

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>

Remembering that alcoholism is an incurable, progressive, fatal disease

We try never to lose sight of the unchangeable fact of our alcoholism, but we learn not to brood or feel sorry for ourselves or talk about it all the time. We accept it as a characteristic of our body—like our height or our need for glasses, or like any allergies we may have.

Then we can figure out how to live comfortably—not bitterly—with that knowledge as long as we start out by simply avoiding that *first* drink (remember?) just for today.

A blind member of A.A. said his alcoholism was quite similar to his blindness. “Once I accepted the loss of my sight,” he explained, “and took the rehabilitation training available to me, I discovered I really can, with the aid of my cane or my dog, go anywhere I want to go quite safely, just as long as I don’t forget or ignore the fact that I am blind. But when I do not act within the knowledge that I cannot see, it is then I get hurt, or in trouble.”

12, 12 & 12

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7 (short form)

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept 7 (short form)

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

The Tradition needs your AA related:

Stories, Writings, Poems

Artwork, Jokes, Quips

History, Trivia

News, Events

“If you want to get well,” one A.A. woman said, “you just take your treatment and follow directions and go on living. It’s easy as long as you remember the new facts about your health. Who has time to feel ‘deprived’ or self-pitying when you find there are so many delights connected with living happily unafraid of your illness?”

To summarize: We remember we have an incurable, potentially fatal ailment called alcoholism. And instead of persisting in drinking, we prefer to figure out, and use, enjoyable ways of living without alcohol.

We need not be ashamed that we have a disease. It is no disgrace. No one knows exactly why some people become alcoholics while others don’t. It is not our fault. We did not *want* to become alcoholics. We did not *try* to get this illness.

We did not suffer alcoholism just because we enjoyed it, after all. We did not deliberately, maliciously set out to do the things we were later ashamed of. We did them against our better judgment and instinct because we were really sick, and didn’t even know it.

We’ve learned that no good comes of useless regret and worry about how we got this way. The first step toward feeling better, and getting over our sickness, is quite simply not drinking.

Try the idea on for size. Wouldn’t you rather recognize you have a health condition which can be successfully treated, than spend a lot of time miserably worrying about what’s wrong with you? We have found this is a better-looking, and better-feeling, picture of ourselves than the old gloomy selves we used to see. It is truer, too. We know. The proof of it is in the way we feel, act, and think—now.

Living Sober, pg. 9-10.

Read or download the book - [HERE](#)

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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!!

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)



Contribute your stories, jokes, puns, artwork, poems, & inspirational quotes to your Ventura County Central Office's monthly newsletter,

The Tradition

vcaaco@verizon.net



Join Us On The High Road To A New Freedom

43rd Annual Ventura County Alcoholics Anonymous Convention

September 8th, 9th, 10th, 2023

Visit the webpage for more information and to register – www.vcaac.org



Ventura County A.A. Convention
BINGO FUNDRAISER
SATURDAY JULY 29th
Doors open at 5:00 P.M.
Games start at 6:00 P.M.
****NEW LOCATION****

AJU - BRANDEIS, OPEN BOOK FACILITY
1101 PEPPER TREE LN
SIMI VALLEY, CA 93063

RAFFLE BASKETS
FOOD AVAILABLE FOR PURCHASE
AVOID THE LINES AND PRE-ORDER YOUR BINGO PACKETS
WWW.VCAAC.ORG/BINGO
FOR MORE INFORMATION EMAIL: BINGO@VCAAC.ORG
MUST BE 18 OR OLDER TO PLAY



More Info & Preorder - [HERE](#)



Ventura County A.A. Convention
GOLF
Tournament
September 1, 2023

Tierra Rejada Golf Club
15187 Tierra Rejada Rd, Moorpark, CA 93021

REGISTRATION \$120
(lunch included)

4 - Player Texas Scramble
BBQ Lunch
CHECK-IN 7:30
SHOTGUN START 8:30 SHARP
Tournament Games
Raffles - Prizes - Awards
REGISTER ONLINE OR BY MAIL
Online registration closes August 18th
limited walk-ons available



John (805)906-7779
Bingo@vcaac.org www.vcaac.org/golf Tom (805)258-2057
Bingo@vcaac.org

Registration **NOW OPEN** - [HERE](#)

More & More Events Coming up!

Mountain Conference
Big Bear, 8/18 - 8/20



17th Annual Mountain AA Conference
with Al-Anon Participation

A Search For Serenity

Big Bear Performing Arts Center
39707 Big Bear Blvd., Big Bear Lake, CA 92315

Friday, August 18, 2023 6pm - 9pm | Saturday, August 19, 2023 7am - 10pm | Sunday, August 20, 2023 7am - Noon

Hospitality
Delicious Gourmet Luncheon
Five Main AA Speakers and Al-Anon Speaker
Saturday Night Ice Cream Social
Saturday & Sunday "12 Step Yoga" with Molly B.
(all levels welcome, please bring mat)
Sunday Morning Pancake Breakfast
Long Timers Meeting
AA Marathon Meetings
Country Store/Souvenirs

SATURDAY MORNING WORKSHOP with Herb K:
Best Kept Secrets in 12 Step Rooms:
Not Cured? | Daily Reprieve? | Our WAY of LIVING?

www.MountainAAConference.com

4 Area DCM Sharing Session "Our Great Responsibility" The Future of AA



August 26, 2023
11am-4pm
Food will be served

Hosted by Area 9
8, 93, & 5

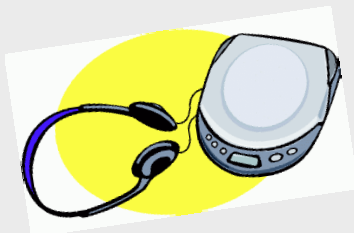
SPEAKERS:

Trish R., Trustee at Large, Canada
Abraham T., Past DCM, Area 8
Carrie B., Area 58, Dist. 5 DCM

The Norma Hertzog Community Center
1845 Park Avenue
Costa Mesa, CA 92627
ZOOM ID: 873 6607 8505 Passcode: Area09p72

To Be of Service & For More Information Contact
Julie F. 951-334-7619 Ramon R. 424-399-2684 Heather B. 951-306-2236

Visit the webpage - [HERE](#)



Speaker CD and Tape Project



Central office has been donated a large collection of speaker tapes (*yes actual tapes!*) and CDs. Looking for volunteers to listen to speakers and write a brief synopsis. Once completed we will look into digitizing.

If you're able to be of service, call Central office @ [805-389-1444](tel:805-389-1444)



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

WE STILL NEED VOLUNTEERS!!

Volunteers Needed for the Phone Line

It's for you!

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





About A.A.

General Service Structure

HOW GENERAL SERVICE IS ORGANIZED

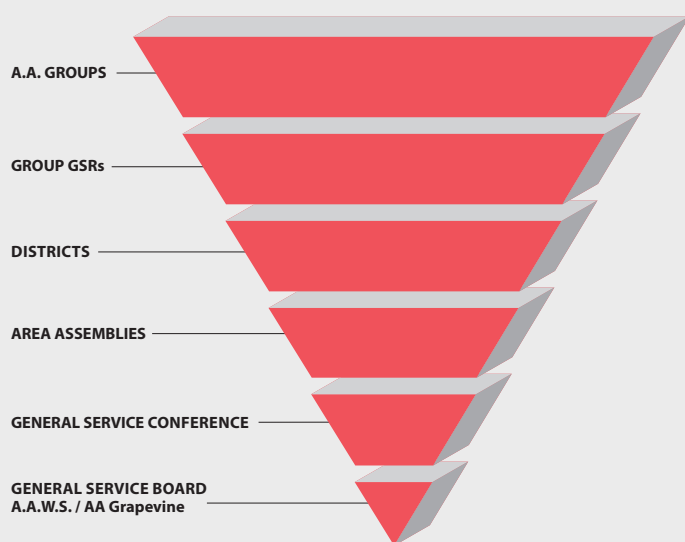
The typical structure of many organizations in the world today can be visualized as a triangle. The triangle narrows to a point at the top, where a very few people hold “final authority” over everyone else in the organization. They decide what it will and will not do. The rest of the triangle — the broad foundation upon which the organization rests — often has little or no say.

General service in A.A. flips this triangle on its head. The top of the triangle is now on the bottom — and the bottom is now on top. Final authority now resides in the foundation of the triangle. In general service, this means the groups of A.A.

This type of organization is often referred to as the “upside-down triangle.”

In this structure, the groups have final authority. But how do the groups make their thoughts and wishes — their group conscience — known to the rest of the triangle? General service is organized to do exactly this. Each section of the triangle has a role to play.

Structure of the Conference U.S. and Canada



Taken from pages 3 & 4 of,
*The A.A. Service Manual Combined with
 Twelve Concepts for World Service* by Bill W.

Read or Download the Manual - [HERE](#)

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HOW GENERAL SERVICE FUNCTIONS

The upside-down triangle is divided into six sections; each represents a trusted servant tasked with helping to make the conscience of the groups known. Known to whom? Known to the entities that occupy the rest of the triangle that are charged with managing the affairs of “A.A. as a whole.”

It might be helpful to think of general service as a kind of dialogue or communication between the groups, the trusted servants working on their behalf, and the General Service Office and General Service Board as they all manage the Fellowship’s affairs. Questions, concerns, viewpoints and proposals travel from the groups “down the triangle” — and information and proposals head back “up the triangle” to the groups. And the communication continues.

A.A. Quip of the Month

Alcohol is the perfect solvent: It dissolves marriages, families and careers.

A.A. Quote of the Month

“From a trembling, despairing, nervous wreck, had emerged a man brimming over with self-reliance, and contentment.” (A.A. p. xxxi)

Good Joke of the Month

Why did the alcoholic comedian quit performing?

He couldn't handle the boos.



BAD JOKE OF THE MONTH

Me: “It’s not about how many times you fall. What matters is how many times you get back up.”

Cop: “Sir, that’s not how field sobriety tests work.”



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 to subscribe.