

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., Ste 115
Camarillo, CA 93010
Open Mon - Fri
10am - 6pm

Contact Info

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

Website

<https://aaventuracounty.org>

Sobriety's Simple Solution

**Brought To You By The Letter S...
(Remember Sesame Street?)**

Written and Submitted by Julia

In my relatively short time in this life-changing program, I've learned that there is no cure for my alcoholism. I've also learned that there is a solution. And while it's rarely easy, it IS simple.

What I hear so often in meetings is that this is a program of action. To me the actions that comprise the solution's formula are easy to remember... they all begin with the letter S.

Continued on the next page...

12 Steps, 12 Traditions & 12 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."

The Tradition needs your AA related:

Stories, Writings

Poems, Artwork

Jokes, AA Quips

History, Trivia

News, Events

A Simple Solution for Sobriety:

Surrender.

From Chapter 5 of the book Alcoholics Anonymous: "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." "We asked for His protection and care with complete abandon."

The Steps.

I'm still going through the Steps with my sponsor for the first time, and my goal is not simply to work them, but to incorporate them into my habits of thinking so I'm LIVING the Steps. A life-long goal, I realize!

Service.

Being new, I was counseled to take a commitment at every meeting. Excellent advice that I have followed. For many years I have volunteered for several nonprofit organizations so the idea of service has already been a part of my life. But as I learn more about myself through this program, I find, as a happy surprise, my level of commitment to service deepening. When I'm serving, I'm out of **Self**. Staying out of Self-centeredness is essential to maintaining my sobriety.

My alliterative formula for this solution:

Surrender + Steps + Service - Self = Serenity

Districts, Area & AAWS Contacts

Ventura County Central Office serves the following Districts within Area 93

Gold Coast District

District 9: Oxnard, Point Mugu & Port Hueneme

District 12: Camarillo, Fillmore, Moorpark
& Santa Paula

P.O. Box 132, Camarillo, CA 93011

District 24

Simi Valley

P.O. Box 843

Simi Valley, CA 93065

District 13

Meiners Oaks, Ojai & Ventura

P.O. Box 166, Ventura, CA 93003

<https://www.aad13.org>

District 28

Agoura, Westlake Village,
Thousand Oaks, & Newbury Park

P.O. Box 3432,

Thousand Oaks, CA 91359

Area 93

606 Alamo Pintado #3,
PMB #140

Solvang, CA 93463

<https://area93.org>

*Sign up for the
Area 93 newsletter

Alcoholics Anonymous World Services - AAWS

Member Services Line (212) 870-3023

P.O. Box 459, Grand Central Station

New York, NY 10163

<https://www.aa.org>

News, Events & Service Opportunities

Let's stay
connected

If you have any A.A. related news, events or meeting updates, please contact Central Office: [805-389-1444](tel:805-389-1444), vcaaco@verizon.net

ARE YOU WILLING TO SHARE YOUR EXPERIENCE, STRENGTH, AND HOPE?

THE 2023 VENTURA COUNTY AA CONVENTION NEEDS YOU!!

THE CONVENTION NEEDS PANEL HOSTS FOR THE MARATHON MEETINGS.

MARATHON MEETINGS RUN 24/7 FROM FRIDAY 9/8 AT 12PM TO SUNDAY 9/10 AT 9AM.

IF YOU ARE WILLING TO HOST A MEETING AND BRING A PANEL OF SPEAKERS WITH YOU, PLEASE CALL THE MEETING CHAIR - **TIM**, 805-428-0752

YOUNG PEOPLES OF SIMI VALLEY

Late Patrick's Day PARTY

Potluck & Fellowship

MARCH 21, 2022

ST. FRANCIS OF ASSISI EPISCOPAL CHURCH
280 ROYAL AVE. SIMI VALLEY 93065
MEETING AT 7PM & PARTY AT 8PM

SERENITY BY THE SEA
PRESENTS

MARCH 25, 2023
SATURDAY
6:00-9:00 PM

FREEDOM CENTER
515 Eubanks St.
Camarillo, Ca. 93010

BINGO

BINGO On Line Registration
WWW.VCAAROUNDUP.ORG
\$20.00 Pre-Registration
\$25.00 - At Door Game Packet

PRIZES:
Games 1 - 3 \$50.00
Games 4 - 6 \$75.00
Games 7 - 9 \$100.00
Game 10 BlackOut \$200.00
(Prizes split when multiple winners)

Visit the Event Website - [HERE](#)

**Serenity by the Sea
2023 Roundup**

April 28-30, 2023
Friday, Saturday, & Sunday



2023 Serenity By The Sea
Ventura County Round Up

Ventura County Fairgrounds

Fun & Fellowship ~ Speaker Meetings
Panels ~ Golf Tournament
AA & Al-Anon Marathon Meetings
Pre-registration: \$20.00 ~ At the Door: \$ 25.00
Online registration Open until 4/21
AA BBQ: \$20.00 ~ Al-Anon Lunch: \$20.00

www.vcaaroundup.org

For more information, or to register for the round up, visit the website - [HERE](http://www.vcaaroundup.org)



Add Your Name to the
VC Central Office 12-Step List!!

BE THERE FOR THE STILL SICK & SUFFERING ALCOHOLIC

Ventura County Central Office is creating a new list of names to contact when someone who is having a problem with alcohol calls. Be there to talk on the phone, go to a meeting, connect at a coffee shop, & share your experience strength and hope.

This is a vital part of our recovery program.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.” (A.A. p. 89)

FOR MORE INFORMATION

Contact Matthew @ (805) 389-1444 or vcaaco@verizon.net

Volunteers Needed for the Phone Line

Volunteer for a once a month shift to answer the Ventura County Alcoholics Anonymous Phone Line. Calls are forwarded to your cell phone. Answer the phone from home, in-town, out-of-town, anywhere!

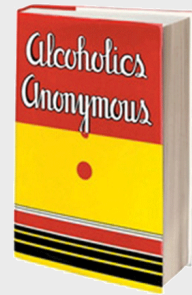
To Volunteer, Call the Office at 805-389-1444





A.A. History

A Brief History of the Big Book



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*The quotations in this booklet are drawn from *Alcoholics Anonymous Comes of Age*, in which Bill W. recounts the writing of the Big Book.

In May 1938, when Bill W. began work on the first draft of what is now the Big Book, *Alcoholics Anonymous*, in New York City and Newark, New Jersey, he had been sober about three and a half years. Dr. Bob was sober a few months less than three years, and the other 100 early members who contributed in one way or another to the writing of the book had been sober for periods ranging from a couple of years to a couple of months.

The early members realized the book would need a “story” section. “We would have to produce evidence in the form of living proof, written testimonials of our membership itself. It was felt also that the story section could identify us with the distant reader in a way that the text itself might not.”*

Dr. Bob and the members in Akron, Ohio, led this effort. One member of the Akron Group was a former newspaperman with two years of sobriety, named Jim. He and Dr. Bob “went after all the Akronites who had substantial sobriety records for testimonial material. In most cases Jim interviewed the prospects and wrote their stories for them. Dr. Bob wrote his own.” By January, the Akron Group had come up with 18 stories.

In New York, where there was no one with writing expertise, they decided that each member with substantial sobriety would write his own story. When Bill and a fellow member turned to edit these “amateur attempts,” there were objections. “Who were we, said the writers, to edit their stories? That was a good question, but still we did edit them.

The cries of the anguished edited tale-tellers finally subsided and the story section of the book was complete in the latter part of January 1939. So, at last, was the text.”

The book still lacked a title. “The Akron and New York groups had been voting for months on possible titles. This had become an after-the-meeting form of amusement and interest. The title ‘Alcoholics Anonymous’ had appeared very early in the discussion....

We do not know who first used these words. After we New Yorkers had left the Oxford Groups in 1937 we often described ourselves as a ‘nameless bunch of alcoholics.’ From this phrase it was only a step to the idea of ‘Alcoholics Anonymous.’”

More than 100 titles were considered, but in the end, it came down to *Alcoholics Anonymous* or *The Way Out*, and when the two groups voted, *The Way Out* received a slight majority. At this point, one of the A.A.s visited the Library of Congress to research the number of books titled *The Way Out* versus those called *Alcoholics Anonymous*. There were 12 with the former title, none with the latter, and since nobody wanted to make the book the 13th *Way Out*, the problem was solved. “That is how we got the title for our book, and that is how our society got its name.”

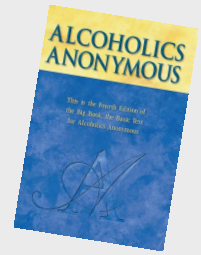
So, this somewhat shaky, often fearful group of men and women somehow brought to publication, on April 10, 1939, the book *Alcoholics Anonymous*.

This book became a blueprint for recovery from alcoholism that has been followed successfully for nearly 80 years — and something of a publishing phenomenon. The Big Book has been translated into 69 languages and is read by millions of people in approximately 180 countries around the world. Approximately 35 million copies of the first four editions of the Big Book (in English) have been distributed. It sells about one million copies per year, worldwide.

A.A. Quip of the Month

Gratitude is an action word!

A.A. Quote of the Month



“Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.” (A.A., p. 98)

Good Joke of the Month



BAD JOKE OF THE MONTH

Why did the alcoholic comedian
quit performing?

He could not handle the boos.

Thanks for the laugh, Steven H.

A guy wants a divorce. He tells the
judge, “I just can’t take it anymore.
Every night she’s out until way after
midnight, just going from bar to bar.”

Judge asks, “What’s she doing?”

The guy answers, “Looking for me.”

Thanks Mikey!

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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email inbox! vcaaco@verizon.net to subscribe.