

# The Intergroup Scoop

## Ventura County Al-Anon Information Services Newsletter

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



September – October 2022

### MESSAGE FROM YOUR CHAIR

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Sept-Oct 2022  
VCScoop

#### DETACHMENT

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To be announced



### YOUR 2022 SERVICE BOARD

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Co-Chair	Vacant
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District 12 Rep	Si-Si
District 12 Alt Rep	Cindy P.
C.P.C.	Jason H.
Past Chair	Dani F.



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Archivist	Vacant
Alateen Coordinator	Anton C.
Alateen Rep	Vacant
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Institutions	Linda L.
Round Robin	Julie J.

## Detachment

*"Without detachment, I was imprisoned while my boyfriend was in jail"*

*I came to Al-Anon when my boyfriend was sent to jail. For the first time in my life I could not maintain the illusion of control.*

*It was devastating to me. I crawled on my knees into the rooms of Al-Anon. Looking back, I'm grateful that I came in that way. I grabbed the Al-Anon program and clung to it like a life raft. Doing so saved my life. I came to Al-Anon when my boyfriend was sent to jail. For the first time in my life I could not maintain the illusion of control.*

*When my boyfriend (whom I eventually married) was in jail, I put my life on hold as if I were in jail, too. I spent hours, months, and years waiting: waiting to get in to see him, waiting for him to call, waiting for him to get out so that my life could begin again, waiting for him to get sober so that we could make plans I could count on— waiting for the life I expected to finally appear.*

*Finally, I had an epiphany. I am addicted to problems—especially his. I always thought I was addicted to alcoholics, but it turns out that I am drawn to alcoholics because they are a reliable source of problems—problems with jobs, money, people, the law, or their health.*

*I don't believe that being attracted to problems is a bad thing in itself. I enjoy puzzles, mysteries, and conundrums. If there is a dilemma to be resolved, I'm happy to be a sounding board. But like any character trait, taking that attraction to the extreme quickly reveals its dark side. Put a problem in front of me and I might as well be an alcoholic in a dark bar with a fresh shot glowing up at him. I have a really hard time not picking it up and letting the problem consume me.*

*That insight gave me a new awareness of how the First Step could work in my life. I am powerless over other people's problems. As soon as I pick them up, my life is unmanageable. Based on that new understanding, I had a vision about how my addiction to problems actually works in my life.*

*In my vision, I see my husband standing in the center of a pair of train tracks. In the distance, a train is approaching. As the train gets closer, I become more agitated. I start with quiet warnings, "Look, honey, a train." That soon gives way to loud and increasingly insistent repetition until I am hysterically screaming at him, "A train, a train!" But he remains unconcerned, looking away, smiling as if at some private joke. Finally, the train is upon him. I can't stand it anymore, and in desperation, I throw myself in front of the train. I get flattened, and he saunters away untouched—again.*

*"This time, I let the train rush on by. As it passed me, I felt the wind on my face, felt it blow back my hair, and knew that I was where I was supposed to be—on the platform with my Higher Power, giving my loved one the dignity of dealing with his own train."*

*For years, I threw myself in front of that train, because I couldn't stand not to do it. I didn't know that I didn't have to do that. Finally, with Al-Anon's help, it became clear to me that I needed to step back and let the train hit him. After all, it is his train; I have trains of my own to deal with.*

*Last year, as a result of his disease, my husband had a major meltdown, broke the law, and ended up back in jail. This time, it was different. This time, I let the train rush on by. As it passed me, I felt the wind on my face, felt it blow back my hair, and knew that I was where I was supposed to be—on the platform with my Higher Power, giving my loved one the dignity of dealing with his own train.*

*It was very painful to watch that train take him down. But this time, I did not go to jail with my husband. I focused on my own life and found my own joy while he was exploring what I hope was his bottom. When I was tempted to intervene, to try and make things easier for him, or to try and experience his imprisonment for him or with him, I reminded myself that his choices brought him to jail—not mine.*

*Today, my husband has 15 months of sobriety in A.A. Was it because I finally found the strength and understanding to keep off his tracks? Who knows? What I do know is that without that crisis, and the opportunity it gave me to practice responding in a new way, I would not have learned this important lesson in detaching with love—enough love for myself, to keep me from jumping in front of other people's trains."*

By Lisa W., Pennsylvania  
The Forum, April 2010

Al-Anon's monthly magazine, The Forum, contains many personal stories of inspiration, some of which are made available each month on the Internet. This sharing was reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.



Perpetual Prayer

**SERENITY PRAYER**  
God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. amen



# September - October 2022

## DETACHMENT

- D DETACH – with love not an axe
- E EVERYTHING – My HP is in charge of everything
- T TIME – It may take time to learn to detach without impunity
- A ADVERSE EFFECTS – separating ourselves from the adverse effects of another person's alcoholism
- C COVER UP – don't cover up for another's mistakes or misdeeds
- H HELP – never hesitate to ask for help on detachment from your sponsor or other Al-Anon member
- M MANIPULATION, MARTYRDOM, MOTHERING AND MANAGEMENT get in the way of detachment
- E EMOTIONAL – detach with love not in an emotional display of tears, threats and punishment you don't really mean
- N NOT – to create a crisis.
- T TREAT – treat yourself with love and kindness so you can Detach with the same

SPELL DETACHMENT IN YOUR LIFE AND POST IT ON YOUR FRIDGE OR BY YOUR COMPUTER

D \_\_\_\_\_

E \_\_\_\_\_

T \_\_\_\_\_

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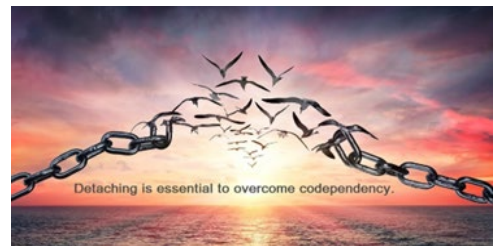
T \_\_\_\_\_



### Loving Detachment

I have learned that loving detachment includes having several outlets. For me it includes having many support systems in place. I've recently discovered how freeing and rewarding it is to share my feelings, frustrations and challenges with others. For years I was too embarrassed and ashamed of the situation to confide in anyone. Recently I realized (and took to heart) THE TRUTH WILL SET YOU FREE. I have discovered that I can detach from the situation by not engaging in irrational thinking or irrational arguing. I can detach from the situation by reaching to my higher power and finding confidence in me and my talents. I can and will focus my energies in positive thoughts and actions like journaling and reading.

For years I let the situation lead me instead of moving away from the situation. I recently realized that I may live with an alcoholic but I can choose to live in peace and accept that my job is not to fix the alcoholic rather it is to improve myself by gaining knowledge and wisdom. I realize detachment is a day by day journey. This road is not easy but with support it is possible. WSO Alanon Blog spot Jacqueline, Aug 2021



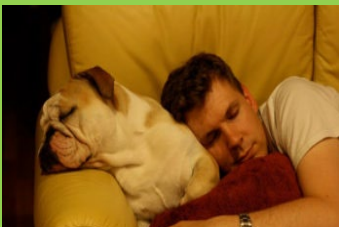
# September – October 2022 ALATEEN



## The Hope in Alateen

*No matter how difficult our situation, we can build a better life for ourselves by remembering to reach out for recovery. Just keep these points in mind:*

- *Alateen has helped many others. None of us is alone—many other teenagers have gone through the same problems that we have.*
- *Alcoholism affects the person who drinks and those who are close to the problem drinker.*
- *Learning the facts about alcoholism can make it easier to accept it as a disease.*
- *Another person's addiction to alcohol is no reflection on us. Remember that we didn't cause it and cannot control or cure it.*
- *We are not responsible for the alcoholic's behavior.*
- *It helps to talk things over with someone we trust.*
- *Being patient with ourselves and our families is important. Alcoholism has affected us and our families for a long time, and it may take a long time to recover.*
- *Try to improve, "One Day at a Time."*
- *Attend Alateen, Al-Anon, and open A.A. meetings.*
- *Study the Twelve Steps and Twelve Traditions. They are an important part of the Alateen program.*



**GOD CAN'T**

HAND YOU SOMETHING  
NEW UNTIL YOU ARE  
WILLING TO LET GO OF  
THE THINGS THAT ARE  
NOT GOOD FOR YOU.





## September - October 2022 - ALATEEN

*Love Yourself,  
Believe in Yourself...  
Find the Spirit Within  
And Your Dreams  
Will Come True!*



### 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)

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. <https://al-anon.org/newcomers/teen-corner-alateen/there-is-hope/>

#### Alateen Safety

The Alateen meetings in the Mobile App are administered by Al-Anon Family Group Headquarters, Inc., and hosted by Areas (states/provinces) in our U.S./Canada structure or recognized international General Service Offices. These meetings are the only online Alateen meetings eligible to use the Alateen name. The Alateen meetings in the Mobile App are available in English only at this time.

Teens aged 13 to 18 can download the AFG Mobile App to attend Alateen meetings.

Once in the meeting room, the teen can change the screen name to the name they want used in order to be recognized by other Alateens and the Sponsors.

Once the Mobile App is downloaded, teens can access all features in the Mobile App as well as all Alateen and Al-Anon meetings. The Mobile App can be downloaded in English, Spanish or French but the Alateen meetings are only available in English at this time.

At least two Alateen Group Sponsors are present for each meeting.

**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.

## **ALATEEN MEMBERS LEARN:**

- Alcoholism 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.

## **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.

**Ventura County AIS Board has found a dedicated and qualified Alateen Coordinator to serve on the Board. Please give a hearty welcome to Anton C. who joined the Board in service on April 17<sup>th</sup>. The Alateens of Ventura County welcome you Anton and thank you for your service.**

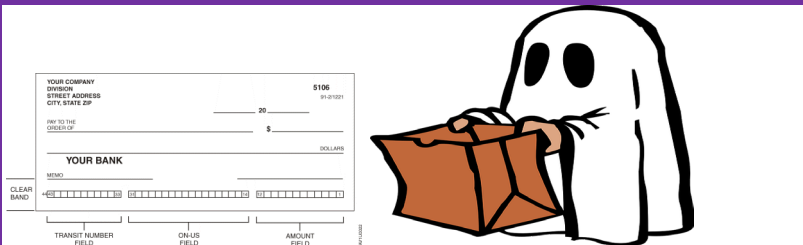


# September - October 2022

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

Please continue to generously support Al-Anon Family Groups and World Service Organization (WSO). Consider giving back to one of the branches of Alanon for all the many blessings Alanon has given you and your family. See the special appeal letter on the next page

**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 through 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** and the name of your home group 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)



MONEY SAYS: EARN ME,  
FORGET EVERYTHING.  
TIME SAYS: FOLLOW ME,  
FORGET EVERYTHING.  
FUTURE SAYS: STRUGGLE FOR  
ME, FORGET EVERYTHING.  
GOD SIMPLY SAYS: JUST  
REMEMBER ME. I'LL GIVE  
YOU EVERYTHING.

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)

Let  
it  
Begin  
with  
Me...



phone: 757.563.1600  
fax: 757.563.1656

al-anon.org  
wso@al-anon.org

Please read at a minimum of two successive meetings  
so that all members may have an opportunity to  
participate in the Seventh Tradition



### Special Appeal Letter – 2022

Greetings Al-Anon and Alateen members,

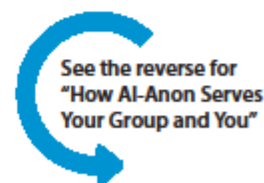
This letter is a special appeal to all Al-Anon and Alateen members. While the World Service Conference recently approved the WSO's 2022 annual budget, which projected a **-\$353,114** deficit, the deficit is already trending higher than projected, at **-\$325,749** as of April 30, 2022. Our contributions and literature sales are not meeting our planned budget.

The 2022 WSO operating budget continues to reflect the impact of the current pandemic on revenues. The WSO is committed to providing services in all areas to the fellowship by restoring staffing to pre-pandemic levels, which furthers the organization's mission and Strategic Plan. Without continued contributions and literature sales, we might need to reduce the services we provide. We really need your help. If every member purchases one book from the Al-Anon Online Store ([ecomm.al-anon.org](http://ecomm.al-anon.org)), from your group, or makes an additional individual contribution, we can significantly decrease our deficit.

Thank you for taking the time to consider how you can support our special appeal as we continue to honor our primary purpose of helping families and friends of alcoholics. We can't do it without you!

In gratitude,

Cindy M.  
Member  
AFG, Inc. Treasurer  
[treasurer@al-anon.org](mailto:treasurer@al-anon.org)



Contributions to Al-Anon Family Group Headquarters, Inc. or Al-Anon Family Group Headquarters (Canada) Inc. may qualify as a charitable deduction, but the WSO makes no judgment as to the specific deductibility of a contribution by any member.

The last annual financial report, filed with the New York State Department, may be inspected at State of New York, Office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271; upon written request to the Commonwealth of Virginia, Department of Agriculture and Consumer Services, Division of Consumer Protection, Office of Consumer Affairs, PO Box 1163, Richmond, Virginia 23218; or at [al-anon.org/members](http://al-anon.org/members).

Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617



# How Al-Anon Serves Your Group and You

## Programs

### Group Services

- Supports all registered Al-Anon Family Groups
- Maintains group, meeting, and trusted servant records
- Creates *Alateen Talk* quarterly newsletter
- Supports Inmate Correspondence Service
- Supports Alateen groups and encourages Al-Anon members to serve through their Area process
- Sends complimentary Conference Approved Literature (CAL) and other service materials
- Supports Al-Anon Information Service Centers (AISs)
- Supports trusted servants in their various roles and responsibilities
- Answers questions about group issues
- Approves Area Alateen Safety and Behavioral Requirements

### Public Outreach / Professionals

- Prepares and distributes *Al-Anon Faces Alcoholism (AFA)* magazine
- Sends complimentary materials to professionals
- Performs outreach to professionals

- Attends professional conferences to share the Al-Anon message
- Supports and encourages Areas, members, Al-Anon service arms, and service entities in public outreach efforts

### Literature

- Responds to correspondence about literature and *The Forum*
- Performs research to give the most thorough response to members' questions regarding CAL
- Processes requests to reprint CAL
- Prepares and edits CAL
- Plans, schedules, and conducts Literature Committee web conference calls
- Prepares and edits *The Forum*
- Provides leadership and support on the AFG Connects communities for *Forum* and Literature Coordinators and Area Newsletter Editors

### Conference

- Prepares program and staffs the World Service Conference (WSC)
- Prepares the *World Service Conference Summary* (P-46)
- Provides leadership and support for Delegates, Area Chairpersons, and

- District Representatives
- Responds to all communications regarding Delegate and Conference concerns
- Develops service tools to educate the membership on the Structure

### International

- Supports International structures
- Coordinates International Al-Anon General Services Meeting (IAGSM)
- Prepares *IAGSM Summary*
- Monitors and processes reprint permissions for the International community
- Coordinates the review of translations of CAL
- Supports the International Meeting Search on the al-anon.org website

### Other Program Services

- Participates in Area and International events
- Maintains the Archives
- Provides groups with registration dates
- Facilitates updates to the *Service Manual*
- Creates International Convention program

## Administration and Digital Communications

### Digital Communications

- Designs, builds, and maintains the website
- Builds and maintains the *Al-Anon Family Groups* Mobile App
- Creates content for and manages blogs, podcasts, and social media pages
- Supports Web and Public Outreach (PO) Coordinators
- Develops service-wide PO campaigns, including Public Service Announcements (PSAs), and collaborates with media

- Maintains *The Best of Public Outreach*
- Conducts internal research and collaborates with researchers
- Builds and distributes *In the Loop*
- Evaluates emerging technologies to determine benefits for AFG, Inc. and the fellowship

### Administration

- Answers the Toll-Free Meeting line in English, Spanish, and French
- Facilitates special projects and events, including Conference and International Conventions

- Maintains and defends copyrights and trademarks
- Coordinates Staff and World Service Office (WSO) Volunteers participation in International and Area events
- Oversees Staff implementation of the Board of Trustees' Strategic Plan
- Recruits, grows, and retains WSO Staff to support our primary purpose
- Grants permissions for service arms to post the Legacies on their websites
- Facilitates the WSO Volunteer application process to ensure consistency in candidate selection

## Finance & Operations

### Operations

- Designs *The Forum* and *AFA*; *In the Loop*; event programs, posters, and summaries; and CAL
- Translates, designs, and distributes *Le lien* and *Al-Anon y Alateen en acción* magazines
- Translates new and updated literature, WSO website pages, programs, Mobile App premium content, and other

- published materials
- Stocks literature inventory
- Maintains WSO building and grounds
- Maintains AFG Connects and the online store

### Finance & Customer Service

- Manages AFG, Inc. financial matters
- Receives and processes member contributions

- Processes and distributes literature orders for members, groups, and Literature Distribution Centers (LDCs)
- Receives and processes *The Forum* and Mobile App premium content subscriptions

UPDATED JUNE 2021

# September - October 2022

## Step Nine

"Step 9 was one of the most difficult things I have ever done. Even though the previous steps prepared me for making amends, I knew some people would not be receptive and that scared me. Thank God I had my sponsor to talk me through it. She helped me understand that I did not need to run out and make amends to everyone at the same time and that I could choose which people to start with based on my comfort level. So I started out with people in my life who had passed away. I wrote them letters and since they could not respond positively or negatively, it was easier to really take my time and say everything I needed to say without fear. With others, my higher power created unexpected opportunities for me to make my amends and I felt the guidance I needed. And with those who I was unable to find the words I needed, I chose to change my behavior towards them as my amends. I think those might've been the most effective amends in seeing results. The difference step 9 made in my life is enormous. I no longer carry the extremely heavy burden of guilt. I feel free. I know I can now move forward. Step 9 might be scary but the results are well worth it." Sandra 2021, Alanon Blog Spot November 2021

*This edition of the Scoop also highlights*

### STEP 9 & 10

Step 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."

## Step Ten

"Oh how I love Step 10, it reminds me of something I heard in a meeting. When I can look at this step with open heart and open eyes, I can begin to uncover, discover, & discard. Learning to look inward is a tough place to look, with the tools of the program and principles of Al-Anon, I now have recovery goggles to see my part so that I can continue to a personal inventory of my wrongs and swiftly do my part with others and take steps to make a change inward." Mary W. Alanon Blog Spot December 2021



Cats understand Detachment as no other.... They probably invented the technique and then perfected it..... and they do it with LOVE!



"Step Ten has been an important step to my recovery. Although I know it is something that benefits me greatly, I can easily get out of the habit of doing it. I soon realize it when my resentments and character defects slowly creep back in. I must continue to take daily inventory to keep the serenity that I have worked so hard for." Alanon Blog Spot Marie – August 2020

### Ninth Tradition

*"Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."*

### Tenth Tradition

*"The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy."*

# News & Announcements

## September - October 2022

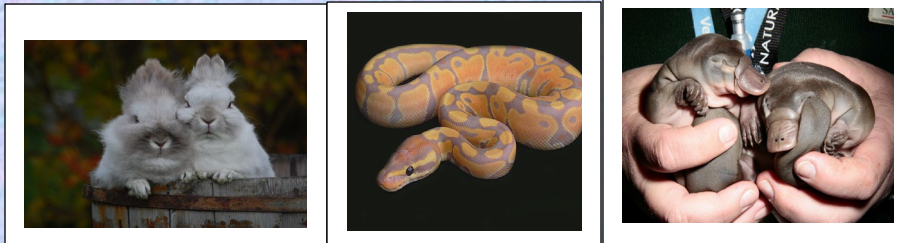
### District 12

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

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! Soon District 12 and Ventura County Alanon Information Services will merge into one. Progress and details are outlined on the AIS Website at [alanonventura.org/district12-information](http://alanonventura.org/district12-information). A general vote will occur December 15<sup>th</sup>.



### ALL FUR, SCALES & HOOVES ON DECK!



Many Alanon readers have been blessed with the addition of a fur or furless baby (pets) in their home whose unconditional love brings a spirit of hope, comfort, peace and kindness into their hearts and lives. Frequently, we get to see their abundant love for you on our Zoom Meetings. The VCScoop will dedicate a page for its loyal readership every two months to send in a picture of these important family members. The picture should include a brief note, including the pet's name and how these precious animals impact your life and aid in your Alanon Recovery. The first 3 picture entries will receive an age and species appropriate toy or treat (privately sponsored). Please send all entries to the Scoop Editor, Lila B. at [vcscoop@gmail.com](mailto:vcscoop@gmail.com). We look forward to seeing the pictures. Love you all and your loving Alanon companions.

Your Animal loving Scoop Editor Lila B.

### Ventura County AIS Website News!

Our website now has a "New Meeting/Existing Meeting App." This app is designed to offer a quick, easy and efficient way to list a new meeting or making changes to an existing meeting. The new or changed info will be sent directly to the [vcpublicinfo@gmail.com](mailto:vcpublicinfo@gmail.com). to be posted. It can also be used if someone has a question or concern about their meeting listing.

To access the App... click on the **MEETINGS** tab, once on the **MEETINGS PAGE**, scroll down until you see the 'Al-AFOX' (Holding a bouquet of balloons). Click on the Fox and then start filling in the form. This app is designed to be **Uber User Friendly**.

**"Please be sure to provide a ZOOM password along with the ZOOM Meeting I.D. This is important! We ask this so that our meetings are open to anyone who needs Alanon.**

Have some NEWS you want to share about your meeting?

- Do 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





# 2023 Al-Anon International Convention with A.A. Participation

June 29 – July 2, 2023

The 2023 International Convention will be held on  
**June 29 – July 2, 2023**  
at the Albuquerque Convention Center in Albuquerque, NM  
Registration will open **November 8, 2022**.  
Check back here or subscribe to  
[In The Loop](#) for the latest updates



# IT'S TIME TO SIGN UP, STEP UP, AND SHOW UP.

september 2022

**9<sup>TH</sup> - 11<sup>TH</sup>**

westlake hyatt regency  
westlake village, ca

**Ventura County's AA Convention  
with Al-Anon participation is back!**

Plan now to attend this powerful three-day event featuring Friday Night Family Speakers, Al-Anon Luncheon, Speaker Panels, Marathon Meetings, Sunday Morning Spiritual Speaker, and more!

**REGISTER NOW!**

[vcaac.org](http://vcaac.org)

Make convention even more meaningful: be a volunteer. Opportunities include the Country Store, Greeters, Ticket Sales, Literature, and Registration. Sign up via the link below or scan the QR code.

**VOLUNTEER!**

[tinyurl.com/Al-Anon-22](http://tinyurl.com/Al-Anon-22)



For additional information, please contact:

Linda N. (2022 Al-Anon Chair)

(818) 307-3515

Martha A. (2022 Al-Anon Co-Chair)

(310) 748-4566

2022

REGISTRATION:  
[VCAAC.ORG](http://VCAAC.ORG)

42ND ANNUAL  
**VENTURA COUNTY  
AA CONVENTION**  
WITH AL-ANON PARTICIPATION

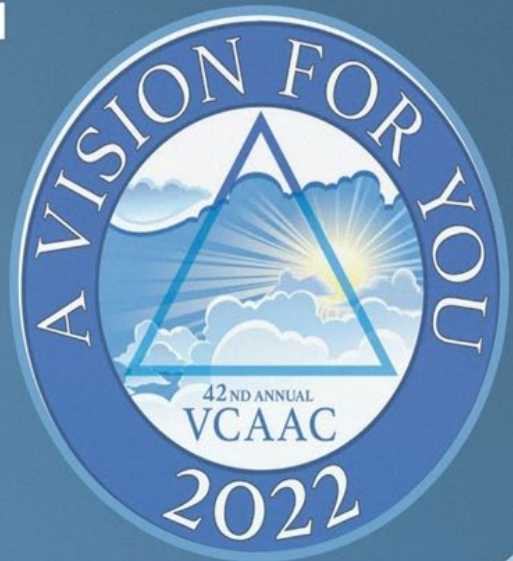
**SEPTEMBER 9TH - 11TH**

*at the beautiful*

**WESTLAKE HYATT REGENCY**  
880 SOUTH WESTLAKE BOULEVARD  
WESTLAKE VILLAGE, CA 91361

*Join us for a fun-filled weekend of  
program and fellowship, including:*

Al-Anon Luncheon with Guest Speaker  
Marathon Meetings - English, Spanish  
Sunday Morning Spiritual Speaker  
Special Drawings  
Country Store  
And More!



**REGISTER NOW!**

[VCAAC.ORG](http://VCAAC.ORG)

**FOR MORE INFORMATION CONTACT:**

Linda N.  
2022 Al-Anon Chair  
818-307-3515

Martha A.  
2022 Al-Anon Co-Chair  
310-748-4566

# *Basket* **Donations Wanted!** for the VCAAC Convention

42nd Annual

Ventura County AA Convention with Al-Anon Participation  
September 9,10,11 • Westlake Hyatt Regency

The VCAAC Al-Anon Committee is seeking basket donations  
from all Al-Anon meetings for our drawing at the convention.



## IDEAS:

**Gift Cards (always a hit!)** Spa, BBQ, Baking, Garden, Pets, Family Game Night, Movies, Chocolate/Coffee, Summer Fun, Dining, Fitness, Massage, A Taste of (your city). The possibilities are endless! **Be creative!**

Please put your **group name, city**, and an **itemized content list** (including the **total value**) on your basket. Deliver your basket (protected in cellophane), to the hotel between **12-8pm on Friday, September 9, 2022.**

*In keeping with Traditions 6 & 7, please do not seek contributions from outside sources.*

**Questions? Hannah • 818-929-8200**

<https://mail.google.com/mail/u/0/#inbox?projector=1>

## **VENTURA COUNTY AIS 2022 OPEN BOARD POSITIONS FOR VOLUNTEERS**

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

The Ventura County Al-Anon AIS is looking for Volunteers to fill some open Board Positions starting ASAP. You can put your name forward for a specific open position or have someone nominate you for an open position. Following are the Board open positions and a brief position description to begin January 1, 2022

**CO-CHAIR** Officiate in the absence of the Chairperson. Attend and assist the Chairperson at AIS Meetings. Serve the unexpired term of the Chairperson, if necessary. Be responsible for all fund-raising activities. Be aware of all commitments and obligations of position and follow through appropriately.

**TREASURER** - Be responsible for deposit of monies and payment of bills. Balance the books at the end of each month. Reconcile the bank statement each month. Submit a written financial report at each general AIS and Service Board meeting with copies for ISR's. Prepare an annual budget to be presented at the September Service Board meeting and the October general AIS Meeting. Be aware of all commitments and obligations of position and follow through appropriately

**ALATEEN REP** – Alateen representative to attend Board and General Meetings and work with the Alateen Coordinator

**ARCHIVES COORDINATOR** - Maintain the AIS archives and protect it from damage. Encourage Al-Anon members to contribute historical material and donate speaker CDs from conferences. Cooperate with other AIS officers, i.e., CPC, Alateen, Institutions, and PI, encouraging them to utilize archive materials. Be aware of all commitments and obligations of position and follow through appropriately.

**LITERATURE DISTRIBUTION CENTER (LDC) Chair** coordinates and leads a volunteer staff to provide Al-Anon members with local access and quick delivery of Al-Anon books, pamphlets, booklets, kits, posters, films, guidelines and other Al-Anon material. The LDC and WSO work in partnership to carry the message of hope and recovery through our Conference Approved Literature and service tools. An LDC's surplus earnings are used to support other local Al-Anon services. We need volunteers for the LDC and workers to staff the facility. Without you our LDC will close permanently. There is joy in service! Give back to the program that gave so much to you.

**So, if you are interested, talk to your Higher Power, make a commitment to service and please contact your home group ISR or Newt G. at [newt.goodwell@me.com](mailto:newt.goodwell@me.com) or Cindy P. at [ccgpp1962@yahoo.com](mailto:ccgpp1962@yahoo.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 with me.**

**Don't be hesitant...part of your recovery in the program is Service! Volunteer for a Leadership Role on the Board, help out your home group(s), volunteer to lead, read, make phone calls, or just show up! The program works if you work it!! I know from first-hand experience.**

**VOLUNTEER.....NOMINATE.....VOTE.....HAVE A VOICE IN LEADERSHIP.....VOLUNTEER**





# **To Merge or Not to Merge.... Attention all Ventura County Al-Anon Members You have Spoken.....The Decision is Made!**

Ventura County AIS and District 12 met on April 21, 2022 to discuss a potential merger, thereby eliminating duplication of positions, and streamlining the Al-Anon management process. All groups can review the power point presentation outlining the process by Dani F and an Alanon Thought Force in the link provided below. The merger details will be finalized and will be reviewed and voted on December 15, 2022

## **District 12/AIS Task Force Proposal**

[https://www.alanonventura.org/files/ugd/da034b\\_37ff5147f20f4fb6a0903e6cd9074708.pdf](https://www.alanonventura.org/files/ugd/da034b_37ff5147f20f4fb6a0903e6cd9074708.pdf)

**There was a good representation of Alanon Meeting groups who voted on April 21<sup>st</sup> and the majority of the group representatives voted to combine District 12 and the Ventura County AIS Board by an overwhelming majority of 94.1%. More details to follow. Suffice it to say it will be a year-long process to work out all the details. The first meeting on working out the merger will happen on May 19<sup>th</sup> at 6:00 pm.**

**The Zoom Meeting info  
The Zoom ID is 504 973 4809  
The password is serenity  
YOUR VOICE COUNTED!!**

# September - October 2022

## ALANON 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, Scoop Editor. Please send your corrections to [VCScoop@gmail.com](mailto:VCScoop@gmail.com)

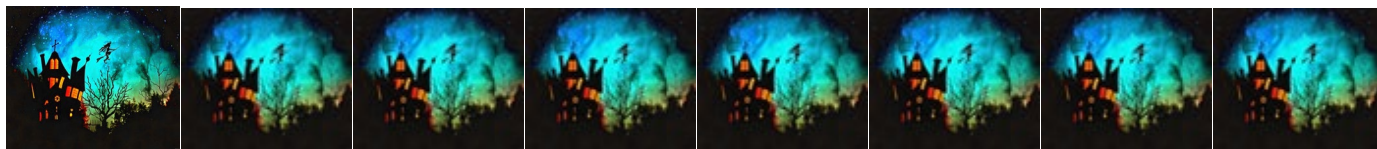
<i>September Al-Anon Birthdays</i>		<i>October Al-anon Birthdays</i>	
Who's Birthday	Years Celebrating	Who's Birthday	Years Celebrating
Annette	33	Darcy B.	25
Barbara W.	47	Della R.	22
Bob H.	17	Barbara L.	27
Cristel	20	Brandi R.	26
Christy C.	8	Cathy M.	34
Cindy L.	27	Cheryl L.	23
Debby MCK.	22	Cyndy P	27
Emily B.	28	Diana C.	30
Heidi E.	19	Janet F.	20
Kurt	24	JoAnne K.	40
Lauren	22	Judy C.	27
Mary	19	Julie H.	30
Nancy R.	13	Kelly R.	23
Pat L.	47	Karen C.	21
Patricia	19	Michael	8
Patti A.	25	Terry G.	26
Paula Y	25	Tim T.	23
Lori M.	29	<i>Oct 2022 Alateen Birthdays</i>	
Mike N.	29	Amanda W.	19
Stella G.	40	Brittney	19
Toni F.	33	Missy T.	19
JJ	35	Trenton W.	20
Rebecca L.	20	Renee	12
<i>Oct 22 Alateen Birthdays</i>		Ryan	12
Dylan F.	21	Kate	12
		Zander	12

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

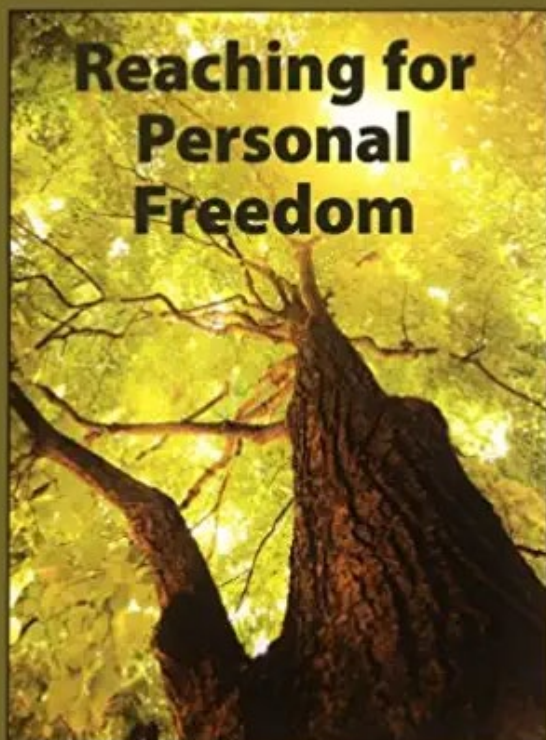
Please help out our Al-Anon Family Groups and newcomers by looking at the Birthday lists each month and letting us know who should be removed. I am also investigating doing a Memorial Column to Honor Alanon members who have left this Earth and joined an Al-Anon Roundup somewhere....You can email me at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

# September - October 2022

## LDC News



### May - June Featured Alanon Book



## Reaching for Personal Freedom

Al-Anon Family Groups  
Strength and hope for friends and families of problem drinkers

A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life, it provides insightful examples from members and thought-provoking questions.

Sign up for your free newsletter from WSO at:  
<https://signup.e2ma.net/signup/1855605/1799701/>

### 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)



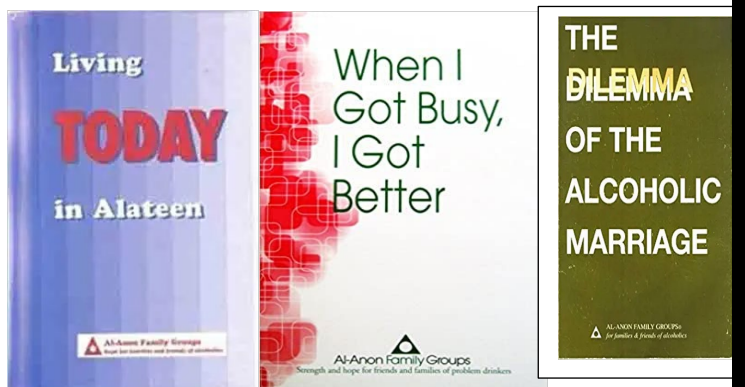
**VENTURA COUNTY AIS LDC IS OPEN FOR BUSINESS**  
**THURSDAY 10-2PM** (every third)  
& **Saturday NOON TO 3PM**  
**PLEASE CALL FIRST! 805-585-0942**

We are located at:  
505 Poli Street, Room 308, Ventura CA  
Behind City Hall off of back parking lot, third floor

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 Literature



## Let the spirit of service

**LDC DESPERATELY NEEDS**  
**volunteers!!! Without you we may**

**have to close our office**

*To Volunteer please email*

*email the LDC at*

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



noun

**DETACHMENT**

**Definition of *detachment***

**1: the action or process of detaching : SEPARATION**

**2a: the dispatch of a body of troops or part of a fleet from the main body for a special mission or service**

**b: the part so dispatched**

**c: a permanently organized separate unit usually smaller than a platoon and of special composition**

**3a: indifference to worldly concerns : ALOOFNESS**

**b: freedom from bias or prejudice**

Reader's Page

Where our readers share their experience strength & hope. We are so very grateful for your readership and participation!

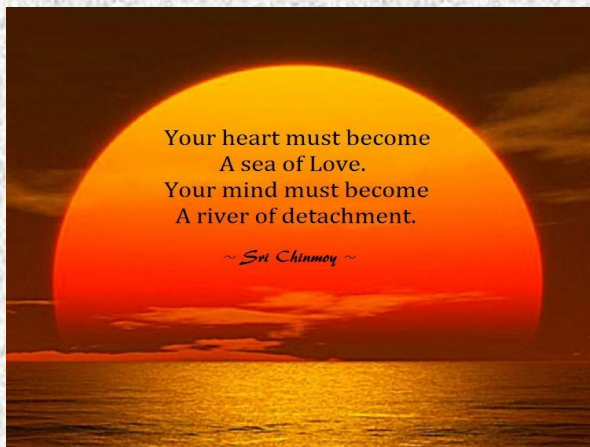
Our readers must be fearful detachment or everyone has already detached from their qualifier and others LOL.. I did not have one reader contribution for this Scoop cycle. My Higher Power is giving me a lesson in patience. The pages of Scoop are open for your shares and your anonymity is protected always. Please remember when you share your experience, strength and hope you might help someone struggling out there, lonely and afraid, trying to find their own path to serenity (just like I was and still am from time to time). Keep those shares coming! May the love and peace of the program grow in you one day at a time. Love and Joy in Service, Lila B. Scoop Editor.

The next topic for the November - December 2022 Scoop is great

**AI-Anon Slogans**

Please share your personal experience, strength, and hope in a short or long Share...Let us know recognizing and practicing AI-Anon Slogans has helped you overcome obstacles in your life, and helped you work the Alanon program and find serenity. Finally, how the AI-Anon program has helped lift you up and changed your life. Remember, your experience may help someone in crisis! Send your articles to the Editor at:

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



**"The root of suffering is attachment"  
The Buddha**



## Letter From Your Editor on Detachment (with Love)

Hello Readers,

Since the accidental death of my son 74 days ago, I have been drownproofing in an abysmal pool of guilt, grief, sadness, martyrdom, self-pity, remorse and insane activity. Every time my face pops up out of the pool for air, I see my Higher Power floating above the water. I feel his unconditional love and forgiveness reaching for me. I hear the phone ring, my text message alert beeps, my email chimes, the doorbell peals with the love and support of my Army of Alanon supporters, my sponsor, friends and neighbors and I feel the outpouring of love. I struggle to swim to shore. Inch by inch I reach toward the edge of the pool. In each inch is a moment of my path to recovery. My HP is holding me in His arms as he held my son in his arms to the end. (I used the reference to drownproofing, as it was part of the Red Cross Water safety test that I failed at least 10 times the summer before 11<sup>th</sup> grade. I am al AI-Anon drownproof now.

The stages of grief do not come in order. Shock/denial, pain/guilt, anger/bargaining, depression/loneliness/reflection, upward turn, reconstruction, acceptance and finally hope. Grief was a swirling tornado as these stages bombarded me, sometimes singly, sometimes all at once. However, acceptance and hope are slowly winning the fight with the help of my Higher Power, my program, my AI-Anon Army, Sponsor, neighbors and friends. My son was loved by many who saw the sweet and helpful nature of his inner being.

In AI-Anon, I have learned that tears are a healing way of detaching from a lot of my grief. Every time grief comes up I focus on the Serenity Prayer, cry and release. I can't say that I have been working a perfect AI-Anon program (you know perfectionism is one of my "strengths"), however it is one minute of time as I detach from the grief and seek to honor, love and protect the beautiful 39 years that I shared with my son, Mathew James. Mathew means a gift from God, which he personified on a daily basis to me so many people.

As I detach from my grief, I am bolstered by my son's legacy to me....Four geriatric, but loving, animals who also seek to understand our loss and adapt. The three dogs, Sharkey (age 14) died six weeks following my son's death of heart failure, which leaves Coco Bear (age 13), Foxy Girl (age 18) and of course the cat Bella Kitty age 18. These beautiful fur babies joined our family of one loving 9 year old English Bulldog, Spike, who loves his cousins (but they only barely tolerate him).

Feeding, kitty litter, mini walks, and vacuuming pet hair keep me hopping. We are all detaching with LOVE and beautiful, sweet memories. I could go on to remind myself that I also need to detach (with love) from my qualifier's alcoholic behavior, but that would take an entire Scoop and it can get messy. Working on that one minute at a time. Below is my new blended Family.

Detaching with Love, Yours in Service & Alanon Love  
Lila B. Scoop Editor



From left to right Foxy Girl, Spike Jr., Coco Bear, Sharkey RIP all happy rescues.

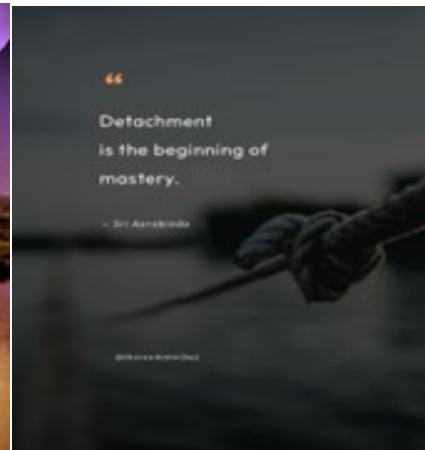
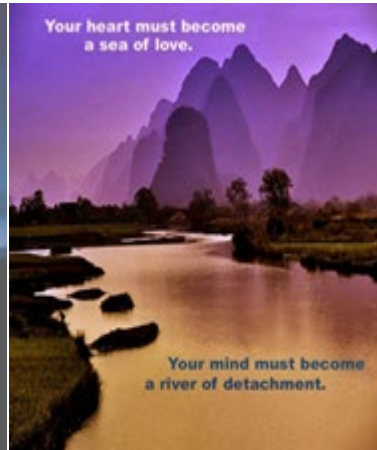


Bella Kitty, Mother of a Many kittens (10 litters) before rescue



Sharkey, rescued from behind a taco truck and dumpster. she still liked to eat rocks. She is running with her Daddy in the Sky Park now.

## September – October 2022



### Self-Work (Homework is a 4-letter word x 2) Alanon works if you work it!

**Helpful Readings from CAL (Conference approved Literature) on the subject Detachment with Love (Detachment must be hard and require lots of work as there are many readings on the subject for you to chose from)**

- **Courage to Change (B-16)**, pages 12, 22,43, 72, 100, 124, 168, 180, 187, 199, 289, 320, 343, 365)
- **Hope for Today (B-27)**, pages 41, 56, 61, 68, 69, 106, 122, 158, 240, 242, 24, 306, 336, 350,355
- **How Al-Anon Works for Families & Friends of Alcoholics (B-32)**, pages 70-1, 74-5, 84-86, 182-84, 197, 239, 256-59, 269, 275, 295-96, 298-9, 335, 371-75, 389
- **...In All Our Affairs (B-15)**, pages 35, 73, 76, 164, 167, 199-201, 231
- **One Day at a Time in Al-Anon (B-6)**, pages 3, 7,29, 51, 54, 59, 83, 98, 131,150, 151, 183, 196, 225, 250, 259, 267, 285, 286, 308, 321, 357
- **Opening Our Hearts, Transforming Our Losses (B-29)**, 33-34, 65, 87, 159, 160
- **When I Got Busy, I Got Better (P-78)**, pages 26, 27, 35, 55
- **Living with Sobriety-Another Beginning(P-49)** pages 8-13,35

Conference Approved Literature is available from our local Literature Distribution Centers or Alanon WSO online.

### QUOTABLE QUOTES

1. "Humour is a form of self-detachment." Claude Roy
2. "Consciousness is compassion infused detached." Amy Larson
3. "Detachment is neither kind or unkind. It does not imply judgment or condemnation of the person on situation from which we are detaching." Alanon AFG "Detachment Bookmark"
4. "Sometimes you have to detach, to find yourself." Anonymous
5. "Even when I detach, I care. You can be separate from a thing and still care about it." David Levithan
6. "Detach from needing to have things work out a certain way. The universe is perfect and there are no failures. Give yourself the gift of detaching from your worries and trust that everything is happening perfectly." Anonymous

# Taste of Home



Traditional Popcorn Ball

TOTAL TIME: Prep/Total Time: 20 min. YIELD: 20 servings.

*Kids of all ages enjoy this popcorn ball recipe as an old-fashioned holiday treat. One batch goes a long way. —Cathy Karges, Hazen, North Dakota. Kids love to make them and you can make them in every color of the rainbow.*

## Ingredients

7 quarts of Popcorn (no butter or salt) Air-popped or stove top works best.  
1 cup sugar  
1 cup light corn syrup  
1/4 cup water  
1/4 teaspoon salt  
3 tablespoons butter  
1 teaspoon vanilla extract  
Food coloring, optional

## Directions

1. Place popcorn in a large baking pan; keep warm in a 200° oven.
2. In a heavy saucepan, combine the sugar, corn syrup, water and salt. Cook over medium heat until a candy thermometer reads 235° (soft-ball stage).
3. Remove from the heat. Add the butter, vanilla and food coloring if desired; stir until butter is melted. Immediately pour over popcorn and stir until evenly coated.
4. When mixture is cool enough to handle, quickly shape into 3-in. balls, dipping hands in cold water to prevent sticking.

**Note from Editor....This was and is one of my favorite fall recipes. When I was growing up, Popcorn Balls were a Fall, Halloween & Christmas must have, cheap and delicious. This must be the low-calorie version, because we always coated our hands in butter not water to make the popcorn Balls.**

AND NOW A QUICKY...

## Frosted Strawberry Lemonade



### INGREDIENTS

4 cups of strawberry ice cream

$\frac{3}{4}$  - 1  $\frac{1}{2}$  cups of lemonade

### INSTRUCTIONS

Add 4 cups of strawberry ice cream into a blender.

Add  $\frac{3}{4}$  of a cup of lemonade and turn on the blender to mix. Once mixed, check the consistency and add more lemonade by the  $\frac{1}{4}$  cup until you reach a pourable/drinkable consistency. I might blend in some fresh strawberries here if you have a wide straw...

This is YUMMY



## CROCHET CORNER

Crocheting and Knitting are Greek to me.....I could be designing a ant farm....lol. But for those of you who love to Crochet, this pattern looked good and easy for the fall. Make them as baby gifts, donate them to shelters, design a crib mobile...I can think of a few Cats and dogs who would love to treasure.



### WHAT IS AMIGURUMI?

Here is the link for AMIGURUMI Bunny who is almost as precious as the Lamb. I is here because it is free.

You might've noticed the adorable crochet plush amigurumi from our [crochet stuffed animals collection](#), they are made with the same tools as normal crochet. Only, you will primarily be working in spiral rounds with single crochet stitches in a tighter tension, making 3D-shaped parts, and stuffing these parts with polyester filling.

“Ami” means knitted or crocheted, and “amigurumi” means a stuffed toy. Put together, “Amigurumi” refers to knitted or crochet toys in the form of objects, people, cartoon characters, food, and many more. It is one of the most popular types of crochet, and with the proper techniques, you can create anything with this craft.

Since the word “*Amigurumi*” means “*Crochet Stuffed Animals*” or “*Crochet Animals*“, we will be using these terms interchangeably throughout this article.

## CROCHET SUPPLIES FOR AMIGURUMI

### YARN CHOICE

When picking yarn for your first easy pattern, it’s best to follow the yarn type the pattern calls for. This will ensure that your amigurumi animal looks somewhat like the original pattern. We could go on and on about the variety of yarns in the market; yarns made from a particular material, yarns of a specific weight... However, only some are suitable for an Amigurumi project. Below are three types of yarn commonly used to crochet animals:

Acrylic yarns are more flexible compared to other yarns and are often used to create soft crochet projects like the Amigurumi doll. It’s great for complete beginners as it’s very affordable and comes in many colors.

100% cotton yarns are tightly spun, less fuzzy, and create clearer stitches. They make durable Amigurumi pieces and are an excellent yarn option if you’re making crochet baby toys.

Semi-cotton blend yarns consist of 50% acrylic yarn and 50% cotton yarn. It’s usually lightweight, which makes it suitable for medium-sized crochet animals. Projects made with semi-cotton blend yarns are soft yet durable and are machine-washable! Be sure to choose non-pilling grade yarn for the best quality.

### YARN WEIGHT

Depending on the Amigurumi pattern, you may use light yarn weight or bulkier yarn weight. However, the best yarn weight for crochet beginners is light worsted (DK / 8 ply) to worsted yarn weight. These medium-weight yarns allow you to see the stitches clearly, and keep your stitches tight while ensuring the stuffing doesn’t poke out between the loose stitches. It’s a great yarn weight for beginners to practice their skills.

### CROCHET HOOK

The ideal hook size for Amigurumi is *2.5mm to 3.5mm*, but there’s no definite answer to this. The best tip for beginners is to use a hook size and yarn weight recommended in the amigurumi patterns. Otherwise, you may downsize at least one to two sizes from the recommended hook size stated on the yarn label.

### OTHER MATERIALS & TOOLS

#### • Stuffing & Weight

Stuffing not only puffs up the crochet animals but also gives them a “backbone” and supports it to sit or stand. You may use wool, cotton, stashed yarn, and stuffing from an old cushion; however, the best stuffing for Amigurumi is *polyester fiberfill*. They’re made from a blend of synthetic fibers that are loosely fluffed to create a light texture. This stuffing allows you to machine wash your crochet animals without ruining the shape after each wash. High-grade Polyester fiberfill is hypoallergenic, making it safe for babies and pregnant ladies. If needed, you may also add some stuffing pellets to give your crochet Amigurumi some weight.

#### Safety Eyes

Bring your Amigurumis to life by adding facial features like eyes, nose, and lips! Safety eyes come in various sizes, shapes, and colors in specific sizes or sets with different sizes. They also include washers to help secure the eyes or noses in place.

A good pattern will tell you which round to insert your eye and how many stitches apart you need to keep between the eyes. This step is usually done before filling your crochet animals’ heads with stuffing.

#### Embroidery Floss

While safety eyes are relatively safe for kids once it’s locked in place, they may still become a dangerous choking hazard if not fastened securely. So, if you have doubts, use embroidery floss. They’re highly recommended if you’re gifting the crochet animals to small children and kids below the age of four.

## Stitch Markers

Another helpful tool is stitch markers. These tiny plastic pins are inserted into the first stitch of a new row/round to identify an important place in your pattern. Stitch markers are optional but come in handy for Amigurumi projects as it helps you track where to increase or decrease your stitches.

You may also opt to use a string of yarn in a different color to mark the first stitch of a new round. At the end of the crochet, just pull to remove the string.

## Felt & Fabric

Felt or fabric is sometimes used to replace safety eyes or embroidery floss for the crochet animals' facial features. Since you can cut them into any shape you desire or stack them with different colors, they add personality to your crochet Amigurumi, making them look more realistic. They're suitable for animal-themed Amigurumis or cartoon-character dolls. Like embroidery floss, felt or fabric is a safer choice for toddlers.

## • Needles and Scissors

Additionally, you'll need to prepare a tapestry or darning needle to sew/weave in the yarn to complete your Amigurumi project. Lastly, you will need a pair of scissors to cut the yarn.

## BASIC CROCHET STITCHES AND CROCHET TERMS FOR AMIGURUMI

To get started on how to crochet amigurumi, you'll need to learn a few basic crochet stitches. It's best to practice until you are familiar with the stitches before picking a pattern so that you wouldn't need to refer to the book or video every time you forget how to continue a stitch.

Even though the stitches vary from project to project, some stitches are often used in Amigurumi patterns; [magic ring](#) or magic circle, [slip knot](#), [chain](#), [slip stitch](#), [single crochet](#), [increase](#), and [invisible decrease](#). Other stitches that you may see in the written instructions include half double crochet, double crochet, treble crochet, invisible decrease three stitches, front loops only, back loops only.



**Yield:** 3" Small, 4" Medium, 5.5" Large Pumpkins

#### CROCHET PUMPKIN AMIGURUMI PATTERN (3 SIZES)

Free crochet pattern of Pumpkin Amigurumi in 3 sizes: 3", 4" and 5.5", that you can crochet by following the instructions and written pattern. Absolutely perfect decoration and gift for Autumn / Fall season.

**Active Time** 2 hours

**Total Time** 2 hours

**Difficulty** Easy

**Estimated Cost** USD 20

#### MATERIALS

- 2.5mm hook
- Acrylic Light Worsted Weight yarn in Orange, Yellow and Green Color
- Polyester fiberfill
- Stitch Marker
- Tapestry Needle (Long)
- Water Erasable Marker
- Scissors
- Pins

## INSTRUCTIONS

### ABBREVIATIONS

mr: magic ring

ch: chain

sc: single crochet

inc: 2sc increase

inv dec: invisible decrease

2stog: 2sc together (normal decreasing stitch)

### CROCHET PUMPKIN AMIGURUMI PATTERN

#### Small Pumpkin

Begin with GREEN yarn to crochet Stem and Vine:

Round 1: sc 4 in magic ring {4}

Round 2 - 3: sc around until the stem is about 0.5" long. {4}

Round 4: (make vine) ch 13, inc in 2nd st from hook, inc to end. Continue to sc around on the stem.

Round 5: sc around. {4}

Change yarn to YELLOW to crochet pumpkin:

Round 6: [inc] 4 times. {8}

Round 7: [sc, inc] 4 times. {12}

Round 8: [sc, inc] 6 times. {18}

Round 9: sc around. {18}

Round 10: [sc 2, inc] 6 times. {24}

Round 11: sc around. {24}

Round 12: [sc 3, inc] 6 times. {30}

Round 13: sc around. {30}

Round 14: [sc 4, inc] 6 times. {36}

Round 15: sc around. {36}

Round 16: [sc 5, inc] 6 times. {42}

Round 17: sc around. {42}

Round 18: [sc 6, inc] 6 times. {48}

Round 19 - 23: sc around. {48}

Round 24: [inv dec, sc 6] 6 times. {42}

Round 25: sc around. {42}

Round 26: [inv dec, sc 5] 6 times. {36}

Round 27: sc around. {36}

Round 28: [inv dec, sc 4] 6 times. {30}

Round 29: sc around. {30}

Round 30: [inv dec, sc 3] 6 times. {24}

Stuff with polyester fillings.

Round 31: [inv dec, sc] 8 times. {16}

Round 32: inv dec 8 times. {8}

Fasten and leave a long tail for sewing

#### Medium Pumpkin

Begin with GREEN yarn to crochet Stem and Vine:

Round 1: sc 6 in magic ring {6}

Round 2 - 7: sc around until the stem is about 1" long. {6}

Round 8: (make vine) ch 21, inc in 2nd st from hook, inc to end.

Continue to sc around on the stem.

Round 9: sc around. {6}

Change yarn to ORANGE to crochet pumpkin:

Round 10: [inc] 6 times. {12}

Round 11: [sc, inc] 6 times. {18}

Round 12: [sc2, inc] 6 times. {24}

Round 13: [sc 3, inc] 6 times. {30}

Round 14: sc around. {30}

Round 15: [sc 4, inc] 6 times. {36}

Round 16: sc around. {36}

Round 17: [sc 5, inc] 6 times. {42}

Round 18: sc around. {42}

Round 19: [sc 6, inc] 6 times. {48}

Round 20: sc around. {48}

Round 21: [sc 7, inc] 6 times. {54}

Round 22: sc around. {54}

Round 23: [sc 8, inc] 6 times. {60}

Round 24: sc around. {60}

Round 25: [sc 9, inc] 6 times. {66}

Round 26 - 33: sc around. {66}

Round 34: [inv dec, sc 9] 6 times. {60}

Round 35: sc around. {60}

Round 36: [inv dec, sc 8] 6 times. {54}

Round 37: sc around. {54}

Round 38: [inv dec, sc 7] 6 times. {48}

Round 39: sc around. {48}

Round 40: [inv dec, sc 4] 8 times. {40}

Round 41: sc around. {40}  
Round 42: [inv dec, sc 3] 8 times. {32}  
Round 43: [inv dec, sc 2] 8 times. {24}

Round 44: [inv dec, sc] 8 times. {16}  
Round 45: inv dec 8 times. {8}  
Fasten and leave a long tail for sewing.

Stuff with polyester fillings.

### Large Pumpkin

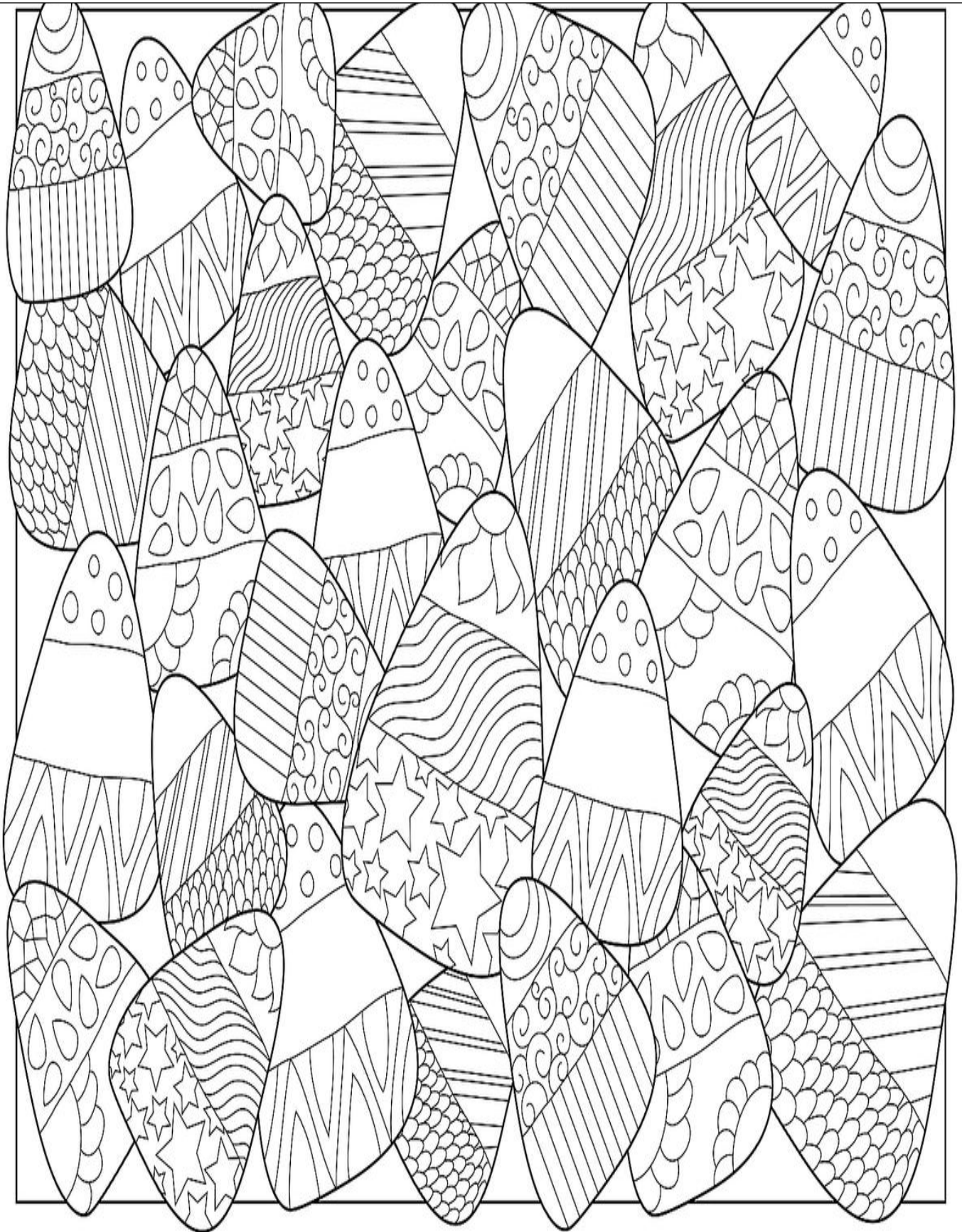
Begin with GREEN yarn to crochet Stem and Vine:

Round 1: sc 8 in magic ring {8}  
Round 2 - 10: sc around until the stem is about 1.5" long. {8}  
Round 11: (make vine) ch 27, inc in 2nd st from hook, inc to end. Continue to sc around on the stem.  
Round 12: sc around. {8}  
Change yarn to ORANGE then YELLOW to crochet pumpkin:

Round 13: [inc] 8 times. {16}  
Round 14: sc around. {16}  
Round 15: [sc, inc] 8 times. {24}  
Round 16: sc around. {24}  
Round 17: [sc 3, inc] 6 times. {30}  
Round 18: sc around. {30}  
Round 19: [sc 4, inc] 6 times. {36}  
Round 20: sc around. {36}  
Round 21: [sc 5, inc] 6 times. {42}  
Round 22: sc around. {42}  
Round 23: [sc 6, inc] 6 times. {48}  
Round 24: sc around. {48}  
Round 25: [sc 7, inc] 6 times. {54}  
Round 26: sc around. {54}  
Round 27: [sc 8, inc] 6 times. {60}  
Round 28: sc around. {60}  
Round 29: [sc 9, inc] 6 times. {66}  
Round 30: sc around. {66}  
Round 31: [sc 10, inc] 6 times. {72}  
Round 32: sc around. {72}  
Round 33: [sc 11, inc] 6 times. {78}  
Round 34: sc around. {78}  
Round 35: [sc 12, inc] 6 times. {84}

Round 36: sc around. {84}  
Round 37: [sc 13, inc] 6 times. {90}  
Round 38 - 48: sc around. {90}  
Round 49: [inv dec, sc 13] 6 times. {84}  
Round 50: sc around. {84}  
Round 51: [inv dec, sc 12] 6 times. {78}  
Round 52: sc around. {78}  
Round 53: [inv dec, sc 11] 6 times. {72}  
Round 54: sc around. {72}  
Round 55: [inv dec, sc 7] 8 times. {64}  
Round 56: sc around. {64}  
Round 57: [inv dec, sc 6] 8 times. {56}  
Round 58: sc around. {56}  
Round 59: [inv dec, sc 5] 8 times. {48}  
Round 60: sc around. {48}  
Round 61: [inv dec, sc 4] 8 times. {40}  
Round 62: [inv dec, sc 3] 8 times. {32}  
Round 63: [inv dec, sc 2] 8 times. {24}  
Stuff with polyester fillings.  
Round 64: [inv dec, sc] 8 times. {16}  
Round 65: inv dec 8 times. {8}  
Fasten and leave a long tail for sewing.

September - October 2022 Meditation Coloring Pages









*Handmade*  
GIFTS MADE EASY