

# The Intergroup Scoop

## Ventura County Al-Anon Information Services Newsletter

Published by the Ventura County Al-ANON/Alateen Family groups



July 2021 to August 2021

### MESSAGE FROM YOUR CHAIR

#### Inside the July 2021/August 2021 Change, Change, Change

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Although I'm well aware that David Bowie lyrics are NOT Conference Approved Literature, I do sorta wish that *Turn and Face the Strange Changes* was a slogan. As in, change is a-comin', always, and there's not much I can do but take it all head-on.

Change has been the Number One theme of my life over the past several years, accelerating at an even faster rate over the past several months. Some of it has been gloriously beautiful, some horrifically painful, and most of it a messy combination of the two.

How does Program help me to be a somewhat successful charioteer behind these mad horses of apocalyptic change? Well, for one thing, I'm learning to see my life as a long game (hopefully, anyway) rather than as a succession of skirmishes to be won at any cost. Emotional sobriety asks me to lay aside my ego and embrace the rigorous discipline of constant self-study. I need to ask the tough *Why?* questions of myself, not of other people or of the world. I can't control who or what comes or goes. But I am learning to be honest, and honesty though not always easy is truly a superpower. As is the ability to know what battles are worth winning or even fighting at all. And to know what hill I'm prepared to die on - and when I operate from a place of emotional maturity, I realize that there are truly few of those.

The greatest gift of my recovery is the realization that in the face of change, I have learned to choose growth, even if it means I sometimes have to wait on the ease, balance and grace. Strange changes, indeed.

Love in Service,

Your Chair Dani  
Dani F.

### Your 2021 Service Board

Chair	Dani F.
Co-Chair	Newt G.
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Archivist	Toni R.
Alateen Coordinator	Jimalee
Alateen Rep	OPEN
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	<a href="http://www.alanonventura.org">www.alanonventura.org</a>
	<a href="mailto:VenturaAlanon@gmail.com">VenturaAlanon@gmail.com</a>
Scoop Editor	Lila B.
	<a href="mailto:VCScoop@gmail.com">VCScoop@gmail.com</a>
<b>Institutions</b>	Michele S.

## Change, Change and More Change



### CHANGING MYSELF, NOT MY SON

*"Thinking back to my first Al-Anon meetings, I remember how hard I tried to change my teenage son who had become addicted to drugs and alcohol. I can recall how hard I tried to "fix" him. I tried all kinds of tactics—manipulation, threats, and control. Actually, I became really good at these things—but nothing worked.*

*As I went to Al-Anon meetings, I learned that I can't change another person. I can only change myself. That's when the healing began.*

*My son suffered the consequences of his behavior: treatment, jail, and treatment again, this time with success. This all happened after I stopped trying to change him and just concentrated on changing myself.*

*A few days ago, I found out that my 24-year-old grandson is drinking heavily. I told my daughter that she has done all the right things. She had offered a helping hand, but that this is no longer her problem—it's her son's problem and she can't change him. Before Al-Anon, I would have been a basket case upon hearing about my grandson, but because of Al-Anon I'm okay." Lee E., Minnesota, [The Forum](#) March 2017 Reprinted with permission of [The Forum](#), Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.*

### THE RED BIKE - CHANGING MY PEOPLE-PLEASING BEHAVIORS

*"Recently I purchased a vintage red bike at an estate sale. I smiled when I first saw it. It felt right. The first time I rode it, I realized how far I have come in Al-Anon. I had finally purchased the bike I wanted, instead of letting others make the choice for me.*

*As a child of an alcoholic, I learned to ignore my own needs. I tried to do whatever my alcoholic mother wanted in hopes of ending the chaos in our household. I lost my self-esteem as I continued to please others and say yes to others, rather than following my own instincts and values.*

*This continued into my marriage when my husband decided to purchase bicycles for us. I let him make the decision for me and was never comfortable on that first bicycle, even though I wanted so much to enjoy the outdoors on a bike. The one he chose was complicated and uncomfortable and was not right for me. Later, we purchased some trail bikes, and again I let him make the decision in order to avoid conflict or disapproval. I was unhappy in the tight, confining biking clothes and did not enjoy that second bicycle, either.*

*I am so grateful to Al-Anon for helping me change my people-pleasing behaviors. By attending meetings and working the Steps with a Sponsor, I have gotten to know myself and am learning to make choices that match my desires, instead of the desires of others. I can now risk their disapproval in order to please myself. Today when I ride my red bike, I can smile and be happy, knowing that I have gained the courage to be myself." By Laura D., California, [The Forum](#), November 2017 Reprinted with permission of [The Forum](#), Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.*

### ALATEEN ON CHANGE

*"Before I came to Alateen, I was very insecure and I had very little self-esteem. I was so worried about what everybody else thought about me. I was afraid of making a bad impression. I was very young when I came to Alateen. I didn't know about Alateen or about alcoholism. It was very hard for me to share because I was too shy. It was hard making friends with other Alateen members. Later on, I started coming more because my mom said it could really help me. The more I kept coming, the more I started getting connected to Alateen. Now, I've been in Alateen for seven years and I am very grateful. Alateen has helped me express my emotions better and take care of myself physically. Alateen has helped me to control my anger. Before, if I couldn't get things to go my way, I would yell, get very impatient, and be overwhelmingly angry. Now, I am at peace and happy. I want to thank God for putting Alateen in my life." By Ileana, [Alateen Blog](#), WSO Alateen Family Groups 2021*

# July/August 2021

## ACRONYMS TO LIVE BY

**HOPE:** Happy. Our. Program. Exists.

**HALT:** Hungry. Angry. Lonely. Tired.

**FEAR:** False. Evidence. Appearing. Real.

**DETACH:** Don't. Even. Think. About. Changing. Him/Her.

**THINK:** Thoughtful. Honest. Intelligent. Necessary. Kind.

**STEPS:** Solutions. To. Every. Problem.

**NUTS:** Not. Using. The. Steps.

**QTIP:** Quit. Taking. It. Personally.

**LOVE:** Let. Others. Voluntarily. Evolve.

**GOD:** Good. Orderly. Direction. (thanks Deidre)

**FINE:** Freaked-out. Insecure. Neurotic. Emotional.

SOUTHERN CALIFORNIA  
ALANON WORLD SERVICE

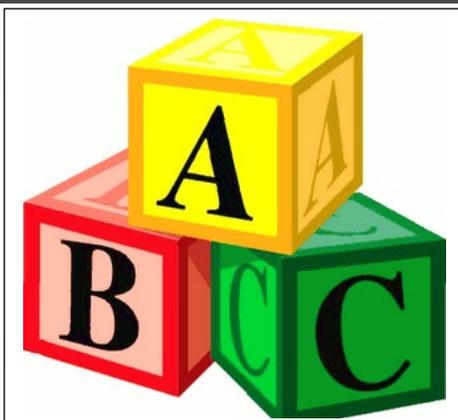
PRESENTS:

REASONING THINGS OUT:  
IN-PERSON, ELECTRONIC AND  
HYBRID MEETINGS

This informational and lively  
Zoom meeting was held last  
Saturday from 10-1pm. It was  
free and all were welcomed. I  
have attached the link to the  
PowerPoint Presentation from  
the Meeting

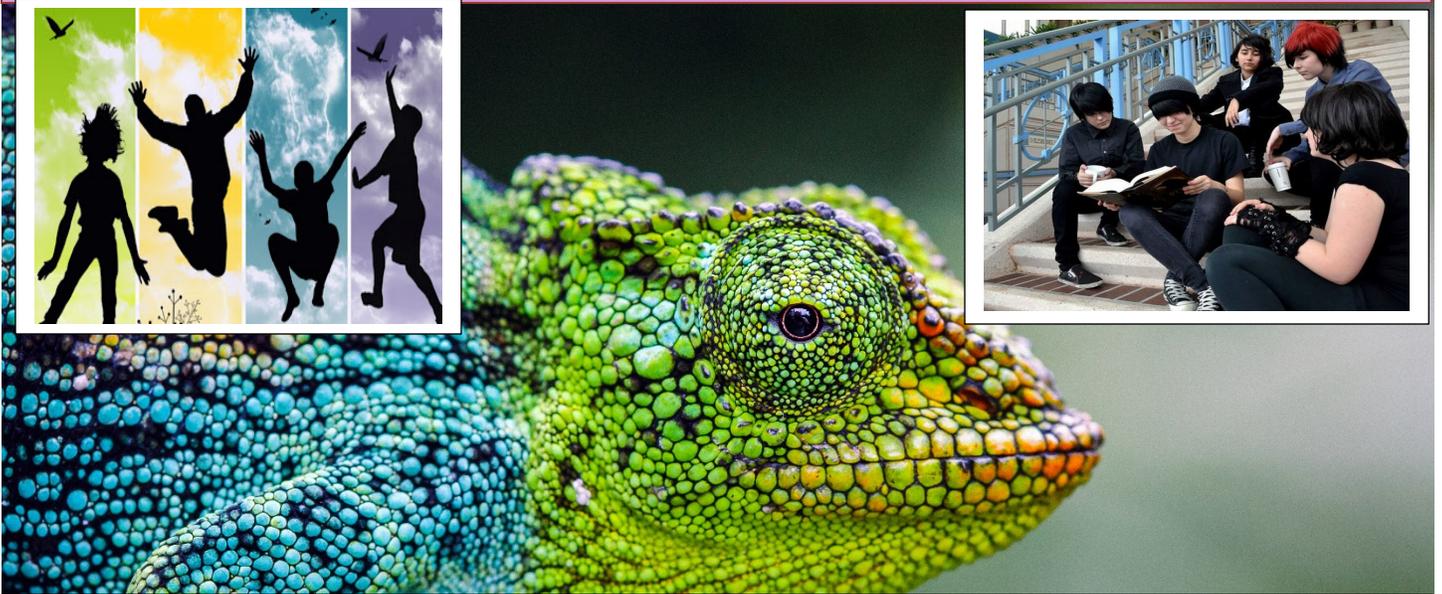
<https://www.scws-alanon.org/wp-content/uploads/2021/06/SCWS-Post-Workshop-Presentation6-26-21.pdf>

Please review the contents of the PowerPoint presentation within your individual AI-Anon meetings, discuss, reason things out and then have a Group Conscious to vote the hearts and minds of your members. (Don't forget to record and send in the changes (if any) on the VCAIS and So Cal WSO Websites). We want new and current members able to find us. Your group Secretary or group service rep will know how to accomplish the change. You can also email me with your contact info and I point you in the right direction. Lila B at [VCScoop@gmail.com](mailto:VCScoop@gmail.com)



About Alanon





## ALATEEN

### Changed Attitudes

Before I came to Alateen my attitude was sassy and grumpy. But when I went to Alateen I started changing my attitude. The program tools I've been using so far are the slogans "Easy does it" and "Live and let live." If I would never change my attitude I couldn't probably have 20 friends. Excerpt from Alateen Talk excerpts from Volume 54 Numbers 3 and 4 al-anon.org. 2017 Reprinted with permission of Alateen Talk, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

### In Alateen young people come together to

- *share experience, strength and hope with each other discuss their difficulties*
- *encourage one another*
- *help each other understand the principles of the Al-Anon program*
- *earn how to use the Twelve Steps and Alateen's Twelve Traditions*

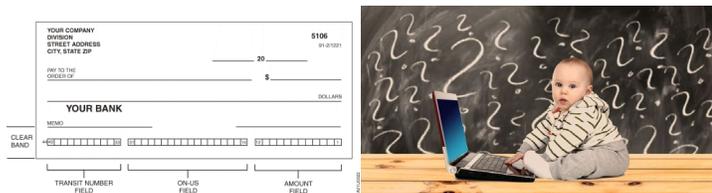
### What Alateen members learn

- *compulsive drinking is a disease.*
- *they can detach themselves emotionally from the drinker's problems while continuing to love the person.*
- *they are not the cause of anyone else's drinking or behavior.*
- *they cannot change or control anyone but themselves.*
- *they have spiritual and intellectual resources with which to develop their own potentials, no matter what happens at home.*
- *they can build satisfying and rewarding life experiences for themselves*

## SEVENTH TRADITION AL-ANON FAMILY GROUPS WORLD SERVICE ORGANIZATION

Please continue to generously support Al-Anon Family Groups and World Service Organization (WSO). The 2020 deficit was projected at \$1.6 million dollars. Please consider giving back for all of the many blessings Alanon has given you and your family.

**Mail:** Checks or money orders made payable to AFG Inc to: AFG Inc.



1600 Corporate Landing Parkway  
Virginia Beach, VA 23454 or contribute online at  
<https://al-anon.org/contributions/member/>

## Seventh Tradition Ventura County AIS

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

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of Al-Anon service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but all service levels remain self-supporting. This keeps Al-Anon free of outside influences that might divert us from our primary purpose of supporting families and friends of alcoholics.

In keeping with Al-Anon's Tradition Seven, Al-Anon is self-supporting, accepting contributions only from Al-Anon members and declining outside contributions.

Due to the current COVID-19 pandemic, we are now accepting 7th Tradition contributions for Ventura County AIS 'virtually'. Your 7th Tradition contributions can be made thru either, Zelle or Venmo mobile payment apps. Please make your payment to username:

[vcaistreasurer@gmail.com](mailto:vcaistreasurer@gmail.com).

Be sure to type: **7th Tradition** in the '**What's it for**' area below the username.

Please continue to support your local meeting, Ventura County Al-Anon Family Groups by monetary donations or purchasing Conference Approved literature.

Ventura County Al-Anon 24 Hrs.  
805-253-7188

Ventura County Al-Anon Family Groups  
Post Office Box 728  
Camarillo, CA 93011-0728  
[venturaalanon@gmail.com](mailto:venturaalanon@gmail.com)



Let  
it  
Begin  
with  
Me...



## Step Seven

"I knew I was starting to love and accept myself when I noticed that my inner critic's harsh voice had softened. I realized I had come to accept all of me – all the good and all the not-so-good parts. I was treating myself with dignity and respect by acknowledging that I had value as a human being and as a Child of God. I was experiencing true humility and now had the ability to have heartfelt compassion for others. I read somewhere that humility is sometimes defined as 'being teachable.'

From participating in Program meetings and sharing with my Sponsors, I learned that anyone can teach me a lesson if I stay open and willing to receive it. Step Seven strengthens me to ask my Higher Power to remove my defects of character.

In the Program meetings, I am free of social pressures because of anonymity. The Program members do not judge or criticize other members. When I accept and respect myself "as is," I find it easy to be humble. I realize that now my dignity is derived from the hard work of self-control, poise and listening more and talking less. The Twelve Step Program principles helped me understand that I deserve to give myself respect, recognition and reward and not to expect it from others. For years, I emotionally bashed myself with guilt and shame and I had to work on treating myself kindly and with compassion. Over the years, I am happy to declare that I enjoy my own company now and I treat myself like I would a dear friend. I use my natural strengths to the best of my ability each day and when I make a mistake, I have an easier time of "letting it go" and I remind myself that even former CEO's make mistakes – it happens. When I do catch my inner critic prompting me with a demeaning negative thought, I pause, and think, "I'm only human and I do my best every work day." **By Cathy M. August 2020, shared from Al-Anon.org Blog**



### SEVENTH STEP PRAYER

Higher Power, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your

*This edition of the Scoop also highlights*

## Steps Seven & Eight

**Step Seven:** Humbly asked Him to remove our shortcomings.

**Step Eight:** Made a list of all persons we had harmed and became willing to make amends to them all.

## Step Eight

*"My life has changed as a result of taking the Eighth Step. I now feel comfortable around everyone I know. I have been able to put aside differences and extend unconditional love. How could that hurt? I used to be afraid to let go of resentments and afraid of people. I perceived, wrongly, that if I did let go (put down my walls) I would continue to be hurt or even be hurt in worse ways. I have learned, through sometimes painful work, that in all cases the emotional pain I have felt was my choice. I could feel sorry for myself, blame others and not take my own responsibility – it was the easy way out, until I realized how sick I was feeling.*

*Through the previous seven Steps, I realized my defects, sorted out the uselessness of blaming others and began to take responsibility. I forgave others when I realized that it was not my responsibility in life to be the judge of others. I secretly believe that if I treat others fairly, they may treat me, in turn, with respect. I learned compassion and acceptance for myself and others in Al-Anon. My mind can rest now. "*

**By Marilyn M, Sept 2021, shared from Alanon.org Blog**



### Eighth Step Prayer

Higher Power,  
I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

## 7th Tradition

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

## 8th Tradition

Alanon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

# News & Announcements

## July/August 2021

### District 12

Agoura Hills/ Camarillo/ Fillmore/ Newbury Park/ Oak View/ Ojai/  
Oxnard/ Santa Paula/ Simi Valley/ Thousand Oaks/ Ventura/  
Westlake Village

EMAIL: [District12DR@gmail.com](mailto:District12DR@gmail.com)

We look forward to Si-Si, our District 12 representative's strength, hope and experience to help fill this section, along with upcoming events and announcements. Thank you for your service Si-Si!

#### CALLING ALANON VOLUNTEERS WITH A HEART FOR SERVICE

We still need an Alateen Representative and a Round Robin Coordinator so if you are interested, talk to your HP, make a commitment to service and please contact Dani F. at [dani1264@aol.com](mailto:dani1264@aol.com) for further details.

Reminding us of service, our Alanon Declaration:  
**Let it Begin with Me**

When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and ---Let it Begin we me.

**Don't be hesitant...part of your recovery in the program is Service! Help out your home group(s), volunteer to lead, read, make phone calls or just show up! Don't forget the support of the Al-Anon 7<sup>th</sup> Tradition, locally, county or worldwide**

#### SUPPORT YOUR LOCAL MEETING CORNER

This corner of the Scoop is dedicated to support wonderful and informative Al-Anon meetings who are struggling for more members to attend. Please reach out to these meetings and show them some Alanon Love! If you would like to highlight your meeting in this corner, please contact Lila B at [VCScoop@gmail.com](mailto:VCScoop@gmail.com)



**SUNDAY RECOVERY BY THE SEA MEETING**  
Join us on Sundays from 2-3pm for fellowship!  
All are welcome - speaker on last Sunday of the month

Meeting is currently on Zoom only:  
Meeting ID: 805 805 0411  
Password: recovery  
Questions? Contact us at [recoverybythesea20@gmail.com](mailto:recoverybythesea20@gmail.com)



Have some NEWS you want to share about your meeting?

- Did you have a new zoom ID or password?
- Do you need more attendance?
- Did something cool happen??? (That isn't breaking anyone's anonymity, of course.)

Take a group conscience and, if the answer is yes, Send us a blurb!

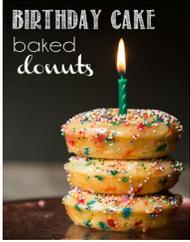
Email for Scoop submissions  
[VCScoop@gmail.com](mailto:VCScoop@gmail.com)



Let's grow a Virtual Round Robin movement in Ventura County Al-Anon!!!!!!



Al-Anon and Alateen Birthdays



# Happy Birthday!

**Note:** The Birthday list was last updated in 2019, so please be patient as the list is updated going forward. Thank you, Lila B. Scoop Editor. Please send your corrections to [VCScoop@gmail.com](mailto:VCScoop@gmail.com)

<i>July 2021 Al-Anon Birthdays</i>		<i>August 2021 Al-Anon Birthdays</i>	
Who's Birthday	Years Celebrating	Who's Birthday	Years Celebrating
Adele	16	Adie C.	33
Anton C.	28	Angie	19
Debbie B.	29	Barbara O.	37
Deirdre D.	22	Chris L.	33
Helen B.	19	Jemma W.	23
John W.	19	Jill W.	23
Karen B.	20	Laura S.	29
Kathy W.	27	Michelle I.	26
Nancy K.	12	Robin	16
Pam W.	23	Sandy C.	22
Sherrice W.	12	Sandy L.	26
Susan G.	33	Tracy L.	33
		Crystal H.	12



Happy Birthday to You ....  
Happy Birthday to you...  
and many many more  
🎵

**ATTENTION LEGACY ALANON MEMBERS (aka Oldtimers) MEETING ISR'S AND GROUP REPS**

Please help out our Al-Anon Family Groups and newcomers by looking at the Birthday lists each month and letting us know who should be removed. I am also investigating doing a Memorial Column to Honor Alanon members who have left this Earth and joined an Al-Alanon Roundup somewhere....You can email me at [VCScoop@gmail.com](mailto:VCScoop@gmail.com) or [lila@spikedog.com](mailto:lila@spikedog.com)

# July/August 2021

## Calendar

### change /CHānj/

#### verb

1. make someone or some-thing different; alter or modify.  
"both parties voted against proposals to change the law"
2. replace (something) with something else, especially something of the same kind that is newer or better; substitute one thing for (another).  
"she decided to change her name"

#### noun

1. the act or instance of making or becoming different.  
"the change from a nomadic to an agricultural society"
2. coins as opposed to paper currency.  
"a handful of loose change"

Oxford Languages  
online



With the Worldwide Pandemic, we all know that Alanon Calendar events are limited everywhere as are in-person meetings. Let's support our local Al-Anon groups and send in appropriate local calendar items for the September and October Scoop Newsletter. Please send in calendar items to [VCScoop@gmail.com](mailto:VCScoop@gmail.com) by August 15, 2021

For additional Events and Info, go to:

[www.scws-al-anon.org](http://www.scws-al-anon.org)

Or <http://alanonventura.org/>



Sunday July 4 and Sunday July 11, 2021

@ 11:00 am - 12:00 pm In person

### LGBTQ Al-Anon

Community Resource Center - Community Room

2471 Portola Road, Suite 100, Ventura

Sundays at 11AM

Southern California AA Convention with  
Al-Anon Participation

**"We Overcome In 2021"**

**-FUNDRAISER-**

August 7<sup>th</sup> 2021

Pre show with Ways n Means  
And Raffles at 5:30pm

**Program Starts: 6:00pm-9:30pm PST**

Featuring 3 Alateen Speakers  
AA Speaker: Wayne B. - Covina  
Al-Anon Speaker: Sarah M. - New York

Free On Zoom!  
Meeting ID: 953 0308 8016  
Passcode: SCAAC21

**DONATIONS ACCEPTED!**

  
venmo

VENMO: @Cheryl-Young-168

FREE on Zoom

Meeting ID 953-0308-8016 Password SCAAC21

6:00 PM thru 9:30 PM

July/August 2021

## Alateen News

\*\*\*\*\* ALATEENS / SPONSORS \*\*\*\*\*

This is your new page! Please submit articles. Your experience, strength and hope. An "Aha" moment that you have had! Your voice matters! [VCScoop@gmail.com](mailto:VCScoop@gmail.com)

### Try an Alateen Electronic Meeting in the Al-Anon Family Groups Mobile App

Alateen meetings in the Mobile App are for young people aged 13 to 18 who have been affected by someone else's drinking. We are invited to share experience, strength, and hope with other teens.

Alateen meetings in the Mobile App are moderated. The meetings are available only to Alateens and take place when the assigned adult Alateen Group Sponsors are present.. At this time, Electronic Alateen meetings can only be accessed in the Al-Anon Family Groups Mobile App.

Alateen Mobile App meeting times  
(meetings will be displayed in the Mobile App in your local time)

Sunday 9 pm ET  
Monday 6 pm ET  
Monday 10 pm ET  
Wednesday 7 pm ET  
Wednesday 9:30 pm ET  
Thursday 7:30 PM ET

Download the [Al-Anon Family Groups Mobile App](#) to attend electronic Alateen meetings. Click here for [step-by-step instructions](#)

**ALATEEN** is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

### PURPOSES OF ALATEEN

Young People Come Together To:

- Share experience, strength and hope with each other.
- Discuss their difficulties.
- Learn effective ways to cope with their problems.
- Encourage one another.
- Help each other understand the principles of the Al-Anon program.
- Learn how to use the [Twelve Steps](#) and [Alateen's Twelve Traditions](#).

### What is Alateen?

Alateen is a part of Al-Anon, it is a program of recovery for young people whose lives have been affected by someone else's drinking. Younger family members have suffered as we have and are desperately in need of a Twelve Step recovery in Alateen.

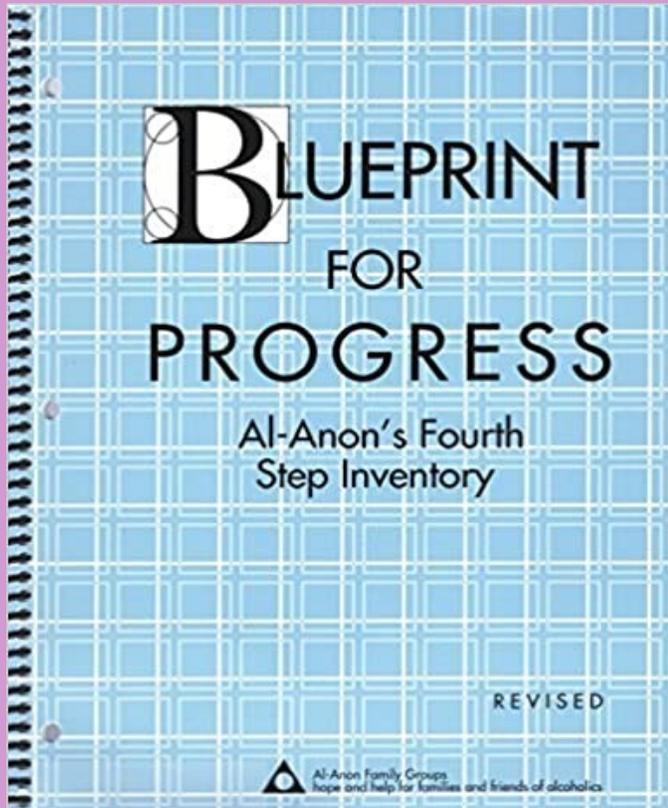
Alateen cannot Exist without Alateen Sponsors. Each Alateen group needs Sponsors, active adult members of Al-anon being of service. Are you looking for service work that's rewarding, loving and exciting? You must be 21 years of age and an active member of Al-Anon for 2 years and receive AMIAS (Al-Anon Member in Service to Alateen) training.

If you are interested in Alateen sponsorship, please contact our Ventura County Alateen Coordinator, Jimalee. [Jimalee13@aol.com](mailto:Jimalee13@aol.com)

**The Ventura County AIS Board is looking for an eager and qualified Alateen Representative to serve on the Board. Please contact Jimalee at [Jimalee13@gmail.com](mailto:Jimalee13@gmail.com) or Dani F. at [dani1264@aol.com](mailto:dani1264@aol.com) for details.**



July/August Featured Alanon Workbook



This revised and expanded workbook has a number of new topics including fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and 8 1/2 x 11, with room for writing answers. Three-hole punched, so it can fit inside a notebook. 96 pages.

**Reminder about Directories!**

Please **replace** the directories often to keep meeting schedules current especially in newcomer's packages. And remember to **shred** any old directories as you replace them, so that Al-Anon member information is kept confidential.

The Forum Magazine

Al-Anon's monthly magazine, *The Forum*, contains many personal stories of inspiration, some of which are made available each month on the Internet by authorization of Al-Anon Family Group Headquarters, Inc. [www.al-anon.alateen.org/the-forum-magazine](http://www.al-anon.alateen.org/the-forum-magazine)



**VENTURA COUNTY AIS LDC IS CELEBRATING ITS IN PERSON REOPENING FOR BUSINESS EFFECTIVE THURSDAY JULY 8AM . 10-2PM AND SUNDAY JULY 10 NOON TO 3PM**

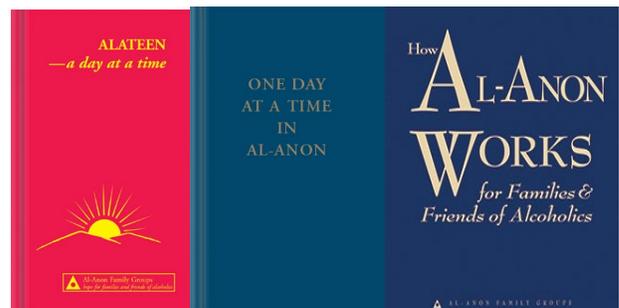
We are located at:  
505 Poli Street Room 308, Ventura CA  
Behind City Hall off of back parking lot, third floor  
**See our Flyer on Page 13!!**

You can still Email your literature request to:

[venturaalanonldc@gmail.com](mailto:venturaalanonldc@gmail.com)

*Please include* your NAME, PHONE NUMBER, and EMAIL ADDRESS in your message. We no longer Deliver...but you can pick up your order in person. Please note, at this time we are only accepting Checks and Money Orders. Thank you for supporting the Ventura County LDC!!

TRIED & TRUE BOOKS-



Want to be of service?

**LDC NEEDS volunteers !!!**

To Volunteer please email Ellie F [ejf1203@gmail.com](mailto:ejf1203@gmail.com) or email the LDC at [venturaalanonldc@gmail.com](mailto:venturaalanonldc@gmail.com)

## CHANGE CHANGE CHANGE

### I needed to change too.....

"I came to Al-Anon several years ago. Someone suggested that I attend meetings because I was being affected by someone I loved. At the time, I thought, when he gets better, I'll be okay. I went to my first meeting very scared because I didn't know what to expect. The chairperson was extremely loving and supportive while I shared why I was there. She listened to me cry and gave me hope that, for the first time in years, change was possible. I felt that if I could keep the focus on myself, learn the tools of the program, and apply them to my life, things could get better.

*Learning to share my feelings, be honest with myself and remain around like-minded people gave me the courage to implement new behaviors in my life. However, change took time. I had to adjust my attitudes and admit my powerlessness over my alcoholic loved one. I am happy to say that change has taken place for my children and me, and it has made all the difference in the world. I recognize now that it wasn't just the alcoholic who needed changing—I needed it as well." By Eileen F., New York, The Forum, December 2018*



**I AM  
ENOUGH  
I HAVE  
ENOUGH  
I DO  
ENOUGH  
FAST  
ENOUGH**

Words of Wisdom from an Al Anon Sponsor, shared by her Sponsee,

## From your editor...Greetings Readers

I come to you, faithful readers, as a trusted servant and a simple member of Alanon, who spent a whole year learning that service is not an onerous responsibility, something I was forced to do or had to do to make my Alanon family like me the most. Those were my old patterns. Editing for the VCScoop was something my Higher Power put in my path (by way of Julie H) to take the FOCUS off the alcoholic and put the focus on my recovery. Of course, I still grumble and complain once in a while (to my sponsor) that readership has not increased and that no one contributes articles even though they promised. Today I know that I can let go and let God and readership and contributions will come when it is time for them to be there.

I originally came to Alanon to change the Alcoholic, which we all know is FUTILE. What I found in Alanon was that the Change had to happen within ME. Here is how I have changed in three significant ways...

**Patience** – I have a lot more than I used to. I say the Serenity Prayer many times in a day and I Let go and Let God. It is progress not perfection, and it is no longer heavy on the perfection part.

**Compassion**- I see the Alcoholic in my life with new Glasses on. He is alcoholic and he will always be an alcoholic whether he is actively drinking or not. I now know he has a disease, just like cancer or AIDS and it is not the social disease that is whispered about in offices and parties and among family and friends. I now treat my alcoholic with kindness and love (some of the time and I am not perfect by a long shot).

**Detachment** – I have learned to detach with love most of the time. When I detach I change my focus to something for me.... I write in my journal or Scoop on my computer, I read my kindle, I call someone in the program or my sponsor, I plan an outing with Alanon Friends, I read my Alanon CAL literature...Let's not forget Internet Shopping and Baking (I am not sure those are positive detachment attributes but they help LOL).

Leonard Tolstoy said "Everyone thinks of changing the world, but no one ever thinks of changing himself." Change yourself my friends, have faith, work the program and stay cool as we go into the summer months. My thanks Jessica (Web Wonder) who waited patiently again for the final copy!

Yours in Service & Alanon Love  
Lila B. Editor

## Write for the Scoop!

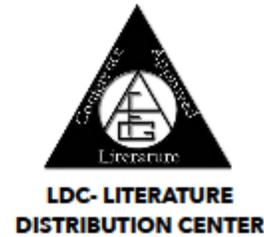
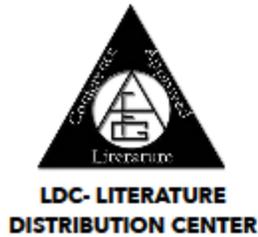
Share your personal experience, strength and hope in a short article...Let us know how Change worked in your life. **Remember, your experience may help someone in crisis!**

<mailto:vscoop@gmail.com?subject=Article for the Scoop>

## The next topic for September/October 2021 Scoop is Humility – The Unselved Process

"What does humility mean to me?' ... I learned that going to [Al-Anon] meetings on a consistent basis is an act of humility. I learned that refraining from correcting others and volunteering unsolicited suggestions are also acts of humility. I learned that working to surrender lifelong character defects is an act of humility. Further, I learned that just listening to others and allowing them to share their truth without interruption or judgment is an act of humility. I learned that having the courage to change and working to change for the better are acts of humility."

"My New Understanding of Humility," "The Forum," July 2019



**WE ARE RE-OPENING THE DOORS OF THE LDC.**

**FREE COPY** of One Day at a Time, 50th Anniversary limited edition, (\$20 value) with every book purchase while stocks last on the two reopening days.

**WHEN?**

**Thursday, July 8th from 10am - 2pm &  
Saturday, July 10th from Noon - 3pm**

**WHERE?**

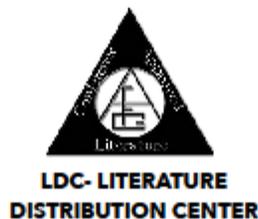
**505 Poli St. Room 308 Ventura, CA  
\*Behind City Hall  
off of back parking lot, 3rd floor**

**After the initial two opening days LDC will resume in-person sales on  
Thursdays from 10am -2pm and Saturdays from Noon - 3pm.**

**We will also continue to fill email orders online but the pick ups will be  
in person.**

**Deliveries out to the community cease on 6/30/21**

**ONLY ACCEPTING CASH AND CHECKS AT THIS TIME**



## Step 8: Broken Plate Mosaic Mirrors

**Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.**

In this creative project, like in this step, we sort through the damage of our past to assess where we have been at fault. We don't actually make any amends in this step, but we look at what amends may need to be made. This process helps us to gain a clearer image of ourselves, thus my inclusion of the mirror element to this creative project. I chose attractive or meaningful ceramics to break, which also reflects my love for the people who have made it onto my amends list.

Supplies needed:

ceramic plates you're willing to break (swing by your local thrift store to find cheap ceramics)

rags you're willing to throw away (old t-shirts, towels, reusable bags, etc)

hammer

tile nippers

mirror tiles

safety goggles

Weldbond glue

1. Lay rag or bag out on hard surface (you may want to use a piece of plywood if you don't have a hard surface you are willing to potential leave marks on).

2. Place your ceramic plate, face down on the rag or in the bag. Wrap the plate in the rag.

3. Put your goggles on.

4. Hammer the center of the plate.

5. Unfold the rag to view your shards.

6. If the pieces are still too large, you can hammer them again.

The first crack at it, didn't break it into small enough pieces, so I repositioned the pieces and took a second crack at it. For the smaller items, I felt through the fabric of the bag to find the best place to hammer. For plates, I found the rims along the bottom to be the most effective target.

7. To create even smaller pieces or more specific shapes, you may prefer to use the tile nippers. The tile nipper can be used to either break a large piece into smaller pieces or to nibble the edges of a small piece to create a specific shape.

8. Select your favorite shards for use in your mosaic.

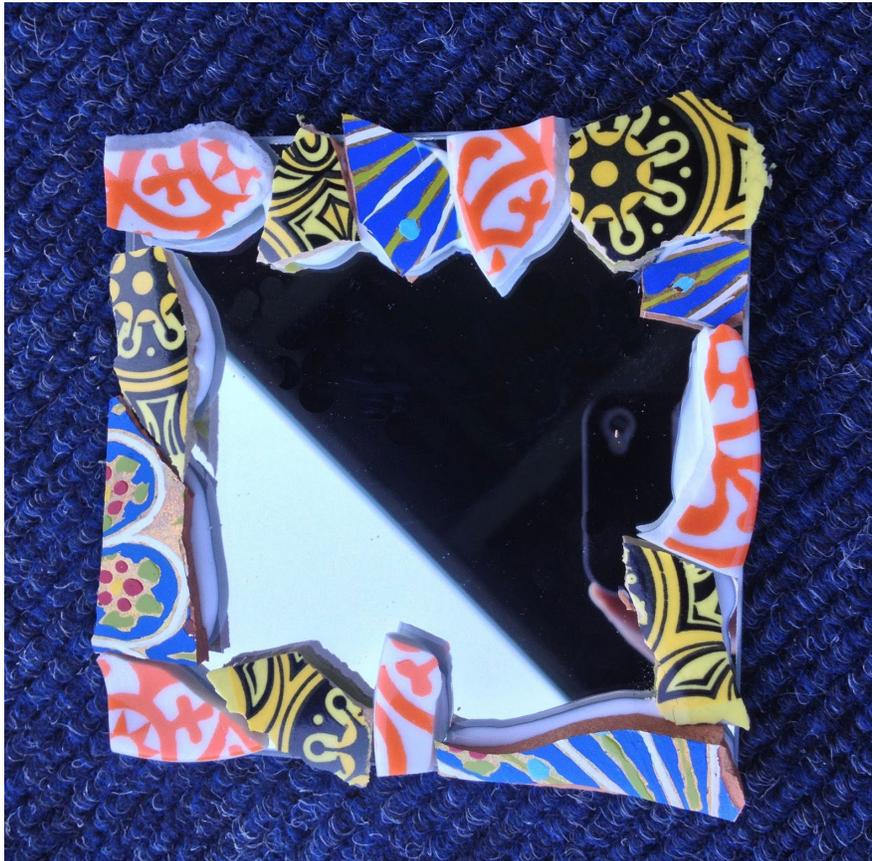
9. Lay your shards of ceramic on the beveled edge of the mirror tile. Use the tile nippers to shape them to fit together as best you can.

10. Once you have your pieces in place, lift one at a time and apply Weld-bond glue to affix in place. Apply glue to both the ceramic piece and the mirror and press together.

11. Allow to dry for one hour.

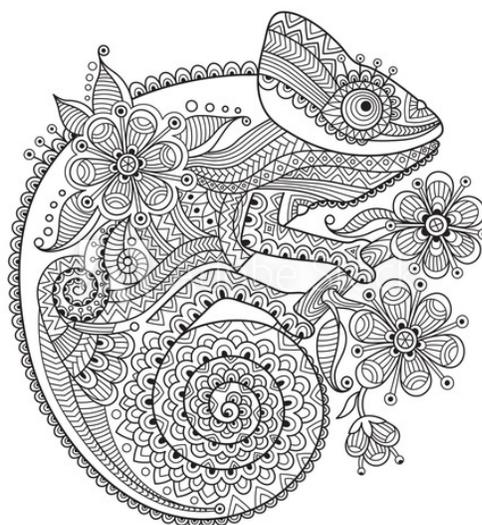
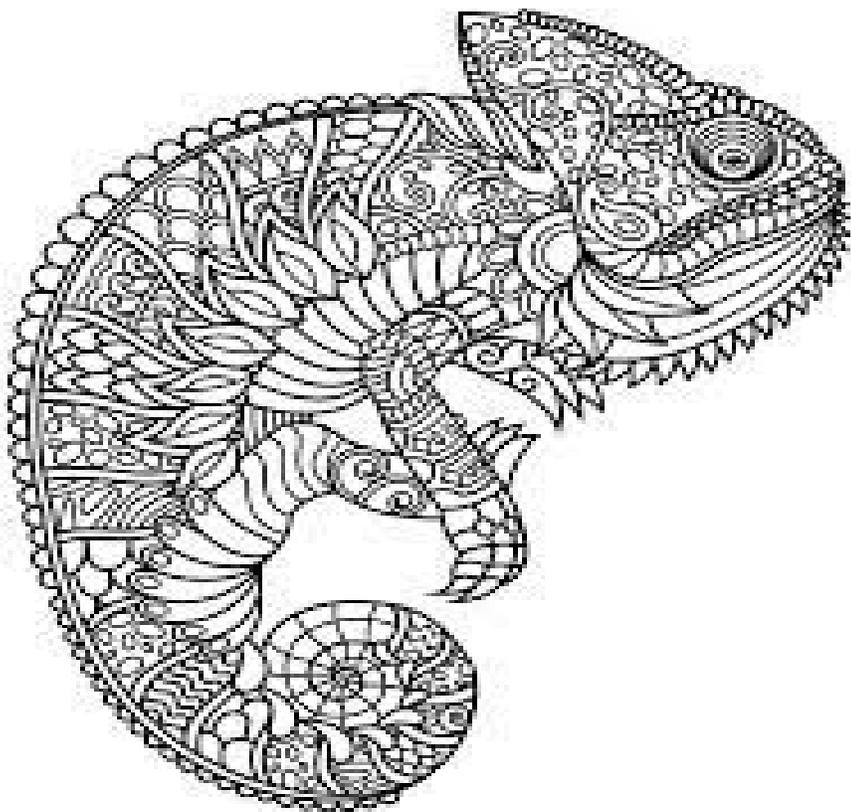
12. Throw away the rag or bag you used to collect the shards of ceramic. Given the potential for cutting yourself with these shards, I do not recommend reusing these items.

Here is what my final mirror mosaic looked like:

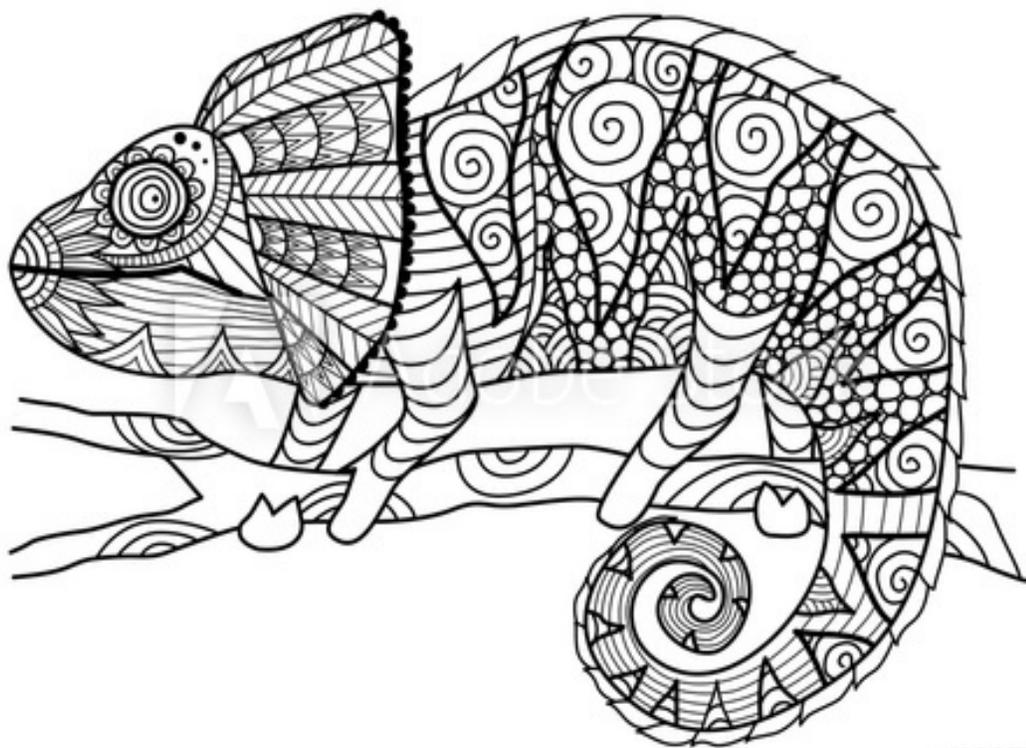


This art project was very powerful for me and led to a dream where I made an amends that I was not able to make to the live person whom I'd harmed. The dream was very healing. Just like the harms I have done have harmed others, they always also harm myself. Although I was nervous, breaking the pretty ceramics, I'm glad that I was able to turn the damage into something beautiful and in the process, develop a clearer reflection of myself - just like in practicing the 8th step! Posted by the 12 Step Creative Blog Through The 12 Steps, April 13, 2013

Chameleons are the Ultimate Change Artists. I do a lot of watercolor marker coloring when I need to get my mind off of things. (I knit like a 3 year old and my crocheting is not much better) So I included 3 to doodle on LIS LB



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