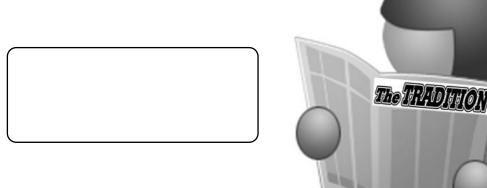
Ventura County Central Service Office Inc.

321 No. Aviador Street. Suite # 115 Camarillo, CA. 93010

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Mail Subscription Orde Yes! Enclosed is	r Form Free Free Free Free Free Free Free Fr	Mailed Issues + Events
RENEWAL I		+ Meetings ++ Recovery + Fellowship
Service Position	Phone	
Address		12 Monthly Updates
City	StateZIP _	
	Mail this subscription form to: CENTRAL SERVICE OFFICE	Per Year

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RECOVERY

Volume 37 — Issue 5 **MAY 2017**

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

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

E-Mail vcaaco@verizon.net PAYING ATTENTION TO "SLIDING" CAN HELP AVOID "SLIPPING"

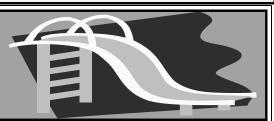
By Bill J. Camarillo

"Sliding" is what sometimes happens to us alcoholics when we stop going to meetings, lose contact with sober members on the program, and in general, drift away from the way of living that has saved our life. Sometimes a group catches this habit too and the focus of our sobriety changes. We start a bad habit of complaining instead of finding out what in sobriety is ailing us, and what we need to work on with our sponsor and through prayer to find solutions. Gratitude always helps, as does referring to page 89 in the Big Book for some guidance in working with other alcoholics who are suffering. Practical experience shows us that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

In the business world a "slider" is either pushed out of the business organization or demoted to a less responsible position. As alcoholics, the practice of sliding" often results in a return to trying to run things in our life without our Higher Power's guidance, which results in resentments, envy, fear and anxiety slip-ping back into our lives, and ultimately, a return to the bottle. In AA, those of us who are friends of a person we see sliding, often attempt to bring them back to the meetings, or involve them in social contacts with other sober members to help get them back on the path of recov-

If the slider resists our attempts to reinvolve them in the program, we usually quit calling them after a time and leave them alone. Historically it seems that recovery from alcoholism works for people who want it and are willing to put the effort into their own recovery. Our personal recovery is a daily journey and not a destination. Our experiences show us that some members who have become sliders, after some years in recovery, sometimes show up at a big meeting once a year to get their anniversary cake, and that is the extent of their commitment to their own recovery.

It's a free country after all and maybe this does work for some folks. Past experience shows us that this is risky business for the real alcoholic.



If you're wondering why you aren't doing so well or seem to be slipping backward spiritually, mentally, emotionally and otherwise after getting sober, maybe you've been sliding by not participating in your own recovery.

The solution – start over.

Just like exercise and other areas in our life we have to go back and try to work the twelve steps of the program the right way, to the best of our ability, to keep our life and our spirituality in balance. Unfortunately we often find that the "slider" becomes a "slipper" ending up at a lower bottom with severe illness, financial problems, legal baggage, relationship prob-lems or sometimes even death.

Keeping our spiritual life healthy for an alcoholic is just as important or more so, as physical health is to the non-alcoholic. Experience once again has shown us that working the twelve steps of Alcoholics Anonymous is a path that can lead us to a Higher Power that we can depend on and make a key part of our daily life. The God, of our understanding will provide us with the answers and strength to make our sober lives fulfilling if we just sincerely ask him in our daily prayers.

Somebody asked a professional physical trainer one time "what is the best exercise to do". The trainer answered "the one that you will do". Makes sense. doesn't it. Steps, meetings, fellowship, reading program books and literature are all good as well as healthy habits of exercise, diet and spending time with people who you respect and wish to emulate.

A healthy and happy life is tied to our commitment to recovery. Don't let it slide by you! I stay close to the AA Program daily as I know we're all prone to "sliding" if we take our recovery For granted!



Quarterly Group Contributions

If you believe there is in error in your group's contributions, please contact Central Office. There are times contributions are submitted without identifying references and are entered as Unassigned Donations.

5.30 Happy Hour Group	\$577.86	SV14 Daily Reflections_1	\$459.58
AH04 Agoura Morn Fellowship	\$1,231.50	SV15 Mon Women's Stag_1	\$95.00
AH09 The Best of The Big Book_1	\$50.00	SV17 Women's Stag Grp_1	\$63.20
CM04 Women's Disc Grp	\$204.00	SV51 Evening Reflections_1	\$226.50
CM05 As Bill Sees It_1	\$100.00	SV54 Into Action 4th Step Study	\$60.00
CM06 Beginner's Mtg	\$100.00	TO01 As Bill Sees It_1	\$79.50
CM07 Camarillo Disc Grp_1	\$150.00	TO02 Serenity Gals Grp_1	\$141.50
CM09 Noon Disc Grp_1	\$82.00	TO05 The Oaks Folks Group_1	\$58.44
CM13 Discussion Mtg_1	\$100.00	TO07 Thurs "Noon 15" Grp_1	\$60.00
CM14 Noon Discussion Group_1	\$140.00	TO09 Last Sunday Breakfast_1	\$224.00
CM17 Back to Basics_1	\$300.00	TO11 Men's Disc Grp_1	\$100.00
CM18 Noon Disc Grp_1	\$50.00	TO15 Step Sisters_1	\$177.37
CM18 Noon Disc Grp_1	\$50.00	TO16 Visions Morning Grp_1	\$145.00
MP02 Book Study_1	\$79.00	TO31 Attitude Adjustment	\$300.00
MP03 Discussion Group_1	\$150.13	Unity Meeting Hall Group_1	\$272.34
MP04 Women Fellowship Spir_1	\$70.00	VE05 Safety Valve Mtg_1	\$165.00
NP03 The Smokin' Big Book_1	\$98.02	VE13 Back to Basics Men Stag_1	\$599.00
NP06 Staying Alive Disc_1	\$122.15	VE17 Women's Group_1	\$125.43
NP09 Attitude Adjustment_1	\$100.00	VE21 Discussion Grp_1	\$40.00
NP11 Saturday Women's Promise_1	\$234.00	VE24 Women's 12 & 12_1	\$80.00
NP15 Newcomer Question & Answer	\$100.00	VE64 Corner Group_1	\$153.00
OJ02 5PM Ojai Group_1	\$190.00	VE72 Sober View_1	\$50.00
OJ03 As Bill Sees It_1	\$48.00	VE77 High Nooner's 12 Sp Stdy_1	\$100.00
OJ05 Sunrise Meditation Grp_1	\$40.00	VE86 As Bill Sees It_1	\$55.00
OJ07 Sun Spiritual Mtg_1	\$35.00	VE87 Freedom Group_1	\$100.00
OJ12 As Bill Sees It_1	\$146.66	VEJOY	\$150.00
OX01 Beach Group_1	\$100.00	Visions Noon Group	\$653.71
OX15 Men's Stag_1	\$50.00	Wednesday Step Study	\$150.00
OX23 Mon Night Disc_1	\$55.00	WV03 Fellowship Grp Spk_1	\$800.00
OX31 Out of the Fog_1	\$75.00	WV13 Sat Night Live_1	\$588.00
OX42 Sunset at the Harbor_1	\$150.00	WV28 Tues Night Dog Pound_1	\$126.21
OX53 It Works It Really Does_1	\$100.00	WV28 Tues Night Dog Pound_1	\$38.66
OX65 Women's Mtg_1	\$233.50	WV29 Cafe AA Big Book Study_1	\$45.00
SV02 Men's Stag_1	\$201.52	WV33 What it is like now_1	\$180.00
SV07 Back to the Books_1	\$20.00	Unassigned Donations	\$1,356.18
			\$13,550.96

The Seventh Tradition states: "Every A.A. group out to be fully self-supporting, declining outside contributions.

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area and the General Service Office remain self supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose - to help the alcoholic who still suffers.

Although the amount of your contribution is secondary to the spiritual connection that unites all groups around the world, we may want to remember that a dollar does not support as many services as it used to.

Service Material from the General Service



MAY 2017

				% of
	Jan - Mar		\$ Over	Projec-
	17	Projection	Projection	tions
Income				
Birthdays	979.00	510.00	469.00	191.96%
Cash Over (Short)	(0.81)			
Gratitude	580.98	500.00	80.98	116.2%
Group 7th Tradition	13,550.96	14,625.00	(1,074.04)	92.66%
Inventory Sales	19,329.49	19,988.00	(658.51)	96.71%
Meeting Room Contribution	170.00	270.00	(100.00)	62.96%
Miscellaneous Contribu- tions	1,120.00	800.00	320.00	140.0%
Newsletter Subscription	35.00	30.00	5.00	116.67%
Total Income	35,764.62	36,723.00	(958.38)	97.39%
Cost of Goods Sold				
Cost of Goods Sold	12,816.34	13,000.02	(183.68)	98.59%
Total COGS	12,816.34	13,000.02	(183.68)	98.59%
Gross Profit	22,948.28	23,722.98	(774.70)	96.73%
Expense				
Computer		300.00	(300.00)	
Copier	594.75	675.00	(80.25)	88.11%
Credit Card Processing Fees	376.61	375.00	1.61	100.43%
Insurance	503.00	505.00	(2.00)	99.6%
Maintenance and Repairs		90.00	(90.00)	
Office Supplies and Expense	779.12	1,176.00	(396.88)	66.25%
Payroll Expense				
Health Insurance	1,400.30	1,400.30	0.00	100.0%
Salaries Expense	15,294.63	15,250.04	44.59	100.29%
Salaries Tax Expense	1,716.76	1,700.00	16.76	100.99%
Total Payroll Expense	18,411.69	18,350.34	61.35	100.33%
Postage	66.95	102.00	(35.05)	65.64%
Rent & Triple Net	4,020.00	4,020.00		100.0%
Room Rent-Intergroup	105.00	105.00		100.0%
Telephone	1,325.66	1,320.00	5.66	100.43%
Travel Expense-Auto	111.45	150.00	(38.55)	74.3%
Utilities	267.43	300.00	(32.57)	89.14%
Total Expense	26,561.66	27,468.34	(906.68)	96.7%
Net Income	(3,613.38)	(3,745.36)	131.98	96.48%



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 The Ventura County Central Service Office Inc. Monthly Newsletter

MAY 2017

TAJOR AA EVENTS Around/America

A.A. DESERT POW WOW

WITH AL-ANON PARTICIPATION RENAISSANCE INDIAN WELLS RESORT & SPA

JUNE 8, 9, 10, 11, 2017 INDIAN WELLS, CALIFORNIA http://www.desertpowwow.com GENERAL INFORMATION SherAli J. (760) 340-7540 Sandy W. (760) 776-1066

33rd Annual High Desert Convention

WITH AL-ANON PARTICIPATION June 9, 10 & 11, 2017 Holiday Inn Victorville CA www.highdesertconvention.com

Founder's Day Picnic & Play Hosted by District 24

June 10th, 2017 Oak Park Campgrounds 901 Quimsa Drive, Simi Valley BBO & Picnic 11:00 AM - 1:00 PM Play 1:30 PM - 3:00 PM Fun & Fellowship 3:00 PM - 6:00 PM

Ventura County Central Office Volunteer Appreciation Day

With Hand Tiles June 25, 2017 1:00 PM - 4:00 PM Ventura County Central Office

Santa Paula Pig Roast Campout

July 28th -30th, 2017 Lake Casitas

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

MAY 2017 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

Wed 10th 7:00 pm Inter-group Meeting @ The Buck 321 N Aviador 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 Aviador Ste 111 Camarillo

Thu 18th 7:00 pm District 24 General Service Meeting United Methodist Church 2394 Erringer Rd Rm # 10, Simi Valley

Sun 21st 12:00 pm VCYPAA Committee Mtg Central Office 5.30 pm H & I Committee Mtg @ Central Office Sun 21st 3:30 pm VCAAC Committee Mtg @ The Buck

Sun 21st 12:00 pm VCYPAA Committee Mtg @ Central Office

May 22nd Last day to submit items to the June Newsletter

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

Sun 11h 12:00 pm VCYPAA Committee Mtg Central Office 5.30 pm H & I Committee Mtg @ Central Office Sun 11th 3:30 pm VCAAC Committee Mtg @ The Buck

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

Sat 17th 10:00 am Newsletter Stuff and Fold @ 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

June 19th Last day to submit items to the June Newsletter

MAY 2017

The Ventura County Central Service Office Inc. Monthly 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 guit living alone with those tormenting ghosts of the past becomes more urgent than

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

CONCEPT V

(Reprinted from the pamphlet "The Twelve Concepts Illustrated," pages 10-11 with permission of A.A. World Services, Inc.)

Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Newcomers to A.A.'s General Service Conference are often surprised at the pains taken by the presiding officer to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a "substantial unanimity" is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.'s "Right of Appeal" in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual duty of presenting its views.

This "Right of Appeal" recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority,

"Trusted servants," according to Bill, "do for the groups what the groups cannot or should not do for themselves." And in exercising their "Right of Decision" (see Concept III), trusted servants are almost always "a small but truly qualified minority" — whether in the form of area committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, in their own meetings, to pay special deference to the minority voice.

This Concept also warns us of "the tyranny of the majority" and points out that in A.A., a simple majority is seldom sufficient basis for a decision. That's why we usually require at least a two-thirds majority. Lacking this, it is preferable to delay the decision; or in the case of an election following the "Third Legacy Procedure," to "go to the hat." (See Service Manual, Chapter I.)

The "Right of Appeal" also permits any person in the service structure, whether paid or volunteer, to petition for redress of a personal grievance. He or she can complain directly to the General Service Board, without prejudice or fear of reprisal.



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

Top 10 reasons to do a Fourth Step

- 10. It's all about me
- 9. It's a big timesaver for divorce attorneys
- 8. It reminds us of what made us famous: doing any thing to get to a fifth
- 7. We get to name names
- The columns, charts, tables, graphs, and color photos
- 5. Secrets are poison
- Altering the past is even harder after it's written down
- 3. Asking a new guy ... "How about that fourth step?"
- 2. The taste of No.2 yellow pencil yumm!
- 1. Part-time sobriety blows

A fine wine

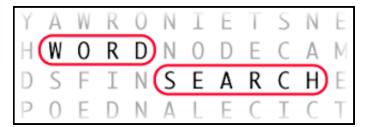
When it came to wine I was very, I was very particular about what I bought. There were two things I looked for before making my selection: First. The word "wine " must appear somewhere on the label. Second, I always looked for a sign nearby that said "On Sale."

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!



С	F	K	I	Y	Т	U	A	\bigvee	\bigvee	Y	I	Н	I	Ι
Y	L	I	U	N	J	P	L	В	U	В	Т	D	С	0
G	Ε	\mathbf{E}	\bigvee	I	D	J	С	P	R	0	G	R	A	M
G	S	F	Н	Т	S	N	0	I	Т	N	E	Τ	N	Ι
0	Ε	0	A	S	D	K	Н	E	Т	I	P	S	Y	С
Q	В	N	Τ	E	Н	\mathbf{E}	0	С	F	S	J	L	0	Q
K	Z	J	E	D	U	S	L	A	G	K	E	M	G	Z
Q	M	I	D	R	R	J	I	A	0	R	P	Y	P	Χ
M	Χ	N	I	E	A	F	S	G	E	L	Q	R	В	D
D	G	P	Τ	G	Н	L	M	Q	E	\bigvee	I	A	P	U
Z	E	Τ	0	J	P	G	S	Т	D	D	E	С	L	Y
Т	A	S	L	Χ	Χ	Н	E	Н	E	S	P	R	R	M
М	S	N	I	R	F	L	E	В	I	\bigvee	N	Z	Q	0
Н	C	0	Н	R	Y	Z	\mathbf{E}	K	\bigvee	P	В	G	Н	Χ
Υ	Ε	V	M	R	Ε	S	Χ	V	Ι	С	G	Τ	A	S

ALCOHOLISM	HATED	PROGRAM
COMPLETELY	INTENTIONS	RELY
DESIRE	MATTERS	REVEALED
DESTINY	MOST	SELF
GENERALSHIP	PRIDE	SPITE



An alcoholic walked into a bar and read a sign that read "All you can drink for \$1.00. The alcoholic said "I'll have \$2.00 worth please."

Newcomer: "My conscience finally brought me to the Program."

Old-timer: "How so?"

Newcomer: "I kept seeing this eyeball staring at me from the bottom of the glass! I'm sure it was my conscience." Old-timer: "Probably an olive. But never mind---







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.

April & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

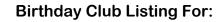


MAY 2017

Dana M. - 25 Years

Steve F. - 39 Years

Congratulations



Name______
City_______Years

Voluntary Donation Amount \$______ Please mail to:

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



Meeting Info	282
Twelve Step Calls	16
Other Twelve Steps Programs	17
Activities	40
Directions to Office	17
Other Type Calls	<u>183</u>
TOTAL	555

AATRIVIA QUESTION Of The Month

MAY QUESTION:

On page 43 of the Big Book, there is a mention of a staff member at a world renowned hospital, who was that staff member?

APRIL ANSWER:

When patients, that Sister Ignatia's cared for, left St Thomas Hospital she would often give them a Sacred Hearts medallion or sometimes a St. Christopher medal. What did she ask of them in return?

She asked that if they drank to please return it.



Congratulations to Michele B. of Newbury Park, Steve H. of Winnetka, Dave B. of Rowland Heights and Hiroshi K. of Oxnard 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

Friends of Bill W., Paul H, Rosalie, Don, Allison, Linda, Bill C, Jessie and Visitors

INTERGROUP BOARD:

Chairperson Scott W. Simi Valley Vice Chairperson Joe N.

Secretary Camille
Treasurer Mike B. Simi Valley

Member at large # 1 Craig S Ventura
Member at large # 2 Michelle C.

Member at large # 2 Michelle C.

Member at large # 3 Michelle B. Thousand Oaks

SPECIAL PAID WORKERS Matthew C., Dick M.

Matthew C., Dick I

OFFICE VOLUNTEER STAFF:

Don B., Sonya, Peter M., Mike A., Azusa S., Dale S., Sam, Linzy R, Steve F., Ron. G., Eric N., Hiroshi

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

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