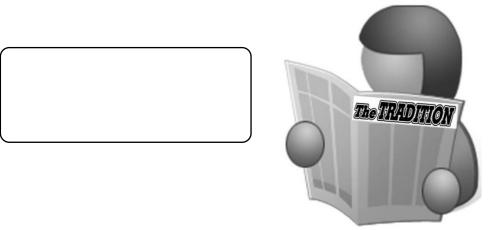
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Monthly Newsletter of the Ventura County Central Service Office Inc.

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

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PLANTING THE SEEDS OF SOBRIETY by Leon R, Ojai

I have discovered yet another example of "I can't keep it if I don't give it away".

I know that I am much happier when the people around me are feeling good, and I enjoy their company much more. One more time, it proves to be a selfish program.

I also feel much better when I can share the program, especially with a newcomer.

Step 12 states that we need to share with the alcoholic who still suffers. It doesn't say one who is drunk, just suffering. I know that I have suffered in sobriety, and I have watched many of our fellows suffer. I know that I need to extend my hand to them every bit as much as to the newcomer. Some of our group are grieving loss, and others are going through serious illness, chemotherapy, and broken bones.

When I can share program with them I know that it helps me at least as much (if not more) than it helps them.

I liked the following story and wanted to share it. It comes from a friend in Palm Desert, and I always respect what he says.

I don't know if this fellow Bender is program or not, but he has the right idea. James Bender, in his book "How to Talk Well", relates the story of a farmer who grew award-winning corn.

Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned some

thing interesting about how he grew it.

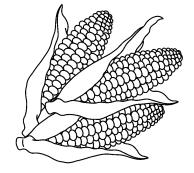
The reporter discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year the reporter asked.

"Why sir," said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves. So it is in other dimensions.

Those who choose to be at peace must help their neighbors to also be at peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.



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

The WE by Dana M

Why do I insist
In putting someone
Who's "in charge"
Someone who has
No feelings
No hurts
No fears or scars

Someone whom I can turn to 24 hours in any day Who always has an answer And knows exactly What to say

There is No Human Power Who can fix My malady This obsession To find somebody Is complete insanity

My perception of life Was thwarted There was no peace Or serenity I was classified As hopeless Until I surrendered And found the "We"

We admitted
We were powerless
We came to believe
There was an H.P
We made a decision
To turn it all over
And we were restored
To some sanity

I am grateful to my sponsor
For showing
Me the way
To pass on what I've been given
As a member in AA

A pony walks into a bar and says "Bartender, may I have a drink?"

Bartender says "What? I can't hear you. Speak up!"

"May I please have a drink?"

"What? You have to speak up!"

"Could I please have a drink?"

"Now listen, if you don't speak up I will not serve vou."

"I'm sorry, I'm just a little hoarse."

•••••

A guy walks into a bar and the bartender says to the man, "Hey guy, you've got a steering wheel down your pants."

The guy replies "Yeah I know. It's driving me nuts!"

•••••

This guy walks into a bar with a frog on his head. The bartender says, "Hey, what's that?"

To which the frog replies "I don't know. It started as a wart on my bum and this happened.

The Barman replies "Yeah sure, but what's with the big pause?"

The bear holds up his paws and says "I'm a bear!!"

•••••

A man walks into a pub, goes up to the bar and says to the barman "Pint of your best."
While waiting for his drink he notices that Vincent Van Gogh is sitting at one of the tables. He goes up to him and says "Are you Vincent Van Gogh?"
"Yes" the old man replies.

"Do you want a pint?"
"No, ta. I've got one 'ere."

Tonic Please?"

o, ta. I've got one 'ere."

After the husbands fifth trip to the host's bar for refills,

the wife said, "Aren't you embarrassed to go back so many times?"

Hubby: Nope. I keep telling them it's for you.

Support Your 38th Annual Ventura Country AA Convention



Let's Play Some



JUNE 2016



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.







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

Area 93 Grapevine Writing Workshop Hosted by District 28

June 18th 9:00am - 1:00pm St. Patrick's Episcopal Church 1 Church Road, Thousand Oaks

District 28 4th of July Picnic Conejo Community Park

Dover & Hendrix in Thousand Oaks Food from 11:30 - 2:00 Meeting 2:30-3:00

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

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

cup of coffee.

JUNE 2016 Calendar

Wed 1st	6:00 pm	District 13 GSR Meeting @ Ventura Center
		for Spiritual Living @ 101 S. Laurel Ventura

Thu 2nd 7:00 pm Inter-group Board Meeting @ Central Office

6:00 pm H& I Board Mtg @ Central Office Fri 3rd

Sun 11th 12:00 pm VCYPAA Committee Mtg Central Office 5.30 pm H & I Committee Mtg @ Central Office

Wed 8th 7:00 pm Inter-group Meeting @ The Buck 321 N Aviador Suite 111, Camarillo

Sat 11th 10:00 am Newsletter Stuff and Fold @ Central Office

Tue 21st 7:00 pm GSR District 28 Meeting @ King of Glory Lutheran Church 2500 Borchard Road, Newbury Park

Wed 22nd 7:00 pm Gold Coast Districts General Service Mtg The Buck 321 N Aviador Ste 111 Camarillo

Thu 23rd 7:00 pm District 24 General Service Meeting

United Methodist Church 2394 Erringer Rd Rm # 10, Simi Valley

Sun 26th 12:00 pm VCYPAA Committee Mtg @ Central Office

June 23rd Last day to submit items to the July Newsletter

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

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 Aviador 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 Aviador Ste 111 Camarillo

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

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

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

A Review of Tradition #6

"An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local clubs for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and a card room. If this is what is required to carry the message to them, should we have these facilities?
- Does your group adhere to Tradition six?

Living Step # 6

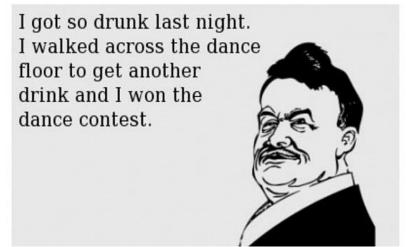
"Were entirely ready to have God remove all these defects of character."

After sharing all of our guilt and resentments at step five, we now move on to step six. This is where we now humble ourselves to God and sincerely ask him to remove our defects of character. Also, to continue to give us the strength to stay sober and the ability to live a life that reflects honesty, caring and the will to improve our personal character.

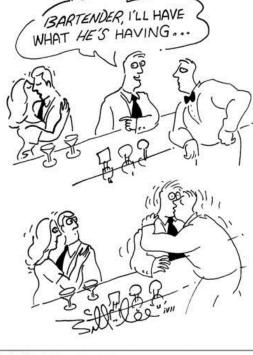
By being willing to clean house, we are opening the door for God to guide our lives, one day at a time, through prayer and meditation, so that we don't repeat the errors of our past.

Many of us have been apprehensive about the results of taking this step, wondering if this action will work for us as it has for many thousands of Alcoholics in recovery. If we ask, God will certainly forgive our derelictions of the past, but it is up to us to be willing to work for progress. Remember that we seek progress, not perfection. Recovery in AA is a journey in life and not a destination.

(See Pg. 63 "Twelve steps & twelve traditions")







eprinted from The Funny Times / PO Box 18530 / Cleveland Heights, OH 44118

The Ventura County Central Office

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

www.aaventuracounty.org

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

6. IT'S A TWELFTH STEP COMPANION.

Let the Grapevine help you give a newcomer a picture of AA as it really is – a wonderfully human Fellowship of more than a million men and women all over the world, united in the one common purpose of staying sober and helping others to achieve sobriety.

AT WIT'S END Who's nuts?

A guy walks into a bar, sits down and hears a small voice say, "You look nice today." A few minutes later he hears another voice say, "That is a nice shirt." So the guy asks the bartender, "Who is that?" The bartender says, "Those are the peanuts. They're complimentary."

Oh brother!

Robert was very nervous all through his wife's pregnancy. The worst happened when he rushed his wife to the hospital and learned she was having twins. The poor guy fainted. When he came to, he was told that his brother had been there and named his children. "My brother named my children?' Robert cried. "Why. he's a complete drunk! He's hardly ever sober. What silly name could he have given my daughter?" "He named her Denise," said his wife. "Oh, Denise," Robert said, relieved. I like Denise. I feel so much better. What did he name my son?" "Denephew," she said.

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

F	М	В	Y	0	Τ	L	U	В	G	Χ	K	R	J	Р
Р	J	\bigvee	С	R	Ε	S	В	I	E	Ε	E	E	A	Н
V	N	Ε	0	Y	L	G	E	M	P	N	R	S	R	M
Ε	R	M	С	A	U	L	0	D	P	S	D	P	E	Н
D	\bigvee	0	L	D	F	D	U	Y	Τ	D	P	Ε	I	В
Х	R	D	G	Z	I	Ε	N	I	\bigvee	Ε	Р	A	R	G
N	M	I	L	L	Τ	S	P	0	N	S	0	R	E	M
Т	R	Н	Z	L	I	0	A	S	J	0	В	S	Χ	J
Ε	Q	D	Χ	В	P	Q	L	G	P	S	K	L	S	S
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BARLEYCORN ENVY **RECOVER ESKIMO** REGRET BENDER **CORKER GRAPEVINE** SERENE **DESTINY** HUMBLE **SPONSOR EGO PITIFUL** WILL

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



RESPONSIBILITY DECLARATION

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.

June & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

JUNE 2016



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	390		
Twelve Step Calls	21		
Other Twelve Steps Programs	28		
Activities	15		
Directions to Office	32		
Other Type Calls	<u>411</u>		
TOTAL	897		

<u>AATRIVIA QUESTION</u> Of The Month

JUNE QUESTION:

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

MAY ANSWER:



Who was the minister's son and atheist who asked himself 'Who are you to say there is no God?'

Fritz M. "Our Southern Friend"

Congratulations to Steve H. and Dave 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. 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

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