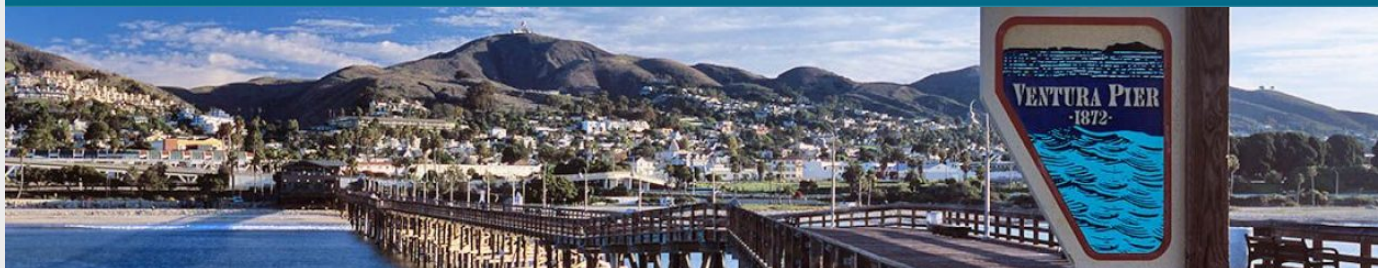


# THE TRADITION

Monthly Newsletter of the Ventura County Central Service Office Inc.



Serving: Agoura Hills, Thousand Oaks, Newbury Park, Simi Valley, Moorpark, Camarillo, El Rio, Oxnard, Port Hueneme, Ventura, Ojai, Santa Paula, Fillmore

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## Website

<https://aaventuracounty.org>

## Angels on the Internet

When I started drinking at the age of sixteen, I drank to get drunk, even though I wasn't even sure what "drunk" was. Every time I did drink, trouble inevitably followed. After each night of drinking, I always ended up feeling guilty and ashamed, not to mention sick and hungover.

Those feelings of guilt and remorse eventually came to a head one night when I was staying with my extended family. There was no booze in the house, and I was trying to fall asleep. Nor was there TV to drown out the thoughts that ran through my head. I started to wonder what had happened to myself - to my life. I was twenty-four years old and realized that the dreams I had as a child somehow had faded away. My ambition had vanished, and my future seemed dismal. That was the night, with my Higher Power's help, that I made the connection between the emptiness I was feeling and my abuse of alcohol. From that point on, I thought it was all up to me. I thought it was about willpower, and I made a conscious decision not to drink. I managed to dry out for a while - several months even. However, I knew there was something missing, something I couldn't quite put my finger on. I didn't know how much

## Call for Contributions!

*The Tradition* would love your AA related:

- Cover Stories
- Writings, Poems
- Jokes, AA Quips
- Artwork
- History/Trivia
- Experience, Strength & Hope
- Events, Updates

## Steps, Traditions & Concepts

### ***Step 3***

Made a decision to turn our will and our lives over to the care of God as we understood Him.

### ***Tradition 3 (short form)***

The only requirement for A.A. membership is a desire to stop drinking.

### ***Concept 3 (short form)***

To insure effective leadership, we should endow each element of A.A.-the Conference, the General Service Board and its service corporations, staffs, committees, and executives-with a traditional "Right of Decision."

longer I could manage, even though I wanted so badly not to have to drink again. I was at a crossroad, but I had no idea where it would lead.

The turning point came about in a way I like to call "a sign of the times." My family had just bought a computer, and we were all having fun with it. One night, my uncle (who had seventeen years of sobriety at that time) went into a chat room where the topic was alcoholism. I was sitting right next to him, intrigued with how they were talking about what they did to stay sober. A couple of nights after that, when everyone in the house was asleep, I went back to the same chat room and confided to these people (strangers!) that I was trying not to drink, but didn't know how much longer I could hold out. They started asking me questions like, "Do you have a sponsor?" and "How many meetings do you go to?" When I answered, "Oh, I'm not in AA or anything like that" they asked me, simply, "Why not?" They told me flat out that if I thought I had any kind of problem with alcohol, I owed it to myself to go to a meeting. Or two. Or three.

By the time I finished talking with these angels on the Internet (about ten hours later!), they had convinced me to try a meeting. A thrill went through me when I found the local hotline number in the phone book. An even bigger thrill went through me when I went to a meeting and heard the chairperson talk about the things I had been going through. And all this happened a mere twelve hours after, helpless and hopeless, I had logged on to the Internet and seen that there was hope.

Kathy C. S.,  
Ukiah, California

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## **Question for the Reader**

How were you introduced to Alcoholics Anonymous?

Email [ycaaco@verizon.net](mailto:ycaaco@verizon.net) your simple response (i.e. my doctor, a friend, a judge, internet search) or a more detailed and personal story. We'd love to know! Responses will be published in next month's issue.

## Districts, Area & AAWS Contacts

Ventura County Central Office serves the following Districts within Area 93

### District (9 & 12) Gold Coast

P.O. Box 132  
Camarillo, CA 93011

### Area 93

PMB #140  
606 Alamo Pintado #3, Solvang, CA 93463  
<https://area93.org>  
\*Sign up for the Area 93 newsletter

### District 13

P.O. Box 166  
Ventura, CA 93002  
<https://www.aad13.org>

### District 24

P.O. Box 843  
Simi Valley, CA 93065

### District 28

P.O. Box 3432  
Thousand Oaks, CA 91359

### Alcoholics Anonymous World Services(AAWS)

Member Services Line (212) 870-3023  
General Service Office (GSO) Address:  
P.O. Box 459, Grand Central Station  
New York, NY 10163

#### **Mail Donations to:**

P. O. Box 2407  
James A Farley Station  
New York, NY 10116  
<https://www.aa.org>

\*sign up for the G.S.O newsletter



**Let's stay  
connected**

If you have any A.A. related news, events or meeting updates that you would like to be included in *The Tradition*, please contact us at Central Office: 805-389-1444, [vcaaco@verizon.net](mailto:vcaaco@verizon.net)

# News, Events & Service Opportunities



## SERENITY BY THE SEA

### Ventura County AA Roundup

April 22 - 24 @ Ventura County Fairground

Sign up online - <https://www.vcaaroundup.org>



[Download the Flyer](#)

[Download the Registration Form](#)

[Download the Golf Registration Form](#)

## VC Central Office - Phone Coordinator Volunteer

**\*Position Available\***



Central office is looking for a volunteer phone coordinator.

The coordinator will be responsible for scheduling weekend and holiday phone volunteers. Please contact Matthew at Central Office for more information.



## Historic Documents on County Website

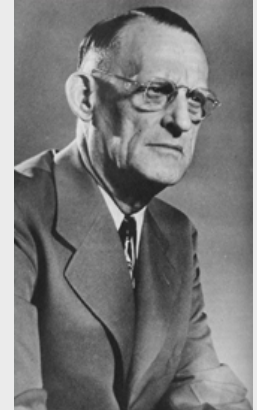
COMING SOON! Ventura County website will have a new section for historical documents. If you or anyone you know have documents pertaining to AA in Ventura County (or any related AA documents) please submit them to Central Office.



# A.A. History

DR. BOB

AUGUST 8, 1879 - NOVEMBER 16, 1950



## Dr. Bob's Farewell Talk

\*From Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International Convention in Cleveland, Ohio.

(Reprinted with permission of Alcoholics Anonymous World Services, Inc.)

My good friends in A.A. and of A.A.,

... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our

actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.

## A.A. Quip of the Month

“Humility is not thinking less of yourself. It’s thinking of yourself less.”



### Good Joke of the Month

A Drunk walks into a bar.

“Ouch” he says.

### BAD JOKE OF THE MONTH

You might be a drunk if...

You believe spilling alcohol is alcohol abuse.



### **Meetings, Meetings, Meetings!**

Check for weekly updates on local meetings to  
find in-person, hybrid and online  
(w/Clickable Zoom Links!)

<https://aaventuracounty.org/meetings>

### **The Responsibility Statement**

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

Oh Yes! IT'S  
**FREE**

Subscribe now to have The Tradition delivered to your email inbox!  
[vcaaco@verizon.net](mailto:vcaaco@verizon.net) to subscribe.