

Ventura County Central Service Office Inc.
321 No. Aviator Street, Suite # 115
Camarillo, CA. 93010

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Volume 35 — Issue 8 August 2015

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 Service Office Inc.
321 N. Aviator Street, Suite 115
Camarillo, Ca. 93010

24 Hour Telephones
(805) 389-1444
(800) 990-7550
Fax (805) 389-2912
E-Mail
vcaaco@verizon.net

"Changing Course" Helped To Change This Member's Life.

By Bill J., Camarillo

On a merchant ship in the North Atlantic heading to Europe in the winter of 1955, the seas were unusually rough and the ship started pounding, that is, riding up a wave and then slapping down in a violent motion as it hit the bottom of the waves, which were running over 30 feet high. These heavy seas would sometimes break a ship in half and all would be lost. Knowing this and on the bridge at the time manning the wheel, I told the lookout to wake up the captain from his drunken stupor from the night before and bring him to the bridge.

The captain propped up by the seaman and eyes bloodshot and glaring into the fierce storm and feeling the terror of the moment gave the order, "Come about". I then spun the wheel around and went with the storm and not against it and we were safe. We were no longer fighting the storm.

This story relates to my quitting drinking a number of years later, after it got to be too much to handle. My life had become like a very bad daily storm which I continued to fight. In desperation I surrendered to

A.A. and tried my best to follow the program as it had been followed by others who came before me and maintained sobriety. When I came in, I asked God to help me to quit drinking, my life was in shambles and I would try to follow the A.A. way of life. Little did I know that



with His help I would not only be able to stop drinking, but I would also gain a new life where I didn't have to fight anyone or anything again. For over 25 years now, it has worked for me, however like in the beginning and still today, I realize there will always be something I need to work on. In other words, recovery is

a lifelong project and way of life, and of changing course. As Chuck C. of Orange County used to say "It's easier to act our way into right thinking than to think our way into right acting". In order to live a balanced life and to reach a "comfort zone" so we can be happy and useful to others, we should look at our character defects as outlined in the AA Book 12 Steps and 12 Traditions. Working the suggested twelve steps in our lives is where many of us connect with our Higher Power which enables us to "change Course" in our day to day living.

Some people use the seven deadly sins as our defects and the opposite as the virtues that we strive for. They are listed here. **I would suggest and hope that some members who have experience with such matters will submit their story to The TRADITION and share it with other members in recovery.**

Defects

1. Pride
2. Covetousness (greed)
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

Virtues

1. Humility
2. Liberality
3. Chastity
4. Meekness
5. Temperance
6. Brotherly Love
7. Diligence

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

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Mail this subscription form to:

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!*



**CENTRAL SERVICE OFFICE
Notes From The Manager**

Over a two day period in July, Central Office participated in Ventura County's Stand Down, benefiting homeless veterans. Sitting at my desk after the first day, here is my observation and insight into the day:

Once men and women of dignity, the defenders of our country, today they stand as shadows of their former selves. Their clothes and bodies dirty from endless days and nights living on the streets. Unshaven and unkept, some with rotting teeth and in need of medical attention, they slowly trudge through the gates of the armory. Glancing at the armed guards and the men and women in uniform, they see the person they once were. With their eyes gazing to the ground they are led to their tents for the weekend. Given clean clothes and toiletries they make their way to the showers and the grime starts to wash away. Now showered and shaved the line forms for haircuts and you can see their shoulder starting to lower and a glimpse of dignity can be seen in their eyes. They leave the barber chair, standing taller, as they make their way to seek dental, medical and eye exams. Now, some with new teeth and others with new sight, they are given a duffel bag or backpack and invited to take new clothes; more toiletries; shoes and boots; sock and underwear; as well as an assortment of other items like playing cards and stationary. Standing next to the active service members the only noticeable difference now is the uniforms they wear.

Once the physical transformation has been complete, it is now time for the life changing support they so desperately need. From legal advice and free housing to mental health programs and job opportunities the remainder of the weekend is devoted providing these free services. Over 30 private and government agencies are providing free assistance to these men and woman, who bravely served our country, and through whatever circumstances have found themselves in despair. Many battle with alcoholism and here is where we are helping with our experience, strength and hope. Our AA booth, staffed with members who are Vets and military families, is supplying free Big Books and literature, as well as, holding impromptu AA meetings throughout the day.

It is an amazing experience to be part of this process – restoring dignity, pride and a feeling of self-worth to those who served and protected our freedom and our way of life.

**The Humor Column
"We're Not a Glum Lot"****The Grad Student**

A guy goes into a bar and sees a beautiful woman. After an hour of gathering up his courage he finally goes up to her and asks, tentatively, "um, would you mind if I chatted with you for a while?" She yells "NO I WON'T SLEEP WITH YOU TONIGHT!" Everyone in the bar is now staring at them. Naturally, the guy is hopelessly and completely embarrassed and he slinks back to the table. After a few minutes, the woman walks over to him and apologizes to him. She smiles at him and says "I am sorry if I embarrassed you. You see, I am a graduate student in psychology and I am studying how people respond to embarrassing situations." To which he responds, at the top of his lungs, "What do you mean \$200!?"

The High School Reunion

My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table. My wife asks, "Do you know her?" "Yes," I sighed, "She's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since." "My God!" says my wife, "Who would think a person could go on celebrating that long?"

Helping out a Drunk!

A man and his wife are awakened at 3 o'clock in the morning by a loud pounding on the door..... The man gets up and goes to the door where a drunken stranger, standing in he pouring rain, is asking for a push. "Not a chance," says the husband, "It is three o'clock in the morning." He slams the door and returns to bed. "Who was that?" asked his wife. "Just some drunken guy asking for a push," he answers. "Did you help him?" she asked. "No, I did not. It is three o'clock in the morning and it is pouring rain outside!" His wife said, "Can't you remember about three months ago when we broke down and those two guys helped us? I think you should help him, and you should be ashamed of yourself!" The man does as he is told (of course), gets dressed and goes out into the pouring rain. He calls out into the dark, "Hello? Are you still there?" "Yes" comes back the answer. "Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the darkness. "Where are you?" asks the husband. "Over here on the swing!!" replies the drunk.

**FINANCIAL REPORT
From Central Office**

	Apr - Jun 15
Ordinary Income/Expense	
Income	
Birthdays	371.00
Cash Over (Short)	1.20
Gratitude	80.00
Group 7th Tradition	14,592.01
Inventory Sales	21,812.40
Meeting Room Contribution	360.00
Miscellaneous Contributions	5,060.00
Newsletter Subscription	20.00
Savings Interest	4.61
Total Income	42,301.22
Cost of Goods Sold	14,555.54
Total COGS	14,555.54
Gross Profit	27,745.68
Expense	
Computer	82.19
Copier	635.44
Credit Card Processing Fees	472.80
Freight and Shipping Costs	96.90
Maintenance and Repairs	210.28
Office Supplies and Expense	1,066.77
Payroll Expense	
Health Insurance	1,192.50
Salaries Expense	14,182.52
Salaries Tax Expense	1,164.02
Total Payroll Expense	16,539.04
Postage	115.79
Rent & Triple Net	4,430.51
Room Rent-Intergroup	90.00
Seminars	118.99
Telephone	1,085.38
Travel Expense-Auto	138.17
Utilities	286.78
WCI (State Fund)	117.00
Total Expense	25,486.04
Net Ordinary Income	2,259.64

**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

48th Annual District 22 Convention

August 14-16

Veteran's Memorial Building
San Luis Obispo

www.district22convention.org

Ventura County AA Convention

September 11-13

Westlake Village Hyatt
VCAAC.org

Breathe in Yosemite

September 18-20

Family Camp at Yosemite
Email info@breathinyosemite.com

Southern California AA Convention

October 2-4

Westin Mission Hills Resort & Spa
Rancho Mirage (Palm Springs)
www.aasocal.com

40th Anniversary Fall Festival

September 25-27

Harvey's Resort
Lake Tahoe

Www.laketahoeallfestival2015.com

28th Annual Inland Empire Convention

November 6-8

Double Tree
San Bernardino
Www.ieaac.org

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



August 2015 Calendar

Wed 5th	6:00 pm	District 13 GSR Meeting @ Ventura Center for Spiritual Living @ 101 S. Laurel, Ventura
Thu 6th	7:00 pm	Inter-group Board Meeting @ Central Office
Fri 7th	6:00 pm	H & I Board Mtg @ Central Office
Sat 8th	10:00 am	Newsletter Stuff and Fold @ Central Office
Sun 9th	12:00 pm	VCYPAA Committee Mtg Central Office
	2:00 pm	Al-Anon VCAAC Committee @ Central Office
	4:00 pm	VCAAC Committee Mtg @ Central Office
	5:30 pm	H & I Committee Mtg @ Central Office
Wed 12th	7:00 pm	Inter-group Meeting @ The Buck 321 N Aviator Suite 111, Camarillo
Tue 18th	7:00 pm	GSR District 28 Meeting @ King of Glory Lutheran Church 2500 Borchard Road, Newbury Park
Wed 19th	7:00 pm	Gold Coast Districts General Service Mtg The Buck 321 N Aviator Ste 111 Camarillo
Thu 20th	7:00 pm	District 24 General Service Meeting United Methodist Church 2394 Erringer Rd Rm # 10, Simi Valley
Sun 30th	12:00 pm	VCYPAA Committee Mtg @ Central Office

Aug 24th Last day to submit items to the Sept Newsletter



September 2015 Calendar

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Thu 6th	7:00 pm	Inter-group Board Meeting @ Central Office
Fri 7th	6:00 pm	H & I Board Mtg @ Central Office
Sat 8th	10:00 am	Newsletter Stuff and Fold @ Central Office
Wed 12th	7:00 pm	Inter-group Meeting @ The Buck 321 N Aviator Suite 111, Camarillo
Sun 16th	12:00 pm	VCYPAA Committee Mtg Central Office
	4 pm	VCAA Convention Planning Mtg Central Office
	5:30 pm	H & I Committee Mtg @ Central Office
Wed 19th	7:00 pm	Gold Coast Districts General Service Mtg The Buck 321 N Aviator Ste 111 Camarillo
Tue 25th	7:00 pm	GSR District 28 Meeting @ King of Glory Lutheran Church 2500 Borchard Road, Newbury Park
Thu 27th	7:00 pm	District 24 General Service Meeting United Methodist Church 2394 Erringer Rd Rm # 10, Simi Valley
Sun 30th	12:00 pm	VCYPAA Committee Mtg @ Central Office

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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."

◆ Poets' Corner ◆

I MADE IT - By Dana M

I made it, I'm an old lady!
Some people might scoff at that
But I celebrate this inside of myself
You don't get here
From where I was at

I was wreckless, insensitive and insane
Drinking constantly just to maintain
The truth was I hadn't a clue
On how to live or what I should do

I was self-centered and filled with false pride
I'd climb into the bottle and hide
My personal plans and designs for my life
Led me to the victim role
Filled with much strife

In meditation I can hear my God there
Speaking to my heart no longer in despair
There's a loving force greater than me
Seeking God's will
Is where I must be

I NEED A MEETING!! BUT WHAT SHOULD I DO WITH MY KIDS?

Got kids? I do.....and often times I really want/need to get to a meeting, but I have no one to watch my kids. Being a parent already has its challenges - add in being a member of AA, knowing how important the meetings are to my sobriety, it gets really challenging. I longed for a solution and was so relieved when I found out that there actually is a solution. There are AA meetings with childcare....and there are amazing people that watch my kids and keep them safe while I focus on my sobriety and fellowship. What a beautiful gift that has been given to me and my kids. As I obtained more information about this, I found out that often the childcare workers get paid and many of them have CPR certification - which is how I feel it should be. We are entrusting them with very important people in our lives and it helped to make me feel more secure and comfortable, so that I could fully immerse myself in the meeting. At some of these meetings, they will ask for a monetary contribution to assist with childcare costs, but you will never be turned away if you are unable to pay. If you are able to pay, they will let you know the suggested amount. If you have any questions, you can ask the meeting secretary or person who handles the childcare commitment at that meeting. As AA continues to grow, we find that there are additional needs AA members may have and I am thankful that this particular need is being noticed and addressed.

-Ally, Thousand Oaks

If you are looking for a meeting with childcare, consult the meeting directory or the website and look for the meeting code [CC]. Interested in starting a meeting with childcare or adding childcare to your meeting? Contact Central Office at (805)389-1444 for assistance.

GRAPEVINE CORNER
The Meeting In Print

By Michele B. of Newbury Park

Twelve ways to use the AA Grapevine to strengthen and insure your sobriety

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
The hitchhiker

A slick city man, who was driving past a small town, picked up a drunken hitchhiker. As they were driving along, the drunk noticed a brown paper bag on the dashboard and inquired as to its contents. The city man replied, "It's a bottle of wine. I got it for my wife." The drunk looking pensively down the road, nodded his head solemnly and said, "Good trade."

We are not saints

These brothers were two of the orneriest cusses ever to darken the doors of AA, but they were also extremely wealthy. The clubhouse where their group met found itself in need for a building renovation the same week one of the brothers died. The surviving brother stepped forward with his checkbook and a request. He wanted the chairman of the clubhouse to say a few words at his brother's funeral. But there was one condition: "If you would simply declare that my brother was a saint, I will donate the required amount needed to refurbish our hall," he said in a manipulative manner. The chairman squirmed a little, then beamed and agreed to accept the check. When the funeral came a few days later, the chairman stood before the attendees and said, "This fellow in the casket before you was one of the orneriest, rotten, low-down for nothing cusses I ever met in all my days, but, compared to his brother he was a saint!"

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 by sharing the stories of A.A.*

Recovery Word Search Puzzle

Find the following words in the puzzle below
Plus ... How many "AA's" can you find???

- | | | | |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Meeting Service Recovery Adjust | Thinking Inventory Action Means | Results Tradition Sharing Clean | House Review Progress Surrender |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|

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



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.

August & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

Ashley T. - 2 Years
Ventura

Dale S. - 6 Years
Ventura

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	398
Twelve Step Calls	55
Other Twelve Steps Programs	42
Activities	98
Directions to Office	33
Other Type Calls	304
TOTAL	1142

AA TRIVIA QUESTION
Of The Month

AUGUST QUESTION:
Q Why was the title of Dr. Paul's story changed in the 4th edition?

JULY ANSWER
A Who was presented with the 35 Millionth copy of the Big Book?

The 35 millionth Big Book was presented to the Sisters of Charity of Saint Augustine, the order to which Sister Ignacia belonged. It was presented at the International Convention in Atlanta.
Congratulations to Michele B and Steven 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: Martin F. Oxnard
Vice Chairperson: Wayne W. Ventura
Secretary: Michelle P. Camarillo
Treasurer: Lynn S. Simi Valley
Member at large # 1: Jan K, Ventura
Member at large # 2: Vickie L. Camarillo
Member at large # 3: Scott W. Simi Valley
- SPECIAL PAID WORKERS**
Matthew C., Dick M.
- OFFICE VOLUNTEER STAFF:**
Don B., Robert S., Peter M., Mike A., Mary H., Dora E., Azusa S., Claudia P., Dale S., Malia S., Robin S.

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Website: www.aaventuracounty.org
Office Hours:
Monday thru Friday 9:30 am - 6 pm
Saturday 10:00 am - 2 pm
CLOSED SUNDAY