

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

Non Profit Org.
U.S. Postage
PAID
Oxnard, CA
Permit # 208

RETURN SERVICE REQUESTED



Volume 36 — Issue 7 **July 2016**

THE TRADITION

Monthly Newsletter of the Ventura County Central Service Office Inc.

Features ..

PAGE -1

- ♦ Cover Story
- ♦ Office Information

PAGE - 2

- ♦ Poet's Corner
- ♦ The Humor Column

PAGE - 3

- ♦ Living Step #6
- ♦ A Review of Tradition #6

PAGE - 4

- ♦ The Grapevine Corner
- ♦ Word Search

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. 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

STEP 7

When I was drinking, my life was about getting things: getting the next drunk, getting rich and famous, getting a girlfriend, getting really drunk. This continued when I became sober. I wanted to get through the steps fast, so I could get those Promises, or maybe just get back to drinking. So when I read those two paragraphs in the Big Book on Steps Six and Seven, I thought, "Hey, I could knock this off in one night. I'll throw out everything I don't need and God the garbage man will take it away so I never have to think about it again." I mouthed the prayer, "We have now completed Step Seven," and thought, "Okay, what do I get for getting through that?"

I didn't get much, because most of the stuff I threw out just sat on the curb and stunk things up. Wasn't God supposed to take care of this for me, so I could be the envy of all my friends and the defect-free man of the year? The first thing I learned was, it wasn't about perfection, it was about making me better fit to serve. And I better not count on a one-time garbage pickup changing everything.

I finally accepted I'd be doing Six and Seven for awhile. A friend of mine calls Six the most alcoholic of all the Steps, and it certainly was, the way I read it, which was, "Were absolutely, unconditionally, entirely ready to have God himself personally remove every last shred of anything that causes me pain." And, of course, falling short of that perfection is a great excuse to drink. But then I saw the word *humbly* in Step Seven; it was a new word for me.

So I was responsible for approaching God with a right-sized appraisal of my defects. I got lots of help from insightful sponsors. A couple of old-timers I respected distilled Step Six down to

"Don't do what you want to do," and Step Seven down to "Do what you don't want to do."

This action orientation has been good for me in sobriety. Rather than think myself into right actions, I can act myself into right thinking. My thoughts are often warped, my emotions sick, but if my actions remain within reason, I may save myself an amends. And, one day at a time, I can focus on not practicing a particular defect, especially if I keep myself busy doing things I don't want to do, like service.

It works — it really does. But being an alcoholic, I had to find a way to screw it up. And I did, with a nasty, punitive attitude towards myself, a rigid perfectionism that made me crave a drink rather than continue this puritan lifestyle. That's certainly not the spirit of the prayer that says "God wants all of me, good and bad." Someone helped me by saying when a defect appeared, I should think of it as part of myself and ask for acceptance underground, I should welcome it to the party, even greet it with good humor. Instead of getting so uptight, I could dance with my defects. Might as well, they're always gonna be there.

A story retold by Anthony de Mello in *One Minute Warning* helps me: "One of the disconcerting — and delightful — teachings of the master was: God is closer to sinners than saints. This is how he explained it: God in heaven holds each person by a string. When you sin, you cut the string. Then God ties it up again, making a knot — and thereby bringing you a little closer to Him. Again and again, you cut the string — and with each further knot God keeps drawing you closer and closer." Emerson said, "There is a crack in everything God has made." When I begin to
(continued page 2)

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
Updates
Only **\$5.**
Per Year

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!*

♦ Poets' Corner ♦

Thank God for AA and another 24 hour day by Steven H.

Thank God For AA and Another 24 Hour Day
As my drinking and isolation ruled my day;
my loved ones were left with nothing to say.
Treating my fellows with total disdain;
drinking more often to numb the unbearable pain.
A cycle of guilt, fear and remorse was repeated;
my self-destruction was in process and almost completed.
Without a hope and chance to escape;
I turned to another drink, same old tape.
Jails, institutions and misery was the norm;
Where could I go to finally be reborn?
I picked up the phone and nervously dialed;
the other voice on the phone was not easily riled.
He used words like experience, strength, hope and love;
I caught myself thinking I must be looked over from above.
One hour latter a knock came to my door;
my new friend was waiting to pick me off the floor.
His coffee and words were calm and soothing;
he looked me in the eyes and said it was time to get moving.
My first meeting came the very next day;
the people begged me with kindness to stay.
After a year I celebrated with a cake;
Higher power, 12 steps, service, meetings and no time for a break.
A young man sat in the back of the room;
shaking and silent, crippled with gloom.
I approached him with coffee and a simple smile;
hoping he would stay with our group for a while.
You taught me to keep it, I must give it away;
Thank God for AA and another 24 hour day.

(Step 7 continued)

gently accept my cracks, my weaknesses, I can accept them in you as well. And AA was founded upon the strength of shared weakness.

My prayers are often answered instantly, in the sense that just the intention of praying helps me. It's like being sick and not wanting to call the doctor. The moment I finally make a doctor's appointment, I start feeling better, to the point where, when I finally see the doctor, I'm embarrassed by how good I feel.

So I do get benefits from this process, but not exactly when I'd like, in the way I expect, or for reasons I fully comprehend. But when I humbly ask, God (often through all of you) does for me what I cannot do for myself.

—Reprinted from the July 1999 Grapevine with permission of AA World Services.



The Humor Column "We're Not a Glum Lot"

A GROUP OF DRINKING BUDDIES went deer hunting. They split up into pairs for the day. That night, one hunter came staggering back to camp alone, half-bombed and dragging an eight-point buck. The others said, "Where's Harry?" "Oh, he passed out, a couple miles back up the trail." "What? You left Harry lying out there alone, and carried the deer back?" "A tough call," admitted the marksman, "but I figured, who's gonna steal Harry?"

.....

A WEEK BEFORE A SPACE LAUNCH, an Astronaut was trying to relax at an out-of-the-way pub. But a boozed-up customer at the bar recognized him and said, "You NASA types think you're something, hitting the moon and bringing back all them shuttles and all. We got a couple of local guys here, been building their own spaceship right out back!" Reluctantly, the Astronaut goes outside to inspect the space-ship--a huge mess of beer kegs, cans and junk. One drunk boasts, "Moon-Schpoon! We're going to the sun!" The Astronaut warns them, "Boys, this thing will incinerate long before you get close to the sun." "Don't you think we thought of that?" argued the second drunk. "We got that all figured out! We're going at night!"

.....

A LADY, FIRST TIME IN AA, was listening to a man and wife tell of their former problems with booze. The wife concluded by saying that the year before, thanks to the Man Upstairs, they had become the proud parents of their first child. The new member, never having heard of God referred to that way, turned to the person next to her and whispered in horror, "Do all the people in AA make such shocking personal confessions?"

.....

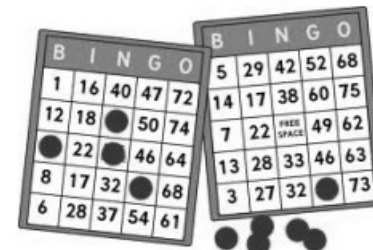
IN HIS SEARCH FOR PEACE of mind wily old alcoholic goes to see a psychologist. After an in depth examination the psychologist says, "I know what the problem is, you have a split personality." The drunk says "that's great, thanks doc how much do I owe you?" The psychologist says "That will be 90 dollars please." The alcoholic says "There's 45 you can get the rest from the other guy!"

Support Your 38th Annual Ventura Country AA Convention



Let's Play Some

BINGO



SATURDAY, JULY 30TH 6:00 PM – 10:00 PM

Camarillo Community Center

**1605 E. Burnley St.
Camarillo, CA 93010**



Free Admission
Must be Over 18 to be Admitted
(ID Required)

Delicious Hot Dogs, chips, cookies, cold drinks and other goodies will be available.



A weekend of family fun, recovery, fellowship and relaxation!

Join us at *Lake Casitas*

August 5th-7th, 2016

Water Park and Pootoon boat rides*

Register today before we sell out!

Registration Includes:

FOOD! FOOD! FOOD! 24 hr Coffee AA Speaker & Campfire Meetings Activities & Games

at: Breakfast, lunch & dinner Sun: Light Breakfast Fri/Sat Speaker starts at 8 pm



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**

**Ventura County AA Convention
BINGO Fundraiser**
July 30th
6:00 PM - 10:00 PM
Camarillo Community Center
1605 E. Burnley St
Camarillo, CA 93010

Santa Paula Pig Roast
August 5-7
Lake Casitas, CA
santapaulapigroast@aol.com

**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)223-559

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


JULY 2016 Calendar

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

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

Fri 8th 6:00 pm H & I Board Mtg @ Central Office

Sun 10th 12:00 pm VCYPAA Committee Mtg Central Office
5:30 pm H & I Committee Mtg @ Central Office

Wed 13th 7:00 pm Inter-group Meeting @ The Buck
321 N Aviator Suite 111, Camarillo

Sat 16th 10:00 am Newsletter Stuff and Fold @ Central Office

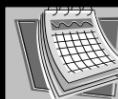
Tue 19th 7:00 pm GSR District 28 Meeting @
King of Glory Lutheran Church
2500 Borchard Road, Newbury Park

Wed 20th 7:00 pm Gold Coast Districts General Service Mtg
The Buck 321 N Aviator Ste 111 Camarillo

Thu 21st 7:00 pm District 24 General Service Meeting
United Methodist Church 2394 Erringer Rd
Rm # 10, Simi Valley

Sun 24th 12:00 pm VCYPAA Committee Mtg @ Central Office

July 22nd Last day to submit items to the August Newsletter


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 August Newsletter

A Review of Tradition # 7

***“Every AA group ought to be
fully self-supporting, declining
outside contributions.”***

1. Honesty now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet?
2. Should the Grapevine sell advertising space to book publishers and drug companies?
3. If GSO runs out of funds, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

Living Step # 7

***“Humbly Asked Him To
Remove Our Shortcomings.”***

Now that we have completed step six, we are ready to move on to step seven where we strive for a foundation of humility in our life. We do this by admitting our shortcomings and asking our God to remove them. Making humility one of the key actions in our recovery is a main element in moving forward in our new sober life. The self centeredness in the alcoholic's life needs to be dealt with if we are to proceed with a life of living in the present, without resentments, envy or misgivings about the past. Most of us are born with a drive and need to achieve personal goals, property and acclaim, but our program tells us that striving to be the center of the universe and in managing results, will be a stumbling block in our recovery. As our reading points out, “our crippling handicap had been a lack of humility.” By asking our Higher Power to remove our shortcomings, we have taken a big step towards putting humility in our life and opening our heart to God's infinite power as part of daily living.

(See Pg. 70 “Twelve steps & twelve traditions”)

NO FREE LUNCH - Reprinted from July 2005 by Peggy W.

When I was newly sober, I naively thought that once I had worked the steps, done my fourth and fifth steps and made my amends, I could rest on my laurels, do twelfth step work and trudge the road of happy destiny. That actually worked for a while. I read the “Twenty Four Hour” Book, said the third and seventh step prayers and went to meetings.

I began to feel a little bit uneasy after a while of this routine and a little voice inside me kept whining “I want more”. “Where is this thing called serenity?” I still got my feelings hurt. I loved to gossip and fear started to creep back into my life. In short, I wasn't becoming the person that I had envisioned for myself. I kept hearing that the road gets narrower the longer I am sober. I didn't quite understand what that meant. I probably really don't today.

However I do know that I have to work harder and practice the principles of this program a lot more diligently that I did when I was one or two years sober.

Today, I keep my finger on the pulse of my program very carefully. When I see myself embroidering a story to make it more entertaining, I have to call it for what it is, a lie. It's only a teeny, tiny lie, but I can't afford the luxury of that any longer. Now I know better and I think that my Higher Power expects a lot more from me than He did when I was new in sobriety. Gossip is one of my major character defects and I have to work on it all the time. I think that I do it to make myself feel important. That is not necessary. I am already important. I am a sober member of Alcoholics Anonymous and as such an example to a lot of other people, so I need to keep my side of the street clean and keep working consciously to maintain what I have obtained through this program.

I don't want to be one of those who quit just before the finish line and after numerous years of sobriety went out again. I have worked too hard and too long to let it slip through my fingers just because I got complacent.



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

7. AS AN AID TO PRODUCTIVE CLOSED MEETINGS

Groups throughout the world are using Grapevine articles as the basic theme of "closed meetings with a plan." With the Grapevine, members are better-prepared for such meetings, able to contribute more constructively to group discussions on a given topic.

At Wit's End.

Double Dilemma

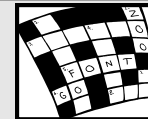
A newcomer told his sponsor that he was engaged in a major custody battle. His wife doesn't want him...and his mother won't take him back.

Good Orderly Direction

A long-time married couple, both alcoholics, were known for their nightly brawls, during which the husband often loudly threatened his wife by screaming. "When I die, and you bury me, I will dig myself up and haunt you for the rest of your life!"

The wife eventually got sober, but not the husband. A few days after he died, a neighbor cautiously asked her, "Are you afraid that he will actually dig himself up and come back to haunt you?"

"No," she replied serenely. "I buried him upside-down, and he's too stubborn to ask for directions."



Recovery Word Search Puzzle

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

ANONYMITY	FOUNDATION	PURPOSE
ATTRACTION	PERSONALITIES	REQUIREMENT
AUTHORITY	PRIMARY	SERVANTS
AUTONOMOUS	PRINCIPLES	SPIRITUAL
CONTROVERSY	PROMOTION	TRADITIONS

"Don't LOOK for an AA Sponsor...LISTEN for an AA Sponsor."



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.

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!*



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.

June & 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	410
Twelve Step Calls	25
Other Twelve Steps Programs	23
Activities	21
Directions to Office	38
Other Type Calls	420
TOTAL	917



AA TRIVIA QUESTION

Of The Month

JULY QUESTION:

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

JUNE ANSWER:

Where did Bill W. make the statement "I salute you and thank you for your life"?

The statement was made in "Bill's Last Message" delivered by his wife Lois on October 10, 1970 at the New York Hilton.

Congratulations to Michele B. 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., Erik N.

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