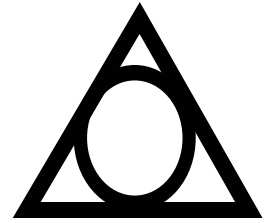


Ventura County Al-Anon

Intergroup Scoop



P.O. Box 6754, Ventura, California, 93006-6754
Published by Ventura County Al-Anon / Alateen Family Groups

November/December 2010 Edition

A Message from Your Service Board Chair

Contents

Hello everyone,

This has been a busy couple of months for me personally, professionally, and in service. I am so grateful for the program for helping me through it all. I have an abundance of tools now that I didn't have before which is a miracle to me. There are program calls, meetings, working the steps/traditions/concepts, sponsorship, slogans, god box, fellowship, service, and I'm sure the list goes on!

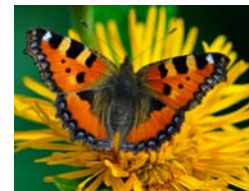
One of the workshops that stood out to me in San Antonio was the one on Sponsorship. As many of you know I had Rosanne as a sponsor who passed away a few years ago. Luckily, she left me with the program which helped me to find a new sponsor which is the biggest miracle. Learning to trust and love again yet hold me accountable is exactly what I've needed.

The workshop helped me remember to use the literature on sponsorship in daily readers, pamphlet, service manual, and bookmark. How much we recover is in ratio to how we work our program. Another person from Idaho, helped me to remember this is a "we" program and that we are never alone. Everyone sponsors differently yet it's all based on the foundation of the 12 steps, traditions, concepts, trust and love! By learning to trust another person then we can learn to trust our HP, others, and ultimately ourselves. It was in that order for me, could be different for each person. Sponsorship has helped me to lighten up on myself and others through laughter and camaraderie!

Thank you to Al-Anon for all of the miracles it has given me!

Love in Service,
Laleña

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Your 2010 Service Board

Chairperson	Laleña H.
Co-Chair	Debbie M.
Secretary	Kari T.
Treasurer	Shirley M.
Spanish Liaison	Gabriela C.
Public Info	Jennifer G.
District 12 Rep	Mike M.
C. P. C.	Julie H.
Round Robin	Si-Si M.
Institutions	Maria.
Web Site	Judy D.
alanon@	
alanonventura.org	
Scoop Editor	Bob H.
hester72598@yahoo.com	
Alateen Coordinator	Open
Alateen Rep	Open
Archivist	Open

Experience, Strength & Hope

Scoop topic of "MIRACLES"

I first began to recognize miracles in my life when I surrendered my illusion of control. It began with simple things like when looking for a parking spot I would ask my Higher Power (HP) where He would have me park that day. Would it be up front or would He have me enjoy a farther walk to my destination? I am amazed how often a front row parking place opens up for me today even though I also thank Him for the walk. I have asked for His will and guidance in career related projects where I had the desire but lacked the knowledge or skills to accomplish some goal. Time and again the right person appears to guide the way.

When it came to my personal intimate relations however, I continued to act under an illusion of control. After the divorce from my husband who qualified me for the Al-Anon program I prayed my HP keep my heart open and able to love. Then over the years I took control trying various dating services. During those 17 years I continued to work on myself, gain maturity, raise my 3 sons into wonderful young men, making living amends to them by being the best example I could be. I learned through the program how to take care of myself and "fill up my cup" even while becoming primary caregiver for my aging parents, witnessing their passing and that of my sister.

Despite the growth in many areas of my life I continued to attract men that were physically, emotionally or spiritually unavailable. I recognized the pattern that was repeating the relationship I had with my father and ex-husband but that knowledge did me no good. The last of these relationships was one I knew was ill fated from the start. I believed however, that I could reach out in love and somehow because I knew it could never go beyond a certain point, that knowledge would protect my heart. I was of course mistaken. The necessary ending of the intimacy of that relationship was extremely painful and fraught with episodes of wanting to re-engage as well as attempts to ask my HP to help me let go. At a final low point I surrendered acknowledging to Him I did not know what was best for me and that if it was His will that I should be single the rest of my life then so be it and if I was to have a partner to share my life with then I would trust Him to pick because my picker was obviously broken. In humor, I asked that he please deliver that man to my door. I had totally given up any illusion of control that I had over this part of my life.

One morning, a couple months later as my youngest was preparing to move off to college and I was considering how my financial situation could support that effort I thought seriously about renting a room out in my house. I had only fleetingly entertained this idea before but now the circumstances pressed my former

reluctance. Later that same morning my sponsor of some 30 years called and asked if by chance I had ever considered renting out a room from my home. She knew of someone in the Al-Anon program looking for a place to rent. I laughed at the synchronicity of our thoughts and knew from my witnessing of the miracles in her life over the years that this could be an answer to my financial needs. Little did I know at the time that my HP was answering another forgotten prayer.

In the months that followed my housemate moved in and asked if he could also tend to my garden as he found gardening therapeutic. We shared our Al-Anon programs, took evening walks together and became friends. The roses in my garden began to thrive as did our relationship. One evening as we were walking he shared his deep feelings for me and I suddenly recalled my prayer of surrender asking my HP to pick and deliver a partner to me.

Today, we are deeply enjoying each other's loving presence. We read together, share our thoughts and we encourage each other's continued growth. We are taking it one day at a time, asking our HP to be in our relationship on a daily basis to guide and bless us in this new way of being. And we verbally express our gratitude to Him for the miracle of bringing us together, just for today. Today, I expect and find miracles everyday in my life. I recognize them best when I stay connected and centered in my Higher Power. Thank you, God.

Linda W. Camarillo, CA



The first miracle I remember was when I was fairly new in Al-Anon. I was probably on step 8 or 9 at the time. I went to the Santa Barbara Mission with a friend, when all of a sudden I noticed everything around me looked "clean" and "clear". I realized I was "in the moment". I was present where I was and feeling "serenity" for the first time. I felt "high" (without any drugs of course). I don't remember ever experiencing that before Al-Anon. My head had always been filled with voices, judgments, or other negative thoughts.

I knew then that this was my first "Spiritual Awakening" and this is what "they" meant in meetings when they said, "Don't leave before the miracles happen". This is what you get when you work the steps. Since then I have had one miracle after another and could literally write a book of stories that are miracles in my life thanks to Al-Anon!

A grateful Anonymous member

Experience, Strength & Hope

Before Program, my idea of a "miracle" was tangled up with how I viewed myself -- as more or less a victim of circumstances and relationships. To me, therefore, a "miracle" involved winning the lottery, finding the perfect relationship, or someone around me behaving the way I wanted him or her to behave. In short, the miracle was to come from someone or something "out there."

I had the vague idea that I could create or co-create miracles through positive thinking, intending or desiring. I had plenty of unfulfilled desires, but all the positive thinking and intending in the world did nothing to help me achieve them, because my desires all sprouted from the same thing – my need for some form of "positive" external change as a way of escaping my own objectionable nature.

Program is helping me to learn that for me, a "miracle" is not necessarily a fortuitous change in external circumstances but rather an internal change in perception. Yes, I still want the good stuff in life. But now, what I want even more than that, and what I now pray for every day, is the acceptance of the "such-ness" of the moment and for the power to show love for myself and others regardless of whatever else is happening. And now, unlike before, I give all my fears, worries and desires to my Higher Power because I realize that I really can't do much about anything other than love myself and others, warts and all, as best I can. That realization, for me, is a true miracle. I do suspect that one day all the other stuff will begin to shift to reflect that change in perception that I am making on the inside. But if and when that does happen, those external changes will feel much less "miraculous" now than they would have before Program: I now understand that for me, the true miracle is learning to care for myself and to let that love flow freely regardless of circumstances.

Dani F.



AI-Anon has a 24 hour Information Line staffed by volunteers. These numbers are yours to call or share with someone who may need them.
805/495-0270 and 805/656-7110



"Merry Merry Quite Contrary," new thoughts have interrupted me. I welcome these:

Recently, more thought about what is rather than negative what if's-----

If I learn to do things differently over and over, maybe I can hope and pray for new results.

I won't react to a trigger this week.

I catch myself noticing progress and growth.

Recovery can be more powerful than the illness, if I choose to let God lead.

As my perceptions change, so does my story.

I can turn a resentment into an appreciation, or maybe an invitation.

Is my imagination playing tricks on me, or are these small miracles brewing in my mind? More will be revealed, so

I better go stir the brew and add some more AI-Anon flavors.

In Your Spirit, Sally T.



Today I truly believe I am one of those Miracles that we talk about. I remember when I first came to AI-Anon I kept asking for all those miracles I thought I deserved. I had my own expectation of what miracles I should receive, but they never seemed to appear! Well I learned to quit searching for the miracles I so desperately wanted and accept the ones that were already there. I was so blinded by what I thought I needed, that I could not even see what I had already been given.

AI-Anon is teaching me how to recognize those true miracles. No longer are they the elusive, hard to grab hold of things that I thought would be brought to me alongside that burning bush, but are instead, the simple pleasures in life that I had completely forgotten about. It seems to be true that, what does not kill us will make us stronger. I also believe that what might make us hard and cold, can instead, make us a softer, kinder and more loving human being.

Today I accept that I may or may not see those huge miracles that save somebody else's life, but I do know that I can see the simple ones that have saved mine.

Debbie M.

Experience, Strength & Hope

November/December 2010 Edition

Page 4

My Step Seven Miracle

One of my miracles of Al-Anon occurred when I was working the steps with my sponsor. My relationship with God changed while I was working Step Seven which says "Humbly asked Him to remove my shortcomings". I had a long list of shortcomings which I had discovered while doing my personal inventory in Step Four. My sponsor instructed me to humble myself before God and ask Him to remove them. In Step Six (Were entirely ready to remove our defects of character) I decided that I was willing to have God remove those survival traits that I had adopted while living with my alcoholics in my childhood and in my adult life. These trials included me trying to change others, a strong self will, isolating, judging, controlling etc. It seemed like a long list but I had tried to change them on my own only to find my life had become unmanageable. This time I gave them to my Higher Power and let go of the results. After two weeks I noticed something had changed. I felt like I had let go of my will and trusted Gods will to work things out. What a relief!

Another thing I noticed was that I felt more loved by God. It seems that each of my character defect's were like bricks in a wall. Each one piled on top of the next, separating me from God. My side of the wall was dark and Gods side was filled with light. As God removed the bricks I noticed the light of God's love shining though to me. I was filled by His lasting love and I discovered that I had blocked out God by me trying to be in control (by playing God myself). This happened a few years ago and now I have a new relationship with God. Al-Anon helped me to grow closer to God, and feel better about myself.

Now I'm a more loving and accepting person because of the miracle of change that occurred to me while doing the steps. God is the only one who can change me or others when I let Him. Al-Anon provided me with a spiritual awakening that I will always be thankful for.

Chris H.- Westlake Wednesday 12:45pm



Seeing as this issue is on miracles it seemed the perfect time to place pen to paper (or should I say fingers to keyboard).

This year's Serenity by the Sea had a beautiful array of auction baskets, but there was a particular one that caught my eye. The *Travel Basket!* My daughter and I were leaving in 2 weeks for a backpacking trip to Europe, and it would be beneficial to have it. I've been attending Serenity for over 15 years and have never won anything, not a basket, not the 50/50 raffle, not even the luncheon center piece. Regardless, I had to try. I let go of winning the basket and left the event for a short while, expecting nothing.

Upon arriving back at Serenity, I was promptly approached by several friends informing me that I had won the *Travel Basket*. "No way," I thought, "I don't win things like this". But I was assured that I had. I was stunned at first, then elated when reality hit. How extraordinary it seemed that not only had I won that particular basket, but that it came at the time we needed it most.

When pondering the idea of miracles, one may tend to think of big life events such as being cured from a terminal illness or changing planes and finding out the plane you were supposed to be on crashed. These kinds of events are miraculous, but they aren't the only miracles. Seeing an Al-Anon's heart soften after years of anger and bitterness, watching a fellow group member have a spiritual experience, seeing a soft spoken shy person opening up in meetings and yes even seeing someone get sober, these are truly miracles too.

What I've learned over the years is that it wasn't that miracles weren't happening in my life before I came to Al-Anon. I just didn't know what a miracle was and couldn't see it through the fog of alcoholism. In time and through attending lots of meetings, working the steps, and help from fellow members, the fog has been lifted. The dictionary defines a miracle as any statistically unlikely but beneficial event. I don't know about you, but it seemed pretty unlikely that I would win any basket, let alone win that particular basket at that particular time. I'm proud to say that today, not only do I know what a miracle is, but I've experienced them first hand. Just like the miracle of winning that basket at the perfect time!

Terry F., Ventura



Ventura County AIS General Meeting
Minutes
August 19, 2010

Meeting called to order at 7:30 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes read. Chris motioned to accept minutes, Donna 2nd. Passed.

Theresa read the traditions. Debbie read the concepts and warranties

Treasurers Report: Shirley

- copy on the back table and the report is in the Scoop

Chair: Lalena

- Please limit reports to 3 minutes to give time for discussion and time for new business, and to leave in a timely manner. Please remember to bring your bylaws and service manuals with you to each general AIS meeting. Please turn cell phones to vibrate or off and limit side conversations and crosstalk.
- A sharing of the trip to San Antonio is in the scoop and she will write a little in each upcoming scoop.

Introductions were made around the room

Co-Chair: Debbie

- Round up next weekend for Serenity by the Sea.
- Take back to your meetings that we need donations for the country store and baskets for fundraising.

Institutions: Maria

- Thank you for the budget. ordered lots of literature all of the women and their families appreciated it.
- love to share the message and if we did not go to these institutions they would not have any meetings.

Archives: Tina

- got the phone # to get the digital CDs from convention
- the list will be out in October of CDs available for check out
- call if you need any or if you want to donate some

Scoop: Bob

- Thank you again to all that submitted a share.
- Next topic "Miracles". Due October 1st (always the 1st Friday of a general meeting month).
- Email shares to Bob his information is on page 1, 7 and 8!!
- If you are here for a meeting please pick up your scoop. If you are a visitor or guest we have enough scoops for you to have one if you want.

Public Information: Jennifer

- Directories are in the back 25 for \$5.
- sold out last meeting
- Changes have been made.
- the printer made a mistake on the flats so will not be able to distribute as such.
- If there are other changes that are needed please let her know.

Website: Judy

- Everything is up do date.
- there is a link to print out flats on web if needed

Round Robin: SiSi

- Oxnard RR last sun was a great success! donated entire donations to AIS
- Tues Santa Paula may have RR
- if your meeting would like a RR please let her know

District 12: Mike

- Past Forum challenge—YES we won!! when they have perfected the play they will put it on for us.
- Sponsorship workshop was a success there were 45 attendees. we had great speakers, skits and break out sessions
- Alateen coordinator from WSO wants to open alateen meetings @ facilities
- Certificated Alateen sponsor needed to step up to alateen sponsor for AIS
- Dist 12 meeting Sept 11 from 11-1 at same church as always
- Sharing of Service Oct. 30th in either Ventura or Santa Barbara

Spanish Liason: Gabriella

- 2 active groups in Oxnard.
- received a call from a member in Santa Paula that would like to start a meeting on Sat at 11
- trying to organize meetings so she can give info to Spanish ISRs

Announcements:

- VCAAC country store- Helen thank you for all the donations the garage is full. Let your meetings know that we have lots of great stuff and a Birdhouse will be raffled off.

Old Business:

- Open Positions- treasurer and Alateen Coordinator
 - Treasurer- Shirley has stated she is willing to take position. Dierdra motioned that Shirley be treasurer, Dena 2nd. Passed
 - Alateen- no nominations –still open

New Business:

- A) half of the board will be changing in Dec. flyer on the back table
- reading of bylaws Section 3 and 4. Article IV Service Board section 1-5 and Article V Section 1
- B) Tues night meeting on Arboles still active??
 - will be taken off directory
- C) CD orders- Will only order and keep Al-Anon tapes/CDs and donate AA Tapes to central office
- D) 4th step flyer- we received emails and calls from members regarding a 4th step workshop flyer.
 - after much discussion and a member representing the 4th step workshop it was decided that it is up to each individual group to decide whether or not to announce such events.
- E) Alateens can attend Al-Anon meetings
 - Tina asked if there was still and Alateen meeting in Simi. Sheryl said on Mon nights, yes but small.
- Please help clean up (put away chairs and tables), If you are willing to come 15 minutes early to set up that would be great!

Closed with the declaration

Meeting Adjourned 8:00

Love in Service!

Kari

Secretary

ATTENTION: ALL INFORMATION SERVICE REPRESENTATIVES

**Please provide the following information regarding your respective group and return it to
AI-Anon Family Groups, P. O. Box 6754, Ventura, CA 93006-6754, Attention, Intergroup Secretary.**

(Please Print)

Meeting Day: _____

Time: _____

Location: _____
Street Address City Zip Code

Information Service Representative:

Alternate Information Service Representative:

Name: _____

Name: _____

Address: _____

Address: _____

City _____ Zip _____

City _____ Zip _____

Phone No: _____

Phone No: _____

Group Representative:

Name: _____

Address: _____ City _____ Zip _____

Phone No: _____

Secretary:

Name: _____

Address: _____ City _____ Zip _____

Phone No: _____

Treasurer:

Name: _____

Address: _____ City _____ Zip _____

Phone No: _____

When meeting changes or officer changes take place, please inform the Intergroup Secretary. Thank you for your help.

Gratitude Faire

November 6, 2010 • 4:30-8 pm

Camarillo Health Care District, Suite 160 E-161

3639 E. Las Posas Road (corner of Ponderosa) Building F

Camarillo, CA 93010

FUNdraiser for Al-Anon Information Service (AIS) aka Intergroup

4:30 - 6:30 Fellowship & Potluck Dinner

6:30 - 7:45 Speakers

7:45 until we are done Raffle Drawing

What You Can Bring:

Yourself and a Potluck Item (if your Last Name starts with: A-G desserts,

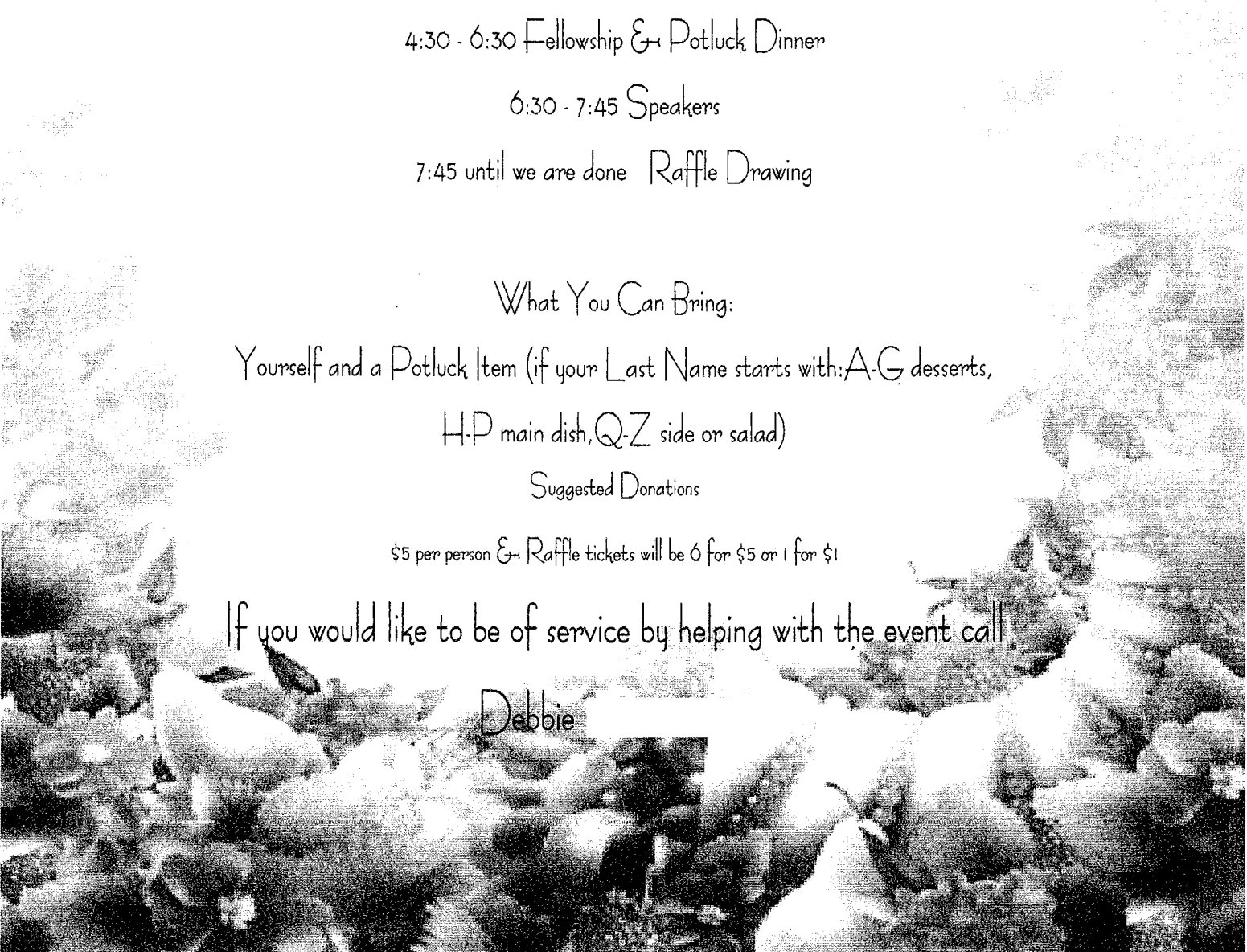
H-P main dish, Q-Z side or salad)

Suggested Donations

\$5 per person & Raffle tickets will be 6 for \$5 or 1 for \$1

If you would like to be of service by helping with the event call

Debbie



Meeting Name	Theme	Amount of tickets sold
How it works 7:15 camarrilo	Al Anon Books	36
Westlake Monday 12:30	Gift Cards	243
AFG Friday to/agoura	Italian	37
Monday Night women's	Sweets for Sweets	34
Wed 12:30 group	Yoga	90
Camarillo monday night men's stag	Frightening family exp	94
Westlake Women's stag thurs. 6:30	Hugs and Kisses	117
Santa Paula Sat. night	BBQ basket	19
Santa Paula Tues Night	Coffee & Tea	47
Country Store	Birdhouse	25
Step Study Friday night	Tools of Program	39
Ventura Wed night 11 th step	Meditation basket	67
ODT - tues. 7pm Oxnard	Serenity	126
Tues. pm -"were here" Agoura	Movie	114
Camarillo Courage to Change	Italian Pasta	24
Monday Night women's	Keep it Simple	27
Ventura Friday 12:30	Gardening	37
Camarillo Thurs. pm Al-Anon	Home Improvement	132
ACA ventura mon. pm 6:30	Key of the Kingdom	36
Camarillo Sat. AM step study	Serenity	193
Ventura Monday Noon	Pet Basket	54
Thurs. PM womens stag	Hope	37
Simi Tues. Night 7:00	Sports Theme	142
Westlake Wed New Hope	Coffee Theme	205
Westlake Tues. lit study	Gift Cards	381
Monday Women's Writing	Humor in our mistakes	45
Anonymous	Kitchen Aid/Baking	416
?	Literature	87

2010 tally

INCOME

BASKETS

Income

Gross Receipts: \$ 2, 686.25

Less Cash Box: 150.00

Net Receipts: \$ 2,536.25

Expenses

0

Net Income: \$ 2,536.25

COUNTRY STORE

Income

Gross Receipts: \$ 2,300.49

Less Cash Box: 260.00

Net Receipts: \$ 2,040.49

Expenses

163.77

Net Income: \$ 1,876.72

FUNDRAISER

Income

Gross Receipts: \$ 265.00

Less Cash Box: 0.00

Net Receipts: \$ 265.00

Expenses

150.00

Net Income: \$ 105.00

TOTAL NET INCOME: \$ 4,517.97

What's going on in our District 12?

The miracles of being part of District 12 have been well worth the wait and gold. I trusted that as I give to the world so the world gives to me. I have done enough service to understand this. Yet, I still fall into the victim role of why me! And of course I get pissed off with resentment for I expect way too much and I take on too much. This is not new behavior. This is familiar behavior the same behavior as I did with the alcoholic. So I have been giving my will to God and asking for help. Asking help not only from God but as well as asking help from people. This has worked with the alcoholic why not with anything else I encounter in my life.

I have witnessed something so wonderful that I could have missed it if I was in control. Let go and let God and watch the miracles. District 12 had a volunteer to be of service and from that came a phone call that I received from a professional community. Out of that I just connected the dots meaning I connected that volunteer with this Professional and let go of the results. The outcome was stupendous! Al-Anon does exist was shared to a crowded room and several pieces of Al-Anon literature was taken with demand for more! From that event there was a strong interest in having an Alateen meeting started. I am so awed by the power of how God moves thru us. God puts the right people in the right place with the right information at the right time. I just get out of the way and let God do the work. That way I can witness the miracle as I am being of service. Oh and thank you to Kay D for being of service in all that and passing on the message Al-Anon and Alateen exist.

Alateen! Where has all the Alateen's gone? This has been the question from all over Ventura County since I have been District Representative. The good news is that there is interest of having Alateen meetings started in Ojai, Thousand Oaks and in Ventura. You ask and you shall receive. That's the other miracle in District 12. The miracle came from a Professional community that asked about starting an Alateen meeting at their facility. This Professional Community put in a request to WSO to start an Alateen meeting. WSO contacted them back and gave information about Alateen and then past the Professional Community info onto to SCWS Alateen sponsor which was then passed on to AIS and District of Ventura. We are so connected. At first, no one was able to take this on, until it got to the right person. Our Alt District Rep. Cyndy P. has stepped up to take this on with help from our Alateen Liaison. This Professional Community happens to work with teenagers that have eating disorders, which the teenagers have brought up that alcoholism is in their home. Wow. There are kids who are affected by this disease of alcoholism that don't know there is help for them if they want it. I think it is so awesome that this professional community wants Alateen to exist that they are willing to let us use a room in their building. Of course they understand the

Professional community has no involvement in the Alateen meeting and that it is run by Alateen's with Certified Alateen sponsors. They are so willing to work with us. God willing and Ventura County will have more Alateen meetings

Right at this point, being DR is so awesome to witness the miracle of the program work thru all of us including me. Let go and let God.

What else is coming up in District 12? We have a writing workshop coming soon. So get out your pencils and paper and start writing! Date and Time to be determined. Coming soon! Look for a flyer at the next Al-Anon Information Service meeting in December. Also at the SCWS assembly in Fullerton on November 20th there will be hot topics. Come join us, and carpool with us to Fullerton! Look for the Carpool times in this scoop.

Thanks for letting me witness the miracles of the program!

As I give to the world so the world gives to me.

Mike M, District Representative of District 12



Southern California World Service Assembly

Saturday, November 20, 2010
10 a.m. to 4 p.m.
340 Commonwealth Avenue
Fullerton, CA

Want to go? District 12 carpools at three locations.

7:00 am Ventura Carrows on Seaward Ave.

7:30 am Camarillo Park & Ride on Las Posas Road.

8:00 am Thousand Oaks Park & Ride off Rancho Rd.

So come and join the fun.



Get in the Car! (a.k.a. Calendar of Events)

Plan to attend, Grab a friend, and Get in the Car!

October 22 - 24, 2010: Santa Barbara AA Convention with Al-Anon and Alateen participation, Elks Lodge, 150 N. Kellogg Ave., Goleta, CA.
www.sbaaconvention.org

November 6, 2010: Gratitude Faire, Camarillo Health Care District, 3639 East Las Posas Road, Building F, Suites 160-161. 4:30 – 8:00 p.m. Potluck dinner, speakers, fellowship and raffles. Suggested donation: \$5 per person.

November 5 – 7, 2010: 26th Antelope Valley AA Convention with Al-Anon and Alateen participation.

November 13, 2010: District 12 Meeting. St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

November 18, 2010: Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

November 20, 2010: Southern California World Service Assembly, Fullerton Senior Center, 340 W. Commonwealth Ave, Fullerton, 10 a.m. to 4:00 p.m.

Carpool information:

*Ventura 7 a.m. Seaward Carrows
Camarillo 7:30 a.m. Las Posas Rd., Park & Ride
Thousand Oaks 8 a.m. Rancho Rd., Park & Ride*

December 16, 2010: Ventura County AIS General Meeting, Potluck and Holiday Party, 6:30 p.m., First Baptist Church, 1601 Temple Avenue, Camarillo. 6:30 p.m. - potluck and fellowship. 7:30 p.m. meeting. *Everyone welcome!*



HAPPY BIRTHDAY!

♪♪♪ Dear Alateens ♪♪♪

November 2010
Zack '03 (7 yrs)

December 2010
Ming Jun B – '02 (8 yrs)



Happy Birthday!

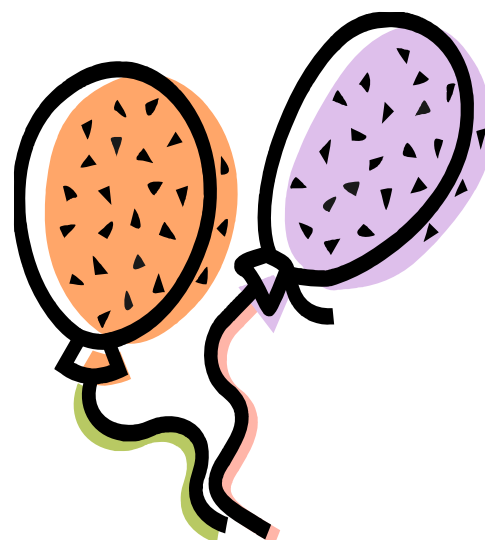
♪♪♪ Dear Al-Anons ♪♪♪

November 2010

December 2010

Dorothy J - '01 (9 yrs)
Karen K - '97 (13 yrs)
Jean T – '84 (26 yrs)
Jim C – '78 (32 yrs)
Judy D - '83 (27 yrs)
Liz B - '01 (9 yrs)
Mary C - '99 (11 yrs)
Pat W – '77 (33 yrs)
Patrick S -'91 (9 yrs)
Ruby O. – '00 (10 yrs)
Tracy D – '03 (7 yrs)

Becky - '04 (6 yrs)
Foster H - '01 (9 yrs)
Jodi G - 91 (19 yrs)
Mareen Z –'96 (14 yrs)
Marie P -
Tamra - '03 (7 yrs)



Ventura County Speaker List

FAMILY SPEAKERS

Annette S-G
Annie
Barbara C.
Barbara W.
Betty Ann Z.
Brigitte P.
Christine S.
Cyndy P.
Debbie M.
Debbie S.
Diana C.
Diana M.
Donna N.
Evelyn G.
Foster H.
Gordon F.
Grace A.
Jan L.
Jeff B.
Jerry W.
Jo Anne K.
Jodi G.
Judy D.
Julie H.
Kathy W.
Katie W.
Karen K.
Karen R.
Kay D.
Laura S.
Lea R.
Liz G.
Linda A.
Lisa W.
Lois R.
Lori M.
Lucille M.
Michelle I.
Mareen Z.
Marty B.
Maxine Mc

Mike M.
Mike N.
Nitta S.
Pat W.
Pamela F.
Pamela R.
Paula Y.
Peter G.
Rafaela M.
Rick S.
Rosalie S.
Rosemarie
Sandy L.
Sherry C.
Shirley M.
Si-Si M.
Susan G.
Terry F.
Tim J.
Tim T.
Tom M.
Tracy L.

Annette & Gary S-G
Barbara & Jim C.
Barbara & John W.
Betty Ann & Bob Z.
Bob & Laleña H.
Cory & Tess F.
Linda A. & Emery B.
Pat & Rudy L.
Ruby O. & Mike M.

Want to be on this list?
Want to be off this list?
Want to update your info?

Contact the Scoop Editor:
Email:
(hester72598@yahoo.com)

Bob H. ~.~



ALATEEN

We have no Alateen speakers on this list right now. If you're interested in being of service, you'll find a loving, gentle audience waiting to hear your story of experience, strength and hope.

**VC Intergroup Scoop
P.O. Box 6754
Ventura, CA 93006-6754**

Next Scoop Topic is the *DO'S and DON'TS*
You can find these in the pamphlet: Alcoholism, the Family Disease
Please share on this topic.

The Deadline for the
January/ February 2011 edition
is **Friday, December 3, 2010.**

PLEASE E-MAIL YOUR SHARINGS TO: hester72598@yahoo.com

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