

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

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Volume 35 — Issue 5 **May 2015**

# THE TRADITION

Monthly Newsletter of the Ventura County Central Service Office Inc.

## Features ..

### PAGE -1

- ♦ Cover Story
- ♦ Office Information

### PAGE - 2

- ♦ The Humor Column
- ♦ Puzzle Answer

### PAGE - 3

- ♦ Living Step #5
- ♦ A review of Tradition #5
- ♦ Poets' Corner

### PAGE - 4

- ♦ The Grapevine Corner
- ♦ 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
- ♦ Quarterly Financials

### PAGE - 8

- ♦ Subscription Order Form

## One 'Say' at a Time: Or How I Learned to Quit Worrying and Love Public Speaking

When Mr. Sponsor casually asked me to give the opening talk to a Saturday night meeting at which he was the featured speaker, I panicked inside. But I didn't show it. I tried to be cool. At 60, though, I am the opposite of cool—a jittery, shy, self-conscious speaker. "Sure thing," I gulped. Never say no to an AA request, right? This would be my first public speaking attempt. I had spoken at a couple H&I panels, but this would be different: standing before strangers, alcoholics and addicts who weren't locked up.

The first thing I did was to accidentally forget it. My remaining brain cells deleted all memory of it until Mr. Sponsor called to remind me the big night was a day away. This was an advantage for a first-timer because it gave me little time to worry, or write, or memorize anything. I was not in anxiety-mode because I told myself that whether I worried or not, the speech would work out the way my Higher Power intended. The big night arrived, and I amazingly lacked the sense of urgency, fear or nervousness I expected. I was hardly calm but then I began imagining the audience as my BFF's in the way a 19-year-old treasures such friendships. My fears melted like the ice in my last cocktail.

The 10-minute talk stretched into a 15-minute commitment when the meeting's leader announced I would speak for a quarter-hour. Yikes! I brought a blank piece of paper to kick it off, introducing it as my portable Higher Power that en-

sures I will never travel alone. The crowd seemed pleased, and from there I talked from a place that excluded my mind. It was mainly a "drunk-a-log," tracing the usual: my disastrous trail of booze, drugs and misery that cost me marriages, children, jobs, mental health and close encounters with suicide.

Without notes, I switched off the brain and switched on the heart. I spoke with deep honesty, miraculously without repeating myself. My shyness evaporated. So did my fear of messing up, embarrassing myself and being laughed at. There were laughs, but they came at appropriate times.

What I learned and what I can advise other speakers from my experience and watching Mr. Sponsor:

- Try for a friendly speech that has a sincere undertone while injecting hope.
- Try to not get carried away with pre-speech worries that will only detract from your message.
- Try to streamline your message by not depending so much on the drunk-a-log but more on recovery.
- Stay in the here and now.
- Remember that your mind is where the problem lies. The solution exists somewhere in Step Three.

The gratitude I feel towards Mr. Sponsor for pushing me into the uncharted waters of extemporaneous speaking cannot be quantified. Without gratitude, I wouldn't be looking forward to one day at a time and a future of one "say" at a time. **Larry J - Ventura**

**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 \_\_\_\_\_

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NEWS  
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+ Recovery  
+ Fellowship

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Updates  
Only **\$5.**  
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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!*

## Info Lines ..

Visit Our Website.  
*Just want a meeting or  
other A.A. information?*  
Check out the expanded  
Ventura County website.  
[www.aaventuracounty.org](http://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](mailto:vcaaco@verizon.net)

**Second Chance by Christina D**

Booze was my instant relief  
I drank to not feel,  
To numb and to sleep.  
I was lost...living on my own will.

So much darkness inside  
No hope, just despair  
I had no self-respect, no self-worth and  
I just didn't seem to care

My son didn't recognize me,  
I was neither here, nor there  
Soon covering up my bad habits,  
Became too big of a burden to bare

I finally asked for help,  
slowly reached out my hand  
Little did I know,  
This was all apart of His plan

I took those steps, One by one  
Read the big book, page by page  
The tears were all worth it  
When I was finally done  
I have been given a second chance  
To be a good mom to my son

The gifts are priceless, my sanity is intact,  
Thanks to my HP whose always got my  
back.

I know there's still lots of work to do  
Bridges to mend, wounds to heal  
But at least now I don't pick up a drink  
Because now I know how to deal

Can't worry about anyone else's  
program but mine  
Love, tolerance and compassion  
Towards all...  
One day at a time.

### Recycle Your Copies of The Grapevine Magazine

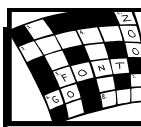
The Grapevine is timeless! Articles written ten or twenty years ago are still fresh and inspiring. Central Office provides a box for collecting back issues of The Grapevine. These issues are picked up by H & I and re-circulated in institutions and jails. So...before discarding your back issues, bring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



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



Cartoons provided by Recoverycartoons.com



## Puzzle ANSWER

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

5:36 PM  
05/06/15  
Accrual Basis

### Ventura City Central Srvic Office Inc. Profit & Loss Projections vs. Actual January through March 2015

	Jan - Mar 15	Projections
Ordinary Income/Expense		
Income		
Birthdays	546.00	500.01
Cash Over (Short)	(0.22)	
Gratitude	1,262.83	900.00
Group 7th Tradition	15,295.63	15,253.00
Inventory Sales	24,866.95	23,751.00
Meeting Room Contribution	25.00	325.00
Miscellaneous Contributions	50.00	
Newsletter Subscription	30.00	42.00
Savings Interest	4.53	12.60
Total Income	42,080.72	40,783.61
Total COGS	16,268.68	17,751.00
Gross Profit	25,812.04	23,032.61
Expense		
Computer	191.56	500.00
Copier	627.01	699.00
Credit Card Processing Fees	407.34	426.00
Freight and Shipping Costs	30.00	137.49
Legal and Professional Fees		400.00
Maintenance and Repairs	195.83	249.99
Office Supplies and Expense	1,014.42	1,125.00
Payroll Expense		
Health Insurance	1,148.77	1,192.50
Payroll Processing Fees	468.15	
Salaries Expense	13,241.56	14,270.00
Salaries Tax Expense	1,509.38	1,250.01
Total Payroll Expense	16,367.86	16,712.51
Postage	166.94	172.50
Rent & Triple Net	4,020.00	4,020.00
Room Rent-Intergroup	90.00	90.00
Seminars	69.00	100.00
Telephone	1,318.78	1,527.49
Travel	448.18	500.00
Travel Expense-Auto	135.50	150.00
Utilities	296.08	375.00
Total Expense	25,378.50	27,184.98
Net Ordinary Income	493.64	(4,162.37)
Other Income/Expense		
POB Inventory Adjustments	(8.40)	
Total Inventory Adjustment	(8.40)	
Net Other Income	8.40	
Net Income	441.84	(4,162.37)



## Districts, Area & AAWS CONTACTS

### District 13

Mailing Address:  
P.O. Box 166  
Ventura, CA 93002

### Gold Coast Districts (9 & 12)

PLEASE NOT E 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

### 31st Annual Tri-State Round-Up May 14-17

Riverside Resort Hotel & Casino  
Laughlin, Nevada  
<http://www.tristate-roundup.com>

### Woman to Woman 36th Workshop Weekend May 29-31

Mount St. Mary's College  
[Womantowomanla.org](http://Womantowomanla.org)

### 2015 International AA Convention July 2-5, 2015 Atlanta Georgia [www.aa.org](http://www.aa.org)

### Ventura County AA Convention BINGO Fundraiser July 25th 6:00 PM - 10:00 PM NEW LOCATION Camarillo Community Center 1605 E. Burnley St Camarillo, CA 93010

#### 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](http://www.aaventuracounty.org)



## May 2015 Calendar

Fri 1st	6:00 pm	H & I Board Mtg @ Central Office
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
Sat 9th	10:00 am	Newsletter Stuff and Fold @ Central Office
Sun 10th	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 13th	7:00 pm	Inter-group Meeting @ The Buck 321 N Aviator Suite 111, Camarillo
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
May 25th Last day to submit items to the June Newsletter		



## June 2015 Calendar

Fri 5th	6:00 pm	H & I Board Mtg @ Central Office
Wed 10th	6:00 pm	District 13 GSR Meeting @ Ventura Center for Spiritual Living @ 101 S. Laurel, Ventura
Thu 11th	7:00 pm	Inter-group Board Meeting @ Central Office
Sat 13th	10:00 am	Newsletter Stuff and Fold @ Central Office
Sun 14th	12:00 pm	VCYPAA Committee Mtg Central Office
	4 pm	VCAA Convention Planning Mtg Central Of- fice
	5.30 pm	H & I Committee Mtg @ Central Office
Wed 17th	7:00 pm	Inter-group Meeting @ The Buck 321 N Aviator Suite 111, Camarillo
Tue 24th	7:00 pm	GSR District 28 Meeting @ King of Glory Lutheran Church 2500 Borchard Road, Newbury Park
Wed 25th	7:00 pm	Gold Coast Districts General Service Mtg The Buck 321 N Aviator Ste 111 Camarillo
Thu 26th	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
June 26th Last day to submit items to the July Newsletter		

### A Review of Tradition #5

*Each group has but one primary purpose —  
to carry its message to the alcoholic who  
still suffers.*

- Do I ever cop out by saying, "I'm not a group, so that Tradition doesn't apply to me"?
- Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
- Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- Do I help my group in every way I can, to fulfill our primary purpose?
- Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

### Living Step # 5

*"Admitted to God, to ourselves, and to  
another human being the exact  
nature of our wrongs."*

All of AA's Twelve Steps ask us to go contrary to our natural desires...they all deflate our egos. When it comes to ego deflation, few of the Steps are harder to take than Step five. But scarcely any Step is more necessary to the alcoholic's longtime sobriety and peace of mind than this one

Our AA experience has taught us we can not live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step four over our past lives, it has revealed in stark relief those experiences we'd rather not remember. If we have come to know how wrong thinking and actions have hurt us and others, then the need to quit living alone with those tormenting ghosts of the past becomes more urgent than ever.

**Step five gives us the opportunity to share the dark secrets of our past and move on in our recovery.**

## ◆ Poets' Corner ◆

### LOVE AND TOLERANCE by DANA M

Why is it hard  
To tolerate,  
Permit, endure  
Or bear?  
The alcoholic  
Who's "Special"  
Is just really  
Unaware

Unaware they think  
That they are  
"Terminally unique"  
To them their case  
Is special, in fact  
Impossible To critique

They like to be apart from  
Not together in a pack  
Self-pity has them by the throat  
And this is a very sad fact

They like to believe  
They're in a class  
All of their very own  
They always have the  
"Yah buts" in place  
To evade or worse postpone

It's important to remember  
That I used to think that way  
People tolerated and loved me  
Saying "Welcome to AA!"

To turn around and give away  
What was so freely given to  
me Is one way I can thank my  
God For all the grace and serenity

### 36TH ANNUAL VCAAC CONVENTION IS ACCEPTING PRIZE DONATIONS!

We are looking for donations from AA members and AA groups for **NEW ITEMS** to be raffled off or awarded as prizes during the Bingo fundraiser, to be held on July 25, 2014. Any support is appreciated.

*What we need is new items to be placed in baskets as prizes, or to be raffled off individually (depending on value), items such as:*

- Tickets for sporting, movie, travel or
- Entertainment events
- Candy or other food items—Books
- Gardening items—Sporting Goods
- Gift certificates—Music & Video DVD's
- Items for children or babies—Jewelry
- BBQ items, Electronic Equipment
- AA related materials Etc, etc, etc.

Any support is appreciated. Questions, Donations, please contact:

**Mary M.- Fundraising co-chair  
805-404-1496**





# 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

5. IT'S A FORUM

Want to broadcast an idea or let off steam or even view with alarm? Only the Grapevine can give you a platform as broad as the movement itself where you and your fellow members can exchange stories, viewpoints and interpretations of the recovery program.

AT WIT'S END

Buckle Up

An AA was running late driving to work one morning. Noticing that the carpool lane was shorter, she got in it. Soon a police officer came up behind her, turned on his lights and pulled her over. The officer walked up to the car and the woman lowered her window. "Ma'am," the policeman asked, do you know why I'm pulling you over?" "No, sir, I'm afraid that I don't," the woman replied. "You're in the car-pool lane, yet you have no other passenger in your vehicle. Why is this?" he said. Thinking quickly, the woman replied, "Well, you see, officer, I'm an alcoholic. Prior to recovery, my life had become one of incomprehensible demoralization. Once I became involved in AA , however, I found my Higher Power and began working the steps and have lived a life better than I could ever have imagined. In gratitude, I take my Higher Power with me wherever I go. So, while it appears that I'm riding alone, I really I'm not." "I see," replied the officer." He then proceeded to pull out his ticket book and began to write her a ticket. "But, officer, I don't think you understand," she pleaded, " There are two of us in the vehicle." "Ma'am" replied the officer, "I do understand. You see, I too, I too, am a grateful member of AA and I also take my Higher Power with me wherever I go." "Then, why the ticket?" she asked. "Because your Higher Power isn't wearing a seat belt," he said.



"Decisions" by Valerie Patterson



# Recovery Word Puzzle

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

STEPS  
SERVICE  
AKRON  
AMENDS  
BOB  
SOBER  
UNITY  
RECOVERY  
JUNG  
MEETINGS  
FELLOWSHIP  
BILL  
GRAPEVINE  
SPONSOR  
RESENTMENTS

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](mailto:vcaaco@verizon.net) with your Birthday information. *Member's birthdays submitted will be published in this section the following month.*

May & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

Destry S. – 29 Years  
Bob S. - 33 Years  
Bonnie S. - 33 Years



AN AMAZING SOBER FAMILY

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

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	360
Twelve Step Calls	58
Other Twelve Steps Programs	53
Activities	36
Directions to Office	35
Other Type Calls	411
TOTAL	953



# AA TRIVIA QUESTION

## Of The Month

**MAY QUESTION:**  
**Q** What was Dr. Bob's phone number in 1941?

**APRIL ANSWER:**  
**A** In 1939 what Cleveland newspaper carried a series of articles on AA? -

The Cleveland Plain Dealer

Congratulations to Steve H. and 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	Martin F. Oxnard
Vice Chairperson	Wayne W. Ventura
Secretary	Michelle P—
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., Robin S., Dora E., Linda T., Azusa S., Mary H., Eric K., Dale S., Dan M., Malia S.

Ventura County Central Service Office Inc.

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