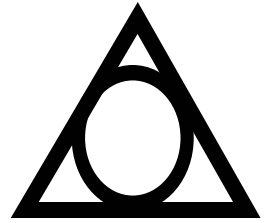


Ventura County Al-Anon

Intergroup Scoop

P.O. Box 6754, Ventura, California, 93006-6754
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July/August 2011 Edition



A Message from Your Service Board Chair

Hello Al-Anon Family:

This past month has been busy being of service to you all! I went to District 12 meeting, AIS Board Meeting, and the Assembly which is now in Glendale. I was on the 101, it was down to 2 lanes, and then of course there had to be an accident. I was ready to turn around but then I thought of all of your beautiful faces and the commitment I made to you and kept going. So glad I did. I'm excited about the Longtimer's tea they're going to have on October 8th. I learned a lot about Knowledge Based Decision making which I think is something we are doing in AIS. We are always trying to give you the information so you can go back to your group, make a decision, and then come back. I love how they said this is more of a spiritual way to make a decision and allow God to be apart of the process.

Awareness helps me to be figure out usually what my part is in the situation. Lately, I have done a lot of work in Blueprint for Progress on: Communication, Relationships, Maturity, Love, and I'm sure more that I'm not thinking of right now! I love how the program helps me to focus on the solution rather than the problem. I also love how I don't have to be perfect!

Acceptance usually happens for me after I do this work, and God begins to reveal to me how or what I could do differently. This is usually the time I have to listen to my intuition, and those around me.

Action is when the answer becomes clear to me whether it is doing more footwork in the program, trying something different, keep doing what I'm doing. All of my relationships at work, home, family, and friends have improved as a result of this slogan. I also love I didn't cause it, I can't control it, and I can't cure it which seems to be another one I'm working on! God is funny how he's always giving me an opportunity to work my program!

Love to you all,
Lalena

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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
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Scoop Editor	Bob H.
hester72598@yahoo.com	
Alateen Coordinator	Irv H.
Alateen Rep	Open
Archivist	Si-Si M.

Experience, Strength & Hope

Thanks to the tools I've learned in Program, I have gotten better at becoming aware of my own feelings and accepting them. I can also accept the fact that I can't control the people and the situations that trigger those feelings.

The biggest revelation, though, has been this: In most cases, the only "action" I need to take is to turn my feelings of fear and resentment over to my higher power. I don't have to try to convince myself that I don't feel a certain way or even to justify negative feelings, which is what I used to do. Even more comforting is the fact that I no longer feel that I have to juggle and manage and anticipate and play out every possible scenario before doing something. I just do the best I can, and accept guidance from my Higher Power in the form of people or circumstances that seem to come to my aid on an as-needed basis when I don't know what to do.

This was this afternoon's prayer: God, I feel weird and threatened by the appearance of a certain person at work. I don't *want* to feel afraid and I want to embrace the notion that there *is* enough abundance for everyone. I ask for clarity in this situation and I turn my feelings and the details over how all this will shake out over to You. Amen.

Not hard to do, and very freeing!

Dani



**Today's Reminder taken from
Courage to Change, Page 256**

"I will give myself time to accept my situation before I act. Unforeseen options can become available when I accept what is".



Scoop topics are great reminders of the program. The 3A's are pivotal to me like the three sides of the Alanon logo. The three ideas are interrelated and spiritual in nature.

Awareness, I find, is crucial to any situation I encounter, particularly at work. Situations emerge all the time where I'm frequently faced with uncomfortable encounters with an employee or boss. Awareness emerges sometimes as a feeling, an idea, or a helpful reminder from another's share at a meeting, or in a reading from "Courage to Change." Awareness in relation to my circumstance is the key to my ability to accept and take appropriate action. Awareness, I believe, is a great gift.

With the light of awareness, I find myself employing other tools of the program like the slogans, the Serenity Prayer, or doing a quick inventory, as suggested by the 10th Step. Acceptance is also a great gift. With the awareness and insight into my part of the relationship equation, the experience of acceptance that follows provides a secure and serene foundation for taking the next step—which is "action."

Taking "action" may involve apologizing to someone, if I've been at fault, or it may take the form of assuming responsibility for a task or tasks I've been procrastinating over. Sometimes that "action" appears internally through a "heart of forgiveness." Letting go of resentment or an argument involves tremendous self-honesty.

Recovering from the effects of alcoholism is a challenge. The 3 A's are a wonderful reminder of what's involved if I wish to recover. It is something I must do every day if I wish to maintain the clarity that comes with working the spiritual discipline within the Alanon program.

Irv H,
Alateen Coordinator



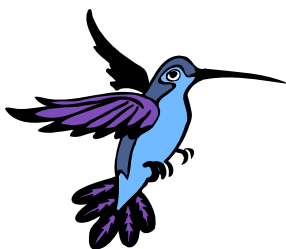
Experience, Strength & Hope/ AIS News

I've always had a love-hate relationship with **Awareness**. I love having self-awareness...it opens my world to so many opportunities for understanding, new insight, and helps me feel I have made progress on my journey of recovery and serenity. But then comes the challenge of my disease of having unreasonable expectations of myself telling me that since I now have **Awareness**, than I should automatically fall into new behavior and thinking. My disease does not have time for me to settle into, internalize, and follow my Higher Power's path for me into the outcome of the **Awareness**. Sometimes I try to force **Action**...whatever I *think* I should do to change what needs to be changed as a result of the **Awareness**. However, this usually comes from *my planning* and often *forcing* rather than the ease that comes from the natural flow that is the result of my *Higher Power's plan*. And, in this scenario, the insight and new behavior and thinking does not last very long because I have missed the most vital part of the process.

It is said that **Acceptance** is the key to all of our problems. I truly believe this. I need to **Accept** everything, everyone, and every situation *exactly* as it is in order for me to have true serenity and effect the changes that need to occur in my life. Unfortunately for my disease, this also, and most importantly, includes *myself*. I cannot and will not have the serenity I so desire without **Accepting** myself exactly as *I* am, with all of my assets, defects and all of my limitations. Until I can do this, all **Action** I take to try to change is all for not...it is disease driven, not spiritually driven.

Once I have come into true **Acceptance**, any **Action** I take will be genuine and spiritually guided by my Higher Power according to Its plan, and not that of my disease.

Lisa C., Moorpark



Hello. I am Theresa S.. I am your current VCAIS Public Information Coordinator. I make sure the Directory of Ventura County Al-Anon and Alateen meetings are current, accurate, printed, folded and distributed at the Ventura County AIS (Intergroup) general meetings every other even month for two years starting this year. If the meeting information of the meeting you, Intergroup Rep or Group Rep, represent needs correction please notify me.

VCAIS Treasurer, Shirley and I are in the process of putting each groups WSO registered group numbers on the directory. In some instances I may have to remove "Newcomers" or "Newcomers Welcome" to fit the number in the space.

I am also seeking individuals with some Al-Anon recovery who are willing to volunteer to accept calls from the Ventura County Al-Anon Answering Service. If you are interested in serving in this capacity please fill out the sign-up sheet at your meeting and mail it to the address at the bottom of the sheet.

Love in Service,
Theresa



NEW ALATEEN MEETING

Ventura Thursday Night 7:30 to 9:00 pm
Office upstairs "Mind Over Math"
2350 E. Main St.
Ventura, CA 93001
Ages 12-20

For more info call Jerry "Bear" W. or Helen Z.



Ventura County AIS General Meeting
Minutes
April 21, 2011

Meeting called to order at 7:31 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes read. Irv motioned to accept minutes, Dena 2nd. Passed.

Debbie read the traditions. Lalena read the concepts and warranties

Welcome to New ISRs!!

Introductions were made around the room

7th Tradition

Treasurers Report: Via Lalena

- Balance is \$12,091.71.

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.
- Thank you to Debbie for taking over the meeting in Feb.

Co-Chair: Debbie

- Thinking about Gratitude Faire. "It is yours not mine so if you have any suggestions please let me know."

Institutions: not in attendance

CPC: Julie

- getting envelopes ready to go out to therapists that deal with children.

Archives: Si-Si

- Got email for link to download CDs. made arrangements to get help to download them.
- anyone interested in CDs for their meetings spread the word that I have them to loan out. contact Si-Si, name, # on scoop and directory
- I am the Archives chair for VCAAC as well and will be using our archives for the convention. it will be interactive and fun..come and see it!
- list of CDs available coming soon
- Baskets from Serenity did great and so did the country store!

Scoop: Bob

- Thank you for the shares on "Gossip" got quite a bit
- Next topic "3 A's, Awareness, Acceptance, and Action". Due June 3rd (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. 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.
- If there are other changes that are needed please let her know?
- New meeting that was added on Sat in Agoura Hills from 6-7
- Answering service sign up sheets on the back table. If you are willing to be on the answering service please take one of the papers. Renewal is required every year.

Website: Kari

- Everything is up do date. Doing good.
- Got lots of emails but most are advertisements.

Round Robin: Open

District 12: Mike

- May 14th next district meeting, come check it out!
- So Cal World Assembly. May 21st. in Glendale. Carpool available, a lot to learn, lots of info and connections to be mad3 @ district assembly
- D12 working on Al-Anon 60th bday in October. Threw it out there for WSO to come and be part of it.
- More to come

Spanish Liason: Not in attendance

Alateen Coordinator: Irv

- Alateen is alive and well in Ventura County!
- Thursday Alateen meeting is going great.
- Planning on visiting more Alateen meetings
- If you are a sponsor in T.O. let him know, there is a person in T.O. that wants to start a group
- Poster had some issues. Will be going back to the drawing board to create a new one.
- 7:30 Monday, Women's Writing Group meeting donated \$174 to SCAAC...Thank you!
- My phone # is incorrect on the directory so please email me instead.
- SCAAC is July 8, 9, and 10th. more infor to come

Announcements:

- Bob- recap at back table of the money made from the Serenity baskets. They did so good they sold out of tickets

Old Business:

- Voted Lynn in as Institutions person. Debbie motioned. Julie 2nd. Passed. Hooray!
- Still need a Round Robin Chair-Please take it to your meetings.
- Board review of budget still in process will present in June

New Business:

- Reading of revised bylaws
 - please take back to your meetings and be ready to vote on them at the next meeting

Closed with the declaration

Meeting Adjourned 8:37

Love in Service!

Kari

Stand in Secretary

Celebrating 60 Years!

Southern California AA Convention

with AL-ANON & ALATEEN participation

September 30th – Oct 2nd, 2011

**Luncheon Speaker
Fashion Show
Past-Chair Panel**



**WESTIN® Mission Hills
Resort & Spa
Rancho Mirage, CA
(Palm Springs area)**

**Book now
special convention
rate of \$110!**

Kids Club available

www.aasocal.com

What's going on in our District 12?

My time is almost up! Yea soon I will longer be the Drrrrrrrr! This is my last year being your District Representative. Wow time passes and so much has happened and so much more to come before I step down. Looking forward to it.

At our District meeting we had a workshop on what to expect at the Southern California World Service Assembly (SCWS). A lot was discussed but most agreed that when we go with other AI-Anons we have a meeting in the car going down and meeting coming back from the Assembly. I sure enjoy those road trips with other AI-Anon's. The Assembly Is an all day event that happens twice a year once in May and once in November. It can be tiresome but there is always something new to learn.

District 12 Public Outreach is busy working with the AI-Anon Information Service Public Outreach. Cooperating with Professional Community was dramatically increased contacts to send info about AI-Anon to the Professional Community. Go Lisa and Julie CPC! Our Public Information reminded us that we could give the Magazine "AI-Anon Faces Alcoholism" AFA to the newcomer since the newcomer is still the public until they decide to join AI-Anon. PI also encourages meetings to order AFA Magazines. District ordered Alateen awareness place cards for GR's to give to their meetings. AI-Anon is getting out there that we do exist! Institutions brought back vital information from the H & I conference in how to get into some of these intuitions, Persistence and a lot of patients. That sounds familiar in my disease.

District is still in the talks of holding an Alateen workshop, which it might not happen until next year.

Southern California World Service Assembly in May was a journey. To beautiful Downtown Glendale. The Assembly moved to Glendale, which is much closer to us. The new facility has its plusses and minuses of course. Pluses are it is closer and parking is better. Have a power point projector that is wonderful. The SCWS board is higher on a stage that helps us to be able to see them all. The minuses are the tables are long instead of rounds. Take some time getting use to and they are

working out the sound system. Change is hard but over all I like it very much.

At the assembly we learned that there are 1032 registered meetings of which only 591 registered Group Representatives. Of the 591 over 200 attend the assembly. District 12 in Ventura has 55 meetings with 25 registered GR's and an average of 11 GR's attend the assembly.

There was a special elections held to vote in a replacement for our Alt-Delegate. Proud to say that a member from our District stood toe to toe with another person and two votes were taken and both fell short of gaining the majority which both names were placed in a hat and one name was picked. Pat H. is our new Alt. Delegate. Our Delegate informed us of the book AI-Anon "How it Works" has been revised and is a paper back for a reduced price around 5 bucks. She encourages meetings to obtain this book and have it available to the newcomer and if meeting wishes too, it can be given to the newcomer.

I attended the KBDM knowledge base Decision Making hot topic and learned a better way to have a group conscience.

There is a lot of information given out at the SCWS Assemble and I can become overwhelmed but I always walk away with more insight than I did walking in. Helps my program.

Our Delegate Sandie E. will be speaking at District 12 meeting coming up in July. Please come and hear our Delegate she will be talking about service. Also District 12 is working hard on putting on the AI-Anon 60th Celebration. Actually the committee formed is working hard on the event. The dates are still being worked out but it will be in either September or October. Stay tuned for more information.

Thanks for letting me be of service

Mike M
DR 12

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

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

July 9, 2011: District 12 Meeting.
St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

July 9, 2011: 25th Year Anniversary Potluck for Saturday Morning Camarillo Meeting. Mount Cross Lutheran Church, 102 Camino Esplendido, Camarillo. 10 a.m. meeting; 11 a.m. potluck.

July 21, 2011: Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

July 22-24 2011: 19th Annual Santa Paula Pig Roast at Lake Casitas. Contact Annie D. (805) 984-2786 or Alice F. (805) 276-0718. Registration flyer available at www.alanonventura.org/calendar.htm

August 18, 2011: Ventura County Intergroup General Meeting, 7:30 p.m., First Baptist Church, 1501 Temple Avenue, Camarillo

September 2 - 4, 2011: Ventura County AA Convention with Al-Anon and Alateen Participation. Westlake Hyatt, Westlake. Check out the website. <http://www.vcaac.org/>

September 30 – October 2, 2011: 60th Southern California AA Convention with Al-Anon Participation. Westin Mission Hills Resort & Spa, Rancho Mirage. Check out the website. <http://www.aasocal.com/>

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 ♪♪♪

July 2011

Chris W - '03 (8 yrs)
Elizabeth - '03 (8 yrs)
Dorothy - '03 (8 yrs)

August 2011

Marley P - '94 (17 yrs)

Happy Birthday!

♪♪♪ Dear Al-Anons ♪♪♪

July 2011

Adele - '03 (8 yrs)
Anton C - '93 (8 yrs)
Debbie B - '92 (19 yrs)
Deirdre D. - '99 (11 yrs)
Helen B - '02 (9 yrs)
John W - '02 (9 yrs)
Karen B - '01 – (10 yrs)
Kathy W - '94 (17 yrs)
Pam W - '98 (13 yrs)
Sherrice W - '02 (9 yrs)
Susan G - '88 (23 yrs)

August 2011

Adie C - '88 (23 yrs)
Angie '03 - (8 yrs)
Barbara O - '84 (27 yrs)
Chris L - '88 (23 yrs)
Jemma W - '98 (23 yrs)
Jill W - '98 (13 yrs)
Laura S - '92 (19 yrs)
Michelle I - '95 (16 yrs)
Robin '03 - (8 yrs)
Sandy C - '99 (12 yrs)
Sandy L - '95 (16 yrs)
Tracy L - '88 (23 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.
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.



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 SELF-CARE

How do you handle this in everyday life? How does program help?

Please share on this topic.

The Deadline for the
September/ October 2011 edition
is **Friday, July 1, 2011.**

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

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