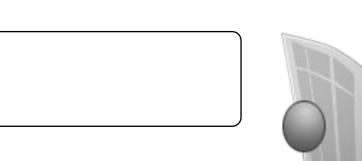
Ventura County Central Service Office Inc.

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

Name

Non Profit Org. U.S. Postage **PAID** Oxnard, CA Permit # 208

RETURN SERVICE REQUESTED





NOTE: Members in service positions qualify for a FREE Newsletter*

Mail Subscription Order Form	

Yes! Enclosed is my \$5.00 check for 12 Monthly Mailed Issues

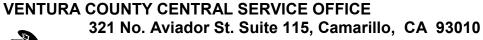
RENEWAL	■ NEW FREE SUBSCRIPTION	Date

Service Position	Pi	none

Address _____

City _____ State

Mail this subscription form to:



*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!

NEWS

LATEST

- + Events
- + Meetings
- + Recovery
- + Fellowship

12 Monthly **Updates**

only **\$5.** Per Year



Volume 35 — Issue 11 NOVEMBER 2015

Monthly Newsletter of the Ventura County Central Service Office Inc.

Features ..

PAGE -1

Cover Story

Office Information

PAGE - 2 ♦ The Humor Column

PAGE - 3

♦ Living Step #11 A review of Tradition #11

PAGE - 4

The Grapevine Corner

Word Search

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

Flvers 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

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

vcaaco@verizon.net

PUTTING GRATITUDE FIRST - by RJ

I recently celebrated the twenty-second anniversary of my sobriety date. I haven't had a drink of alcohol since 1980. When I say this, I always add this fact: I didn't drink one day at a time, no matter what and the days stacked up into years.

I am grateful for my long-term sobriety, but sometimes I get tired of maintaining it. After twenty-two years, meetings can get repetitious, and frankly, there are times I don't feel like going, sharing, or listening.

Then I remember my husband's experience. An active AA member, he guit going regularly to meetings at about twelve years sober when his outside life became more important. He eventually lost contact with the Fellowship, and within the next few years, his spiritual connection, the lifeline of all sobriety, frayed and broke apart. Not surprisingly, after twenty -two years of sobriety, and with no spiritual defense, he picked up the first drink. Relief from daily living, which could no longer be found through his AA program and intimate contact with a Higher Power, could now be found in a bottle. But at what cost!

Although he genuinely tried several times to get off the booze and get back in the Fellowship, he couldn't make it. He either knew too much or he knew too little. He felt bewildered by what had happened, unable to grasp how he'd gotten stuck on the bottle again. He couldn't reconnect his spiritual lifeline. nor could he reestablish a sober way of life. I know he hated his drinking and himself for drinking, because he told me

After five years of watching a once vital man disintegrate solely due to alcohol, I legally separated from my husband, and my young son and I moved. I kept up the court-ordered visits for father and son

until dad's bloated body began to fall apart and urine/diarrhea stains on his trousers became commonplace. All visits stopped the day I discovered my husband and our little boy jaywalking across a busy five-lane highway. He had discovered a bar over there.

It took my husband twelve long, lonely vears to die, the Hideous Four Horsemen his constant and only companions. Alcohol robbed him of all things dear to him, one by one, and then it claimed his life. Alcohol ruined my marriage and alcohol stole a father from a son. When we heard of his death, my son and I cried. No longer could we entertain the hope that one day he'd come back to us, sober and whole. My sorrow over his death was short-lived - I'd grieved over his loss years before.

Life hasn't been easy for me, yet I managed to stay sober throughout this drama, and the ensuing years, by attending meetings, working (and living) the Twelve Steps, using service, sponsors, and sponsoring, having a deepening gratitude for my own sobriety and, above all, depending on an everincreasing awareness of my Higher Power. Spiritual progress. One day at a

My husband's story is a part of my story. Recalling his ordeal won't, in itself, keep me sober, but it helps to remember that ol' "cunning, baffling, and powerful" waits patiently out there for me to place sobriety last. Sharing this story may help another (like me) who might be tired of going, sharing, and listening, to get to a meeting.

I'm grateful to be celebrating twenty-two years of continuous sobriety, and today I feel willing to go to any length to stay sober. Alcohol kills. By the grace of God, alcohol won't kill me.

November 2015

TWO WAYS TO PRAY

From what I have observed there are basically two ways that people pray. Some say words inside their head, silently, as special thought waves or patterns. These can elevate the intra-mental reality of the person and can enhance certain mind-body functions and induce calmness.

We have all heard people in AA report that they have said "Help!" or "I've got to Quit!" or some-such inside their head and have felt a release that eventually led to sobriety when they took action through AA's 12 steps.

The other method is to pray out loud, as in a church. These prayers are usually ritualized and follow a set of memorized formula prescribed denominational words.

I have attended meetings in many parts of the world. In the USA many meetings recite the controversial "Lord's Prayer."

By practicing and speaking about the 12 Steps in our lives, especially about the meditation part of the 11th step, we are saying to the still suffering alcoholic: "You don't need to go anywhere else to find what you are seeking in the chemicals. The answers are within and we have the 12 keys to unlock them!"

I have heard it said: "The death of sobriety is rarely an assassination. It is usually a death by slow starvation. We need to keep feeding our sobriety." Gratitude and formal Meditation is one sure, time honored, practical way to do this. "If it is not practical it is not spiritual!" says one of my AA friends.

Another AA once said that the words: "and then..." should have been written at the end of every step. So "And then, having had a Spiritual Awakening as a result of these steps..."

Practicing the 11th step as often as possible is part of the ongoing 'spiritual awakening' as it is defined for me in the back of the Big Book: "a personality change". Sometimes the most 'spiritual' I can get is to remember to use my turn signal!

Keep coming back, we need you!

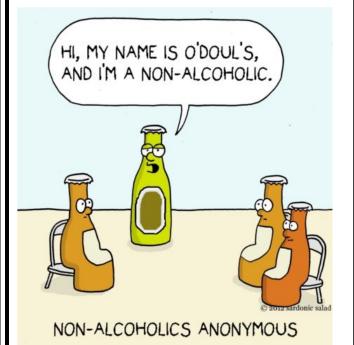
— Chuck D.







Alcohol does not make you FAT - it makes you LEAN.... against tables, chairs, floors, walls and ugly people.



... and he was late for a meeting. He circled and circled but there were no parking spaces to be found. Finally he cried out, "God, please, please help me find a parking space!" Just then a car pulled out of a space right in front of him. "Never mind," said the alcoholic, "One just opened up."

Districts, Area & AAWS CONTACTS

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

3rd QTR 2015 Profit & Loss Ordinary Income/Expense Income 408.00 Birthdays Cash Over (Short) 0.44 Group 7th Tradition 15,114.52 Inventory Sales 21,147.19 Meeting Room Contribution 210.00 Miscellaneous Contributions 2,151.21 Newsletter Subscription 20.00 Total Income 39,051.36 14,130.51 Cost of Goods Sold Total COGS 14,130.51 **Gross Profit** 24.920.85 Expense 253.91 Computer 714.90 Copier Credit Card Processing Fees 366.11 720.00 Insurance Maintenance and Repairs 233.51 907.21 Office Supplies and Expense Payroll Expense 1,192.50 Salaries Ex-14,415.02 Salaries Tax 1,197.60 Expense 16,805.12 Total Payroll Expense 113.52 Postage 179.76 Printing Rent & Triple Net 4,020.00 25.00 Seminars 1,018.61 Telephone 1,536.57 Travel Travel Expense-Auto 152.31 427.07 Utilities 139.73 WCI (State Fund) 27,613.33 Total Expense Net Ordinary Income (2,692.48)Other Income/Expense (229.73)POS Inventory Adjustments (2,462.75)

MAJOR AA EVENTS Around America

Yosemite Summit Conference

November 19-22, 2015
Curry Village Yosemite
http://www.serenityyosemite.com/

49th Annual Las Vegas Roundup

November 26 - 29
Westgate Resort and Casino
Las Vegas
www.lasvegasroundup.org

Thanksgiving Marathon Meetings

Visions Meeting Hall

2667 N. Moorpark Rd #105
Thousand Oaks
Meetings Start
6:00 PM Wednesday November 25th
Meetings End
10:30 PM Thursday November 26th

Meetings run 1 hour in length with 1/2 hour break between meetings Potluck Dinner Thanksgiving Day 4:00-5:00 PM

The Buck

321 N. Aviador St. Suite #111
Camarillo
Meetings Start
1:00 PM Wednesday November 25th
Meetings End
Midnight November 26th

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



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

Mon 2nd 6:00 pm H & I Board Mtg @ Central Office

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

Sat 14th 10:00 am Newsletter Stuff and Fold @ Central Office

Sun 15th 12:00 pm VCYPAA Committee Mtg Central Office 5.30 pm H & I Committee Mtg @ 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 Aviador 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

Nov 23rd Last day to submit items to the Dec Newsletter

December 2015 Calendar

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

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

Mon 7th 6:00 pm H & I Board Mtg @ 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

Sun 13h 12:00 pm VCYPAA Committee Mtg @ Central Office 5.30 pm H & I Committee Mtg @ Central Office

Tue 15h 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 22nd 12:00 pm VCYPAA Committee Mtg @ Central Office

Nov 28th Last day to submit items to the Dec Newsletter

A Review of Tradition #11

November 2015

"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 I 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 as we understood Him, praying only or 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.

* Poets' Corner



Wishes

Look around and you will see
The beauty of your life today,
Give thanks to the God who helped you out
Of that hell where you used to pray.

Stick out your hand to the newcomer's
Greet them with a smile and a gentle hug,
Don't ever forget that fear you felt
When you peeked out of that hole you dug.

Live every minute to the fullest You have a life now go and find, All the wishes you ever wished about Before that disease controlled your mind.

Rick L

Thirty Days

From one extreme to the other Constantly up and down again, Clear thoughts I try to hold on to But insane ones usually win.

There is a war going on inside my head I want to run, I want to hide,
But you told me if I stick it out
Maybe I don't have to die.

I hope these craving's go away
I want to believe what you tell me is true,
I want to lose the obsessions that control my mind
I want the freedom that has been given to you.

Rick L



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

Keep coming back

Twenty-five years ago, I was eager for my husband to-be (a normie) to understand A.A., so I took him to some open meetings, an experience that not many people get to have in their everyday lives.

Later he was describing us to some of his normie friends, "There's usually a speaker and lots of laughing and clapping," he said. "At the end they all hold hands and pray, and then they say, "Keep coming back, if it works, it works."

Heard at a meeting

"While you set the bar really high, I sat at the bar really high."

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

Find the following words in the puzzle below Plus ... How many "AA's" can you find???

Personal	Honesty	Moral	Obsession
Sponsor	Share	Higher	Leader
nventory	Powerless	Power	Worry
ntegrity	Freedom	From	Sober

P	0	W	Ε	R	J	A	Z	L	0	С	K
0	Е	L	Е	A	D	Е	R	A	A	K	I
W	0	R	R	Y	Z	Ρ	В	R	0	L	Z
Ε	0	В	S	Ε	S	S	I	0	N	Υ	٧
R	0	N	X	0	W	Н	Α	M	כ	T	Е
L	0	K	ш	R	N	M	A	R	Е		Z
Ε	В	0	Ν	Y	Z	A	A	R	0	R	T
S	0	В	ш	R	Z	F	L	כ	Е	G	0
S	Р	0	Ν	S	0	R	S	Н	Ρ	Е	R
W	0	M	Α	N	Н	0	N	Е	S	T	Y
F	R	Е	Е	D	0	M	F	J	N	N	Υ
D	I	G	0	U	T	R	Ε	Н	G	I	Н



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.



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.

October & Previous AA Birthdays

HAPPY SOBRIETY BIRTHDAY

November 2015



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	462
Twelve Step Calls	72
Other Twelve Steps Programs	37
Activities	59
Directions to Office	27
Other Type Calls	<u>435</u>
TOTAL	1092

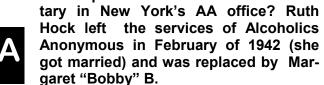


NOVEMBER QUESTION:

On what date was the ribbon cutting for the GSO archives?

Who replaced Ruth Hock as the secre-

OCTOBER ANSWER:



Congratulations to Dave B. of Rowland Height 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

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

INTERGROUP BOARD:

Chairperson Martin F. Ventura Vice Chairperson Wavne W. Ventura Secretary Michelle P. Camarillo Lynn S. Simi Vallev Treasurer 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., Skip, Rebecca, Peter M., Mike A., Mary H., Dora E., Azusa S., Dale S., Malia S., Robin S. Latoya

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**