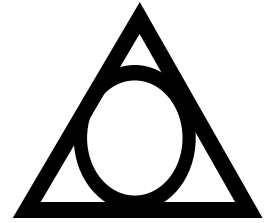


Ventura County Al-Anon

Intergroup Scoop



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

November/December 2011 Edition

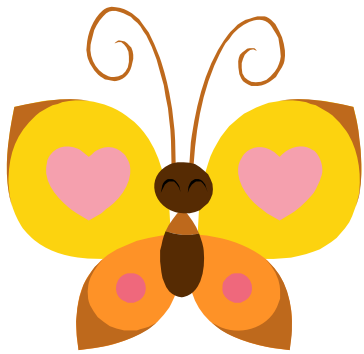
A Message from Your Service Board Chair

Hello to my beautiful Al-Anon family,

It's funny to think that I'll be writing to you this month and December. There has been a lot of obsession in my position as chair and co-chair. At first I was caught up in people pleasing but I think now I'm learning how to trust myself and how I feel about things as guidance from my hp. I usually can figure that out when I go to a meeting, call my sponsor, write in my journal. I'm learning how to do this in all of my affairs. As much as I'd like to be perfect, I realize being happy is more important and that my best is good enough. Now remind me of that when I call you for a program call!

Love in service,

Laleña



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Your 2011 Service Board

Chairperson	Laleña H.
Co-Chair	Debbie M.
Secretary	Sheryl F.
Treasurer	Shirley M.
Spanish Liaison	Alicia A.
Public Info	Theresa S.
District 12 Rep	Mike M.
C. P. C.	Julie H.
Round Robin	Open
Institutions	Lynn
Web Site	Kari T.
alanon@	
alanonventura.org	
Scoop Editor	Bob H.
hester72598@yahoo.com	
Alateen Coordinator	Irv H.
Alateen Rep	Open
Archivist	Si-Si M.

Experience, Strength & Hope

Scoop topic- "Obsession"

So, here I am in a state 3,000 miles away from California. I miss my hometown already only after 2 days. I have been in the process of leaving my alcoholic. After 8-years of sobriety, he is just now working the program to save our relationship. What he's really doing is saving himself. This has catapulted me into a tail spin. I was doing so well, applying my AI-Anon program, living in faith. Now, I am back to obsessing on my alcoholic. What will happen? Consumed with fear. I have had this east coast trip planned for months. So, here I am laying in bed obsessing on "what if." I return home to California in 3 days. God sure has me where he wants me today. Away from it all. I know obsession keeps me out of the moment, and if all I have is today I'm cheating myself out of so much by obsessing on what if. Thank God for recovery! Without it I would be losing my mind. I am what is most important. I love my alcoholic, and wish him the best. If I continue to take action, suit up and show up for meetings, step work, and service...the God of my understanding will fill in the blanks. Sitting around obsessing will only hinder my recovery, and my shot at life one day at a time.

Ginger H.



How much time do you have? The Steps, the phone, my Sponsor, my connection to my Higher Power, and just being willing to do what it takes to have peace in my life. I had a major defect that caused me to obsess and create these terrible images in my mind. Jealousy! The problem was, to me it was REAL! I grew up thinking this way, seeing things that caused me not to trust, be suspicious, and insecure. I was finally done with it! I knew if I didn't do something I would lose the wonderful man that had just come into my life. Jealousy can and will destroy

I did a 4th and 5th step on it. I wanted it gone! Every day I prayed, "for the obsession of jealousy to be removed". I could not believe it, but all of a sudden, probably within 6 months to a year, I realized it was gone. It literally was a miracle for me! I have been in this same wonderful relationship for over 7 years now, and it never came back! I work on being grateful for this and not taking it for granted. Something that was second nature to me is no longer a part of my life. That's how program helps! It's like a recipe. I use all the ingredients together (the tools of the program) to make this wonderful dish of a serene life!

A grateful "anonymous" member!

I am currently having to take a lot of courses for my continuing education requirements so I can be rehired in my seasonal employment. For me I spend a lot of hours in taking the exams required to pass with a certain score. In the past I would have totally obsessed about these exams. Worrying obsessively that I probably would not pass them, to the point of frustration and physically ill. My anxiety level would go sky high

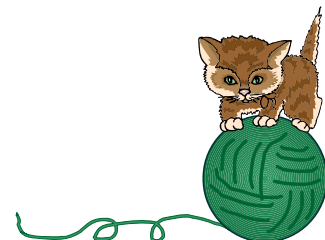
Today with the tools of my AI Anon program I have learned that I can take these exams one at a time. Just like I take life today, one day at a time. I am learning to take care of myself first, get enough rest and prepare to the best of my ability. Plus it doesn't hurt to talk to my higher power before I began an exam.

Sincerely
Paul B.



When I obsess, whether it's about money, health, someone else's addiction, or even something as inane as having to find a certain pair of pants in a certain color, it all comes down to my attachment to a certain outcome; that attachment, in turn, is based on fear: I've GOT to find a way to make it happen or not happen, whatever "it" may be. And the more I keep thinking about "it" and finagling ways to achieve "it", the less I have to feel anything real, let alone acknowledge that I have no power over any externality in my life. Which can be very frightening. So obsession takes me out of the moment that is and places me into either a moment that already was or one that may or may not happen. Anything but right here, right now, in my own uncomfortable skin. . .So, if I draw the honesty card, I have to say that obsession is my drug of choice -- one that I will turn to in a heartbeat the minute I start thinking that I am the Power. I'm learning humility in this lifetime: When I accept my powerlessness, I see the beauty of life and become receptive to all the Universe has to offer me. The need to grab on to the same thought over and over again dissipates. Instead of feeling like an anxious, behind-the-scenes puppeteer, I can step into the spotlight and start living my life, even if it's just improvisational performance art.

Dani F.



Experience, Strength & Hope

When I first came into the rooms of Al-Anon, I noticed that Al-Anons talk different. If you are new maybe you have noticed that too. I don't know about your family but my family didn't use this word. So when I heard it I raised my hand in the meeting I was in and I asked..."**Is obsessing when you get a stomach and headache?**" and everyone started to nod there heads.....and then I could identify.

To me obsessing is the level above worrying...when I'm obsessing on something or someone I'm willing to go to great lengths to make it stop...and for me that means getting in the solution. Of course that's how it is for me today (most of the time).

Back in the day before Al-Anon my solution wasn't always smart but it made sense to me. It's all about FEAR...It could be about someone's alcoholism or choices my children are making....but when I'm afraid my fear gets me in a car to look for someone who isn't home yet and if I have to go check all the bars in town so be it...sounds dramatic but all of a sudden I'm on a mission and I'm passed obsessing and now I've jumped into action!!!

Thank God things are different today when I'm obsessing and I've turned into a runaway train....there is a healthy solution....

I can all my sponsor or an Al-Anon friend and reason things out...and most of all I can Pray....doing both works the best...talking to someone settles me down and when I pray I feel I've turned it over and no matter what I'm going to be okay...I love this program and I am very grateful and to tell you the truth I'm getting to old to be jumping on a hood of a car....so today with the help of my God and you guys I get to do things different...

Love
Cyndy P.



Wow....what a good topic. I think I obsessed on it so much that I couldn't put two sentences together that made sense. My brain is a very funny thing. Sometimes it has a mind of its own, especially when it wants to "obsess". My obsession is usually generated out of some kind of fear. When my son was active in his addiction I would obsess nonstop about his safety. My mind could take it right down to the eulogy. Made for a lot of unproductive days not to mention sleepless nights and didn't accomplish much to insure his safety. Since my brain is an equal opportunity organ I could also obsess over something as simple as a conversation I had with someone during the day....going over it and

over it and over it trying to see if I could have said something that was misunderstood. I've apologized to people for saying things that they don't even remember I said! But I remembered...probably at about 2 or 3 a.m.! Working my program has helped a great deal with the runaway train that my head can become so easily. I now know that I can call someone and express my fears out loud and I am usually reminded that it looks like I bought a ticket on that train! I also now have tools from Al-Anon that help me redirect my thoughts in a healthier direction. I rely a lot on literature to calm my obsession. It's pretty hard to be reading and comprehending material while you are thinking about something else. It will be an ongoing battle with me I'm sure but I can say for certain that my days of serenity now outnumber my days of obsession.

Love you all
Terry B



As a newcomer I denied my obsession. What, me, obsessed? They were the alcoholic and addict. They had the obsession. Admitting I was obsessed meant I was sick too. Since then I've come to realize through recovery that my obsession is of a different sort. I become obsessed about my ideas of what I think my loved one should do with his life. On the surface that seems so positive. Or, on the other hand, my obsessive thinking takes a negative turn, imagining all the bad things that might or may happen. Either way these obsessive thoughts have a way of taking hold of me. And when they do, yes, I can admit it now, the obsession is like a sickness, a dis-ease, or imbalance within. That is why obsession is a great Al-Anon topic. It is a reminder that we need to work a program as well. Working the 12 steps offers a solution and a way out of the unhealthy turmoil of obsessive thinking..

Irv H.
Alateen Coordinator



Al-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



Experience, Strength & Hope/ District 12 News

OBSESSION of another person's actions and behavior is what brought me to Al-Anon. At the time I did not realize it was obsession. I thought I was "helping them" to figure out how to deal with their own problems.

Today I can recognize when I begin to obsess on something that is none of my business. I can put myself in a quiet place, say the Serenity Prayer and just wait. For me the waiting is sometimes more uncomfortable than the obsession itself, but I know it is the key to my being in acceptance of any situation. Without acceptance the only thing left is obsession. There seems to be no middle ground for me in this area.

I may still obsess over people, places and things at times; however, I spend much less energy in it than I previously did. Many thanks to my Higher Power, prayer and this wonderful Program.

Love Ya
Debbie M



Before coming to program I didn't understand the definition of obsession, I knew the meaning but didn't fully understand it let alone the fact that it defined me. The domination of one's thoughts or feelings a persistent idea, image or desire, yep that was me and my thought process. When I entered the rooms of al-anon I was really good at creating these made up ideas in my head about how I can change the alcoholic or addict in my life. These ideas would compose my mind so much that I would be left with unwanted feelings of crazy worrying that eventually lead to so much anxiety that the only way out was insanity.

After attending several meetings and reaching out to people in program I began to see hope in my life, and that if I worked a program I may live a happier healthier life something that I so badly knew I deserved. I asked a woman to be my sponsor and with her I began to work my path and regain my power from all the ideas that I obsessed over. I would like to say that since I've been working my steps and program with my sponsor that the obsession as stopped, however that is not the case I still have several moments when obsession creeps back into my life. Life is going to keep on happening and with that are several challenges the difference is now I have tools, these tools keep me from losing my sanity. I now turn my obsessive thoughts over to my higher power and trust in him that everything will be taken care of. Picking up the phone and calling my friends in program and reasoning things out or simply taking a pen and piece of paper and writing my thoughts on to paper are all tools that I now use.

I'm so thankful to have the program and all the gifts that is has shared with me so far, it's amazing to feel how much lighter the weight is on my shoulders. Knowing that I no longer have to obsessive alone is probably one of the best gifts I have ever been given.

Thank You,
Anonymous



60th Al-Anon Celebration/ SOS up date. Our speaker is Ric B. our executive director of Al-Anon World Service Organization. I am so excited that he will be speaking at our event. It is a once in a lifetime opportunity to hear him speak. Please come and support our event. Eat good food, hear a great speaker and indulge on some cake. Our event will be at the Camarillo Senior Center on October 29th from 1pm to 6pm. Look for the flyers.

My time is almost up and I will be ready to let go of my commitment soon. But before I go there are still loads of information to disseminate.

Southern California World Service, Inc. is asking GR's to look over possible changes to "Area Safety and Behavioral Requirements for Alateen Groups, Alateen Sponsors, and Al-Anon Members Involved in Alateen Service (AMIAS). Did you not know this and want to find out more information? Go to scws-al-anon.org web site for more information or ask your GR. District will have an hour workshop on this in November 12 at 11am in Camarillo.

At our district 12 meeting in November we will be voting in the new DR and also other service positions. We need an alternate District Rep, Secretary, Treasurer, Alateen Liaison, Public Information Liaison, CPC Liaison, and Institutions Liaison. So come and help out District 12 and be of service.

SCWS will be voting in their new board for the upcoming three years on November 19th in Glendale. That same day, SCWS will hold a workshop on the proposed changes to the AMIAS. If all goes well the GR's will be voting in the new board members and possibly voting in the new changes to AMIAS.

It's been fun but I got to go and work on our 60th Al-Anon Celebration with SOS! Hope to see you all there.

Thanks for letting me be of service

Mike M
District Representative of District 12

Ventura County AIS General Meeting
Minutes
August 18, 2011

Meeting called to order at 7:30 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes read. Debbie motioned to accept minutes, Kari 2nd. Passed.

Cyndy read the traditions. Judy read the Concepts and Warranties

Welcome to New ISRs!!

Introductions were made around the room

7th Tradition

Treasurers Report:

- Shirley discussed the budget beginning balance \$12000 with an increase of \$5800 with ending balance of \$13605.00

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.
- Please stand to give your reports

Co-Chair: Debbie

- Gratitude Faire Nov 12th from 4-8 pm at Trinity Lutheran Church on Ashwood in Ventura, CA . Will have a flyer for next AIS meeting. Will email a flyer to the Secretary to email to all ISR's.

Institutions: Lynn:

- Met with Maria, thank you! Gave out printed material to MD's, Counselors. Still no return calls from the Jail.

CPC: Julie

- When school starts will begin a mass mailing to school and make contacts with Councilors and Physiologists dealing with teens.

Archives: Si-Si

- Reported on getting histories of meetings and putting together a form to fill out. It is time to switch positions and mine is up. Will be there for the next Chair.

Scoop: Bob

- Position is up and if you know of a person that would like to do this position all you need to know is word....You can DO IT!
- Next topic "Obsession". Due Oct 7th (always the 1st Friday of a general meeting month).
- 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. Or if you know of a meeting whose ISR is not here you can take theirs for them if you want.

Public Information: Theresa

- Directories are in the back 25 for \$5. Please look at them to be sure the information is correct for your meeting.
- Updated all meetings and we have 51 in Ventura County

Website: Kari

- Renewed the website and email for \$100
- Received lots of emails regarding where meetings are happening.
- Check out the Scoop there is a TON of info on there

Round Robin: Open

District 12: Mike

- My term is up and I have someone that is interested in taking over my District 12 position
- Going to District 12 meeting on Sept 9th from 11-1...Come to the meeting.
- SCWSO having a Celebration of Al-Anon's 60th Birthday. Flyers in the back, in Camarillo on Oct 29th from 1-6 at Camarillo Community Center in Camarillo. Lots of fun, speakers, food and cake.

Spanish Liaison: Alicia 2 open meetings in Oxnard

Alateen Coordinator: Irv

- My position is up however will still be around to help get the word out. I am leaving it up to God for direction.
- Al-Ateen Placards are being used

Announcements:

- Mike – VCAAC Marathon meetings are all full except one on "F I N E"
- Nancy – Country Store. LOTS OF DONATIONS...need Volunteers!
- Phil - Co-Chair for Fundraiser We did a GREAT JOB ON raising FUNDS
- Matt - Need Certified Al-Ateen sponsors for VCAAC. Need 2 sponsor for each meeting. See me after the meeting I have a sign-up sheet.
- Sisi - Archives Stop by and see the table....lots of presentations and prizes for games.
-

Old Business:

- Round Robin is still open

New Business:

- Take flyer back to your meetings to announce the openings positions on the Board
- Change general meeting time to 7-8:30 or change board meeting to match the general meeting. Julie motioned for 7:30-9 and Barry 2nd the motion. Board meeting 7-8:30 take back to the board for a vote
- What can be printed in the Scoop - Mike Dist 12 rep has a letter from an AA member about how Al-Anon affected him and his mom found recovery in Al-Anon and would like to submit to the Scoop. Discussion was done around topic and it was tabled for next meeting.
- SiSi - An AIS Center for board meetings and literature has been on my heart and praying with God on the topic. Would like to start a committee looking into the costs of this idea. Kaye motion that a committee to be formed and Judy second the motion.
- CD's from San Antonio - Lalena would like to purchase for our group a CD burner to burn the cd's purchased to distribute to the ISR's since we cannot open the copy purchased. Lots of discussion on how to get this to open since there is no refund policy. Jay suggested that it sounded easy to open and would like to try. Sisi will look into the cost of the purchase, since this would be a great opportunity for Achieves. Motion was made to try and see if we could open the copy purchased.

Closed with the Al-Anon declaration
Meeting Adjourned 8:35

Love in Service!
Sheryl
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.

SAVE THE DATE!!
2012 AFG CONVENTION IS HAPPENING
March 30, 31 & April 1st, 2012
DOUBLETREE HOTEL
ONTARIO, CA



Come join us for
Fun and Fellowship
Luncheon
Banquet
Speaker Meetings
Alateen Meetings
AA Meetings
Participation Meetings
Marathon Meetings
Spanish Meetings

For more information on the
36TH Annual Southern California
Al-Anon Family Groups Convention

www.afgconvention.org

or

Lil S—

VCAAC Update

Alateen success at VCAAC

Build an Alateen program and they will come: and they did come to the VCAAC at the Westlake Hyatt in September. They shared from their hearts, they listened to each other, took in as much as they could, they met new friends and some even danced! As an Alateen sponsor who didn't know how to express herself growing up, it's very rewarding to witness them in their healing and mine too.

The beginnings of Alateen were in 1957 when Bob, 17, was having emotional problems and alone tried the 12 steps but something was missing. His father, who was in AA and mother in Alanon, encouraged him to find other teens to gather with and he found what was missing, Fellowship. So I want to say thank you to those families and friends who take the time and drive our young ones to their regular meetings and conventions. "I know it's not easy but it's doable," my friend Tracy told me this once.

Alateen Rocks!

Liz G.

A quote from the pamphlet "It's a Teenaged Affair" (P10)

"This is not a club where we criticize the alcoholic or look for sympathy. Rather, we look for ways to help solve our own problems and help the others." An Alateen from Cleveland.

Fyi: this pamphlet was copyrighted 1964 by Alcoholics Anonymous Grapevine, INC.



Money raised for Al-Anon and Alateen for next year's convention:

Chili Cook-Off Fundraiser: \$377.46

Country Store: \$1,255.00

Baskets: \$2,297.00 (see next column)



Baskets (# of tickets sold for each meeting's basket)

#	Meeting	Theme	# tix
1	Westlake 12:30 p.m.	Coffee	65
2	Ventura Heartwarmers	Self-Care	46
3	Ventura Fri. 12:30 p.m.	Movie	64
4	Ventura Wed. 7 a.m.	Rise & Shine	52
5	Simi Valley Tue. Night	Relaxation	131
6	Westlake Sun. 7:30 p.m.	Chocolate	178
7	Westlake Mon. 12:30 pm	Gift Cards	458
8	Ventura Women 7 p.m.	Kitchen & Gift Cards	136
9	Camarillo Sat. 10 a.m.	Gardening	165
10	Westlake Mon. 6:30 p.m.	Take Care	356
11	T.O. Sat. 10 a.m.	Good Fortune	71
12	Oxnard Tue. 7 p.m.	Family Fun	165
13	Ventura Mon. Lunch Time	Back to School	46
14	Camarillo Mon. Morning	Journals	41
15	Camarillo Thu. 7 p.m.	Coffee	76
16	Ventura Wed. Mediation	Meditation	106
17	Westlake Wed. 7:30 p.m.	Coffee & Chocolate	164
18	Thursday 10 a.m.	Gift Cards	146
19	Westlake Thu. 6:30 p.m.	Bon Voyage	78
20	Oxnard Sun. 3 p.m.	Ocean	70
21	Santa Paula Sat.	Beach	67
22	Santa Paula Tue. Night	Meditation	29



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

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

October 29, 2011: Sharing of Service Workshop & A Celebration of Al-Anon's 60th Anniversary- Camarillo Community Center, 1605 Burnley St., Camarillo. 1-6 p.m.

November 12, 2011: District 12 Meeting. St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

November 12, 2011: Ventura County AIS Gratitude Faire, Trinity Lutheran Church, 196 N. Ashwood Ave., Ventura. 4:30 – 8:00 p.m. See enclosed flyer.

November 17, 2011: Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

November 19, 2011: Southern California World Service Assembly, Glendale First United Methodist Church, 134 N. Kenwood St., Glendale, 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 15, 2011: Ventura County Intergroup General Meeting, First Baptist Church, 1501 Temple Avenue, Camarillo, 7:30 p.m. to 9 p.m.

January 21, 2012: Sharing of Service Workshop, Glendale First United Methodist Church 134 N. Kenwood St., Glendale, 10 a.m. to 4 p.m. See carpool info above.

March 30 – April 1, 2012: 36th Annual Al-Anon Family Groups Convention, Doubletree Hotel, Ontario, CA. Check out the website and see enclosed flyer. www.afgconvention.org

SAVE THE DATE

July 5 – 7, 2013: Al-Anon International Convention, Vancouver, British Columbia, Canada. Registration and housing information available in fall of 2012.

HAPPY BIRTHDAY!

♪♪♪ Dear Alateens ♪♪♪

November 2011

Zack '03 (8 yrs)

December 2011

Ming Jun B – '02 (9 yrs)
Ming Hui B – '02 (9 yrs)



Happy Birthday!

♪♪♪ Dear Al-Anons ♪♪♪

November 2011

Dorothy J. - '01 (10 yrs)
Karen K. - '97 (14 yrs)
Jean T. - '84 (27 yrs)
Jim C. - '78 (33 yrs)
Judy D. - '83 (28 yrs)
Liz B. - '01 (10 yrs)
Mary C. - '99 (12 yrs)
Pat W. - '77 (34 yrs)
Patrick S. - '91 (10 yrs)
Ruby O. - '00 (11 years)
Tracy D. - '03 (8 yrs)

December 2011

Becky - '04 (7 yrs)
Foster H. - '01 (10 yrs)
Jodi G. - '91 (20 yrs)
Mareen Z. - '96 (15 yrs)
Marie P.
Tamra - '03 (8 yrs)



Ventura County Speaker List

FAMILY SPEAKERS

Annette S-G
Annie
Barbara C.
Barbara W.
Betty Ann Z.
Brigitte P.
Christine S.
Cyndy P.
Dani
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 G,
Laura S.
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.
Cory & Tess F.
Linda A. & Emery B.
Pat & Rudy L.
Ruby O. & Mike M.



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.

**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. ~.~

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

Next Scoop Topic is BELONGING

How does being apart of the Al-Anon & Alateen programs make you feel?

Please share on this topic.

The Deadline for the
January/ February 2012 edition
is **Friday, December 2, 2011.**

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

WOULD YOU LIKE TO HAVE YOUR OWN COPY OF THE SCOOP?

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