happy to see you every day. Our relationship blossomed into a tight bond. You completed me. You made me feel special and cool.

What a boost of confidence you were for me. When I went to a party or, got together with friends, I was always happy to have you by my side, ready for whatever the evening would bring!

Oh, how I loved and cherished you! But then, as the days passed by, you changed....Or, maybe I changed (?) I don't know. Our relationship transferred into an obsessive-impulsive situation.

I was so obsessed with you that I would act on premature impulses. I started to realize that my actions were completely out of character,. I began to feel a loss of control. At first, I couldn't figure out why I was feeling this way; then, most recently, I made a startling discovery...

As beautiful as our relationship was going, you began to dismember my morality and my rationality. I found myself

attracted to a different lifestyle that I was unaccustomed to. A dangerous way of life where the feeling was prioritized over the end result.

What I am telling you, is that our relationship is seriously jeopardizing my well-being, not just physically but, mentally. Don't take this wrong. I love you. I'll never forget your dedication. But, I think we both need to come to terms with our current situation.

You are killing me softly. I don't know how else to put it. Your embrace feels so right but, a part of me knows it's so wrong. I'm with you even when I don't want to be. I know I'll feel like crap the next day but, dammit, I've got to have you tonight.

I know now that I can't lead the healthy life that I need to as long as you are in my life.

It's over!!!!

You have sucked the precious life force out of my soul. I think it's very self-ish and cruel on your part. Why don't you just leave me?! It makes this situation so much harder to deal with when you are constantly in my face and trying to be the energy of my life.

It seems like you are always trying to make me feel like I won't have a good time if you're not with me. As if my life would be completely dull and uneventful without your involvement.

It's so unfair for you to push me to feel this way.

You used to bring me up and now all I can see is down.

What I am telling you is, that from this point on- we, us, me and you are through!!!!

So, let's go our separate ways and move on. It was fun while the fun lasted but, it just got sour.

NOTE: Members in service positions qualify for a FREE Newsletter*

Mail Subscription Order Form

The TRADITION

☐ Yes! Enclosed is my \$5.00 check for 12 Monthly Mailed Issues

☐ RENEWAL ☐ NEW FREE SUBSCRIPTION Date _____

Name _____

Service Position _____ Phone _____

Address _____

City _____ State _____ ZIP _____

LATEST
NEWS
+ Events
+ Meetings
+ Recovery
+ Fellowship

12 Monthly
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Per Year

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VENTURA COUNTY CENTRAL SERVICE OFFICE
321 No. Aviator St. Suite 115, Camarillo, CA 93010



***NOTE—FREE SUBSCRIPTION: TO ALL MEMBERS IN SERVICE POSITIONS:**
Meeting Secretaries, Intergroup Representatives and GSR's who register with Central Office, will automatically receive *The Tradition* each month at no charge. If you'd like to receive a free copy in the mail, please submit this subscription form and note the service position you are now filling. *Stay informed, order now!*

A Great Laughing Love - by Tammy R. Cleveland, Ohio

When I was about eleven years old, some friends of my parents, who were devout Baptists, took my sister and me and their own kids to one of those hell-and-brimstone, evangelist tent meetings. The speaker scared the absolute bejesus out of me! I was first in line to be saved at the end of his rant, and although I relaxed a little on the way home, the next night (because you go every night while the show's in town, don't you know?) I was completely terrified all over again. From that day on, I knew I was damned; I was just a bad person who would never make it to heaven.

For a while, though, I still tried to get in good with the Lord. I became quite the Bible thumper and must have annoyed the heck out of my parents. I went to Sunday school and regular services every week and joined the choir, prayer groups, and youth groups. But I had this tendency to question dogma that seemed to make the teachers and preachers uncomfortable. Then, when I was sixteen, I started drinking and doping, and all bets were off.

Fast-forward to me at age thirty-five, with no front teeth, bloated, yellow, unable to eat, and filled with deep, black, horrible despair, staggering drunk into a detox and making some smart-aleck crack about God just before I passed out.

Like many before me (Bill W. and Dr. Bob included), I looked around at a world filled with hate, war, atrocity, and disease and laid it all at God's door. Who needs him? I'm damned anyway, so screw it.

On my third day in detox, a counselor asked me if I prayed. I snorted. Then she made a deal with me: If I got on my knees that night and asked for help (never mind about those rote prayers) and did not feel a difference the next day, I could choose never to pray again. "Sure, I'll take that deal," I said. There I was, bedraggled, sick, and empty of anything human or decent or hopeful, and still I was sneering.

When my knees hit the cold linoleum beside the narrow hospital bed that night, however, I wasn't sneering. Nor was I alone. I've wondered about what happened that night many times. It easily could have been due to the poison simply leaving my system. But I remember being in the presence of a great, laughing love. I had the sense that "someone" was there with me, and that someone was hugely delighted that I was there. I was flooded with the knowledge that I was deeply loved and that everything was going to be all right.

I've never felt that overwhelming light and warmth again, but I haven't needed to - even though I sure would like to! In fact, when I pray, sometimes I still feel as if I'm on my knees in the dark talking to

myself. But I sure don't skip my praying first thing in the morning and the last thing at night and whenever I need it in-between.

There is something I don't understand at work here; what's more, I don't need to understand it or define it or even name it. I know today that I can depend on this power absolutely, no matter what.

I'm so grateful for the life I'm blessed to live today, for the company I'm privileged to keep (including every one of you reading this), and for the release from the obsession and despair that ruled me for nearly 18 years. The program of AA, the Fellowship, and the Steps has transformed what was a dead, empty hunger into a life of usefulness and fun caring. Thank you all for opening your mouths to let the voice of God, as I understand God, speak.

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The Humor Column

"We're Not a Glum Lot"

Alcohol Warning

Due to increasing products liability litigation, beer manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol is a major factor in dancing like an asshole.

WARNING: Consumption of alcohol may cause you to tell the same boring story over and over again until your friends want to SMASH YOUR HEAD IN.

WARNING: Consumption of alcohol may cause you to thay shings like thish.

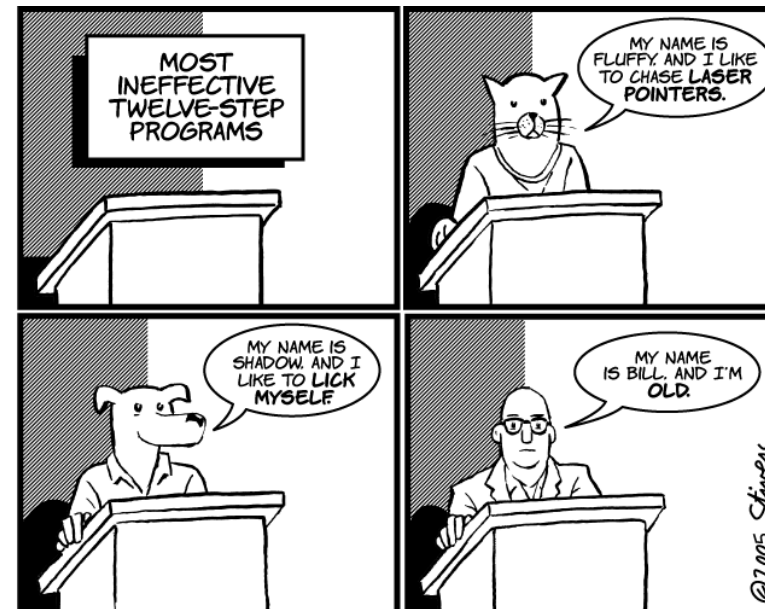
WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may leave you wondering what the hell happened to your pants.

WARNING: Consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting.



"YOU DON'T WANT TO GO TO THE PICTURES, YOU DON'T WANT TO GO TO THE WHISTDRNE — WHAT DO YOU WANT TO DO?"



Districts, Area & AAWS CONTACTS

District 13

Mailing Address:

P.O. Box 166

Ventura, CA 93002

Gold Coast Districts (9 & 12)

PLEASE NOTE NEW ADDRESS

Mailing Address:

P.O. Box 132

Camarillo, Ca. 93011

District 24

Mailing Address:

P.O. Box 843

Simi Valley, CA 93065

District 28

Mailing Address:

P.O. Box 3432

Thousand Oaks, CA 91359

Area 93

Mailing Address:

PMB #140

606 Alamo Pintado #3

Solvang, CA 93463

AAWS

P.O. Box 459

Grand Central Station

New York, NY 10163

(212)870-3400



MAJOR AA EVENTS Around America

San Luis Obispo 49th Annual Convention

August 26-28

Veterans Memorial Building
801 Grand Ave
reg@district22convention.org

Ventura County AA Convention

Sept 9-11

Westlake Hyatt

Golf Tournament

Sept 9th

Sterling Hills Golf Course
MORE INFO VCAAC.ORG

Kern River Valley Soberfest Campout

Sept 16-18

MORE INFO Lynnette (760)223-1559
krvsoberfestcampout@gmail.com

2nd Annual Historical AA Presentation

Sept 24

Oxnard Performing Arts Center
MORE INFO area93archives@gmail.com

The Ventura County Central Office

has listings and flyers of many other
AA related events in Southern
California and throughout the
United States.

Call 805-389-1444 or drop by to see us even if it's only for a
cup of coffee.

www.aaventuracounty.org



AUG 2016 Calendar

Wed 3rd 6:00 pm District 13 GSR Meeting @ Ventura Center
for Spiritual Living @ 101 S. Laurel Ventura

Thu 4th 7:00 pm Inter-group Board Meeting @ Central Office

Sun 14th 7:00 pm H&I Board Mtg @ Central Office

Sun 14th 12:00 pm VCYPAA Committee Mtg Central Office
5:30 pm H & I Committee Mtg @ Central Office

Wed 10th 7:00 pm Inter-group Meeting @ The Buck
321 N Aviator Suite 111, Camarillo

Sat 13th 10:00 am Newsletter Stuff and Fold @ Central Office

Tue 16th 7:00 pm GSR District 28 Meeting @
King of Glory Lutheran Church
2500 Borchard Road, Newbury Park

Wed 17th 7:00 pm Gold Coast Districts General Service Mtg
The Buck 321 N Aviator Ste 111 Camarillo

Thu 18th 7:00 pm District 24 General Service Meeting
United Methodist Church 2394 Erringer Rd
Rm # 10, Simi Valley

Sun 28th 12:00 pm VCYPAA Committee Mtg @ Central Office

Aug 24th Last day to submit items to the Sept



SEPT 2016 Calendar

Wed 7th 6:00 pm District 13 GSR Meeting @ Ventura Center
for Spiritual Living @ 101 S. Laurel, Ventura

Thu 8th 7:00 pm Inter-group Board Meeting @ Central Office

Sun 11th 12:00 pm VCYPAA Committee Mtg Central Office
5:30 pm H & I Committee Mtg @ Central Office

Sun 11th 7:00 pm H&I Board Mtg @ Central Office

Wed 14th 7:00 pm Inter-group Meeting @ The Buck
321 N Aviator Suite 111, Camarillo

Sat 17th 10:00 am Newsletter Stuff and Fold @ Central Office

Tue 20th 7:00 pm GSR District 28 Meeting @
King of Glory Lutheran Church
2500 Borchard Road, Newbury Park

Wed 21st 7:00 pm Gold Coast Districts General Service Mtg
The Buck 321 N Aviator Ste 111 Camarillo

Thu 22nd 7:00 pm District 24 General Service Meeting
United Methodist Church 2394 Erringer Rd
Rm # 10, Simi Valley

Sun 25th 12:00 pm VCYPAA Committee Mtg @ Central Office

Sept 23rd Last day to submit items to the October Newsletter

A Review of Tradition # 8

"Alcoholics Anonymous should remain forever Non-professional, but our service centers may employ special workers."

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward — even if not money — for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book **Twelve Steps and Twelve Traditions**? To the pamphlet **AA Tradition — How It Developed**?

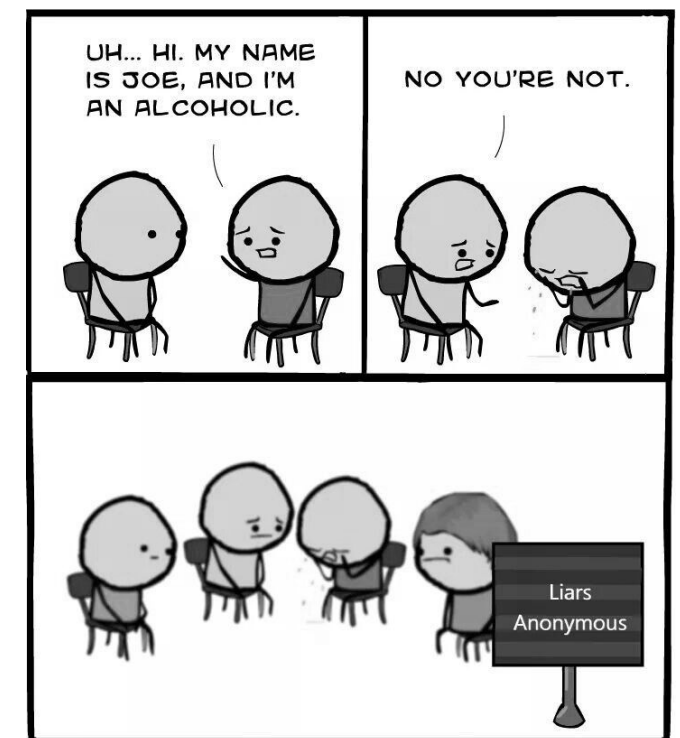
Living Step # 8

"Made a list of all persons we had harmed, and became willing to make amends to them all"

Steps eight and nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know. This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Step eight is a time to remember that "half-measures avail us nothing."



"I had a layover in Omaha ... which led to a hangover in Des Moines."



Cyanide and Happiness © Explosm.net



GRAPEVINE CORNER

The Meeting In Print

By Michele B. of Newbury Park

8. AS A STOREHOUSE OF GROUP EXPERIENCE.

Think your group has problems? Don't let it get you down! Instead, follow the reports of group experience that appear regularly in the Grapevine. It's the constructive way to help keep your group in tune with AA Tradition

At Wit's End Oldie but goodie

A badly hungover husband sat at the breakfast table, his eyes half shut and his tongue feeling as though he had been licking a dusty rag. Moodily toying with his food, he complained, "These eggs taste funny."
"Of course your eggs taste funny," snapped his spouse. They're pancakes."

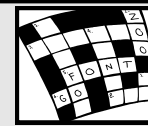
Doctor's orders

A doctor told Mrs. McMurphy to give her husband one pill a day and one drink of whiskey to improve his stamina.
A month later, when Mrs. McMurphy came in for another visit, the doctor asked, "How are we doing with the pill and the whiskey?"
"Well, he's a little behind with the pills," she answered, "but he's about six years ahead with the whiskey."

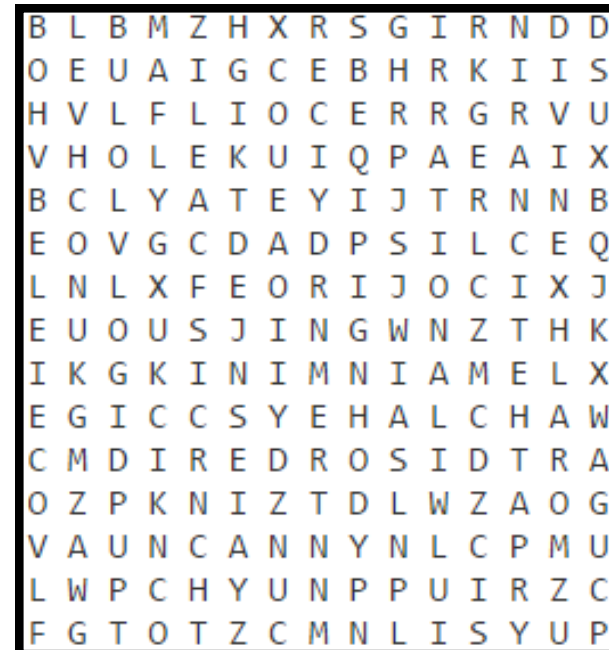
Recycle Your
Copies of
**The
Grapevine
Magazine**



The Grapevine is timeless! Articles written ten or twenty years ago are still fresh and inspiring. Central Office provides a box for collecting back issues of The Grapevine. These issues are picked up by H & I and re-circulated in institutions and jails. So . . . before discarding your back issues, bring them in for use by another recovering alcoholic! *Recycle and help spread recovery!*



Recovery Word Search Puzzle



BALKED	ESKIMO	PRINCIPAL
BELLADONNA	GRATEFUL	RECOIL
DISORDER	IRRATIONAL	SINISTER
DIVINE	MORAL	SUNDRY
ENVY	PATHETIC	UNCANNY



RESPONSIBILITY DECLARATION

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA to always to be there. And for that; I am Responsible.



AA BIRTHDAY CLUB

Celebrate Sobriety

CELEBRATE YOUR AA BIRTHDAY HERE!

Celebrate your annual sobriety anniversary with us. To participate in this tradition, just send in the form provided in this column or submit it to vcaaco@verizon.net with your Birthday information. *Member's birthdays submitted will be published in this section the following month.*
Join the winners and celebrate your recovery.

July & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY



Keep On Sharing Your Recovery
From
Alcoholism With
Other Alcoholics Who Still Suffer.
CONGRATULATIONS!

Birthday Club Listing For:

Name _____

City _____

Sobriety Date _____ Years _____

Voluntary Donation Amount \$ _____

Please mail to:

Ventura County Central Service Office
321 N. Aviator Street, Suite 115
Camarillo, CA 93010



CENTRAL OFFICE

Phone Call Activity

Meeting Info	421
Twelve Step Calls	26
Other Twelve Steps Programs	20
Activities	15
Directions to Office	31
Other Type Calls	415
TOTAL	928



AA TRIVIA QUESTION Of The Month

AUGUST QUESTION:

Q What is the origin of "Faith without work is dead"?

JULY ANSWER:

A In Bill's Story, what is the "Western City" he is referring to?

Cleveland, Ohio

Congratulations to Steve H. for submitting the correct answer.

*Answers will be published the following month. Mail your answer to:
Ventura County Central Service Office Inc.,
321 N. Aviator Street, Suite 115, Camarillo, Ca. 93010.
The correct answer will win a free one-year subscription to this publication. If the winner already has a subscription, a gift subscription will be awarded to another member — winner's choice.*

NEWSLETTER STUFF-N-FOLD GROUP

Friends of Bill W., Paul H, Rosalie, Don, Allison, Linda, Bill C, Jessie and Visitors

INTERGROUP BOARD:

Chairperson	Wayne W. Ventura
Vice Chairperson	Scott W. Simi Valley
Secretary	Jan K. Ventura
Treasurer	Mike B. Simi Valley
Member at large # 1	Joe N.
Member at large # 2	Craig S
Member at large # 3	Michelle C.

SPECIAL PAID WORKERS

Matthew C., Dick M.

OFFICE VOLUNTEER STAFF:

Don B., John, Peter M., Mike A., Azusa S., Dale S., Robin S., Steve F., Ron. G., Eric N.

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E-Mail vcaaco@verizon.net
Website: www.aaventuracounty.org
Office Hours:
Monday thru Friday 9:30 am - 6 pm
Saturday 10:00 am - 2 pm
CLOSED SUNDAY