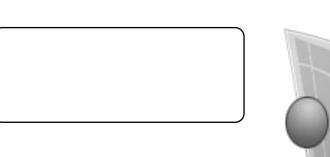
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\*NOTE—FREE SUBSCRIPTION: TO ALL MEMBERS IN SERVICE POSITIONS: Meeting Secretaries, Intergroup Representatives and GSR's who register with Central Office, will automatically receive The Tradition each month at no charge. If you'd like to receive a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

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### Features ..

### PAGE -1

- Cover Story
- What's your story?

### PAGE - 2

- Puzzle Answer Why We Should Not Give Up

### PAGE - 3

- Living Step #1
- A review of Tradition #1 Poets' Corner

### PAGE - 4

- The Grapevine Corner
- Crossword Puzzle

### PAGE - 5

- A.A. Birthday Club
- Trivia Question Contest
- Call Log Staff and Contact Information

### PAGE - 6

- Major Events Calendar
- Monthly Local Event Calendars

### PAGE - 7

Districts, Area & AAWS Contacts

### PAGE - 8

Subscription Order Form Plus ....

Flyers Inside

### 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. Aviador Street, Suite 115 Camarillo, Ca. 93010

24 Hour Telephones

(805) 389-1444 (800) 990-7550

Fax (805) 389-2912

vcaaco@verizon.net

### **Angels on the Internet** Kathy C.S. Ukiah, CA

When I started drinking at the The turning point came about age of 16, I drank to get drunk, in a way I like to call "a sign of even though I wasn't even sure what "drunk" was. Every time I did drink, trouble inevita- were all having fun with it. bly followed. After each night of drinking, I always ended up feeling guilty and ashamed, not to mention sick and hungover.

Those feelings of guilt and remorse eventually came to a head one night when I was staying with my extended fam- when everyone in the house ily. There was no booze in the was asleep. I went back to the house, and I was trying to fall asleep. Nor was there TV to drown out the thoughts running through my head. I started to wonder what had happened to myself — to my life. I was twenty-four years old and realized that the dreams I had as a child somehow had faded you go to?" When I answered, away. My ambition had vanished, and my future seemed dismal. That was the night, with my Higher Power's help. that I made the connection between the emptiness I was feeling and my abuse of alcohol. From that point on, I thought it was all up to me. I thought it was about willpower, net (about 10 hours later!), and I made a conscious decision not to drink. I managed to dry out for a while — several months even.

However, I knew there was something missing, something I couldn't quite put my finger on. I didn't know how much longer I could manage, even though I wanted so badly not to have to drink again. I was at a mere 12 hours after, helpa crossroad, but I had no idea where it would lead.

the times." My family had just bought a computer, and we One night, my uncle (who had 17 years of sobriety) went into a chat room where the topic was alcoholism. I was sitting right next to him, intrigued with how they were talking about what they did to stay sober. A couple of nights after that, same chat room and confided to these people (strangers!) that I was trying not to drink, but didn't know how much longer I could hold out. They started asking me questions like, "Do you have a sponsor?" and "How many meetings do "Oh, I'm not in AA or anything like that" they asked me. simplv. "Why not?" They told me flat out that if I thought I had any kind of problem with alcohol, I owed it to myself to go to a meeting. Or two. Or three. By the time I finished talking with these angels on the interthey had convinced me to try a meeting. A thrill went through me when I found the local hotline number in the phone book. An even bigger thrill went through me when I went to a meeting and heard the chairperson talk about the things I had been going through. And all this happened less and hopeless; I had logged on to the internet and

seen that there was hope.

### Send Us Your Story!

### What it was like! What Happened! What it is like Now!

We encourage our Tradition readers to share their own experiences and recovery with other members with your personal 500 to 600 word story. Maybe something that's happened in recovery that may be helpful to others. Or an experience that happened that shows how the program has worked for you. It's an effective way to help other members who may be inspired by your story. Use your name in the byline or be anonymous, it's up to you. It's oneto-one sharing in print, any time you want to read it. So start writing today. AND SHARE YOUR **RECOVERY STORY!** 

E-MAIL Your recovery story to: VCAACO@VERIZON.NET



- Mother Teresa

People are often unreasonable, illogical, and self-centered; Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway.

If you are successful, you will win some false friends and some true enemies; Succeed anyway.

If you are honest and frank people may cheat you;
Be honest and frank anyway.

What you spend years building, someone could destroy overnight; Build anyway.

If you find serenity and happiness, they may be jealous; Be happy anyway.

The good you do today, people will often forget tomorrow; Do good anyway.

Give the world the best you have, and it may never be enough; Give the world the best you've got anyway.

You see, in the final analysis, It is between you and God; It was never between you and them anyway!

### NEW ITEMS AVAILABLE AT CENTRAL OFFICE











Old Charlie left work one Friday afternoon. But, being payday, instead of going home, he stayed out the entire weekend partying with the boys and spending his entire paycheck.

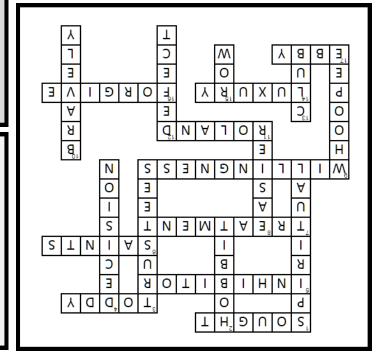
When he finally appeared at home Sunday night, he was confronted by a very angry wife and was barraged for nearly two hours with a tirade befitting his actions.

Finally his wife stopped the nagging and simply said to him "How would you like it if you didn't see me for two or three days?"

To which he replied. "That would be fine with me."

Monday went by, and he didn't see his wife. Tuesday and Wednesday came and went with the same results. Come Thursday, the swelling went down just enough where he could see her a little out of the corner of his left eye.





### 37th Annual VCAAC



### Come share in the magic of VCAAC!

First Meeting is: Sunday January 11, 2015 at 4:00 pm

January 2015

AA Ventura County Central Office – 321 North Aviador Street, Suite 115. Camarillo, CA 93010

For more information contact Patrick Mc.; 2014 VCAAC Chair at The 37<sup>th</sup> Annual Ventura County Alcoholics Anonymous Convention (VCAAC) will be held September11-13, 2015 at the Hyatt Westlake Village.

We invite you to be a part of the 2015 VCAAC Planning Committee! We meet the 2<sup>nd</sup> Sunday of the month.



# Districts, Area & AAWS CONTACTS

District 13
Mailing Address:
P.O. Box 166

Ventura, CA 93002

**Gold Coast Districts (9 & 12)** 

Mailing Address:
P.O. Box 132
Camarillo, Ca. 93011

District 24
Mailing Address:
P.O. Box 843

Simi Valley, CA 93065

**District 28** 

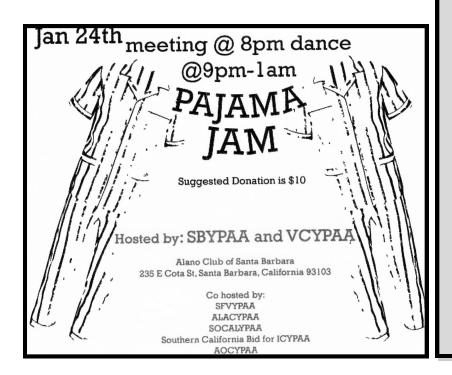
Mailing Address: P.O. Box 3432 Thousand Oaks, CA 91359

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



San Fernando Valley AA Convention
January 30th—February 1st
Warner Center Marriott
Woodland Hills
www.sfvaaconvention.org

Yuma Roundup February 20-22, 2015 Yuma, AZ www.yumaroundup.org

2015 International AA Convention
July 2-5, 2015
Atlanta Georgia
www.aa.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

## Jan. 2015 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

Fri 2th 6:00 pm H & I Board Mtg @ Central Office

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

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

Sun 11th 12:00 pm VCYPAA Committee Mtg Central Office 4:00 pm VCAAC Planning Meeting 5.30 pm H & I Committee Mtg @ 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 Aviador 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

Jan 25th Last day to submit items to the Feb Newsletter

# Feb. 2015 Calendar

Wed 4th 6:00 pm District 13 GSR Meeting @ Ventura Center for Spiritual Living @ 101 S. Laurel, Ventura

Thu 5th 7:00 pm Inter-group Board Meeting @ Central Office

Fri 6th 6:00 pm H & I Board Mtg @ Central Office

Wed 11th 7:00 pm Inter-group Meeting @ The Buck 321 N Aviador Suite 111, Camarillo

Sat 14th 10:00 am Newsletter Stuff and Fold @ Central Office

Sun 8th 12:00 pm VCYPAA Committee Mtg Central Office 4:00 pm VCAAC Planning Meeting 5.30 pm H & I Committee Mtg @ Central Office

Tue 17th 7:00 pm GSR District 28 Meeting @ King of Glory Lutheran Church 2500 Borchard Road, Newbury Park

Wed 18th 7:00 pm Gold Coast Districts General Service Mtg
The Buck 321 N Aviador Ste 111 Camarillo

Thu 19th 7:00 pm District 24 General Service Meeting
United Methodist Church 2394 Erringer Rd
Rm # 10, Simi Valley

Sun 22th 12:00 pm VCYPAA Committee Mtg @ Central Office

Feb 23rd Last day to submit items to the March Newsletter

### A Review of Tradition #1

## Our Common welfare should come first; Personal recovery depends upon AA unity.

- Am I in my group, a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
- 2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
- 3. Am I gentle with those who rub me the wrong way, or am I abrasive?
- Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- 5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- 6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
- 7. Am I as considerate of AA members as I want them to be of me?
- 3. Do I spout platitudes about love while indulging and secretly justifying behavior that bristles with hostility?
- 9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- 10. Do I share with AA all of me? The bad and the good, accepting as well as giving the help of the fellowship?

### Living Step #1

### "We admitted we were powerless over alcohol—that our lives had become unmanageable."

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us. No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

## Poets' Corner \*

The Ventura County Central Service Office Inc. Monthly Newsletter

### Rule 62

Chill out, it's okay
Everything is going to be fine.
Keep doing what you're doing and get out of the way
God will help you with the stuff you find.

Don't take yourself so damn seriously You aren't going to change in a day, We ask that you keep coming back And in Gods time you will find the way.

Put one foot in front of the other
Take it one day at a time,
And you might just find some relief
From the obsession that controls your mind.

Rick L.

### YET

I thought of love,
Yet was unloving.
I thought of kindness,
Yet was unkind.
I decided that sportsmanship
was more than playing a game,
But represented a standard
of graceful decency.
Yet, I was incapable of the
action and the standard.
I thought of compassion,
Yet was contemptuous.
I wanted to uplift the Downtrod

den,
Yet trampled on all.

I wanted to stand for something,
Yet was laid prone by
my own arrogance and lack
of moral fiber.

I wanted to get ahead,
Yet I kept going backwards.

I wanted to have character.

Yet I became one.

I sought conviviality, Yet was self-exiled into isolation and Loneliness. I, on my own, found my darkest day,

Yet there, of all places, through a window of Grace. I found a well-worn path that turned into a broad highway leading to WE.

Bill R.

### By Michele B. of Newbury Park

Wishing you all a Happy New Year.

### IT'S A MEETING IN PRINT.

The Grapevine is the ideal solution for the member who cannot get to meetings regularly, or who would like the benefits of MORE meetings. Compact easy to read, each month the magazine captures the essence of the "best" meeting you could

### AT WIT'S END

hope to attend.

### **Court Order**

A drunk was arrested and brought in front of a judge. Judge: "Sir, you've been brought here for drinking." Drunk: "Ok, judge, let's get started."

### In order to apologize.

An old-timer was going off to a meeting, explaining how the Steps were numbered because they are meant to be worked in order. He went on to say that you can't skip ahead because that would be a formula for disaster.

A newcomer carrying a pot of coffee was so captivated by the old-timer's narrative that she didn't watch where she was going and tripped. She accidentally spilled some of the hot coffee on the old-timer. Aghast, she stood there in horror as the old-timer wailed at her, saying, "Aren't you even going to say vou're sorry?"

Stunned the newcomer replied, "I would, but I'm not on Step Ten yet!"

### **Recycle Your** Copies of

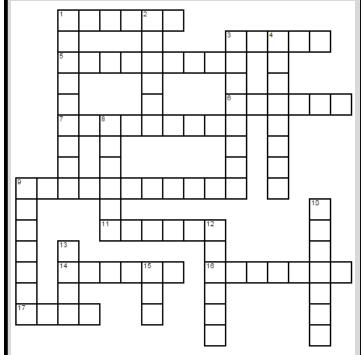
### The Grapevine **Magazine**



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.

Rec	SSWOTG PUZZIE overy Word Puzzie



<u>ACROSS</u>	DOWN
1 through prayer	1 Moral or hilltop
3 Hot	2 Bilbo was one
5 Stops or slows growth or activity	3 AA Service Structure Includes class A & B
6 What we are not	A&B
7 Belladonna	4 We must make one
9 to believe	8, softer way
 11 Carl Jung's patient	9 Party
14 Dubious	10 In a courageous manner
16 and forget	12 of character
17 Edwin Throckmorton	13 Alano
	15 Skid

Answer on page 2

# 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.

### **January and Previous AA Birthdays**

HAPPY SOBRIETY BIRTHDAY —

Monica E - 25 years Thousand Oaks

Bill J - 34 years

Camarillo

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

### **Birthday Club Listing For:**

City Sobriety Date \_\_\_\_\_ Years ■ Voluntary Donation Amount \$ Please mail to:

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



Meeting Info	325
Twelve Step Calls	62
Other Twelve Steps Programs	31
Activities	52
Directions to Office	23
Other Type Calls	<u>311</u>
TOTAL	804

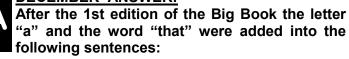


### JANUARY QUESTION:

The Ventura County Central Service Office Inc. Monthly Newsletter

What solemn occasion occurred on Bill & Lois' wedding anniversary?

### **DECEMBER ANSWER:**



We gave up our positions and off we roared on a motorcycle, the sidecar stuffed with tent, blanket, a change of clothes...

The good doctor now sees many men who have had such experiences. He know that they are real.

Answers will be published the following month. Mail your answer to: Ventura County Central Service Office Inc., 321 N. Aviador 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, Eddie and Visitors

### **INTERGROUP BOARD:**

Chairperson Martin F. Oxnard Vice Chairperson Bob S., Thousand Oaks Bob O. Moorpark Secretary Vickie L. Camarillo Treasurer Member at large # 1 Wayne W. Ventura Member at large # 2 Jan K. Ventura Member at large # 3 Lynn S. Simi Valley

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