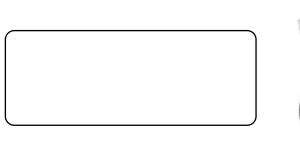
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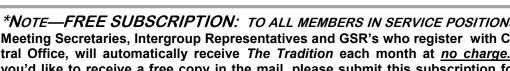
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Volume 36 — Issue 11 NOVEMBER 2016

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 #11
- A Review of Tradition #11 Crossword Solution

PAGE - 4

The Grapevine Corner

Crossword 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

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

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24 Hour Telephones

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vcaaco@verizon.net

Recovering from Intellectualism by Mike H. Ventura

I read an item by an AA who spoke of how her group differed from the norms of the Fellowship—at least as she saw them. One item was "It's been said you don't have to be afraid of using polysyllabic words." I chuckled at that-so much was implied and so little was said.

I've never been afraid to use big words at meetings. There's no reason for such fear. "Anonymity" is guite long and one of the most difficult words to pronounce in English. People who use it regularly won't be intimidated by other big, long words. What I have learned is that simplicity of speech is more readily understood and I need my fellow alkies' understanding of what I say.

On another level, simple direct speech is really more honest. I shared at a meeting once how I thought my wife was pulling my leg in telling me something. As I put it "Maybe 'cause I do that to her." The room roared with laughter and the fellow next to me clapped me on the shoulder and said "Now, that's honesty". I can't imagine that laughter and comment taking place if I'd said "Perhaps I was merely projecting my own behavior onto her." It would take too long to figure out what was said and the truth would be wrapped in a jacket of verbal pomposity.

Yes, I got here with quite a load of intellectualism. I remember sitting on a bar stool lecturing on the political and diplomatic ramifications of a border dispute between Russia and China. I got what I wanted, everybody around me was in awe, "Boy, he sure is smart." Of course, it didn't get me off that bar stool and the Russian and Chinese governments expressed no interest in my brilliant obser-

At one point, the regulars at that bar decided I must be an English professor at a local college. The man most possessed of that notion was himself a published

writer so I was very flattered. I simply dripped false humility when I said "No. I'm just a civil servant."

All that braininess didn't keep me from going to the same bar with a revolver to settle things with a man who antagonized me. Fortunately, nothing came of it. (This quick transition from high, lofty thoughts to the basest violence isn't all that uncommon).

Not long ago a drunk invited me to discuss the meaning of life with him. He became very angry when I pointedly suggested that he would be better off discussing sobriety. He offered to bust me in the chops and otherwise rework my physique. I walked away from both the debate and the fight. Sobriety has given me the strength to do that.

All this great intellect never helped me in practical matters-professional, marital, financial or personal. Even in sobriety, I've hurt myself with it. Jobs have been the worst-I was always trying to figure out how to apply my wide knowledge and analytical thinking to the job. My employers preferred I do work assigned to me. When I worked For aerospace I wrote such good legal memoranda that the company lawyers wanted to see them. I could reduce reams of regulatory mish-mash to a few clear sentences and provide the reader with a guide to finding the salient points in long, verbose directives. My supervisors were happy to see the first one or two of these, but...

When I first came to the Program, I had a lot of trouble with the idea of spirituality. Not that I wanted to hang onto the atheism/agnosticism which I'd once carried so proudly. I was just so stunted in matters of faith and spirituality that I couldn't' grasp any of it. These were things beyond the limits of my vaunted logic and they scared me. I just kept **Continued Page 3**

* Poets' Corner

I CAN'T SEE - by Dana M

I can't see
Past my
Self-pity
I can't Love
Through all
My fear
I am offered
Up some Freedom
But my Pride
Is all I hear

This hard heart
Is in my mind
It's an Attitude
That I hold
It's a choice
To be self- centered
Bondage of self
Is what I'm told

Blaming is so ugly
It can damage
With no repair
It is hurtful and
It's selfish and
I'll claim I'm unaware

An attitude of Real Love
Is the ingredient
That I lack
It's called self-righteous pride
That has my spirit, under attack

The truth is, I'm forgiven
As I forgive
Wrongs done to me
It's the gift
We All are given,
And it's called
Serenity



The teacher gave her fifth grade class an assignment: Get their parents to tell them a story with a moral at the end of it. The next day the kids came back and one by one began to tell their stories.

Kathy said, "My father's a farmer and we have a lot of egg laying hens. One time we were taking our eggs to market in a basket on the front seat of the pickup when we hit a bump in the road and all the eggs went flying and broke and made a mess." "And what's the moral of the story?" asked the teacher. "Don't put all your eggs in one basket!" "Very good," said the teacher.

Next little Lucy raised and hand and said, "Our family are farmers too. But we raise chickens for the meat market. We had a dozen eggs one time, but when they hatched we only got ten live chicks and the moral to this story is, don't count your chickens until they're hatched." "That was a fine story, Lucy."

Nicholas, do you have a story to share?" "Yes, ma'am, my daddy told me this story about my Aunt Barbara. Aunt Barbara was a flight engineer in Desert Storm and her plane got hit. She had to bail out over enemy territory and all she had was a bottle of whiskey, a machine gun and a machete. She drank the whiskey on the way down so it wouldn't break and then she landed right in the middle of 100 enemy troops. She killed seventy of them with the machine gun until she ran out of bullets, then she killed twenty more with the machete till the blade broke and then she killed the last ten with her bare hands." "Good heavens," said the horrified teacher, "what kind of moral did your daddy tell you from that horrible story?"

"Stay the hell away from Aunt Barbara when she's been drinking"

At a cocktail party, a man gets plastered, goes up to the host and says in a slurred voice,

"Excuse me, but do lemons have feathers?" "I beg your pardon?" says the host.

As he struggles to hold his balance, the drunk asks again: "Do lemons have feathers?"

The bemused host says, "No, I don't think so." The sheepish drunk says, "Oopsie. Then I think I've just squeezed your canary into my drink."



3rd QTR P&L vs Projections

NOVEMBER 2016

	Jul - Sep 16	Projection	\$ Over Projection	% of Pro- jection
Ordinary Income/Expense				
Income				
Birthdays	576.00	375.00	201.00	153.6%
Cash Over (Short)	(0.41)			
Gratitude	40.00		40.00	100.0%
Group 7th Tradition	15,068.12	14,250.00	818.12	105.74%
Inventory Sales	17,826.91	20,250.00	(2,423.09)	88.03%
Meeting Room	420.00	360.00	60.00	116.67%
Newsletter Subscription	45.00	37.50	7.50	120.0%
Total Income	33,975.62	35,287.50	(1,311.88)	96.28%
Total Cost of Good Sold	12,272.92	15,750.00	(3,477.08)	77.92%
Gross Profit	21,702.70	19,537.50	2,165.20	111.08%
Expense				
Computer	402.39	400.00	2.39	100.6%
Copier	743.52	675.00	68.52	110.15%
Credit Card Processing Fees	338.04	399.00	(60.96)	84.72%
Insurance	734.00	800.00	(66.00)	91.75%
Maintenance and Repairs Office Supplies and Ex-	174.91	300.00	(125.09)	58.3%
pense	757.16	999.00	(241.84)	75.79%
Payroll Expense				
Health Insurance Payroll Processing Fees	1,247.94	1,247.94		100.0%
Salaries Expense	16,056.44	16,056.42	0.02	100.0%
Salaries Tax Ex- pense	1,439.20	1,323.24	115.96	108.76%
Total Payroll Expense	18,743.58	18,627.60	115.98	100.62%
Postage	76.68	120.00	(43.32)	63.9%
Rent & Triple Net	4,020.00	4,200.00	(180.00)	95.71%
Room Rent-Intergroup	90.00	90.00		100.0%
Seminars	75.00	150.00	(75.00)	50.0%
Telephone	1,174.04	1,250.00	(75.96)	93.92%
Travel Expense-Auto	60.80	150.00	(89.20)	40.53%
Utilities	393.97	625.00	(231.03)	63.04%
WCI (State Fund)	185.77	144.75	41.02	128.34%
Total Expense	27,969.86	29,030.35	(1,060.49)	96.35%
Net Ordinary Income	(6,267.16)	(9,492.85)	3,225.69	66.02%



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

<u>District 24</u>
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

Celebration of Sober Sisters United

BINGO BLESSINGS

Saturday November 19th 6:30 - 9:30 PM 5100 Adolfo Road, Camarillo

AA THANKSGIVING MARATHON MEETINGS & POTLUCKS

Visions Meeting Hall

2667 Moorpark Rd., Thousand Oaks 6 PM, Wed., Nov. 23rd through

10:30 PM Thurs., Nov. 24th
POTLUCK DINNER

Served 4:00-5:00PM Thanksgiving Day

The Buck Meeting Hall

321 N. Aviador St., #111 Camarillo
MEETINGS start 12 noon, Wed., Nov 23rd
through
11:59 PM Thurs., Nov. 24th

POTLUCK DINNER

Thanksgiving Gratitude Open Meeting

Served 2:00 PM Thanksgiving Day

Thurs. Nov. 24th 10:00 AM - 11:30 AM St. Columba's Chuch 1251 Las Posas Rd, Camarillo

AA CHRISTMAS & NEW YEAR'S MARATHON MEETINGS & POTLUCK

Visions Meeting Hall

Meetings start at 6:00PM Dec. 24 and Dec. 31 Meetings end at 10:30PM Dec. 25 & Jan. 1 POTLUCK DINNER

Served 4:00-5:00PM Christmas Day

UNDER THE SEA

New Year's Eve Speaker Meeting & Dance AA with Al-Anon Participation 8:00PM Speaker Meeting / 10:00PM Dance Ventura County Fairgrounds, McBride Hall \$15/person or \$25/couple Register online at www.VCAARoundUp.org

NOV 2016 Calendar

Wed 2nd 6:00 pm District 13 GSR Meeting @ Ventura Center for Spiritual Living @ 101 S. Laurel, Ventura

Thu 3rd 7:00 pm Inter-group Board Meeting @ Central Office

Sun 6th 12:00 pm VCYPAA Committee Mtg Central Office 5.30 pm H & I Committee Mtg @ Central Office

Sun 6th 7:00 pm H& I Board Meeting @ Central Office

Wed 9th 7:00 pm Inter-group Meeting @ The Buck 321 N Aviador Suite 111, Camarillo

Sat 12th 10:00 am Newsletter Stuff and Fold @ Central Office

Tue 15th 7:00 pm GSR District 28 Meeting @
King of Glory Lutheran Church
2500 Borchard Road, Newbury Park

Wed 16th 7:00 pm Gold Coast Districts General Service Mtg
The Buck 321 N Aviador Ste 111 Camarillo

Thu 17th 7:00 pm District 24 General Service Meeting United Methodist Church 2394 Erringer Rd

Rm # 10, Simi Valley
Sun 20th 12:00 pm VCYPAA Committee Mtg @ Central Office

Nov 21st Last day to submit items to the December 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

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

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

Sun 11th 7:00 pm H& I Board Meeting @ Central Office

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

Sun 18th 12:00 pm VCYPAA Committee Mtg @ 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

Dec 19th Last day to submit items to the January Newsletter

A Review of Tradition # 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

- Do I sometimes promote A.A. so fanatically that make it seem unattractive?
- Am I always careful to keep the confidences reposed in me as an A.A. member?
- Am I careful about throwing A.A. names around even within the fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would A.A. be like if we were not guided by the ideas in Tradition Eleven? Were would I be?

Living Step # 11

Sought "through prayer and meditation to improve our conscious contact with God <u>as</u> we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Prayer and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfaction of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in those things at all.

Intellectualism continued

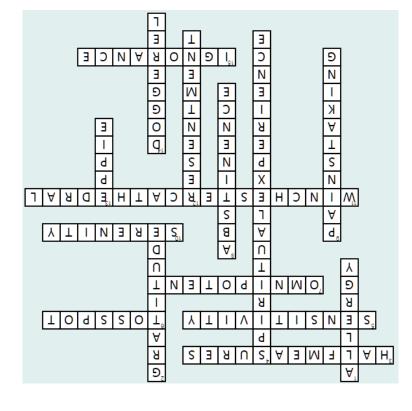
NOVEMBER 2016

coming back until I was comfortable with it. I was over ten years sober before I could use the word "God" in my nightly prayers. A few years later I realized that my atheism/agnosticism was not the intellectuality I'd long believed it to be. It was an infantile, overblown sense of self-importance "If there's a God, it ought to be me. If it isn't me, there must not be a God." That was my atheism; my agnosticism was more gracious-it granted God the right to exist, but He wasn't getting any help from me.

Today, I'm content with a Higher Power whom I can't describe to you. It's enough to know that Someone out there is on my side. It's still fun to have a quick mind, fluency in language, a broad vocabulary and incredible recall. I love to play along with the toughest quiz programs on television. (I like to impress anyone who's around, and, yes, I've applied to be on a show. I learned that there are folks who can outdo me.)

When my high RPM thinker goes off-track and starts digging its own grave, I only have to remember George Orwell's words, "There are some ideas so preposterous that only an intellectual could believe them." That can deflate whatever grandiose notions I'm entertaining and bring me back to the simple program of living.

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*.



By Michele B. of Newbury Park

Twelve ways to use the AA Grapevine to strengthen and insure your sobriety

11. AS A LINK TO THE FELLOWSHIP AS A WHOLE.

AA around the world is growing by leaps and bounds. Is your group, district, area, or country experiencing growing pains? Others may have found solutions to similar problems and shared them in the Grapevine.

At wit's End It's the truth!

Everyone in the office was startled when Robert clutched his chest and fell over. He was rushed to the hospital. The paramedics in the ambulance began getting him ready for the emergency room.

"Do you smoke?" a medic asked him.

Robert: "No, I stopped smoking three years ago."

Medic: "Do you drink alcohol?"

Robert: "No. I don't drink anymore." Medic: "When did you stop drinking?" Robert: "Around 7:30 this morning."

Monkey business

A man was playing piano one night with a pet monkey running around on top of his piano. A drunk walked up and put his beer on top of the piano. Suddenly the monkey dragged his tail through the man's beer.

The old drunk looked at the piano player and said, "Hey! Do you know your monkey dragged his tail through my beer?"

The piano player looked at him and said, "No, but if you hum a few bars maybe I can play it"

Heard at a meeting

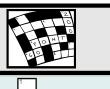
"The Higher Power is like electricity—you don't have to understand it in order for it to work."

NEW GRAPEVINE BOOK

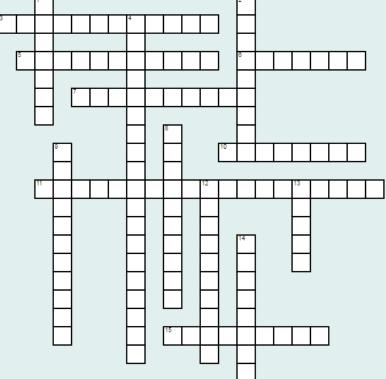
Our Twelve Traditions – GV35

In this collection of stories from AA Grapevine, members write about their experiences with the core principles contained in AA's Twelve Traditions. Born of the trial-and-error experience of the Fellowship's earliest years, the Twelve Traditions provide the spiritual and practical underpinning for AA's ongoing adventure of living and working together. Seen through the eyes of individual members the stories in this book offer groups, as

well as members, workable solutions to difficult problems.



Crossword Puzzle



3	Lessthan	total effo	ort

Across

1 Abnormal reaction of the body

Down

5 Reaction to real or imagined insults

2 Feeling of being thankful

6 Drunkard

4 Awareness of High Power

7 One who is all powerful

8 Forbearance from alcohol

10 Sense of peace

9 Thorough

11 Church in London

12 Feeling of displeasure

15 Contempt prior to investigation

13 Third fellow

14 Poem

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 recirculated in institutions and jails. So . . . before discarding your back issues, bring them in for use by another recovering alcoholic! Recycle and help spread recovery!



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.

November & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

NOVEMBER 2016

Azusa S. - 11 Oxnard Matthew C. - 10 **Thousand Oaks** Rob S. - 10 Oxnard



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:

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Meeting Info	392
Twelve Step Calls	22
Other Twelve Steps Programs	31
Activities	14
Directions to Office	11
Other Type Calls	<u>272</u>
TOTAL	742

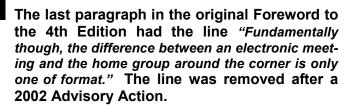


NOVEMBER QUESTION:

What did Bill C, the man who committed suicide in Bill & Lois's house, steal from them?

OCTOBER ANSWER:

In April of 2002 what sentence was removed from the Big Book's Foreword to the Fourth Edition?



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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