

# 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](mailto:vcaaco@verizon.net)

## Website

<https://aaventuracounty.org>

## WHAT IS AN IGR?

The Intergroup Representative (IGR) is your home group's voice for making sure that Intergroup and our Central Office continue to function and to carry out our primary purpose. An IGR serves as a liaison between the groups, its members, and our Intergroup Central Office.

***Serving as an IGR offers you a rewarding opportunity to share in Alcoholics Anonymous' Third Legacy - Service.***

The purpose of the IGR is to be a link in the chain connecting the individual member of an A.A. group to those who are elected and hired to maintain the operation of Intergroup Central Office. This allows the intergroup to better service its members.

# 12, 12 & 12

## Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### Tradition 5 (short form)

Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

### Concept 5 (short form)

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

### The Tradition needs your AA related:

Stories, Writings, Poems

Artwork, Jokes, Quips

History, Trivia

News, Events

An Intergroup Office provides vital local services and Twelfth Step opportunities. It functions independently and handles local A.A. services in the manner best suited to local needs.

Most groups elect an IGR and an Alternate IGR who usually serve a two-year term. Each group determines the qualifications and period of service for its IGR, however, based on experience it is suggested that representatives have a year or more of continuous sobriety.

Each IGR has one vote regardless of the number of meetings they represent. It is therefore recommended that IGRs only represent one group, so each group has a vote.

### *Does your home group have an IGR?*

There is a monthly Intergroup business meeting held the second Wednesday of each month at 7pm via Zoom. The next meeting will be June 14th @ 7pm. For more information or to get your group connected to all of the business, events, and conversations happening throughout Ventura County A.A. call or email:

**Ventura County Central Service Office:**

**805-389-1444**

**[vcaaco@verizon.net](mailto:vcaaco@verizon.net)**

This is an excerpt from the new pamphlet - WHAT IS AN IGR? Written by Matthew C.

## 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](mailto:vcaaco@verizon.net)

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

**THE 2023 VENTURA COUNTY AA CONVENTION NEEDS YOU!!**

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](tel:805-428-0752)



## DISTRICT 24 FOUNDERS DAY WORKSHOP



**WHEN**  
**June 10th**  
**9 am – 1 pm**

**WHERE**  
**Simi Valley Senior Center**

3900 Avenida Simi, Simi Valley 93063

**FEATURING**

**Food · Fun · Information · Raffles**

### SO MUCH FUN & INFO

#### Speakers:

**Matthew:**  
What is  
Central Office?

**Kim J:**  
What is a GSR ?

**Katy:**  
What is a Service  
Sponsor ?

**PattiHock:**  
Simi Valley Archives  
Display

Grapevine Display  
and all your  
Grapevine questions  
answered!

### BENEFITING

**YOUR Sobriety**



**VENTURA COUNTY A.A. CONVENTION  
WITH AL-ANON PARTICIPATION**

**SAVE  
THESE  
DATES**



**JULY 29TH - BINGO**

**CAMARILLO COMMUNITY CENTER**

**SEPTEMBER 1ST- GOLF**

**TIERRA REJADA GOLF CLUB**

**SEPTEMBER 8TH - 10TH  
CONVENTION**

**WESTLAKE HYATT**

**CHAIR@VCAAC.ORG**

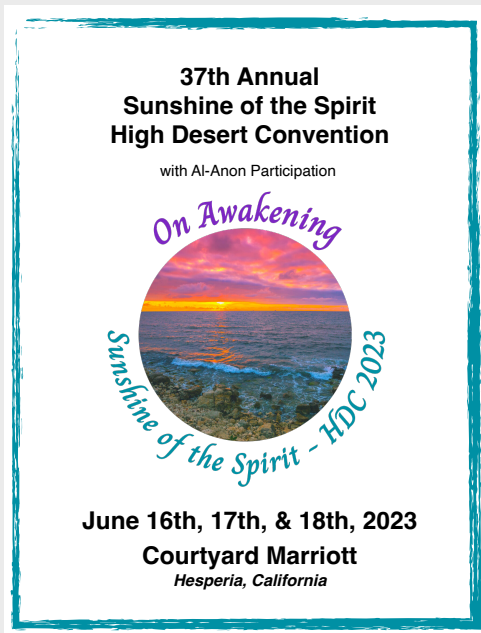
**CO-CHAIR@VCAAC.ORG**

**PRE-REGISTRATION IS NOW OPEN @ VCAAC.ORG**

For more information, or to register for the convention, visit the website - [HERE](https://www.vcaac.org)

# More & More Events Coming up!

High Desert Convention  
June 16-18 in Hesperia



More Info & Registration - [HERE](#)

A Weekend of Celebration  
in Akron, Ohio - June 9-11



More Info & Registration - [HERE](#)

Santa Paula Pig Roast  
July 14-16

**SANTA PAULA PIG ROAST CAMPOUT AT LAKE CASITAS**

**Bass (Hook-ups)**  
Mileage from Gate: 0.1  
Campground map not to scale

**REGISTER ONLINE TODAY!**

**AA SPEAKERS, CAMPFIRE MEETINGS. POKER TOURNAMENT! BOAT RIDES**

**JULY 14-16 2023**  
**REGISTER ONLINE AT**  
**WWW.SANTAPAULAPIGROAST.COM**

**MEALS INCLUDED**  
SAT: BREAKFAST, LUNCH, WHOLE HOG BAR-B-QUE DINNER  
SUN: COFFEE + SUNRISE MEETING AT 8:00 AM

**24 HOUR COFFEE!**

**SPEAKER MEETINGS**  
FRIDAY & SATURDAY AT 8:00 PM

**Water Park**

**DAY USE AVAILABLE**

More Info & Registration - [HERE](#)



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

## Hospitals & Institutions



Since its beginning in 1935, the Fellowship of Alcoholics Anonymous has always cooperated with hospitals, treatment facilities, and institutions. Bill W. himself was a product of a treatment facility – Towns Hospital in New York City. After he had finally put together several months of sobriety, Bill W. returned to Towns to try to work with other alcoholics. This was the beginning of A.A.’s Twelfth Step work in hospitals and institutions.

After Dr. Bob sobered up, he and Bill W. visited suffering alcoholics at St. Thomas Hospital in Akron, Ohio. On Wednesday the 26th of June in 1935, Bob and Bill shared their experience, strength and hope with Bill D., who became A.A.’s third sober member. With the loving assistance and dedication of Sister Ignatia, Dr. Bob established a ward for alcoholics. Together they reached over 5,000 alcoholics. Our founders knew that, “nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail...Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail.” (A.A. p. 89)



Get Involved with H&I! Visit the Website - [HERE](#)





*ARE YOU AN ARTIST, GRAPHICS DESIGNER,  
GOOD WITH CRAYONS...??*

THE VENTURA COUNTY AA  
CENTRAL OFFICE IS LOOKING  
FOR A LOGO.

*THE LOGO WILL BE USED FOR FLYERS,  
NEWSLETTER, LOCAL LITERATURE..*

DEADLINE FOR SUBMISSIONS IS  
JUNE 30, 2023

CONTACT MATTHEW FOR MORE INFORMATION  
(805)389-1444 OR [VCAACO@VERIZON.NET](mailto:VCAACO@VERIZON.NET)





## A.A. Quip of the Month

Time takes Time.

## A.A. Quote of the Month

Yes, there is a long period of reconstruction ahead.” (A.A. p. 83)

## Good Joke of the Month

Did you hear about the alcoholic unicyclist?



He couldn't handle bars.

## BAD JOKE OF THE MONTH

You might be an alcoholic, if you've ever thought -  
24-hours in a day, 24 beers in a case - coincidence?? I think not!



**Meetings, Meetings, Meetings!**

Check for weekly updates on local meetings - [HERE](#)

## **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!  
**FREE**

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

