

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

Office Info

321 N. Aviator St.
Suite 115
Camarillo, CA 93010
Open Mon - Fri
10am - 6pm

Contact Info

24/7 Telephone Lines
Main: (805) 389-1444
Toll-Free: (800) 990-7750
Fax: (805) 389-2912
E-mail vcaaco@verizon.net

Website

<https://aaventuracounty.org>

Ugh, The Holidays

To The Newcomer Alcoholic,

Our first sober holidays are the worst. Birthdays, anniversaries, Thanksgiving, Christmas, even Valentine's Day can be a "bummer." It's difficult and painful to be around those we love and yet to be left out of the celebrations and the memory making. Many times, we feel a little forgotten or overlooked. My first Thanksgiving sober, I refused to eat. My first birthday I spent alternating between rage and feeling more sorry for myself than ever before. On Christmas, I wouldn't even get out of bed. I stayed under the covers to hide the tears I cried all day. So holidays are the worst. At least I thought so until I realized a few things.

Steps, Traditions & Concepts

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

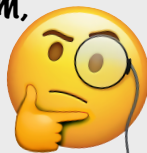
Tradition 12 (short form)

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Concept 12 (short form)

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote and whoever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

If that's the short form,
what's the long form
look like?!



FIND OUT - [HERE](#)

Once I stripped away all the commercialism and hype, I saw what the holidays were all about. They're elaborate excuses we use to take a look at our lives, our successes and failures, and to spend quality time with our loved ones. As sober alcoholics, we can still take stock of ourselves and make plans, dream dreams, examine our behavior to see what we like and don't like. We have the power to change what falls short of our ideal self image. Sometimes not being able to spend quality time with those we love is a little tougher until we realize that the people we care for are always with us in our hearts and minds. And just as they're with us, we are with them in spirit. The days we can't spend together physically, we can still take time to remember them fondly. Making phone calls, sending cards or letters helps both us and our loved ones. Other people don't make us happy. Special places and people might help the mood, but the celebration and love comes from within. The challenge is to find it there - a state of mind, a positive attitude. It's easy to use a holiday as an excuse to be sad or edgy. I've been there. Our challenge is to celebrate every day as special. Life is a precious gift.

- Al

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

News, Events & Service Opportunities

Let's stay
connected

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



BE A PART OF THE
VCAAC
Planning Committee Meeting

SAVE THE DATE
Sunday, January 8th
3:30 PM
The Buck

For more information contact:
Matthew (Chair) @ ML_CHUCK@HOTMAIL.COM

321 N. Avador St. #111, Camarillo

47th Annual San Fernando Valley A.A. Convention

January 27th - 29th

Warner Center Marriott

Woodland Hills, CA

For More Information and to Register,
please visit the event website - [HERE](#)

Help the Alcoholic who is still suffering!

Volunteer for a once a month shift to answer the Ventura
County Alcoholics Anonymous Phone Line.

To Volunteer, Call the Office at 805-389-1444



Central office also needs a phone coordinator for these volunteers.

This is a very important position!

If you're interested, please call Matthew at Central Office, 805-389-1444





No Need to Spend the Holidays Alone!
We Are Not a Glum Lot!
Come & Fellowship!!

Marathon Meetings

VISIONS MEETING HALL

Dec 24th @ 6pm - Dec 25th @ 10pm

Dec 31st @ 6pm - Jan 1st @10pm

2667 North Moorpark Rd, Suite
105

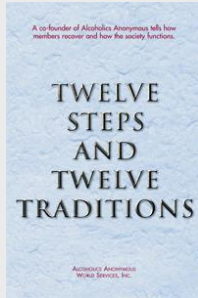
Thousand Oaks, CA 91360

DO YOU LIKE TO PARTY?!

YES: Register - [HERE](#)

NO: Register - [HERE](#)





A.A. History



Twelve Steps and Twelve Traditions

The Washingtonian Society, a movement among alcoholics which started in Baltimore a century ago, almost discovered the answer to alcoholism. At first, the society was composed entirely of alcoholics trying to help one another. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to A.A. of today. Their membership passed the hundred thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn't happen. Instead, the Washingtonians permitted politicians and re-formers, both alcoholic and nonalcoholic, to use the society for their own purposes. Abolition of slavery, for example, was a stormy political issue then. Soon, Washingtonian speakers violently and publicly took sides on this question. Maybe the society could have survived the abolition controversy, but it didn't have a chance from the moment it determined to reform America's drinking habits. When the Washingtonians became temperance crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics.

The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early A.A. members resolved to keep our Society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy." (12&12, p. 181-182).

A.A. Quip of the Month

From Park Ave to the park bench.



A.A. Quote of the Month

“We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.” (A.A., p. 17)



Good Joke of the Month

Me: My name is Matt, and I’m an alcoholic.

AAA: This is AAA, not AA

Me: Yeah, I was just explaining how my car got into the lake.

BAD JOKE OF THE MONTH

When the Hulk goes into an uncontrollable fit of rage he’s “incredible”.



When I do it, I’m an “alcoholic”.



Meetings, Meetings, Meetings!

Check for weekly updates on local meetings

<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

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vcaaco@verizon.net to subscribe.