

Ventura County Central Service Office Inc.
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RECOVERY

AA

SERVICE

Volume 35 — Issue 4 **March 2015**

The TRADITION

Ventura County's Central Service Area Monthly Newsletter

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A Member Explains.... *Whose Sobriety Is It Anyway?*

The idea of getting sober for oneself is an extremely important AA concept, but apparently it can be tricky and easy to wield in a dangerous manner, as I learned recently.

Yesterday, I was talking to a woman in AA who's been in and out of the program, but who currently has a little sobriety. We weren't having a heavy conversation at first, until she revealed that somebody in AA had told her that you weren't supposed to want to get sober for your kids, that it was actually wrong to want to get sober because you love your children and want to be a god mother. I guess most people can see through this misconception, but it sickens me that it is out there at all.

Perhaps I can add some clarity.

As I see it, there's no bad reason for wanting to get sober. Make as long a list as you can of all the reasons, and since alcoholism does a lot of damage, there should be a lot of them. If I want to get sober for my wife, that's a good reason, the more so if by that I mean that I love her and want to stop hurting her. (Everyone knows that wanting to get sober to get someone off your back

doesn't have much power to it.) want to stop hurting her. (Everyone knows that wanting to get sober to get someone off your back doesn't have much power to it.) Or if I want to sober up for my sister or my mother or my loving and faithful sad-eyed hound dog, each of these constitutes a good reason for wanting to get sober.

Why, then, is it so crucial to want to get sober for yourself?

Okay, now we're getting down to it. I may with the noblest intentions want to stay sober for my wife, but human beings being what they are, there's going to come a time, sooner or later, when we're having a little tiff, and I'm going to think to myself, She doesn't appreciate the fact that I'm sober. Why then am I denying myself alcohol? If I'm staying sober for myself, I don't have any trouble answering this question.

It's the same story with my kids. They might annoy me some evening when I'm tired. That's never happened yet, of course, but it doesn't hurt to be prepared for contingencies. Anyway, I

could think, My abstinence doesn't mean anything to these ungrateful so-and-sos. Why, then, do I bother? Once again, if staying sober for myself is on my list of reasons, there's my answer. Other people may not appreciate my sobriety all the time or at all. As the saying goes, "Whaddaya want, a medal?" And my record of appreciating others has at times been spotty, also.

Hey, come to think of it, we do get medals for sobriety—but only at the meetings. I need to remind myself that no reason or set of reasons will be strong enough, in and of itself, to actually keep me from picking up the next drink. All the reasons can provide is the motivation for me to do the other things that will keep me sober. I begin each morning asking God to help keep me sober on that day, always using the word "help" to remind me that I need to do my part. I continue going to meetings, even after eleven years without a drink, stay in close touch with AA people, and work my program

By Fred C., Roanoke, VA
Reprinted with permission of
the AA Grapevine, AAWS

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 _____

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!*

LATEST
NEWS
+ Events
+ Meetings
+ Recovery
+ Fellowship

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

Info Lines ..

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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Camarillo, Ca. 93010

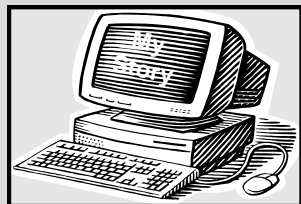
24 Hour Telephones
(805) 389-1444
(800) 990-7550
Fax (805) 389-2912
E-Mail
vcaaco@verizon.net

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 one-to-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



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

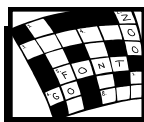
Mature Women are so wise

On the evening we celebrated our anniversary I took a careful look at my wife after several Cocktails and said: "Darling, 44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25-year-old girl. Now I have a \$800,000.00 home, a \$65,000.00 car, nice big king-size bed and plasma 50" big screen TV but I'm sleeping with a 65-year-old woman. It seems to me that you're not holding up your side of things."

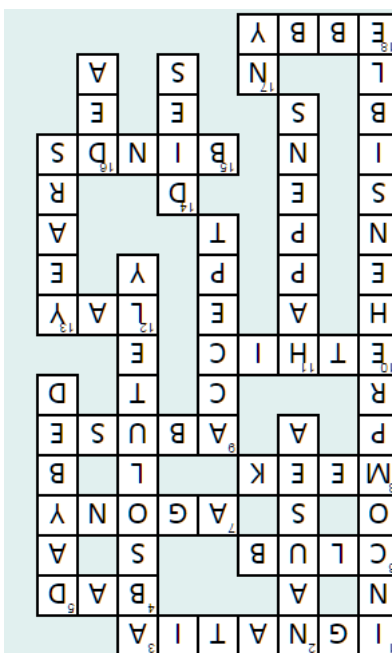
My wife is a very reasonable woman. She told me to go out and find a hot 25-year-old girl, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Mature Men Are Also Wise

A Doctor was addressing a large audience in Tampa. The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that is the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it? After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake."



Crossword Puzzle ANSWER



SPONSOR



"Your job is to tell the truth.
My job is to laugh at you when you don't."

DRINK TODAY?



No! Because I have somewhere to be NEXT Wednesday.

AAGRAPEVINE, Inc.

December 1, 2014

Dear Panel 63 and 64 delegates:

I want to thank all of you for joining in Grapevine's 70th Anniversary celebration this year. Grapevine Board members and Grapevine and La Viña staff were fortunate to attend a number of GV70 celebrations throughout the United States or Canada and were always warmly welcomed.

Now we would like to invite you to work together in carrying on the momentum of the GV70 effort. Our new action for next year will be: **AAGV's 2015 Subscription Challenge.** The state, province or territory with the greatest percentage growth in new Grapevine and/or La Viña subscriptions at the end of 2015 will be featured on the cover of a 2016 Grapevine or La Viña issue with a special section highlighting local member's stories of recovery from that state, province or territory. We need your help! More details will be forthcoming in the beginning of the year but I hoped to give everyone an early heads-up with something to look forward to.

Thanks again for all of your support for the Grapevine and La Viña!

Yours in love and service,

Andrew Ware
Chair of the A.A. Grapevine Board



RESPONSIBILITY DECLARATION

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that; *I am Responsible.*



Meetings!...Meetings!!...Meetings!!!



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**

**Santa Barbara
Traditions Breakfast**
March 21, 2015
9:30 AM - Noon
Goleta Community Center
5679 Hollister Ave
Goleta, CA 93117

75th Anniversary
1st Permanent Meeting in LA
March 28, 2015
8 PM
Cecil Hotel
640 S. Main St. LA

Hawaii Big Island Bash
April 24th - 26th
www.bigislandbash.com

Serenity by the Sea
May 1-3
Oxnard Performing Arts Center
www.vcaaroundup.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

**March 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

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

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

Sat 14th 10:00 am Newsletter Stuff and Fold @ 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 Aviator Ste 111 Camarillo

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

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

Mar 23 Last day to submit items to the April Newsletter

**April 2015 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

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

Sun 12th 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 Aviator 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 15th 7:00 pm Gold Coast Districts General Service Mtg
 The Buck 321 N Aviator Ste 111 Camarillo

Thu 16th 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

April 24th Last day to submit items to the April Newsletter

A Review of Tradition #3

***“The only requirement for AA
 membership is a desire
 to stop drinking.”***

- ♦ In my mind, do I prejudge some new AA members as losers?
- ♦ Is there some kind of alcoholic that I privately do not want in my AA group?
- ♦ Do I set myself up as a judge of whether a newcomer is sincere or phony?
- ♦ Do I let language, religion (or lack of it), race, education, age or other such things interfere with my carrying the message?
- ♦ Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- ♦ When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Living Step # 3

***“Made a decision to turn our will and
 our life over to the care of God
 as we understood Him.”***

When we decide that we want what other recovering members have found, and are ready to go to any lengths to get it, we become ready to turn our will and our life over to a higher power. We learn that our life, prior coming to Alcoholics Anonymous was filled with our vain attempts to control people places and things in order to run things by self-will. Our best thinking got us to the point where we sought help by attending AA meetings. Our lives were filled with disappointments and un-fulfilled goals. As we began to attend meetings, we heard from other members that their turning point in recovery started with a “surrender” to the fact that God can do what we could not do by sheer will-power. Many thousands of recovering alcoholics have found that their God is ready and willing to help them. All they had to do is ask for God to come into their lives. As the Big Book explains, “God could and would if he is sought.”

***Step #3 points out that our Higher
 Power is one of each individuals choosing.***

◆ Poets' Corner ◆

The Game By Dana M

The bondage of self
 Is the name of this game
 Unsympathetic
 For other's in pain

To constantly blame
 Is completely insane
 The steps are arranged
 For a personality change

Helping others
 Brings relief
 They explained,
 We're all here
 For each other
 So life's
 Not a strain

The singleness
 Of purpose
 That AA maintains
 Allows me to stay sober
 And live life
 Not deranged

The Day Begins By Anonymous

I awaken in fear
 I awaken with remorse
 I awaken in self.

I roll to my knees
 I pray to remove my fear
 I pray to remove my remorse
 I pray to get out of self
 I pray to stay sober.

I start my day without fear
 Without remorse
 And thinking of others.



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.

3. IT IS A "THOUGHT STARTER"

Looking for ideas that will help you make more effective AA talks?

You will find them month after month, in personal stories, interpretive articles and humorous anecdotes appearing in the Grapevine magazine.

At Wit's End

Doghouse

What's the difference between an alcoholic and a dog?

The dog stops whining after you let it back in the house!

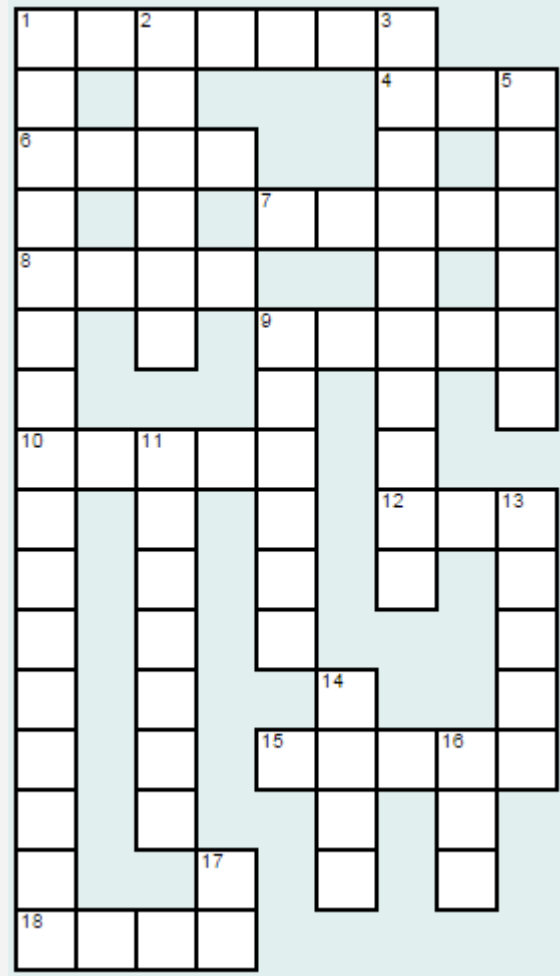
Second Opinion

When the doctor told his patient he wasn't sure of the diagnosis, but thought it could be due to alcohol, the patient replied, "That's OK, doc. I'll come back when you're sober."



Crossword Puzzle

Recovery Word Puzzle



ACROSS

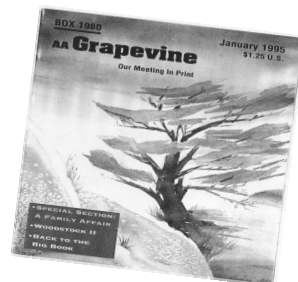
- 1 Sister ____ Gavin
4 A ____ case of the jitters
6 Alano ____
7 Torment
8 Little spirit or courage
9 Mistreat
10 Virtue
12 ____ off the hard stuff
15 powerful cement that ____ us.
18 ____ Thatcher

DOWN

- 1 Pitiful and ____
2 Queasy
3 Will be ____ unable to stop
5 Armless couch
9 Embrace
11 The unexpected ____
13 The ____ were swept away
14 Life ends
16 Federal agency overseeing controlled substances
17 New York

Answer on page 2

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.*



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.

March and Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

Patricia B - 30 Years
Agoura Hills

Verlon M - 33 Years
Camarillo

Sol G - 45
Ventura

CONGRATULATIONS!

Birthday Club Listing For:

Name _____

City _____

Sobriety Date _____ Years _____

Voluntary Donation Amount \$ _____

Please mail to:
Ventura County Central Service Office



CENTRAL OFFICE

Phone Call Activity

Meeting Info	286
Twelve Step Calls	62
Other Twelve Steps Programs	31
Activities	25
Directions to Office	32
Other Type Calls	298
TOTAL	734



AA TRIVIA QUESTION

Of The Month

MARCH QUESTION:

Q Why was the story *Lone Endeavor* removed from the Big Book after the First Edition First Printing?

A FEBRUARY ANSWER:

The 25,000,000th copy of the Big Book was given to the Warden of San Quentin state prison.

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, Eddie and Visitors

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Vice Chairperson	Bob S. Thousand Oaks
Secretary	Scott W. Simi Valley
Treasurer	Lynn S. Simi Valley
Member at large # 1	Wayne W. Ventura
Member at large # 2	Jan K. Ventura
Member at large # 3	Vickie L. Camarillo

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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.

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(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
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